

It was my goal to make it to Kona since I first started triathlons in 1991, I even named my two cats Kailua and Kona!

My 1st Ironman race was to be Ironman Canada in 1996. I trained all summer and on my last training ride before tapering, I was hit by a car that failed to yield to me at an intersection. I was quite banged up and decided to forgo the race. The next year I signed up for the Vineman (iron distance) and just as the year before, just prior to taper I was hit again by a car that failed to yield at an intersection (I was beginning to think I was invisible). I broke my wrist and needed to have a cast for the next 6 weeks. This time rather than bailing on the race I did the race with a cast and finished my first Ironman. I was a good 30 minutes from having a fast enough time to qualify for Kona.

I was unable to qualify with two more attempts (Ironman California – 2001 and Ironman Coeur d'Alene in 2003), and finally qualified at Ironman Wisconsin in 2003 – by only 2.5 minutes. I raced Kona in 2004 and it has a fabulous time. My favorite part of the race was the swim in the crystal clear ocean, followed closely by the Mango ice cream at the finish!

I was fortunate enough to qualify for Kona again in 2007 at Ironman Wisconsin and I am very much looking forward to racing again on the Big Island. My training has been going well this summer, and except for some soreness in my shoulder from swimming, I feel great.

Aloha!

Dave Holden