

I have to send out many special thanks to the following people who helped make my Ironman experience both fulfilling and uplifting:

Kurt and Shelley Egli and Clark Bickley for the now infamous dinner discussion at Freebirds last July. After bouncing some ideas around with them and airing the whole idea of my doing an Ironman when nobody else really had an inkling of it, I realized that there might truly be a reason in my heart for pursuing this goal. I was right. They were there for me. And the thought of Kurt's words about the maple leaf tattoo kept me focused on the goal.

Richard Ng (and family) Frankly, I'd never really envisioned that our conversation on your patio three years ago would have lead to us doing this together but I am thankful it occurred. You've been my best friend on the planet for 35 years. I can't think of anyone better to share the day with seeing you smiling on the course was great for me and seeing you at the finish (dang it, waiting for me!) was even better. Grasshopper, you grasped the pebble from Sensei's hand. We've been through a lot together and you certainly know all of my personal history - sharing this is definitely on the highlight reel!!!

Jen Racine I thank you for all your support, your presence on race day, and, frankly, your inspiration. When you started running for the first time (the infamous 400m run with you), it served as a motivator for me to return to the sport that I was told I'd never be able to enjoy. I thank you for reminding me of the true joy that that world offers. Your finish at IMF was truly inspirational and I am not sure I have experienced any better sports events and I've been to many. You may have the faster IM, but I still own the 5K.

Robin Warnken the best massage therapist I know with the best family as well! She kept my recovery process moving smoothly, and that massage the Tuesday before the race made my legs feel awesome on race day. Thanks to Appoo and family and for Kennedy's artwork that graced my refrigerator in the days leading up to the race.

Tammy Harbison for the great cycling and running orthotics (a blister-free Ironman!) - and continuing to tweak everything to make this event do-able for a gimpy pair of knees.

RunTex running group I couldn't coach a more fantastic group of people. They have become an amazingly supportive family to me. When you give love, you receive it and this is my own personal example. Special thanks go out to Jill for checking in to make sure everything was going smoothly in the week prior to Ironman; and to Troy, for constantly reminding me that we're all living the dream!!!

Marshall Burt You are the man! My mentor, my best friend in Austin, the one who truly understands unconditional support. Marshall should be the definition for friend in the Oxford dictionary. I've known you since shortly after moving to Austin and you've been there every step of the way. In knowing you I have become a better coach but better yet, a better person.

Marsha Beckermann perhaps the world's greatest sports nutritionist. Her sense of humor and candor provided the much-needed insights and education, for both my training and coaching. Her no-nonsense, realistic approach to nutrition made me a true believer. Eat, Allan, eat!!!

The Austin-To-Lake Placid Support Team: Could you ever have a more fun group of people to experience an Ironman with? Thanks to Jen, LJ, Angie, Mark, Melissa, Ainsley, the Scheel family, the Ng family .. what more can I say? If I was doing it all over again, I would have every one of you there. Your support was incredible.

The Clark family for the hospitality on my trip through Ohio. It was a great last gasp respite from the world of Ironman.

Tom Gordon and Julie Shea for the wonderful meal and social time in Ohio before heading onwards to Lake Placid. I am sure the protein facilitated my preparations!!

Nelo's (Austin) and Crankz (Brockville) for the bike maintenance and awesome cycling gear. There were no

bike-related hitches or glitches during my 112 miles ♦ and I think the all-weather tires helped to keep the rain away! The Rabobank-inspired jersey from Crankz couldn't have hurt!</p><p>♦</p> <p>Lisa Sousares ♦ for the brownies throughout my training! These are the world's best brownies ♦ and this is someone who's support has been tremendous. Lisa, I look forward to experiencing IM with you ♦ counting the days yet? J</p> <p>♦</p> <p>RunTex ♦ the best running store in the universe! Paul Carozza was one of the first people I met when I moved to Austin. I distinctly remember the days back on 12th and Lamar ♦ before the flood! Paul has always been very supportive of my endeavors, as has his fantastic staff. A special thanks goes out to Juan, Jeff, and Gundy ♦ you guys are the best! Just remember, Brooks Adrenaline 9.5 ♦ not 12 J</p> <p>♦</p> <p>Laurie Hahn ♦ Laurie, your race report from Lake Placid last year was something that, quite honestly, had me in tears. Your heartfelt sincerity touched me and served as a reminder to me in my quest for Ironman success. I know your vibes were there throughout the day ♦ and no, Wisconsin does not sound like a good idea J</p> <p>♦</p> <p>All the athletes that I have ever coached and worked with as a physical therapist ♦ being involved with an athletic population was always my dream. Over the past 17 years as a PT, I have lived the dream. Your dedication and motivation has always provided me with the inspiration to pursue any and all goals in life. After finishing Ironman, I truly believe that I have more enjoyment watching someone that I have coached complete their first Ironman ♦ more so than doing it myself. Thanks for all the wonderful memories.</p> <p>♦</p> <p>Laurie and John Cullicott ♦ for being so positive in all of my endeavors ♦ and for being there through thick and thin. Two of the best, most supportive and fun people I've ever met ♦ and damn good tea too J</p> <p>♦</p> <p>Al Schneider and Malane Grace ♦ for being there with me on what has to have been the toughest training day of my life. Man, was that HOT!</p> <p>♦</p> <p>All the volunteers in Lake Placid (yes, all 6000 of them ♦ personally!) ♦ these people make this event such a beautiful experience. Their support is incredible ♦ and they provide the inspiration (and the Gatorade, and the cookies, and the ♦) to keep going. Their smiles make every mile worth the pain. I feel like I was sharing this with 6000 of my closest friends!</p> <p>♦</p> <p>Kevin Skeen ♦ the big bald guy from Ohio ♦ who found me the awesome deal on my trusty Mullet Express. Your craftsmanship and knowledge put me on the best bike for me that my Canadian dollars could buy. Yes, steel is still real! Kevin, I went totally old school out there ♦ no aerobars ♦ you'd be proud of me J</p> <p>♦</p> <p>Jamie Cleveland ♦ your supportive words on the run course made a long run a little shorter.</p> <p>♦</p> <p>Laurie Evans ♦ for finding us the great accommodations, for being so supportive in the lead-up to Ironman, and for providing me with one of my most wonderful experiences as a coach ♦ your first Ironman finish at CDA.</p> <p>♦</p> <p>Allison and Kirk Scheel ♦ my housemates in Lake Placid. You kept the level of humor high, and the stress level low. It was great seeing you both out on the course. Thanks for being there ♦ it made the week that much better and a lot more fun!!!</p> <p>♦</p> <p>Josh Kennedy ♦ I have a great deal of respect and admiration for the man from Monterey, CA. Your words were with me at mile 16 of the run ♦ when I adjusted my plan, started thinking like an ultrarunner, and suddenly felt my legs come back for an amazing last 10K. Who says that the last 10K of the marathon is the toughest?</p> <p>♦</p> <p>Steve Born at E-caps: For providing me with further knowledge about the nuances of fueling and nutrition ♦ and for providing the best fuels and recovery products on the market. You guys rock!!!</p> <p>♦</p> <p>To each and every one of you (and probably countless people that I've not mentioned) ♦ your support has meant the world to me. My journey is thankfully full of amazing people like you, people that bring vivid color to my already

vibrant world. Your love and support is a beauty to behold. Peace be with you all.</p>
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