

IronMan is an Ultra Distance Triathlon consisting of 2.4 mile Swim, 112 mile Bike, 26.2 mile Run.

Ted Berry completes the Louisville, KY race August 29, 2010 on a Hot 97 degree summer day.

2,800 Participants All Began 7:30 am

Ted Finishes 8:30 pm
12 hrs
59min
13 sec
Placed: 600th
Only 2,200 (78%) finish the race.

Ted was #2228 and wore an timing chip on his ankle. His progress was tracked and posted online at www.ironman.com

Swimmers approach the dual launch docks single file.

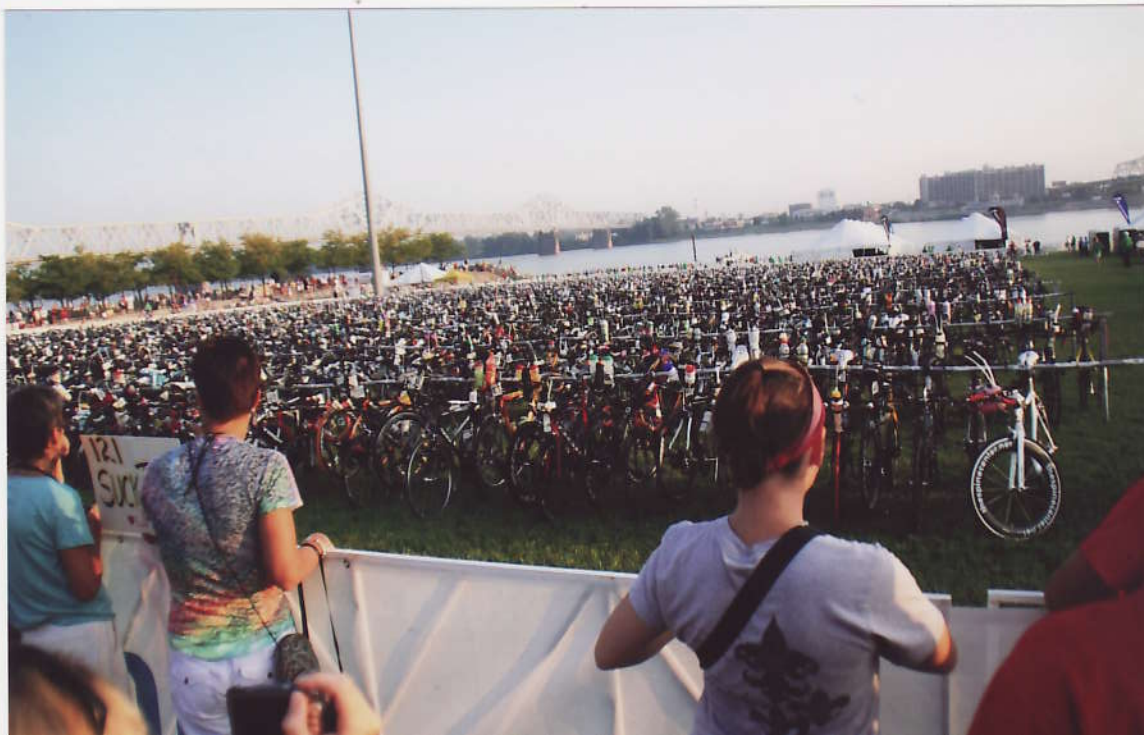
Ted Swims the 2.4 miles in the Ohio River; The water was very warm.

Participants pack extra clothes, socks, food, energy gels, etc in marked bags and are made available at pick-up areas throughout the race.





After exiting the water, Ted finds his parked bike in his assigned space and runs the bike off the lawn. Ted bikes 112 miles on a specific course of street, road and highway varying in elevations of 400-900 feet.





Ted runs 26.2 miles through Louisville's city streets. Triathletes must cross the finish line before 12 midnight when the race closes.

Pictured below is Ted beginning the run segment happily, but then moments later, gets cramped muscles due to heat and dehydration.



