

The Ironman Spirit

A couple of stunning examples of spirit and strength that illustrate the incredible will of an Ironman triathlete. I would love to be able to be there someday. To be humbled by it all and to put my body, mind and soul to the ultimate personal test.

Sian Welch and Wendy Ingraham fighting for 4th and 5th place at the 1997 Ironman World Championships

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Team Hoyt - If this doesn't move you , you don't have a soul