

Pioneers, Competitors, and Contributors from the 1970's and 1980's

Note: Corrections and additions are welcome. Please email to brad.leonard@att.net. It's difficult to remember all those deserving who started in the early days and their notable exploits and successes.

Elite Competitors

Mark Allen. Mark is recognized as one of triathlon's all-time greats, having captured six Ironman World Championship titles between 1989 and 1995. His final victory came at age 37, making him the oldest champion in the event's history. Allen also excelled at Olympic distance racing, winning the first-ever ITU world championship in 1989 in Avignon, France, by more than a minute. Between 1988 and 1990, Mark put together a winning streak of 20 races. He was named Triathlete of the Year six times by Triathlete magazine, and in 1997 Outside magazine tabbed him "The World's Fittest Man." HoF Inductee 2011.

Dale Basescu. Dale was an active competitor in the early 1980's, having beaten each of the "Big Four" (Allen, Molina, Scott, and Tinley) in head to head competition before his career was cut short by an industrial accident in 1986.

Lyn Brooks. Lyn was among the first women to complete the Ironman and continued to compete in that event year after year. She was 3rd overall among women in 1982. She was the long-course triathlon national champion in 1993. She was race director for USTS Baltimore and served on the Tri-Fed Board of Directors. She won the Nice, France, triathlon in 1982, one of the first long-course triathlon world championships.

Ray Browning: Ray won Ironman Canada six times, four times in the top ten at Ironman Hawaii. He served on several Tri-Fed/USA committees and was an instructor at training camps organized by Dave Scott and others. He holds a BS in Mechanical Engineering from Colorado State University, an MS in Kinesiology from University of California, Los Angeles, and a PhD in Integrative Physiology from the University of Colorado. Prior to his triathlon career, he was a top age-group swimmer and a member of a Colorado high school state champion football team.

Linda Buchanan. Linda was an elite competitor and frequent winner of triathlons during the period between 1983 and 1989.

Elizabeth Bulman. Liz joined the ranks of elite competitors in the early 1980's, winning a number of races and achieving a second place finish at the Ironman World Championships in Hawaii. After her pro career ended, she has continued racing as an age grouper and has won her age group in both the USAT national championships and the ITU world championships.

Brooks Clark. Brooks was named “Rookie of the Year” in 1987 and competed for six years as a pro, winning major races in a number of cities.

Colleen Cannon. Colleen is a natural athlete, excelling in many sports. She was a three-time most valuable player in high school basketball, made the swim team at the University of Alabama as a freshman, starred at 800 meters and 1500 meters on the University of Alabama. She was one of the top pro’s in the 1980’s, winning the 1984 Nice World Championship in 1984 and the US National Championship in 1987 and 1988, the Coke Grand Prix series in 1989. She created Women’s Quest in 1991, encouraging women to enter the sport of triathlon.

Tim DeBoom. Tim was the top age grouper in the 1993 and 1994 Tri-Fed national championships and was the top age-grouper at the ITU World Championships in 1994 in New Zealand. He turned elite after the 1994 season and gravitated toward the longer races, particularly the Ironman races, winning the World Championship in Hawaii in 2001 and 2002. He was the top American in 1998, 1999, 2000, and 2007. HoF Inductee, Class of 2014

Sally Edwards. As an athlete, best-selling author and entrepreneur, Sally has constantly displayed the passion and the plan to get America fit. She has founded six fitness-related businesses, including Fleet Feet Sports, YubaShoe Sport Snowshoes, and such current ventures such as Upbeat Workouts, an i-phone workout for runners. Sally has written 23 books on sports fitness and health, including the popular “Triathlons for women.” As an athlete, Sally is a 16-times Ironman finisher and set a master’s world record in the event in 1988. She is a former winner of the Western States 100 mile Endurance Run and ran in the 1984 marathon Olympic trials. She has served as the spokeswoman for the Danskin and Trek Women’s Triathlon Series since 1990. She has a streak of 150 last place finishes in these events so that no other woman has to finish last. HoF Inductee, Class of 2011.

Joanne Ernst. Joanne was a pro competitor in the 1980’s, winning one of the Ironman races.

Paula Newby-Fraser. Paula has won more Ironman World Championships than other legends like Mark Allen, Erin Baker, and Dave Scott, a total of eight between 1986 and 1996. The world record she set stood for 15 years. She has won multiple honors in addition to her championship titles, as she was named “Professional Sportswoman of the Year” in 1990 by the Women’s Sports Foundation, the “Greatest Triathlete in History” by Triathlete magazine in 1999, and “Female Pro of the Decade” by the Los Angeles Times for the 1980’s. HoF Inductee, Class of 2009.

Ken Glah. Ken won Tri-Fed’s national championship at the Olympic distance in 1988, but is best known as a frequent competitor in Ironman races, having finished 28 consecutive finishes in the Hawaiian Ironman world championships. (Check to see if he finished nos. 29, 30, and 31 in 2012, 2013, and 2014.)

Charlie Graves. Charlie was an early triathlon elite competitor, finishing third to Mark Allen and Scott Molina in the 1st New York City Triathlon in 1984 after building up a long lead in the swim.

Kirsten Hanssen. Kirsten was a two-time Tri-Fed Olympic distance national champion in 1987 and 1988 and served on the Tri-Fed Board of Directors.

Dean Harper. Dean won the Tri-Fed long course national championship at the Oxford Triathlon in 1984 and came back to the sport at age 55 to win the ITU Olympic distance triathlon world championship at Surfers Paradise in Australia in 2009.

Chris Hinshaw. Chris competed in 10 Ironman races, including a second place overall finish at Hawaii. He is now a cross-fit coach, specializing in endurance training.

Beth Homan. Beth was a professional triathlete in the 1980's and 1990's, now a fitness coach in Michigan.

Dave Hornung. Dave was an early pro triathlete. He won the first Escape from Alcatraz in 1981. He was also the first to wear a tri suit in competition in the 1981 Ironman. He was also an active race director, including the Liberty to Liberty race from the Statue of Liberty in New York to the Liberty Bell in Philadelphia.

John Howard. John is a 4-time US National Road Cycling champion (1968, 1972, 1973, and 1975) and competed in the 1968, 1972, and 1976 Summer Olympic games in cycling. With this success in cycling, he accepted the challenge to enter the 1980 and 1981 Ironman World Championships, placing 3rd in his first attempt and winning the race in his 2nd attempt. In 1982, he was one of four competitors in the first Race Across America, finishing second. He is a cycling coach and trainer, author, and video maker.

