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**Iron Cowboy** ✓

Athlete

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PEOPLE

77,542 likes

ABOUT

2 Guinness World Records down. In 2015 I completed 50 Ironman Courses, in 50 consecutive days through all 50 States.

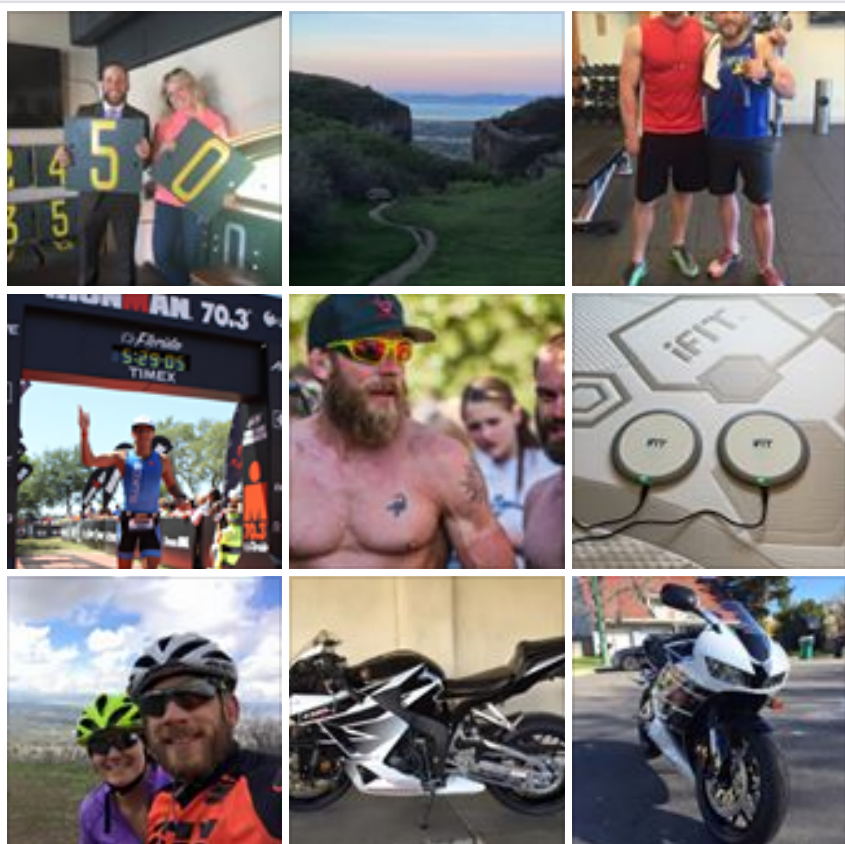
<http://ironcowboy.com/>

APPS



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PHOTOS



VIDEOS



**Iron Cowboy**

May 20 at 2:49pm · [Public](#)

This. Is. Fun. #Giants #Cubs #behindthescoreboard



[Like](#) [Comment](#)

Jeff Ambrose, Ernesto Zúñiga Camacho, Abby Koenig and 505 others like this.

[Top Comments](#)



**Mark Malovos** #gothamclub have fun !

1 · May 20 at 2:54pm



**Shelly Crone Cope** Our family is totally jealous!! How fun for you guys!!

· May 20 at 6:33pm

[View 12 more comments](#)



**Iron Cowboy**

May 13 at 12:41pm · [Public](#)

<http://acutakehealth.com/how-the-iron-cowboy-used-acupunctu...>



VISITOR POSTS



**Mateusz Pietruliński**  
May 19 at 10:27pm

hello "Iron cowboy." Our Polish champion Richard Kałaczyński was an... [See More](#)

Like · Comment · Share



**Matacanes**  
May 4 at 9:51am

You sir are a great role model. Ultra trails are next. Keep moving forward.

Like · Comment · Share



**Jenna Barrington**  
April 30 at 3:28pm

Got to hang out with the Iron Cowboy today at Utah Fitcon! I think h... [See More](#)

Like · Comment · Share

PEOPLE ALSO LIKE



**Rich Roll**  
Public Figure



**Rudy Project North America**  
Eyewear



**IRONMAN World Championship**  
Sports Venue & Stadium

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**CEP Compression USA**



**blueseventy**



**IRONMAN**



### How the Iron Cowboy Used Acupuncture to Fuel 50 Ironman Triathlons in 50 Days in 50 States

By Sara Calabro Go ahead and read that headline again. 50 Ironman triathlons in 50 days in 50 states. There are no typos there. James Lawrence, who goes by...

ACUTAKEHEALTH.COM

Like · Comment

Gieselle Gigi Drayton Poveromo, Tyanne Riegle, Janette Evans and 263 others like this.

21 shares



**Ingrid Herbas Amado** He uses many supplements from what I've heard. Excellent work iron cowboy!

1 · May 14 at 6:40am



**José Machado André Pinto** this unbelievable dude needs you 😊

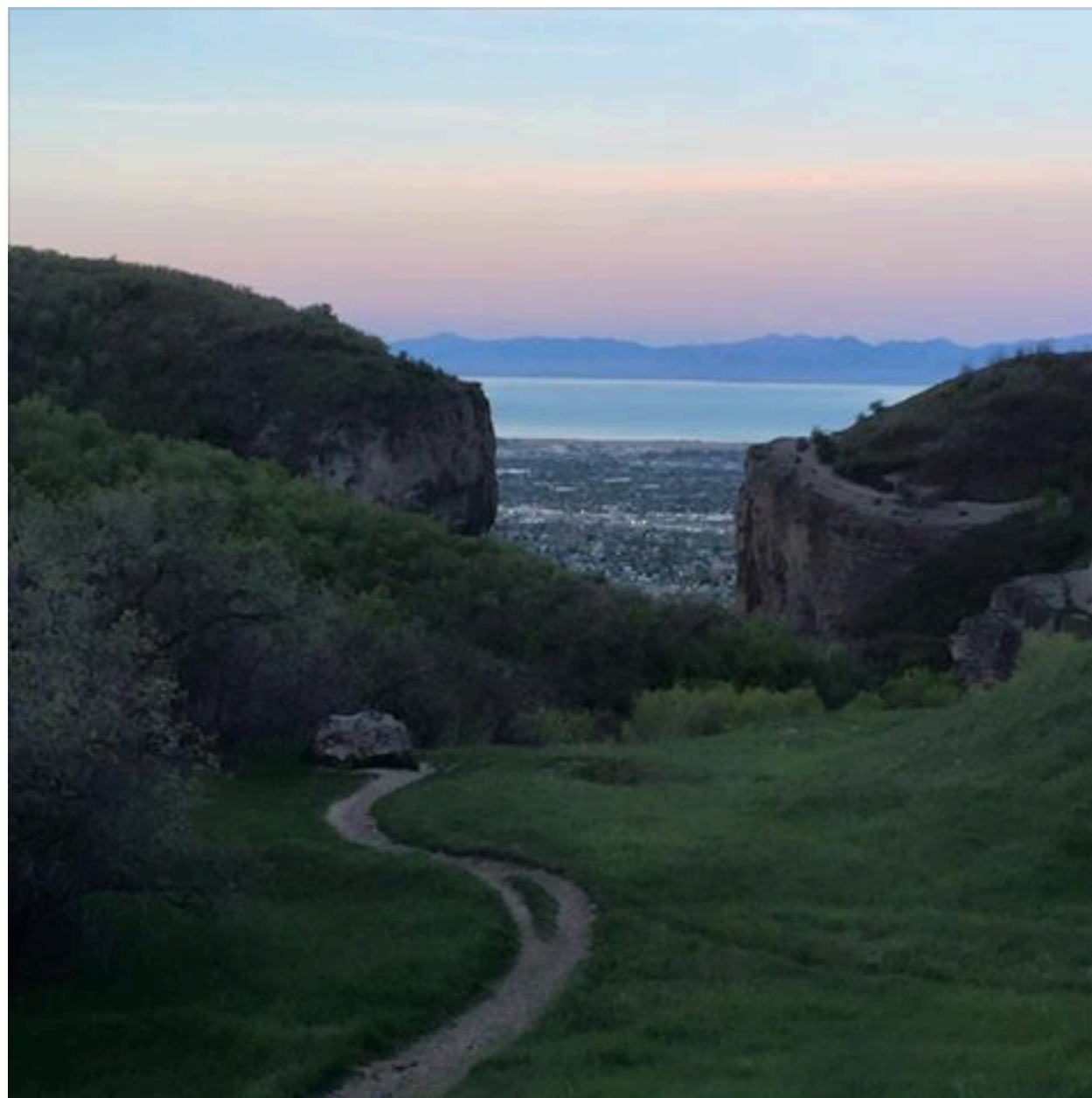
1 · May 14 at 9:01am

View 15 more comments



**Iron Cowboy**  
May 13 at 9:48am

Beautiful run this morning. I may not be the most gifted runner, in fact I'm a terrible runner (working it out). I'm also not a generic freak. I'm just like you! Question is can you outwork me and is your heart big enough filled with passion and an intense desire to achieve what is only possible in our minds first [#doyou](#) [#getafter](#) [#icinspired](#) [#teamironcowboy](#) [#outworkme](#) [#questforkona](#) [#fuelledby](#) Young Living Essential Oils



Like · Comment

John Cowan, Gina Marie Cummings, Kathy Hayhoe and 550 others [Top Comments](#)

15 shares



**Charlene Perschon Brown** What trail is this? It looks amazing!

· 2 · May 13 at 10:06am



**Iron Cowboy** Trail 51 here in Utah

· 4 · May 13 at 10:29am

[View more replies](#)



**Gary Williams** Looks like a stunning run. Wish I had scenery like that over here. I definitely couldn't outwork you, you're a machine. Heart and desire? It's what keeps me going at the moment

· 2 · May 13 at 9:54am

[View 15 more comments](#)



**Iron Cowboy** with **Steve McCarty** and **Trish McCarty**.

May 8 at 2:20pm ·

Sometimes belief in yourself isn't enough. Meet Blake! Once obese, now is fit and healthy. It took hard work, consistency, patience, study, being teachable, a willingness to change, a desire to sacrifice and a positive attitude. . It's incredible how 1 year can change your life. Nothing is accomplish on our own and without the right team.



Like

Comment

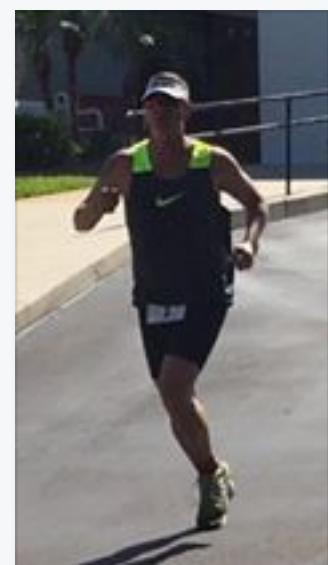
Jory Kale, Neil le Poitier, Steve McCarty and 355 others like this.

[Top Comments](#) ▾

2 shares



**Tony Darrow** I'm down to not as awesome as you but losing it !



· 5 · May 8 at 2:34pm



**Tony Darrow**

English (US) · Español · Português (Brasil) · Français (France) · Deutsch



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Facebook © 2016



· 2 · May 8 at 2:33pm

[View 6 more comments](#)



**Iron Cowboy**

May 5 at 8:42am ·

How do you get mentally tough? In training and overtime... Your mind will quit on you far before you body will. As I start my journey back speed and my run at an IM PR at age 40 David (my mean coach) made me do a 30 min FTP (functional threshold power) on my bike and when I got to 20 min my legs were FRIED!! But that Idiot coach Aaron (love you buddy) pushed 291 watts and there was no way I was going to let me take me down (and he's 27 so it is getting harder and harder). ... [See More](#)



[www.teamironcowboy.co](http://www.teamironcowboy.co)

TEAMIRONCOWBOY.CO

Like Comment

Gina Marie Cummings, Gieselle Gigi Drayton Poveromo, Neil le Poitier and 810 others like this.

[Top Comments](#) ▾

59 shares



**Ben Simpkins** Doing my 1800 yard swim this morning outside in the cold I felt like I had no more to give but since joining the team I feel like I have superpowers lol because of my coaches and the lessons I am learning. I finished my swim and then Went for my 3 mile run before work. 80/20 is the secret!!

[#howbaddoyouwantit](#)

[#teamironcowboy](#)

· 2 · May 5 at 8:59am



**Bill Penland** LOVE IT. Can I have permission to cite this post at some length on my nascent fitness-related blog, giving, of course, attribution?

· 2 · May 5 at 11:06am

[View 27 more comments](#)



**Iron Cowboy**

May 4 at 8:58am ·

Thank you [Outside Magazine](#) for doing a great job capturing our lifestyle and family values. [https://www.youtube.com/watch?v=7GIIMdrs\\_xc](https://www.youtube.com/watch?v=7GIIMdrs_xc)  
[#icfamily](#) [#teamironcowboy](#) Altra Running Young Living Essential Oils CrossFit HyperionFezzariRudy Project North AmericaHYLETE Garmin Jaybird

Dodge Fittest Real Athlete: Iron

## Cowboy James Lawrence



James Lawrence, The Iron Cowboy, completed 50 triathlons in 50 days in every state to raise awareness about obesity and to inspire others to be more...

WWW.YOUTUBE.COM

 Like  Comment

Jory Kale, Samuel Dybdahl, Christina Adam and 799 others like this. [Top Comments](#) ▾

96 shares




**Matthew Mascarenas** Its been 11 months since you took on the Crazy Colorado weather. .. you do practice what you preach .. with that being said id better go workout. ..ive got two Spartan Races next weekend



 3 · May 5 at 3:42pm

 View 2 more replies




**Iron Cowboy**  Sonja Wieck you have no idea... That was 9 of 50. Ha ha

· May 13 at 9:45am



**Heather Helzer** Take note of the cool chick drafting you on the bike in the first biking shot 😊 We had a GREAT day in Alaska!! Thanks [James Lawrence!](#)

 3 · May 4 at 11:56pm

[View 20 more comments](#)



**Iron Cowboy**

April 29 at 9:59am · 

Come to Utah and race me and my 5 slow friends. If you and you 5 fast friends beat us I'll refund your entry fee and pay you \$500 bucks. There... I just put my money where my mouth is... Or just come race for fun!

Price for the 2016 Dóxa by Iron Cowboy is scheduled to increase May 1, 2016! Hurry over to <http://doxaraces.com> to get your team registered before the price increase! Meet Brian Post. (Team IronCowboy Member) An airline pilot out of Ft. Lauderdale FL. One of our 5 Iron Cowboy Challenge Soloists for 2016! This dude will beat some of the teams, he's legit.

[#teamironcowboy](#) [#icinspired](#) [#soloist](#) [#comeraceme](#) [#riskfreeracing](#) [#thinkyouarefast](#)



Like Comment

Nicole Murray, Candice Bithell, Greg Armamentos and 1,354 others like this. [Top Comments](#)

34 shares



**Jason Wheat** I read through the website and didn't find an answer to my Q: If participating Solo, will the race provide transport of gear between legs? Aid stations? I suppose I assume it's like an Ultramarathon where I have to have my own crew to transport bike and gear.

· May 3 at 9:09am



**Iron Cowboy** There aid at each transition between the 36 stages. Just like a team you are responsibly for the transportation of your own gear.

· May 3 at 5:58pm

[View more replies](#)



**Jill Ruark Curtis** How much the race and when

· [1](#) · April 29 at 11:09am



**Iron Cowboy** [Doxaraces.com](#)



**DÓXA Threelay**

Dóxa by Iron Cowboy Dóxa is now the official race of the Iron Cowboy! It is the first overnight...

[DOXARACES.COM](#)

· [1](#) · April 29 at 2:03pm

[View more replies](#)

[View 41 more comments](#)



**Iron Cowboy**

April 26 at 12:36pm · [🌐](#)

Does this guy need to come back out to play? I keep getting messages that I should do a race called the 'Barkley Marathon'. Looks like hell... and there is no real way to sign up for this thing... I'm intrigued but not really... but maybe I am... Anyone know the dudes e-mail? Or around when the 'one day' to register might be? I'm considering it... but again, not really...



Like Comment

Jason Mellet, Sarah Fairley, Mathieu Rough and 1,631 others like this. [Top Comments](#)

41 shares



**Iron Cowboy** What if I tried to do the Barkley Marathon, The Norseman, The Celtman and The Swissman in 2017?? That could be a challenge worth pursuing...

167 · April 26 at 12:47pm

[View previous replies](#)



**Iron Cowboy** Jamie Bullard finishing it wouldn't influence whether or not I try the others. Notice I said this would be a worthy challenge and in no way do I think it would be easy... Much respect to those that have tried, failed and succeeded !!

22 · April 26 at 1:26pm

[View more replies](#)



**Rob Wilson** If you're ever looking for something european - a tri to consider is the Arch to Arc. Run from Marble Arch (London) to Dover, Swim the English Channel to Calais, cycle to Paris. Boom!

I think under 10 people have managed to finish. I can connect you to one who did it fairly recently.

35 · April 26 at 1:07pm



**Iron Cowboy** Let's add it to the list!

13 · April 26 at 1:21pm

[View more replies](#)

[View more comments](#)

2 of 149



**Iron Cowboy**

April 25 at 6:19pm ·

The Young Living Podcast released a Quick Cast today featuring some of my friends.

<https://www.youngliving.com/podcast/qc2/>



### Quick Cast: Brand Ambassadors

We're sharing some inspiration from our brand ambassadors. Ranging from Olympic athletes to wellness coaches, these folks champion the YL lifestyle. They visited us at global headquarters and we asked what inspires them every day...

Like Comment

MJ Akulin, Janina Bitz-Vasquez, Marco Colindres and 3 others like this. [Top Comments](#)

**Moritz Ackerhans** Hey, I'm a student at the University of Kent, Uk. I study factors that influence successful performance in endurance sport and at work By participating in this study, you have the option to request the results of this study. Check out this link for more information : <https://kent.onlinesurveys.ac.uk/endurance-and-workplace...>  
· April 26 at 12:20pm

**Iron Cowboy**  
April 23 at 12:18pm · 🌐

After 3 days of golfing and training I am excited and curious to try my new **iFit** mattress. I'm interested in learning more about my sleep patterns and tracking the quality of sleep. I think it will impact my training in a very positive way. [#trackmysleep](#) [#timeforsomerest](#)



Like Comment

Logan Allin, Shane Finn, Jeremy Salrin and 26 others like this.

1 share

**Iron Cowboy**  
April 19 · 🌐

Can you teach grit or are you born with it. Lessons learned from my daughter Lucy. <https://youtu.be/bEDn3TLcdxU>



Leadville 100 training - learning grit.

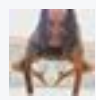
YOUTUBE.COM

Like Comment

Rebecca Bridges, Jason Ryals Fuller, Gieselle Gigi Drayton Poveromo and 97 others like this. [Top Comments](#)



3 shares



**Robyn Caddell** That is gold! I might have to practice that on my some of my runs leading up to my first 100km ... No Leadville for me..... yet

· April 19 at 7:37pm · Edited



**Greg Nercessian** Rad. Can't teach grit.

· April 19 at 6:52pm

[View 1 more comment](#)



**Iron Cowboy**

April 16 · 🌐

Love working out. Love it even more when my friends show up and push me to be my best. When training gets hard call some buddies. [#wingmen](#) [#icfamily](#) [#icfriends](#) [#icinspired](#) [#ridingbikes](#) [#cozumelearlyseasonprep](#) [#beardiscomingback](#)



11K Views

[Like](#) [Comment](#) [Share](#)

Logan Allin, David Patterson, Mohamed Aidaros and 219 others like [this](#). [Top Comments](#) ▾

2 shares



**Ben Simpkins** [#teamironcowboy](#)

· [Like](#) 1 · April 16 at 7:16pm



**Niki Chase George** I think I know your next challenge... You should enter the Barkley Marathon! It seems right down your alley!

· [Like](#) 1 · April 17 at 7:01am

[View 4 more comments](#)



**Iron Cowboy**

April 16 · 🌐


Happy Birthday ride with Sunny Jo Mama. Loving the early season mountain riding. We do live in an amazing place. [Fezzari Rudy Project North America](#)




Like Comment


Janina Bitz-Vasquez, Sumner Stewart, Phil Pritchard and 376 others like this. [Top Comments](#)

1 share

 **Chai Nguyen** Happy birthday Sunny! Hope you're having an awesome day and get spoiled rotten by your loved ones!!  
· April 17 at 3:06pm

 **Hillary Brown** Happy birthday Sunny!  
· April 16 at 2:11pm

[View 4 more comments](#)


 **Iron Cowboy** added 3 new photos.  
April 13 · 🌐


The IronCowboy has a new ride #honda6rr #aero #happybirthday




Like Comment

Alessandro De Simone, Ray Gogarty, Gieselle Gigi Drayton Poveromo and 184 others like this. [Top Comments](#)

 **Jason T Chance** Let's try and stay awake on THAT bike.... mmmmmkkkkkk?  
😊  
· 8 · April 13 at 6:50am

 **Stanley Marvidakis** Awesomely man!!!! But watch out for all the idiots on the cell phone and texting on the road in general!!  
· 1 · April 13 at 2:25pm

[View 10 more comments](#)

 **Iron Cowboy** added 5 new photos.  
April 11 · 🌐

Thanks Young Living Essential Oils !! Stoked the way the new van turned out!! Jaybird Altra Running Rudy Project North America Garmin HYLETE



Like Comment

Brittany Hanson, Regan Ingle, Ashley Parker and 1,139 others like this. [Top Comments](#)

72 shares



**Heather Robinson** Sweet ride ! I love young living essential oils!!

· April 13 at 4:22am



**Bill Penland** Wow man, that is truly bada##!! Fantastic.

· April 13 at 10:07am

[View 24 more comments](#)



**Iron Cowboy**

April 11 · 🌐

If you are still wanting to race in the Tinker Bell Half Marathon, @rodsracing still has 2 spots left that you can claim! Tag your friends and Share, if you are interested in racing please email [admin@rodsracing.org](mailto:admin@rodsracing.org) for details.



Like Comment

Luisa Cardenas Alvarez, Vaibhav Kulkarni, JenandShawn Davis and 9 others like this.



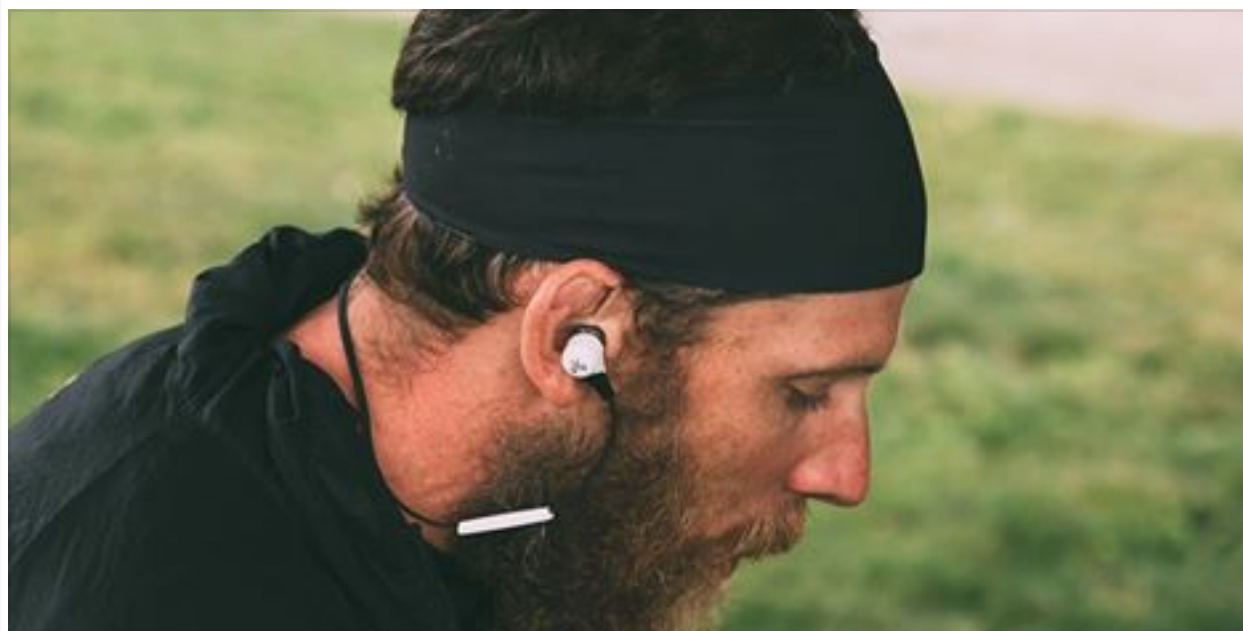
**Iron Cowboy** added 2 new photos.

April 11 · 🌐

30% OFF It's Spring, Get Outside! Jaybird Iron Cowboy

<http://www.jaybirdsport.com/x2-bluetooth-headphones/>

Purchase any color of X2 wireless headphones at an incredible 30% OFF for a limited time. Use Code: SPRINGOUT... [See More](#)



Like Comment

Vaibhav Kulkarni, Raul Davila, Felix González Jr. and 77 others like this. [Top Comments](#)

1 share



**Noe Martinez** Precio?

· April 14 at 11:01pm



**Valentin Rivera Cornelio** Precio?

· April 14 at 4:32pm

[View 1 more comment](#)



**Iron Cowboy**

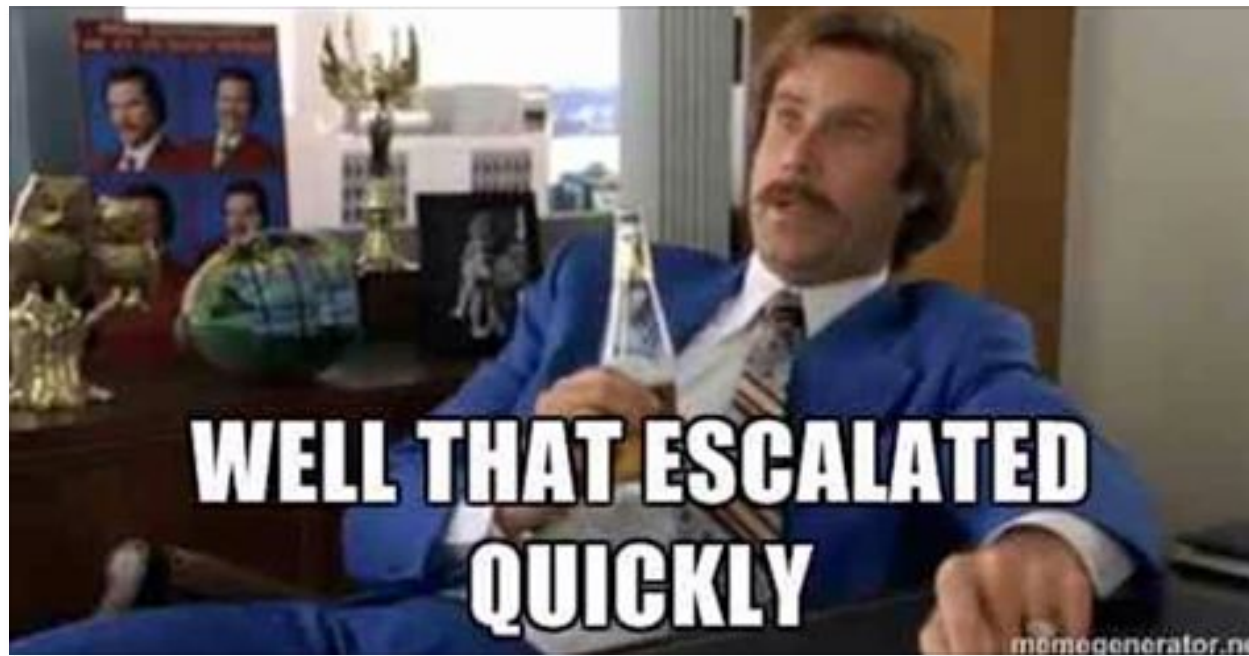
April 10 · 🌐

Introducing Dóxa by Iron Cowboy! JOIN ME!

We are extremely excited to announce that the Dóxa Threelay is now the official race of the Iron Cowboy!

James Lawrence aka the Iron Cowboy will not only be participating in Dóxa but also will be offering Dóxa as his race series to all of his followers!...

[See More](#)



Like Comment

David Alexander, Debe Mekenese, Yvonne Litza and 4 others like this.



**Iron Cowboy**

April 6 · 🌐

I didn't want to do my run today... but I like to win.

"Your desire to progress must exceed your desire to be stagnant."



Today I ran. To win in the distant future I will do my run workout today so I can achieve my goals months from now. Do the consistent work and you can achieve anything.... literally. [#icinsired](#) [#icnn](#) [#teamironcowboy](#) [Young Living Essential Oils](#) [Altra Running](#) [Jaybird](#)





Like Comment

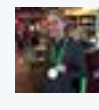

Jamie Oliver, Brian Devereaux, Vaibhav Kulkarni and 1,601 others like this. [Top Comments](#)

229 shares

 **Michael Grosch** Great motivation. Is this a quote from someone?  
·  3 · April 7 at 6:29am

 **Iron Cowboy** It's a quote from me  
·  11 · April 7 at 6:18pm

[View more replies](#)

 **Nikki Summers** You just motivated me! I didn't feel like doing my workout today but I didn't do as you did, I rescheduled... Regardless of life make the time or its on you later on down the road. Results are earned not given.  
·  4 · April 6 at 8:41pm

[View 44 more comments](#)

 **Iron Cowboy**  
April 5 · 

If you though [Altra Running](#) was just trail or road shoes, check this out --->  
<http://www.runnersworld.com/.../altra-now-makes-apparel-track...>



### Altra Now Makes Apparel, Track Spikes

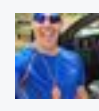
Our loyal shoe guide readers are likely aware of Altra, makers of running shoes with a roomy, foot-shaped toe box and “zero drop” platform. The small Utah footwear company has gained a dedicated following by sticking true to its roots as it...

[RUNNERSWORLD.COM](#)

 Like  Comment

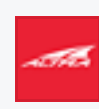
Mark Stear, Ray Gogarty, Jordan Jenkins and 77 others like this. [Top Comments](#)

3 shares

 **Douglas Eichhorn** James, I just bought my first pair of Altras!!



·  1 · April 5 at 6:43pm

 **Altra Running** That spike game!  
· April 8 at 10:09am

[View 4 more comments](#)

EARLIER IN 2016

HIGHLIGHTS

 **Iron Cowboy** added 4 new photos.  
April 4 · 

Doing some cool promos for Young Living Essential Oils with  
#brandambassadors #seedtoseal #twoolympicgoldmedelist #nflfootball  
#athleticwomen



Like Comment

Dana Runyan Bergman, Danelle Brady Johnson, Marie Ware Taylor Top Comments and 60 others like this.



**Shelley Gillan-Peterson** Sylvia O'Neill thought you'd like to see The Iron Cowboy using Young Living Essential oils.

April 4 at 6:32pm



**Iron Cowboy**

April 3 · 🌐

Thanks SoulKix for the rad gift. Means a lot! #TeamIronCowboy



Like Comment


Tina Winger-Hyde, Saiteja Linga, Ron Lowry and 541 others like this. Top Comments

2 shares



**John Blackburn** Where do we order a pair of those!!

April 3 at 5:18pm · Edited

 **Iron Cowboy** Currently not for sale... Should we?

· April 3 at 5:41pm

[View more replies](#)



**Kyle Young** Funny how there's a normal shaped foot printed in a geometry altering shoe. Still.... bad ass

· April 3 at 8:17pm

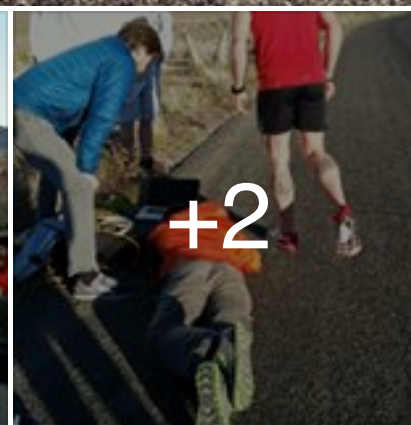
[View 10 more comments](#)



**Iron Cowboy** added 5 new photos.

April 1 ·

Vegas **Altra Running** endurance summit and photo shoot. Amazing people. Cool scenery. [#notthestrip](#) [#teamironcowboy](#) [#icinspired](#)



Like

Comment

Yvonne Litza, Edyta Kubala, Pam Lauzon and 289 others like this.

[Top Comments](#)



**Mark Graham** If you have time while you're here you need to ride that same loop. It's a great ride. Lot's of really good riding right out where you all took pictures. My favorite place in town to ride. Enjoy.

· April 1 at 8:51pm



**Gary Shea** Cowboy is a beast

· April 2 at 2:02pm



**Iron Cowboy**

March 31 ·

Learn the philosophy behind Team IronCowboy coaching. Coach David Warden goes over some of the principles and methodology in our training plans. We plan on opening registration again tomorrow for those that missed the opportunity of becoming a founding member.

<https://www.youtube.com/watch?v=14Ug2JfJGo&feature=youtu.be>



TIC Training Plan Principles

YOUTUBE.COM

Like

Comment

Yvonne Litza, Pam Lauzon, Jill Wilson and 37 others like this.

[Top Comments](#)

1 share



**Jill Wilson** Oh no, did I miss it again? Doh!

· April 3 at 4:29pm



**Iron Cowboy** What do you think you missed?

· April 3 at 5:13pm

[View more replies](#)



**Lori Adent** Chuck, see this?

· May 13 at 12:49pm



**Iron Cowboy** in [Las Vegas, Nevada](#).

March 30 · [Public](#)

With some of the best runners in the game here in Vegas. Excited to kick off the next few day with [Altra Running](#). [#humbled](#) [#honored](#) [#athletesummit](#)



[Like](#)

[Comment](#)

Tati Mdz, Pam Lauzon, Mindy Weston and 24 others like this.



**Iron Cowboy**

March 30 · [Public](#)

Don't miss out on the Tinker Bell Half Marathon Weekend! Time is running out but [@rodsracing](#) still has a few spots left! Tag your friends and share If you or someone you know is interested in racing! For questions on how you can claim your spot, email [admin@rodsracing.org](mailto:admin@rodsracing.org).





**Run your next race at Disneyland®**  
 at the  
 Tinker Bell Half Marathon Weekend presented by PANDORA Jewelry, at Disneyland® Park  
 May 6<sup>th</sup>-8<sup>th</sup>, 2016

**Exclusive RODS access to:**

- Pixie Dust Challenge: 10k Race on Saturday, May 7<sup>th</sup>  
 Half Marathon Race on Sunday, May 8<sup>th</sup>
- Half Marathon Race: 13.1 miles race - Sunday, May 8<sup>th</sup>
- Tinker Bell 10k: Saturday, May 7<sup>th</sup>
- Never Land 5k: Friday, May 6<sup>th</sup>

**Register today by email:**  
[admin@RODSRacing.org](mailto:admin@RODSRacing.org)

**All RODS racers are invited to banquet luncheon**



Like Comment

Mia Thrun McKelvey, Pam Lauzon, Rina Martin and 8 others like this. Top Comments ▾

View 1 comment


 **Iron Cowboy**  
 March 27 · 🌐

So proud of my girls yesterday as they raced their guts out at the [racetri](#) IceBreaker triathlon. They decided last minute to jump in the race neither having been on their bikes. Lucy's training has been run focused with her track team (kicking butt in the 800 and the mile) and Lily's training has consisted of gymnastics (which she LOVES) and the occasional swim. Lily took first and Lucy third. Proud [#IronCowboy](#) moment watching these girls dig and push showing some real grit! [#icfamily](#) [#icinspired](#) [#teamironcowboy](#)



Like Comment

Verick Burchfield, Danelle Brady Johnson, Mia Thrun McKelvey and 501 others like this. Top Comments ▾

 **Kelly Germinario-Gibbons** Second race where the ironcowgirls kicked my butt ! (Cotopaxi was first ) love it!!!!!! So much fun when the whole family is involved!!!

·  1 · March 27 at 5:35pm



**Jason Belcher** Awesome job Girls. [James Lawrence](#) you and [Sunny Jo Hatfield Lawrence](#) do an amazing job with all your kids. They have some amazing inspiration to follow your footsteps.

·  2 · March 27 at 10:16am

[View 10 more comments](#)



**Iron Cowboy**

March 26 · 


This is a finishing picture from Connecticut during my 50 last Summer. Do you know anyone in the pic and more specifically the young boy far right? Comment or DM me please.



 Like    Comment

Joe Meadows Jr., Nettie Weber, Helen M. Fisher and 150 others like [Top Comments](#) ▾ this.



**Iron Cowboy**  Does anyone here know Susan Kokoa? It's her son... If you could message her and her me her info is appreciate it!!

· March 28 at 2:11pm



**Tim Nixon** I'm wearing the orange safety vest...and did the last 17 with you. I remember that kid too but don't recall his name. He was pretty inspiring - wasn't he trying to go 13.1 with you that night?

·  3 · March 26 at 7:38am

[View 10 more comments](#)



**Iron Cowboy**

March 24 · 

Spuddy accepted my challenge and is all ready for the Tinker Bell Half Marathon Weekend, Wings and all! If you are up to the challenge and would like to race him, claim your spot for the race by contacting [@rodsracing](#) or email [admin@rodsracing.org](mailto:admin@rodsracing.org) for details.



Like Comment

тимофей елкин, Georgeann Vodnar and Dawn Emerson like this.



**Iron Cowboy** added 3 new photos.

March 22 · 🌐

Enjoyed racing in the [Spartan Race](#) this past weekend in [#vegas](#). I definately will be doing that again. Must noq qualify for the World Championships. [JaybirdAltra](#) [RunningYoung](#) [Living Essential Oils](#)



Like Comment

Mia Thrun McKelvey, James Ribera, Jennie Sioloa and 79 others like [Top Comments](#) this.

1 share



**Charlie E Miller** Are you running the SoCal Ragnar next week? I saw JayBirs is a sponsor.

· March 22 at 6:33pm






**Iron Cowboy** I won't be. I'm supporting my kids in a local sprint Tri!

· 3 · March 22 at 7:13pm



**Loïc Robineau** which Altra shoes do you use for this race???

· March 22 at 6:25pm

 **Iron Cowboy**  The Ones  
·  1 · March 22 at 7:14pm

[View 3 more comments](#)

 **Iron Cowboy**  
March 19 · 

When your dad is the IronCowboy you don't just make a hopscotch... You dominate hopscotch ! #400 #hopscotch #icfamily






12K Views

 Like    Comment    Share

Guennael Delorme, Anurag Jain, Tomáš Janata and 322 others like this. [Top Comments](#) ▾



[3 shares](#)

 **Rose Petrillo** Poor kids! 😊  
· March 19 at 6:15pm

 **Iron Cowboy**  I didn't do it, they did. Lily was so proud of what she made.

·  4 · March 21 at 6:30am · Edited

[View more replies](#)

 **Trish Bayles-Barton** 50 games of Hopscotch in 50 states, in 50 days...i see a trend! HAHA 😊  
·  6 · March 19 at 5:48pm

[View 9 more comments](#)

 **Iron Cowboy**  
March 19 · 

Hey Spuddy Buddy, it's been a while since you have ran a race, I challenge you to do the Tinkerbell Half Marathon! Will you take my challenge and run with Spuddy Buddy? Contact @rodsracing or email admin@rodsracing.org to claim your exclusive Tinkerbell Weekend spot! #rodsinspired #fueledbyidahopotatoes #icinspired



Like Comment

Connie Hannan McDonald, MikeandMelanie Monnette, Carla Birsa and 11 others like this.



**Iron Cowboy**

March 8 · 🌐

WE ARE LIVE !! (Said like Bruce Buffer at an MMA main event fight). You can now sign up for Team IronCowboy!!

----> <http://teamironcowboy.com/>

\$49 for run programming only... [See More](#)

### teamironcowboy.com – The Best Triathlon Training Experience On The Planet

Make 2016 your most successful year yet, and find out what it feels like to reach new limits and conquer your fears with coach 'Iron Cowboy' James Lawrence and the expertise of world-class coaches Matt Fitzgerald and David Warden.

[TEAMIRONCOWBOY.COM](http://TEAMIRONCOWBOY.COM)

Like Comment

Carrie Galloway, Atzihiri Monserrath Muñoz Pajarito, Rob C Hillman [Top Comments](#) and 589 others like this.

16 shares



**Lauren Richardson Silva** If I sign up for the running program now and want to upgrade to the tri later am I still secured in for the founder price of \$99?

· 3 · March 8 at 8:43pm



**Iron Cowboy** Yes!

· 1 · March 9 at 4:25am



**Beth Robertson Fraley** How much is the one-on-one coaching? And where are the training camps located?

· March 9 at 8:55am



**Iron Cowboy** Camps will be developed where demand arises...camps will be late 2016, for sure 2017. Our members area is \$99 and should be enough to get you ready for any race. We do have upgrades to 1-on-1 \$249, \$349 and \$499.... try it for a month for free

· 2 · March 9 at 5:08pm

[View 17 more comments](#)



**Iron Cowboy**

March 7 · 🌐

Intimate preview of the documentary from this summer. I know it's taking a long time but it will be worth it. Thanks Jacob and Katie from [#mysteryfilmbox](#) for doing so much work on it. [#icinspired](#) [Young Living](#) [Essential Oils](#) [Fezzari](#) [Jaybird](#) [NATHANA](#) [Ultra Running](#) [HYLETERudy](#) [Project North America](#) [blueseventy](#) [The Norden Group](#)



Like Comment

Susan Day, Jeremy Goodson, Sarah Baker LeClair and 227 others like this. Top Comments

1 share



**Kyle Mullinnix** Can't wait to watch it ... Your an American Hero. Not just because of your accomplishment- but because of your family belief and setting an amazing father role model " success outside of the home, doesn't count for failure inside !"

March 9 at 9:06pm



**Kevin Kindt** AWESOME can't wait #staystrong

March 9 at 4:49am

View 9 more comments



**Iron Cowboy**

March 7

Huge shout out to my boy Mitch as he takes on the Iditarod in Alaska. He's a multiple time champion and seeking the title again! #YoungLiving #EssentialOils #Iditarod Seavey's IdidaRide Sled Dog Tours Young Living Essential Oils



Like Comment

LuCas Robayo, Dave Jones, Lara Hubbard and 554 others like this. Top Comments

110 shares



**Oils Guru** Oils for him and his dog

March 26 at 4:58pm



**Janelle K Williams** Love Mitch and his family!

1 March 7 at 12:53pm

View 9 more comments



**Iron Cowboy**

March 4

Boom what a rush! That was a blast to be on stage with my daughter. #TWU #TEDx #icinspired #ironcowboy #lucypost #505050



Like Comment

Jamie Oliver, Mel Soto, Christopher Dean and 644 others like this. Top Comments ▾

1 share



**Brendan King** Why isn't this a video and when can I watch it?! Thank you James for sharing your story and experiences on 26 in Morgantown! What a blast that day was!

· March 4 at 12:35pm



**Iron Cowboy** It was recorded and is being edited. I will be sure to post it when it is completed!!

· 22 · March 4 at 2:09pm

View more replies



**Tomas Izak** Ok, i'm refreshing TED site every 10 minutes until it's uploaded there, can not wait to see your speech.

· 4 · March 4 at 11:50am

View 16 more comments



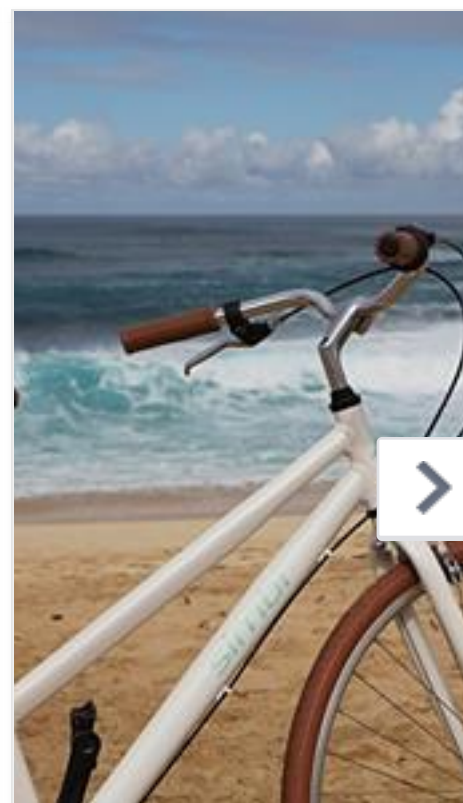
**Iron Cowboy**

February 28 · Lindon, UT · 🌐

A very cool, very affordable commuter bike designed and powered by Fezzari <https://simbibicycles.com/>



Home - simbi



Home - simbi

Like Comment

Jolynn Unsworth, Cindy Lewis, Tommy Dabling and 16 others like this.



