

Ironman Triathlon in Kona

By Joe Teipel

Paul Manaut, Roger Cundall, Bill Head and Patrick Bowlen were Outrigger members who competed in the 1983 Triathlon held in Kona in October. Ron Sorrell and Robin Smith were on hand with cameras to record the event.

On October 22nd, 1983, 964 Ironmen and Ironwomen began the world's toughest endurance test—and three of the finishers, all with respectable times, were OCC members. Of those who began this 140.6-mile feat, 837 or about 87%, actually crossed the finish line some 9 to 17 hours later. They came from 27 countries and 47 states. They trained for six to nine months, six to seven hours a day.

All this came to naught, unfortunately, for 30-plus participants during the 112-mile bike race. Some vandal, with malice aforethought, had littered part of the hot and head-windy road to Hawi with all manner of tacks and nails. The resultant flat tires (and heartbreak) shocked the friendly, aloha-filled people of Kona, who simply burst with support for this granddaddy of the world's triathlons. Over 3,000 of them volunteer countless hours to make the Bud-Light Ironman Triathlon a logistical orchestra—an amazing and difficult task.

ABC Wide World of Sports covered it and will televise this dramatic competition, as they have now for many years—it's always one of their most popular shows. The 2.4-mile swim, the 112-mile bike ride and the 26.2-mile marathon run are performed back-to-back, non-stop! Some get seasick during the swim, some are heat and wind-blasted during the biking (head winds to 55 mph—brutal!) and many buckle at the knees during the run.

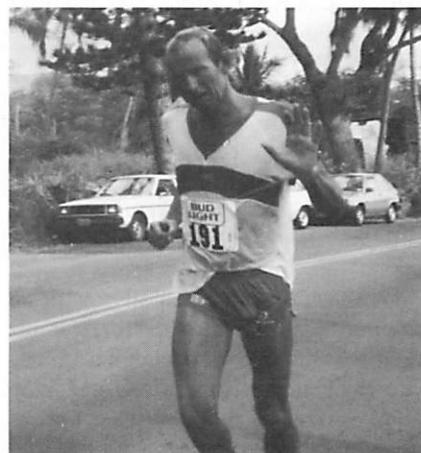
Congratulations to our three Ironmen who finished: Pat Bowlen, Paul Manaut, Roger Cundall.



THEY'RE OFF: A thousand participants in the 1983 Triathlon held in Kona in October are about to start the first leg of the grueling race—the 2.4-mile swim.



UNLUCKY: After a year of training 8 hours a day, Bill Head was forced to drop out of the race with severe cramps throughout his body. The temperature of 105° didn't help!



OCC's Patrick Bowlen, whose finishing time was 11:30. Fellow 'Rigger Paul Manaut, not photographed, finished in 13:04:34.



2 DOWN, 1 TO GO: Having just swam 2.4 miles and ridden his bike 112 miles, Roger Cundall starts the 26.3 marathon. He finished 57th overall of the Hawaii participants with a time of 14:37:28.



'Rigger Robin Smith aids Kona police in carrying a fallen bike rider. Although the rider took the serious fall near the start of the ride, he later got back on his bike and completed the 112-mile race.