

The Iron Cowboy

James Lawrence

James Lawrence set the world record for the most completed Ironman Triathlons in one year. He completed 30.

1. What has been the hardest thing on his journey?

2. What are the 3 events in a triathlon?

3. What 3 people did James do this project for?

4. What happened on the 27th race of the year?

5. What problem did James and Dayton have during the race?

6. What did James say to himself when he was tired on the bike?

7. What did he say to himself when he was tired during the run?

8. What does James think of V8 juice?

9. What types of things did James have to worry about during his quest?

10. What 3 things did James know that he could do?

11. How does James describe how he feels when he is swimming?

12. Who was at the finish line when James completed his 30th Ironman?