**Iron Cowboy**

February 25 · Lindon, UT · 🌐

And the winner of the free 2016 Dóxa team is Matt Geraghty! Thanks to all those who participated! Matt - email me at [james@ironcowboy.com](mailto:james@ironcowboy.com) for your entry instructions and then start training 😊

Also remember the Iron Cowboy Discount codes expire at the end of THIS month (March)!

icchallenge2016 = \$200 off team registration (2-12 person teams)...

[See More](#)



### DÓXA Threelay

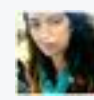
Dóxa by Iron Cowboy Dóxa is now the official race of the Iron Cowboy! It is the first and only overnight triathlon relay! Teams of 1 all the way up to 12 people race non-stop doing 36 legs equaling 285 miles through the heart of Utah on July 29, 2016...

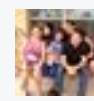
[DOXARACES.COM](http://DOXARACES.COM)

👍 Like    💬 Comment

Kipp Martin, Kaye Lynne Murphy, Miguel RB and 370 others like this. [Top Comments](#) ▾

2 shares

 **Sara Brazis** Congratulations 🗨️  
· 👍 1 · February 25 at 6:45pm

 **Glenna Taber Tucker** Awe-really wanted to win but congrats to Matt!  
· March 1 at 5:27pm

[View 1 more comment](#)



**Iron Cowboy**

February 22 · Lindon, UT · 🌐

Win this Team IronCowboy Endurance Bundle ([Fezzari](#) Bike and more valued at \$4,000+) We launch on March 8th!! Make 2016 your most successful year yet, and find out what it feels like to reach new limits and conquer your fears with coach 'Iron Cowboy' James Lawrence and the expertise of world-class coaches Matt Fitzgerald and David Warden.

[Nathan Performance Gear JP Jaybird](#)

CLICK on the link below, put in your e-mail, like, tag and share to be entered. Tagging and Sharing are key to getting extra entries.

<http://teamironcowboy.com/giveaways/launch-giveaway/>



### Win Team IronCowboy Endurance Bundle (Bike and more valued at \$4,000+)

If you thought 50 Ironmans in 50 Days was crazy...look at this prize bundle I am giving away! To celebrate the launch of Team IronCowboy we are giving away an...

[TEAMIRONCOWBOY.COM](http://TEAMIRONCOWBOY.COM)



Like Comment

Kevin Jones, Halima Mason, Ruby De Jimin Gutierrez and 1,007 others like this. [Top Comments](#)

216 shares



**Rina Martin** Hey Frederick! This would be great for you. I'm probably not allowed being Canadian. 😊

· February 22 at 5:43pm

[View previous replies](#)



**Iron Cowboy** You can join! It's a worldwide team.

· 5 · February 22 at 7:56pm

[View more replies](#)



**Carrie Galloway** Do we tag people here or when we share it?

· February 22 at 6:23pm



**Iron Cowboy** Either 😊

· February 23 at 6:51am

[View more replies](#)

[View more comments](#)

2 of 231



**Iron Cowboy**

February 19 · Lindon, UT · 🌐

Fantastic documentary. A must watch. <http://thatsugarfilm.com/>  
You think you know what you are eating. #doyoureally #jesusfoods #icnn #icinspired

<https://www.youtube.com/watch?v=6uaWekLrIY>



### That Sugar Film - Official Trailer

One man's journey to discover the bitter truth about sugar. Own it now - <http://www.thatsugarfilm.com>  
Damon Gameau embarks on a unique experiment to document...

YOUTUBE.COM

Like Comment

Katie Carder McCoy, Lily D'Agnese, Sebastian Knapic and 23 others like this.

2 shares



**Iron Cowboy** shared [RODS Racing's](#) photo.

February 19 · 🌐

Come join me in Disneyland! It's a good cause folks! #rodsracing #miles2million #fulledbyidahopotatoes



**RODS Racing**

February 19 · 🌐

Race exclusively with [Iron Cowboy](#) on May 7-8, run the Pixie Dust Challenge at Disneyland and save a Rods Racing orphan with Down syndrome. Contact us at [admin@r...](mailto:admin@r...)

[See More](#)

Like Comment



**Iron Cowboy** added 4 new photos — with Matt Fitzgerald and Tommy Rivers Puzey.

February 18 · Lindon, UT · 🌐

Added a certification to my arsenal this week. Proud to be part of this amazing group of elite coaches. I am so excited for the launch of our new worldwide team. So jacked to be working so closely with David Warden, Matt Fitzgerald and Tommy 'Rivers' Puzey. Look for a free Webinar by Matt going over the 80/20 philosophy! You can sign up below to be invited to this webinar/

Sign up at ----->

[www.teamironcowboy.com](http://www.teamironcowboy.com) to receive the first e-mail offer and participate in ... [See More](#)



👍 Like    💬 Comment

نوبار خجادیان, Guys Alphatricoach, Halima Mason and 225 others like this. [Top Comments](#) ▾

3 shares



**Christophe Rousselot** Before aiming to Ironman I will have to learn to sort out my Gmail inbox. Missed the opportunity and the emails was there... 😊

· March 15 at 4:04pm



**Iron Cowboy** Are you interested in joining... I know a guy who might be able to pull some strings 😊

· March 16 at 7:44am

↩ View more replies



**Amanda Percival** I signed up over 2 weeks ago (i think) and have not received anything. Looked in my junk folder in case it went there. I tried to put my email in again but got a message that I was already signed up. What should I do?

· February 18 at 8:25pm



**Iron Cowboy** We haven't sent out the info yet. It's coming.

· 👍 1 · February 19 at 6:42am

[View 10 more comments](#)



**Iron Cowboy** with Kevin Beiers and 8 others.

February 16 · Lindon, UT · 🌐

Listen up! Is this mic on?? I am giving away a FREE team registration to the Doxa Relay. [www.doxaraces.com](http://www.doxaraces.com) You have one week to share this post and tag your team mates. You get one entry for each tag and each share. Ready Set Go! #doxa #teamironcowboy #icinspired #icchallenge #icnn #ng2b



Like Comment

ZL Hula Hoops, Dave Jones, James Ribera and 1,068 others like this. [Top Comments](#)

90 shares



**James Clancy** Your brother from another mother! Lucky there's only 8 states and Territories in Australia!!

<http://jmf.com.au/.../8in8in8-8-ironman-distance.../>



#8in8in8 - 8 Ironman Distance Triathlons  
8 states 8 days | The John Maclean...

JMF.COM.AU

· February 21 at 2:54am



**Iron Cowboy** He reached out to me for advice - nice guy and an amazing athlete. I hope he rocks it!

· 1 · February 21 at 7:21am

[View more replies](#)



**Jason Lemire** Can it be for the 2017 race? For a team of 3? 😊

· February 21 at 7:00pm

[View 10 more comments](#)



**Iron Cowboy** shared Rudy Project North America's post.

February 16 · 🌐



**Rudy Project North America**

February 16 · Denver, CO · 🌐

Last year James Lawrence, aka the [Iron Cowboy](#), conquered the U.S. completing 50 ultra-distance triathlons in 50 states over 50 consecutive days. This year, the ...

[See More](#)

## 'Iron Cowboy' James Lawrence Solidifies Relationship with Italian Sunglasses & Helmet...

FOR IMMEDIATE RELEASE Treviso, Italy – James Lawrence, endurance sports legend and multiple Guinness World Record holder who completed 50...

RUDYPROJECTUSA.COM

Like Comment

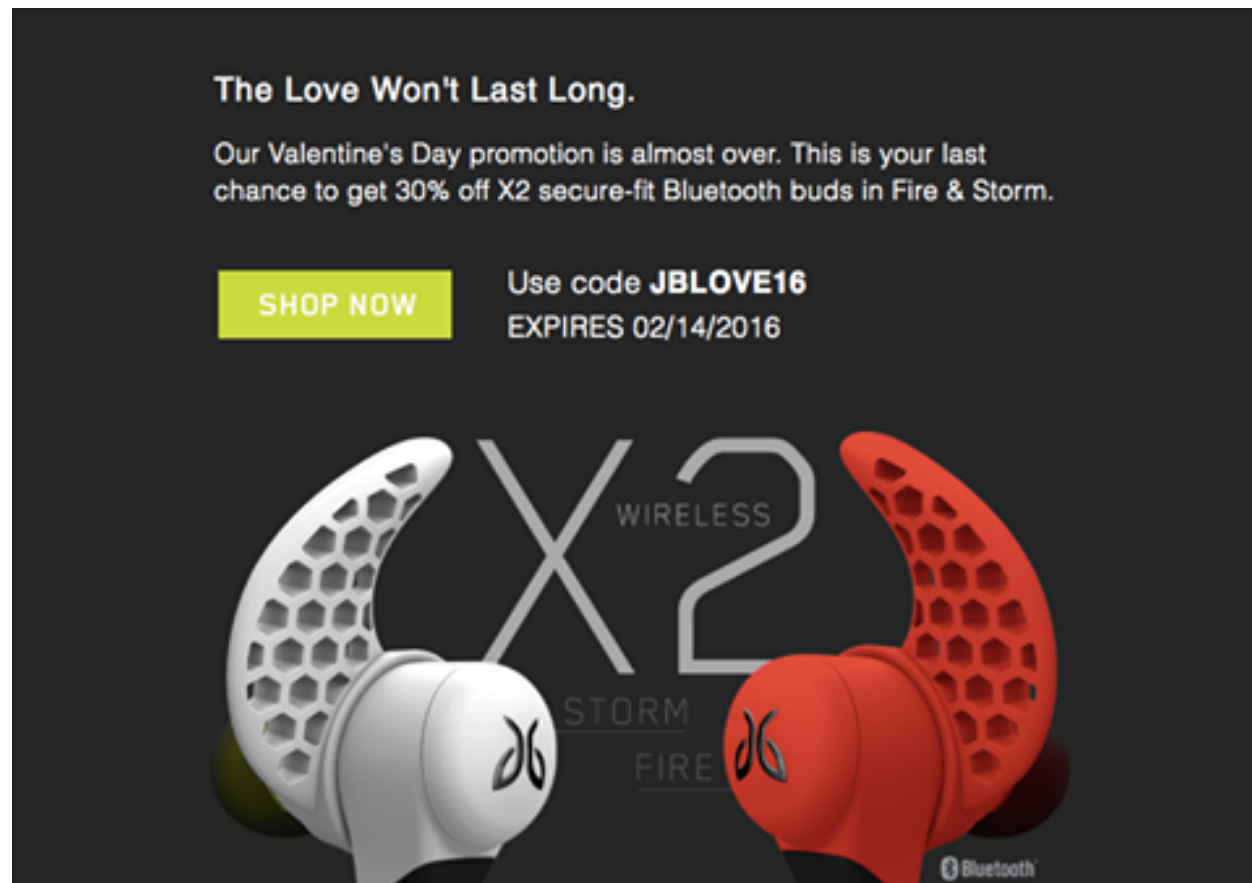


**Iron Cowboy**

February 13 · Lindon, UT ·

The Valentine's Day promotion is almost over. This is your last chance to get 30% off X2 secure-fit Bluetooth buds in Fire & Storm. #wireless Jaybird Iron Cowboy <http://www.jaybirdsport.com/>

Use code JBLOVE16  
EXPIRES 02/14/2016



Like Comment

James Ribera, Ruben Ronquillo, Simon Shurey and 3 others like this.

[Top Comments](#)



**Anthony Viegas-Haws** Saw this at the Miami Airport



1 · February 13 at 8:41pm



**Iron Cowboy** No kidding! That is fun!

February 15 at 2:36pm



**Iron Cowboy** added 2 new photos — with Brian Beckstead and 2 others.

February 10 · Lindon, UT · 🌐

I want to give away a **Fezzari** bike to YOU! Put in your e-mail to learn more about the new **#teamironcowboy** coaching and training

----->> [www.teamironcowboy.com](http://www.teamironcowboy.com)

Learn from coaches like Matt Fitzgerald, David Warden, Tommy Rivers and more. Also get advice and insight From Dr. Dallas Makin. This is so much more then just tri training..... [See More](#)



👍 Like    💬 Comment

J Elias Stokes, Chai Nguyen, Jordan Rodriguez and 317 others like this. [Top Comments](#) ▾

15 shares



**Christina Martínez** christinaworldwide@gmail.com - spread the love to a fellow YL oiler!! Doing my first 70.3 this year -Timberman!! Thanks so much for continuing to empower others!

👍 1 · February 16 at 9:33am



**Iron Cowboy** ✓ Click on the link below and add your e-mail address!

<http://teamironcowboy.com/>

### teamironcowboy.com – The Most Triathlon Experience On The Planet

Make 2016 your most successful year yet, and find out what it feels like to reach new limits and conquer your fears with coach 'Iron Cowboy' James Lawrence and the expertise of world-class coaches Matt Fitzgerald and David Warden.

TEAMIRONCOWBOY.COM

· February 16 at 12:43pm



**Neil Waller** I just want to be trained by the iron cowboy.... I'd do it on a chopper...#ironcowboy

👍 1 · February 14 at 8:15am



**Iron Cowboy** ✓ Click on the link below and add your e-mail address!

<http://teamironcowboy.com/>

### teamironcowboy.com – The Most Triathlon Experience On The Planet

Make 2016 your most successful year yet, and find out what it feels like to reach new limits and conquer your fears with coach 'Iron Cowboy' James Lawrence and the expertise of world-class coaches Matt Fitzgerald and David Warden.

TEAMIRONCOWBOY.COM

· February 16 at 12:48pm

[View more replies](#)

[View 19 more comments](#)



**Iron Cowboy**

February 10 · 🌐

Want to bring your kids to Disneyland while teaching about philanthropy by saving an orphan with Down syndrome? Children who are 5 years or older can run the 5K Tinker Bell Half Marathon, Friday, May 6th, 2016! Sign up now! Contact RODS at [admin@rodsracing.org](mailto:admin@rodsracing.org)!!

[#icinspired](#) [#rodsinspired](#) [#miles2million](#)



[Like](#) [Comment](#)

Crisia Santos Arce, Lauren Richardson Silva, Tuff Trucks and 16 others like this.

[1 share](#)



**Iron Cowboy**

February 9 · Lindon, UT · 🌐

You want to achieve your goals? Surround yourself with the best. You ARE who you hang around. I could not have achieved the impossible without my team. [#sunny](#) [#casey](#) [#aaron](#) [#rivers](#) [#dallas](#) [#david](#) [#natalie](#) [#brittany](#) [#garen](#) [#andSOMANYmore](#) [#icnn](#) Young Living Essential Oils Altra Running Jaybird Garmin Rudy Project photo: [jasonshamy](#) (total stud)



[Like](#) [Comment](#)

Sean Duff, Mónica Diez Barroso Herrera, Angie Miller Rodgers and [Top Comments](#) 625 others like this.



[45 shares](#)




**Stanys Rump** I'm 71. I've done with the physical now I need to exercise the mental. It's like some men who only have enough blood to feed his brain or his nether regions, I reckon I'd rather keep my wits about me so I know when my body falls behind the norm I can try to figure out what to do, and with a little

help from my friends can do it. Or should I just go suck my thumb?

· February 9 at 8:19pm


 **Iron Cowboy**  That is a great question Stanys. I wouldn't recommend the thumb sucking though


· February 10 at 12:06pm

 **Scott Heaton** Did you take this photo Jase?

·  1 · February 9 at 4:05pm

 **Iron Cowboy**  No Jason Shamy did.

·  1 · February 9 at 4:53pm

 [View more replies](#)

[View 9 more comments](#)



**Iron Cowboy**

February 6 · Lindon, UT · 

Exciting Coaching News for everyone!! I have created a partnership between myself, Matt Fitzgerald and David Warden (So excited I get to work with these two amazing athletes and coaches). I received so many requests for coaching I felt bad I couldn't fulfill them all. Until Now!

<http://teamironcowboy.com/>

We went to work and created a coaching platform that will satisfy the needs of everyone. For a while now I have been working with this amazing team putting together the... [See More](#)



 Like  Comment

Dave Jones, Ellis Peters, Dave Fish and 1,663 others like this.



[Top Comments](#) ▾

[44 shares](#)



**Chris Campbell** The coaches all based out of Utah?

· February 8 at 7:43pm


 **Iron Cowboy**  No. Matt is based in California, Rivers is based out of Arizona and we will add more coaches if the demand is there. Members will also have access to our training camps that will eventually be all over.



·  1 · February 9 at 4:28am

 [View more replies](#)



**Laura Cullen** Is there an Iron Cowgirl division? I just started running and have made it 5 weeks, 3 days....and counting! You and your Wing gentlemen have inspired me!

·  12 · February 8 at 9:33am

 **Iron Cowboy**  Absolutely! And the #wingmen will be involved 😎

·  3 · February 8 at 11:23am

[View 44 more comments](#)

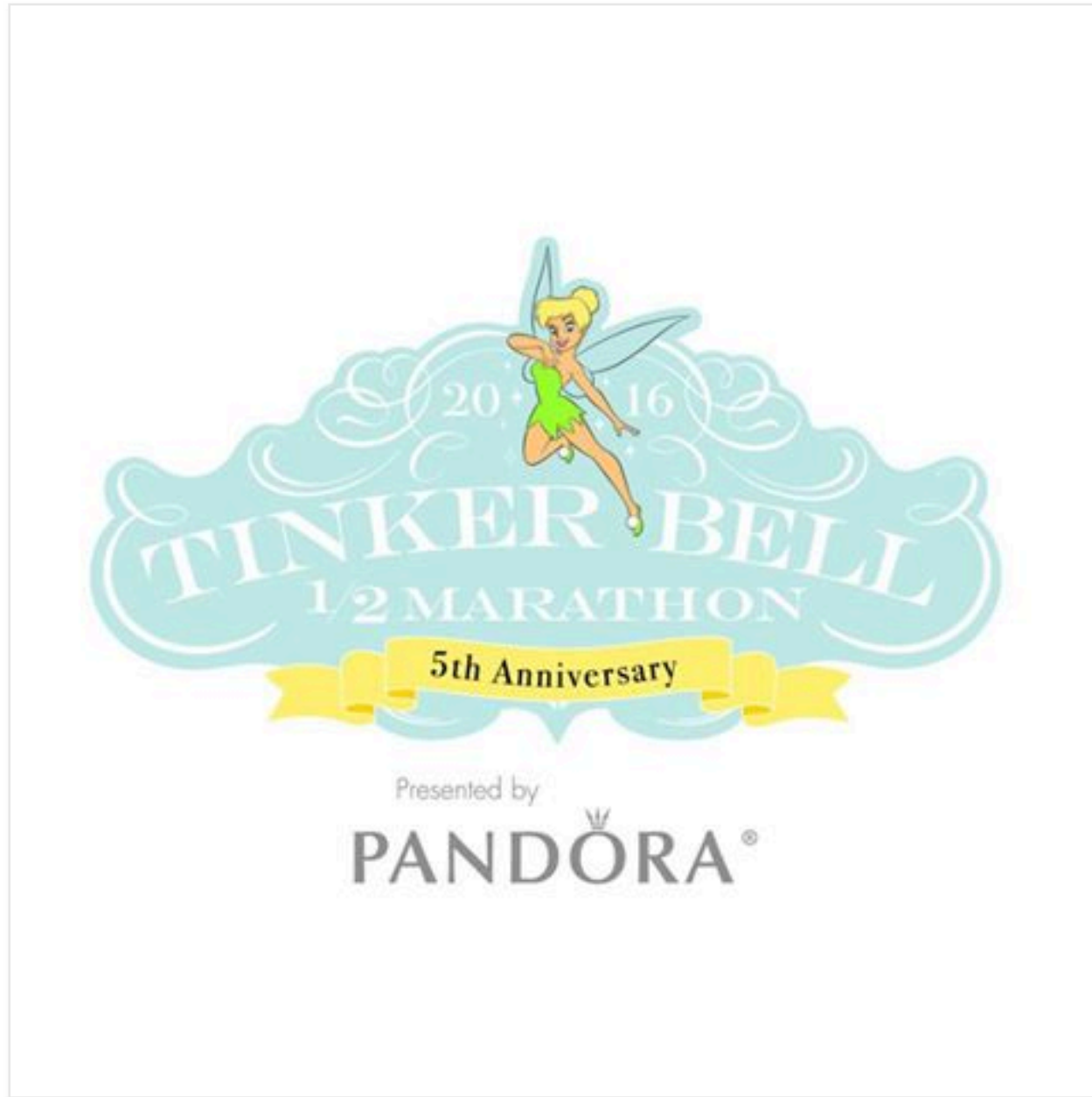


**Iron Cowboy**

February 4 · Lindon, UT · 

Race with me over [#tinkerbellhalfmarathonweekend](#) ! If you haven't claimed your spot yet, there is still time! @rodsracing has exclusive sold out spots

still available, for details email: [admin@rodsracing.org](mailto:admin@rodsracing.org) #miles2million  
#icinspired #rodsinspired #fueledbyidahopotatoes  
<http://rodsracing.org/m2m/>



Like Comment

Mike N Kelli Fiskum, Cate Hartnett and Becky Nesbitt like this.

Top Comments ▾



**Nicole Carlson** Audrey Ross have you heard of this guy? He does a lot of marathons etc

1 · February 7 at 6:55am · Edited

1 Reply

View 1 more comment



**Iron Cowboy**

February 4 · Lindon, UT · 🌐

Virtual Race Winner: Joseph Potts for Most Creative Photo. Prize: SpeedDraw Flask with Fire & Ice from Nathan. Be part of the next #rundisney event over #Tinkerbellhalfmarathonweekend! Email: [admin@rodsracing.org](mailto:admin@rodsracing.org) to claim exclusive sold out spots. #miles2million #fueledbyidahopotatoes #icinspired #rodsinspired  
<http://rodsracing.org/m2m/>





Like Comment

Becky Nesbitt likes this.

1 share



**Iron Cowboy**

February 4 · Lindon, UT · 🌐

Virtual Race Winner Brian Hurley for 1st to pledge & Submit Photos. Prize: Shaker cup from Blender Bottle and a Hat & Shirt from NormaTec. Stay tuned for the announcement of our next Virtual Race and your chance to race alongside me and the @rodsracing team! #miles2million #fueledbyidahopotatoes #icinspired #rodsinspired <http://rodsracing.org/m2m/>



Like Comment

Lisa Krznarich and Becky Nesbitt like this.



**Iron Cowboy**

February 4 · Lindon, UT · 🌐

Virtual Race Winner: Matt Hobby for Best photo with IronCowboy. Prize: Hat & Shirt from NormaTec. Thanks to everyone on the @rodsracing team and everyone who participated to help raise funds towards our #miles2million goal! #Fueledbyidahopotatoes #icinspired #rodsinspired <http://rodsracing.org/m2m/>



Like Comment

Petere's Torta, Becky Nesbitt and 2 others like this.



**Iron Cowboy**

February 2 · 🌐

Pretty dang cool to be part of a company that is as driven as I am. [Young Living Essential Oils](#) reached a massive [#milestone](#) in 2015. What milestones are you wanting to achieve in 2016 but [#fear](#) is holding you back? [#feelthefear](#) [#seedtoseal](#) [#ylfit](#) [#teaml](#) [#icinspired](#) [#ng2b](#) [#miles2million](#) [#rodsracing](#)

<https://www.youngliving.com/.../young-living-exceeds-1-billio...>



👍 Like    💬 Comment

Susan Day, HarmonyandLuke Patterson, Gail Bruce and 1,685 others like this.

[Top Comments](#) ▾

260 shares



**Carly Gauthier** I eat fear for breakfast

👍 6 · February 2 at 5:03pm



**Shanna Geigle** [Tim Williams](#), [Jessica Slaughter](#), [Sonja Sena-Cary](#), [Mary Ray](#) was thinking of you all when I saw this post. Young Living Essential oils would be a great way to help with any day to day aches from all your cross fit, running and judo, these are people that... [See More](#)



👍 2 · February 6 at 3:36pm

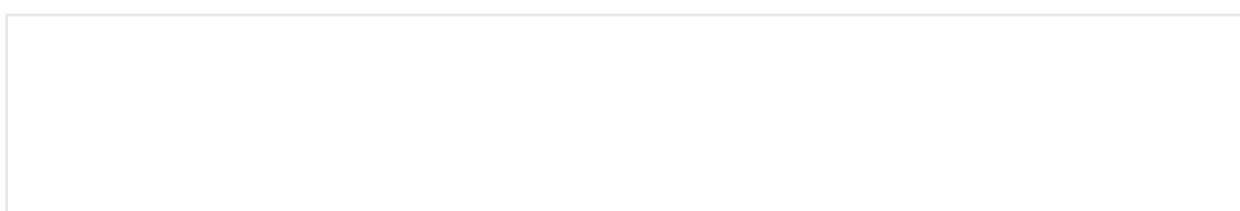
[View 38 more comments](#)



**Iron Cowboy** added 3 new photos.

February 1 · 🌐

Thank you Cinque Terre and now enroute to Venice. We embrace adventure and taking risks. This mentality has enriched our lives and opened up so many doors. [#whatareyouscaredof](#) [#facesomefears](#) [#morecoolexperiences](#)






Like Comment

HarmonyandLuke Patterson, Martin Jones, Angela Martinelli and 438 others like this. [Top Comments](#)


1 share

 **Alison Schulze Veil** How did you travel from the Cinque Terre to Venice? Train?

· February 2 at 12:07am

 **Iron Cowboy** Yes train

· 1 · February 7 at 5:57am

 **Linda Fiorenzano Carvelli** My favorite country! In Venice, visit [Salvatore](#) and [Costantino](#). at "nuova valigia " calle dei fabbri. You will love! Enjoy!

· 1 · February 3 at 4:44am

[View 10 more comments](#)

 **Iron Cowboy**  
January 31 · 🌐

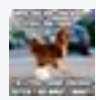
Those two guys may have been the first wingmen ever . . . . Where are the [#ironcowboy](#) [#wingmen](#) [#speedos](#) [blueseventy](#)



Like Comment

LuCas Robayo, Iwona Kędzióra-Hrubý and 154 others like this.

[Top Comments](#)



**Carly Gauthier** Where is that?

· January 31 at 9:43am



**Iron Cowboy** Somewhere in Florence

· 3 · January 31 at 10:04am



**Mon Ta** Florence!!!!!! You can see Uffizi museum behind

· 1 · January 31 at 9:48am

[View 11 more comments](#)



**Iron Cowboy** added 9 new photos.

January 30 ·

Had an amazing day in and around Rome today. Tomorrow is the Vatican and St. Peter's Basilica. This time era totally intrigues me. Oh and the lasagna and gelato are to die for!! [#SunnyMayNoReturnToUtah](#)



Like

Comment

Garrett O'Brien, Mandara Tenner, Nicole Ierardi Pringle and 683 others like this.

[Top Comments](#)



**Aleisha Rohbock McFarlane** I lived there for three years. Miss it so much. Enjoy every minute you can.

· January 30 at 7:18pm



**Iron Cowboy** You did?!?! From Sunny

· January 31 at 9:42am

[View more replies](#)



**Jordan Succar** James, any plan to come in Paris or Barcelona to meet Sponseasy crazy dream team ?

· January 30 at 1:05pm



**Iron Cowboy** These are two places I want to take Sunny!!! We will be there soon for sure. You guys do amazing work!!

· 1 · January 31 at 9:43am

[View more replies](#)

[View 17 more comments](#)



**Iron Cowboy**

January 29 ·

Want to race exclusively with me? Sign up for the Pixie Dust Challenge (10k & Half Marathon) on May 7 & 8 at Disneyland! Contact RODS immediately to get your entry today! Email --> [admin@rodsracing.org](mailto:admin@rodsracing.org)

#icinspired #rodsinspired #rundisney



Like Comment

Tanya Martin, Angela Lowry Adams, Andrey Derunov and 11 others like this.



**Iron Cowboy**

January 27 · 🌐

To anyone who is living in Berlin, Germany I will be at [#SparkNights](#) by [#Audi](#) tomorrow evening. I am one of the panel speakers of the [#PushingLimits](#) Edition and I would love for you to join me. You can win 2 tickets for this exclusive event. Just comment "[#PushingLimits](#)" below this post by tomorrow at 11:00 a.m.

Event Details: Thursday, 28th January, 6:30 p.m., Audi City Lab Berlin (Unter den Linden / Friedrichstraße)



Like Comment

Wesley E. Grubb, Sean Kelly, Sam Martin and 514 others like this.

[Top Comments](#) ▾

1 share



**Sandra Wickert** [#PushingLimits](#) is what I never thought I could do but this year it's all about leaving the comfort zone. Would love to get inspired by listening to you live!

· Page responded privately · 👍 2 · January 27 at 11:37am



**Tami Christensen** How cool! I visited saxchausen (sp) concentration camp when I was in Berlin last year. Such a sad/humbling experience. It was difficult to see, but I'm soooo glad I went. If you have the chance, TAKE IT!

· 👍 1 · January 27 at 5:58pm



**Iron Cowboy** with Tiffany N Cameron Hargis and 4 others.

January 22 · 🌐

I just did the math on the miles if you want to attempt the Iron Cowboy challenge this summer at the Doxa Threelay <http://doxaraces.com/> (discount codes below)

9755 meters of Swimming.

216.69 miles of Biking.

61.98 miles of Running. ... [See More](#)



👍 Like    💬 Comment

Evi Lc, Kat Hores, Sabrina Huff Beck and 940 others like this.

[Top Comments](#) ▾

109 shares



**Chris Shane** Feb. 6 just got a lot more intense for me. I'm basically committed to the solo if I don't get into Wasatch. Whaaaaat!!?

· 👍 9 · January 22 at 8:22am

↳ [View 4 more replies](#)



**Iron Cowboy** ✓ You are nuts, from Sunny.

· 👍 1 · January 22 at 8:37pm · Edited



**Kristen Wilson-Fisher** For those of you that have done this in a small team or solo, what's your approach on training? Multiple bricks? Ironman plan? Just getting more curious. Trying to convince my family to let me do this 🤔

· 👍 1 · January 26 at 4:44pm



**Iron Cowboy** ✓ I'll have a training program specific for the doxa in my coaching in a few weeks!!

· 👍 1 · January 29 at 8:14am

[View more comments](#)

2 of 83



**Iron Cowboy**

January 21 · Lindon, UT · 🌐

Come join me for the Tinker Bell Half Marathon Weekend in Disneyland May 6th-8th. Excited to be running alongside my daughters and wife!

You can e-mail RODS at [admin@rodsracing.org](mailto:admin@rodsracing.org) for more info, or check out the link below for details about the race. Register now for a good corral placement!

[www.rodsracing.org/tinkerbell/...](http://www.rodsracing.org/tinkerbell/) [See More](#)

**Race with the Iron Cowboy**  
 at the  
 Tinker Bell Half Marathon Weekend presented by PANDORA Jewelry, at Disneyland® Park  
 May 6<sup>th</sup>-8<sup>th</sup>, 2016

Exclusive RODS access to:

- Pixie Dust Challenge: 10k Race on Saturday, May 7<sup>th</sup>  
Half-Marathon Race on Sunday, May 8<sup>th</sup>
- Half Marathon Race: 13.1 miles race - Sunday, May 8<sup>th</sup>
- Tinker Bell 10k: Saturday, May 7<sup>th</sup>
- Never Land 5k: Friday, May 6<sup>th</sup>

Register today by email:  
[admin@RODSracing.org](mailto:admin@RODSracing.org)

All RODS racers are invited to banquet luncheon with speaker  
 James Lawrence, aka The Iron Cowboy

IRONCOWBOY

Like Comment

Jeffrey J Richard, Liz Bower, Georgeann Bodnar and 10 others like this. [Top Comments](#)

**Pamela Senkow Milogradov** If it is sold out on the Disney website, does that mean we can not sign up?  
 · February 1 at 6:01am

**Iron Cowboy**  
 January 19 · 🌐

What up friends? I've been speaking a lot but normally the public can't come and listen... I was asked to give my presentation on the #505050 and mental toughness. Hosting the event is Crossfit Hyperion this FRIDAY @ 6pm \$10 at the door. Address is 1983 W 680 N St, Pleasant Grove, UT 84062 come out if you like. Seating is limited to 150 - It's gonna be awesome!



Like Comment

Kristina Bee, Heather Winterbottom, Tammy Boley and 598 others like this. [Top Comments](#)

14 shares

**Randy Ahrabi** There better be a documentary of the 505050 for those of us who cant make it to Utah to hear you in person. Ps let me know if you make it down to Louisiana again I'll definitely make that drive! Thanks for sharing you are the definition of inspiration!  
 · 13 · January 19 at 5:23pm

**Kristina Chen-Watts** Hey James! Thank you for doing this! I sent my husband and his marine buddy to this and they were inspired. Thank you for all you do. We'll see you soon!  
 · January 22 at 7:14pm · Edited

[View 29 more comments](#)



**Iron Cowboy**

January 18 · Lindon, UT · 🌐

RACE ANNOUNCEMENT and DISCOUNT CODE (expires end of February) Think you are tough and have what it takes? Dóxa is now the official race of the Iron Cowboy! It is the first and only overnight triathlon relay! Teams of 1 all the way up to 12 people race non-stop doing 36 legs through the heart of Utah.

Come to Utah and race with me and the wingmen. You can do the 285 miles as a relay or try the IronCowboy Challenge and do it SOLO.

#ironcowboychallenge #doitsolo

[http...](#) See More



👍 Like    💬 Comment

Sofia Caylor, JL Calimba, Matthew Hubbell and 748 others like this.    [Top Comments](#) ▾

140 shares



**Tami Christensen** Is there a forum board for people who just want to do a piece of the race but don't have a team? I would love to be the runner on a competitive team.

· January 19 at 11:02am · Edited



**Iron Cowboy** ✓ I'm launching these forums in February. Look for a coaching and club announcement in the next two weeks

· 👍 2 · January 20 at 6:04am



**Melissa Trewartha** Do we get have our picture taken with the iron cowboy at the finish??? Or at least have a cardboard cut out available for tasteful team pics! 😊

· 👍 2 · January 19 at 7:16pm



**Iron Cowboy** ✓ Yes 😊. And the Wingmen

· 👍 2 · January 20 at 5:33pm

↩️ [View more replies](#)

[View more comments](#)

2 of 78



**Iron Cowboy**

January 18 · Lindon, UT · 🌐

Come visit me in Baton Rouge. Lets get fit and empowered. For event details and to register, go to <https://www.youngliving.com/.../events/education-events/yl-fit>



# YL FIT IS COMING TO BATON ROUGE!

Join Stevie Baggs Jr. and the Iron Cowboy, James Lawrence for a night of fitness and learning.

## JANUARY 19

Register: [YoungLiving.com](http://YoungLiving.com)

YOUNG LIVING  
ESSENTIAL OILS



Like Comment

David Johnstone, Heather Sargent, Kristina Bee and 19 others like this. [Top Comments](#)

2 shares



**Kellye Bayless Lukas** It was a pleasure meeting you last night at the event in Baton Rouge, you are truly an inspiration and I loved how down to earth you are, giving props to your team & family. Loved seeing your family pictures, I have a 13 year old daughter. Can't wait to keep up with you and see what the future holds...facing my fears, setting goals and getting fit for me and my family in 2016!!

3 · January 20 at 9:44am

1 Reply



**Kristina Bee** Omgosh, what an opportunity!

· January 28 at 6:29am

[View 1 more comment](#)



**Iron Cowboy**

January 18 ·

<https://www.youngliving.com/.../5-cardio-training-tips-for-t.../>



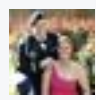
## 5 Cardio Training Tips for the New Year

James Lawrence—who goes by the moniker “the Iron Cowboy”—recently completed 50 Ironman triathlon courses in 50 states in just 50 days, setting a world record along the way. A Young Living brand ambassador, Lawrence shared some...

[WWW.YOUNGLIVING.COM](http://WWW.YOUNGLIVING.COM)

Like Comment

Frank Melinda, Mandara Tenner, Corey Lott and 515 others like this. [Top Comments](#)



**Drew Hardin** So I'd the limit of two minutes for maximal effort on the intervals for calorie burning, or fitness improvement? If I'm training for something long, say a century ride, would longer but slightly slower intervals not be as effective as using one out two minute burnouts?

· January 20 at 9:35am



**Iron Cowboy** Totally depends on how close you are to the event. There are many phases to preparing. This would be a fun place to start

· 1 · January 20 at 9:47am

[View more replies](#)



**Drake Foster** I love using R.C. young living essential oil before and during a workout!

· January 19 at 9:29pm

[View 11 more comments](#)



**Iron Cowboy**

January 16 ·

It was a blast meeting all of you at #WDW marathon weekend! Thanks for all the miles pledged getting us that much closer to our #miles2million goal! To learn about ways you can help reach a million miles, visit [RODS Racing](#) #icinspired #rodsinspired #fueledbyidahopotatoes... [See More](#)



Like Comment

Mike Cabaniss, Thomas Dempsey, Marisol Frausto and 232 others like this. [Top Comments](#)



**Tony Darrow** Keep up the awesomeness



· 2 · January 16 at 2:10pm



**Shawn Valk** What happen to the beard?

· January 17 at 8:50pm

[View 1 more comment](#)



**Iron Cowboy**

January 10 ·

Disney ride in the middle of your marathon #whynot





22K Views

Like Comment Share

Kevin McGarry, Matt Townsend, Sandee Lawrence Crabtree and 732 others like this.

21 shares



**Anne Moore** What wave were you in? You're faster than me and Animal Kingdom wasn't open yet (so the ride wasn't open) the year I ran! How fun!

· January 10 at 6:33am

View previous replies



**Iron Cowboy** Corral P

· 1 · January 10 at 8:12pm

View more replies



**Kristine Taylor Wooten** holy hannah, you look like a little school boy without your big mt. man beard! Rock on [Iron Cowboy](#)!!!!

· 2 · January 10 at 1:03pm

View 33 more comments



**Iron Cowboy** at [Walt Disney World](#).

January 10 · Orlando, FL · 🌐

I made a bet with Coach Carlee I'd beat her most recent marathon trail victory AND take 10 pictures with Disney characters on the course!

[#gameon](#)

[#disney](#) [#betwithcarlee](#) [#rodsracing](#) [#characterpics](#)



22K Views

Like Comment Share

Amanda Rodriguez, Sharon Hammerbacher Hall, Thomas Dempsey and 689 others like this.

11 shares



**Mary Jo Yates** I took around 200 pictures !! Have fun . Ride a ride in animal kingdom

· January 10 at 5:52am



**Todd A Snider** How did it go? Where did you start? Very crowded at the back of the pack for 26.2 miles. 😊

· January 10 at 4:02pm

View 10 more comments



**Iron Cowboy**

January 9 · 🌐

Half Done! Full Marathon tomorrow. Such a fun event! Please go to [www.rodsracing.org](http://www.rodsracing.org) and pledge some miles. Move you body and donate. Even if you only run 1 mile and donate \$1 ---> SO MANY PRIZES TO WIN!!  
#miles2million #icinspired #rodsracing #ironcowboy Young Living Essential Oils Garmin Altra Running Jaybird STRENGTHTAPE NormaTec RecoveryRudy Project



👍 Like    💬 Comment

Thomas Ruzich, Thomas Dempsey, Jon Perz and 194 others like this. [Top Comments ▾](#)



**Sriracha Cathy** Doing Dopey or Goofy Challenge?

· January 9 at 8:47am



**Iron Cowboy** Just the goofy.

👍 1 · January 9 at 9:00am



**Calena Illan** Heard the RRP with you a while back. I ran the half this year and you were a couple people in front of me and i thought IT CANNOT BE. Now I know it WAS indeed you and Im feeling inspired! Awesome!

· January 13 at 12:27pm

[View 3 more comments](#)



**Iron Cowboy**

January 8 · 🌐

Check out these prizes out can win this week in the #miles2million virtual race. Go to this site;

<http://rodsracing.org/ironcowboy/>

and register. Pick ANY distance you want to move your body and pledge a dollar amount for the charity. Then Get out there and move to win. Post your picture and tag #icinspired #miles2million #rodsinspired #rodsracing #ironcowboy



You are invited to join us for a virtual race with the Ironcowboy!

January 4-10, 2016



Like Comment

Jen Rode, Tammy Coplien, Dawn Emerson and 5 others like this.



Iron Cowboy

January 5 · Lindon, UT ·

Thank you for joining me for day of training, getting to know me and meaningful conversation [SUCCESS Magazine](http://www.success.com/a.../the-most-enduring-man-in-the-world) --->  
<http://www.success.com/a.../the-most-enduring-man-in-the-world> Young Living Essential Oils Altra Running Jaybird RODES Racing Rudy Project North AmericablueseventyFezzari Jakroo Custom Apparel



### The Most Enduring Man in the World

A SUCCESS editor trains with the man who tackled one of the most improbable athletic feats in history, completing 50 Ironman races in 50 days.

SUCCESS.COM

Like Comment

Joel Diaz Ramirez, Jen Rode, Nicole Finney and 2,544 others like this. [Top Comments](#)

391 shares



**Ryan Geldmaker** I have to ask. Why is an essential oil company tagged in this?

2 · January 5 at 5:27pm

[View previous replies](#)




**Iron Cowboy** It is ok for you to be skeptical. But you're missing out. They work for me and that's all that matters for me. We've used them for 20 years and my wife, 5 kids and I love them and see their benefits daily. My personal experience is that they work. If you are curious try them and find out for yourself if not that's ok too.

19 · January 8 at 3:26am

[View more replies](#)

**Amy Reiter** Great article you are a true inspiration! I too love essential oils,

they have helped me for years especially when beating up my body in sports!!  
·  3 · January 6 at 5:31am

[View more comments](#)

2 of 62

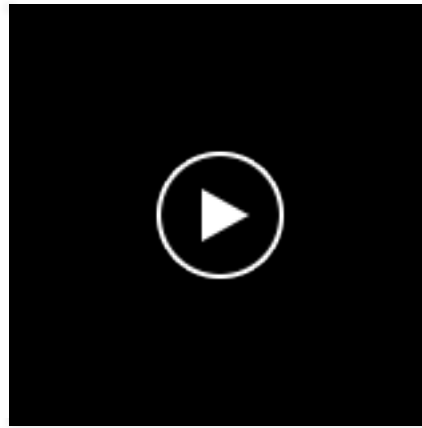


**Iron Cowboy**

January 4 · 

Join me for the virtual race this weekend. I'm running the Disney Half and Full marathons and pledging \$1 per mile !! Help me reach 1 million miles moved and 1 millions \$\$ donated in 2016.

1. Register at [www.rodsracing.org/IronCowboy](http://www.rodsracing.org/IronCowboy)
2. Pick your mileage... [See More](#)



The Gyms are full... For how long

<https://youtu.be/M2MfPts5DE8>

YOUTU.BE

 Like    Comment


Leon Finkelshteyn, Kim Killeen, Mark Hitri and 66 others like this.

[Top Comments](#) ▾

1 share



**Robert Burke** I'll be there doing my first full!

·  2 · January 5 at 6:49am



**Sylvia Solis** The weather has been rainy where I live. Does using a treadmill count if I can't get outside?

· January 5 at 7:48pm

[View 4 more comments](#)



**Iron Cowboy**

January 4 · Lindon, UT · 

The Virtual Race starts today, but it's not too late to sign up! We have some awesome give aways from our sponsors. You don't have to be the fastest runner/biker/swimmer to win a prize in a virtual race. For more information about how to sign up, prizes, or how awards will be given just check out the link below!

[www.rodsracing.org/ironcowboy/](http://www.rodsracing.org/ironcowboy/)



 Like    Comment

Thomas Dempsey, Pauries Pineda Urbina, Liz Bower and 16 others like this.



**Iron Cowboy**

January 1 · 

What are some of your goals for 2016? Commit to your goals now and don't procrastinate. Put in the work. Sign up for the Virutal Race Jan. 4-10. Link below! This is a great way to put your goals into action. I have committed to running a total of 39.3 miles by running the [#RunDisney](#) half and full

marathons. What will you do?

P.S. I have seen a few registrants who will be doing more miles than me!!  
Who else will outdo me?

[www.rodsracing.org/ironcowboy/...](http://www.rodsracing.org/ironcowboy/...) See More



Like Comment

Thomas Dempsey, Gieselle Gigi Drayton Poveromo, Janelle Rex and 381 others like this. [Top Comments](#) ▾

15 shares



**Steve Grant** 3 Olympic distance, 2 sprints, IM 70.3 Augusta, then IM FLORIDA! But the first hurdle is the Gusher half marathon in February

3 · January 2 at 7:41pm



**Jessie Schwiesow** I broke 4 hours in the marathon in 2015 so now I'm hoping to break 3:45 and run my first 50k!

2 · January 1 at 5:00pm

[View 22 more comments](#)

2015

HIGHLIGHTS ▾



**Iron Cowboy**

December 31, 2015 ·

Goals don't achieve themselves. They take hard work, effort and consistency. I failed today and it's my fault.