Paul Huddle. An early elite triathlete, Paul finished in the top ten at the Hawaii Ironman. He transitioned to coaching and helped set up the USAT coaching certification program.

Wendy Ingraham. A former NCAA All-American swimmer, Wendy enjoyed 20 years as an elite triathlete, winning 8 Ironman-distance races and 44 finishes of races at that distance. Since retiring from racing, she has been an athlete representative and agent.

Eney Jones. Eney was an early elite female competitor, usually the first one out of the water in early triathlons.

Siri Lindley. Siri held the #1 ranking in the world in 2001-2. She won the ITU World Triathlon and Aquathlon Championships in 2001 and the US National Championship at the Olympic distance triathlon in 1998. She was also silver medalist at the ITU World Duathlon Championship in 2000. Upon retiring from active competition, she became a successful triathlon coach and was commentator for NBC's coverage of the 2004 and 2008 Olympic games. She starred in field hockey, ice hockey, and lacrosse at Brown University before joining the triathlon ranks.

Bill Leach. An early elite competitor, Bill came back as a 50-year-old age grouper to win his age division at the short-course triathlon national championships in 1997.

Julie Leach. Julie was a pro competitor in the early 1980's. She won the Hawaiian Ironman in October 1982.

Barb Lindquist. Barb began her triathlon career in 1996. She was a member of the USA Triathlon World Championship team for ten years. In 134 career races, she won 33, stood on the podium 80 times, and finished in the top ten 114 times. She was ranked first in the world from February 2003 through 2004 and placed 9th at the 2004 Olympic games. After retiring from racing, she coached the Under-23 National Team and was coordinator of USAT's Collegiate Recruitment Program. HoF Inductee, Class of 2009.

Beth Mitchell. As an elite, Beth won the 1984 short course triathlon national championships.

Mark MacIntyre. Mark was an elite in the early 1980's, winner of the Sri Chinmoy Rhode Island triathlon several times.

Kurt Madden. Kurt was the overall winner twice of the Ultraman triathlon in Hawaii in the early 1980's and finished in the top 10 of the Ironman World Championships. He has continued in endurance sports, winning his age group in USA Track and Field's 24 hour running championship.

Kathleen McCartney. Kathleen won the February 1982 Hawaiian Ironman.

Scott Molina. Scott stands out as one of the most decorated triathletes in the history of the sport. Among his 104 triathlon victories are six USA Triathlon Elite National Championships, including 4 straight 1983-1986, the Ironman World Championship and a pair of World's Toughest Triathlon titles. He posted 50 U.S. Triathlon Series victories and recorded more than 200 total podium finishes over the course of his career. Born in Pittsburg, CA, he is one of seven children and is married to fellow professional triathlete Erin Baker. He has been a triathlon coach in New Zealand since 1995 and still competes as an age grouper. HoF Inductee, Class of 2011.

Mark Montgomery. Mark raced as an elite for 15 years starting in the early 1980's, gaining 60 wins in 400 races during that period. He came back to the sport as an age grouper in 2003 and won his age group in both the USAT national championships and ITU world championships.

Mike Pigg. Known for his cycling prowess, Mike Pigg dominated Olympic distance racing in the US for several years in the late 1980's and early 1990's. He became the ITU's first world cup winner in 1991 at Saint Croix. His credentials also include three-time national champion and two-time USOC Male Triathlete of the Year. He competed in the Ironman World Championships for five straight years from 1985-89, recording his best finish (second) in 1988 behind Scott Molina. A current resident of Humboldt County, CA, he remains active in community affairs, acting as the race director for a local youth triathlon and serving a term as the chair of the county school board. HoF Inductee 2013.

Dave Scott. One of triathlon's most recognizable names, Dave Scott's career began with the inception of the sport in 1976. He is a six-time Ironman world champion, crossing the finish line first at Kona in 1980, 1982, 1983, 1984, 1986, and 1987. Well known for his epic duels with Mark Allen, Dave was the first-ever inductee in the Ironman Hall of Fame and celebrated his induction in 1994 by coming out of retirement to place second at Kona at age 40. Dave also finished fifth at the 1996 Ironman World

Championship at age 42. He is also a coach, author of several books, DVD's, and motivational speaker. HoF Inductee, Class of 2010.

Karen Smyers. Karen is one of the most versatile women in the sport of triathlon. Over her professional career, she accumulated seven national triathlon titles (including six in a row), one national duathlon title, three ITU Triathlon World Championship titles, and one victory at the Ironman World Championships. Her double of winning at Kona and returning five weeks later to capture the ITU Triathlon World Championship is perhaps the single most remarkable achievement in the sport to date. Karen was also a Pan American Games gold medalist and a three-time USOC Triathlete of the Year. HoF Inductee, Class of 2008.

Kenny Souza. Kenny started out as a triathlete, but switched to focusing on duathlons. He was eight times national duathlon champion and won the initial ITU world championship in 1990. He also earned podium finishes at the Powerman Zofingen and competed in the Race Across America.

Marc Suprenant. Marc was a star triathlete in the 1980's, a happy and winning competitor from Massachusetts who competed with the Californians in early sectional rivalries and placed 8th in his Ironman Hawaii appearance. He passed away in 2010.

Sheila Taormina. Sheila is considered by many to be one of the greatest athletes in history is one of only a handful to have ever risen to the top in three separate sports. After a successful swimming career, which included a gold medal at the Atlanta Olympics in 1996, Sheila made the move to triathlon. She won silver at the 2003 Pan American Games, gold at the 2004 ITU Triathlon World Championships, and earned podium finishes at 10 ITU World Cups, including three wins. She made two US Olympic triathlon teams in 2000 and 2004. Sheila sought a new challenge in modern pentathlon, making the US Olympic team in that sport as well. HoF Inductee, Class of 2008.

