

'Crawl if you fall'

Julie Moss inspires IRONMAN triathletes ahead of Sunday's event

BY SHANNON NICHOLAS

IRONMAN icon Julie Moss delivered an inspiring talk with corporates as she spoke about her life changing experience at the 1982 Ironman Triathlon held in Hawaii, at an interactive session held at The Kingsbury Colombo yesterday (21).

The American triathlete first became known during the 1982 IRONMAN Triathlon, in which she competed as part of her research for her exercise physiology thesis under the guidance of her professor. She had not initially taken the race seriously and did not have any special training beforehand. Much to her surprise however, she found herself with a comfortable lead.

The race was all hers, but about two miles before the finish line, she became severely dehydrated. She staggered and crawled towards the end

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of the course, only to be passed moments before the finish line by competitor Kathleen McCartney, who ended up as the winner. She finished with a Silver, and her struggle to finish the IRONMAN was broadcast around the world, and provided inspiration to many to compete in IRONMAN events.

'So Sri Lanka IRONMAN 70.3 Colombo' will be held on Sunday (24), in which Moss also looks to compete along with the many other competitors.



IRONMAN icon Julie Moss during her inspiring session with corporates ahead of So Sri Lanka IRONMAN 70.3 Colombo
Pix by Kushan Pathiraja

IRONMAN ICON
JULIE MOSS
IN SRI LANKA FOR THE FIRST TIME



The head panel led by Julie Moss (3rd from right) during the interactive session