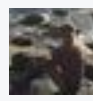


19K Views

Like Comment Share

Joffrey Batten, Frances Graterole, Crystal Schneider and 506 others like this. [Top Comments](#) ▾

71 shares



**Amy L Robbins** This is awesome! Way to keep it real! Happy New Year Cowboy! You had a hell of a 2015! The best to you, [Sunny Jo Hatfield Lawrence](#), the kiddos and the rest of the IC team.

· December 31, 2015 at 11:27am



**Iron Cowboy** Thank you! 🙌❤️🐱  
From Sunny

· January 1 at 5:18pm · Edited



**Tonya DeMerchant Anderson** Thanks for keeping it real James. Your my motivation for 2016. I want, no NEED, to lose weight and I will be channeling you and your get it done attitude.

· December 31, 2015 at 10:27am

[View 39 more comments](#)



**Iron Cowboy** updated their profile picture.

December 27, 2015 · 🌐



👍 Like

💬 Comment

Wan Wan, LuCas Robayo, Eugenia Viquez and 806 others like this.

[Top Comments](#) ▾

2 shares



**Trent Swanson** But you shaved... 😞

· December 27, 2015 at 11:18am



**Iron Cowboy** It grows back 😊

· 👍 1 · December 28, 2015 at 6:59am · Edited



**Tony Tippetts** Faces like that is why women carry guns!LOL

· 👍 2 · December 27, 2015 at 9:59am

↩ 1 Reply

[View 9 more comments](#)

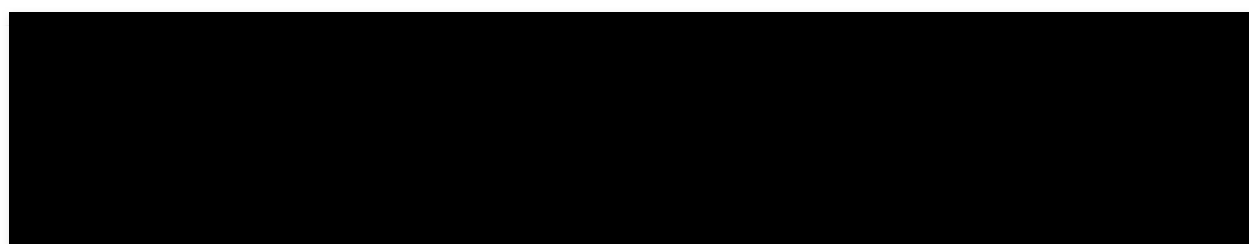


**Iron Cowboy**

December 23, 2015 · 🌐

Join me in pledging my miles during [#RunDisney](#) weekend! Run, Bike, Walk and Swim your miles for the Virtual [#Miles2Million](#) Race!

[rodsracing.org/ironcowboy/](http://rodsracing.org/ironcowboy/)







10K Views

[Like](#) [Comment](#) [Share](#)

Joo Weng Tan, Sarah McKenna Rogers, Rosalba Zuniga and 171 others like this. [Top Comments](#)

2 shares



**Tim Lewis** I didn't even recognize you without the beard. I'll be doing the Walt Disney World Marathon as well. Hopefully I'll see you there. The Half Marathon is Saturday and the Full is Sunday.

· [Like](#) 2 · December 23, 2015 at 2:51pm

[Reply](#) 1



**Stephanie Gee** I pledge my miles from the Dopey Challenge! 5k, 10k, 1/2 and a Full!

· [Like](#) 2 · December 23, 2015 at 4:50pm

[Reply](#) 1

[View 11 more comments](#)



**Iron Cowboy** updated their cover photo.

November 26, 2015 · [Public](#)



[Like](#) [Comment](#)

Wan Wan, Angie Ruh, Christophe Rousselot and 492 others like this. [Top Comments](#)

1 share



**Dorsey Doss Wallace Jr** Picture of ironcowboy right before a turn or end of lap. Finger i believe is illusion. Maybe its pointing towards camera so appears slim. Guess of course.

· November 26, 2015 at 5:52pm



**Matt Kempton** What happened to your pointer finger?

· November 26, 2015 at 2:12pm

[View 11 more comments](#)



**Iron Cowboy** updated their cover photo.

November 18, 2015 · [Public](#)





Like Comment

Wan Wan, HarmonyandLuke Patterson, Joel Diaz Ramirez and 544 others like this. [Top Comments](#)



**Jason Stine** You should buy that thing ...

· November 18, 2015 at 1:01pm



**Iron Cowboy** The amount of money I had to pay to fix the thing, yes I should have bought it... but I'll never own [Fleetwood RV, Inc.](#) It fell apart on us while crossing the country. I was very disappointed with the RV and their customer service.

· 1 · November 18, 2015 at 4:26pm



**Kevin Loco Parks** I know that parking lot! NC!!! So glad I got to shake your hand again a few weeks ago. Thanks for reliving those moments with us at Podium Multisport.

· 1 · November 18, 2015 at 10:52am

[View 8 more comments](#)



**Iron Cowboy** updated their profile picture.

November 18, 2015 ·



Like Comment

Wan Wan, Becca Joy, Matthias Blancard and 1,171 others like this. [Top Comments](#)

13 shares



**Victoria Crabtree** [Christian Crabtree](#) wants a copy of this for his night stand



· 1 · November 18, 2015 at 11:34am



**Matthew Gardiner** I would love to get some tips on how to get as in shape as you mate. It's more than just swim bike run I'm guessing 🤔

· 1 · November 18, 2015 at 11:25am

[View 20 more comments](#)



**Iron Cowboy** updated their profile picture.

September 3, 2015 ·



Like Comment

BP Fox, Ninko Sportsmen, Ryan Wall and 312 others like this.

Top Comments ▾

1 share



**Zibeon ZB Serrato** My son likes the new hat!



1 · September 4, 2015 at 4:36am



**Iron Cowboy** updated their cover photo.

September 3, 2015 · 🌐

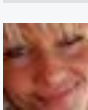


Like Comment


Ray Gogarty, David Spletstoesser, Ninko Sportsmen and 422 others like this.

Top Comments ▾

1 share

 **Sandy J Giuliani** You guys ROCK!!!!  
· September 3, 2015 at 9:04pm

↳ 1 Reply

 **Jaime Becker** CHARACTERS!  
· September 3, 2015 at 5:34pm

↳ 1 Reply

[View 3 more comments](#)

 **Iron Cowboy**  
September 1, 2015 · 🌐

A little fun tonight! A climbing race between the Cowboy and his lady. Huge thank you to Momentum Indoor Climbing Lehi and the man Aaron Shabby from racetri [#WhoWins](#)





11K Views

👍 Like    💬 Comment    ➦ Share

Ray Gogarty, Edyta Kubala, Leonardo Satin and 341 others like this. [Top Comments](#) ▾

1 share

 **Iron Cowboy** ✓ She's a beast - are you kidding me! Sunny Jo Mamma is a damn athlete!!  
· 👍 12 · September 1, 2015 at 7:49pm

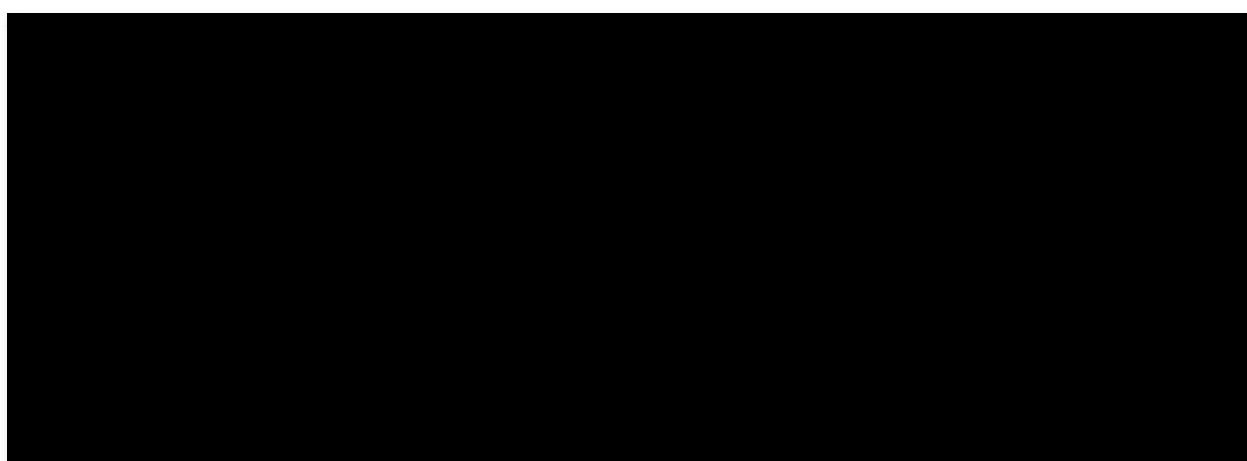
 **Ashley Nielsen** Love the fun times together!  
· September 1, 2015 at 8:19pm

↳ 1 Reply

[View 17 more comments](#)

 **Iron Cowboy**  
August 28, 2015 · 🌐

What a riot speaking to 900 middle school student. [#Loud](#) [#ICInspired](#) [#NG2BIG](#) [#SemperOptimus](#) Jaybird Altra Running Garmin





4.3K Views

Like Comment Share

Krystian Zielinski, Annamaria Pos Tal, Daniele Arcari and 136 others like this. [Top Comments](#)

1 share



**Judy Markel** Holy cats!!!! Did you look around for a movie star for a few seconds before it kicked in that this was for you? 😊

· August 28, 2015 at 2:04pm



**Andrea Sorenson Mitchell** That's awesome how do I get you at Payson Jr. High?

· August 28, 2015 at 2:18pm

1 Reply

[View 2 more comments](#)



**Iron Cowboy**

August 28, 2015 · 🌐

What a riot speaking to 900 middle school student. #Loud #ICInspired #NG2BIG #SemperOptimus Jaybird Altra Running Garmin



2.3K Views

Like Comment Share

Seth Saunders, Brent B Brown, Evan Hartzold and 85 others like this. [Top Comments](#)



**Ira Goldberg** How about coming to Berkley High School in Michigan and inspiring 1250 of the most amazing future leaders?

· August 28, 2015 at 3:29pm

1 Reply



**Lyndel Gwenna Schiffner** Nothing like a little enthusiasm!

· August 28, 2015 at 2:37pm

[View 1 more comment](#)



**Iron Cowboy** updated their profile picture.

August 15, 2015 ·



Like Comment

Claire Woodhouse, Matthias Skapczyk, Emma Bailey and 1,804 others like this.

[Top Comments](#) ▾

17 shares



**Oola** We want the poster. #OolaFitness #Beast

· 10 · August 15, 2015 at 6:45pm



**Jeffrey Mager** And now he's training to FLY!

· 5 · August 15, 2015 at 6:58pm

[View 26 more comments](#)



**Iron Cowboy**

August 9, 2015 ·

And that's a wrap at the [Young Living Essential Oils](#) convention. I met so many cool people and had an amazing experience. Huge thanks to Travis and Jared, to the oolalife boys the oolaguru and oolaseeker [Oola](#) [#keepingItReal](#) [#IWantARematch](#) [#FutureIsBright](#)



Like Comment

Rebecca Salter, Ninko Sportsmen, Michael T Merrill and 393 others like this. [Top Comments](#)

14 shares



**Bobbi Jo Henke** Great seeing you at the convention!

· August 9, 2015 at 1:23pm



**Angie Johnson** Powerhouse of awesomeness right there!

· August 9, 2015 at 8:05am

[View 12 more comments](#)



**Iron Cowboy**

August 8, 2015 ·

Yup, that was fun. [#YLConvention](#) [#ICInspired](#) [@younglivingeo](#)  
[@missionbeltco](#) [@altrarunning](#)



5.5K Views

Like Comment Share

Travis Miller YL, Seth Saunders and 127 others like this.

[Top Comments](#)

4 shares



**Judy Markel** And darn it, people like you 😊

· 1 · August 8, 2015 at 5:20pm

1 Reply



**Evelyn Mae Ridley** I was in that crowd!!! Your talk was terrific! Thanks for sharing with us.

· August 10, 2015 at 9:09pm

[View 10 more comments](#)



**Iron Cowboy** updated their profile picture.

August 4, 2015 ·



Like

Comment

Luis Urbina, Emma Bailey, Ninko Sportsmen and 781 others like this.

[Top Comments](#)

1 share



**John Joseph** bad dude right there

· 2 · August 4, 2015 at 8:28pm



**Ron Pihl** beast mode : on!

· August 5, 2015 at 7:33am

[View 8 more comments](#)



**Iron Cowboy**

July 31, 2015 ·

How fun is this?!! We will never truly know our reach. We will never truly know our impact. You never know who is watching YOU in your daily lives. Always be setting an example. This is especially true with kids. They are always watching you.... HERE IS A CHALLENGE....

Go out and do something active and fun... Take a picture of it and POST it. #tag two other people and challenge them to get out there. Remember Tag 2 others and #IronCowboy or #ICInspired. Iron Cowboy Young Living Essential Oils Jaybird Fezzari Rudy Project Altra Running Nate Wade Subaru EnergyLab BlenderBottle Blendtec blueseventy Garmin STRENGTHTAPE Nathan Performance Gear





Like Comment

Chester Southworth, Sarah Foster McKenna, Neil le Poitier and 1,422 others like this.

Top Comments ▾

27 shares



**Jeffrey Mager** Awesome!!! Indonesia participates in 5K!

News splash : headlines read : Iron Cowboy's Rodeo of 50/50/50 has global reach in raising awareness (and funds) for childhood obesity while redefining human limits & smashing World Records in the process!!!! Foot note: the equivalent of a Rodeo Clown is a Wingman in a speedo. Cheers to the team!

· 9 · July 31, 2015 at 9:41am



**Aubrey McCormick** Wow, this is epic. You are stellar and have inspired so many people. Much respect to you and your family- we need more people dedicated to health, fitness, and helping others. Rock on Iron Cowboy!!!!

· 1 · July 31, 2015 at 8:23am

View 34 more comments



**Iron Cowboy**

July 29, 2015 · 🌐

Huge shout out to my sponsor [Jaybird](#) . They went way above and beyond what was expected. I am honored to be one of their athletes and I hope I made them proud. I hope you enjoy this final video as much I did !!  
[#IC505050](#)



33K Views

Like Comment Share

Fabian HC Salger, Monica Jordan, Cedric Freakz and 1,406 others like this.

Top Comments ▾

285 shares



**Jaybird** We're glad you're on the team!

· 23 · July 29, 2015 at 2:18pm

**Kristen Rammell Cambridge** So this video came at a time when I really

needed it. Thank you for your inspiring words and journey. On Saturday, when you were finishing your 50th Ironman in a row, I was attempting my first ever in California. I have trained for months for that m... [See More](#)

· 19 · July 29, 2015 at 2:36pm

· 2 Replies

[View more comments](#)

2 of 63



**Iron Cowboy** updated their cover photo.

July 27, 2015 ·



Like Comment

Jamie Oliver, Jonathan Weiss, Chester Southworth and 3,856 others [Top Comments](#) like this.

33 shares



**Greg Ellis** When you are 50, when you are 60, on your 70th, and 80th birthday, you will look at this photo- and you will SMILE, as we all are now.

· 6 · July 27, 2015 at 5:34pm

· 1 Reply

[View more comments](#)

1 of 77



**Iron Cowboy**

July 27, 2015 ·

This is the after dance party!!!!



48K Views

Like Comment Share

Bubba Klinko, ทวีศักดิ์ หงษ์บุตดี, Phanphet Han and 2,084 others like this. [Top Comments](#)

48 shares



**Janice Ocampo Stanford** He just doesn't stop moving, does he? Get yer groove on, Iron Cowboy!

· 2 · July 27, 2015 at 2:01pm



**Rocky Chen** Thanks for the last little bit of #ICWingman fix.

If y'all hadn't done so already, y'all should lay out all of the clothing, gear, supplies, etc from the event and do a poster like:... [See More](#)

· 16 · July 27, 2015 at 5:33pm · Edited

· 1 Reply

[View more comments](#)

2 of 60



**Iron Cowboy**

July 25, 2015 ·

And this is only a fraction of our riders today...love coming home to Utah!  
[#ic505050](#)



19K Views

Like   Comment   Share



**Iron Cowboy**

July 24, 2015 ·

Number 49 Idaho  
It's great to be here!



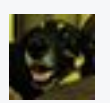
12K Views

Like   Comment   Share

R Adam Lee, Marcus Edwards, Sarah Alexandra Deikun and 932 others like this.

[Top Comments](#) ▾

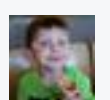
11 shares



**Karen Kaussner** woohooooo!! number 49!!!! you are one amazing Cowboy!!

· 1 · July 24, 2015 at 6:27pm

· 2 Replies



**Randy Zipse** You've Got This Cowboy. Simply amazing.

· July 24, 2015 at 6:37pm

· 1 Reply

[View 14 more comments](#)



**Iron Cowboy**

July 24, 2015 · 🌐

Good morning from Idaho Falls! [blueseventy](#)



22K Views

Like Comment Share

Seth Saunders, Greg Funderburk, 고민철 and 1,213 others like this. [Top Comments](#) ▾

34 shares



**Larry Bard** A rare sighting of a pair of landlocked pool sharks!

· 27 · July 24, 2015 at 6:57am

1 Reply



**Mike Forness** Did the Iron Cowboy just RKO his wingmen?!!!

· 2 · July 24, 2015 at 3:04pm

1 Reply

[View more comments](#)

2 of 73



**Iron Cowboy** at [Jackson Hole](#).

July 23, 2015 · 🌐

My tribe 🍊

Paint master: Jackie Pennock


[#ICkids...](#) [See More](#)




Like Comment

BP Fox, Robyn V Peterson, R Adam Lee and 585 others like this. [Top Comments](#)

1 share

 **Deb Bahr** You are a lucky blessed man.  
· 1 · July 23, 2015 at 6:56pm

 **Morgan Schutz Hendricks** What a beautiful and fit family! What a future you are paving for them!  
· 1 · July 23, 2015 at 6:21pm

[View 14 more comments](#)



**Iron Cowboy** in [Bozeman, Montana](#).

July 22, 2015 · [Public](#)

Red rover red rover the 5k is now over. Only 6 miles to go!

[#sleepahead](#)

[#ironcowboy](#)

[#westside](#) ... [See More](#)



Like Comment

Jaime Mowers, Maureen Johnson, Shelley Sojourner McDaniel and 884 others like this.

1 share



**Lori Ford Hathaway** My husband and I want to jump in the van and drive to Utah to watch you WRAP THIS UP!!!

4 · July 22, 2015 at 7:59pm



**Kristi Schenden Petersen** Red rover red rover send iron cowboy on over to WYO!! Looking forward to tomorrow. We've been anticipating his arrival!!!!

4 · July 22, 2015 at 8:28pm

View 21 more comments



**Iron Cowboy**

July 22, 2015 ·

Do you know what the Wingmen are up to? Watch and find out . . . . .



9.4K Views

Like Comment Share

Seth Saunders, Gregg Wolf, Konrad Smoliński and 283 others like this.

1 share



**Gayle Hughes** I'm going to miss the wingman antics next week.

4 · July 22, 2015 at 8:15pm



**Heather Thomas** The laughter!!! So awesome!!!

3 · July 22, 2015 at 8:06pm

View 13 more comments



**Iron Cowboy**

July 22, 2015 ·

On day 47 this is how the crew wakes up the cowboy #TurnDownForWhat



17K Views

Like Comment Share

Dany Redcadillac, Amanda Diliberto Daniels, Jason Belcher and 567 Top Comments

others like this.

2 shares



**Cass Ostaszewski** I would be so pissed.. Do you know what his body must feel like at 46 iron man's..

· 8 · July 22, 2015 at 5:41pm



**Iron Cowboy** He LOVED it!!! He would die if he didn't have something lighthearted going on! 14 years of marriage...he is used to it!

· 13 · July 23, 2015 at 5:49am



**Liddie Howard-Jester** Its all fun and games until the cowboy gets his revenge. I can only imagine.

· 1 · July 22, 2015 at 8:17pm

[View 25 more comments](#)



**Iron Cowboy**

July 22, 2015 · ·

Bad service here, hope this post lands!!! Go James!!!! This guy has a lot of support here in beautiful Montana. Can we smell the finish, you had better believe it!!!

[#fezzari](#)

[#rudypoint](#)

[#TeamYL](#)



Like

Comment

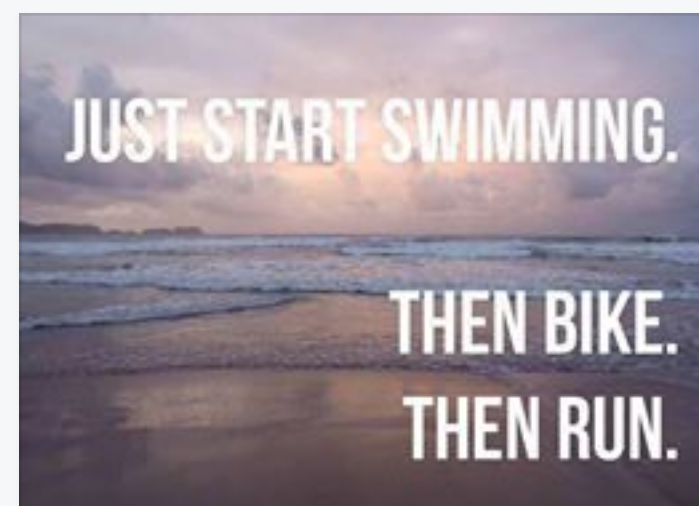
Rory McGill, Gina Schwinn, Maureen Johnson and 613 others like this.

[Top Comments](#) ▾

2 shares



**Chris Rawson**



· 15 · July 23, 2015 at 2:56am



**Carleen Crecco Lavin** [#beastmode](#)...dude, you rock so hard.

· 1 · July 23, 2015 at 2:48am

1 Reply

[View 4 more comments](#)



**Iron Cowboy** updated their cover photo.

July 20, 2015 · 🌐



👍 Like    💬 Comment



**Iron Cowboy**

July 19, 2015 · 🌐

#BehindTheScenes scroll down to see the aftermath from this video.  
#youveBeenWarned



25K Views

👍 Like    💬 Comment    ➦ Share

Janelle Rex, Krista Gibson, Seth Saunders and 568 others like this.    [Top Comments](#) ▾

14 shares



**Kristine Taylor Wooten** Before realizing that was Crazy Casey Robles in the blue dress..I was think..damn that girl has a great figure!!! Have fun boys!!

👍 12 · July 19, 2015 at 6:16pm

↩ 1 Reply



**Carlee Lilley Tulett** I'm wondering what you're doing later tonight?! Haha! Nice, Shad!

👍 5 · July 19, 2015 at 7:33pm





**Iron Cowboy**

July 19, 2015 · 🌐

What would I do without these guys?? Tag and share with Jimmy please.  
#Wingmen #Priceless #JimmyFallon



34K Views

👍 Like    💬 Comment    ➦ Share

Janelle Rex, Jaime Bargas, Marcus Viefeld and 1,421 others like this.

[Top Comments](#) ▾

133 shares



**Krisann Greaves Charles**



👍 33 · July 19, 2015 at 3:24pm



**Jeffrey Mager** Way to keep the mood light Wingmen!!! Freakin' hilarious guys!!! Giddy up Iron Cowboy, giddy up!

👍 13 · July 19, 2015 at 3:09pm

[View more comments](#)

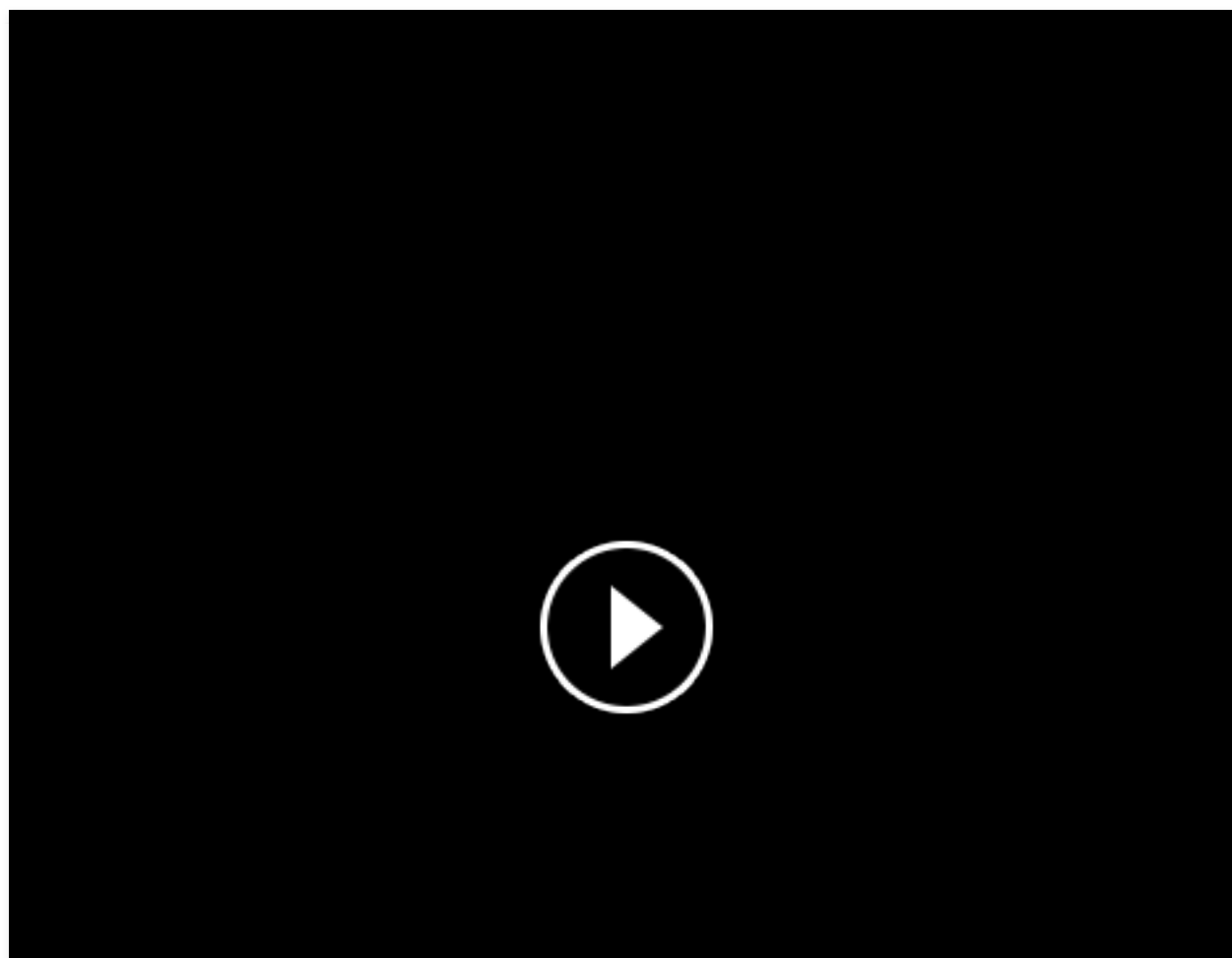
2 of 85



**Iron Cowboy**

July 18, 2015 · 🌐

Our friend Connor is visiting with his grandma (our friend Liz)!





6.4K Views

Like Comment Share

Judy Markel, Paige Danielle Light and 49 others like this.

[Top Comments](#) ▾

1 share



**Sharnael Wolverton** So I am told u are not selling the green "get off ur ass and run" t shirts anymore. Anyway I can buy 2 medium and have them shipped??? Please???? Dr.sharnael@swiffire.org this was my first 5k ever and want this shirt fir me and my friend!! Let me know... [See More](#)

1 · July 18, 2015 at 12:26pm



**Iron Cowboy**

July 16, 2015 ·

Yes!



15K Views

Like Comment Share

Seth Saunders, Gabriel Salinas Szada, Brenna Hollander and 700 others like this.

[Top Comments](#) ▾

31 shares



**Benjamin Abel** Dude, you look worn out. All the love in the world from NC!

2 · July 16, 2015 at 6:40pm



**Iron Cowboy** Tired for sure!!!

2 · July 16, 2015 at 7:19pm

[View more replies](#)



**Beth Sepp** that hat is epic!

i loved running in madison when I was there visiting a few years ago.

· July 16, 2015 at 6:41pm · Edited



**Iron Cowboy** Hi Beth!!!

Sunny

· July 16, 2015 at 7:18pm

[View more replies](#)

[View 41 more comments](#)



**Iron Cowboy** with Lisa Jeffers.

July 16, 2015 · 🌐

POURING!!!! James is under an umbrella just about to head out on the run!!!

#SingleDigits



👍 Like    💬 Comment

Tiffany Grosspietsch, Sue Bailey, Tom Webb and 366 others like this. [Top Comments](#) ▾

2 shares



**Lisa Jeffers** I'm glad I could keep you dry for a few minutes under our umbrella Iron Cowboy. Good luck with your next 9!!!!!!

👍 2 · July 16, 2015 at 6:58pm

↩ 1 Reply



**Amy Post** Keep it going, James! You are a true legend!

👍 2 · July 16, 2015 at 4:02pm

↩ 1 Reply

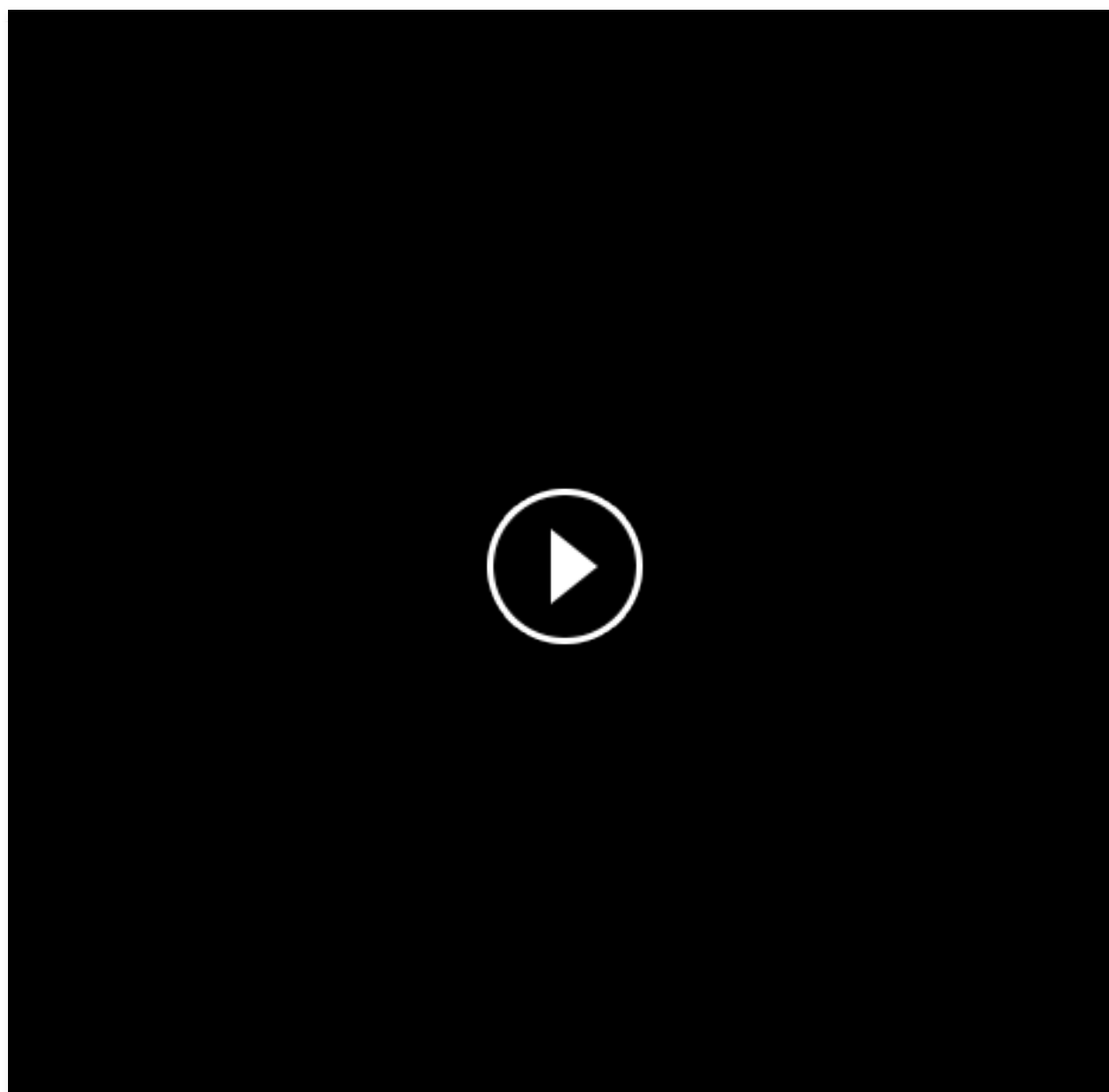
[View 28 more comments](#)



**Iron Cowboy**

July 16, 2015 · 🌐

Aaron tries to piggyback Casey out of the water...bless their hearts...



8K Views

Like Comment Share

Luke Mitchell, Seth Saunders, Claudia Alderete and 150 others like this. [Top Comments](#) ▾

1 share

**Glynis Crabb** Good to see you guys still having goofy fun.  
· 4 · July 16, 2015 at 12:14pm

1 Reply

**Kristalyn Ellertson Hopkinson** So funny! [Aaron](#) we can't wait to see you in 9 days!!!!  
· 3 · July 16, 2015 at 12:34pm

[View 6 more comments](#)

**Iron Cowboy**  
July 15, 2015 ·

Wingmen and friends: This afternoon in Michigan Tracy Rappaport finally got a moment to snap a picture with us. She was busy today supporting the Iron Cowboy with some swimming, running and best of all . . . energy! She made it all the way from Florida. WHAT! Sometimes in your life you will be thrown a curveball, but to take that curveball and turn it into a positive not always easy, but rewarding. That is what Tracy has done. She's an amazing friend.



Like Comment

Autumn Simpson, Heather Webber, Jess Dague Withrow and 184 others like this. [Top Comments](#) ▾

1 share

**Tracy Putnam** Bless you guys!!! Truly blessed to meet not only James but the whole team including you, the kids, and Sunny. You all are appreciated for what you are doing. Many hugs and safe travels. Now let's finish this thing. 50 50 50  
· 6 · July 15, 2015 at 7:17am

1 Reply

**Rina Martin** Well wort it I'm sure Tracy! AWESOME! 😊  
· 2 · July 15, 2015 at 7:04am

[View 1 more comment](#)

**Iron Cowboy**  
July 14, 2015 ·

Number 39: MICHIGAN!! Yeehaw!!

@ironcowboyjames  
#IC505050  
#ICinspired




6.2K Views

Like Comment Share

Ashley 'Holland' Dalstra, Sylvia Crow, Stephanie Britten-Kline and 411 others like this.

11 shares

 **Christal Hays** Like seeing the my team triumph logo there. Nice work michigan. Way to claim another state iron cowboy  
· 3 likes · July 14, 2015 at 4:33pm  
1 Reply

 **Jane Riley Garrett** So cool! Way to go Michigan!!  
· 1 like · July 14, 2015 at 4:30pm  
1 Reply

[View 15 more comments](#)



**Iron Cowboy** with Lori Simon-Toth and 8 others.

July 13, 2015 · 🌐

Way to go OHIO!!!! Look at this turn out!! Thank you to our ambassador and my friend Crabby. You made this day incredible! We loved all the support today. [LeBron James](#) we are disappointed you didn't show up..... See you tomorrow Michigan!!



Like Comment

Natalie Radovich Otto, Gina Schwinn, Reannin Moles and 1,155 others like this.

Top Comments ▾

35 shares



**Jeff Uzi** I've been hyping up the Ohio visit and work sends me to Texas. Bums me out that I missed you Iron Cowboy. I only have 12 days to catch you in another state! What!?! Only 12 left!! THAT.IS.INCREDIBLE.

· 7 · July 13, 2015 at 7:44pm



**Georgeann Bodnar** Way to go Ohio! I'm sure your support has worked magic on James and the entire team and will help propel them forward to the next one!!

· 4 · July 13, 2015 at 6:32pm

View more comments

2 of 68



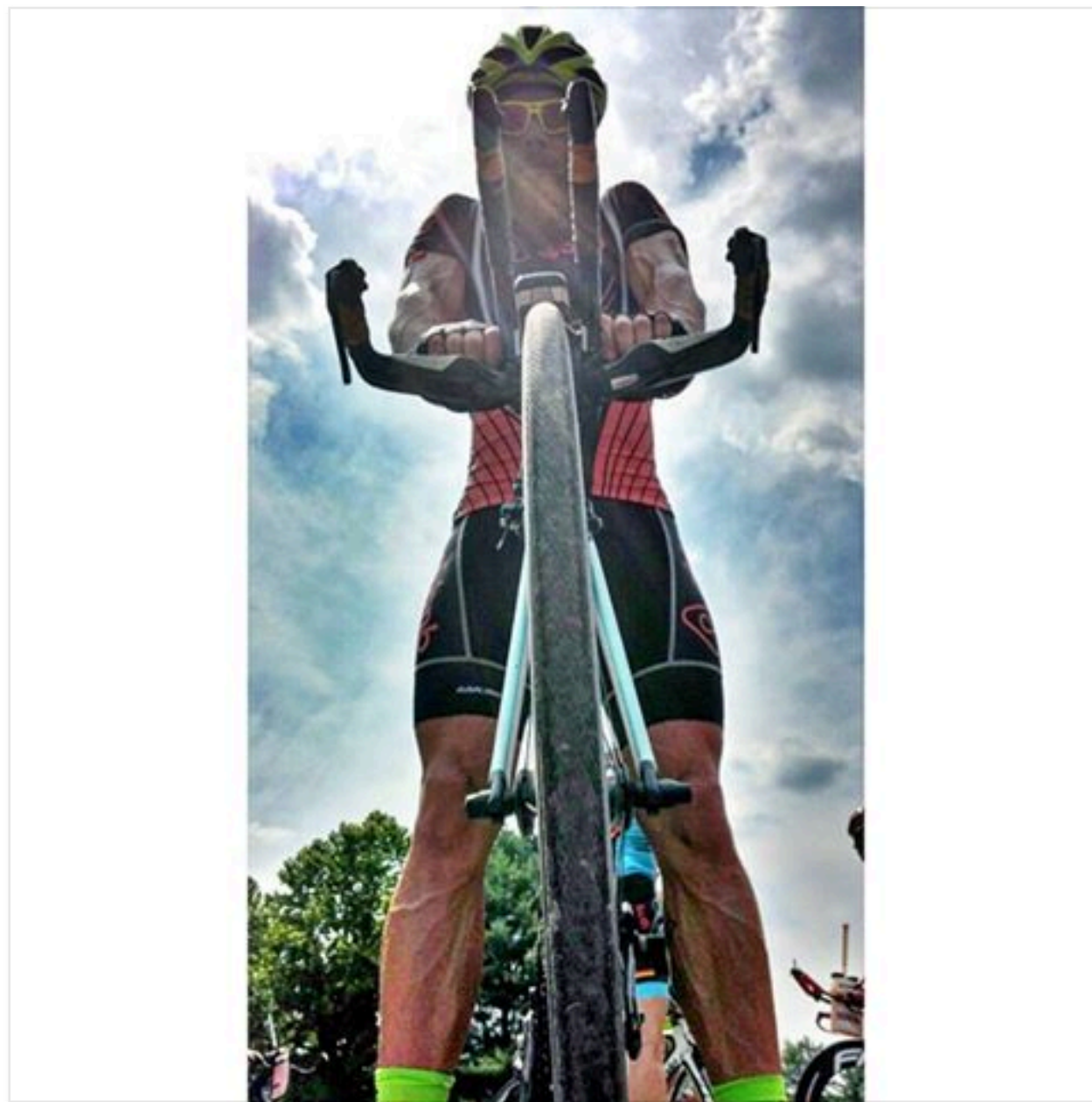
**Iron Cowboy**

July 12, 2015 · 🌐

PENNSYLVANIA

King James

Bike Course: Mile 95... [See More](#)



Like Comment

Leonardo Satin, Andy Wong, Alec Edwards and 713 others like this.

Top Comments ▾

2 shares



**Adam Roy Vela** The other king James probably cramp in the first mile swim.

· 2 · July 12, 2015 at 12:57pm



**Tery Dombrowski** That is a powerful shot of pure awesomeness!!

· 2 · July 12, 2015 at 11:38am

View 20 more comments



**Iron Cowboy**

July 11, 2015 · 🌐


Pumped to be here with [#these guys](#) They were a huge part of my 2012 journey. I just had to figure out a way to make them part of this one. Today should be good.




Like Comment

Darren Wells, Emmy Lou, Janice Cragolin and 642 others like this. [Top Comments](#)

1 share

 **Laine Malcotti** I love reading your last post from the previous day and your first post of the new day. Always always always ready to #fightthefight! Have a great race day!

4 · July 11, 2015 at 4:52am

 **Matthew Mascarenas** It seems like yesterday I was standing out in the College parking lot waiting for the Iron Cowboy to show up...I wish I knew now what I didnt know then...Good luck today

July 11, 2015 at 4:25am

[View 19 more comments](#)

 **Iron Cowboy**  
July 10, 2015 · 🌐

Quick stop at the "aid station" and James and company are off to rock out the last 11 miles of 140.6!! #ic505050 #ic35 #mosquitoskeepinguscompany



Like Comment

Maureen Johnson, Rhyan Atrice, Anne Neumann and 281 others like this. [Top Comments](#)

1 share

 **Angie Carlton** You're amazing.

· 1 · July 10, 2015 at 7:41pm

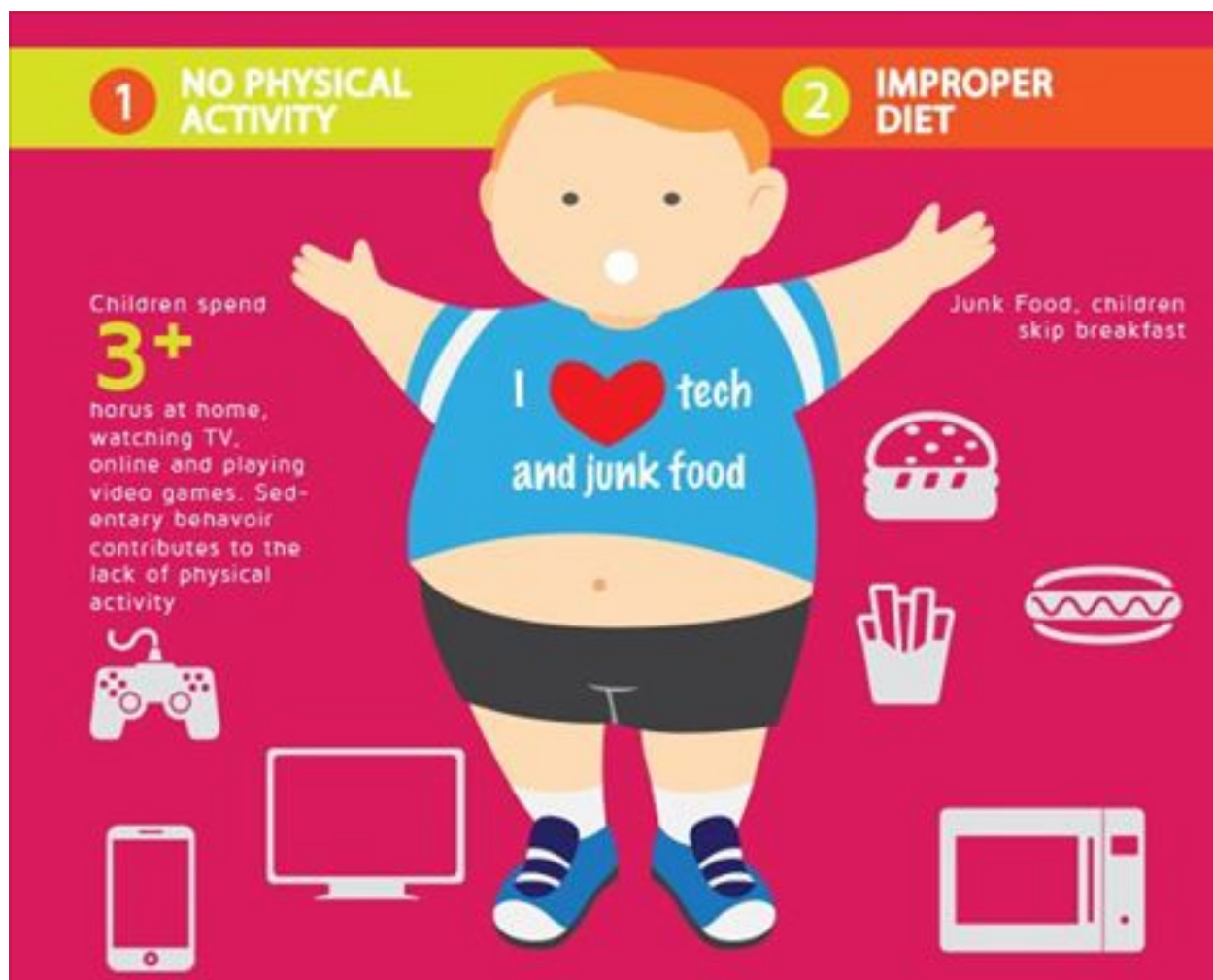
[View 12 more comments](#)



**Iron Cowboy**

July 8, 2015 ·

The two biggest factors leading to childhood obesity. Let's stop this thing in its tracks!



