

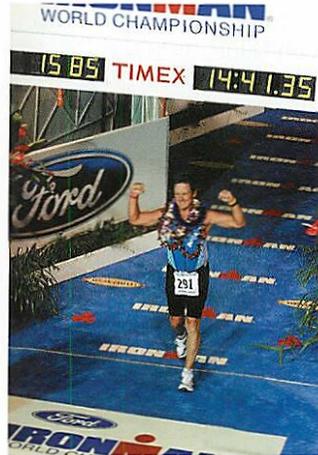
David Kerr

David runs the final leg of the Ironman, a marathon.

Swims, Bikes and Runs the "DOUBLE"

By David Kerr

David Kerr you are an Ironman!



Doing the "Double" is the relatively obscure feat of doing the Ironman World Championship race in Kona on one weekend and then doing the Xterra World Championship race the very next weekend.

This is not something I aspired to. I simply drifted into it gradually. The journey started in June 2005. For years I had tried for a "lottery slot" to get into the Ironman World Championship in Kona. It never happened. How I envied those guys who were actually fast enough to get in the race. Then, as luck would have it, I actually qualified for Kona at the Honu Half Ironman on June 5th. Wow!! Kona here I come!!!

So I ordered a new bike and new race wheels and promised myself that I would lose some weight. Then I called my coach and promised to do all the workouts if he would look after me.

I then made a major commitment... I asked my wife to come over from California for the race. This was a big deal as she never was too excited about me racing the Ironman distance. She agreed to be my main rooting section leader and the "real training" started for Kona.

Along the way one of my training buddies started talking up the "Double". NOT ME was my initial reaction! Then it was explained to me that it might be my only chance since I am "getting up there in years" and I might not make it back to Kona.

When that didn't work, my buddy says she will just have to nickname me the "wimp" if I passed on the "Double". She could pull off that type of comment since she is only one year younger than me and she had done the "Double" already.

Then the training REALLY did get serious and I REALLY did stop missing workouts. The pressure was on! Training ramped up to about 25 hours a week and not too much got done at the office. (A big Mahalo goes out to my partners for covering for me!).

Well now both races are in the record books. I finished both within my goal range (Kona 14 hours 41 minutes and Xterra 5 hours and 25 minutes) AND I got the "Double SURVIVOR" T-shirt to boot. It was a great couple weeks.

My current training goals are to kick back and get my exercise by walking the dogs every now and then...until Ironman Arizona in April 2006!

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