Scott Tinley. Scott has nearly 100 career multisport victories. He ranks as one of the winningest triathletes of all time. After discovering the sport as a student at San Diego State in 1976, Scott became a two-time Ironman World Championship winner, topping the podium in 1982 and 1985. He is a member of the Ironman Hall of Fame. An early innovator, he developed a line of clothing for triathlons in the 1980's. He is a pioneer in off-road triathlon and owns the longest running off-road triathlon in the world, Scott Tinley's Adventures in San Luis Obispo, CA. He continues to stay close to professional and amateur sports as a researcher, college lecturer, marketing consultant, columnist, writer, and participant. He and Mike Plant maintain a web site, TriHistory.com, devoted to multisport. HoF Inductee 2011.

Susan Williams. Susan was an All-American swimmer in high school, captain of the University of Alabama swim team. Entering triathlon competition, she was the fastest overall woman in age group competition at the 1998 ITU World Championships. She joined the professional ranks in 1997 and capped a successful professional career with a bronze medal in triathlon at the 2004 Olympic games. She continues to compete as an age grouper and was the fastest overall woman age grouper at the 2011 National Championships. Hall of Fame Inductee, 2015.

Joanna Zeiger. Joanna enjoyed an 18-year career in triathlon, competing in over 200 races with many highlights, including 2nd at the 2000 Olympic trials, 4th at the Olympic games, 5th in the Ironman World Championships. She earned a bronze at the 2001 ITU World Championships and won the 70.3 World Championships in 2008. Before her career in triathlon, she was an All-American swimmer in college and won a gold and two silver medals at the 1989 Maccabia Games. She holds a BA in psychology from Brown University, an MS in genetic counseling from Northwestern, and a PhD in genetic epidemiology from Johns Hopkins University.

Physically Challenged/Paratriathletes

Clarinda Brueck. Born without her left hand and one-third of her forearm, Clarinda took an early interest in competing in triathlons. She created, financed, and structured the first physically challenged division within both USAT and the ITU. She was instrumental in the creation of an ITU Physically Challenged World Championship and wrote the first-ever physically challenged rules and classification. In 1997, Clarinda became the first physically challenged woman to compete in and complete the Ironman World Championship. In 1998, she won the gold medal at the first ITU world championship in which PC athletes had their own categories. She is the recipient of both the Judy Flannery Memorial Award for athletic achievement and humanitarianism by USAT's Women's Commission and the Henry H. Kessler Human Dignity Award for her efforts on behalf of the physically challenged.

Pat Griskus. Pat completed the Hawaiian Ironman twice, in 1985 and 1986, despite his left leg being amputated at age 19. He was struck and killed by a truck while training for the 1987 triathlon in Hawaii. He competed in both triathlons and running races as able-bodied, setting records for amputees.

Jim MacLaren. Jim was broadsided by a bus in 1985, which resulted in his left leg being amputated below the knee. He fought his way back to active competition, eventually doing the Ironman in 10:48, a record that stood for 13 years. In 1993, while competing in another triathlon, he collided with a car, ending up paralyzed. A year later, the Challenged Athletes Foundation grew out of desire to help Jim. Since then, the Challenged Athletes Foundation has raised more than \$50 million to help challenged athletes all over the world. HoF Inductee, Class of 2012.

Carlos Moleda. One of the most familiar names in wheelchair racing, Carlos is seen as a pioneer for the sport. A Navy SEAL and Purple Heart recipient, Moleda was injured in the line of duty and was paralyzed in 1989. After an introduction to triathlon, Moleda became the first handcycle athlete to break 11 hours at the Ironman World Championship and won the division four times. He is a seven-time national champion and also won the Buffalo Springs Triathlon, the only wheelchair qualifier for the Ironman World Championship, twice. Carlos has helped develop rules for paratriathlon events, and he completed the Race Across America (RAAM) in 8 days, 9 hours on a 4-person handcycle relay team. Inductee, Class of 2014.

Age Group Competitors

Jon Adamson. In over 30 years in the sport of triathlon, Jon has done over 250 races, with six age group division wins at USA Triathlon National Championships and one at Ironman. He's also won his age division at the 70.3 World Championship four times and was named USAT Grand Masters Triathlete of the Year in 2003 and 2007. He is a triathlon coach for both age group and junior elite triathletes.

Harriet Anderson. Harriet has won her age group in the USAT Olympic distance national championships in 1996, 2001, and 2002, the ITU Olympic distance world championships in 2001, and the Ironman world championships in 1996, 2001, and 2002.

Don Ardell. Don is an eight-time national champion, once at the triathlon standard distance (2003), twice in the sprint distance triathlon (2013 and 2014), and three times in the short-course duathlon (2000, 2013, 2014). He is also nine-time world champion, once in the standard distance triathlon (1999), four times in the sprint distance triathlon (2009, 2010, 2013, 2014), once in the short-course duathlon (2005), and twice in the aquathlon (2013, 2014). He was USAT Grandmaster of the Year in 2006. He is the author of 12 books, including "High Level Wellnes: An Alternative to Doctors, Drugs, and Disease."

Ethel Autorino. Ethel stands as one of the most decorated age groupers in U.S. multisports history. She is a 10-time age group winner at the USAT age group national championship and went on to capture six gold medals and one silver as a member of TeamUSA at the ITU World Championships between 1990 and 2000. In her first-ever Ironman World Championship, she posted the women's 50-59 age group record in 1986 and in 2000 set the women's 70-74 age group record. A resident of Piscataway, NJ, she was featured in Sports Illustrated's "Faces in the Crowd" for her 2000 Ironman performance. HoF Inductee 2011.

Bill Bell. Bill has been competing in multisport events for more than 30 years, having entered his first in 1982. He completed his last full Ironman event at 78, but is competing in multisport events in his 90's. His list of 300+ completed triathlons includes 32 Ironman triathlons, with 19 of those at the Ironman World Championships in Hawaii and 41 Ironman 70.3 events. Bill won his age group in the Ironman World Championships in 1994 to 1997, and 1999. He also won his age group in the 1983 and 1985 Ultraman races and the World's Toughest Triathlon in 1987, 1991, and 1992. HoF inductee, Class of 2015.

Vere Bellian. Vere won his age division in the short course triathlon national championships in 1997 and 1998,

Susan Bradley-Cox. Arguably one of the decorated female age-grouper in USAT history, Susan is the only athlete to be a member of TeamUSA at every ITU Age Group Olympic distance World Championship from 1989 to 2010. She has competed in 22 ITU World Championships, earning 18 medals and 11 age group world titles. At the national level, she has

competed in 25 US National Championships and owns 11 national titles. Susan was second in her age group at the 1986 Ironman World Championships. Since beginning her triathlon career in 1982, she has competed in over 200 events and was named USAT Grand Masters Athlete of the Year in 1997 and 1998. HoF inductee, Class of 2010.