Like   Comment

Rubi Willows, Kelly Kaiser Clingman, Justin Lair and 442 others like this. [Top Comments](#) ▾

[144 shares](#)



**Susie Grondin** Crap is cheaper than fresh produce... We need to subsidize healthy food. The documentary A Place at the Table is amazing on shedding light on the big issue.

· 6 · July 8, 2015 at 12:16pm



**Cherie Winger-Lavin** I disagree! A banana is 59 cents. It's all about choices. It takes time to get to the grocery store. Especially when working full time (which I do). It's about preparation. It's hard some days but I try to do healthy meal plans on the weekends & have a... [See More](#)

· 1 · July 9, 2015 at 4:34am

[View more replies](#)



**Cherie Winger-Lavin** Thankfully my soon to be 11 year old doesn't own any electronic device & has very limited TV time during the summer. We hike, walk, run, rollerblade & swim regularly! I encourage my child to use her imagination when she's bored - write a song, poem, draw, make up a dance, etc. it starts with me!

· 4 · July 8, 2015 at 11:37am

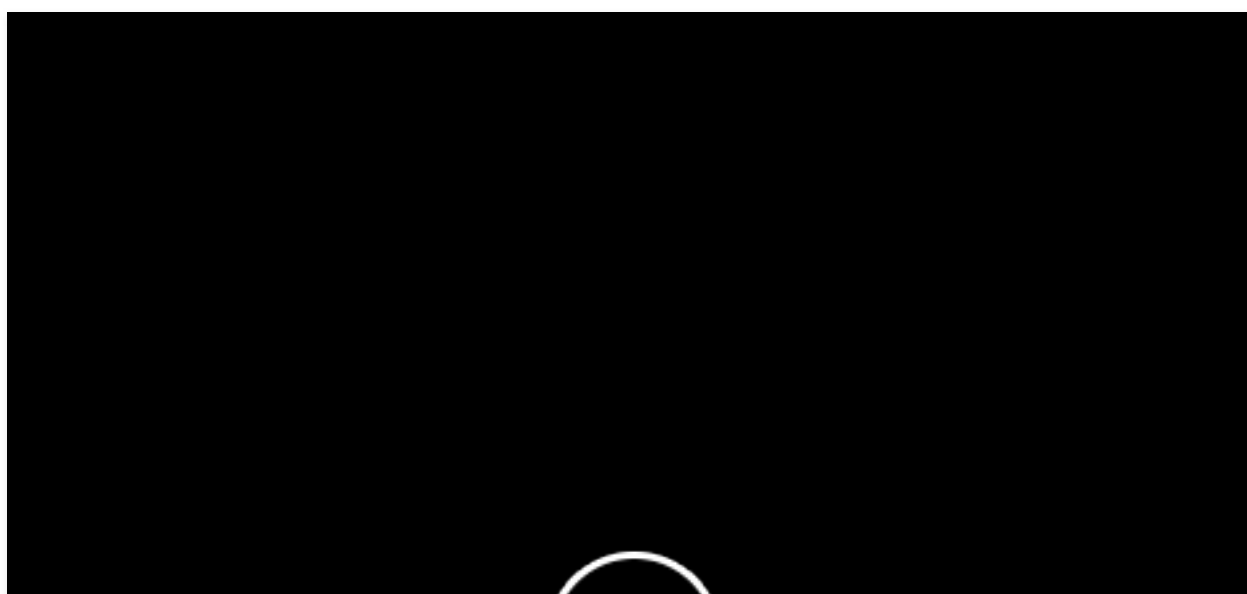
[View 11 more comments](#)



**Iron Cowboy**

July 8, 2015 ·

Casey decided to join James today. You would never believe that this guy can out swim and run all of us!







15K Views

Like Comment Share

Seth Saunders, Sherry Hopkinson, Janice Cragolin and 429 others like this.

3 shares



**Stephanie Guerriero Elliott** How awesome that Michael Phelps stopped by to swim with the IronCowboy today!

14 · July 8, 2015 at 5:25am



**Cheryl Niccum** Love the entry, like running on air! Way to go Casey!

11 · July 8, 2015 at 4:55am

[View more comments](#)

2 of 54



**Iron Cowboy**

July 7, 2015 · 🌐

Wingmen and friends: MA has brought out a few friends. Here is Jen and Kelly Baker from Topsfield MA. We were excited when we saw them.



Like Comment

Maureen Johnson, Scott Lane, Zach Pethoud and 88 others like this. [Top Comments](#)

1 share



**Danny Hocken** Is there a way to find James' daughter (that loves cheerleading) tshirt size? When he's in Iowa, some girls from our all star cheer gym are coming to run the 5k and they want to give her a shirt too!)

1 · July 7, 2015 at 4:24pm

2 Replies



**Dawn Marie Jen** - you are famous!!!!

July 7, 2015 at 5:23pm

[View 2 more comments](#)



**Iron Cowboy**

July 6, 2015 · 🌐

Today's recap:

Weight: 169 (same weight since I started)

Some of the Meals & Nutrition: pasta salad, kale & quinoa salad, Oatmeal, walnuts, chia, banana, raw honey, unsweetened coconut,

Protein smoothie with green and purple blend fresh powders, pineapple and cherry juice... [See More](#)



👍 Like    💬 Comment

Kruno Vukušić, Nicolaos Narem, Paul Gaffuri and 1,618 others like this. [Top Comments](#) ▾

41 shares



**Duane Friesen** Looking at your food list makes me wonder if you are vegetarian. I've had many people tell me that vegetarians can not be healthy athletes but as a 53 year old cyclist and competitive stair climber I know that a veggie diet works very well for me.

👍 27 · July 6, 2015 at 7:19pm

↩ 16 Replies



**Carole Morris** I am so sorry about Rick. The only silver lining is that he has a great story to go with it...crash with broken bones leading the Iron Cowboy through RI for a cause that impacts our kids of today and our future generations to come! Glad that you will ... [See More](#)

👍 14 · July 6, 2015 at 7:10pm

[View more comments](#)

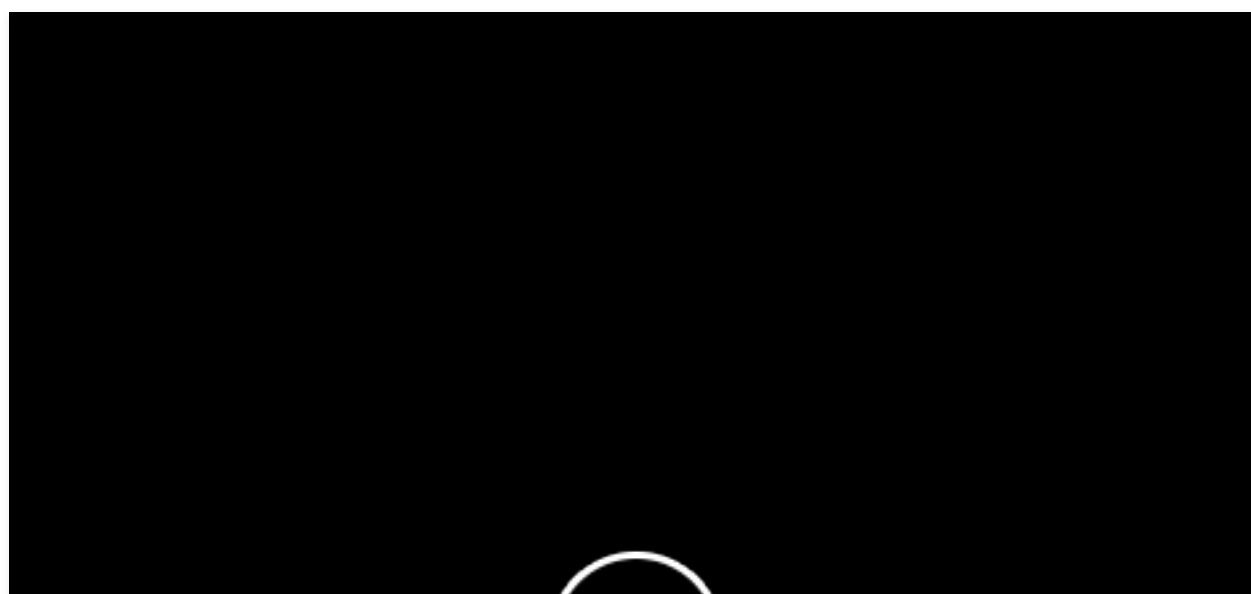
2 of 95



**Iron Cowboy**

July 6, 2015 · 🌐

The party continues...[#dontstoptheparty](#) [#ic505050](#) [#birthdayboy](#) [#natewadesubaru](#)





9.2K Views

Like Comment Share

Janice Cragolin, Maureen Johnson, Carrie Schoen and 332 others like this. [Top Comments](#)

2 shares



**Nate Wade Subaru** Love this! Hope Casey had an awesome birthday! Glad we could be part of it from SLC!

· July 7, 2015 at 1:27pm



**Kimberli Robert Payne** I love it!!! Party party, and Happy Birthday! One you won't forget!!

· July 6, 2015 at 5:44pm

[View 14 more comments](#)



**Iron Cowboy**

July 6, 2015 ·

Birthday dancing at it's finest...iiisshhhhh....



22K Views

Like Comment Share

SaBine Radziwil, Victoria Cookie Franco, Alec Edwards and 962 others like this. [Top Comments](#)

39 shares



**Tiadora Pearson** Ha ha dad dancing gone.... out comes Magic Mike!!! Happy Birthday! Looks like you guys are having fun!

· 5 · July 6, 2015 at 2:23pm



**Cassie Butters** [Dori Madsen](#) your birthday dance! 🤔 he is awesome!

· 1 · July 6, 2015 at 5:23pm



**Iron Cowboy** with Lindsay Sabatino and 3 others.

July 4, 2015 · 🌐

Best showing so far this summer! The most people who stuck it out and finished the marathon with me. Tough quad pain after some big cramping after the swim (which was a personal best at :49 minutes). The pain isn't from running or biking but from the intense spasms... Working on hydration now... Should take a few days to work through. Anyways great day in New Jersey! Headed to Connecticut now.... #29SignedSealedDelivered



👍 Like    💬 Comment

Toni Rose Vitelle, Franka Hopwood, Jonelle O'Shea and 973 others like this. [Top Comments ▾](#)

12 shares



**Yoga Peach** Amazing, what an awesome 4th of July/ I hope tomorrow you feel well. Enjoy rest tonight.

👍 2 · July 4, 2015 at 9:12pm



**Amelia Hobbs Wiltshire** You have amazing physical and mental strength! Zyto scan and oil up 😊

👍 3 · July 4, 2015 at 8:22pm

[View 37 more comments](#)



**Iron Cowboy**

July 4, 2015 · 🌐

Best way to get veggies while I am camping for 50 days!!! Team Blendfresh and [BlenderBottle](#).



Like Comment

Veronica Hernandez, Tricia Hartzell, Heidi Broderick and 139 others like this. [Top Comments](#)

1 share



**Brittany Chatwin** It really is like camping for 50 days. Bless your hearts . #homeless #thankyoukindstrangers #thankyouairbnb

· July 4, 2015 at 7:51am



**Emily Lana Matthews** I would love to see what you are eating in a day! Can't imagine fueling for all that, every day.

· 2 · July 4, 2015 at 1:16pm

[View 3 more comments](#)



**Iron Cowboy**

July 2, 2015 ·

Looks like these two should have napped (while the other was driving) rather than having a dance party together! They were sleeping with the delays at the YMCA, so they are going to be pleasantly surprised that they will catch more than just 30 min!

[#AlreadyBeen45min](#)



Like Comment

Maurine Cope Hatfield, Eddie Ferrell, Holly Tucci and 177 others like this. [Top Comments](#)

1 share



**Shelly Stout** ... living in van down by the river...

·  5 · July 2, 2015 at 10:53am

 **Iron Cowboy**  Ha ha ha...literally!


·  2 · July 2, 2015 at 1:21pm



**Monte Young** Someone needs to take out the trash.

·  1 · July 2, 2015 at 7:17am



**Iron Cowboy**  Ha ha ha! True story! Today it took longer to find a dumpster...🤔

·  1 · July 2, 2015 at 1:20pm

[View 4 more comments](#)



**Iron Cowboy**

July 2, 2015 · 

This rain is LEGIT! I have heard a little thunder, but it has been sporadic...



4.2K Views



Like



Comment



Share

Michelle Courtney, Umer Khan, Thomas Rogers and 77 others like this.

[Top Comments](#) ▾


1 share



**Krissy Hall** Where are ya'll today??!

· July 2, 2015 at 8:25am



**Iron Cowboy**  Maryland...Cambridge

· July 2, 2015 at 1:23pm



**Mandy Oscarson** Send some of that back home to Utah! We're cooking!

·  1 · July 2, 2015 at 11:07am

[View 2 more comments](#)



**Iron Cowboy**

July 2, 2015 · 

CLUB WINGMAN: We thought we'd give you an insight as to how we stay awake at night. You best believe we are ROCKIN OUT! Today you get your first glimpse into Club Wingman. The only ones invited in are the wingmen. We were able to get some footage of what happens in there, sorry no sound. WE NEED YOUR HELP! Aaron and Casey are rocking out to the same song. We need you to like the video of who you think has the best moves. The wingman with the most likes ins round 1. Enjoy the show!





3.4K Views

Like Comment Share

Konrad Smoliński, Maurine Cope Hatfield, Trish McCarty and 170 others like this. [Top Comments](#)

2 shares



**Kristalyn Ellertson Hopkinson** [Aaron Kambri](#) is so proud of your dance skills and puts her vote in for you!!!

1 · July 2, 2015 at 10:18am



**Sherry Hopkinson** Aaron has the moves...now I know how you stay awake! Lol love you both!

1 · July 2, 2015 at 5:47am

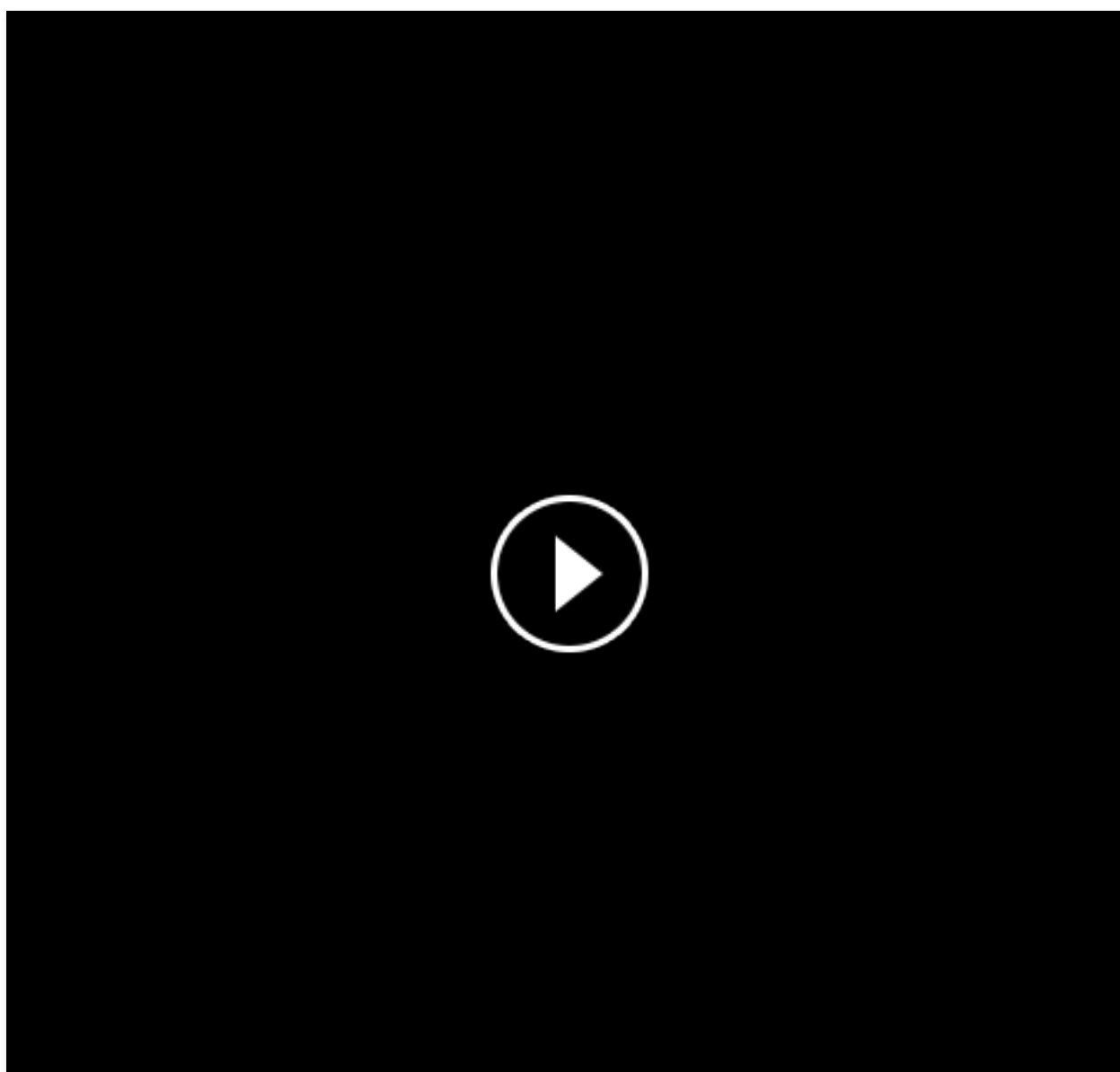
[View 18 more comments](#)



**Iron Cowboy**

July 2, 2015 ·

CLUB WINGMAN: We thought we'd give you an insight as to how we stay awake at night. You best believe we are ROCKIN OUT! Today you get your first glimpse into Club Wingman. The only ones invited in are the wingmen. We were able to get some footage of what happens in there, sorry no sound. WE NEED YOUR HELP! Aaron and Casey are rocking out to the same song. We need you to like the video of who you think has the best moves. The wingman with the most likes ins round 1. Enjoy the show!



2K Views

Like Comment Share

Simon Lowndes, Jenny Teagle, Rebecca Bridges and 147 others like [Top Comments](#) ▾ this.

1 share

**Abbey Kracke Phillips** So Casey, I have to know, what was the song?  
· July 2, 2015 at 6:30pm

4 Replies

**Alisha Shutler** Lololol. Both are good, but this one's more my style 😊  
· 2 · July 2, 2015 at 2:40am

[View 12 more comments](#)

**Iron Cowboy**  
July 1, 2015 · 🌐

I told you!



5.4K Views

Like Comment Share

Konrad Smoliński, Jorgene Clawson Elegante, Maurine Cope Hatfield and 122 others like this. [Top Comments](#) ▾

1 share

**Lynnette Kelly** Loved it! Looks like you guys made up new words. Ha, ha! So glad you're having fun.

· 1 · July 1, 2015 at 4:09pm

**Iron Cowboy** 🟩 Daisy said, "Send that to Mrs. Kelly!!!!"

· 2 · July 1, 2015 at 8:16pm

**Stacy Jones Blanchard** Cute! What has been the kids favorite part of this journey (so far)?

· July 1, 2015 at 3:36pm

**Iron Cowboy** 🟩 The RV!!!!!! And finally spending the money that they have saved for a year!

· 2 · July 1, 2015 at 8:15pm

[View more replies](#)

[View 7 more comments](#)

**Iron Cowboy**  
June 30, 2015 · 🌐

#24 James loves leftovers. I always make extra so that there will be leftovers. I will hide leftovers in the fridge, if I really want them, so that he won't eat them.





Like Comment

Gina Konopinski-Jacobia Scala, Debe Mekenese, Shari Smith and 106 others like this. [Top Comments](#)



**Tiadora Pearson** Awesome! Makes leftover nights easy!

· July 1, 2015 at 9:51am

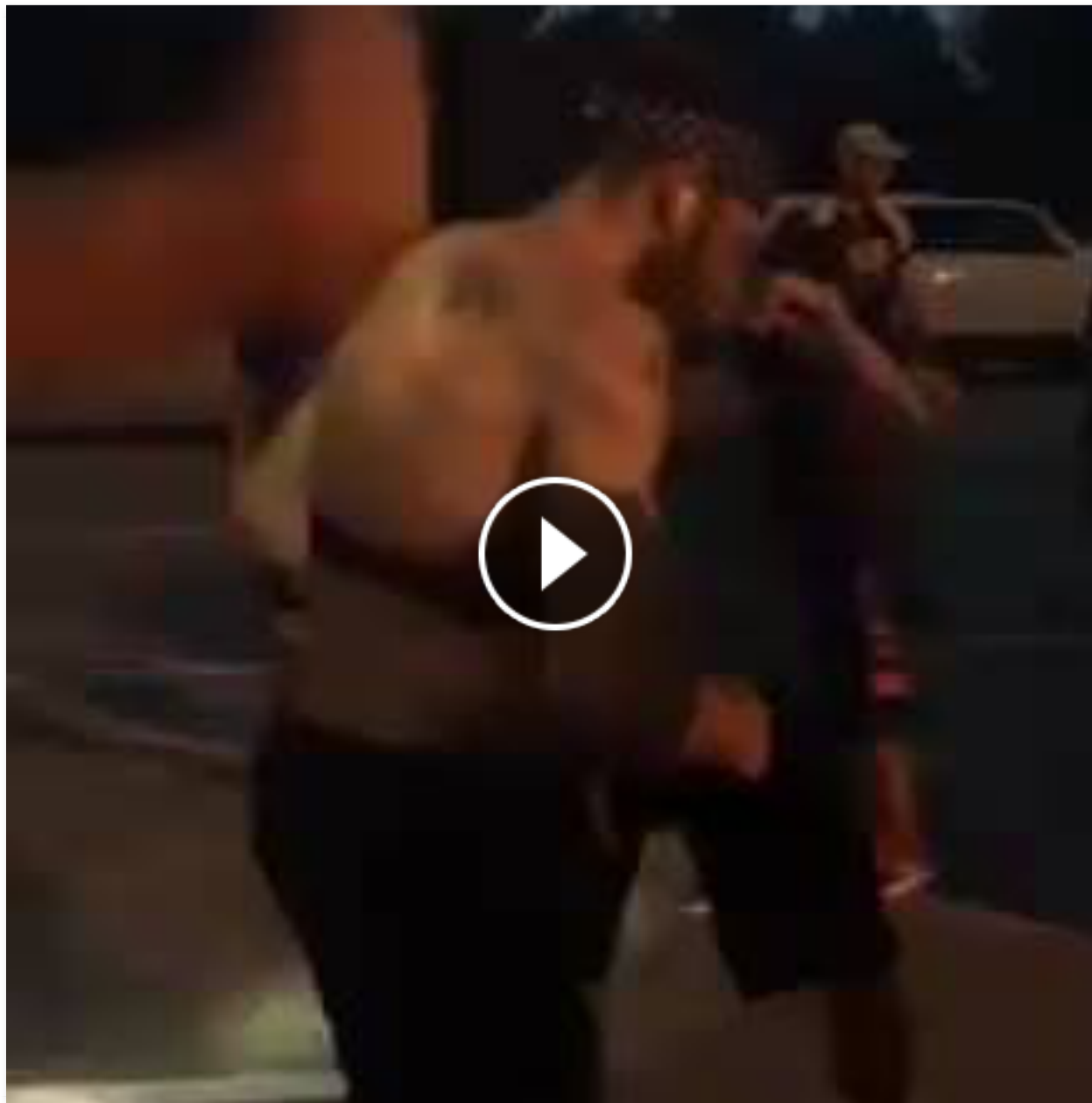
[View 1 more comment](#)



**Iron Cowboy**

June 30, 2015 · 🌐

Mile 9 dance party... Now keep running James!!! We have 5 1/2 hour drive to West Virginia! Can you tell that he feels great?! #ironcowboy #IC505050 #fightthefight #IC25 Thanks Nathan for the dance lights 😊



11K Views

Like Comment Share

Sami Chivers Turner, Carrie Saxonmeyer, Logan Love Forehand and 711 others like this. [Top Comments](#)

[19 shares](#)

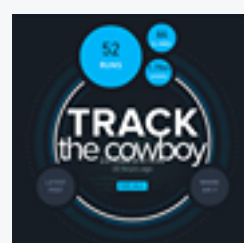


**Trinity Schimbeck** What is your v02 max? My coach wants to compare 😊

· 1 · June 30, 2015 at 7:46pm



**Iron Cowboy** All of his daily stats are on his blog. The blog is on his website [www.ironcowboy.co](http://www.ironcowboy.co)

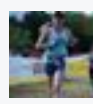


Home

IronCowboy is the website for James Lawrence. James is a Triathlete and world record holder...

[IRONCOWBOY.CO](http://IRONCOWBOY.CO)

· July 1, 2015 at 2:02am



**Tiadora Pearson** All the guys are doing "the Dad" dancing....Lmao Love it!

· 3 · June 30, 2015 at 7:43pm · Edited



**Iron Cowboy** Dad dancing?!?! Ha ha ha ha! That is awesome!!!!

· 1 · July 1, 2015 at 1:54am

[View more replies](#)

[View 47 more comments](#)



**Iron Cowboy**

June 30, 2015 ·

The girls had no reservations!

[#SunnyJoMama](#)



3.8K Views

Like Comment Share

Konrad Smoliński, Sami Chivers Turner, Jill Jafek and 120 others like this.

[Top Comments](#) ▾

2 shares



**Mitzi Cameron-Pugh** Love it! Eat with your mouth closed:)

· 2 · June 30, 2015 at 8:34am



**Karen Harvie Jensen** How cute ! Fun times !

· 1 · June 30, 2015 at 9:34am

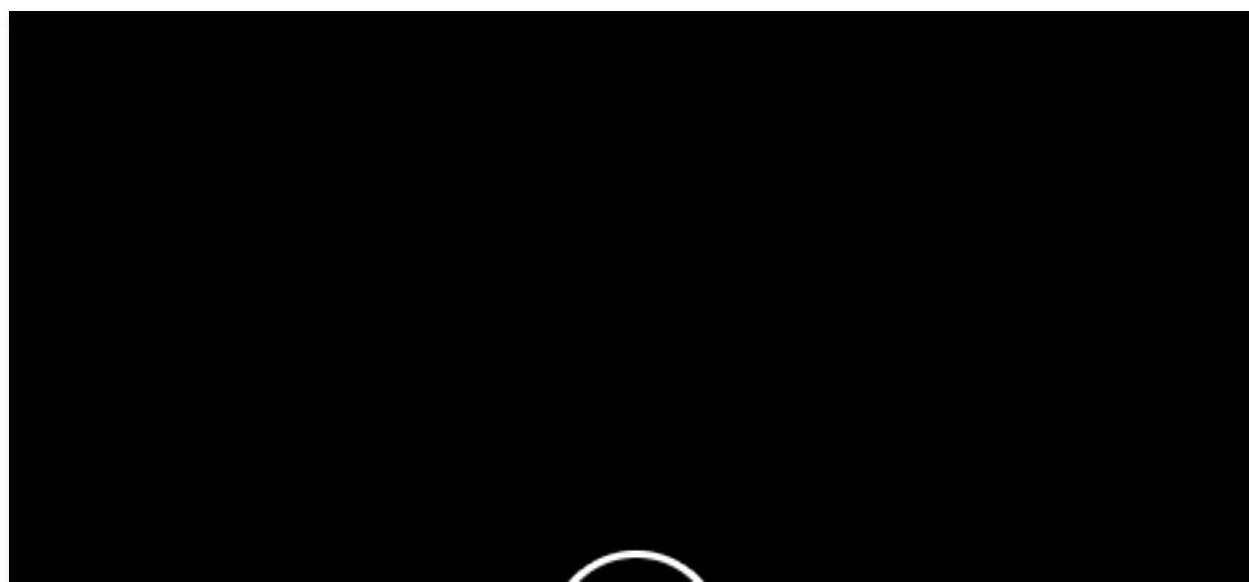
[View 1 more comment](#)



**Iron Cowboy**

June 30, 2015 ·

Quinn wasn't sure how to handle this llama...anyone seen Emperor's New Groove? Every llama was called Cuzco.






2.5K Views

[Like](#) [Comment](#) [Share](#)

Jay Tarigo, Shinto Shaji, Maurine Cope Hatfield and 82 others like this. [Top Comments](#)

1 share

 **William Belsan** I always call Llamas 'Tina'


· [Like](#) 1 · June 30, 2015 at 9:01am

 **Iron Cowboy** My daughter Lucy always calls Lily Tina because of the llama!

[#NapoleonDynamite](#)

· June 30, 2015 at 11:10am

[View more replies](#)

 **Kevin Loco Parks** Jealous! But I'll take my Iron Cowboy sunburn anyway over a Llama lol 😊 glad you all enjoyed good 'ol North Cacalacky!

· [Like](#) 1 · June 30, 2015 at 8:46am

[View 1 more comment](#)



**Iron Cowboy**

June 29, 2015 · 🌐


Wingmen and friends: This morning we meet Tara Owens, our new friend. After the swim she said, "Aren't you guys the wingmen?" We said yes and then she said she needed a picture with us. It was so good to meet you Tara.



[Like](#) [Comment](#)

Kee Viin, Maurine Cope Hatfield, Melissa H Smith and 322 others like this. [Top Comments](#)

1 share

 **Victoria Ten Broeck** Smart lady. Wingmen need love and support too! Keep it up guys!

· [Like](#) 2 · June 29, 2015 at 8:51pm · Edited

**Carla Golden** Iron Wingmen - we love you! ❤️ Thank you for all you do!!!



· 1 · June 30, 2015 at 5:15am

[View 4 more comments](#)

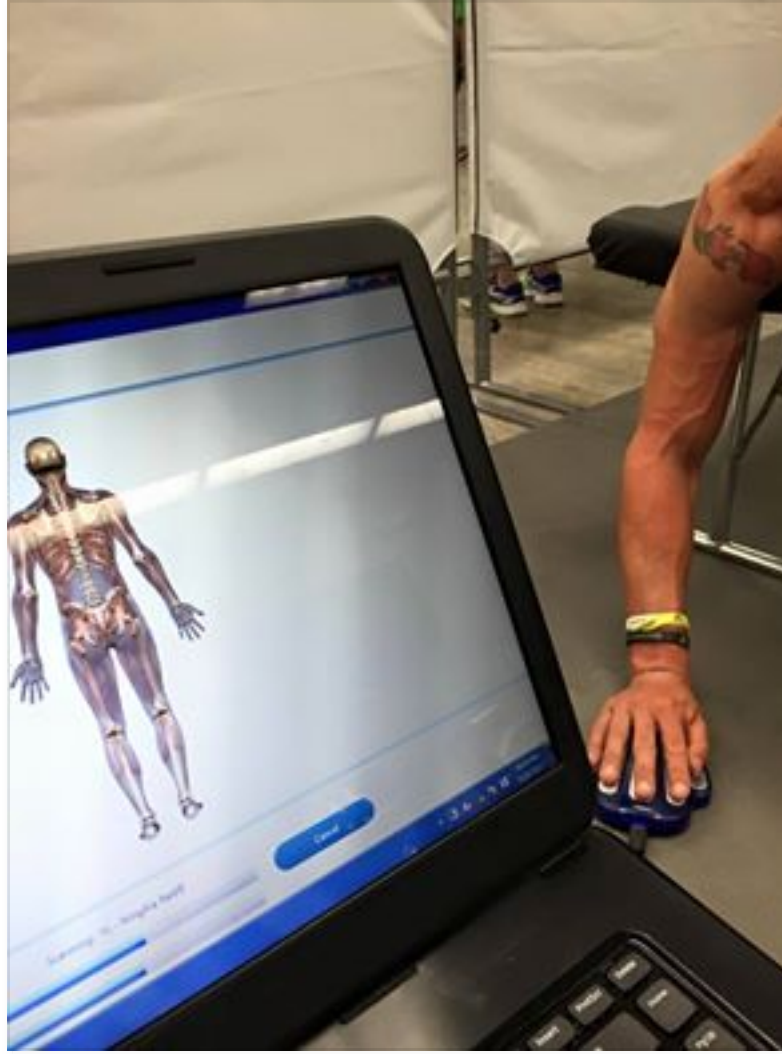


**Iron Cowboy**

June 29, 2015 ·

ZYTO: Here are James's top 5 supliments and oils for today.

- Carrot seed oil
- Life 5
- Copaiba
- Panaway... [See More](#)



Like   Comment

Jennifer Dillon Samuels, Melissa Lovci, Tatiana Koshkina Stahmann [Top Comments](#) ▾ and 226 others like this.

[20 shares](#)



**Joyce Gary Lee** Just seeing the story of James on Ktbs in Shreveport, LA. I'm a Young Living Distributor and just had my 1st Zyto scan this past Saturday! This is awesome

· 3 · June 29, 2015 at 4:35pm



**Amelia Hobbs Wiltshire** The Zyto Knows, It Always Knows!!! 😊

· 4 · June 29, 2015 at 4:07pm

[View 7 more comments](#)



**Iron Cowboy** with [Derek Maul](#).

June 29, 2015 ·

Derek Maul working on James before the bike!



 Like  Comment

Maurine Cope Hatfield, Karen Marinelli Wandel, Lynn Nimmer Walker and 187 others like this.

1 share



**Iron Cowboy**

June 29, 2015 · 

Kicking things off with the national anthem left everyone a little teary eyed  
[#HomeoftheFree](#) [#ironcowboy](#) [#ICnorthcarolina](#)



7.7K Views

 Like  Comment  Share

Konrad Smoliński, Karen Marinelli Wandel, Steve Tannen and 514 others like this. [Top Comments](#)

17 shares



**Makenzie Mackay** Hey if you ever need someone to sing the national anthem I would love to do it!!

· June 29, 2015 at 7:58am



**David Broad** What a GREAT way to start the Day! 🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸

[View 15 more comments](#)



**Iron Cowboy**

June 28, 2015 ·



7.9K Views

Like Comment Share

Konrad Smoliński, Jann Christian, Michelle Somers McConville and 203 others like this. [Top Comments](#) ▾

[2 shares](#)



**Ray Jennings** Think I'll be purchasing one of those shirts!

· 1 · June 28, 2015 at 10:18pm



**M. Patricia Blum** Tooooo Cute ❤️

· June 29, 2015 at 7:52am

[View 4 more comments](#)



**Iron Cowboy**

June 28, 2015 · Myrtle Beach, SC ·

Great turn out for the 5k in South Carolina. [#fightthefight](#) [#ironcowboy](#) [#southcarolina](#) [#awareness](#)

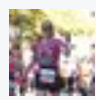


4.1K Views

Like Comment Share

Konrad Smoliński, Maurine Cope Hatfield, Doris DeYounks and 332 others like this. [Top Comments](#) ▾

1 share



**Susie Grondin** Awesome 😊

· June 28, 2015 at 6:57pm · Edited



**Jaimee Penning Hirschi** So cool and so proud!! Such an amazing accomplishment already!!! Keep it UP!!!

· June 28, 2015 at 6:13pm



**Iron Cowboy** with Ryan Clenney.

June 28, 2015 · 🌐

James just finished the bike. He's feelen great. Thanks to everyone who came out to ride! #fightthefight #southcarolina #ironcowboy



👍 Like    💬 Comment

Rachel Carey, Konrad Smoliński, Robert Vernon and 341 others like this. [Top Comments](#) ▾

2 shares



**Alberta Moore** Where in NC?

· June 28, 2015 at 2:00pm



**Iron Cowboy** ✓ Cornelius

· June 28, 2015 at 3:26pm



**Trent Swanson** Whoa... someone may sleep tonight. How far to NC?

· June 28, 2015 at 1:35pm



**Iron Cowboy** ✓ 3.5 hr drive, definetly hoping for some extra sleeping time.

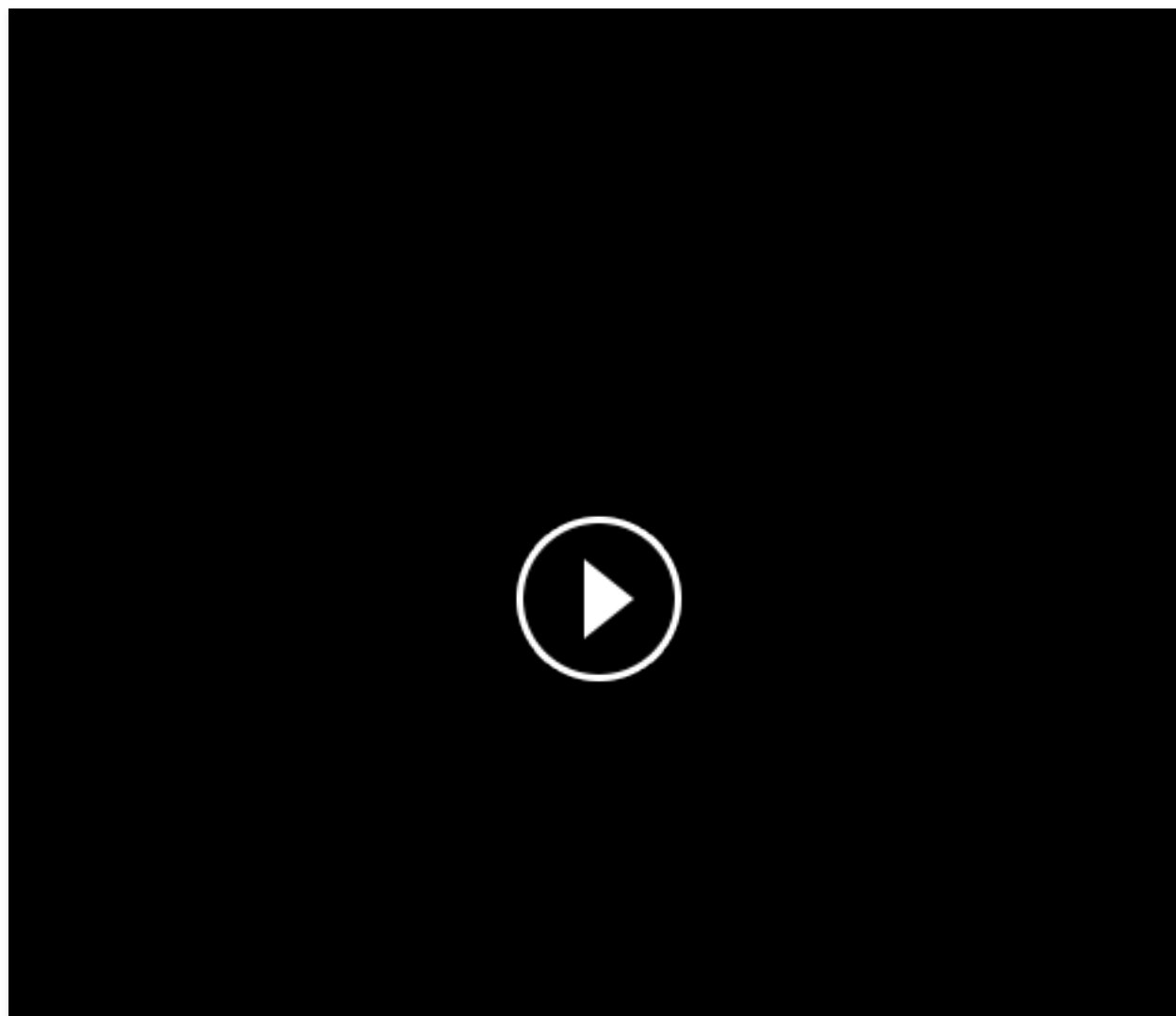
· June 28, 2015 at 1:48pm

[View 1 more comment](#)



**Iron Cowboy**

June 27, 2015 · 🌐





10K Views

Like Comment Share

Lena Hunt, Jim McPhillips, Nancy Connor Kotarski and 818 others like this.

24 shares



**Trish Bayles-Barton** You are a MACHINE!!!!!!!!!!!!!! Keep truckin Cowboy!

· 3 · June 27, 2015 at 11:49am



**Scott Mayer** Great to hear your spirit is back! Be careful on that wet pavement. Hope the hip is feeling better

· 2 · June 27, 2015 at 12:05pm

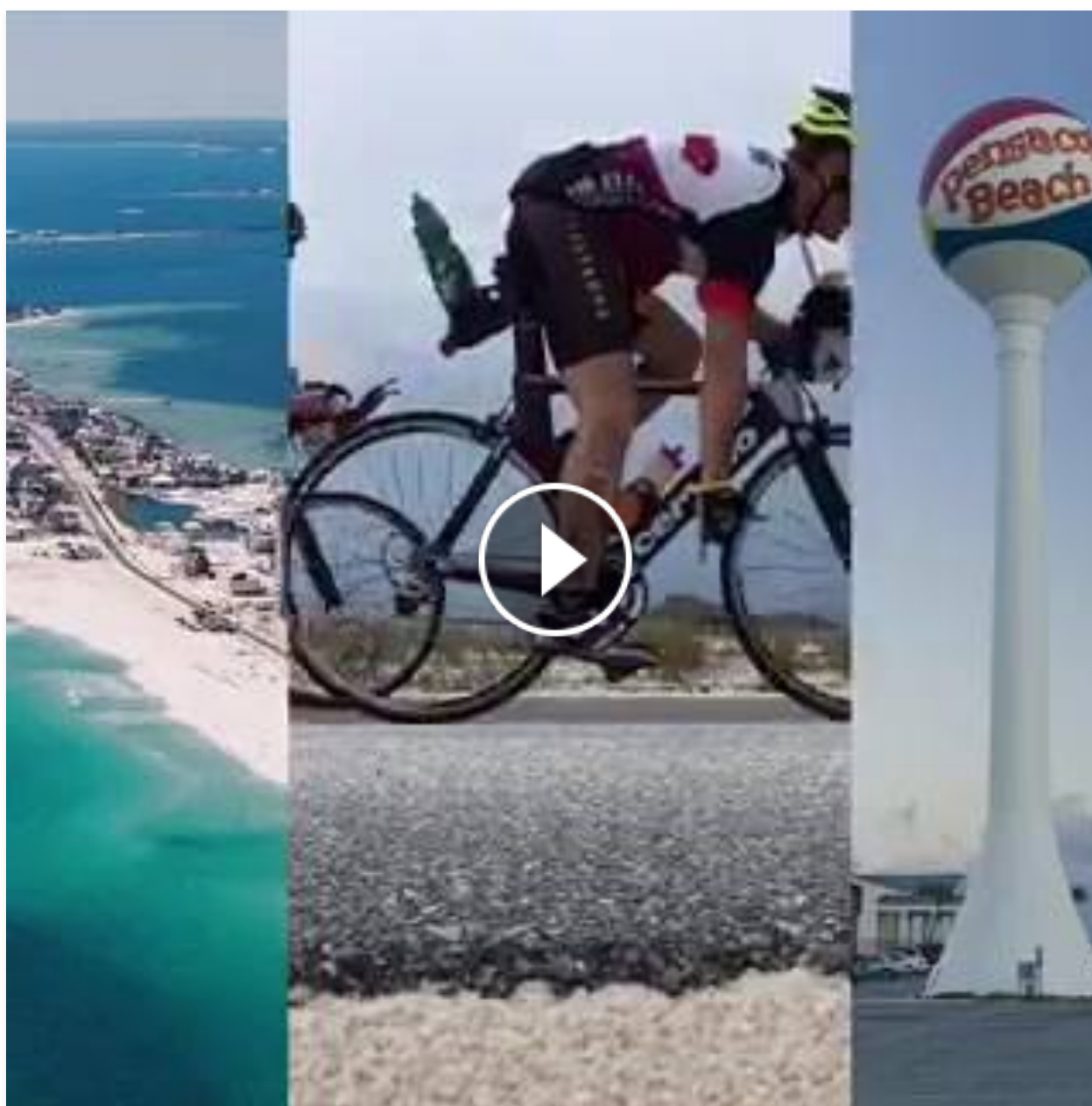
View 47 more comments



**Iron Cowboy**

June 26, 2015 ·

Today's line up #ridersonthestorm #ICflorida #IC505050 #ironcowboy #fightthefight #teamYL



7.1K Views

Like Comment Share

Michele Larsen Williams, Perry Palmer, Megan Lucas and 351 others like this.

