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Review Of The Amazing Race

By Edward Charkow

The Amazing Race is a rarity among reality shows — a recipient of three Emmys for Best

Reality/Competition primetime program. Heralded as a family program that actually teaches concepts of teamwork as well as gives the best geography lesson on television, The Amazing Race has been on air with CBS since 2001. The show recently finished its ninth season, and partially produced by Touchstone Television, giving it partial affinity with Disney.

The show is similar to Survivor in the way that people work together to survive in situations that range from extreme physical stunts and tests of endurance to coping with small food and supply rations. The teams are made up of individuals with prior "real world" relationships — including married and dating heterosexual couples, homosexual couples, family units, and friends. During most shows, the minimum age is 21; however one season allowed members as young as 8. Each team is given a finite amount of money and a checkpoint at which all teams need to meet up at their individual accord. The last team to arrive at the destination is eliminated. The race always starts in the US, but sends teams on a scavenger hunt of sorts that winds through remote locations around the globe. Language barriers, weather threats, direction challenges, and dwindling funds threaten to weaken teams and throw off their timing, causing progressive eliminations.

At the end of each leg of the race, there is a mandatory pit stop at which all teams stop to eat, rest and socialize. Most interviews are filmed at this time. In some legs, the first team to arrive wins a vacation or some other prize such as equipment. The last to arrive is eliminated from the duration of the race.

Three teams compete on the final leg of the race and battle to earn clues and complete various tasks that bring them closer to the final finish line. The first team to reach the finish wins a million dollars. All other previously eliminated teams gather at the finish line and each receives an amount of money ranging from \$25,000 to \$1500.00.

Find more out about Amazing Race and the entire reality t.v. world at

<http://www.tv-realityshow.com>

The Ironman Triathlon—Such Humble Beginnings

By Ray Fauteux

The Hawaii Ironman grew from very humble beginnings. Really not much more than a few friends discussing who was the better athlete—a runner, a biker or a swimmer.

A suggestion was made that a race be invented that included all three elements. That day, an event was born that would change the landscape of sporting history.

What started as a 2.4 Waikiki rough water swim, a bike race around the island, followed by the Honolulu marathon gave birth to multi-event races that had never before existed.

Even races such as the Eco-challenge originated from that small gathering of friends. Little did they know that the race would one day move to Kona on the big island and explode into prominence in 1982 when ABC television covered the race. Television viewers were enthralled when Julie Moss collapsed in sight of Kona and then again feet from the finish line.

Who would have believed back then that the triathlon would find prominence as an olympic event that draws athletes from countries around the world.

How could they possible imagine that pros would be racing for huge prize money and that amateurs from every corner of the earth would challenge the Ironman distance, forever changing their lives for the better when they realized their dream of crossing that distant finish line.

The amazing thing is, there seems to be no end in sight. Races are filling in record time year after year as individuals from all walks of life are "Ironstruck" and hear the call of the Iron Gods drawing them to this incredible event.

If you are considering challenging the Ironman for the first time, I sincerely hope you do it. Everyone I know who has reached the Ironman finish line has seen it as a life-altering experience. There are countless Ironman race-day stories that are shared by those who have been there.

Some are satisfied to finish one race, but there are also those who return year after year to feel that special Ironman bond that can only be experienced by taking part in the frenetic, sometimes terrifying mass swim start, a long bike ride full of climbs and near-misses and harrowing downhill curves and a marathon that will test the will, spirit and courage of everyone who takes on this challenge.

All this thanks to a few friends who had an idea that turned into one of the worlds most amazing sporting events that gives the ordinary person the opportunity to accomplish something very, very special.

My name is Ray and I'm a veteran of over 25 years of endurance events including 14 Ironman triathlons.. Come visit 'IRONSTRUCK'..the site I created that's full of training and racing tips for tri beginners and novice Ironmen.

<http://triathlon-ironman-myfirstironman-ironstruck.com>



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