Roger Brockenbrough. Roger has been doing triathlons since 1986 and is a ten time national champion in his age group – four times in the Olympic distance triathlon and seven times in the short course duathlon. He has won five ITU world championships, three in the Olympic distance triathlon and two in the short-course duathlon. He has also won his age division at the Ironman World Championships four times. He is the only age group athlete to have won multiple titles in all distances of triathlon and duathlon.

Bruce Buchanan. Bruce has been USAT national champion in his age group seven times and once in the ITU Olympic distance world championship. He has also won his age division at Ironman seven times between 1991 and 2002. He was named USAT's Overall Triathlete of the Year in 1996, one of only two age group athletes to be so honored.

Sister Madonna Buder. Sister, as she is known, has been national champion in her age class 12 times at the Olympic distance triathlon and three times at the short-course duathlon. She's headed the podium 16 times at ITU world championships, 12 times in the Olympic distance triathlon and 4 times in the short-distance duathlon. She has also won her age division at Ironman 12 times. She was USAT's grandmaster of the year in 1999. HoF inductee, Class of 2013.

Leslie Cens-McDowell. Leslie was national champion in her age class in the Olympic distance triathlon in 1986, 1987, 1988, and 1989, and 12-time winner of her age group at the Ironman World Championships in 1986, 1988, 1990, 1991, 1993, 1994, 1995, 1996, 1998, 2002, and 2003.

France Cokan. France won his age division at Ironman 10 times, the first as a 55-59-year-old in 1987 and the last as a 75-79-year-old in 2007.

Richard Clark. He competed in 17 straight Ironman world championships and won his age class five times. He also won his age group once at the Ultraman in Hawaii. He was named USAT's Grandmasters Triathlete of the Year twice.

Jeff Cuddeback. Jeff began racing as an elite in 1983 and has completed well over 200 triathlons. Since returning to age group competition, he has won his age division in both the Olympic and Ironman world championships, holding the records at Ironman in three different age groups. He started coaching fellow triathletes in the early 1990's and more than 50 of them have qualified for the Ironman world championships.

Judy Flannery. Judy was one of the sport's early age group stars, winning 7 national triathlon age group titles, 2 national duathlon age group titles, and 4 ITU world triathlon age group gold medals. She was instrumental in establishing the USAT Women's Commission and women's breakfasts at major national and international events. She persuaded the Danskin Series to become USAT-sanctioned and inspired thousands of women to become active in the sport. HoF Inductee, Class of 2008

Charley French. Charley has been a 6-time national champion and 5-time world champion in the Olympic distance triathlon. He also has one age division win at Ironman. An engineer by training, he helped Boone Lennon with the development and testing on the Scott DH handlebars, the precursor of aero bars. He's been twice national champion in his age group in cross-country skiing and won USA Cycling's national time-trial championship in his age division in 1987, setting a new age group record.

Gar Hackney. Gar won five age division titles at national championships and two more at world championships. He won the USAT Masters Triathlete of the Year in 1999. He organized races, served as an official, and also served on USAT's Age Group Commission. His life was cut short by prostate cancer in 2008 at the age of 59.

Dick and Rick Hoyt (Team Hoyt). Dick and Rick Hoyt are perennials on the triathlon and running circuits, having completed together 257 triathlons including 6 Ironman distance, 22 duathlons, and 72 marathons including 32 Boston marathons. Rick has cerebral palsy, but loves to participate in endurance sports with the support of his father, Dick.

Judge Jones. Judge was a three-time national champion, six-time world champion in Aquathlon. He has served as co-chair of USAT's Aquathlon Commission since 1996 and Chair of USAT's Board of Appeals since 1996. An attorney, he's a trial judge in New Hampshire and teaches law at the University of Massachusetts. He's author of a book, "Sports Law," and is a former chair of the American Bar Associations committee on sports and entertainment law. He is also an acclaimed artist.

Russ Jones. Russ was the winner of the 2nd and 3rd Mission Bay triathlons in 1975 and 1976 and has continued in the sport until this day, having amassed 500+ trophies in the process.

Peter Kain. Peter won his age group at the short-course triathlon national championships in 1997, 1998, 1999, 2000, 2002, 2003, 2008, and 2013, while in four different age groups. He also won his age group at the 2005 ITU world championships.

Katie Knight-Perry. Katie is a five-time national champion in her age class in the Olympic distance triathlon and two time world champion. She has also won her age division at Ironman. She was an early role model for women in triathlon. She was a co-founder with husband Ralph Perry of the St. Petersburg Mad Dogs, one of the largest triathlon clubs. She served two terms on USAT's Board of Directors.

Paula Larsen. Paula has won her age class at the national championships – 8 times in the Olympic distance triathlon and 2 times in the short course duathlon. She has also competed in the RAAM – Race Across America.

Missy LeStrange. Missy is a 2 time national champion in her age class and one-time world champion in the Olympic distance triathlon. She has concentrated on the Ironman and has won her age division there 14 times. She was USAT masters triathlete of the year in 1994, 1995, and 1997. She was a member of the Age Group Commission 1992-1997 and its chair from 1994-1997. Under her leadership, the Commission developed a wide array of USAT policies involving seniors, women, youth, and the physically challenged. HoF inductee 2012.

Mac Martin. A former elite competitor, Mac rejoined the age groupers and had considerable success, winning his age division at the short-course triathlon national championships in 1995, 2001, and 2002.

Karen McKeachie. Karen is a 15-time national champion in her age class: 8-times at the Olympic distance triathlon, 4 times at the short-course duathlon, 2 times at the long course triathlon; and a seven time world champion: 5 times at the Olympic distance triathlon and 2 times at the short course duathlon. She placed 8th among women at the 1984 Ironman. She was overall Triathlete of the Year in 1999 and Masters Triathlete of the Year in 2000. She has been a race director and was a co-founder of Triathlon Today magazine. HoF Inductee, Class of 2014.

Wayne McSheehy. Wayne has won his age group in the short-course triathlon national championships in 1992, 1997, and 2004 and the same in the ITU world championships in 1992 and 2002.