33 shares



**Melissa C. Peña** PENSACOLA!! WHOO!!!!

· June 26, 2015 at 9:11am



**Mike Engberg** Man, what a great looking ride! Wish I was there.

· June 26, 2015 at 9:20am

View 16 more comments



**Iron Cowboy**

June 25, 2015 ·

Here's a little BTS vid of our Airbnb home base here in Mobile, Alabama!  
-roll tide!

#BelongAnywhere #airbnb #ICAlabama #IC20 #nocturnal #fiftyfiftyfifty #ROLLTIDE





5.1K Views

Like Comment Share

Maurine Cope Hatfield, Ali Murphy, Elizabeth Fountain Smith and [Top Comments](#) ▾  
130 others like this.

4 shares

**Jenn Hamilton** You're in War Eagle country. Haha!  
· June 25, 2015 at 7:17am

**Holly Haffey** Love Airbnb.  
· June 25, 2015 at 7:13am

[View 10 more comments](#)

**Iron Cowboy**  
June 22, 2015 ·

Kicking things off in Kentucky!

[#seventeen](#) [#ICKentucky](#) [#hottempahead](#) [#ironcowboy](#) [#IC505050](#)  
[#blueseventy](#) [#FightTheFight](#)



10K Views

Like Comment Share

Sean Broderick, Brea Lewis, Anthony Lopez and 449 others like this. Top Comments

22 shares

**Chris Bubs Farber** what song is that?  
· June 22, 2015 at 7:31am

**Iron Cowboy** Not sure what song...  
· June 22, 2015 at 10:40am

**Krisann Greaves Charles** Woohoo! Go Big in beautiful Kentucky!  
· June 22, 2015 at 8:27am

**Iron Cowboy** Kris, the minute we hit Kentucky you popped in my mind!!!!  
· June 22, 2015 at 9:56am

View more replies

View 22 more comments

**Iron Cowboy** with Jeremiah Johnson and 2 others.  
June 19, 2015

#RunningWithTheKids #Arkansas



Like Comment

Allison Plattsmier, Darlene Jones, BrianLynnette Bennion and 850 others like this. Top Comments

16 shares

**Mike Russell** How do we order the trucker hat with the cowboy logo?  
· June 19, 2015 at 6:25pm

1 Reply

**Loren Chandler** Wow, you don't usually see that many teeth in Arkansas. 😊  
· June 19, 2015 at 5:38pm

2 Replies

View 14 more comments

**Iron Cowboy**  
June 19, 2015

We feel guilty waking this poor guy up in the morning At least he loves his #blueseventy, #fezzari, #altra, #nathan, #rudypproject, #garmin, #cep, #jaybird and #hylete gear to get him through each day!!

#wehavethebestsponsever #fightthefight #nogoaltoobig #505050  
#bringiton14



Like Comment

Александр Чуриков-, Allison Plattsmier, Shshank Pundir and 446 others like this. [Top Comments](#)

5 shares



**John Scott Kopicko** He was reason I was in pool again today at 5:30

· [8](#) · June 19, 2015 at 6:07am



**Annamarie Jakubielski** My husband, [Joe](#), and I are running a 5K a day because of your example. This is a big deal for us. Thanks for inspiring us to do it. Raising awareness of childhood obesity in our own little way and pushing ourselves more than before. Blessings to you today.

· [26](#) · June 19, 2015 at 6:09am

[View 15 more comments](#)



**Iron Cowboy**

June 18, 2015 · [🌐](#)

I'm coming up on 20 miles here in Shreveport. With a 6 hour drive ahead of us I sent all support early so they didn't have to drive through the night. Wingman Aaron is sleepy in the van so when I'm done he can drive me through the night. Life gets hard sometimes... Often times we find ourselves sad and alone... It just makes it that much more special when we reunite with loved ones. Hug someone close to you right now. The cowboy sure could use one. Time to wrap this one up.... [#hugsomeone](#)



 Like  Comment

Александр Чуриков-, Stephen Parks, Tami Christensen and 1,819 others like this. [Top Comments](#)

32 shares



**Iron Cowboy** Ah man, you know I'm good for a hug any time 😊. Hang in there. See you in a week!

31 · June 18, 2015 at 9:45pm



**Wendy Frasier** You got this!! And you've got thousands of people who love and admire you!! We are all rooting for you!! You have no idea how inspiring you are! I check in on you multiple times a day, i tell my students about you, and mostly you make me believe that my dream of ironman after being over 300 lbs the last 10 year's is totally possible!! (I've lost 90lbs on my journey to ironman so far) Thank you thank you thank you!!

55 · June 18, 2015 at 7:45pm

1 Reply

[View more comments](#)

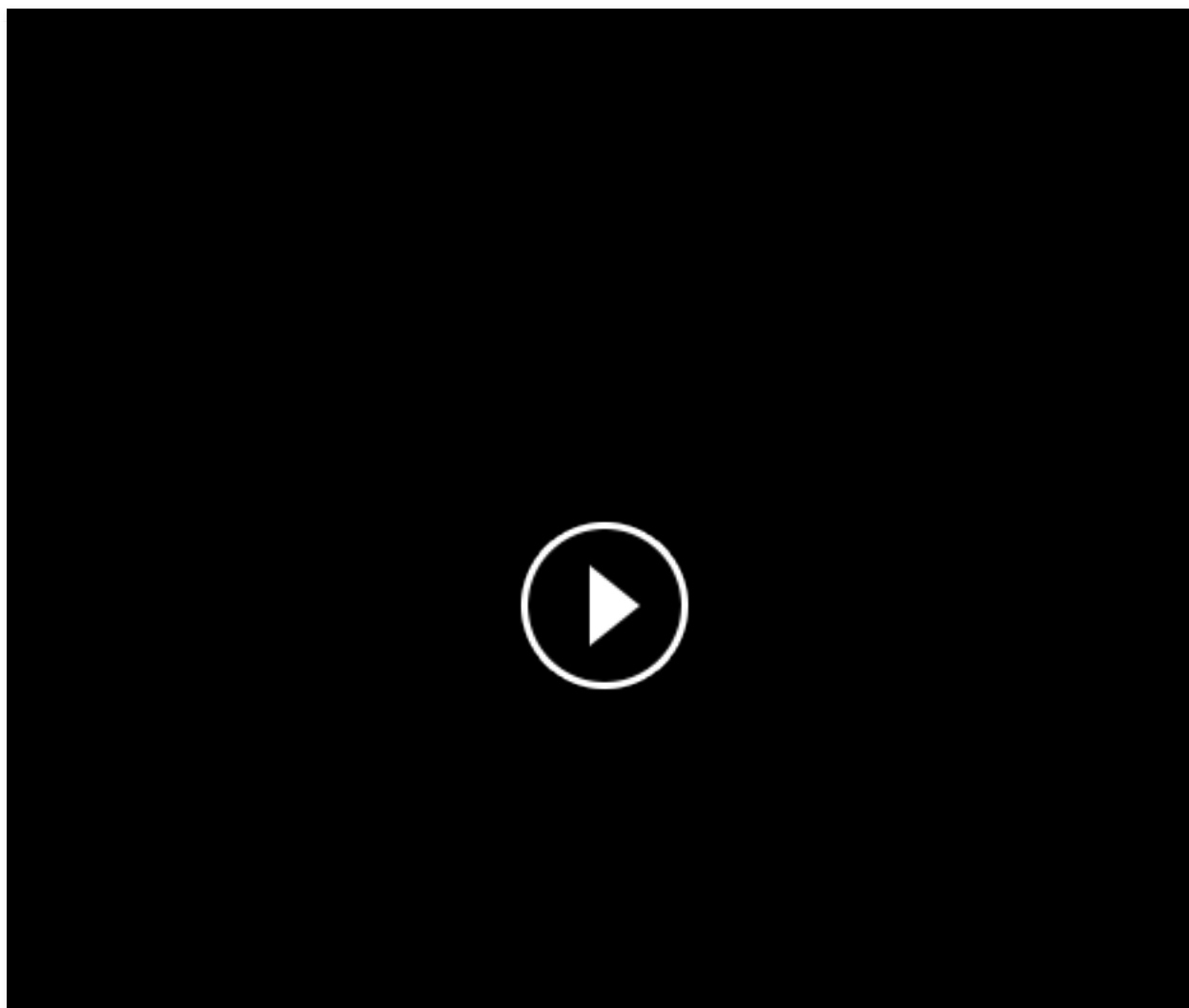
2 of 249



**Iron Cowboy**

June 18, 2015 · 🌐

Throwback Thursday to where it all started. Thanks [Airbnb](#) for being a great sponsor! My family has loved the experience. [#Airbnb](#) [#Hawaii](#) [#Kauai](#) [#ironcowboy](#) VC: @mystery box





4.9K Views

Like Comment Share

Allison Plattsmier, Chad Kerns, Scott Lane and 165 others like this. [Top Comments](#) ▾

2 shares



**Marian McHugh Cosgrove** I'm using Airbnb when I run NYCM this November. Staying right on Central Park for a fraction of the price of a hotel

· June 19, 2015 at 4:40am



**Iron Cowboy**

June 16, 2015 ·

Food break! Less than 35 miles left on the bike. Going a little slower than I'd like but WOW Oklahoma is beautiful and the support here has been fantastic!!

[#ironcowboy](#) [#Oklahoma](#) [#fightthefight](#) [#fiftyfiftyfifty](#) [#eleven](#)



Like Comment

Nathan Ferraro, Maurine Cope Hatfield, Riley Ricki Stewart and 1,065 others like this. [Top Comments](#) ▾

15 shares



**Marcia Stewart-Mosshart** Welcome to Oklahoma!! It's the best!! Thanks for what you are doing!!

· 1 · June 16, 2015 at 1:51pm



**Go Gayla Go** Look at your smile! Inspiring!!!  
By the way, I'm a proud Okie cheering you on from Japan! Glad my home state is treating you right! Go Iron Cowboy Go~!

· June 16, 2015 at 1:28pm

[View more comments](#)

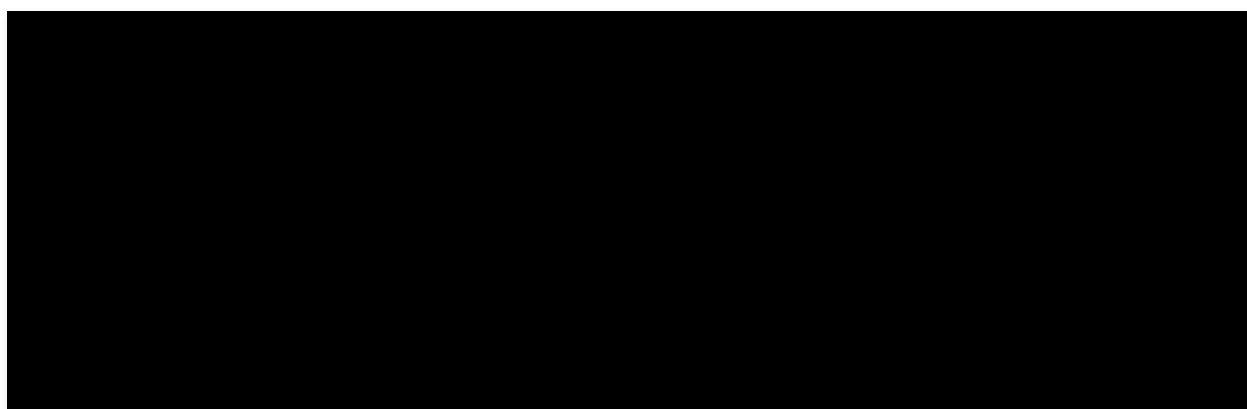
2 of 53



**Iron Cowboy**

June 15, 2015 ·

T1 included a quick pit stop at the hospital to get blood work... Then within seconds this.. Off to the bike start [#runninglate](#) [#ironcowboy](#) [#testresultscamebackgreat](#) [#kansas](#) [#OKkansas](#) [#bloodwork](#)





12K Views

Like Comment Share

Megan Lucas, Kyle Gray, Honey Ham Labeast and 451 others like this. [Top Comments](#) ▾

3 shares



**Eric Miller** When Chuck Norris needs a blood transfusion....he ask Iron Cowboy James Lawrence to donate!

· 43 · June 15, 2015 at 10:31am



**Scott Marshall** Blood work and a power nap 🍌

· 4 · June 15, 2015 at 10:21am

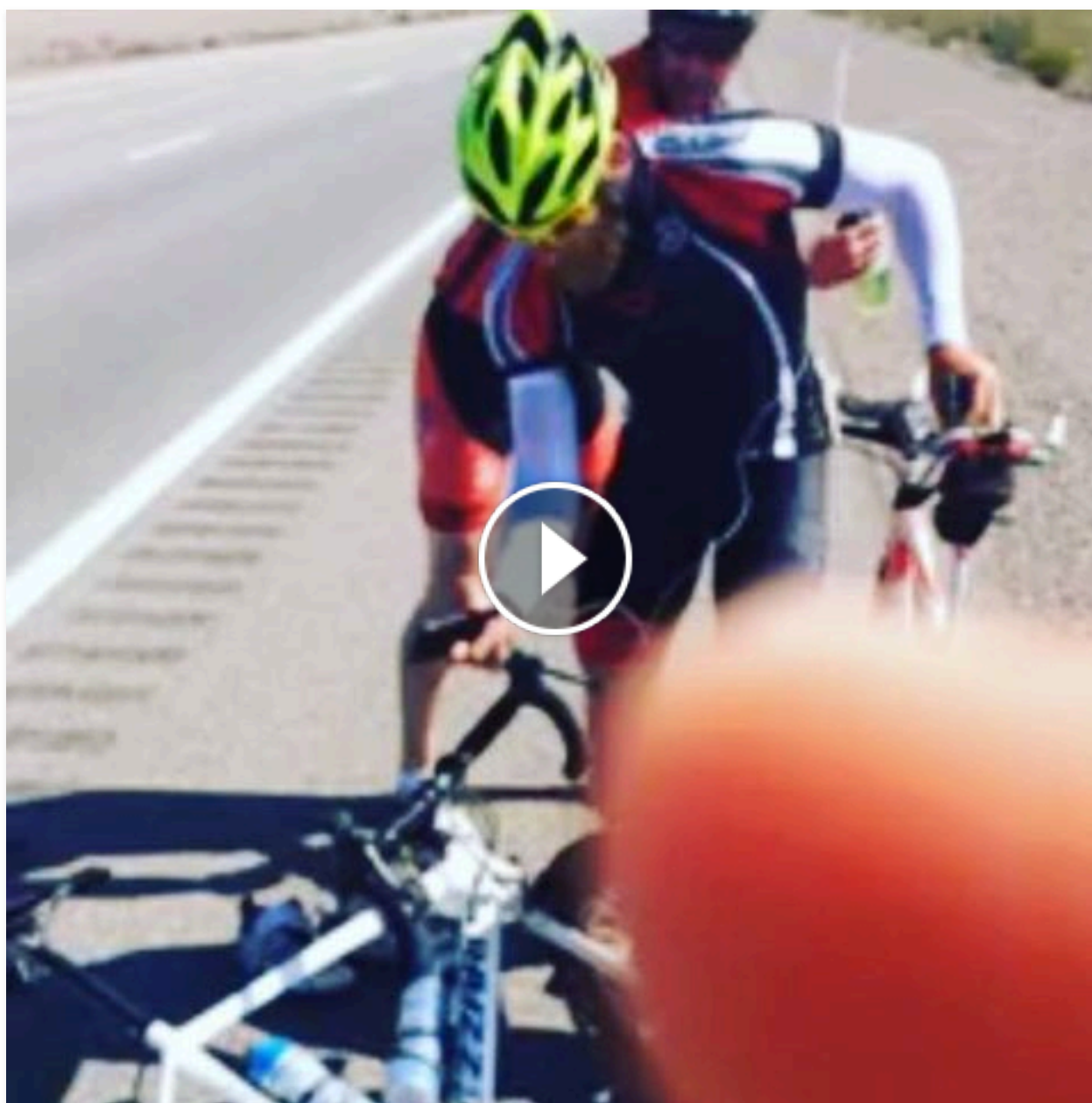
[View 35 more comments](#)



**Iron Cowboy**

June 11, 2015 · 🌐

Mile 100 of Vegas baby! Flat? No problem. Quick bike change. That's what friends are for. [#ironcowboy](#) [#ironcowboy](#) [#fightthefight](#) #6



14K Views

Like Comment Share

Maurine Cope Hatfield, Natalie French Cowdrey, Robert J Wheeler and 661 others like this. [Top Comments](#) ▾

4 shares



**Lisa Akins** Keep on keeping on! Prayers for your entire Iron Cowboy Club!

·  1 · June 11, 2015 at 4:45pm



**Dori Gilman** Iron Cowboy you have a great group of supporters

· June 11, 2015 at 4:16pm

[View 26 more comments](#)



**Iron Cowboy** updated their cover photo.

June 5, 2015 · 



 Like    Comment

Rachel Carey, Kelly Caskey, Juuso Ikonen and 375 others like this.   [Top Comments ▾](#)

11 shares



**Frank Demuria** Your going to kill it man

· June 6, 2015 at 3:35am



**Susan Mayhew** You have already finished every race 😊 you said so yourself.

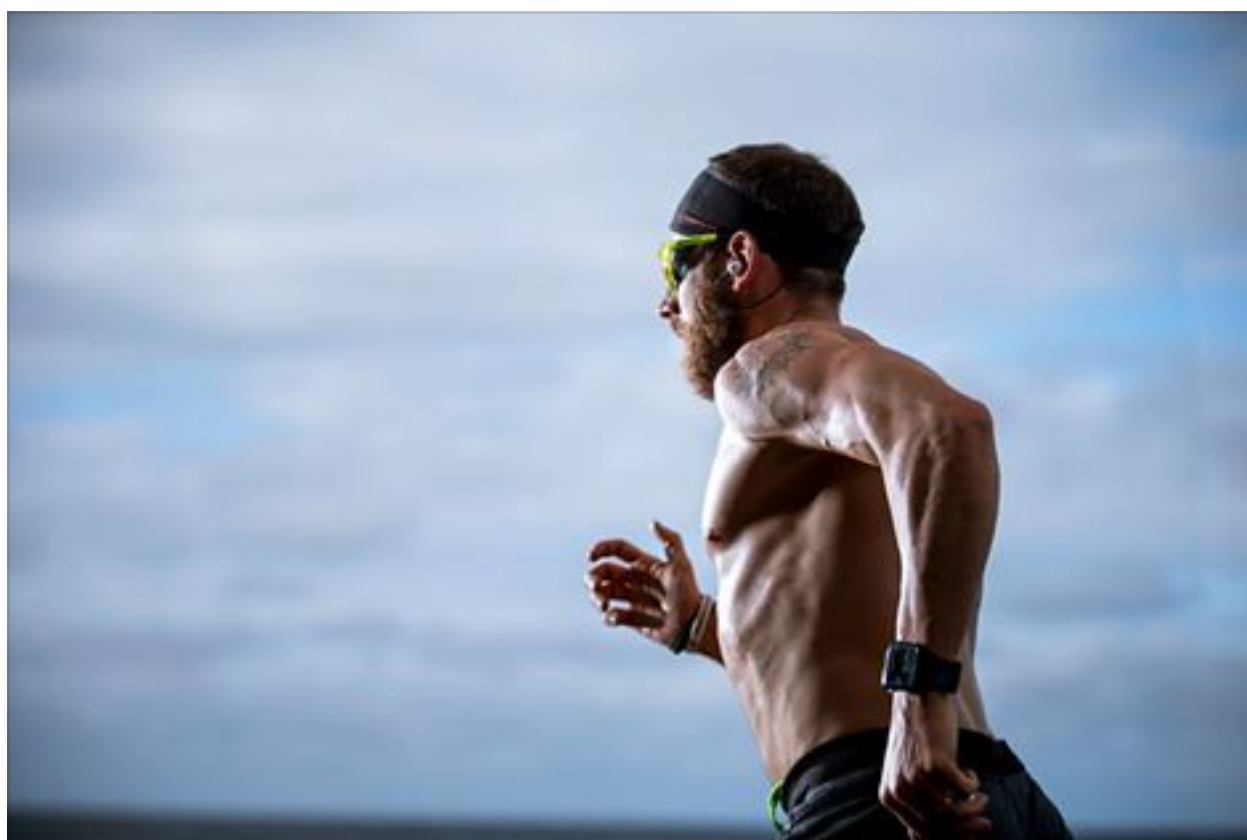
· June 6, 2015 at 4:48am

[View 10 more comments](#)



**Iron Cowboy** updated their profile picture.

June 5, 2015 · 



 Like    Comment

Matthias Skapczyk, Luis Urbina, Emma Bailey and 361 others like this.   [Top Comments ▾](#)

2 shares



**Sheila Payne** Sir, I pray God give you the stamina, endurance, and all his strength for every triathlon-- all 50 for 50 days in 50 states. Be blessed!

·  10 · June 6, 2015 at 4:08am



**Holly Michael Dixon** True mental and physical toughness!

[View 7 more comments](#)



**Iron Cowboy**

May 24, 2015 ·

@richroll: The @IronCowboyJames Assault on Impossible: 50 ironman, 50 states, 50 days. #RRP 149 UP!

<http://t.co/iT72Y4AO8E>

<http://t.co/gCd6Jf86HU>... [See More](#)

# 50 IRONMANS. 50 DAYS. 50 STATES: THE IRON COWBOY'S ASSAULT ON IMPOSSIBLE – MUSINGS ON LIMITS, CONVICTION, FAMILY & SERVICE

May 24, 2015



Like Comment

Diane Kramer, Lorie Smith McClantoc, Heike Smith and 170 others [Top Comments](#) ▾ like this.

63 shares



**Carla Golden** Listened to your interview this morning while running and just signed up to run 5K with you as you finish up day #23 in Charleston, SC on June 28th! Seeya then! Thanks for being awesome!!!!

· May 25, 2015 at 8:12am



**Sarah Khorram** Really great interview. You are inspiring. Best of luck on the 50!

· May 30, 2015 at 9:24am

[View 10 more comments](#)



**Iron Cowboy** updated their cover photo.

April 23, 2015 ·



Like Comment



Vaibhav Kulkarni, David Spletstoeser, Noe Peraza and 190 others like this. [Top Comments](#)

47 shares



**Iron Cowboy** [www.ironcowboy.co/calendar](http://www.ironcowboy.co/calendar)



### Calendar

#1 Kauai, Hawaii - Saturday, June 06, 2015 Saturday, June 6, 2015 12:00am – 2:00pm 00:00 – 14:00 #1...  
IRONCOWBOY.CO

12 · April 23, 2015 at 10:35am

1 Reply



**Steve Sherrod** I'm hoping to ride or run with you in 4 or 5 cities. God luck man!

2 · April 25, 2015 at 8:46am

[View 10 more comments](#)



**Iron Cowboy** updated their cover photo.

March 18, 2015 · [Public](#)

Coming to the finish of the Monument Valley 50k Thanks [wickedinnocence.com](http://wickedinnocence.com) for the shot.



Like Comment

Fuica Daniel, Sondra Preston, Mirko Begotti and 42 others like this.



**Iron Cowboy** updated their profile picture.

March 10, 2015 · [Public](#)




Like Comment


Emma Bailey, Ludmány László and 89 others like this.

[Top Comments](#)

1 share

 **Katie Voorhees Limb** #badass  
· March 10, 2015 at 2:07pm

 **Robb Leishman** We can do hard things...I hope to shake your hand one day...  
· July 18, 2015 at 5:19pm

 **Iron Cowboy** updated their profile picture.  
March 10, 2015 · 🌐



👍 Like    💬 Comment

Jan Zvonek, Patrick Haley, Agostino Buono and 6 others like this.

2014

HIGHLIGHTS ▾

 **Iron Cowboy** added 3 new photos.  
December 16, 2014 · 🌐

Last of the Brazil blogs. Hope you enjoy seeing what goes in my bags.  
<http://ironcowboy.co/?p=838>

Next week will be my review of the #whole30 eating plan and how it affected me. I was #shocked with what happened to my body and mind.



👍 Like    💬 Comment

Johnny Devine, Maurine Cope Hatfield, Maria Elena Schwartz and 7 others like this.

 **Iron Cowboy** added 2 new photos.  
December 15, 2014 · 🌐



- 1- EPIX custom Cowboy Gear
- 2- BlueSeventy PZTX Skin Suit
- 3- BlueSeventy Element Goggles
- 4- Swim Cap
- 5- Garmin 910XT and HR monitor
- 6- Young Living Nitro Shots
- 7- Young Living WolfBerry Crystals
- 8- Young Living Balance Compress
- 9- Young Living Pure Protein
- 10- Water
- 11- Timing Chip

- 1-Race belt and Number
- 2-Louis Garneau P-09 Helm
- 3-Louis Garneau TRI X-LITE
- 4-Light Headband
- 5-Louis Garneau Shoe cover

Like Comment

Johnny Devine, Maurine Cope Hatfield, Maria Elena Schwartz and 8 others like this.

**Heather DeCant Davis** Way to persevere!!  
· December 15, 2014 at 3:27pm

**Iron Cowboy**  
December 14, 2014 ·

Here is a quick blurb about my bike ride in Brazil.... swim and run to come.  
#TeamYL Fezzari <http://ironcowboy.co/?p=802>



Like Comment

Johnny Devine, Maurine Cope Hatfield, Adessa Ellis and 15 others like this.

**Iron Cowboy**  
December 12, 2014 ·


Love this, enough said. #JesusFoods




Like Comment

Steve Ahk, Thomas Cheng, Jeffrey Lee Nesbitt and 25 others like this. [Top Comments](#)

14 shares

 **Brittany Chatwin** Guess it's time to start eating fish [Lawrence](#).  
· December 12, 2014 at 12:44pm

 **Iron Cowboy** nah - I'll leave that to the Gods  
· 1 · December 13, 2014 at 12:24pm

 **Iron Cowboy**  
November 30, 2014 ·

As part of my prep for 50/50/50 I am going to be doing a self supported Ultraman on Feb 20-22 in St George. This is a THREE day event.

Day One - Swim 6 miles and Bike 90 Miles


Day Two - Bike 171.4 miles

Day Three Run 52.4 Miles ... [See More](#)


Like Comment

Seth Saunders, Stephanie Brunnemann, Nathan Goodyear and 179 others like this. [Top Comments](#)


3 shares

 **Andy Dame** After explaining what a 50/50/50 is to my wife she gave a concerned look and said is that possible for your body? I quickly said not for my body

· 3 · December 2, 2014 at 6:15pm

 **Iron Cowboy** I get that reaction a lot... the reality is with proper prep, enough time to prepare, attention to details, respecting for the process, anything is possible my friend.

· 5 · December 3, 2014 at 6:50am

 **Sheila Plemich** You go! That's an UltraNothingMan! Awesome!

· 2 · November 30, 2014 at 2:10pm


[View 15 more comments](#)

 **Iron Cowboy**  
November 8, 2014 ·

Blessed and ready to be racing Ironman Brazil tomorrow. I can't wait!! Best of luck to all the competitors especially my two team mates Ryan and Steve who are here with me. [#teamYL Fezzari Altra Running Reynolds Cycling blueseventy](#)

Like Comment

Jueletta Davis, Mckay Scoffield and 78 others like this. [Top Comments](#)

 **Ckmadone Speedconcepts** Caught previous posts u have done a few Ironman Cozumel races...Any insight on Ironman Cozumel is appreciated (e.g., safety, finishing responsibly, etc...first time participant out there next Sunday..thx..much Mr. COWBOY..keep on trailblazing!!

· November 22, 2014 at 11:01am

· 1 Reply

 **Kathleen Burke Norton** God's Speed! 🙌

· November 9, 2014 at 7:28am

[View 4 more comments](#)



**Iron Cowboy** added 2 new photos — with Bryan A Lysaght.

November 5, 2014 · 🌐

Welcome to **IRONMAN** Fortaleza Brazil. Should be an interesting week.  
#TeamYL #505050



👍 Like    💬 Comment

Eric McCaffrey, Jueletta Davis, Hilário Costa and 64 others like this.    [Top Comments ▾](#)

 **Carolyn Anderson Hansen** Holy wind!!!  
· November 5, 2014 at 1:37pm

 **Lindsay Wohlford** Good luck !!!  
· November 5, 2014 at 9:58am



**Iron Cowboy**

November 3, 2014 · 🌐

Obesity not an issue... think again -  
[http://mashable.com/2014/11/01/obesity-crash-test-dummies/...](http://mashable.com/2014/11/01/obesity-crash-test-dummies/)  
#letsmakeachange



### Crash test dummies are growing to match obese Americans

The mannequins that help manufacturers measure vehicle safety will grow by about 100 pounds to more accurately reflect the average body.

MASHABLE.COM

👍 Like    💬 Comment

Carla Lane McKenzie and Brent B Brown like this.



**Iron Cowboy**

October 28, 2014 · 🌐

Here are my thoughts from Kona.... broken up in three blogs.... Huge thank you Young Living Essential Oils, Utah Spine and Sport, Chiropractic, Acupuncture + Physiotherapy Center , Reynolds Cycling Fezzari, blueseventy, Altra Running

<http://ironcowboyjames.com/kona-hawaii-the-swim/>

[http://ironcowboyjames.com/kona-hawaii-the-bike/...](http://ironcowboyjames.com/kona-hawaii-the-bike/) See More



### Iron Cowboy » Kona Hawaii – The Swim

Kona Hawaii – The Swim Written by James Lawrence on October 28, 2014. Posted in Uncategorized Wow! I am still in disbelief that I actually did this race! When I started triathlon over 10 years ago Kona was just a dream, the impossible dream....

[IRONCOWBOYJAMES.COM](http://IRONCOWBOYJAMES.COM)

👍 Like    💬 Comment

Eric McCaffrey, Cary Thayne, Candace Norton-Warner and 166 others like this.

[Top Comments ▾](#)

15 shares



**Bert Corderman** updated links?

· June 7, 2015 at 12:23am



**Ryan Ford** I'm curious which young living essential oils you use.

· 👍 1 · October 28, 2014 at 10:43pm · Edited

[View 17 more comments](#)



**Iron Cowboy** updated their cover photo.

October 25, 2014 · 🌐



👍 Like    💬 Comment

Paweł Bachanowski, Rhyan Atrice, Enrique Cubillo and 35 others like this.

[Top Comments ▾](#)



**Luke Anthony Hughes** BEAST MODE

· August 1, 2015 at 2:49pm



**Iron Cowboy**

October 17, 2014 · 🌐

Have been testing this bike out all year. Serious value and super fast... compare it to any other bike.... <http://www.fezzari.com/new-2015-bikes/2015-t5> Fezzari #TeamYL



### 2015 T5 - Foré Collection | Fezzari Bikes®

Features The newest, fastest TT bike from Fezzari. A new frame designed with speed, efficiency, and power in mind. We've added Internal electronic capabilities, horizontal rear dropout to fine tune your aero ride, and aero brake capabilities...

FEZZARI.COM

👍 Like    💬 Comment

Tyler Cloward, Eric Steven Davis, Andy Collings and 5 others like this. [Top Comments](#) ▾



**Chris Shane** Beautiful bike. Love fezzari quality and local. Best of both worlds. Oh yeah, they are pleeeenty fast too.

· October 17, 2014 at 6:25pm



**Iron Cowboy** shared [Young Living Essential Oils's](#) photo.

October 10, 2014 · 🌐

Thank you to the best sponsor a boy could ever dream of. I am so honored to be an ambassador for such an amazing company. #TeamYL #HealthyRacing



👍 Like    💬 Comment

Tomya Arroyo, Melissa Lovci, Stephanie Doty and 85 others like this. [Top Comments](#) ▾



**Cyndy Streitz** I know you will do wonderful, you have the best nutrition on your side. NingXia Red and NingXia Nitro. Go [James](#)

· 👍 1 · October 13, 2014 at 9:20am



**Ashley Bean** Congrats on a great race! You looked awesome out there!!

· October 13, 2014 at 10:45am

[View 6 more comments](#)



**Iron Cowboy**

October 10, 2014 · 🌐

10 years ago I did my first sprint triathlon. Never in my wildest dreams did I imagine the journey I would have. Triathletes strive their entire lives to make it to this start line here in Hawaii. I don't take for granted the special opportunity I have to race here. I am honored and humbled to be amongst the best in the world. Despite having done more than 60 half and full Ironman races around the world I'm excited to cover these next 140.6 miles. Thank you to Sunny Jo Hatfie... [See More](#)



👍 Like    💬 Comment

Tomáš Vokřínek, Annamaria Pos Tal, Daniele Arcari and 400 others [Top Comments](#) ▾ like this.

2 shares



**Kim Wilson Holst** Have a great race!! Btw, way cool that you're #TeamYL!

👍 3 · October 10, 2014 at 2:52pm

[View 27 more comments](#)



**Iron Cowboy**

October 3, 2014 · 🌐

Thanks Wired magazine for the cool article and shout out. #Wired #TeamYL #IronCowboy #HeadedToKona #NoGoalTooBig



👍 Like    💬 Comment

Sheena Bee, Akira Gloria, Александр Чуриков- and 394 others like [Top Comments](#) ▾ this.

174 shares





**Jared Jones** that is a bad ass picture man!

· 3 · October 3, 2014 at 12:39pm



**Carlee Lilley Tulett** Oookaaay freak of nature!!!

· 2 · October 3, 2014 at 12:42pm

[View 17 more comments](#)



**Iron Cowboy**

September 29, 2014 ·

Sure does make you think about it...



### Watch Irish People Taste American Junk Food for the First Time

'I don't think anything that blue could be nutritious.'

TAKEPART.COM

Like Comment

Mariano Mac, Jac Reid, LeAnn Mcleish and 12 others like this.

[21 shares](#)



**Iron Cowboy**

September 28, 2014 ·

T - Minus 12 days till Kona.... #excited #TeamYL #Fezzari #AltraZeroDrop #BlueSeventy #WorldChamps #FirstTimer

Like Comment

Narva Logans-Bell, Jeannete Sorensen Hickok, Allison Reed and 38 [Top Comments](#) others like this.



**Iron Cowboy** Yes 😊

· September 29, 2014 at 4:08am



**Andrea Boyle Ballard** Well deserved!! Congrats and have a great race

· September 29, 2014 at 4:09am

[View 1 more comment](#)



**Iron Cowboy**

September 22, 2014 ·

For those of you that are numbers people... here is some data and thoughts about my ride today.... 5 x 10 min goal of 270 watts inside a 3 hour ride... I've said this a lot.. muscular endurance is far more important than HR (cardiovascular system). Which is why I PREACH Power for bike and PACE for run... I was LOW zone 2 HR however was in ZONE 4 Power working on my strength. Focus on power and pace and the HR will align itself as fitness improves and comes around. Fitness... [See More](#)

Like Comment

Daniele Arcari, Shari K. Busse, Bernie Berania and 35 others like [Top Comments](#) this.



**Rory R Duckworth** Please say you got rid of the dinosaur?... If not come over and try my toy out. Great post!

·  1 · September 22, 2014 at 10:55pm

[View 2 more comments](#)



**Iron Cowboy**

September 11, 2014 · 

<http://www.theglobeandmail.com/.../the-curio.../article20370814/>



### The curious case of the cyclist's unshaven legs

Sleek-legged riders have been vindicated as new wind-tunnel research disputes belief that opting to go hairless is simply for style

THEGLOBEANDMAIL.COM

 Like    Comment

Train Hard and Dave Sedgwick like this.

[Top Comments](#) ▾



**Chris Shane** Shocked. Seriously.

· September 12, 2014 at 5:08pm



**Iron Cowboy**

August 22, 2014 · 

Great blog by my wife Sunny - <https://trittheotherside.wordpress.com/.../prevention-not-tre.../>

 Like    Comment

Paige Sterner, Bryan Davis, Mary Bingham and 8 others like this.

[Top Comments](#) ▾



**Paige Sterner** [Brett Dunbar Christensen](#), this is the guy I was telling you about this morning and his amazing wife. Read her blog 😊

· September 9, 2014 at 12:53pm · Edited



**Dallas Makin** Nailed it!!

· August 23, 2014 at 9:32pm

[View 1 more comment](#)



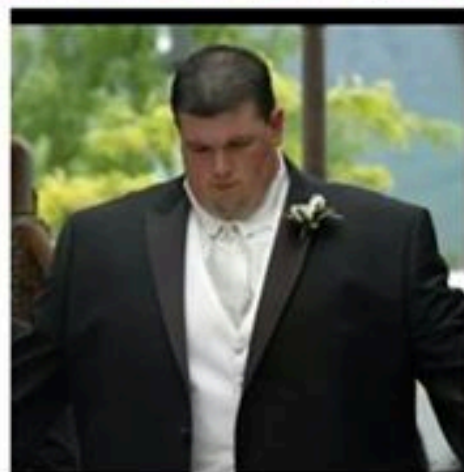
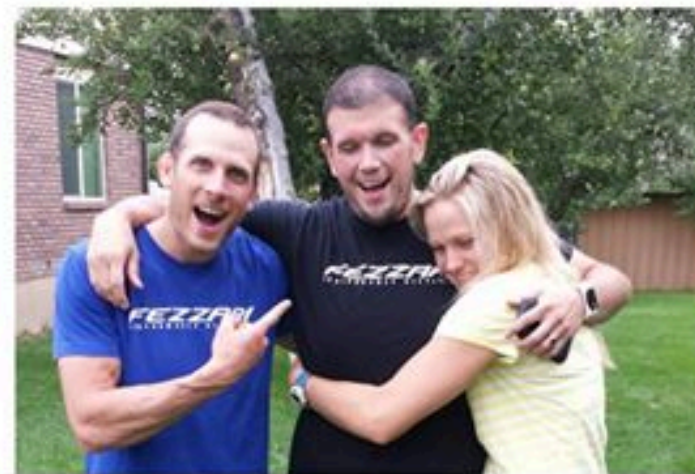
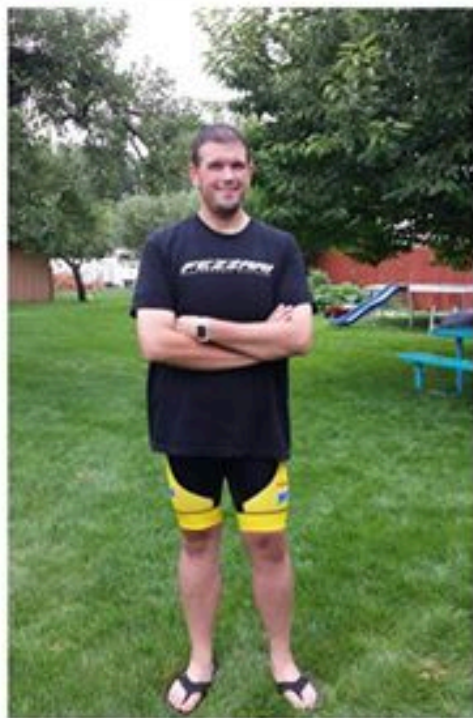
**Iron Cowboy**

August 13, 2014 · 

NEED SOME INSPIRATION....

<http://www.kizoa.com/slidesho.../d12562326k5164368o1/christian>

Take a look at my friend Christian. He started on an amazing journey almost 1 year ago. He started at over 380 pounds and kept all pics and progress a secret and off line (the suspense killed me). Today he stands at a jaw dropping 225 pounds and he isn't finished yet. To date he has lost more than 150 pounds... my jaw is still on the ground. He worked his butt off (LITERALLY) as I coa... [See More](#)



Like Comment

Chrissy Proctor, Christopher J. Torres, Kelly Bandfield and 80 others like this.

2 shares



Christopher J. Torres He is a BAMF... 😎

1 · July 26, 2015 at 6:17pm



Ironfan Fc Awesome guys!!

1 · August 13, 2014 at 1:11pm

View 7 more comments



Iron Cowboy updated their cover photo.

August 11, 2014 · 🌐



Like Comment

Enrique Cubillo, Helen Fisher, Juan Pablo Martinez Becerra and 18 others like this.

1 share



Iron Cowboy updated their profile picture.

August 11, 2014 · 🌐



Like Comment

Παναγιώτης Κυρμπάτσος, Darya Vasilchenko, Claudio Henrique Amorim and 52 others like this.

Top Comments ▾

1 share



**Teresa Corry** Gotta be a great feeling! Love this photo!

· August 11, 2014 at 11:18am



**Iron Cowboy**

August 10, 2014 · 🌐

I have always said that - Kids are a product of their environment - We as parents need to take responsibility for our children's health and futures. Watch this shocking but true ad...

<http://kdvr.com/.../watch-shocking-video-shows-how-parents-a.../>



### WATCH: Shocking video shows how parents impact children's obesity

Note: This video may be upsetting for some viewers. DENVER -- A recent public awareness video aims to show how obesity-related health problems can be a...

KDVR.COM

Like Comment

Tammy Williams, Becky Harper Gomez, Bryce Jones and 22 others like this.

Top Comments ▾

23 shares



**Melinda Oldroyd** Huh.....interesting. We see these cases a lot at the hospital. All of us who take care of these patients constantly wonder how this happens to people so young.....then I'll go into the break room and watch what people eat. There is NO shortage of ju... [See More](#)

· August 10, 2014 at 12:41pm · Edited



**Iron Cowboy** with James Lawrence.

July 29, 2014 · 🌐

One of my happier Ironman Finishes. Always learning. Pleased with my progress as I continue my build back to health and Kona. #ontrack #TeamYL race report coming..... #NoGoalTooBig



👍 Like    💬 Comment

Daniel Pearson, Nicole Bergquist Swena, Bernie Berania and 69 others like this.

[Top Comments](#) ▾

5 shares



**Scott Ormond** Which race was it and what was your time JL? scottyO-Aspen

· July 31, 2014 at 3:42pm



**Joseph Robert Lee** Congratulations James! Awesome work and inspirational performance brother! See you at S2S! 😊

· July 30, 2014 at 8:52pm

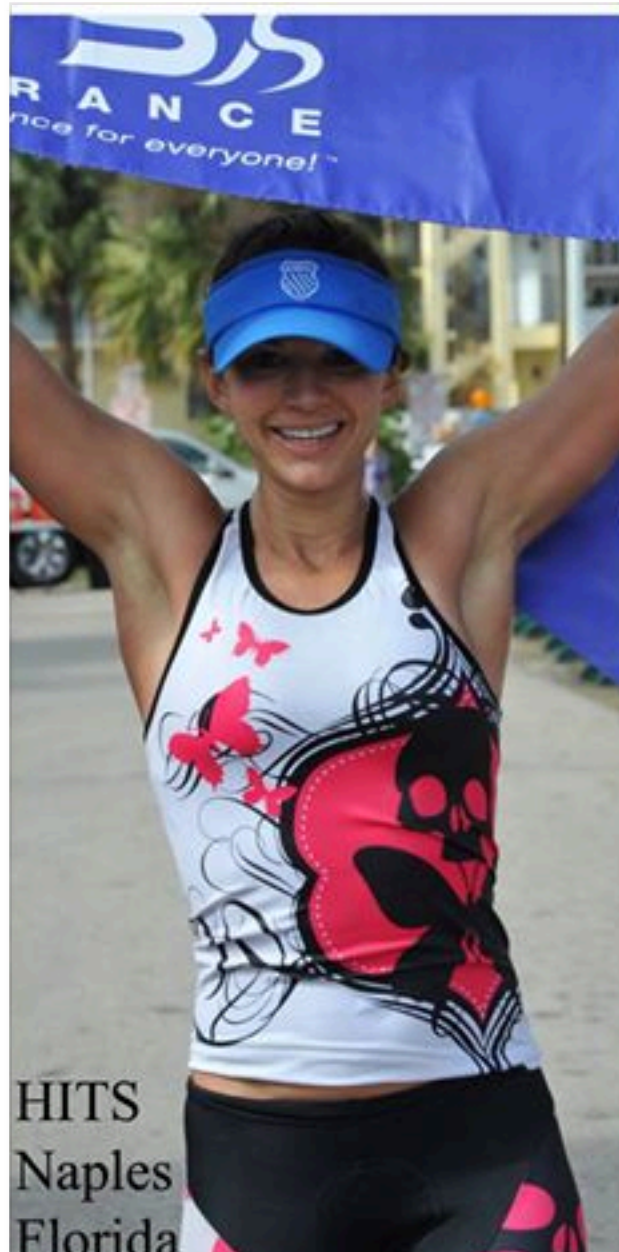
[View 6 more comments](#)



**Iron Cowboy** shared Mark H. Wilson's photo.

July 29, 2014 · 🌐

Memories.... They keep us going!



