

But, tens of thousands of TV viewers saw the son's role in 1999, when wind, cold, and an equipment failure made progress hard on Ricky, even though his father was the one pedaling the modified tandem bike. Dick knelt down to his son, contorted and trembling in the cold, as the two were still facing many more miles of race on the defective bike. He said to the child belted to the bicycle seat, "Do you want to keep going, Son?"

The father would be the one enabling and providing the means to overcome, but the son still had to have the heart to finish.

I know you have the heart of a champion, the heart of Dick & Ricky Hoyt. I know that you are a champion, that you have an Ironman inside of you. Today, make the commitment to FINISH. Most people drop out before they reach the finish line.

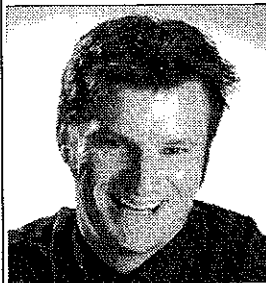
There are no traffic jams on the extra mile. There will be a lot of people who will tell you it can't be done. The doctors told Dick and his wife that Ricky was going to be a vegetable his whole life, that he had no chance of living a normal life. Dick and his wife found a computer that Ricky could use to communicate and he went on to graduate from public high school, and furthered his education getting a degree at Boston University.

There are no barriers, only psychological hurdles that you must overcome.

Dick and Ricky Hoyt are only one of many stories about people who have overcome great adversity and tremendous odds to become champions.

What are the obstacles you need to overcome to be a champion? Who is there to push you when you don't feel like going any further? Do you have the heart to finish like Dick and Ricky Hoyt?

## Coaches Corner



## North Country Union High School

By: Brian M. Cain, MS, CAA

# Having The Heart To Finish... A Championship Team

I want you to imagine having to swim 2.4 miles, then immediately having to ride a bike for 112 miles. Then when you finish the ride, imagine having to then run a 26.2 mile marathon. Finish and you have completed an Ironman Triathlon.

Now imagine having to do all this while swimming with another person in a boat behind you that you are pulling. Then riding with that same person on your bike, although they are not pedaling at all. Then, you have to push that person in a wheelchair as you run. Hard to imagine isn't it? Not if you are Dick and Ricky Hoyt.

The father and son, Dick and Ricky Hoyt, have run together in more than 800 Ironman races and they have never finished last. A lot of people drop out before they finish.

Ricky, the son, was born with cerebral palsy. To race, he must be pulled, pushed, and carried by his father Dick. There is a part of us that might jump to the conclusion that Ricky does not race at all, but that his father does all the work.