Jan Miller. Jan, a frequent competitor over the years, won her age group at the short-course national championships in 2002, 2003, 2004, 2007, and 2008. She also has age group wins at the short-course triathlon world championships in 2004 and 2005.

Tom Miller. Tom has been a two-time national champion in his age class in the short-course duathlon and six times world champion.

Julie Moss. Julie's iconic finish at the finish line in the February 1982 Ironman caught the imagination of thousands and inspired them to enter triathlons. As an inexperienced athlete participating partly as research for her thesis in exercise physiology, Julie was running on empty as she neared the finish line. Several times, she stumbled and fell, but struggled back on her feet. Nearing the finish line, her legs gave out and she crawled onward, only to be passed by Kathleen McCartney 15 feet short of the finish. But Julie kept inching forward, eventually lunging with her left hand to finish. The ABC television crew said afterwards that it was one of the most inspiring athletic achievements they had ever seen. HoF Inductee, Class of 2011

Ken Nash. A frequent competitor and podium threat, Ken won his age group at the short course triathlon national championships in 1993, 1994, and 2006 and the same in the ITU world championships in 1993, 1998, 1999, and 2000.

Bill Phillips. As a 44-year-old, Bill was the first male and first overall in the first modern triathlon September 25, 1974, in Mission Bay, San Diego, California.

Patty Peoples. First as a triathlete in the early 1980's, then a bicycle racer, and then back to multisport in the 2000's, Patty was Grandmasters Duathlete of the Year in 2011. Patty has won the USAT duathlon national championships and ITU duathlon world championships.

Robert Plant. Robert won his age group at the short-course national championships in 2004, 2008, and 2009, and has three podium finishes at the ITU short-course world championships.

Diane Proud. Diane did hundreds of races, always competitive in her age group. She won her age group at the USAT duathlon national championship three times, once at the duathlon world championships, and two at the aquathlon world championships. She was a three-time USAT Grand Masters Duathlete of the Year. She was a USAT certified coach and also a certified official. She passed away in 2011.

Bill Riley. Bill is a nine-time national champion in his age class – six times in the Olympic distance triathlon and two times in the short course duathlon, where he was also a ITU world championship winner. He is a four-time Ironman winner in his age division. He was USAT Masters Athlete of the Year in 1991. In recent years he has concentrated on running and been USATrack+Field Athlete of the Year four out of five years.

Dick Robinson. Dick is a 7-time national champion in his age class – six at the Olympic distance triathlon and once in the short-distance duathlon. In the ITU world championships, he has won his age group four times at the Olympic distance and has twice won his age division at the Ironman world championships.

Tony Schiller. Tony is a 7-time national champion in his age class – five at the Olympic distance triathlon, twice in the short-course duathlon. He is also a four-time ITU world champion in the Olympic distance triathlon. He was USAT Amateur Athlete of the Year in 1995 and Masters Triathlete of the Year in 2002. Giving back to the sport, he is race director of Miracle Kids Triathlons, raising funds for grants to families treating a child with cancer.

Alan Schmeiser. A frequent age group competitor over many years on the West Coast, Alan had 297 podium finishes in triathlons.

Bill Schweizer. Bill was an 18-time national champion in his age class – 10 times in the Olympic distance triathlon, 8 times in the short course duathlon. He was 10 times world champion, 9 times in the Olympic distance triathlon, one time in the short course duathlon. He

was USAT Masters Triathlete of the Year in 1993 and Grand Masters Triathlete of the Year in 1998. He served on the committee that set the rules on wetsuits in 1993.

Ron Smith. A frequent Ironman competitor and winner of his age division there, Ron won his age group in the short-course triathlon national championships in 1984, 1985, and 1989. He inspired and supported some of the early elites in the San Diego area.

Donna Smyers. Donna has been competing in triathlons and running events for more than two decades and has had podium finishes in her age group during that time. She has won USAT's national championship in the Olympic distance in her age group in 1998, 2011, 2012, and 2014, the sprint distance in 2013 and 2014, the ITU Olympic distance world championship in 2002 and 2004, the sprint distance in 2014, the Ironman world championships in 1997, 1998, 2002, 2003, and 2005, and the Ironman 70.3 world championship in 2014.

Laura Sophiea. Laura was a five-time national champion in her age group in the Olympic distance triathlon, one time winner at the world championship in Olympic distance triathlon, one time winner at the world championship in Long Course triathlon and 6-time winner of her age division at Ironman.

Walt Stack. Walt, a longshoreman known for his cold water swims in San Francisco Bay, was the oldest finisher in the Hawaiian Ironman in 1981 at age 73.

Jim Ward. Jim was the six-time winner of his age group at the triathlon national championships, 3-time winner at triathlon world championships, twice at Ironman Hawaii. He served and was chair of the Senior Task Force of the Age Group Commission. He served with the Office of Strategic Services during World War II in China. He passed away in 2000.

Tom Warren. Tom is considered triathlon's first folk hero and has been involved with the sport since the early days in the 1970's. As the winner of the 1979 Ironman Hawaii, he was featured in the pivotal feature in *Sports Illustrated* written by Barry McDermott, which helped inspire a generation in the sport. In 1989 he finished 3rd in his age group at the event. He also won the 45-49 age group at USA Triathlon's Age Group Nationals in 1989-90. As an event director, he produced a wildly popular three-leg multi-sport event called Tug's Swim-Run-Swim from 1975-1985. HoF Inductee, Class of 2013.

Joe Whillock. Joe won his age group in the short-course triathlon national championships in 1999, 2000, and 2001.

Contributors

Bob Babbitt. Bob has helped push the sport of triathlon to new heights through a myriad of accomplishments over the past 30 years. His work in the field of multisport media began when he co-founded the popular endurance sport publication Competitor Magazine in 1987 and launched Competitor Radio in 1990 alongside fellow triathlete Paul Huddle. Bob has co-

authored books with the likes of Mark Allen and Julie Moss and also authored “30 Years of the Ironman World Championship.” Additionally, he is the creator of the Columbia Muddy Run Ride and Run Series and is the co-founder of the Challenged Athletes Foundation, which has raised over \$50 million to help disabled athletes since 1992. He was the 10th inductee into the Ironman Hall of Fame and was presented with the Shoemaker Media Awareness Award by the Paralysis Project of America. He has completed more than 300 triathlons, including 6 Ironman events. HoF Inductee, Class of 2011

David Backer. Co-founder of the Indianapolis Triathlon and age group competitor, David was elected to and served on the Board of Directors in the early 1990’s and led a significant restructuring that laid the foundation for USAT’s current success. He was USAT’s President in 1993-94. He helped pull together an impressive array of legal talent to form USAT’s legal committee; this legal team, serving pro bono, has saved USAT millions of dollars over the years. Working with Mark Sisson and the Medical Committee, he created USAT’s anti-doping program. He led the improvement of USAT’s bylaws and the necessary revision to meet USOC requirements.

