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Ironman Wisconsin Triathlon

By Sandy Saylor – WisconsinGuide Magazine

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The Madison area is host to the Ironman Wisconsin triathlon with more than 1,800 elite athletes from around the world are expected to participate. The rush of excitement is building as September 7th is fast approaching. Record attendance is expected this year, as this triathlon is one of the four sanctioned events in the United States.

The persistence of these men and women will be challenged to the fullest as their determination shines through. The 2.4-mile swimming loop will be in the incredible waters of beautiful Lake Monona. The biking portion is a 112-mile loop that stretches into the rural country backroads touching the entire town of Verona. Take time to visit this proud community as spectators stand on the curbs cheering the disciplined bikers as they flash by. Verona's festival last year alone attracted over 20,000 people and was likened to the "Tour de France". The pumped-up pedalers will also be racing through Mount Horeb and Cross Plains. The final 26.2 miles is the running portion that tests the endurance of each individual. This part of the course will take the triathletes through scenic parks, historical sites and local attractions such as the University of Madison.

Ironman North America and Wisconsin Sports Development Corporation should stand tall as the lead organizations that brought this exciting event to our magnificent state. Their generous sponsors and ambitious volunteers deserve credit for sharing their efforts in setting up water and first aid stations along the way, coordinating shuttles and lodging, working with local and state officials, and their endless generousities could go on. Thanks for helping make this triathlon run so smoothly. If you are unable to attend, don't feel left out. You will be able to view the Ironman Wisconsin on various regional stations throughout the state and on National TV stations: ESPN, the Outdoor Life Channel and CNN.

The vigorous training of each triathlete should be commended. The mindset to push oneself to attempt an Ironman triathlon goal is exhilarating. Each contestant should embrace the honor of participating in this inspiring event. The hard work and time spent in developing these awarding-winning talents to accomplish their dream is the true reward.

None

Turn Marathon Misery Into Triathlon Success

By Mr Hanna

Now the dust has – just – settled on the streets of the London Marathon let's spare a thought for all those non-runners. Even before the race start, competition was keen with over 50,000 disappointed applicants unable to take part and the situation is no different across all the World Marathon Majors.

But if you're still serious about testing your body to its limits, a triathlon event can be an interesting and much more accessible option with less pressure on places. The triathlon event comprises 3 consecutive disciplines of swim, bike and run, with distances to suit all abilities from super sprints to Olympic levels.

At the pinnacle of the triathlon family are the gruelling Ironman competitions, testing the triathletes with increased distances. The toughest courses in Hawaii and the Canaries also add the infinitely more glamorous ingredients of ocean, volcano and scorching sunshine.

Indeed Lanzarote's Ironman Triathlon is almost upon us, due to take place this year on 20th May, with registration for both men and women closing on 1st May 2006. Lanzarote will see over 800 competitors attempt to complete a 3.8km (2.4 mile) swim, 180km (112.5 mile) volcano bike ride followed by a 42km or 26 mile marathon run, all in one day.

Attracting some of the world's best professional athletes, the event is definitely not for the fainthearted although the schedule of activities lasts for a few days with fun runs in the week leading up to the event itself, and parties and award ceremonies during the evenings.

If the sun, fun and party elements sound appealing but you find you're just not quite able to hone your body into this superfit category, then just slow the pace down a notch or two with a stay at Lanzarote's Club La Santa (

), official headquarters of the Ironman and recognised as

one of the world's top sports resorts.

Combining superb sports facilities with all year round sunshine, the Canaries are easily reached throughout the summer and winter, see XL to find out about a cheap Lanzarote flight (

). The Club's triathlon instructors are

available for personal coaching for those more serious athletes with organised professional events such as the Volcano Triathlon as well as weekly smaller triathlon and duathlon events with free participation available for all guests.

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