

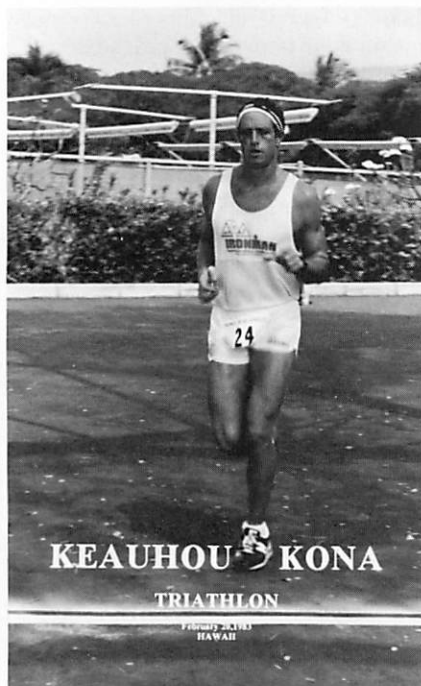
Saluting Our "Super Athletes"

The Outrigger Canoe Club has always taken pride in the high degree of athletic excellence displayed by its members who, down through the years, have made their mark as champions in volleyball, canoe racing, surfing, running and numerous other athletic endeavors. In this tradition, there now emerges a new breed of "super athletes." These are the Club members who are training for the Ironman Triathlon to be held next October.

You may assume that it is a little early to train for an event so far away, but this event is an "epic" so grueling that it demands a year or more of preparation. On October 22, Outrigger's super athletes—Roger Cundall, Bill Head, John Finney and Pat Bowlen—will, in quick succession, swim 2.4 miles, bike 112 miles and run a marathon.

Preparation for the event is tedious, time-consuming and torturing, to say the least. Pat Bowlen puts it succinctly: "The more pain I can endure during training will mean less pain to bear during the race." Each of these super athletes puts in 2 to 6 hours of training every day. You may notice that they appear almost gaunt. Roger Cundall is a shadow of his former self. Evidently

Roger Cundall crosses the finish line 23rd overall in the Kona Triathlon.



Bill Head, Masters Triathlete, in the Kona Triathlon in January.

part of the training includes ingesting enough calories to keep going. In short, these athletes are burning so many calories when working out that they have to make a special effort to eat. (There must be easier ways to lose weight.)

The "science" involved in the competition is also incredible. The techniques of three different sports, equipment and body dynamics are just a few factors that must be dealt with. Training events such as half triathlons provide the ath-

7th place finisher Pat Bolan as he sprints toward the finish of the Maui Triathlon.



letes with opportunities to further perfect their competitive skills. The January Kona half triathlon (1.2-mile swim, 56-mile bike, 13.1-mile run) saw Pat Bowlen win his division and place seventh overall with a time of 5:22. John Finney finished in 5:42, Roger Cundall in 5:47, and Bill Head's time was 6:40. (Bill is the "senior citizen" of the Club's triathletes and a top performer in his division.) On April 10, another training triathlon was held on Maui. This event attracted some big name and "full time" triathletes. (Yes, there are pro triathletes.)

The determination it requires to compete successfully is illustrated by Pat Bowlen's performance. He had fallen from his bike earlier in the week, gouging some flesh from his arm. The wound was not sutured so that it could drain properly. Pat had it sewn up the night before the competition, raced, and bettered his Kona time by 16 minutes. He then had the wound reopened so it could continue to drain.

Each athlete ultimately is competing against himself. During training and short races, little rivalries are played out, but the Ironman Triathlon is a test of the human spirit.

John Finney finishes the swimming portion of the Maui Triathlon in March.