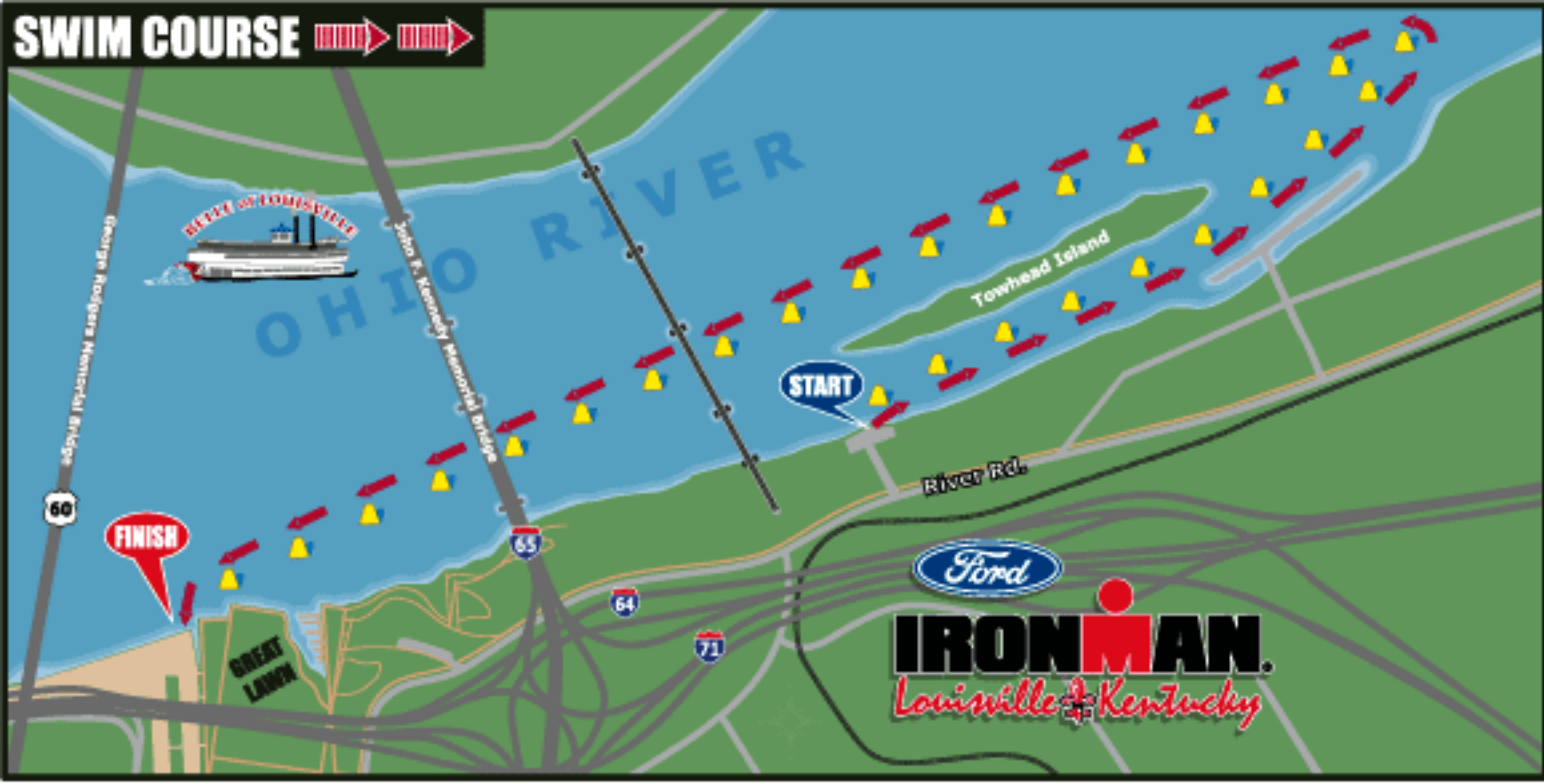
At Last!! The Finish Line! Ted is photographed 10 feet from the finish line at 8:30 pm.

Far Below is Ted with 1 of his 3 children, his daughter Ellie, and his wife Kim. Note, the IronMan medal around his neck.