Jan Caille. Jan was a co-founder, with Jim Curl and Tom Cooney, of the Chicago Triathlon, the world’s largest triathlon. Jan has remained the race director for the Chicago Triathlon’s entire history, creating a standard of excellence for a big-city event and bringing the concept of triathlon into the center of a multi-million population center. He has also established several other notable triathlons, including the Steelhead Triathlon in Benton Harbor, Michigan. He has also served on USAT’s Race Directors Committee.

Celeste Callahan. Celeste has been a long-time, active promoter of women in the sport of triathlon, founding and coaching Colorado Wild Women with 60 other cancer survivors and a catalyst for the development of the Danskin Triathlon series. She served on USAT’s Board of Directors from 2005 to 2011 and is a charter member of USAT’s Women’s Commission. She’s an active age group triathlete, having won a national championship in short course duathlon and a world championship in Olympic distance triathlon. She’s a USAT Level II coach and race director. She’s also co-chair of the Judy Flannery Memorial Fund.

Tim Carlson. Tim has been a leading photographer and chronicler of the sport of triathlon since its earliest days.

John and Judy Collins. John and Judy participated in the first modern triathlon in San Diego in 1974 and were the originators of the first Ironman triathlon while John was stationed in Hawaii in 1978. HoF inductees, Class of 2013.

Tom Cooney. Tom was a partner with Jan Caille in starting the Chicago Triathlon and race director of several other events, including America’s Paradise Triathlon and the Hawaiian Ironman.

Charlie Crawford. Charlie has been Commissioner of Officials for the past 20 years.

Dave Curnow. Dave, a member of the famed San Diego Triathlon Club, was Vice President of the Tri-Fed/USA Board of Directors during the 1980's and was the prime mover in handling the paper work that resulted in Tri-Fed becoming a member of the USOC during that period. He was hit by a car during a training ride, cutting short his triathlon career.

Jim Curl. In 1982, Jim, along with Carl Thomas, began the US Triathlon Series (USTS), which continued in major cities until 1993. The USTS races evolved from a 2 kilometer swim-35 kilometer bike-15 kilometer run to what is now known as the Olympic distance triathlon (1.5k swim, 40k bike, 10k run). The Series also introduced the first wave start to triathlons. Through the series, Jim produced over 150 triathlons internationally, including the Reebok Women's Triathlon Series and the Accenture Chicago Triathlon. HoF Inductee, Class of 2009.

John Disterdick. John was organizer of one of two groups that later merged to form the US Triathlon Association in 1982. His financial firm was one of the first corporate sponsors of triathlons. He had podium finishes in his age group in early races and still competes 30+ years later. Ever the multisport athlete, he has won 10 world championships in his weight class in masters boxing.

Scott Eder. Scott was a race director in Texas in the early years of the sport. He produced over 150 races in his career, including several IronKids events, the first series to reach out to youth nationwide.

Dan Empfield. Dan competed in his first triathlon in 1978 and the first Ironman held on Hawaii's Big Island in 1981. An innovator, he designed the original triathlon wetsuit and founded the wetsuit manufacturer Quintana Roo in 1987. He debuted "the first bike built from the aerobars back," the model for today's triathlon and time trial bikes. He developed the FIST tri bike fit system for triathletes in 1993. He founded the Slow Twitch web site in 1999. He served on the USAT Board of Directors and, along with Lew Kidder, helped redraft the USAT bylaws to reform voting procedures and redraw USAT voting regions. He produced some of the first draft-legal championship races in the United States. HoF Inductee, Class of 2015.

Marc Evans. Marc has been a coach of triathletes for more than 25 years and was one of the first profession triathlon coaches in the field. He was an early exponent of periodization in training. He invented the Speedo Swimfoil. He was the TeamUSA coach for the first ITU World Championship in 1989. He is the author of three books on triathlon training.

Henry Forrest. Henry was one of the 12 finishers in the very first Ironman in 1978. He was a motivational and inspirational speaker who gave talks at running and triathlon clubs about his experiences in the 1978 Ironman and encouraged others to test their minds and bodies through triathlon competitions, thereby growing participation in the sport. He passed away of pancreatic cancer in 2008.

Marilyn Franzen. Marilyn was race director for the US Swim and Fitness Triathlon (now the Lifetime Fitness Triathlon) starting the mid-1980's, one of the early triathlons with a sizable purse for the winners. Marilyn earned a silver in her age group in the 1989 ITU World Championship.

Jim Freim. Jim was executive director of USA Triathlon in the early 1990's and oversaw the move of its headquarters from Davis, California, to Colorado Springs, Colorado. A fierce competitor in his age group, he won the latter at the Hawaiian Ultraman.

Joe Friel. Joe opened one of the first triathlon stores in the world, organized a number of triathlons and duathlons, and began coaching multisport athletes. He was co-chair of the Masters Committee of USAT, which later became the Age Group Commission. He is the author of several books on training, including "The Training Bible." He is the author of Training Peaks software. He helped start the USAT Coaching Commission.

James Gayton. Jim was one of the founders of the US Triathlon Association in 1982.

Mike Gilmore. Mike was publisher of Triathlon magazine, first issue coming out in February 1983. It merged with Tri-Athlete magazine in July 1986 to form Triathlete magazine. Mike was later elected to the Board of Directors of Tri-Fed/USA. He served as President of Tri-Fed in the early 1990's and worked with Les McDonald to form the International Triathlon Union and to gain entrance for triathlon in the Olympic games.

Mike Greer. Mike has served the sport of triathlon for more than 30 years as a competitor, volunteer, sponsor, coach, Board member, and race director. He has competed in over 350 triathlons during that period, including twice at the Ironman world championships. He has been the race director of the Buffalo Springs Triathlon in Texas since 1990. He has served on USAT's Board of Directors, including a term as President, and also served as interim Executive Director while a new one was being recruited.

