

# Kresser, Emberson Compete in Ironman Triathlon

Outrigger's outstanding triathletes Ian Emberson and Matt Kresser competed in the 10th anniversary Ironman Triathlon, October 22, in Kona. The race includes a gruelling 2.4-mile swim in Kailua Bay, a 114 mile bike ride to Hawi and a 26.2 mile marathon.

This was Kresser's second Ironman. He finished in 12:02.21.

For Emberson, it was number five. He finished in 14:10.39.

"When I competed in the first Ironman Race in 1978, I never imagined the sport would grow the way it has," Emberson said. "None of us trained very hard for that first race and of the 15 of us that started, only 12 finished."

The idea behind the first race, was to combine the three hardest endurance events at that time, which were supposed to be the Waikiki Roughwater Swim, the around-the-island (Oahu) bicycle race (which was supposed to have been over two days) and the Honolulu Marathon.

"I remember when John Collins, the founder of the Ironman, announced his plans to put on such a race at the Waikiki Swim Club Banquet. Everyone broke out laughing and thought it was the funniest thing they had ever heard. When we stopped laughing, we looked on the race as a great sports challenge and as the toughest athletic event at the time."

"It was a wonderful feeling of accomplishment to finish the race, even though there were only a few people at the finish line to cheer us in," Ian recalled.

Ian trained hard for the 1979 race, again held on Oahu, doing his personal



*Ian Emberson crosses the finish line in the 1988 Ironman Triathlon.*

best of 12:23:30 and taking third overall. He continued to participate in 1980, the last race on Oahu, and in 1981, the first in Kona.

"The course on the Big Island was a lot more rugged and extremely hot. I ended up with severe cramps in the marathon and ended up having to walk most of the way to the finish.

"I decided my triathlon days were over and I would concentrate on swimming, until I received a call from Valerie Silk, the current chairperson of the Ironman. She was inviting all of the original participants to come back for the 10th anniversary.

"My initial reaction, was 'oh, no'. Then I decided why not and started on a modest training program to try and get ready. With a fulltime job, a wife and three children, I knew it wouldn't be easy. My only goal was to finish," he added.

"It was certainly exciting to be part

of the race again, and be among some of the finest athletes in the world. There were more than 1,500 entrants and they came from all over the world including the Soviet Union. The people of Kailua-Kona who staffed the aid stations were the best you could find in any race.

Emberson said that the marathon was the most difficult part of the race.

"When you're jogging along in the dark along those lava fields, it seems as if that finish line is never going to appear. My time in 1988 was only six minutes slower than in 1978, so I was happy."

Ian says that the secret to finishing the race is eating and drinking as much as you can, especially during the bicycle

leg.

"I drank an average of two water bottles every five minutes on the bike leg," he said.

"There are many memories from the race that I will cherish. One of the best will be the triathlete from Australia who gave me a tremendous amount of encouragement and support for the last 10 miles of the race." ☺

## Fashion Show

Princess Kaiulani Fashions will be modeled on Friday, December 2 at the Club's monthly luncheon fashion show, beginning at 12:30 p.m. For reservations, call the Front Desk. The regular luncheon menu will be served.