HITS  
Naples  
Florida



1/10-11/15    1409    HITS Endurance.com

**Mark H. Wilson** with James Lawrence and Katya Meyers.  
July 29, 2014 · 🌐

HITS Triathlon Series in Naples, FL; Katya Meyers liked it...Dirk Bockel liked it..Iron Cowboy liked it. You will, too!!! Register TODAY at [www.HITSTriathlonSeries.com](http://www.HITSTriathlonSeries.com). See ya there, Folks!

👍 Like    💬 Comment

Julie Farley, Angi Farrugia and 2 others like this.



**Iron Cowboy** shared IdealShape's photo.

July 28, 2014 · 🌐



**IdealShape**

July 28, 2014 · 🌐

Make Time for your Health & Fitness! #MotivationalMonday

👍 Like    💬 Comment

Barbara Rands Valente, Jeanette Ambrose, Andy Collings and 29 others like this.

Top Comments ▾

1 share



**Christine Davies** Sweet photo Bro!

· July 29, 2014 at 10:14am



**Iron Cowboy** added 4 new photos.

July 26, 2014 · 🌐

Ready and relaxed. #TeamYL #ItsTime





Like Comment

Jordan Maddocks, Julian Putz, Jenny Faircloth Smith and 27 others like this.



**Iron Cowboy** with Sunny Jo Hatfield Lawrence and James Lawrence.

July 21, 2014 · 🌐

We may have found my hat for Ironman Canada - #KidsChoice #TeamYL #IronmanWeek #IronCowboyJames



Like Comment

Blair Lloyd, Christina Martínez, Arwen Heather Rogers and 54 others like this. [Top Comments](#)

1 share



**Christina Martínez** Nice hat, #IronCowboyJames!

· July 24, 2014 at 2:54pm



**Brittany Chatwin** Good choice boss.

· July 23, 2014 at 9:31pm

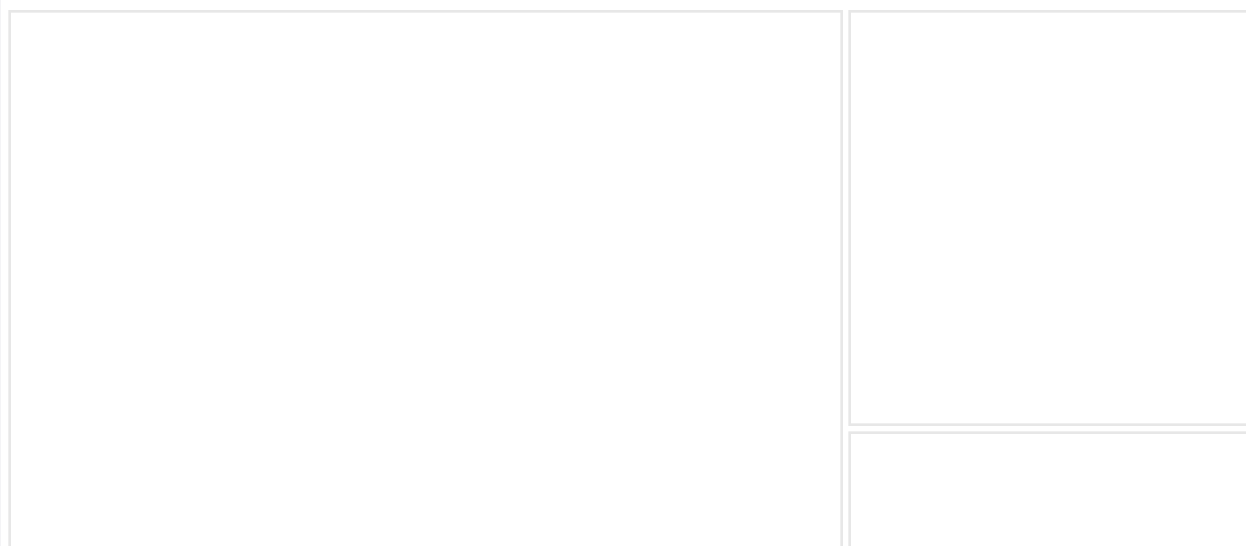
[View 3 more comments](#)



**Iron Cowboy** added 6 new photos — with Quinn Powell and James Lawrence.

July 15, 2014 · 🌐

What a great day of golfing with a great friend - thanks Quinn. The views were spectacular Young Living Essential Oils Oola #SilverTip #StewartCreek #CrossTraining #IusedToBeAGoodGolfer





Like Comment

Emily Rowlands, Garen Winn and 26 others like this.

[Top Comments](#) ▾

1 share



**Dallin Wood** Wow!!! What a beautiful place!!

· July 16, 2014 at 10:47am



**Iron Cowboy**

July 9, 2014 ·

Out the door to do my last long run before IM Whistler. Despite the experience I have at this distance it demands so much respect and preparation . Super grateful for my supporting cast and [#TeamYL](#). My nutrition is dialed in and I'm using a unique assortment all from Young Living. [#BestIveFeltInYears](#) [#TheDetailsMatter](#) [#RespectTheDistance](#) [#Fezzari](#) [#utahspineandsport](#) [#AltraZeroDrop](#)

Like Comment

Tonia N Brian, Karen Blake Chandler, Michael Serrano Jr. and 47 others like this.

[Top Comments](#) ▾

15 shares



**Jordan Maddocks** [#respectTheD](#)

· 2 · July 9, 2014 at 1:05pm



**Dustin Edwards** Nice to know the respect never goes...

· July 9, 2014 at 4:47pm

[View 1 more comment](#)



**Iron Cowboy**

June 23, 2014 ·

Five weeks till [IRONMAN](#) Whistler. I can't wait to return to Canada and do this race. Who else is going?? [#TeamYL](#) [Fezzari](#) Feeling blessed to be injury free and having a good training block. This would not be possible without such amazing support - [Utah Spine and Sport](#), [Chiropractic](#), [Acupuncture + Physiotherapy Center](#) [Altra Running](#) [Young Living Essential Oils](#) [#PatiencePaysOff](#) [#NoGoalTooBig](#)






 Like  Comment


Tonia N Brian, Karen Blake Chandler, Marju Kivi and 32 others like this. [Top Comments ▾](#)

5 shares



**Rob Johnston** Looking tough!  
·  1 · June 23, 2014 at 7:35pm



**Wendy Stewart** Love that shot!  
·  1 · June 23, 2014 at 7:22pm

[View 1 more comment](#)



**Iron Cowboy**

June 19, 2014 · 

I CAN'T WAIT!!!!!!!

<http://www.ironman.com/.../2014/06/james-lawrence-legacy.aspx...>



### Guinness Record-Holding Triathlete Heads to Kona

James Lawrence has checked more race boxes than most of us ever will. But this year, he gets to check the biggest one of all.


IRONMAN.COM

 Like  Comment

Nicole Bergquist Swena, Hetty Muliaty, Janet Huffman and 73 others like this. [Top Comments ▾](#)

3 shares



**Sunny Jo Hatfield Lawrence** My favorite article!  
·  1 · June 19, 2014 at 10:10am



**James Harrison** Smash it up fella  
· June 19, 2014 at 11:15am

[View 3 more comments](#)

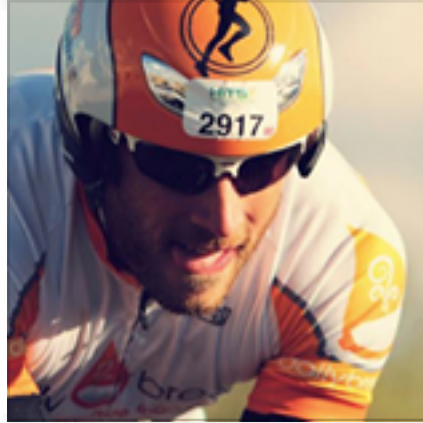


**Iron Cowboy**

June 18, 2014 · 

Looking forward the a huge convention in SLC next week. Excited to meet the other Ambassadors [#TeamYL](#) Stevie Baggs Jr., Annie Hawkins, Robbie Findley, Mitch Seavey. [#AwesomeCompany](#)

[http://www.youngliving.com/en\\_US/company/brand-ambassadors](http://www.youngliving.com/en_US/company/brand-ambassadors)



## Young Living Sponsored Athletes | Young Living Essential Oils

Facebook: Stevie Baggs Jr. Twitter: @steviebaggsjr  
Favorite Oil: Thieves Essential Oil ?Young Living is more than just an oil company to me.

YOUNGLIVING.COM

Like Comment

Dawn Walsh, Lisa Pilsinger Mader, Kristen Webster Demaree and 9 others like this. [Top Comments](#)



**Paige Sterner** Tiffany Phillips Harrison

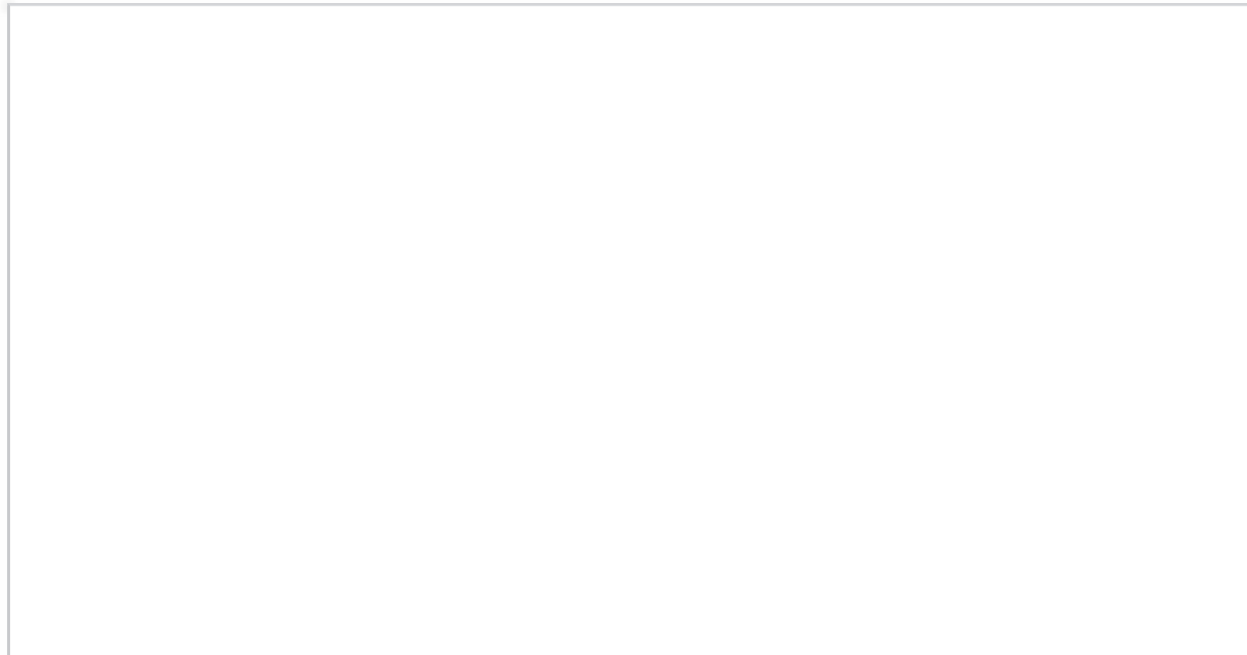
· August 21, 2014 at 7:00am



**Iron Cowboy** via Fezzari

June 16, 2014 ·

Boom! Love my new ride. Check Em out online <http://www.fezzari.com/>  
#mountain #mountain #TT #MostTalkedAbout



## The 7 Best Road Bikes of 2014

From a speedy dream piece to the most versatile road ride we've ever tested, this year's best bikes meet the needs of every cyclist.

OUTSIDEONLINE.COM

Like Comment



**Iron Cowboy**

June 15, 2014 ·

Fun Weekend!!!! Team IronCowboy!!!! Way to go guys!!!  
#BeingPartOfATeamIsFun



Like Comment

Lisa Pilsinger Mader, Shari Smith, Rob Johnston and 8 others like this. [Top Comments](#)



**Rob Johnston** You're team is killing it! I was on my first lap when you're guy was on his 2nd to take the overall win! Great job!

· June 16, 2014 at 6:35am



**Iron Cowboy**

June 12, 2014 · 🌐

Motivation for the day - Persistent correct repetition is the key to achieving goals and having breakthroughs.... LOVE THIS

[https://www.youtube.com/watch?v=mD\\_yjW64buU](https://www.youtube.com/watch?v=mD_yjW64buU)



### 9 Year Old Girl Lands 540!

Skateboarding is getting crazy! Nine-year-old Sabre Norris from New South Wales, Australia just landed her first 540 on vert. Here's the story in her own wor...

YOUTUBE.COM

👍 Like    💬 Comment

Rina Martin, Shari Smith, Marie Kozak and 5 others like this.

1 share



**Iron Cowboy** added 4 new photos — with James Lawrence and 15 others.

June 2, 2014 · 🌐

Impacting people's lives in a positive way this morning. Love the dedication of this group and love how much fun we have together! #JustForFun



👍 Like    💬 Comment

Alexandra Koblmüller-Greinecker, Kristi Monks Stocking, Cody Bengoa and 15 others like this.

[Top Comments ▾](#)



**Brittany Chatwin** #justforfun #bestcoachever

👍 1 · June 2, 2014 at 9:11am



**Arwen Heather Rogers** Life changing! 😊

· June 2, 2014 at 12:38pm

[View 1 more comment](#)



**Iron Cowboy** with James Lawrence.

June 1, 2014 · 🌐

Success in yesterday's Sprint. Feeling great heading into Boise 70.3 next weekend and am ready to take on the next 8 weeks of training before heading to my home land to compete at Ironman Whistler! Thanks to my coach David Warden for his amazing knowledge!! #NoExcuses #TeamYL

#Fezzari #AltraZeroDrop



Like Comment

Andrea Neipp, Joy Tenney Hutchins, Julie Phillips and 28 others like this. [Top Comments](#)

1 share



**Iron Cowboy** Also how can we forget the hands that get me to the start of each race.... I literally wouldn't be racing if it wasn't for these two.... [Utah Spine and Sport, Chiropractic, Acupuncture + Physiotherapy Center Dallas](#) Makin and Nat Attack Natalie Rasmussen.... HUGE THANK YOU!!

1 · June 2, 2014 at 7:27am



**Toby Dougal** We are ready for you

June 1, 2014 at 2:20pm



**Iron Cowboy**

May 31, 2014 ·

<http://www.trifuel.com/.../gene.../so-you-wanna-be-a-triathlete...>



### So you wanna be a Triathlete?

Fact: you will not become efficient at swimming, biking or running over night. Sorry to burst your bubble. This is NOT an easy sport. Check your ego at the door because chances are someone fifty po...

TRIFUEL.COM

Like Comment

Shari Smith, Chris Maul, Deb Magson and 4 others like this. [Top Comments](#)



**Laura-Lea McKay** I like swimming...I'm not fast but I still like it 😊 ... Running, not so much 🙄

1 · May 31, 2014 at 5:27pm · Edited



**Sandra Lawrence Lavery** I know those words!!!!

May 31, 2014 at 4:20pm

[View 2 more comments](#)



**Iron Cowboy** with James Lawrence.

May 29, 2014 ·

This New Reynolds Disk is sure gonna look Purdy on my Fezzari TT.... someone just got a little faster.... or at worst I now look really cool. Thanks Team! Big things for 2015 being announced soon. Thanks for all the continued support... As for now I will focus on Boise 70.3 then Whistler IM!



Like Comment

Brittany Chatwin, Carlee Lilley Tulett and 20 others like this.



**Iron Cowboy**

May 16, 2014 · 🌐

I love living and training in Utah. Believe that! [Fezzari #TeamYL](#)  
[#AlpineLoopWithFriends](#)

1. There are no shortcuts;
2. There are no secrets;
3. You have to show-up consistently; with a positive attitude;... [See More](#)

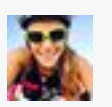


Like Comment

[The NO SCALE Project](#), [Barbara Rands Valente](#), [Elizabeth Lamb Catoe](#) and 25 others like this.

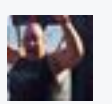
[Top Comments](#) ▾

1 share



**Carlee Lilley Tulett** I heart Utah! #6 is stupid though...

· 👍 1 · May 16, 2014 at 3:14pm



**The NO SCALE Project** Wonderfully inspiring!

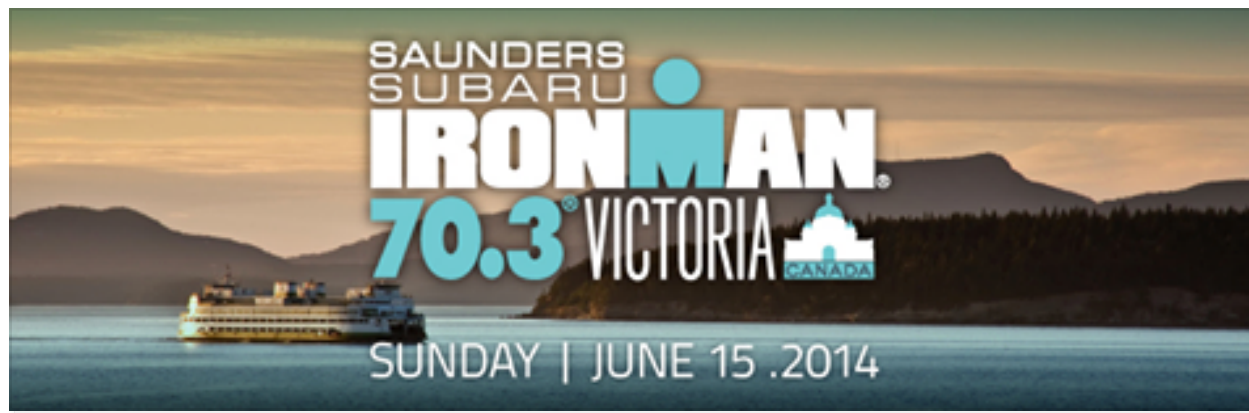
· December 18, 2014 at 8:20am



**Iron Cowboy**

May 6, 2014 · 🌐

ohhhh yes please #TakeMeHome #TeamYL Great Announcement.... who's with me for 2015 !?!



👍 Like    💬 Comment

Kristin Krotosky, Linda Wang and 9 others like this.

Top Comments ▾



**Dustin Edwards** Aaron Gerry you wanted Canada???

· May 6, 2014 at 7:52pm



**Iron Cowboy**

April 28, 2014 · 🌐

'Food for thought' today - <http://www.outsideonline.com/.../Why-Its-Impossible-to-Just-E...>



### Why It's Impossible to Just Eat Less

Most people live in a low-activity, high-food “obesogenic” world, and it takes constant effort to stay active and eat smart. But why is it so easy to make the wrong decisions? One explanation is decision fatigue. According to the concept, we are...

OUTSIDEONLINE.COM

👍 Like    💬 Comment

Janet Huffman, Ali Black, James Porterfield and 3 others like this.

1 share



**Iron Cowboy**

April 27, 2014 · 🌐

Who else is tired of hearing about cyclist being killed by an car.... this guy is sending the right message. How do we educate more drivers? Or is it a lost cause..... ??<http://newsfixnow.com/.../houston-cyclist-uses-3-foot-pole-t.../>



## Houston cyclist uses 3-foot pole to keep drivers in their lane

HOUSTON, TX - Commuting by bicycle might be good exercise and good for the environment, but in terms of safety? It's not the best, at least in the city of...

NEWSFIXNOW.COM

 Like  Comment

Alex Rudd, Fontaine Shu, Blake Malan and 18 others like this.

[Top Comments](#) ▾

2 shares



**David Tollefson** I think a jersey-pocket-sized EMP gun would be awesome - fry the cell phones when drivers have them to their ear.

 1 · April 27, 2014 at 1:44pm



**Iron Cowboy**

April 20, 2014 · 

For all of you struggling to reach your goals, start the week off with this awesome video..... [#ThisKidRocks](#) [#TeamYL](#) [#KonaBound](#)



 Like  Comment  Share

Gabriela Dadufalza, Konrad Smoliński, Brittany Chatwin and 51 others like this.

[Top Comments](#) ▾

38 shares



**Jackie Hammett** Can you make this video so we can share it?! It is amazing! Inspiring

· August 5, 2015 at 4:02pm



**Trish McCarty** nice...sweet...amazing

· June 1, 2015 at 10:13pm

[View 7 more comments](#)



**Iron Cowboy**

April 17, 2014 · 

Athletic performance isn't an accident.... it's also not to a test you can cram for. [#ToughWorkoutToday](#)

 Like  Comment

Jeanine Gardiner, Jessica Featherstone, Dustin Edwards and 10 others like this.

[Top Comments](#) ▾



**Brittany Chatwin** Glad to know you're human:) [#whoisawesome](#) [#thisguy](#)

 1 · April 17, 2014 at 8:54am



**Iron Cowboy**

April 15, 2014 · 

Lance Armstrong found some work - ha ha.....

<http://www.outsideonline.com/.../How-to-Fix-a-Flat--with-Lanc...>

 Like  Comment

Paul Pearson, Josh Cagwin and 2 others like this.

[Top Comments](#) ▾

1 share



**Sean Fleming** good for him. a little forgiveness is human. after all, he's still helped more people with cancer than any of us ever will.

· April 16, 2014 at 7:51am



**Iron Cowboy** updated their cover photo.

April 15, 2014 · 🌐



Like

Comment

Vaibhav Kulkarni, Maciej Krzemiński, Tommy Aguilar and 63 others like this.

[Top Comments](#) ▾



**Alfred Lamothe** Congratulations

· April 15, 2014 at 3:15pm

[View 1 more comment](#)



**Iron Cowboy**

April 15, 2014 · 🌐

'Congratulations on winning a legacy lottery position for the 2014 IRONMAN World Championship in Kona'

Music to my ears! Pretty happy right now. I qualified for the Legacy program in less than a year. See you in Kona!

Like

Comment

Elizabeth Lamb Catoe, Neshia Morse, Jeneen Olive and 76 others like this.

[Top Comments](#) ▾



**Robyn Moore** Very very cool! Congrats James !

· 1 · April 16, 2014 at 7:40am



**Dustin Edwards** Stoked for you! I hope to follow in your footsteps one day soon.

· 1 · April 15, 2014 at 4:51pm

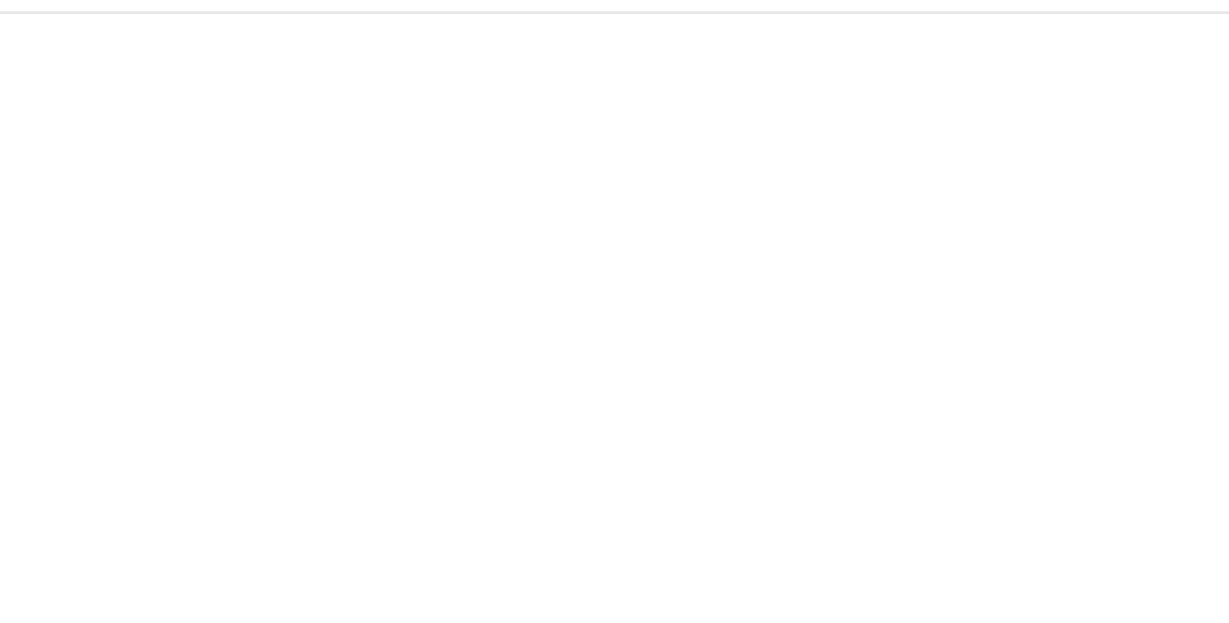
[View 5 more comments](#)



**Iron Cowboy** added 2 new photos.

April 14, 2014 · 🌐

I'd like to give a shout out to a sponsor of mine who has supported me since 2010 - [Young Living Essential Oils](#). They have gone above and beyond my wildest dreams. In the past they donated enough money to build a dam in Africa with [Quiet Way](#) which affects the lives of many. I hope to visit the site later this year after the World Championships in Kona Hawaii- [Iron Cowboy](#) Their continued support is amazing and affects my life daily. So Thank You [#TeamYL](#)







Like Comment

Lisa Marie Soto, Jennie Krasse, Tiffany Phillips Harrison and 23 others like this.

Top Comments ▾

3 shares



**Paige Sterner** Tiffany Phillips Harrison ❤️

1 · August 21, 2014 at 7:00am



**Sunny Jo Hatfield Lawrence** My favorite since 2007!

· April 14, 2014 at 8:01pm

View 1 more comment



**Iron Cowboy**

April 12, 2014 · 🌐

Killer day today training on the St George 70.3 course. Thanks guys for the memories. #NoGoalsTooBig #TeamYL



Like Comment

Konrad Smoliński, Tracy N Kirk Gates, Dallas Makin and 17 others like this.



**Iron Cowboy**

April 7, 2014 · 🌐

Just in time for my Birthday! Thank you [Young Living Essential Oils](#) for all the amazing support over the past 4 years. The journey continues. #NoGoalsTooBig #TeamYL #WhatsNext



Like Comment

Allan Cooper Coffman, Emily Bacon, April Travis and 38 others like this. [Top Comments](#)

1 share



**Melinda Oldroyd** Looks good

· April 7, 2014 at 12:58pm



**Clark Bayles** where can I get me one?

· April 7, 2014 at 12:25pm

[View 3 more comments](#)



**Iron Cowboy**

April 6, 2014 ·

'Just because you're breathing doesn't mean you are alive. People work hard all week long in order to have a roof over their head, provide for their family and create stability ... only to sit on the couch all weekend in order to rest up and do it all over again. This is not Living.

The most powerful force on earth is the human soul on fire. Do things in life that scare you. Things people say are humanly impossible. Switch jobs that keep you stuck in the comfort zone, move, grow, live, learn and [#NEVERSTOP](#) moving forward.'



Like Comment

Konrad Smoliński, Andrea Neipp, Rachel Cagwin Dennis and 55 others like this. [Top Comments](#)

11 shares



**Iron Cowboy** Love you Heath Haacke

· April 6, 2014 at 8:14pm



**Charlotte Lawrence** I'm doing a library focus group at the public library tomorrow. WAY out of my comfort zone!

[View 6 more comments](#)



**Iron Cowboy**

April 4, 2014 ·

My friend is in the final round of voting to get into Norsemen. Basically whomever gets the most votes wins. It only takes a second. Cast a vote below for Simon Churey!

[http://a.pgtb.me/319dJ7?app\\_data=entry\\_id%3D52684420](http://a.pgtb.me/319dJ7?app_data=entry_id%3D52684420)

Like Comment

Melinda Oldroyd likes this.

[Top Comments](#) ▾



**Iron Cowboy** It will say link is broken on your phone but just click on follow link... just tried it and it worked. Voted!

· April 4, 2014 at 3:38pm



**Iron Cowboy** with Melinda Oldroyd and 13 others.

March 31, 2014 ·

5 weeks to St George 70.3 and 10 weeks to Boise 70.3. Doing work this morning trying to get everyone motivated and stronger. Go Team! [Iron Cowboy](#) #TeamYL IRONMAN



Like Comment

Brian Gilmour, Jon Price, Shari Smith and 23 others like this.



**Iron Cowboy** updated their cover photo.

March 24, 2014 ·



Like Comment

Vaibhav Kulkarni, Joyce Lopez, Enrique Cubillo and 4 others like this.



**Iron Cowboy**

March 24, 2014 ·

I am trying to raise funds for Dayton (a boy with Cerebral Palsy) so he can

continue to race Ironman races. Please please with any amount. Thanks.

<http://www.gofundme.com/7rrms0?preview=1>



### Click here to support Dayton's Legs by James Lawrence

My name is James Lawrence and in 2012 I had the opportunity to help a boy named Dayton race an Ironman. During this race his race cart malfunctioned making our journey very difficult. Despite the odds we finished. I would love to...

GOFUNDME.COM

Like Comment

Travis Day, Josh Cagwin, Justin Bandle and 5 others like this.

1 share



**Iron Cowboy**

March 19, 2014 ·

A new local obstacle race. What do you think about these types of races.....?

[www.specialopsrace.com](http://www.specialopsrace.com)

They are also raising money for the Special Operations Warrior Foundation....

Like Comment

Ted Reid and Jack Lawson like this.

Top Comments ▾



**Joseph Kitchel** I was going to say that it's hard to take a race seriously where people dress up or wear funny hats. But then I remembered...you always wear a funny hat. Lol. I leave those races to the CrossFit crowd.

1 · March 20, 2014 at 10:47am



**Iron Cowboy**

March 17, 2014 ·

Pretty cool list of the top 25 all time best!!!

<http://triathlon.competitor.com/.../top-male-triathletes-in-h...>

What do you think of the list?



### The 25 Greatest Male Triathletes Of All Time - Triathlete.com

Spanning the history of the sport, including short course, long course, non-drafting and draft legal, these are the top 25 male triathletes.

TRIATHLON.COMPETITOR.COM

Like Comment

Travis Day, Mike Tomczak, Lonny Woolbright and 12 others like this. [Top Comments](#)



**Iron Cowboy** Ha Joel Hinckley I'm no where close to these guys. I'm just a guy named James trying to inspire people to do a little more than they are currently doing. These guys are legends!

· March 17, 2014 at 4:34pm



**Ted Reid** Holding the world record for most completed in one year should qualify the Iron Cowboy for this list easily!

· 2 · March 17, 2014 at 4:45pm

[View 4 more comments](#)



**Iron Cowboy**

March 15, 2014 ·

Post workout weapons of choice. [#InjuriesBeGone](#)



Like Comment

Brittany Chatwin, Mauricio O. Linares, Bart T Gardiner and 9 others like this. [Top Comments](#)



**Chris Olson** run away

· March 15, 2014 at 1:09pm



**Sean Fleming** graston...ouch

· March 15, 2014 at 12:30pm

[View 4 more comments](#)



**Iron Cowboy** shared Fezzari's photo.

March 14, 2014 ·



Fezzari

March 14, 2014 · 🌐

Looking for a new bike for the upcoming MTB race season? head over to [Mtbr.com](http://Mtbr.com) and check out the reviews on the [Fezzari Solitude carbon 29er](http://www.fezzari.com/fezzari/solitude/prd_508449_1548crx.aspx). This bike doesn't disappoint! [http://www.mtbr.com/.../fezz.../solitude/prd\\_508449\\_1548crx.aspx](http://www.mtbr.com/.../fezz.../solitude/prd_508449_1548crx.aspx)

👍 Like    💬 Comment

Shari Smith, Sean Yeager-Diamond and Fernaldi like this.



**Iron Cowboy**

March 9, 2014 · 🌐

Just had to go visit Dayton 'The Man' while here in AZ. It was great to see his entire family. Thanks for the icecream sundaes and the continued friendship!



👍 Like    💬 Comment

Kathy Newell, Tony Ford, Julie Farley and 52 others like this.

[Top Comments](#) ▾



**Mark Dalton** thas the boy you done ironman with you afre a super hero!!!

· October 10, 2014 at 5:46pm

[View 1 more comment](#)



**Iron Cowboy**

March 8, 2014 · 🌐

Nice article written by the Wall Street Journal about triathlon.

<http://online.wsj.com/.../SB100014240527023036309045794175502...>



**How the latest gear is helping mere mortals conquer the 140.6-mile triathlon**

Armed with the latest carbon-fiber bikes, heart-rate monitors, advanced wetsuits

and other gear, mere mortals are conquering the 140.6-mile triathlon.

ONLINE.WSJ.COM | BY ALEXANDRA WOLFE

 Like  Comment

Samuel Molla, Dave Blunier, Mason McLain and 8 others like this. [Top Comments](#) ▾



**Stephen J. Kramer** While high end gear may help, it is obviously the commitment, training, and discipline that are way more important. Sure you can buy speed, but that really isn't the point, is it?

 1 · March 8, 2014 at 2:16pm

[View 4 more comments](#)



**Iron Cowboy**

March 7, 2014 · 

Made it safe and sound to Arizona but not without one major close call. Cruising down the freeway in the left carpool lane in busy traffic... 5 kids and Sunny Lawrence on board. A car two lanes over and a few car length ahead of us drifts into the side of a semi trailer...The car tires blow and he spins out of Control towards us.... everything was in slow motion and the debris from the wreckage peppered the side of our van....The car skids past us just missing the tail end of our bike rack extending from the back end of our van.... The car slams into the center barricade right behinds us. Looking in the rear view mirror all traffic was blocked and stopped - we were the last vehicle to get through the chaos. Jesus loves us. Today and everyday is a good day to have a great day. Live life.

 Like  Comment

Kara Large, Samuel Molla, Nicki Farley and 38 others like this. [Top Comments](#) ▾



**Kara Large** So glad you'll are safe! Have fun and be careful. 😊

· March 9, 2014 at 10:13am

[View 3 more comments](#)



**Iron Cowboy**

March 4, 2014 · 

Christmas in March! The new Altra Torin 1.5 road shoes and the hard to find Olympus Trail shoes. Headed to AZ this weekend to give both of them a try. [#ZeroDrop](#) [#AltraRunning](#)



 Like  Comment

Louis D Gonzalez, Samuel Molla, Grant Myers and 25 others like this. [Top Comments](#) ▾



**Iron Cowboy** ✓ Phoenix! (Well Gilbert really...)

· March 4, 2014 at 8:03pm



**Teresa Corry** Now this time, somebody give my boy a hug!

· March 4, 2014 at 7:41pm

[View 2 more comments](#)



**Iron Cowboy**

March 3, 2014 · 🌐

We have this hand written sign in our room that Sunny put up years ago. I'm sitting here contemplating a new set back I'm experience while working on my 'No Goal's Too Big' campaign..... and then the thought came to me.... 'If you're not on the way up an attitude adjustment is in order. Change your focus. Dream, Believe, Attract, Succeed!' [#JustChangedMine](#) - What are you focusing on today?



👍 Like    💬 Comment

Marie Shearer Andersen, Sunny Jo Hatfield Lawrence and 37 others [Top Comments](#) like this.



**Teresa Corry** Just what I needed!

· March 3, 2014 at 9:53pm



**Christina Chatwin Balzly** Perfect for today! Thank you!!

· March 3, 2014 at 9:36pm

[View 3 more comments](#)



**Iron Cowboy** updated their cover photo.

February 18, 2014 · 🌐



👍 Like    💬 Comment

Vaibhav Kulkarni, Enrique Cubillo and 23 others like this. [Top Comments](#)



**Dallas Makin** I can't wait to see how you look on that bike in our custom jerseys!

· February 19, 2014 at 5:06pm





**Iron Cowboy** with James Lawrence.

February 18, 2014 · 🌐

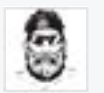
Test piloting my new ride. Should be all ready for the St. George training weekend #Ridiculousness #Fezzari Thanks guys! Happy Boy Right Here.



👍 Like    💬 Comment

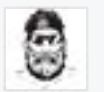
Emily Hall Blodgett, Charlotte Lawrence and 56 others like this.

[Top Comments](#) ▾



**Iron Cowboy** ✓ On order [Andy Compas](#) !

👍 1 · February 18, 2014 at 5:14pm



**Iron Cowboy** ✓ Ha ha. Let's ride [Chris Taylor](#). It's been too long.

👍 1 · February 18, 2014 at 4:53pm

[View 9 more comments](#)



**Iron Cowboy**

February 16, 2014 · 🌐

The reigning ITU world champion, Javier Gomez IS THE REAL DEAL!!! Dominating in his 70.3 debut. Winning by almost 4 minutes. WOW!

Swim --00:16:29

Bike - 02:06:08

Run - 01:11:59 ... [See More](#)



👍 Like    💬 Comment



**Iron Cowboy**

February 8, 2014 · 🌐

Think of working out like depositing and withdrawing money from an account. If we always take out all the money (zone 4) and we don't have enough time to deposit more (recovery) we get closer and closer to our overdraft (injury). We need to look at the whole financial plan for ultimate

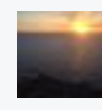

success.... and IM is like retirement. .. All the deposits and withdraws along the way are critical to your success


 Like  Comment

Scott Wilson, Peter Rowe and 58 others like this.


[Top Comments](#) ▾

2 shares

 **Steve Gray** I'm bankrupt !!!  
·  2 · February 8, 2014 at 1:20pm

 **Dallas Makin** My deposits always end up be stored in my fat banks  
· February 9, 2014 at 7:18pm

[View 7 more comments](#)

 **Iron Cowboy**  
February 7, 2014 · 

WOD of the Day - I call this one the IronCowboy.

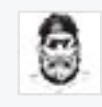

4 X through the following:

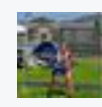
10 Front Squats... [See More](#)

 Like  Comment



Imran Masud Redhat, Brittany McEachern, Camille Brown Durrant and 9 others like this.

[Top Comments](#) ▾

 **Iron Cowboy**  [Trey McFerren Jen Small](#) Give it a whirl....  
· February 7, 2014 at 12:13pm

 **Camille Brown Durrant** I love those workouts!!!  
· February 7, 2014 at 5:54pm

[View 2 more comments](#)

 **Iron Cowboy** shared [NBC Olympics's](#) photo.  
February 6, 2014 · 

I LOVE the Olympics! What's your favorite sport? Hockey! ! Go team Canada! !



**NBC Olympics**  
February 6, 2014 · 

It's here! Olympics begin tonight 8/7C on NBC. SHARE if you're ready!

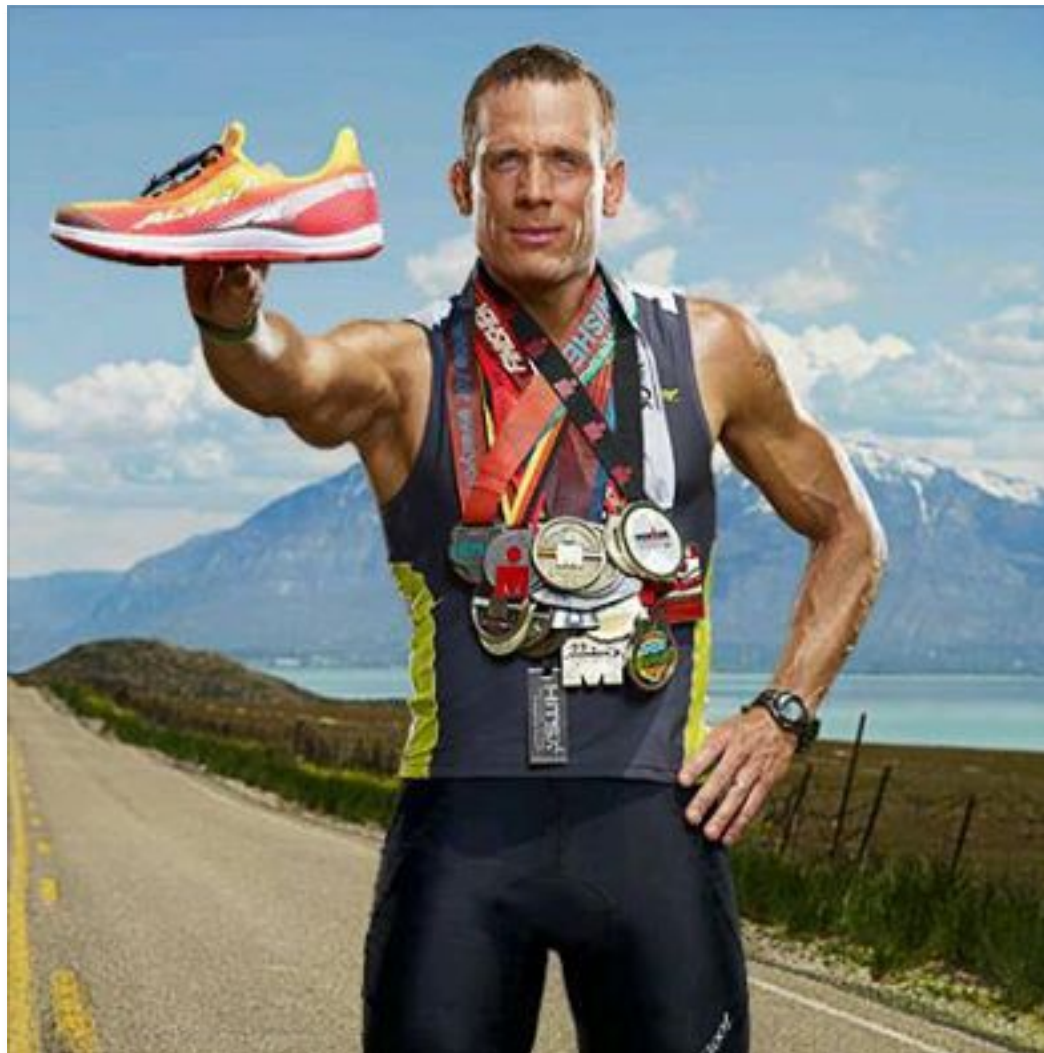
 Like  Comment

Josh Pettit, Rina Martin, Hossein Mgdsi and 4 others like this.



**Iron Cowboy** updated their cover photo.

February 3, 2014 · 🌐



👍 Like    💬 Comment

Oliver Pressler, Guillermo García, Lori Marie and 88 others like this.    [Top Comments ▾](#)

1 share



**Susan Haag** [Sunny Jo Hatfield Lawrence](#) - have I told you lately your airbrushed hubby is HAWT 😄. Just teasing! TERRIFIC pic!!

· 👍 4 · February 3, 2014 at 8:51am



**Sunny Jo Hatfield Lawrence** That's what I said! It's just the tan they painted on!

· 👍 2 · February 3, 2014 at 10:30am

[View 7 more comments](#)



**Iron Cowboy**

January 30, 2014 · 🌐

'If you have a real dream, it's un crushable'

👍 Like    💬 Comment



**Iron Cowboy**

January 22, 2014 · 🌐

I will neither confirm nor deny that tears were shed during the make over episode of the Biggest Loser. [#MaybeMyWife](#) [#MaybeNot](#)

👍 Like    💬 Comment

Kerry Collins Hicken, Rina Martin, Stacy Bernal and 23 others like this.    [Top Comments ▾](#)



**Adam Bricker** "Strong men also cry"-The Big Lebowski

· 👍 1 · January 22, 2014 at 6:59pm



**Steve Gray** Unbelievable down one notch of respect 😄

· 👍 1 · January 22, 2014 at 7:22pm

[View 6 more comments](#)



**Iron Cowboy** with [Aaron Phillips](#) and 13 others.

January 22, 2014 · 🌐

Love seeing so many peeps waking up early in the morning making their health a priority. Doing life is kind of fun! [#BestJobEver](#)



Like Comment

Arwen Heather Rogers, Susan Penelope Lloyd, Scott Lane and 38 others like this. [Top Comments](#)



**Brittany Chatwin** Boot camp with Team Iron Cowboy is kinda fun!  
#bestcoachever

2 · January 22, 2014 at 8:21am



**Jordan Maddocks** #2hotforthehawtub

3 · January 22, 2014 at 6:43am

[View 5 more comments](#)



**Iron Cowboy**

January 19, 2014 ·

Recap of the 2013 Ironman World Championships. I was there as a spectator but in 2014 things will be a little different.... I will be IN the race!  
[Altra Running](#) [#youngliving](#)

<https://www.youtube.com/watch?v=sp2r5nP9Y6c>



2013 GoPro IRONMAN World Championship Race Highlight Video - Awards Night

YOUTUBE.COM

Like Comment

Paul Rogers, Rachel McCollum Butterfield, Janell Stultz and 30 others like this. [Top Comments](#)

[2 shares](#)



**Jen Small** of course you will. and you will ROCK IT

· January 19, 2014 at 2:09pm



**Dustin Edwards** Good luck man.

· January 19, 2014 at 5:27pm



**Iron Cowboy**

January 1, 2014 ·

We are athletes.  
We do what we do, no matter what.  
It's in our blood.  
It's who we are.  
We have our own code. ... [See More](#)

Like Comment

Pauline Mayo, Brent B Brown, Becky Gayheart Melville and 93 others like this. [Top Comments](#)

[3 shares](#)

**Jim Walker** That was great



· January 1, 2014 at 12:45pm



**Brittany Chatwin** 2013 was a crazy great story! Wow. Cant' wait to see what 2014 holds:)

· 1 · January 1, 2014 at 7:43pm

[View 2 more comments](#)

2013

HIGHLIGHTS ▾



**Iron Cowboy**

December 25, 2013 ·

Best Christmas Present. Merry Christmas everyone! May 2014 be your absolute best yet.