Cherie Gruenfeld. Cherie has 10 top age division wins at the Ironman. She has twice been USAT's Top Grandmaster of the Year. She is the founder and director of Exceeding Expectations, a non-profit foundation for at-risk kids. The foundation uses the sport of triathlon as a vehicle to "help pull kids out of their risky environments and give them skills and opportunities to function successfully in a world very different from their own." She is the author of "Becoming an Ironman."

Fletcher Hanks. Fletcher is one of sport's pioneers on the East Coast, founder of the Oxford International Triathlon that became the Cambridge Triathlon and then the Blackwater Eagleman. He was also founder of the Great Chesapeake Bay Bridge Swim. He was an active competitor in triathlons and set several national age group records in road racing. He was a member of USAT's Board of Directors in the 1980's.

Dan Honig. Dan is the long-time President and chief race director for the New York Triathlon Club, formerly the Big Apple Triathlon Club, which celebrated its 30th anniversary in 2014. He has put on more than 600 multi-sport events over the years and has competed in more than 150 events. He served on the Tri-Fed/USA Board of Directors back in the mid-1980's.

Robert Igor. As president of ABC sports, he agreed to the first-ever television contract for the sport, showing what was then considered a weird event called "Ironman." His cameras caught the crawl of Julie Moss to the finish line of the February 1982 race and then incorporated the footage into the opening credits for *Wide World of Sports*. He has participated as a competitor in triathlons and helped raise over \$1 million for pediatric research at the Children's Hospital of Los Angeles.

Al James. Al was a pioneering race director, including the first USTS even on the East Coast (Tampa Bay in 1983) and founder of the long-running St. Anthony's Triathlon. He was a member of the USAT Board of Directors from 1984 to 1987. He was the author and compiler of the set of rules for triathlons, their safety standards, and an essay on race direction.

Jim Jimison. Jim has been athlete and long-standing official with USAT, a major contributor to the rules and their enforcement, and a member of the Board of Directors in the early 1990's.

Harald Johnson. Harald, along with Mike Gilmore and Penny Little, launched *Swim Swim* magazine in the late 1970's to promote distance swimming, along with participation in other sports for cross-training. In the spring of 1982 they put out a feeler magazine, *Swim-Bike-Run*, to test the media feasibility of this new multisport. The first Triathlon Magazine came out in February 1983, combining with *Tri-Athlete Magazine* in July 1986 to form *Triathlete Magazine*. Harald, Mike, and crew created the "Triathlete of the Year" award in 1984 (first winner was Scott Molina), later broadened to become a major annual celebration of the sport on the Queen Mary in San Diego harbor.

Steve Jonas. Steve is the author of several books on triathlon, notably "Triathlon for Ordinary Mortals" and "The Essential Triathlete," as well as a large number of articles and blogs. A frequent competitor, Steve has done over 200 triathlons and duathlons since the early 1980's. He is a past member of USAT's Coaching Commission.

William R. Katovsky. Bill was the founder of *Tri-Athlete Magazine*, the first issue of which came out in May 1983 as a regional West Coast publication and broadened to a national and later international publication.

Lew Kidder. Lew has been involved with triathlon since the early 1980's as an athlete, coach, member of the Board of Directors in the 1980's, and co-founder and editor of *Inside Triathlon*. He was co-developer of USAT's ranking system for age group triathletes and had a hand in many of the controversies and solutions in the sport over the years.

Steve Locke. Steve was Executive Director of USAT for 12 years, the longest anyone has served in that position. Originally a race director and active triathlete from Indiana, he was a critical participant in the restructuring of the organization in the 1990's, laying the groundwork for USAT's participation in the 2000 Olympic games and its growth in the early 2000's. He was an avid triathlete, competing in over 200 races.

Barry McDermott. Barry was a journalist. His feature on triathlon in the May 14, 1979 issue of Sports Illustrated lit a flame under the triathlon movement and remains one of the great pieces of sports journalism.

Dave McGillivray. Dave Dave, better known nowadays as the race director of the Boston Marathon, has served as race director for more than 150 triathlons, including the Cape Cod Endurance Triathlon in 1983, the first ultradistance race in the continental United States. His New England Triathlon Series, featuring a race in each of New England's six states, was one of the first series in the U.S. He entered the first of his 8 Ironman races in 1980, after reading about it in a 1979 Sports Illustrated article. He served on the USAT Board of Directors for 7 years during the 1980's, later served on the ITU Technical Committee, and was race director for a number of ITU World Cup events. Hall of Fame Inductee, Class of 2010.

Jon Noll. Jon was President of the USAT Board of Directors from 1984 to 1989, teaming with Verne Scott, Executive Director, in establishing triathlon's national governing board. His accomplishments include establishing the first set of competitive rules and event production standards, while putting the organization's business plan and structure in place. He also started the revision of the bylaws to conform to the Ted Stevens Olympic and Amateur Sports Act. He was also a race director and competed in the Ironman World Championship. HoF Inductee, Class of 2008.

David Paine. Dave, a member of the San Diego Track Club, incorporated swimming in his cross-training for run work-outs and held an informal run-swim race in 1972-73, said to be the model upon which the first modern triathlon was built in 1974.

Mike Plant. Well-known in the 1980's and early 1990's as the voice of the US Triathlon Series, Mike has been involved with the sport since his days as a photographer of the Ironman in the 1970's. He is the author of several books on the Ironman and is co-founder with Scott Tinley of the web site, trihistory.com.

Paul Porter. Paul was one of three founders of the Muncie Endurathon, an early long-course triathlon of which he was race director 1980-1983. With a background in swimming, skiing, and marathons, he was an active triathlete from 1980 to 2005. His experience in the insurance industry led to his developing affordable sports insurance, initially for the Endurathon and eventually for USATriathlon and the races it sanctioned, during the insurance crisis (lack of availability) in the early 1980's. He served on USAT's Board of Directors from 1984 to 1989.

He was Sports Management Assistant Commissioner for the 1987 Pan American Games in Indianapolis in 1987 and Assistant Commissioner for the 1988 Olympic trials in Indianapolis.

