

Fit 4 Ever: What Is Possible?

Next month, 51-year-old triathlete **Gary Brasher** will complete back-to-back-to-back Iron-distance triathlons in order to raise funds for FCA. Yep, you read that right. A triple Iron! Right now, he's in the middle of training for the big event, which will take place Nov. 20-22.

Going in, Brasher knew that the sacrifice would be intense. I mean, can you even imagine completing 7.4 miles of swimming, 336 miles of biking and 79.2 miles of running in three days? For most of us, that is unthinkable. But that is exactly what he is willing to do for what he feels is an important cause.



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