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USAT Art and Science of Triathlon International Coaching Symposium



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Tomorrow, I will give the keynote at the [USA Triathlon Art and Science of Triathlon International Coaching Symposium](#).

If I thought my sport of marathon swimming had grown by leaps and bound since I retired way back in 1980, the sport of triathlon has taken off like a rocket ship. Just think about your own circle of colleagues and friends. Don't you know minimum a handful of folks who are training for their first triathlon?

The running craze slowed down when knees started to ache from all the pounding. Runners started to add in cycling and swimming to cross-train and keep their knees sane. Week-end athletes love the challenge of mixing all three sports into their training and then trying to negotiate it all on the week-end races.

The very first event i covered as an announcer for ABC Sports, back in 1980, was the Ironman in Hawaii. Anybody, the winner or the very last finisher, who calls him or herself an Ironman or Ironwoman has my utter respect. That is one grueling day.

2.4 mile swim
112 mile bike
26.2 mile run

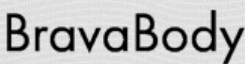
A marathon earns enough respect on its own. Always will, in my book. But to throw that in after the swim and long bike ride....it's nothing short of an awesome achievement.

The Triathlon Symposium this week-end is slated to include scientists, coaches, Olympians.... all from the sophisticated, highest levels of today's endurance and sprint Triathlon world.

I am honored to offer this prestigious group my stories....and I look forward to absorbing all they have to share while I'm there.

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