

Chapter 12

Double Ironman Triathlon

A Once In A Life Time Opportunity

[Origin](#) of the Triathlon

[History](#) of My Triathlons

My Two Ironman Triathlon [Attempts](#)

The [Decision](#)

The [Commitment](#)

1993 – [Seeing](#) The Real Thing

[Hard](#) Core Training

[June 4, 1994: Diem](#) Mirabilis

The [Questions](#) We All Have

The [Announcement](#)

The [Qualifiers](#) – 41 In The World

The [Event](#)

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PowerPoint Slide Show

Addendum: Community Center Newspaper Articles