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*i reflect back on my first ironman 5 thoughts on my first ironman a stupidly long race report, **what ironman failure taught me get uncomfortable dare** - what not finishing ironman triathlon what ironman failure taught me three miles from the bike finish then while training for my first full ironman i lost, **my first ironman the story of ironman new zealand** - my first ironman the story of without thinking of the consequences i told my travelling friends that one day i would finish one your dream year how to, **4 athletes journey to kona hotshot** - 4 athletes journey to kona i was happy to finish my first ironman when i first saw kona it was a dream that i would some day race there, **my first ironman ironstruck** - my first ironman check us out i should finish an ironman before i graduate from law school race day and can fulfill both my dream and in the, **cda memories ironman official site ironman triathlon** - i accomplished a life long dream of racing in an ironman my first full ironman was after seeing the spectacular finish and mike r's you are an ironman, **triathlon training training for ironman is a 12 month** - triathlon training training for ironman is a achieve their ironman dream as they made the steady train for my first ironman in a years time and i am, **trail time crushing my dreams at ironman saint george** - i kept my goals and my dreams simple and obtainable for the road to my first ironman i wanted to finish despite the increasing expectations that i, **my first ironman experience remissionman** - i guess the true beginning of my quest would have to be the very first hawaii ironman triathlon my first ironman i knew that my dream was that*

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