

OFFICIAL
PROGRAM

The Sparkling Eyes of My Roots

AA NA MAKA O NA AA

IRONMAN® AND IRONMAN® are registered trademarks of World Triathlon Corporation

IRONMAN®

WORLD CHAMPIONSHIP

PRESENTED BY

mylist™



2.4 MILES
HEI HEI AU KAI/SWIM



112 MILES
PAKIKALA/BIKE



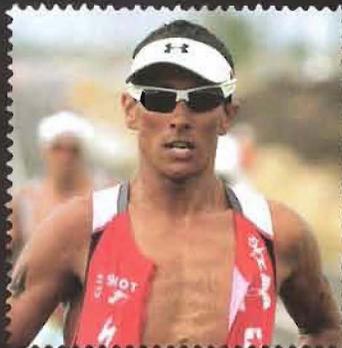
26.2 MILES
HOLO HEI HEI/RUN

Kailua-Kona, Hawaii
OCT. 13, 2012

IRONMANWORLDCHAMPIONSHIP.COM

PRO RACE PREVIEW

The top 12 men and women aiming for the title of IRONMAN World Champion on October 13. By Tawnee Prazak, MS, CSCS

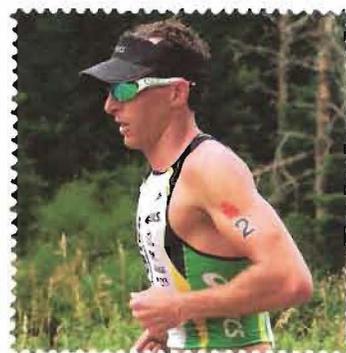


#1 Chris McCormack (AUS)

It's definitely not the season that two-time IRONMAN World Champion Chris "Macca" McCormack was expecting. When he set out, Kona was the furthest thing from his mind. It was all about the Olympics. Then, to his devastation, Macca was not selected for the Australian Olympic Team. "For me it was a serious case of déjà vu," he said. "I was thinking, 'Man here we go again' [recalling not making the team in 2000.]" But after it was all over he said, "It was a relief. I went back to my roots, returned to Europe and focused again on long-distance racing." The plan then shifted to doing the ITU Long Distance World Championships—a title he'd always wanted and got this year with the win—and to Kona, where he won the last time he raced in 2010. The outspoken Aussie is excited to be back in the mix at the IRONMAN World Championship and is curious to see how this year's race unfolds. "I have had a very different build up and a different approach this time around," he said. "I am a different creature from 2010."

#2 Pete Jacobs (AUS)

At only 30 years old, Pete Jacobs already has three top-10 finishes at the IRONMAN World Championship and finished as the runner-up last year in 8:09:11. He's been solid this season with four wins—including his third consecutive win at the brutally hot Cobra Energy Drink IRONMAN 70.3 Philippines—and second place at IRONMAN Lake Placid behind Andy Potts. While Jacobs is a solid all-around triathlete, keep an eye on his run this year. He's capable of setting a new marathon record and wants that illusive sub-2:40. He's had the fastest run split the last two years, going 2:41:05 in 2010 (third-fastest ever) and 2:42:29 last year. Interestingly, he's had those fast runs coming off injury—one year a broken collarbone; the next a stress fracture in his foot. This year injury struck again. "I had some major imbalances happening, which put me out of running for a couple of months," he said. But, unlike past years, he resolved the issue much earlier. Expect Jacobs to swim at the front, and his bike, he says, is stronger than people think. "My bike will make me tactically a lot stronger."