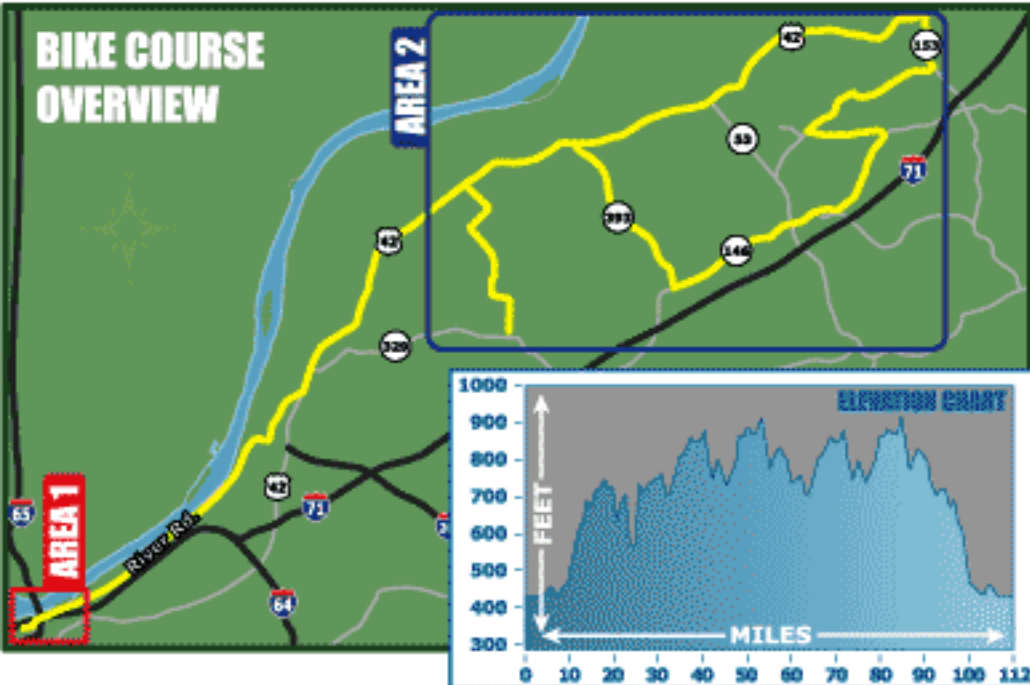
What a great achievement and inspiration!
Congratulations, Ted!



SWIM COURSE



BIKE COURSE OVERVIEW



BIKE COURSE



- Start at the Great Lawn (Waterfront Park)
- Turn left onto Witherspoon St
- Turn left onto Preston St
- Continue east on River Rd
- Turn left onto SR 42
- Turn right onto KY-1694
- Out to turnaround (KY-329) and back
- Turn right onto SR 42
- Turn right onto KY-393
- Turn left onto KY-146
- Turn left onto Ballard School Rd
- Turn right onto Old Sligo Rd
- Turn right onto L'Esprit Pkwy
- Turn left onto KY-153
- Turn left onto SR 42
- Turn left onto KY-393 to begin 2nd loop
- After completing 2nd loop continue west on SR 42
- Turn right onto River Rd
- Turn right onto Witherspoon St
- Turn right into Great Lawn

AREA 2



AREA 1



AREA 2



AREA 2

RUN COURSE



- Start at Water Front Park (The Great Lawn)
- Turn right (west) onto Witherspoon St
- Turn left (south) onto Brook St
- Turn right (west) onto Main St.
- Turn right (north) onto the 2nd St. Bridge
- Complete the U-Turn on the 2nd St. Bridge
- Turn right (west) onto Main St.
- Turn left onto 3rd St.
- Turn right (west) onto Winkler St.
- Turn left (south) onto 4th St.
- Continue onto Oakdale Ave.
- Turn right (south) onto Southern Pky.
- Continue on Southern Pky. to U-turn
- Continue north on Southern Pky.
- Turn left (west) Oakdale Ave.
- Merge onto 4th St.
- Turn right (east) onto Winkler Ave.
- Turn left (north) onto 3rd
- Turn left onto Chestnut St
- Turn right onto 4th St
- Turn right onto Muhammad Ali Blvd
- Turn right onto 3rd St. to start second loop
- After completing 2nd loop turn left on Chestnut St.
- Turn right on 4th St.
- Continue north to Finish at 4th St. Live.



IRONMAN.
Louisville & Kentucky
RUN COURSE



Louisville International Airport