Like   Comment

Akira Gloria, Helen M. Fisher and 107 others like this.

[Top Comments ▾](#)



**Iron Cowboy** Thanks [Karen Jensen](#) for being the best photographer I know.

· 1 · December 25, 2013 at 11:39am



**Mary Bingham** And the 'beard' is GONE!!! OH GOSH!! 😊

· December 25, 2013 at 1:57pm

[View 6 more comments](#)



**Iron Cowboy**

December 21, 2013 ·

First right back from injury since Sept 22nd. That was super hard to do but I am so glad I did. Now its time to start the rebuild. I am sure this first ride is going to be very humbling.... Merry Christmas everyone.



Like Comment

Akira Gloria, Kathy Newell, Anthony Schaan and 52 others like this. [Top Comments](#)



**Iron Cowboy** Raymond Nahlen its a cyclops trainer and my wheel has a powertap in it.

· December 21, 2013 at 3:51pm



**Iron Cowboy** An ab strain... shut my run down

· December 21, 2013 at 2:06pm

[View 7 more comments](#)



**Iron Cowboy**

December 13, 2013 ·

If you want to hear a little bit about what rolls around in my crazy head... mark your calendars and tune in if you are bored.

**KTLK**  
AM1150  
Saturdays 2pm to 3pm

**RERN**  
Real Estate Radio Network

**R  
A  
D  
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O**

**30 full IRONMAN races**

**NELSON SHOW**

Listen to  
**Iron Cowboy**  
"James Lawrence"

Saturday on  
KTLK AM 1150 2pm

**IRON COWBOY**

Like Comment

Joanne Baxas, Richard Reilly, Trevor Stultz and 33 others like this. [Top Comments](#)

1 share



**Iron Cowboy** Great question James English - pacific time. If they are out of the area people u can get KTLK am1150 on lheart radio.

· December 13, 2013 at 4:09pm



**Jen Small** calendar, marked \*do they live stream on the internet??\*

· December 13, 2013 at 3:20pm

[View 4 more comments](#)



**Iron Cowboy** with Melinda Oldroyd and 4 others.

December 2, 2013 · 🌐

What an amazing weekend at Ironman Cozumel. If you are on the fence about this race you should FOR SURE do it!! One of the BEST on the circuit....Congrats to all the athletes who dominated the winds and rain. The final chapter from some amazing journeys and stories were written on Sunday. The week continues to be off the chain and keeps giving me reasons to return for a 4th time next year.



👍 Like    💬 Comment

Marie Parsons, Shari Smith, Brittany Chatwin and 76 others like this.    [Top Comments](#) ▾



**Iron Cowboy** ✓ I wish Sally Jamieson We will make it back there one day - I promise. Next year will be Whistler Canada, Kona Hawaii and Cozumel Mexico....again 😊

· December 3, 2013 at 8:18am



**Melissa H Smith** So great to see you all down there! Enjoy the rest of your time in the sun!

· December 3, 2013 at 8:36pm

[View 1 more comment](#)



**Iron Cowboy** with Sunny Jo Hatfield Lawrence and 2 others.

November 24, 2013 · 🌐

Look who made the cover of the HITS Triathlon Series Palm Springs athlete guide. Such a fun memory running with my friends Big John, Andy 'click' Compas (one s) and my awesome wife Sunny. Love you guys.



👍 Like    💬 Comment

Rhiannon Olson Jarvis, Melissa H Smith and 98 others like this.    [Top Comments](#) ▾



**Iron Cowboy** ✓ I can't stop smiling - such a great day!

· 5 · November 24, 2013 at 1:26pm



**Iron Cowboy** ✓ Preventing IT pain that could possibly have introduced itself after such a long year. [Barbara Birban](#)

· November 25, 2013 at 6:51am

[View 15 more comments](#)



**Iron Cowboy**

October 21, 2013 · 🌐

Who wants a free water bottle? I was fortunate enough to grab a few giveaways from the Ironman World Championship Expo when I was in Kona last week.

Like this post and a lucky person will win it! A winner will be announced Tuesday afternoon.



👍 Like    💬 Comment

Paula Nystrom, Dan Hyatt, Sergio Garcia Codina and 164 others like [Top Comments](#) ▾ this.



**Iron Cowboy** ✓ Congrats to Josh Cagwin for winning the Water Bottle! I'll message you for your address! Thanks everyone for liking this page and this status.

· 3 · October 22, 2013 at 6:12pm · Edited



**Jim Walker** 30 were talkin 30 bro you the man!!

· 1 · October 21, 2013 at 2:30pm

[View 8 more comments](#)



**Iron Cowboy**

October 12, 2013 · Aloha Kona, HI · 🌐

Kona is a GO!





 Like  Comment

Elene Treasure Hess, Morgan Doane and 89 others like this.

[Top Comments](#) ▾

2 shares



**Jennifer McCrea** Good luck ! Signed Iron Tits

· October 12, 2013 at 10:13am



**Iron Cowboy**

September 27, 2013 · 

Was speaking with Olympic gold medalist Peter Vidmar today and we joked about possibly one of my favorite pictures from 2012. St George 2012... a race that will go down in **IRONMAN** history.



 Like  Comment

Akira Gloria, Callie Cole, Virgle Odekirk and 56 others like this.

[Top Comments](#) ▾

1 share



**Liberty Hatfield Mason** Yeah! What a great picture of a lady enjoying her hot dog!! DEFINITELY one for the history books!

·  1 · September 27, 2013 at 5:15pm



**Teresa Corry** Took your hat, took your skirt, -- Sunny, it takes a man with a lot of confidence to run like that for you.

·  1 · September 27, 2013 at 11:36pm

[View 4 more comments](#)



**Iron Cowboy**

September 27, 2013 · 🌐

It has been a while since I have done a blog post.... thought IM Lake Tahoe was worth writing about. <http://iron-cowboy.com/ironman-lake-tahoe-how-the-crap-did.../>



👍 Like    💬 Comment

Justin Wilde, Jamie Whitworth, Michael Lassig and 40 others like this.

[Top Comments ▾](#)

1 share



**Joseph Robert Lee** What a great write-up! James Your a brave and courageous man. I registered for IM Tahoe in 2014 and your write-up has me pumped up and scared to death 😊

👍 3 · September 27, 2013 at 1:03pm



**Willie Gillespie** Great Job Cowboy!!

· September 27, 2013 at 12:16pm

[View 10 more comments](#)



**Iron Cowboy**

September 20, 2013 · 🌐

Not my normal attire for an Ironman but this one is gonna be a bit chilly. Excited to be racing Ironman Lake Tahoe on Sunday after almost a year away from this distance. [#stillgetexcited](#) [#stillgetnervous](#) [#alwaysrespectthedistance](#)



Like Comment

Akira Gloria, Julie Farley and 85 others like this.

Top Comments ▾



**Sunny Jo Hatfield Lawrence** Just James! My next race in Nov.

· 1 · September 21, 2013 at 5:06pm



**Aaron and Morgan Shamy** You are at Aaron and Morgan's favorite place in the world!!! Good luck this weekend, sending good race vibes your way 😊

· September 20, 2013 at 10:07pm

[View 13 more comments](#)



**Iron Cowboy**

September 8, 2013 · 🌐

James the Iron Cowboy finishes the 2013 70.3 Ironman World Championships in Las Vegas!



Like Comment

Sue Hayes, Paige Danielle Light, Janice Collingridge and 154 others like this.

Top Comments ▾

3 shares



**Christi Liddell-Keiser** A nice job Iron Cowboy!

· 1 · September 8, 2013 at 1:17pm



**Kathy Marie Howell** Congratulations!

· September 8, 2013 at 1:24pm

[View 8 more comments](#)



**Iron Cowboy**

September 8, 2013 · 🌐

Just finished the swim. Now onto the bike!

At the 70.3 Ironman World Championships in Las Vegas.



Like Comment

Marcia Sobony, Jennifer Christensen Karns, Tyonne McCall Robinson and 97 others like this.

[Top Comments](#) ▾

18 shares



**Kathy Marie Howell** Looking good!

· September 8, 2013 at 8:14am



**DownTown Kerry Brown** Make it happen man!

· September 8, 2013 at 12:20pm



**Iron Cowboy**

September 7, 2013 ·

In Vegas to race in the 70.3 Ironman World Championships! Best fans in the world!



Like Comment

Arwen Heather Rogers, Marcia Sobony, Tyonne McCall Robinson and 156 others like this.

[Top Comments](#) ▾



**Sunny Jo Hatfield Lawrence** It took like 20 sec to take the picture. I think it is a look of, "What is taking so long for the pic?!?! Ha ha!

· September 7, 2013 at 9:13pm

[View 12 more comments](#)



**Iron Cowboy**

August 23, 2013 ·



Fastest Half in the west @racetri tomorrow. Bib #1 - check.... team party -

check. Themed facial hair - check. Let's race!



Like Comment

Sharee Cates Grazzini, Arwen Heather Rogers, Dymon Brady and 45 others like this. [Top Comments](#)

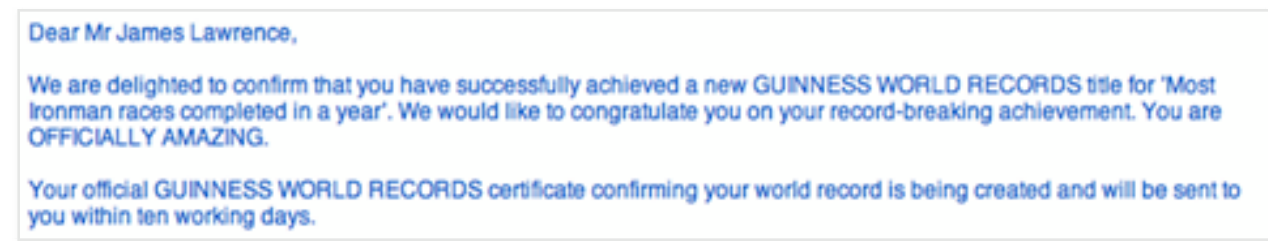
-  **Iron Cowboy** Haha you love me sister [Sandra Lavery](#)  
· August 23, 2013 at 1:48pm
-  **Iron Cowboy** We Will be there tonight to volunteer [Kelly Jones](#). I will also be setting the swim course.  
· August 23, 2013 at 11:02am

[View 6 more comments](#)

 **Iron Cowboy**  
August 11, 2013 ·

Got a great e-mail from Guinness this week. Wanted to wait to post this video until it was off official.... Thank you [Filmingo Films](#) for putting it together. 30 x 2012 No Goal Too Big - What's Next?


<https://www.youtube.com/watch...>



Like Comment

AnnaMarie Emfield Miller, Rina Martin, Katie Mitchell Warner and 128 others like this. [Top Comments](#)

21 shares

-  **Andy Compas** Guinness is just now figuring out that you are Amazing??  
[#betterlatethannever](#)  
· 1 · August 11, 2013 at 6:56pm

[View 25 more comments](#)

 **Iron Cowboy** with [James Lawrence](#) and [Sunny Jo Hatfield Lawrence](#).  
August 10, 2013 ·

What a fun day. Huge congrats to all team cowboy peeps who raced today and a special congrats to Lucy (10) and Lily (9) for finishing their first full sprint tri in open water!



Like Comment

Joycelyn Cespedes Tross, David Black and 113 others like this.

[Top Comments](#)

2 shares



**Teresa Corry** Swimmers, bikers, runners and NOW KNITTERS! (HEE HEE!)

1 · August 12, 2013 at 5:34pm



**Dallas Makin** They did awesome!! I lost count of all the adults that Lucy beat, more than a dozen!!

2 · August 10, 2013 at 12:48pm

[View 14 more comments](#)



**Iron Cowboy** with Ashley Jensen Paulson and 8 others.

July 27, 2013 ·

Finish Line photo. First time a co-ed team has won the overall title. Super fun weekend!



Like Comment

Holly Miller Foote and 122 others like this.

[Top Comments](#) ▾

2 shares



**Karen Harvie Jensen** Of course you guys won !!!

· 3 · July 27, 2013 at 4:00pm



**Lewis Nuttall** You guys are awesome. When are try outs for next years team?

· 2 · July 27, 2013 at 6:52pm

[View 13 more comments](#)



**Iron Cowboy**

July 27, 2013 ·

What a crazy 24 hours at the Saints to Sinners bike relay. Up, down, calm, windy, dropped, caught back up, flats and every scenario in between. We worked like a real team and battled all the way to the finish for the mixed 10 person team...oh and the OVERALL win! [#justforfun](#) [#saintstosinners](#) [#waybetterthanarunrace](#) Congrats to all everyone who played and cheered all day and all night long.



Like

Comment

Marie Kozak, Allison Matson, Dick Pearson and 45 others like this.

[Top Comments](#) ▾



**Iron Cowboy** Ha you're right, We don't. This was the start line. Will try and find the very excited finish shot!

· July 27, 2013 at 1:27pm

1 Reply



**Heather Linares** you guys don't look very excited... 😊

· 1 · July 27, 2013 at 1:25pm

[View 2 more comments](#)



**Iron Cowboy**

July 21, 2013 ·

This cowboy is going to Vegas!



2013 Ironman World Championship 70.3 at  
your registration to compete is confirmed.

complete the online registration process. Beg  
Follow the link to "Register". You will have u  
se make certain you do not lose this letter, as y  
have prepaid your entry fee).

Like Comment

Sharon Steger, Scott Burr and 147 others like this.

Top Comments ▾



Colysta Brill and on your birthday..

July 21, 2013 at 6:27pm

View 12 more comments



Iron Cowboy

July 21, 2013 · 🌐

This definitely applies to me today. Always humbling to race! Way to go everyone! Laying on the ground in a fetal position. Much work to do!



Like Comment

Joycelyn Cespedes Tross, Kristen Mapplebeck Leo and 53 others like this.

Top Comments ▾

3 shares



Jen Small ha! but you were still awesome no matter what!!

1 · July 21, 2013 at 3:05pm



Rick van Tuyl Story of my life.

July 21, 2013 at 4:25pm

View 2 more comments





**Iron Cowboy**

July 21, 2013 · 🌐

Never try anything new on race day....or yes please! A muscle shake! That sounds like it can only help me. @lakestevens70.3 Ironman Triathlete



👍 Like    💬 Comment

Ryan Carter, Jeannie Gilbert, Ryan Durrant and 12 others like this.    [Top Comments ▾](#)



**Trevor Stultz** There should be a Cowboy Monster - filled with awesomeness!

· July 21, 2013 at 5:42am



**Sandra Lawrence Lavery** Yes!

· July 21, 2013 at 9:43am

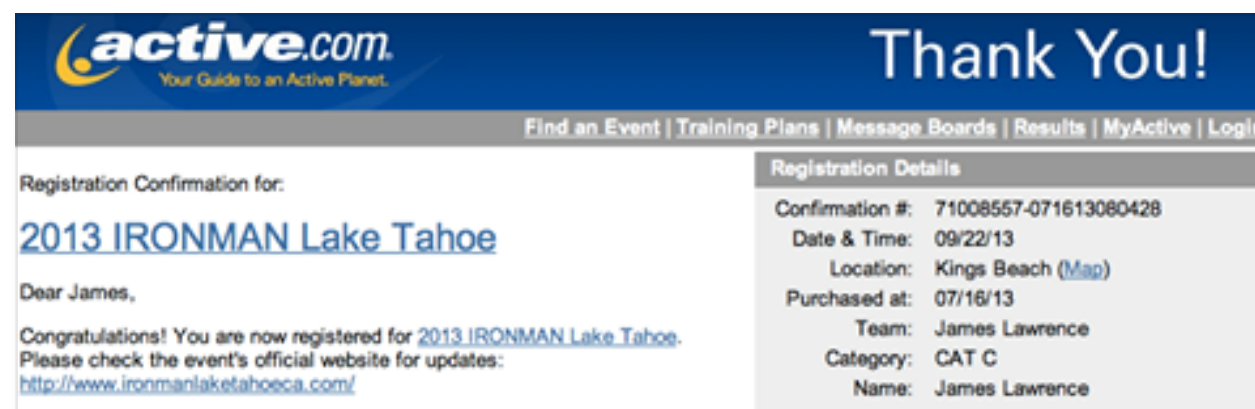
[View 1 more comment](#)



**Iron Cowboy**

July 16, 2013 · 🌐

Just got registered! 10 weeks! Ready set GO!



👍 Like    💬 Comment

Brent B Brown, Lonny Woolbright, Brittany Chatwin and 44 others like this.    [Top Comments ▾](#)



**Iron Cowboy** 🟩 Raising money for Team In Training. Go Team!

· July 17, 2013 at 9:19pm



**Trevor Stultz** #BEAST

· July 16, 2013 at 8:19am

[View 9 more comments](#)



**Iron Cowboy**

July 13, 2013 · 🌐

Huge congrats to two of team Cowboys finest with a double win today. Sprint and Olympic champs in Huntington. Way to go Carlee and Natalie!



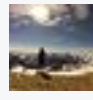
Like Comment

Laura Petersen Anderson, Roryand Nichole Burke, Michael Moody and 38 others like this. [Top Comments](#)



**AnnaMarie Emfield Miller** That's my hometown! I went last year but couldn't make it this year.

· December 2, 2013 at 7:33pm



**Michael Moody** Congrats to both you two!!! Very, very speedy!

· July 21, 2013 at 10:14am

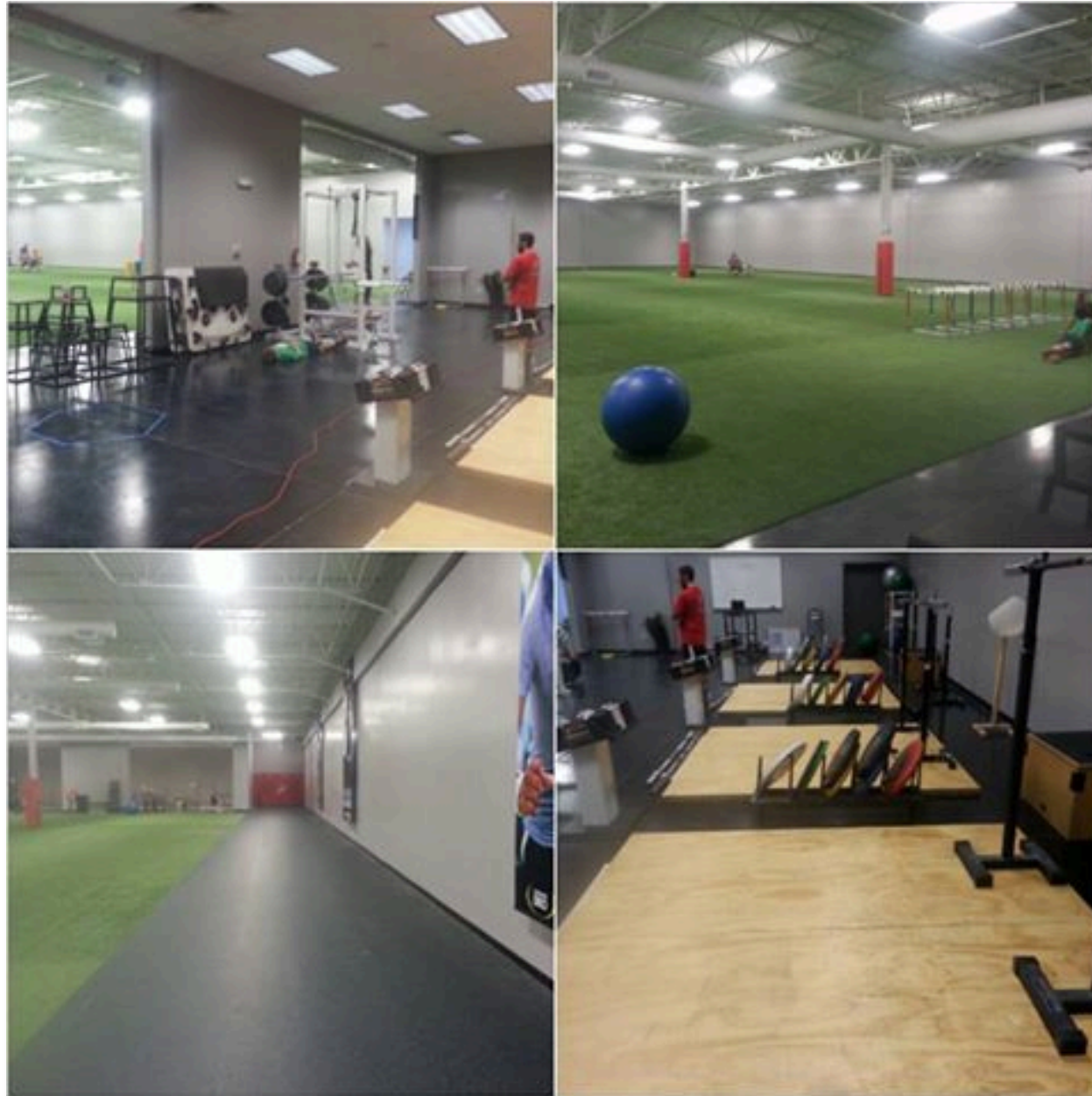
[View 3 more comments](#)



**Iron Cowboy**

July 10, 2013 ·

Finally! A great gym to work out of. Let the fun begin. Velocity Sports Performance.



Like Comment

Margee Yeager, Sean Yeager-Diamond, Steven Osani and 25 others like this. [Top Comments](#)



**Sunny Jo Hatfield Lawrence** WE WANT BOOT CAMPS!!!

· 1 · July 10, 2013 at 8:27pm

 **Teresa Corry** Ready, set, go my friend!

· July 10, 2013 at 8:48pm

[View 1 more comment](#)



**Iron Cowboy** updated their cover photo.

July 10, 2013 ·



Like Comment

Dimiter Gradev, Jennifer Christensen Karns, Sushanth Reddy and 54 others like this.

[Top Comments](#) ▾



**Angi Farrugia** Awesome!

· July 10, 2013 at 3:42pm



**Dallas Makin** I want to squeeze my name in there somewhere 😊

· July 10, 2013 at 12:20pm



**Iron Cowboy**

June 19, 2013 ·

Who is going to be at IM CDA this weekend? I will be there spectating and want to make sure I send YOU some love! Who's in and ready to rock it???



Like Comment

Te Koi Smith, Curtis Van Aken, Tiffani Coats and 38 others like this.

[Top Comments](#) ▾



**Iron Cowboy** You're breaking 12 Mr Gray...I know you coach and he says so 😊

· 2 · June 19, 2013 at 7:39pm



**Iron Cowboy** I'm scared to do anything with the Brazil IM CHAMPION! Yes she is folks - @sonja!

· June 19, 2013 at 8:46pm

[View 15 more comments](#)



**Iron Cowboy** updated their cover photo.

June 10, 2013 ·



Like Comment

Fuica Daniel, Paweł Bachanowski, Enrique Cubillo and 30 others like this.



**Iron Cowboy** with Kyle Woodruff and James Lawrence.

June 8, 2013 ·

Great day at the [Utah Valley Marathon](#) today. Managed a PR on the half and Sunny hung tough in the full. Thanks to Kyle W. who helped me through some tough sections. Thanks [ASEA](#) for the amazing support and constant belief in what I do. I am blessed and happy beyond words!



Like Comment

Petra Kaltnekar Gaberc, Robert Schwenkler, David Black and 91 others like this.

[Top Comments](#) ▾



**Iron Cowboy** @teresa corry. It means personal best. And if you ran your personal best on that day you get to ring the bell!

· 1 · June 9, 2013 at 3:20pm



**Iron Cowboy** If I was doing the marathon I would have used the Torins...maybe...I REALLY like the ones!

· June 8, 2013 at 6:08pm

[View 7 more comments](#)



**Iron Cowboy**

June 6, 2013 ·

Decisions decisions.... marathon on Saturday.... The One or The Torin...  
@altra



Like Comment

Robyn V Peterson, Colleen Logan, Derrick Tornow and 16 others like [Top Comments](#) ▾ this.



**Iron Cowboy** ✓ Yes I am. If you've worn the intuitions you will be just fine to wear the Torins. I wore many Altra shoes for the first time in an Ironman last year. @heidi

· 1 · June 6, 2013 at 8:48pm



**Eisel AndBook** One of each?

· 1 · June 6, 2013 at 8:32pm

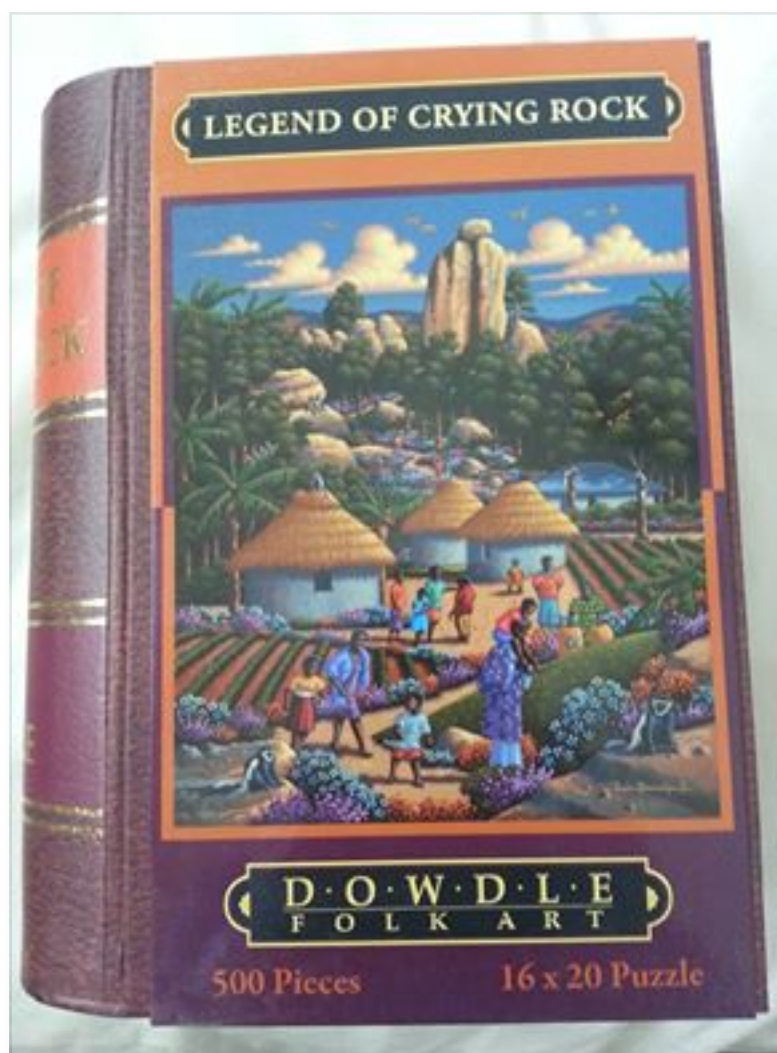
[View 21 more comments](#)



**Iron Cowboy**

June 2, 2013 ·

First person who can tell me the finish time from my 24th Ironman of 30 in 2012 wins this Eric Dowdle 500 piece puzzle (which was done for our charity @quietway). My athletes can't play 😊 Ready set go.



Like Comment

Juan Oscar Brizuela, Marie Kozak, Brittany Chatwin and 5 others like this. [Top Comments](#) ▾

2 shares




**Iron Cowboy** ✓ Winner!! Messge me with your address Jody Genessy

· 1 · June 2, 2013 at 7:45pm

1 Reply



**Iron Cowboy**  nope keep guessing.....

· June 2, 2013 at 7:33pm

[View 7 more comments](#)



**Iron Cowboy** with James Lawrence.

May 28, 2013 · 


Had fun signing shirts and congratulating the students at Oak Canyon middle school who completed the 'Lazy man Ironman' way to go everyone.



 Like  Comment


Sharon Casey, Sami Chivers Turner, Davis Huber and 33 others like [Top Comments](#) ▾ this.



**Iron Cowboy**  If you send me a message I can send you the check off sheet.

· May 29, 2013 at 8:51pm



**Iron Cowboy**  These kids covered the ironman distance over the course of the semester. As they did the meters and miles they checked em off until they were 'Ironmen!'

· May 29, 2013 at 5:13pm

[View 9 more comments](#)



**Iron Cowboy**

May 26, 2013 · 

It was that kind of a good weekend. Thanks to everyone who trained with us in Coeur D'Alene. Thanks for sharing your city with us. See you in 4 weeks!



Like Comment

Gabriel Alejandro Meyer, Rina Martin, Sherry D Perkins and 37 others like this.

[Top Comments](#) ▾



**Iron Cowboy** ✓ The water was 55 but felt really good. It was cold on the bikes Friday... but What a beautiful area!

· 2 · May 26, 2013 at 5:04pm



**Susan Haag** I will be there too!

· May 26, 2013 at 6:58pm

[View 4 more comments](#)



**Iron Cowboy** with [Kristi Monks Stocking](#).

May 25, 2013 · Coeur d'Alene, ID ·

Ironman Coeur D'Alene Training. This just happened!



Like Comment

Gabriel Alejandro Meyer, Rina Martin, Missey Iverson and 48 others like this.

[Top Comments](#) ▾



**Iron Cowboy** ✓ 55! Felt awesome

· 2 · May 25, 2013 at 4:21pm



**Chris Eaves** That's exactly what I hope the water looks like on race day. Stay just like that.

· 1 · May 25, 2013 at 4:04pm

[View 4 more comments](#)



**Iron Cowboy** with [Christopher Parkins](#) and 3 others.

May 18, 2013 ·

Ready to rock the 70.3!



Like Comment

Mark H. Wilson, Arwen Heather Rogers and 52 others like this. [Top Comments](#) ▾



**Chris Shurian** Mother.... We swam 1.2, biked 56 and ran 13.1... I would agree that swimming 70 miles would be crazy...

3 · May 18, 2013 at 3:23pm



**Jared Lees** I would like to thank McGyver for the duct tape which held an unfortunate tear in my wet suit.

· May 26, 2013 at 11:27pm

[View 3 more comments](#)



**Iron Cowboy** updated their cover photo.

May 15, 2013 ·

Running in the [Altra Running](#) 3-sum triathlon shoe. I live in a beautiful place and run in beautiful shoes!!



Like Comment

Fuica Daniel, Jan Čech, Enrique Cubillo and 58 others like this. [Top Comments](#) ▾

1 share



**Derrick Tornow** Nice form...

· May 22, 2013 at 7:48pm



**Erica Roberts Malerby** Beauty of a shot. You make a great poster boy!

· May 15, 2013 at 7:18pm

[View 3 more comments](#)



**Iron Cowboy** with [James Lawrence](#) and [Sunny Jo Hatfield Lawrence](#).

May 11, 2013 ·



This yarn strung out represents 25 meters. My two oldest are doing an **IRONMAN** summer break. So far they have biked 11 miles, Run 6 and today they swam 350 meters. #wannabelikemomanddad



👍 Like    💬 Comment

Amara Vadee Hulslander, Janie Golden Waits, Elaine Flowers Phillips and 76 others like this.

[Top Comments](#) ▾



**Iron Cowboy** ✓ Join the challenge. DM me with your e-mail and I can send you the 'check off' chart

· 👍 2 · May 11, 2013 at 5:39pm



**Iron Cowboy** ✓ Of course! And a backpack... I have a few 😊

· 👍 1 · May 11, 2013 at 5:37pm

[View 12 more comments](#)



**Iron Cowboy** with James Lawrence.

May 9, 2013 · 🌐

Ironman 70.3 St. George Utah casualty..... gone for the season!



👍 Like    💬 Comment

Dana Eakins, Natalie Monks Bobik, Brittany McEachern and 41 others like this.

[Top Comments](#) ▾

1 share



**Sonja Wieck** Oversharing

· 👍 2 · May 9, 2013 at 8:40pm

1 Reply

[View 36 more comments](#)



**Iron Cowboy** with James Lawrence.

May 6, 2013 · 🌐

It was announced today that [Sunny Lawrence](#) and I would both be the white rabbits at the [racetri](#) Salem Springs triathlon June 1st. This is where we get a small headstart and anyone that catches us wins a price. My daughter asked "isn't that going to be hard to swim in a rabbit costume" Ha ha. Cant wait.



👍 Like    💬 Comment

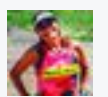
Gabriel Alejandro Meyer, Elene Treasure Hess, Peg Coats and 66 others like this.

[Top Comments](#) ▾



**Iron Cowboy** ✓ Prize....not price...

· May 6, 2013 at 12:22pm



**Jeannete Sorensen Hickok** Haha, that's funny, bunny!! 😊

· May 6, 2013 at 12:44pm

[View 8 more comments](#)



**Iron Cowboy** with Ashley Jensen Paulson and 3 others at

📍 [IRONMAN St George 70.3](#).

May 4, 2013 · 🌐

The perfect day! Best weather, perfectly executed by [@st Ironman 70.3 St. George Utah](#) race. Huge success for team [Iron Cowboy](#)! Thank you St George for all the love and support and congrats to all the racers today. Qualified for Worlds but didn't claim my spot. ...oops!



Like Comment

Gabriel Alejandro Meyer, Lari Johnson, Kristie Boltz and 127 others [Top Comments](#) like this.

[1 share](#)



**Judy Markel** very exciting  
· May 4, 2013 at 8:35pm

[View 10 more comments](#)



**Iron Cowboy** updated their cover photo.  
April 29, 2013 ·



Like Comment

Jesse Knight Tolar, Gabriel Alejandro Meyer, Faith Ann Morrell and [Top Comments](#) 37 others like this.



**Becky Gayheart Melville** Some one told me there are leaches in Sand Hollow.....just sayin'.... Good luck and have a great time!  
· April 30, 2013 at 1:49pm



**Kelly Jones** I'm gonna barf if everyone keeps posting these reminders! 😊  
· April 29, 2013 at 4:17pm

[View 2 more comments](#)



**Iron Cowboy**  
April 27, 2013 ·

By popular request - Lance was just replaced by a real hero!



Like Comment

Robin Peterson, Richard Reilly, Teresa Corry and 121 others like this. [Top Comments](#)



**Iron Cowboy** [Maria S. Koenig-Caple](#) You are one of my heros. Let's keep in mind there are three lance... the philanthropist, the athlete and the destructive liar. I am smart enough to separate the three and proudly wear my LIVESTRONG gear!! I badly want you to kick cancers ass and dominate everything you do. Love you!!

4 · April 27, 2013 at 12:00pm



**Kate Kent** Love it!!

· April 27, 2013 at 3:07pm

[View 14 more comments](#)



**Iron Cowboy** with James Lawrence.

April 27, 2013 · 🌐

Last day of ling heat training for Ironman 70.3 St. George Utah US Champs. Bring on May 4th.



Like Comment



**Iron Cowboy**

April 23, 2013 · 🌐

Success! This is the photo of my buddy today who was hit by a car over the weekend on his bike. Because of the accident they discovered a brain tumor and operated.... he is doing great and already planning his return to

his bike - Alex Rudd, you are the man!



Like Comment

Gary Dodge, Александр Чуриков-, Tim Atchley and 274 others like this. [Top Comments](#)

2 shares



**Jason Bennett** Wow!!! Talk about being blessed. The first person in the history of riding to be thankful for being hit by a car. He will be in my thoughts and prayers!!!

5 · April 23, 2013 at 3:37pm



**Bryce Jones** WOW. That is a miracle that they found it! Tragedy turns into a blessing. What a story and glad it has a happy ending!

5 · April 23, 2013 at 3:02pm

[View 36 more comments](#)



**Iron Cowboy** with James Lawrence and Brian R Bailey.

April 16, 2013 ·

WOW! A childhood dream came true for me today. I grew up going to wrestling matches with my dad and Uncle Brian. Brian Bailey hooked me up with a real legit championship belt for doing 30 [IRONMAN HITS Triathlon Series](#) races in 2012. Thank you a million times. I just can't seem to wipe the smile off my face.




Like Comment

Bryan Vohs, Dustin Vohs, Marie Kozak and 173 others like this. [Top Comments](#)

2 shares




**Iron Cowboy**  Morris Champagne - I am sorry I offended you in some way by sharing some excitement in my life. I did not mean to offend. If you are referring to what happened in Boston that was indeed sad and tragic. However I will not let this act of terror scare... [See More](#)

·  11 · April 16, 2013 at 7:30pm

 2 Replies



**Iron Cowboy**  Stop by [Eli Kerr](#). The pic no where near does it justice!

· April 16, 2013 at 6:04pm

[View 20 more comments](#)



**Iron Cowboy** with [Jared Lees](#) and [4 others](#).

April 13, 2013 · 

Great day today at the [T3 Triathlon](#). I managed 3rd overall and my beautiful wife took 2nd overall for the ladies. Carlee dominated and took the overall woman's title. Congrats to Aarron and [Casey Robles](#) for the 1-2 finish. Congrats to all the participants. Awesome race Shaun Christian, thank you!



 Like

 Comment

[Jade Ginger](#), [Gloria Navarro Huerga](#), [Julie J Teerlink](#) and [102 others](#) [Top Comments](#)  like this.

1 share



**Carlee Lilley Tulett** What the iron cowboy FAILED to mention (because he loathes excuses!) is that his back brake was stuck the whole time, and he was pushing about a gazillion watts. No joke!!!!

·  7 · April 13, 2013 at 6:03pm

 1 Reply



**Heather Tenney English** Good job [Sunny Lawrence](#)! What were you nervous about?!

·  3 · April 13, 2013 at 5:24pm

[View 13 more comments](#)



**Iron Cowboy**

April 6, 2013 · 

Today was a much better day than yesterday. No run ins with cars! Everyone had GREAT day. Huge brick work in the books. I would say Team IronCowboy is almost ready for the US Champs in St George!! [IRONMAN 70.3](#) here we come. Update on our girl that was hit yesterday - no need for surgery!! 4 weeks off of her legs.... she will be back stronger and faster than ever. Thank you for all the love and energy sent her way!



Like Comment

Ant Jennings, Diana Glade and 88 others like this.

[Top Comments](#) ▾



**Susan Clavin** Good to hear she is ok

· April 6, 2013 at 8:57pm



**Iron Cowboy**

April 5, 2013 ·

One of my dear athletes was hit by a car today in St George in our training ride. She is tough as nails!! Luckily only a broken ankle and a few tears this close to the 70.3 event here.....maybe [IRONMAN](#) will take care of her.... Headed to surgery now. Be safe out there guys. She was most mad that she was hit at mile 73 of our 74 mile ride and couldn't finish the ride. Dedicated!!!



Like Comment

Helen M. Fisher, Samantha Chipman, Melinda Oldroyd and 86 others like this.

[Top Comments](#) ▾

2 shares



**Nikola-Jane Entwistle Peisley** That's awful she got hit! I have a lot of respect for these hard working athletes out on the roads. Lets remember though to not make blanket statements about driving in certain cities - St George is a great place to ride plus there are a lot of visitors driving around here constantly!! Hope she has a speedy recovery and can get back to it!

· 2 · April 5, 2013 at 8:53pm

[View more comments](#)

1 of 52



**Iron Cowboy**

April 4, 2013 · 🌐

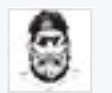
I can't think of a better start to my BIRTHDAY WEEKEND. Cant wait to ride this new ROCKET! Hurry guys... get down here. LIFT Wheels [Lizard Skins](#)



👍 Like    💬 Comment

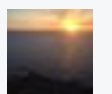
Kevin Chatwin, Maurine Cope Hatfield and 77 others like this.

[Top Comments](#) ▾



**Iron Cowboy** 🟦 I know right [Tim Vest](#) It has been my dream bike for a while now. I am blessed to be happy, healthy and now this bike...oh man.

· April 4, 2013 at 8:21am



**Steve Gray** Wow

· April 4, 2013 at 8:44am

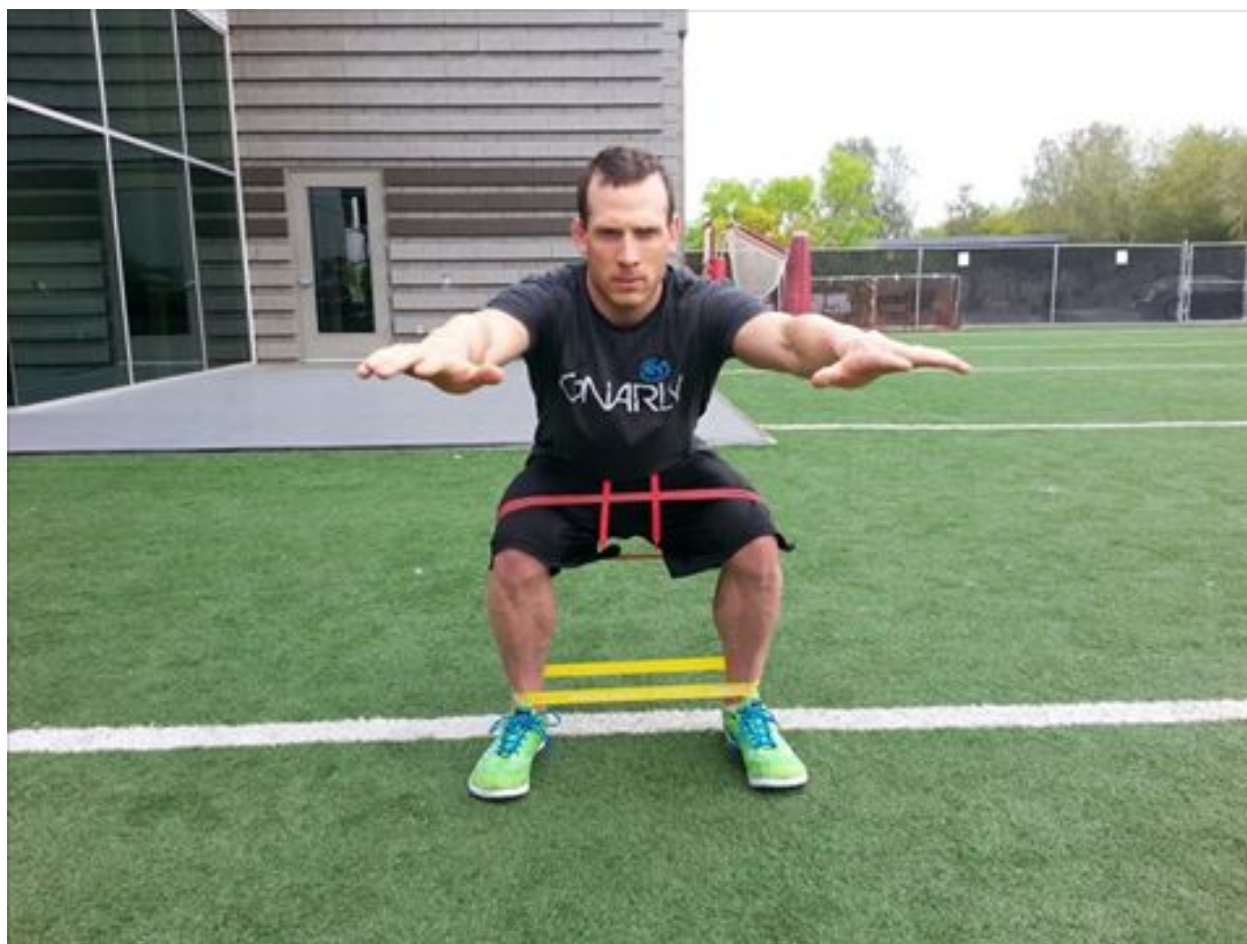
[View 19 more comments](#)



**Iron Cowboy**

March 30, 2013 · 🌐

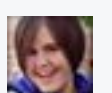
It's the little things that pushes you past the competition. What little things are you doing that your comp isn't? Or is that a secret 😊



👍 Like    💬 Comment

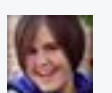
Grace Kim, Diane Peterson and 33 others like this.

[Top Comments](#) ▾



**Mary Bingham** Ok ok [James](#)...I see your point...We can feel bad for the competition all we want...but when we race as a team...WE KICK THOSE SUCKA'S BUTT'S GOOD BYE!!! 😊

· 👍 1 · March 30, 2013 at 6:16pm



**Mary Bingham** [James English](#)...When is competition ever supposed to be fair?!!! It's called competition for a reason...