#3 Cameron Brown (NZL)

At 40 years old, Cameron Brown was ready to call it quits at the IRONMAN World Championship for good until IRONMAN Melbourne in March, where he finished second just behind Craig Alexander. That performance gave the veteran that extra bit of motivation to toe the line in Hawai'i once more, marking his 13th race in Kona. From 2001 to 2008 he had six top-10 finishes at the IRONMAN World Championship, four of which were podiums. But last year he did not finish on the run because of a calf tear. "I've had some bad luck and some injuries the last few years, and I want to do things right this year," he said. It seems he's on track. He followed his strong performance in Melbourne by finishing second at Cairns Airport IRONMAN Cairns. He's taken a different approach to his buildup by training in Boulder, Colo., too. "I know I can get on the podium again," he said of Kona. The podium is a familiar place for Brown, who has done what no other triathlete has ever done by winning Kellogg's Nutri-Grain IRONMAN New Zealand 10 times. This year he was third on the course, but it was shortened to 70.3 miles due to weather conditions.

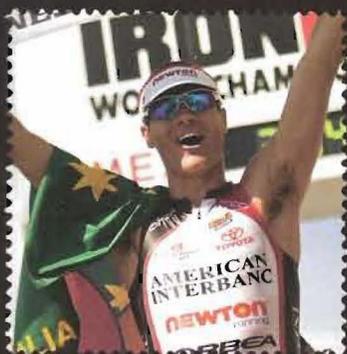
#4 Andreas Raelert (GER)

Andreas Raelert only knows the podium when it comes to Kona. In his 2009 debut he finished third, then second in 2010 and third last year. For 2012 he has the added bonus of having brother, Michael, racing and the two work well as a team. "These boys will be super, super dangerous this year," said Chris McCormack. "Smartest preparation year by them ever. They have what it takes to be at the top." This year he raced the Frankfurter Sparkasse IRONMAN European Championship in Frankfurt, finishing fourth after a crash on the bike. Speaking of battles, Raelert will also get a rematch with Chris McCormack. In 2010 the two had an epic battle to the finish that many likened to the "Iron War" of Dave Scott and Mark Allen in 1989.



**"I HAVE HAD A VERY DIFFERENT BUILD UP AND A DIFFERENT APPROACH THIS TIME AROUND.
I AM A DIFFERENT CREATURE FROM 2010."**

—Chris McCormack (AUS)



#5 Craig Alexander (AUS)

Last year Craig "Crowie" Alexander broke the fastest-ever course time by 12 seconds, finishing in 8:03:56 (Luc Van Lierde set the previous record in 1996). Now with three IRONMAN World Championship titles to his name, Crowie is going for number four. He also has a pair of IRONMAN World Championship 70.3 titles to his name and last year he also became the first person to win both the IRONMAN World Championship 70.3 and the IRONMAN World Championship in the same year. While he won't repeat that success this year after finishing as the runner-up to Sebastian Kienle in Vegas this September, he has had another impressive season. In 2011 we saw a vast improvement in Crowie's bike—he posted a second-best 4:24:05. In this year's race, he'll face a different dynamic without Chris Lieto leading the charge on the bike, but if there's one thing Crowie is good at, it's racing his own race.

#6 Jordan Rapp (USA)

Jordan Rapp is finally in the mix. While rumors have suggested that Rapp would never do Kona, he says otherwise and his reason for not racing until now was partly because he wanted to wait for the right time. He was going to race in 2010 but then suffered a terrible hit-and-run accident, and 2011 was about "finding his feet" again. Now, with five IRONMAN titles to his name, including two wins this year at Memorial Hermann IRONMAN Texas—where he ran a 2:46:56 marathon—and

Aquadraat Sports IRONMAN U.S. Championship, it's safe to say Rapp is ready for the heat of the lava fields. For Rapp, his biggest unknown in Hawai'i will be the swim. "I'm not really a powerful swimmer," he said. But Rapp will surely make up time on the bike, and he's shown he's capable of running in the 2:40s in hot conditions.



