

John Sosniecki started racing triathlon within the last half dozen years. In one of his first events, he was one of the last swimmers out of the water. Some people may accept that, or even decide the sport is not for him or her. Not John. In a few short seasons he has finished 8 Ironman triathlons, and is on his way to the World Championship in Hawaii- 2008!!

These are thoughts from a man determined to reach his goals:

Ironman to me has never been about finishing. It's about competing with the best on the same course on the same day. How good can you really be with no excuses and no holding back.

It doesn't matter what others think or say about your goals. I was raised to believe I could do almost anything if I try hard enough. And to this day I have been able to accomplish most things that I've wanted too, even if others don't think I can, not because I'm gifted but mostly because I believe.

You're only "crazy" 'till you succeed. And if you are crazy.....so what. At least you had the guts to try and do something worth doing, even if it is only important to yourself. Besides self determination, a great spouse like Jenny, who has been with me the whole way, helps makes that dream a real possibility. Believe in yourself...set your own goals...and go for it. As long as it's not hurting anybody else, why temper your goals with naysayer's. The worst you can do is fail.

John Sosniecki

Three points of wisdom from a guy determined to keep doing this IM stuff:

- 1) There is no Y (why) in Tri...either you do or do not.
- 2) If you have a good race, and feel good...you didn't go fast enough.
- 3) No pain..... no gain!!