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## Tri-Shark Triathlon Club: A Glimpse into the Lives of Ironmen

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Poster Presentation P43

**TRI-SHARK TRIATHLON CLUB: A GLIMPSE INTO THE LIVES OF IRONMEN**

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Utilizing Visual Anthropology as a research method enabled the production of this poster presentation, as it aims to show who Ironmen truly are. Data collection included collaborative ethnographic research methods focusing on the use of photographs in gathering information. By providing insight into these athletes' everyday lives and routines along with the difficulties of their sport, many of the myths associated with the sport were dispelled. The group of Ironmen under study concluded that they experience a family-type bond with each other, coming together through their passion for living an active life. The group provides a strong, stable support system as each individual faces challenges and obstacles in the training regime. Each athlete elaborated upon a set of issues that characterize the life of an Ironman: the time commitment necessary for training, the challenges of training in inclement weather, and the expenses incurred because of the sport.