#7 Andy Potts (USA)

One of the most versatile triathletes in the men's field, Andy Potts is capable of winning everything from Olympic-distance races to IRONMAN races. This year, he's been doing just that with four wins: two IRONMAN 70.3 events—IRONMAN 70.3 California and IRONMAN 70.3 St. Croix—Escape From Alcatraz (now the five-time champ of that race), and a big win at IRONMAN Lake Placid, where he lead from the beginning and finished over 30 minutes ahead of runner-up Pete Jacobs. At the IRONMAN World Championship, Potts has a couple top-10 finishes to his credit, finishing eighth in '08 and ninth in '09. The last couple years he hasn't fared as well, finishing 21st and 17th, but Potts is in arguably the best shape of his life this year. He said his recovery after the July IRONMAN race was better than ever, and while he laid low on the races after that, he showed up at the IRONMAN World Championship 70.3 and grabbed fifth just last month.

#8 Timo Bracht (GER)

The past four years Bracht has been consistently near the top at the IRONMAN World Championship; twice finishing fifth and twice in sixth. In last year's race he ran his way to fifth after being fairly far back during the marathon and had his best finish to date in 8:20:12. The rest of his 2011 season wasn't too shabby either, and included two wins at IRONMAN Lanzarote then a late-season victory in December's SunSmart IRONMAN Western Australia. He was crowned ETU European Long Distance Champion this July and has finished in the top 10 at some of the most competitive European races of the summer.



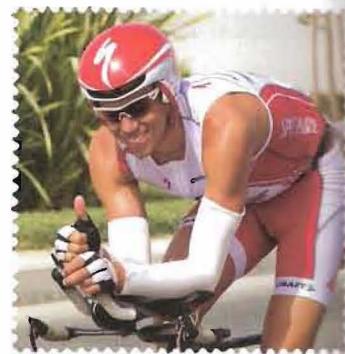


#9 Dirk Bockel (LUX)

Luxembourg's Dirk Bockel busted into the IRONMAN World Championship scene three years ago, and has since been a consistent top-10 finisher. He debuted in seventh in 2009, followed by 10th in 2010, and last year upped the ante, finishing fourth. That included a personal-best on the bike, which was the seventh-fastest time ever on this course. This season he's looking fitter than ever. Bockel stole the win and set a new course record at IRONMAN Regensburg in 8:11:59, edging out Kona rival Michael Raelert by seven minutes. He also finished third at the ITU Long Distance World Championships, sharing the podium with Chris McCormack and Eneko Llanos.

Rasmus Henning made his IRONMAN World Championship debut in 2009 impressing us all with a fifth-place finish while suffering from a broken hand. His results at the IRONMAN World Championship since have been a bit rockier, with 23rd and 14th. It's been reported that Henning has suffered debilitating cramping issues, hindering his race performances, but it appears he's back on track in 2012. So far this season he has three big wins, including first in the grueling Abu Dhabi International Triathlon where he broke Eneko Llanos' course record by 13 minutes. He also picked up a win at Viterro IRONMAN 70.3 Calgary. He was also seventh at Memorial Hermann IRONMAN Texas, second at IRONMAN 70.3 Haugesund and fourth at IRONMAN 70.3 Panama.

#10 Rasmus Henning (DEN)



#11 Eneko Llanos (ESP)

Eneko Llanos is a champion across the board with three XTERRA World Championship titles, an ITU Long Distance World Championships win (2003) and multiple IRONMAN victories. Besides last year, his results at the IRONMAN World Championship have been near the top. His last podium in Kona was in 2008 when he was second, and he has three additional top-10 finishes. Last year, he had a rough day in Kona and DNF'd after the bike. However, just weeks later he not only won IRONMAN Arizona, but also shattered the course record, earning the fastest-ever North American time going under eight hours with a 7:59:38 finish. He's followed up that strong finish to 2011 with a good season in 2012 so far, where he's toed the line with many of the top Hawai'i contenders, including Alexander, McCormack, Brown, Henning and Bockel. He was third at the Abu Dhabi International Triathlon, fourth at IRONMAN Melbourne and second at the ITU Long Distance World Championships.

