

Gordon's Iron Man Competition, Sep 13, 2009

Sharing with my good friend
Sam





Sports Drink and Banana are essentials for Iron

My car and
my bike





The Sign

Asia Cup of
the Iron Man
Competition
in I-Lan
County





Pine Tree Inn (B&B)



Check-in



Night before the
competition, Pine Tree
Inn

9/13,
Competition
Day

Bike Transfer
Area



This Iron is well-prepared



My bike

My
competition





人壽盃 亞洲

鐵人

CHINESE TRIATHLON ASSOCIATION
CTTA
三項系列賽



三項運動協會 宜蘭縣政府

總協理



政府教育處。工務處。工商旅遊處。警察局。消防局。宜蘭縣
小。南安國小。清溝國小。柯林國小。得安村。大進村。中華
系顧問股份有限公司。宜蘭農田水利會

宜蘭縣三星鄉公所
宜蘭縣支會

律師 黑貓水中眼鏡





Swimming, 1500 M

Gordon is
this one



Gordon is totally exhausted after 39 minutes swimming



Gordon is
this one



Bike for another 40 KM



A photograph of a rainy street scene. In the foreground, the roof and rear window of a white car are visible. To the left, a white van with a blue logo is partially seen. In the middle ground, a large black covered truck is parked. A group of people with colorful umbrellas is gathered on the left side of the road. A white van is parked on the right side of the road, with a person standing next to it. Orange traffic cones are placed on the road. The background features a line of palm trees and a utility pole. The sky is overcast and raining heavily.

It rains like cats
and dogs



After 1 hour and 29 minutes, I am back

My lovely wife Becky is here





Back to the
Bike
Transfer
Area again



Running for
another 10
KM





The finish line is just few steps
away....**what a game!**





Injured
because
Bike
accident



Injured
because
Bike
accident

Sam, this is truly an Iron Man Competition,

