



# Where It All Began: The 1978 Hawaiian Iron Man Triathlon

*Tom Knoll*

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There has been a lot said about how the Original Hawaiian Iron Man triathlon came to be. A lot of it is completely false. It came into being after a debate over cold beers at the Primo Brewing Company about who was the most fit athlete: was it runners, cyclists, or swimmers? They decided to put it to the test and end the debate. The question would be answered by who finished the triathlon first, or if it was even possible to finish... This book will give you the straight story on how it all came to be by Tom Knoll who was there at the beginning and who finished sixth place in the Hawaiian Iron Man in 1978. The real story about the race in 1978 and it will blow you away. These men had the courage of astronauts, as it had never been attempted before and no one knew if it could be done. The true story is within these pages and it is amazing...

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