Marino Vanhoenacker first raced the IRONMAN World Championship back in 2003 where he finished 54th. Since then he's been in the top 10 three times, including his best finish to date in 2010, when he was third. He did not repeat that success in 2011, pulling out of the race on the run. His 2011 wasn't a complete bust though, as he briefly held the fastest-ever time for an IRONMAN race after finishing IRONMAN Austria in 7:45:48—an event he's won multiple times. If Vanhoenacker's results from 2012 are any indication of how he'll fare at the IRONMAN World Championship, we're bound to see a good comeback from the Belgian who's particularly strong on the bike. He has three wins this season: SpecSavers IRONMAN 70.3 South Africa, Frankfurter Sparkasse IRONMAN European Championship and Kellogg's Nutri-Grain IRONMAN New Zealand.

#12 Marino Vanhoenacker (BEL)



HAVE NEVER REALLY GOTTEN CLOSE TO WHAT I AM CAPABLE OF DOING." —Kelly Williamson (USA)

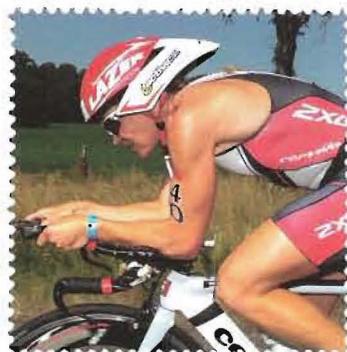


#1 Caroline Steffen (SUI)

While Caroline "Xena" Steffen's experience at the IRONMAN World Championship only runs two years deep, she's definitely one to keep an eye on for a podium finish. The Swiss star has been crushing the long-distance scene with wins this year at IRONMAN Melbourne, Frankfurter Sparkasse IRONMAN European Championship, and the ITU Long Distance World Championships. At Melbourne, she finished in 8:34:51, which was 55 seconds from breaking Chrissie Wellington's fastest-ever time set in 2011. That race was highlighted by a 4:35:29 bike split, the fastest IRONMAN women's bike ever. She was also third in the Abu Dhabi International Triathlon and fifth in IRONMAN 70.3 Austria this year.

#2 Mary Beth Ellis (USA)

If there's anyone who may surprise this year, it's Mary Beth Ellis. She's won five of the six IRONMAN races she has competed in—not bad for someone who didn't compete in her first IRONMAN race until last year. In 2011 she swept her first three IRONMAN races—IRONMAN Austria (securing the fastest-ever course, American and rookie time for a female), IRONMAN Regensburg and Subaru IRONMAN Canada. Then she placed 15th at the IRONMAN World Championship. This year she posted victories at Memorial Hermann IRONMAN Texas and the Aquadraat Sports IRONMAN U.S. Championship, as well as joined an elite group of women with a strong win at the Alpe d'Huez Triathlon. She's also won four of the six IRONMAN 70.3 events she's raced. The two she didn't win? Well, those were merely second-place finishes at the IRONMAN World Championship 70.3 in 2008 and 2009.

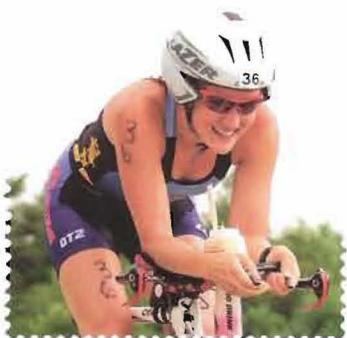


#3 Rachel Joyce (GBR)

Rachel Joyce continues to move up the ranks at the IRONMAN World Championship, placing seventh in 2009, fifth in 2010 and fourth in 2011. That leaves only the podium in her sights and this could be the year she accomplishes just that. After her great results at the IRONMAN World Championship last year, Joyce followed up with a win at the ITU Long Distance World Championships on a tough day in Nevada. She didn't take too much time off before hitting it hard early in 2012 with a fifth-place finish at the Abu Dhabi International Triathlon and a runner-up finish at IRONMAN Melbourne. Joyce also claimed the title of ETU European Long Distance Champion in Germany this summer.