Murphy Reinschreiber. Murphy was a member of the group of triathlon pioneers in San Diego that launched the sport. He began as a competitor in the 1970's and became a race director in 1980. He was first executive director of the organization that eventually became USA Triathlon and assisted in writing the first rules on drafting. He has worked as a long-time representative for elite athletes and produced the sport's first prize money race. He was the World Triathlon Corporation's Managing Director for Asia Pacific.

Cyle Sage. Cyle is a long-time multi-sport coach. He was a founding member of USAT's Coaching Commission and conducting the first coaching certification clinic. He produced the first USAT Junior National Championship in 1996. He was coach of the USAT Junior Team from 1999 to 2001. He was recognized as USAT's Developmental Coach of the Year in both 1998 and 1999. He also produced the first all-collegiate national championship.

Bob Scott. For nearly two decades, Bob owned Set-up Events, which produces nearly 90 triathlons annually in the Southeast. He is now retired, but consults on training and racing venues in the South.

Verne Scott. Newly appointed executive director, based in his spare bedroom office, and operating with a shoestring budget, Verne worked tirelessly to put everything in place, big and small, for the establishment of the Triathlon Federation/USA between 1983 and his retirement in 1987. He drafted policies, such as five-year age groups and equal prize money for men and women, all approved by the Board of Directors. He guided the establishment of uniform rules, a sanctioning process, safety standards and race insurance, award of championships, event production standards, annual meetings, and the Tri-Fed magazine. Although his son Dave may be the most famous athlete in the family, Verne had his share of age group wins and continues to exercise daily in his 90's. HoF Inductee, Class of 2008.

Don Shanahan and Jack Johnstone. Don and Jack were race directors for the first-ever modern triathlon in September 25th, 1974 in Mission Bay, San Diego, CA.

Barry Siff. Barry is currently President of USA Triathlon, having served as Vice President for two years. He has been involved with triathlons and endurance sports since 1986 as a competitor, certified race director, coach, and author. He has finished 10 Ironman-distance races. He is also on the International Triathlon Union Board of Directors.

Valerie Silk. The Ironman Triathlon would not be where it is today without Valerie Silk. She served as the owner, President, CEO, and race director for the Hawaiian Ironman Corporation (now the World Triathlon Corporation) during its formative years in the 1980's. She negotiated multi-year sponsorship agreements and network coverage through ABC's Wide World of Sports. She increased the volunteer base by over 2,500 volunteers and developed merchandizing and

licensing divisions for Ironman products. Ironman grew internationally as Valerie developed qualifying races in other countries. She also served on USAT's Board of Directors for several terms. HoF Inductee, Class of 2009.

Mark Sisson. An early competitor in the Hawaiian Ironman, finishing 4th in the February 1982 race, Mark wrote a book, *Triathlon Training Book* in 1983 about his early experiences. He served on the Tri-Fed/USA Board of Directors in the late 1980's, became Executive Director in 1989, and later served with the International Triathlon Union as Secretary-General and its chair for anti-doping and drug testing and liaison with the IOC.

Fred Sommer. Fred was a very active race director in Florida, also putting on a national series in the late 1990's. He served as President of the Florida Region for a number of years and was on USAT's Board of Directors in the 1980's. His signature race was the Grand Floridian, an Ironman-distance race that started in 1990 and celebrated its 25th anniversary in 2015.

Steve Tarpinian. Steve is a long-time coach on Long Island; his team Total Training has over 200 members. He is a charter member of the USAT Coaching Commission. He is the author of "The Essential Swimmer" and "Swim Training for Triathlons." He created "Swim Power" videos. He has frequently served as race director.

Carl Thomas. Carl joined Jim Curl in creating the US Triathlon Series in 1982. The Series quickly expanded from 5 cities to 12 cities nationwide. The format of the Series and distance was considered ideal for Olympic competition, and Thomas predicted that by the time triathlon became an Olympic sport "hundreds of thousands will have competed at the Olympic distance worldwide. In 1984 he founded CAT Sports and produced over 25 televised triathlon events for ESPN, NBC, and other national syndications. He served as President of Tri-Fed, focusing on the vision of triathlon becoming an Olympic sport, and led in the formation of the International Triathlon Union, becoming its first Treasurer in 1990. HoF Inductee, Class of 2009

Dick Tomlin. Dick competed in over 240 triathlons and duathlons between 1981 and 2005. He won his age division once each at USAT triathlon national championships, USAT duathlon national championships and the ITU duathlon world championships. He covered races for Triathlon Today magazine. He served on USAT's Board of Directors in 1999-2001 and on an ad hoc committee to revise the amateur rules for the sport. He was killed in 2005 by a hit-and-run driver while on a training ride.

Rob Urbach. Rob is the 9th Chief Executive Officer (previously titled Executive Director) of USA Triathlon, having served since 2011. Rob has been an active triathlete since the 1980's, winning his age group, and has competed in the Ironman Kona World Championship. He was an All-American tennis player in college.

Robert Vigorito. Vigo is best known as the race director of the Columbia Triathlon, which he headed for about 30 years, and for the Eagleman Ironman Qualifier in Maryland, previously

known as the Oxford Triathlon that Vigo took over from Fletcher Hanks. He has competed in a number of Ironman World Championships as well as other triathlons and has served on the Board of Directors of Tri-Fed/USA in the 1990's, including a term as President.

Gloria West. Gloria founded and directed many of the early triathlons in Wisconsin. She was the original director of the Danskin Series.

Dennis White. Dennis was Executive Director of the US Triathlon Association, USAT's predecessor, in 1982-83.

Tim Yount. Tim is USAT's longest-tenured employee, dating back to 1989. He has managed nearly every program within the organization. He co-managed the national championships from 1998 to 2005 and has served as manager of TeamUSA to most of the ITU world championships most of the years since 1989. He was instrumental in developing USAT's Hall of Fame and developing several recognition/award programs, including Athlete of the Year since the mid-1990's. Gifted as an announcer and well-known to the age grouper community, he has been behind the microphone at most national and world championships. He was head of the US delegation of the US Olympic Triathlon Team in its inaugural competition at the 2000 Summer Games in Sydney, Australia. He has also served twice as Acting Executive Director of USAT.

Scott Zagarino. Scott is a former member of the USAT Board of Directors and long-time age group triathlete.

Tom Ziebart. Tom entered his first triathlon in 1981, was hooked, and began organizing races by 1986. He's been involved with race direction ever since, most recently as an operations manager for the World Triathlon Corporation.