

IronMan Competition



Ann Gramkow spoke to the Treynor Optimist Club on September 29 about her participation in an Iron Man Competition in Louisville, Kentucky on August 25, 2012. Ann was one of 3000 athletes to compete.

The IronMan is a triathlon, consisting of swimming 2.4 miles, biking 112 miles, and running 26.2 miles. In Kentucky they swam in the Ohio river, which was 80 degrees, and biked and ran in 90 degree temperatures with a high humidity. The Pros start the competition off first.

Ann prepared for the trip by biking 30 miles, running 1-2 miles, and swimming each weekday. On Saturday she would swim 1.5 hours, bike 60-100 miles, and run on Sunday.

The book of Hebrews in the Bible helped Ann stay focused. During the competition you cannot listen to music, but Ann wrote Philippians 4:13 (I can do all things through Christ which strengtheneth me) and Isaiah 40:30 (Even the youths shall faint and be weary, and the young men shall utterly fall) on her calves.

During the swim there are boats nearby to help anyone who gets in trouble in the river. During the ride and running they provide

Gatorade, water, and granola bars. Ann focused on staying on a nutrition plan, eating every 15 minutes even if she wasn't hungry. She used a cooling rag to stay cool and had chicken broth after the race to settle her stomach.

Ann finished 39th in her division of 25-29 year olds. She was 268 in her gender rank and 1254 overall. Her overall time was 14 hours, 2 minutes, and 23 seconds. The swim took her 1 hour, 19 minutes, and 9 seconds. Her biking was 7 hours, 2 minutes, and 59 seconds. Her run was 5 hours, 20 minutes, and 53 seconds. Her transition times (to change clothes) were about 9½ minutes between each event.

Additional statistics are available at

<http://www.ironman.com/triathlon/events/ironman/louisville/results.aspx#axzz2ApfJ09yt>.

Ann went to the competition with her parents. Her mother is a nurse, which helped relax her fears. They left Thursday after school, checked in on Friday, and drove all the way home on Monday.

There was a PBS special called "Your Life, Your Money" that is worth watching. The one-hour special raises fiscal consciousness on everything from banking and credit to investments, budgeting, insurance, and self-employment.