#4 Caitlin Snow (USA)

Super-runner Caitlin Snow is one of the few who can post a run split that rivals Mirinda Carfrae. She holds the fourth fastest female run ever at the IRONMAN World Championship with a 2:56:04 from 2010—exactly 4 minutes behind Carfrae's current record from last year. In fact, last year in Hawai'i, she was the only other pro female to run under three hours, which put her in ninth overall—her second top-10 finish at the IRONMAN World Championship. Snow has been on the podium in all of the six IRONMAN races she's done outside of the world championship. She won IRONMAN Lake Placid in 2008, and most recently was second this year at Memorial Hermann IRONMAN Texas, where she posted a race-best 2:51:46 marathon, the fastest female run and third fastest run overall including the pro men. This year she's also been top five at four IRONMAN 70.3 events, including a win at Amica IRONMAN 70.3 Rhode Island and second at IRONMAN 70.3 Timberman.





#5 Joanna Lawn (NZL)

While Joanna Lawn is probably best known as the seven-time Kellogg's Nutri-Grain IRONMAN New Zealand champion, she deserves just as much credit for her longevity and top finishes at the IRONMAN World Championship over the years. She's been racing the world championship professionally every year since 2001 and in that time has six top-10 finishes. The last couple years she's fallen off a bit, coming in 20th and 19th, but she can definitely run with the top girls, as she's already shown this year. Lawn raced against some of our top females at IRONMAN Melbourne, placing fourth, just a couple minutes behind third-place finisher Mirinda Carfrae. Not to mention, Lawn had a superb race at the IRONMAN World Championship 70.3, coming in fifth—the same result she posted last year—showing us again that she can handle the heat.

#6 Heather Wurtele (CAN)

Heather Wurtele has been a full-time athlete for four years and already has four IRONMAN titles to her name, including IRONMAN St. George and IRONMAN Lake Placid in 2011. She was close to winning IRONMAN Coeur d'Alene this year but had an unfortunate turn of events when her bike broke. Following that disappointment she still had to validate her Kona spot, so just weeks later she threw herself into the Frankfurter Sparkasse IRONMAN European Championship. "I figured I could still pull off a decent performance," she said. "It's safe to say I underestimated the physical and emotional toll that Coeur d'Alene took. I felt like garbage, but managed eighth and validated Kona." Last year she was eighth at the IRONMAN World Championship, her best result to date. Wurtele showed that she had recovered well after Frankfurt with a win at IRONMAN 70.3 Timberman and sixth at the IRONMAN World Championship 70.3.



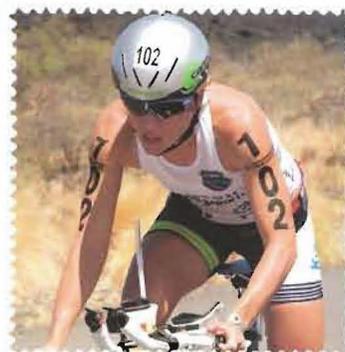
#7 Kelly Williamson (USA)

Last year Kelly Williamson chose a conservative race schedule heading into the IRONMAN World Championship, then finished 13th—good, but not what she wanted. "Last year on the Queen K I was putting together a perfectly awful bike, and thinking what an idiot I was for having skipped [the IRONMAN World Championship 70.3.]" So this year was drastically different: She tackled the "trifecta" doing the 5150 U.S. Championship at the Hy-Vee Triathlon, where she was sixth with the fastest run, and the IRONMAN World Championship 70.3, where she was second with, again, the fastest run. She finished 2011 with sixth at IRONMAN Arizona, so she hasn't raced any IRONMAN events this year. Instead, she has four wins and several other top-10 results at IRONMAN 70.3 and Olympic triathlons. "Having not done an IRONMAN [race] all year, my excitement for this distance is that much greater," she said. "I've done five IRONMAN [races] to date—all in 2010 and 2011—but I feel like I have never really gotten close to what I am capable of doing."



