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

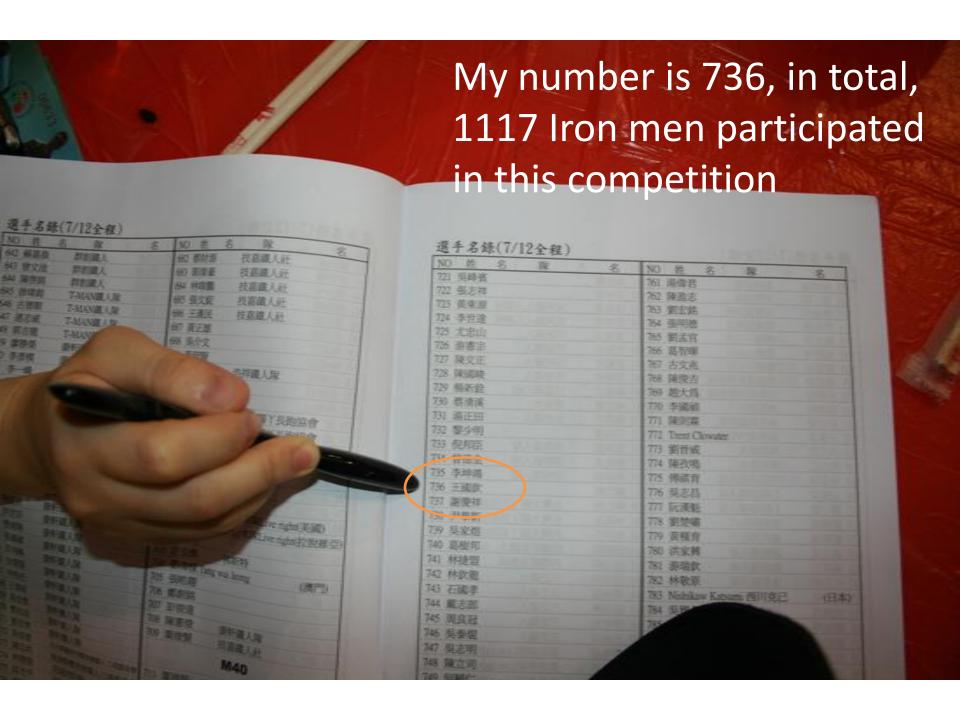




Pine Tree Inn (B&B)



Check-in



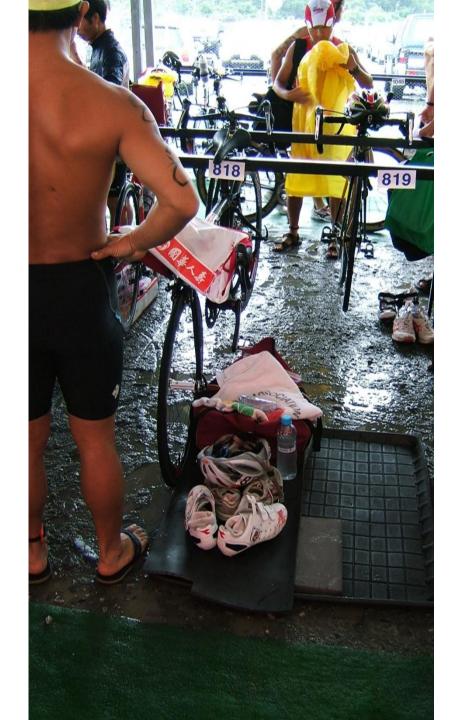


9/13, Competition Day

Bike Transfer Area

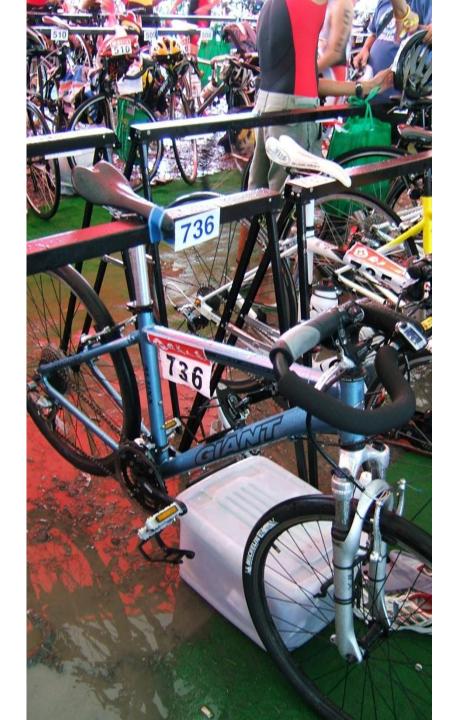


This Iron is well-prepared



My bike

My competition









Swimming, 1500 M