#8 Mirinda Carfrae (AUS)

Mirinda "Rinny" Carfrae was Chrissie Wellington's biggest threat the past few years, and with Wellington out, all eyes are on Rinny to see if she'll snag her second title. "It's not going to be any easier; might even be harder in my opinion," she said. Her 2012 season has been full of highs and lows, including third at IRONMAN Melbourne and DNFs at IRONMAN 70.3 Eagleman and the IRONMAN World Championship 70.3 last month. "This year has been a year of change," she said. "I have a new coach and, therefore, a slightly different approach to my training. We are trying hard to improve my overall game. This means taking a step back before you take two steps forward, and this has been reflected in a few of my races results." But Rinny is one of the few who can pull off that magical race. She made her IRONMAN—and marathon—debut at the 2009 IRONMAN World Championship where she blew everyone away with her second-place finish and the fastest run split. In 2010 she was crowned champion. She didn't disappoint last year when she nearly took down Wellington with yet another race-best run of 2:52:09, which is the fastest run by a woman ever in Kona.



APPROACH TO MY TRAINING. WE ARE TRYING HARD TO IMPROVE MY OVERALL GAME. —Mirinda Carfrae (AUS)



#9 Leanda Cave (GBR)

Leanda Cave has another smashing season-ending race schedule on tap. After the best stretch of racing in her career at the end of 2011—including third place at the IRONMAN World Championship—this year she's on the same track for success, including a big win at the IRONMAN World Championship 70.3. Up next is Kona, where last year she went 9:03:29, followed by a win in IRONMAN Arizona with an impressive time of 8:49:00. The early part of the 2012 season was a rollercoaster for Cave, with a couple fourth places at IRONMAN 70.3 Panama and Wildflower, a win at Escape From Alcatraz and then a minor injury. She recovered quickly to pull off one of the best races of her career in Vegas last month to earn her third career IRONMAN World Championship 70.3 title. She said in post-race interviews that the secret to racing well back to back was lots of rest. "I'm super excited to win [in Vegas], but I have to keep my eye on the prize, which is Kona." She added that a win at the IRONMAN World Championship is her ultimate goal.

#10 Meredith Kessler (USA)

Meredith Kessler started off having the season of her life—five wins out of seven races between March and July, including two IRONMAN victories at St. George and Coeur d'Alene. In fact, since 2010 she's been on the podium in nearly every IRONMAN she's done outside of the IRONMAN World Championship, where she was 17th in 2008 and 26th in 2010. However, late this summer, Kessler was in a bike crash that broke her T9 vertebrae. The injury had her down physically for some time, but her spirit was still strong as she geared up for her first-ever go at the IRONMAN World Championship 70.3. This missed block of training took its toll, with Kessler finishing a disappointing 23rd in Vegas, but she'll look to rebound on the Island of Hawai'i.



#11 Linsey Corbin (USA)

Linsey Corbin has already taken on the Hawaiian heat and winds this year, winning and earning the fastest-ever course time at IRONMAN 70.3 Hawai'i in incredibly difficult conditions. She followed up that performance with another huge victory at IRONMAN Austria, finishing in 9:09:58 to edge out Erika Csomor. Corbin also posted top-fives at four other races this year. Now equipped with a couple IRONMAN victories under her cowboy hat, the Montana native will be looking to execute a strong race at the IRONMAN World Championship. In 2008 she was fifth, and the first American female, but has yet to repeat that success.

#12 Erika Csomor (HUN)

Erika Csomor has multiple IRONMAN titles, not to mention a few world titles in duathlon as well. This year she's not slowing down a bit and battled hard for the win at IRONMAN Switzerland. She also finished as the runner-up at IRONMAN Austria and IRONMAN 70.3 Switzerland. It's been a few years since the Hungarian has been near the podium in Kona—her best finish was 4th in 2008—she's proven she is capable of a very fast marathon and she handles the heat as good as anyone. 🏆