· 👍 1 · March 30, 2013 at 4:01pm



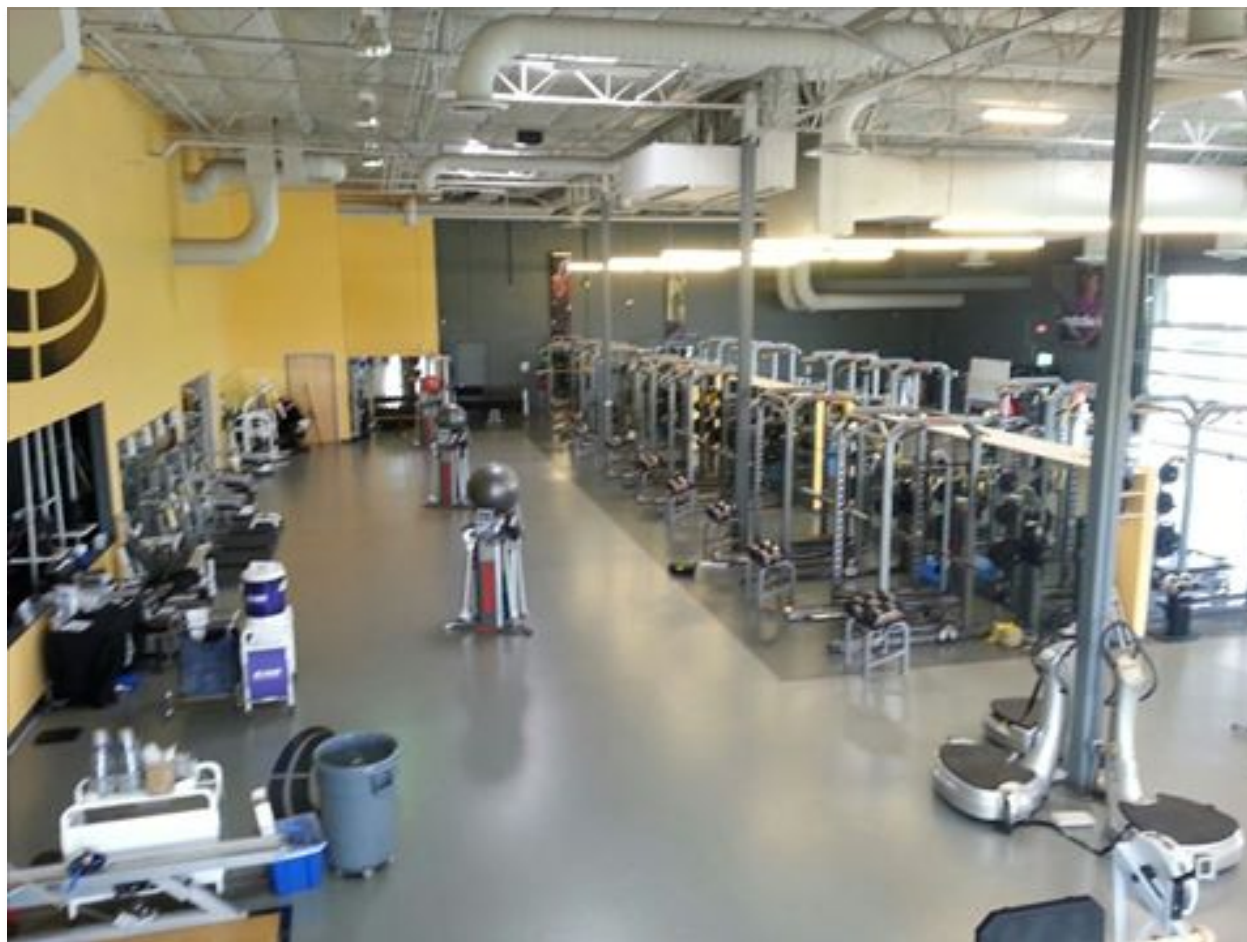
[View 15 more comments](#)



**Iron Cowboy** at [Athletes' Performance](#).

March 30, 2013 ·

In AZ getting some training and awesome education!



Like Comment

Christina Chatwin Balzly, Camille Brown Durrant, Jeanine Gardiner [Top Comments](#) and 21 others like this.



**Mary Bingham** Dang Sweetness coach! Who were you workin with?

· March 30, 2013 at 4:04pm



**Kristi Monks Stocking** Jealous!

· March 30, 2013 at 1:41pm

[View 2 more comments](#)



**Iron Cowboy** with [Sunny Jo Hatfield Lawrence](#).

March 28, 2013 ·

Working on a new aero design... what do you think?



Like Comment

Jennifer Jeppson Wilson, Becca Nieporte Farrer, Tia Roylance Barney and 37 others like this.



**Marion Corbin Mayer** zombie unicorn Apocalypse??

· March 28, 2013 at 6:33pm



**Sandra Lawrence Lavery** Wow

· March 28, 2013 at 6:05pm

[View 5 more comments](#)



**Iron Cowboy** with Chris Taylor and 10 others.

March 23, 2013 · 🌐

Killer winds today! Best warm up for our 13 mile run! Thanks guys for an awesome weekend here in St George.



👍 Like    💬 Comment

ASEA, A Sea of Diamonds, Independent Associate, Melissa H Smith, Brittany Chatwin and 27 others like this.

[View 3 more comments](#)



**Brittany Chatwin** Thanks for all the support and fun coach!!! Great training weekend!!!!

March 24, 2013 at 12:08pm · 👍 1



**Sunny Jo Hatfield Lawrence** Ha ha ha!!! Becky!!! It was SO FUN!!!!

March 24, 2013 at 5:30pm ·



**Iron Cowboy** with Chris Taylor and 14 others.

March 22, 2013 · 🌐

Perfect day! Blessed to coach so many awesome people. Honored to call them all friends. So much fun to play all day in the sun!



👍 Like    💬 Comment

Rina Martin, Mauricio O. Linares, Marci Richman Lamoreaux and 40 others like this.

[1 share](#)



**Iron Cowboy** updated their cover photo.

March 19, 2013 · 🌐



👍 Like    💬 Comment

Jessee Knight Tolar, Diane Peterson, Eli Kerr and 19 others like this.



**Eli Kerr** I want this pic

March 19, 2013 at 7:25pm ·



**Iron Cowboy**

March 19, 2013 · 🌐

Fun team swim today! Thanks Dave for stepping in as assistant coach today. Everyone got faster today.



👍 Like    💬 Comment

Cherie Winger-Lavin, Kelly Bandfield, Tomo Clrk and 11 others like this.



**Iron Cowboy**

March 15, 2013 · 🌐

HA HA!



Like Comment

Enrique Morales, Kevin Chatwin, Arwen Heather Rogers and 314 others like this.

249 shares

View 22 more comments



**Nicola Lowry** Funny!

March 16, 2013 at 11:23pm ·



**Ryan Beavon** Absolutely Brilliant and I can relate. You didnt have those sorts of problems though Wilson. You would still ride 170km after a big night out. Don't know how you did it !

March 17, 2013 at 7:02pm ·



**Iron Cowboy**

March 14, 2013 ·

Just finished my long run in the hills. Ouch!!! Oh hello friends!!! TriggerPoint Performance Altra Running St. George, Utah Ironman 70.3



Like Comment

Seth Saunders, Gabriel Alejandro Meyer, Brian Gilmour and 35 others like this.

View 3 more comments



**Adrian Brown** At first glance, I thought I saw a shake-weight!

March 14, 2013 at 5:30pm · 1 Like



**Iron Cowboy** added a new photo.




March 13, 2013 ·




Like Comment

Enrique Morales, Jeanine Gardiner, Vikramaditya Poddar and 68 others like this.

[View 10 more comments](#)

 **Iron Cowboy**  Craig Stevenson....too easy, but sounds fun....Toby Dougal and I will also conquer @Norseman if they'll have me.  
March 13, 2013 at 8:59pm ·  1

 **Toby Dougal** Yeah buddy!!!! Maybe not this year but it is on my 2do list  
March 14, 2013 at 6:39am ·

 **Iron Cowboy** with James Lawrence.  
March 10, 2013 · 

The perfect morning!




Like Comment

Charles Mortensen, Paul Burke, Nancy Christensen and 88 others like this.

[2 shares](#)

[View 7 more comments](#)

 **Mary Bingham** Sweet warmness!!!! But Mtns with a Tri Bike???  
March 11, 2013 at 6:50pm ·

 **Mary Bingham** Oh wait...that's a mtn cannondale 😊  
March 11, 2013 at 6:51pm ·



**Iron Cowboy** with James Lawrence.

March 9, 2013 · 🌐

Another FANTASTIC training day in St. George on the course. Peter Vidmar is gonna be a threat out there in May. Brought the Ellsworth Handcrafted Bicycles out of retirement for this one! LIFT Wheels CycleOps Power



👍 Like    💬 Comment

Matthew Waldron, Syamsul Bahtiar, Ellen Sokolow and 35 others like this.

[View 14 more comments](#)



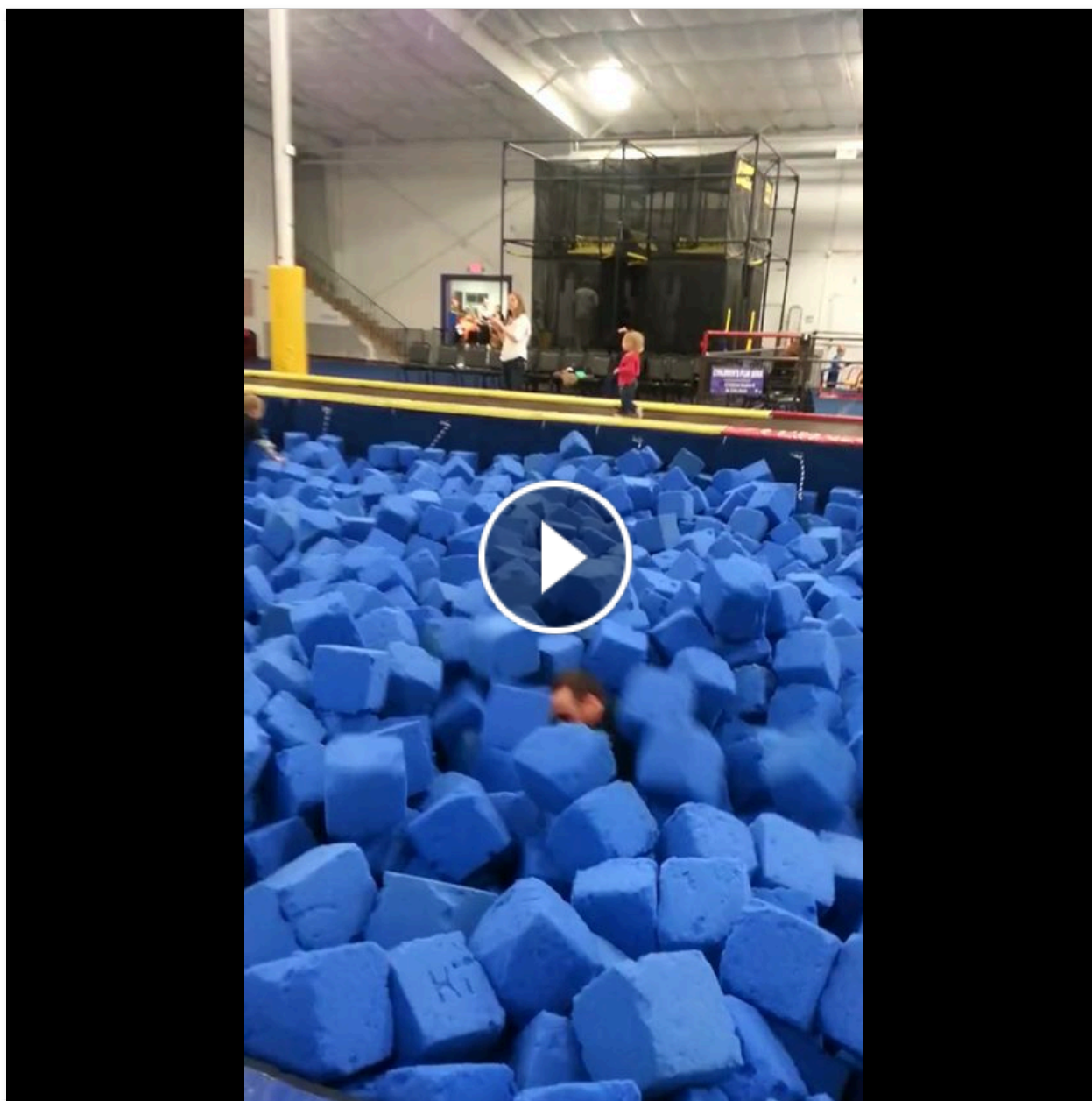
**Judy Markel** Oh look, a lost bike

March 10, 2013 at 8:34am ·



**Iron Cowboy**

March 4, 2013 · 🌐



👍 Like    💬 Comment    ➦ Share

Jennifer Shipp Graham, Arwen Heather Rogers, Lara Holmested and 24 others like this.

[View 1 more comment](#)



**Iron Cowboy** I think next time I will try a triple.... I think I can do it!

March 6, 2013 at 7:33am · 👍 2



**Mary Bingham** GREAT FUNNESS!!! I'd so do a triple!

March 11, 2013 at 5:57pm ·



**Iron Cowboy** with James Lawrence.

February 28, 2013 · 🌐

Killer day mountain biking in St. George with friends. Thanks J. Rose and Heath Haacke for showing me how it is done! #bestcrosstraining



👍 Like    💬 Comment

Michael GM Reynolds, Cassie McMahon and 64 others like this.

[View 2 more comments](#)



**Barbara Birban** spectacular pic!!! another painting one

February 28, 2013 at 4:13pm · 👍 1



**Judy Markel** it looks warmer there than it is here

February 28, 2013 at 5:49pm ·



**Iron Cowboy**

February 24, 2013 · 🌐

Anyone know where I can get a set up like this one?



👍 Like    💬 Comment

Mary Bingham, Morgan Brantley Adair and 42 others like this.

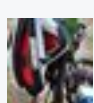
[1 share](#)

[View 2 more comments](#)



**Rob Johnston** Only a cowboy could push a gear like that!

February 24, 2013 at 11:52am ·



**David Smith** Looks like a 153/11. Spin that at 8 RPMs- nice!

February 24, 2013 at 12:58pm ·



**Iron Cowboy** with James Lawrence.

February 20, 2013 ·

For those that are interested there will be a small feature on my journey and my day with Dayton on channel 2 @ 10 tonight. Was surprised with a 'pay it forward' bonus. Honoured and humbled. Thank you!



Like Comment

Gabriel Alejandro Meyer, Arwen Heather Rogers, Myron Mckee and 93 others like this.

2 shares

View 6 more comments



**Ryan Grover** Yehaw brutha!

February 21, 2013 at 8:13am ·



**Alana Stephensen Shumway** I watched it how awesome is he,

February 21, 2013 at 3:13pm ·



**Iron Cowboy** with Kyle Woodruff and 6 others.

February 16, 2013 ·

That was an awesome day. The [Ironman 70.3](#) course in St George Utah is LEGIT and worthy of being called the US Championships. We had a great group today. Blessed!!



Like Comment

Gabriel Alejandro Meyer, Melissa H Smith, Steve Barton and 53 others like this.

View 6 more comments





**Brittany Chatwin** Seriously couldn't ask for a better weekend! We really are blessed.

February 16, 2013 at 9:33pm · 1



**Steve Gray** Holy smokes is my hair really that "gray" I was feeling pretty good about myself until now ! I'm on my way to the store for hair dye.

February 17, 2013 at 12:07am · 1



**Iron Cowboy** with James Lawrence and 10 others.

February 16, 2013 ·

Great start yesterday in St George ! Headed to swim now then meeting at the Tabernacle at 9....biking to Sand Hollow then taking on the 70.3 [IRONMAN St George bike and run course](#) [Ironman 70.3](#)



Like Comment

Karl Smith, Sue Pope, Lynn Mackey-Szczepaniak and 89 others like this.

[View 13 more comments](#)



**Brittany Chatwin** What am I saying? I loved the bike and run. They are my favorite!!

February 16, 2013 at 9:48pm ·



**Mary Bingham** Hahaha [Brittany](#) I love you!! 😊 you guys swam the same swim in the IMSTG?

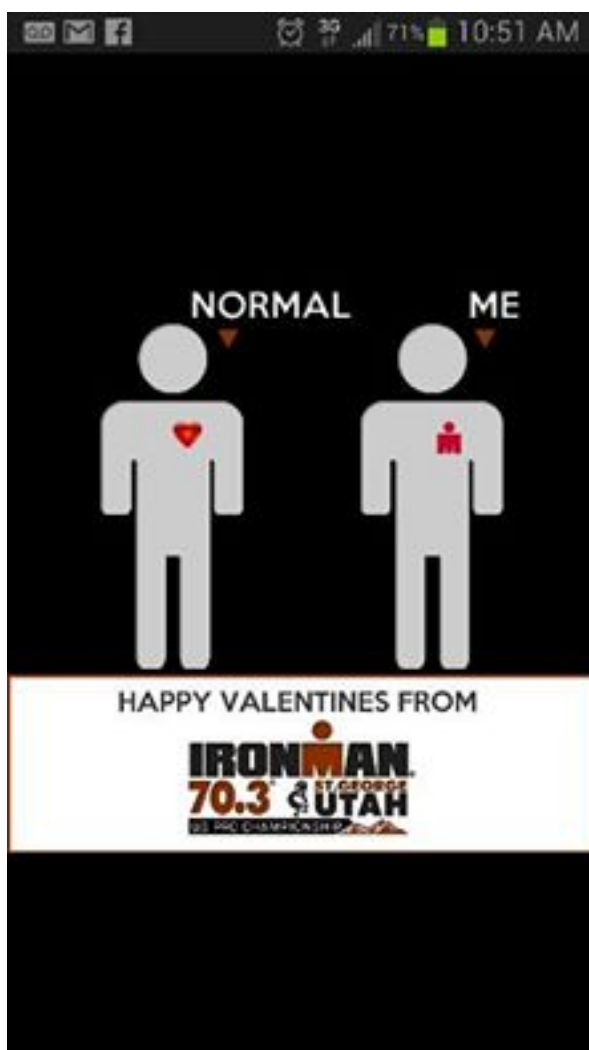
February 18, 2013 at 2:13pm ·



**Iron Cowboy**

February 14, 2013 ·

Headed to St George this weekend to train with friends and athletes. Happy Valentines day everyone! [IRONMAN](#)



 Like  Comment

Enrique Morales, Chris Magri, Rina Martin and 68 others like this.

1 share

[View 2 more comments](#)



**Tim Vidmar** I'm coming...will talk to you soon about the plan. Will be there for the swim Saturday morning unless I'm too frozen from camping tomorrow night since all the hotels are sold out!

February 14, 2013 at 3:58pm ·



**Travis Ferran** Hope to run into you! Doing the same

February 14, 2013 at 11:32pm ·



**Iron Cowboy**

February 13, 2013 · 

About to race my coach David on a Computrainer race..... I lost by 4 seconds. Bummer. Gotta work harder!



 Like  Comment

Gabriel Alejandro Meyer, Shari Smith, George Guerrero and 59 others like this.

[View 16 more comments](#)



**Ekaterina Hardin** next time wear a visor in a garage and I bet you will smoke him :)))

February 14, 2013 at 1:04pm ·



**Cathy Meeker** Kelly said she was racing you... so I thought she would be in the pic...haha

February 14, 2013 at 2:12pm ·



**Iron Cowboy**

February 12, 2013 · 

Look what showed up today - total surprise! Thanks for the support through 2 World records and beyond! [bluseventy](#) is the bomb! [HITS Triathlon Series IRONMAN](#)



Like Comment

Gabriel Alejandro Meyer, Toby Dougal, David Black and 77 others like this.

[View 1 more comment](#)



**Kevin Forrest Whaley** Love it...Thats my brands too!!!

February 12, 2013 at 12:31pm ·



**Scott Lane** Nice!

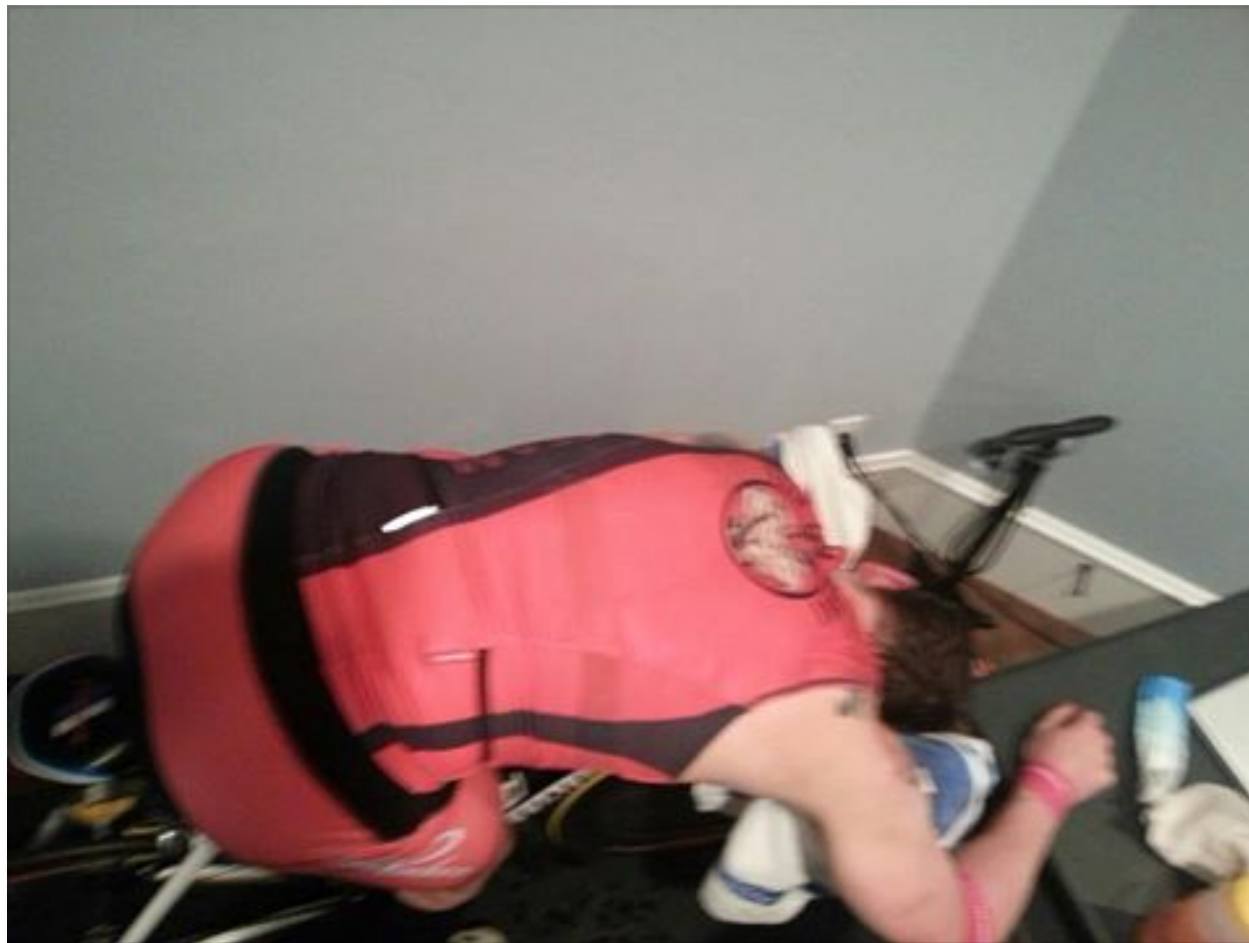
February 12, 2013 at 6:11pm ·



**Iron Cowboy** with James Lawrence.

February 9, 2013 ·

Yep it was that hard! Thanks Kyle, Julie and Randy for the push this morning! Now let's go run in the snow for a few hours. Love it!



Like Comment

Brittany McEachern, Rina Martin, Spencer Woolston and 44 others like this.

[View 10 more comments](#)



**Mary Bingham** Hunched over your bike In-doors? Was your ride out-doors?

February 9, 2013 at 4:13pm ·



**Shelly Hansen** How far did you ride??

February 9, 2013 at 10:20pm ·



**Iron Cowboy** updated their cover photo.

February 5, 2013 ·





Like Comment

Mariana Ksesoxx, Aubrey McCormick, Kevin Wagoner and 59 others like this.

View 1 more comment



**Camille Brown Durrant** That's so cool! I can't wait till I can run again. I'm going crazy!!!

February 5, 2013 at 5:53pm ·



**Scott Wilson** Who knew....the inversion can be good for something. Very cool.

February 6, 2013 at 3:55am · 1



**Iron Cowboy**

February 4, 2013 ·

I lot of people have been asking about the Bronze Statue I received. This picture just doesn't do this amazing piece justice. This thing is solid and VERY cool. Thank you so very much to the crew at IRONMAN Trophy. Check them out at <http://endurancebronze.com/> TRIJUICE #evenbiggerthingscoming!



Like Comment

Gabriel Alejandro Meyer, Arwen Heather Rogers, John Wade Mayatte and 109 others like this.

3 shares

View 7 more comments



**Judy Markel** this is a very cool piece. You earned it

February 5, 2013 at 7:54am ·



**Iron Cowboy** Teresa Henderson a company called IRONMAN Trophy made it!

February 5, 2013 at 2:55pm ·



**Iron Cowboy** with James Lawrence.

February 2, 2013 · 🌐

Doing an early morning run and filming with [Filmingo Films](#)... 10 degrees F out here.



👍 Like    💬 Comment

Marie Kozak, Richard Chackman, Carrie Cope Swenson and 127 others like this.

[View 20 more comments](#)



**Barbara Birban** going to have to paint this, love it!!!

February 3, 2013 at 4:25pm ·



**Iron Cowboy** ✓ Please do Barbara Birban!

February 3, 2013 at 4:26pm ·



**Iron Cowboy**

January 31, 2013 · 🌐

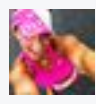
Huge thanks to IRONMAN Trophy and [Revici](#). This is the coolest Bronze piece of the Swim, Bike and Run. And check out the cool shirts by Revici. So grateful for all the cool support and amazing people out there. Stay tuned for an IronCowboy shirt where all proceeds will go to [Quiet Way](#) to continue and help our efforts in Africa. Blessed!



Like Comment

Gabriel Alejandro Meyer, Arwen Heather Rogers, Paul Pearson and 133 others like this.

[View 20 more comments](#)



**Jen Small** I never did find out how to get an IronCowboy cycling or tri top!??  
☺ Will def get a tee

February 1, 2013 at 9:57am ·



**Tricia Evans Olson** I love the trophy...very cool!!!

February 2, 2013 at 1:28am ·



**Iron Cowboy**

January 31, 2013 · 🌐

Finally excited to run again after 30 IM races last year. The new [Altra Running Torin](#) shoe is INCREDIBLE! Also can't wait for the threesome (new tri shoe) to drop in March. Can I go to sleep now so I can do my morning run?



Like Comment

Gabriel Alejandro Meyer, Arwen Heather Rogers, Brian Gilmour and 50 others like this.

[View 10 more comments](#)



**Sunny Jo Hatfield Lawrence** [Shelley Ruiz](#), I am pretty standard. 7 ish in a heel and 8.5 in a runner. Just next to James' they probably look small...

January 31, 2013 at 6:02pm ·



**Ed Parry** best running shoes I have ever worn

February 20, 2013 at 10:35pm ·



**Iron Cowboy** with [James Lawrence](#) and [Sunny Jo Hatfield Lawrence](#).

January 17, 2013 · 🌐

Getting ready for the new tri season. [HITS Triathlon Series](#) race tri [IRONMAN](#). Love these girls.



Like Comment

Gabriel Alejandro Meyer, Arwen Heather Rogers, Mark H. Wilson and 75 others like this.

[View 4 more comments](#)



**Judy Markel** Its a family affair

January 17, 2013 at 8:45pm ·



**JP Syverud** Are they keeping your TV going?

January 18, 2013 at 2:12pm ·



**Iron Cowboy** with Sunny Jo Hatfield Lawrence.

January 14, 2013 ·

Had a great time at the game tonight. Thanks again [James English](#)



Like Comment

Camille Brown Durrant, Lori Schroeder, George Guerrero and 6 others like this.



**James English** Thanks for coming, it is always fun with the Lawrence family.

January 14, 2013 at 9:18pm ·



**Iron Cowboy** with Sunny Jo Hatfield Lawrence.

January 12, 2013 ·

Fun fact you may not know about me. Growing up in the 80's I was way into wrestling. Went every weekend with my dad and uncle Brian to the Calgary Stampede wrestling. I even went to Wrestle Mania TWO! I still own the complete original collection of LJN wrestlers. The kids loved this today. Oh the memories.



Like Comment

Randy Latza, Chad Bennett, Lauren Grady and 32 others like this.

[View 12 more comments](#)



**Charlotte Lawrence** And to think that Grandma Lawrence bought your very first wrestler for Christmas.

January 13, 2013 at 3:29pm ·



**Iron Cowboy** Big John Stud!

February 3, 2013 at 6:07am ·



**Iron Cowboy**

January 7, 2013 ·

Had a great time talking at Aspen Elementary school today. My 3 oldest daughters were in attendance. We covered setting and accomplishing your goals. What are your goals for 2013?



Like Comment

Mariam Ali, Michele Ann Yates, Becky Gayheart Melville and 30 others like this.

[View 3 more comments](#)



**Iron Cowboy** No Chris... Aspen Elementary School in Lindon Utah.

January 7, 2013 at 12:35pm · 1



**CindyandPaul Curtis** James...my daughter was there and when she came home she was super excited and told me all about it, then I told her you were friends with uncle peanut, she was freaking out. You must have really had an impact on her

January 7, 2013 at 8:28pm · 1



**Iron Cowboy** with Sunny Jo Hatfield Lawrence.

January 5, 2013 ·

Opened up a copy of the Utah Valley Magazine today and guess what I saw? Great way to start my day after a tough 3 1/2 hour brick workout. Bring on the day!





Like Comment

Nicole Bergquist Swena, Scott Taber, Virgle Odekirk and 94 others like this.

[View 7 more comments](#)



**Judy Markel** thats really cool.

January 5, 2013 at 8:48pm ·



**Ryan Grover** Meow.

January 6, 2013 at 1:51am · · 3

2012

HIGHLIGHTS ▾



**Iron Cowboy** with [Kristi Monks Stocking](#) and [James Lawrence](#).

November 9, 2012 · 🌐

Tomorrow I will be doing my 27th Ironman race of the year at the [HITS Triathlon Series Lake Havasu](#) race. I was practicing with the raft I will be using to pull Dayton around in the swim. Super pumped!!



Like Comment

Andrea Barron, Joy Mendoza Nagal, Jorge Sol Gar and 55 others like this.

[1 share](#)

[View 4 more comments](#)



**Kate Kent** Can't wait to hear about this race after. Good luck! You are awesome

November 9, 2012 at 6:14pm ·



**Shaun Mayatte** Rock on James! Praying for a great experience for you both.

November 9, 2012 at 6:16pm ·



**Iron Cowboy** with Kristi Monks Stocking and James Lawrence.

November 9, 2012 · 🌐

Tomorrow I will be doing my 27th Ironman race of the year at the [HITS Triathlon Series Lake Havasu](#) race. I was practicing with the raft I will be using to pull Dayton around in the swim. Super pumped!!



👍 Like    💬 Comment

Stephanie Davis, JoAnne Kerbert Parisian, David Stephenson and 97 others like this.

[View 21 more comments](#)



**Tony Macpherson** Keep it goin'!

November 10, 2012 at 3:39am ·



**Travis Ferran** James! Best of luck very inspiring this year

November 10, 2012 at 10:34am ·



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

November 6, 2012 · 🌐

'Iron Cowboy's Posse. 30 races, 12 months, 1 dad'. These are what my 5 kids will be wearing during our two week tour of AZ. Thanks Melinda Oldroyd [IRONMAN HITS Triathlon Series](#)



👍 Like    💬 Comment

Joy Mendoza Nagal, David Stephenson, Rachel Pitcher and 111 others like this.

[View 15 more comments](#)



**Virgle Odekirk** watch out Arizona here they come for #27 & #28 Go James & the Posse

November 7, 2012 at 1:21pm ·



**Crystal Rae Miller** That is SO cute! 😊

November 11, 2012 at 12:08pm ·



**Iron Cowboy**

November 4, 2012 ·

Bam! **IRONMAN #26** in the books. Great conditions for the IM yesterday. Swam well in choppy waters 1:09 and biked free as a bird out there till I got a bogus drafting call. I find it interesting that those who really cheat and do the drafting rarely get called on it. I laughed at the ref, smiled at allowed her to enjoy her moment of power. Bike 5:09 (second fastest ever for me). Ran very tentative and easy testing my IT band and saving something for my weekend race with D... [See More](#)



Like Comment

Akira Gloria, Trevor Whitehead, Melvyn Bouyer and 160 others like this.

2 shares

[View 23 more comments](#)



**Andy Rosebrook** You are amazing and congrats for being nice to the official.

November 5, 2012 at 3:54pm · 1



**Ricky Gray** Congrats! What an awesome accomplishment.

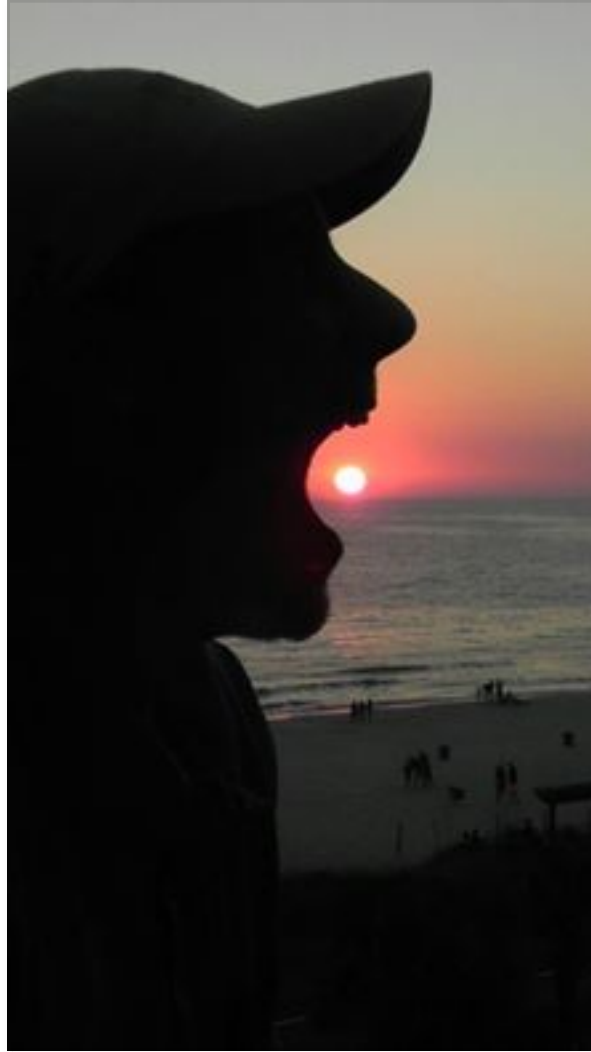
November 6, 2012 at 2:05am ·



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

November 2, 2012 ·

What's my secret this year? My pre race meals 😊. **IRONMAN**



Like Comment

Melissa H Smith, Josh Pettit, Sue Pope and 151 others like this.

1 share

View 13 more comments



**Masa U Sui** Nice photo

November 3, 2012 at 1:25am ·



**Mary Bingham** You are quite the UNIQUE person James 😊

November 5, 2012 at 6:55am ·



**Iron Cowboy**

November 2, 2012 · 🌐

Yep! #1511 tomorrow. Ironman # 26 tomorrow. Thanks ASEA Altra Running blueseventy Daily Bread Food Storage LIFT Wheels CycleOps Power Quiet Way TRImapper Rudy Project First Endurance



Like Comment

Stacy Morton-Martinez, Joy Mendoza Nagal, Genevieve Bourgoin and 89 others like this.

3 shares

View 13 more comments



**Rebecca Louise King** See you out on course..#557

November 2, 2012 at 4:42pm ·

**Tricia Evans Olson** Have a great race!!



November 3, 2012 at 4:35am ·



**Iron Cowboy**

November 1, 2012 ·

**IRONMAN** Florida. Sometimes its worth it to sit and relax. The calm before the storm.



Like Comment

Joy Mendoza Nagal, Jassy Allysa Nguyen, Elsie Karl and 126 others like this.

[View 7 more comments](#)



**Rich Morris** Good luck and please update your blog

November 1, 2012 at 6:34pm ·



**Sunny Jo Hatfield Lawrence** I love you. From Daisy Cakes!

November 1, 2012 at 7:42pm · 2



**Iron Cowboy** with [James Lawrence](#) and [Sunny Jo Hatfield Lawrence](#).

October 31, 2012 ·

Happy Halloween everyone! Be safe and have fun. See you in Panama Beach Florida for **IRONMAN** 26 in 2012! Pictured is the IronCowboy, Lucy the Super Ninja, Lily the Super Nerd and Daisy the Super Skeleton.



Like Comment

Brad Hess, Jassy Allysa Nguyen, Brenda Huber Brownlee and 53 others like this.

[1 share](#)

[View 4 more comments](#)



**Jen Small** If you insist!! lol \*now, where do I find a blonde beard on Halloween day\* ???

October 31, 2012 at 6:34am ·



**Alicia Ambrose** i'm pretty sure you need to be the "super IronCowboy" seeing as how everyone else is SUPER! :o) You rock!

October 31, 2012 at 6:44am ·



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

October 30, 2012 ·

Headed to **IRONMAN** Florida this weekend. Accidentally booked myself into Orlando and now have a 6 hour drive each way before and after the race. Private jet anyone?? Dumb Cowboy 😊. Did my very best to fix my IT Band this week. Thank you so much to my therapists who worked super hard to fix me, fingers crossed. Let's finish this year off with 5 in a row shall we. Happy Halloween everyone! Bam baby.



👍 Like    💬 Comment

Jassy Allysa Nguyen, Tayt J. Helmer, Sharon Buller and 47 others like this.

[View 17 more comments](#)



**Kris Ortar** Go Cowboy, you can do It!!

October 31, 2012 at 6:02am ·



**Sunny Jo Hatfield Lawrence** Jarred...ha ha ha!!!! GO JAAAMES!

October 31, 2012 at 9:48am ·



**Iron Cowboy** with James Lawrence and 2 others.

October 21, 2012 ·

I'm pretty disappointed with my race yesterday as I didn't get the desired results (a personal best on the year). But I'm only going to be a baby for like 30 more seconds. I came off the bike in 3rd place and worked hard to do so. The course was much hillier than I had anticipated and the winds were up all day. I managed to stay in fifth place all the way till the last lap of the run. I was passed by 2 more guys with less than a mile to go. I had HR monitor problems all ... [See More](#)



Like Comment

Scott McNeany, Kim Westerman-bechthold, Kirk Raddatz and 94 others like this.

2 shares

View 43 more comments



**Andrew Perez** I feel I overcame my IT problem with lunges. With 2 weeks to go...what the heck?

September 23, 2014 at 5:28am ·



**Mads Schroeder DC** Massage and Chiropractic & rollers & up vitamins.

September 23, 2014 at 5:31am ·



**Iron Cowboy**

October 20, 2012 ·

The signs in the back ground have me confused this morning. Swim Start or No swimming...? Either way its on like Donkey Kong!



Like Comment

Rebecca Olszewski, Melissa H Smith, Aeddán Davies and 77 others like this.

View 6 more comments



**Judy Markel** be safe and strong !!

October 20, 2012 at 7:53am ·



**Shilo Hornberger-Downey** Best of luck today 😊 I hope you kill it!!

October 20, 2012 at 8:38am ·



**Iron Cowboy** with Rudy Project and Trevor Stultz.

October 19, 2012 ·

Tuned up and race ready for the @greatfloridian tomorrow. Thanks Rudy Project for the awesome custom Ironcowboy helmet. Thanks Timp Cyclery for making sure the pony is in perfect working order. Headed to the race site to scope things out! Pumped.



Like Comment

Vasilis Toxavidis, Rina Martin, Jennifer Hardy May and 109 others like this.

1 share

View 15 more comments



**Sean Fleming** Nice machine, and the world-tour disc wheel is badass. Ride 'em cowboy!

October 19, 2012 at 10:56am ·



**Holly Sue Hatfield** I like all of the colors. Thanks for not being a color-homogenous boring-pants!

October 19, 2012 at 1:29pm ·



**Iron Cowboy** shared a page.

October 18, 2012 ·

LIKES = \$\$\$\$\$ for charity. A local Utah company called Daily Bread Food Storage has committed to donate \$1 for every like on their Facebook page now through Nov 15th. If you have wanted to donate to my cause this year but haven't had a chance, well here it is and now it is FREE!!! Help me build another Dam. Go to <http://www.facebook.com/dailybreadfoodstorage> and LIKE them... that's it!! SHARE!! [Quiet Way IRONMAN HITS Triathlon Series KSL 5 TV Deseret News Foxnews Mormon.org](#)



Daily Bread Food Storage

Request a free sample at [www.DailyBread.com](http://www.DailyBread.com)

Like Comment Share

Annette Brown, Wesley Jones, George Lambrix and 20 others like this.

12 shares

View 6 more comments



**Rina Martin** Done and shared! :+)

October 20, 2012 at 4:48am ·



**Christina Chatwin Balzly** Liked and shared as well!

November 6, 2012 at 8:19am · 1



**Iron Cowboy** with James Lawrence.

October 17, 2012 ·

Forgot about my breakfast this morning. Currently cleaning egg off of the ceiling....





 Like  Comment

Rina Martin, Christine Davies, Jaimee Penning Hirschi and 49 others like this.

[View 23 more comments](#)



**Carol Koenig** OOPS!!!!

October 17, 2012 at 6:28pm ·



**Tiffany Santana** Just claim it to a science experiment !! LOL

October 17, 2012 at 8:06pm ·



**Iron Cowboy** with James Lawrence.

October 11, 2012 · 

Pretty great week so far. Had the chance to share some stories with the Addicts to Athletes group on Tuesday, yesterday I entertained 700 middle school kids, and this weekend I get to speak at the Telos boys school. Enjoying every minute!



 Like  Comment

Loni Winn, Lorie Anne Prado, Jennifer Hardy May and 71 others like this.

[View 6 more comments](#)



**Charles Rubright** Will you be joining me in Florida in three weeks?

October 11, 2012 at 7:56pm ·  1



**Iron Cowboy**  Charles Rubright Indeed I will be!

October 12, 2012 at 2:43pm ·



**Iron Cowboy** with James Lawrence.

September 29, 2012 · 

What a fun day. I had a great time on stage speaking for ASEA. People were very receptive and they even gave me a standing O! Off to Disneyworld today to meet Mickey! Thank you ASEA!



 Like  Comment

Davide Berello, Bill Jacques, Mary Pitts Blackman and 100 others like this.

2 shares

[View 13 more comments](#)



**Roy Bodien** Your Amazing James !

October 7, 2012 at 4:03am ·



**Bill Jacques** Awesome inspiration for me James... just did my first sprint tri on Sept 1... in Venice FL at age 60! See you in Naples Jan18, 2013.

October 21, 2012 at 3:37am ·



**Iron Cowboy**

September 26, 2012 ·

Please hit like for this picture.... I will send the winning prize of a fuel belt to the most creative caption for this picture IF I win....[HITS Triathlon Series](#) is truly a family affair. We have had fun racing with them all year long! It's actually awesome to be treated like a person and not a number.... HITS sticker contest!



 Like  Comment

Ryan-Janeeal Shumway Lyman, Anna Caron Burton, Cherie Winger-Lavin and 234 others like this.

[View 36 more comments](#)



**Mark H. Wilson** Awesome, James; thank you!

September 27, 2012 at 5:02am ·



**Mary Bingham** "Come One, Come All!!! We're the Dolls so let's beat Ya'lls!!!!"  
....YEA JAMES 😊



**Iron Cowboy**

September 19, 2012 · 🌐

What a great time today talking to the 3rd graders. Is it bad that I don't want to do an Ironman this weekend...? I'm still going to but I would rather be working on my new gym and training facility.



👍 Like    💬 Comment

Daniel Danuser, Brittany Chatwin, Rina Martin and 62 others like this.

[View 21 more comments](#)



**Virgle Odekirk** New Gym & training Facility ? Tell me more

September 20, 2012 at 8:29am ·



**Iron Cowboy** ✓ [Nate Zarlengo](#) They are covering their eyes dreaming their perfect job. Ha ha !

September 20, 2012 at 3:28pm ·



**Iron Cowboy**

September 17, 2012 · 🌐

People ask me all the time "Why are you doing this?" "Is it really all worth it?" The answer is 100% yes. One of the biggest reason I am doing this is for my family, my kids and setting an example of setting a goal, seeing it through and trying to motivate and inspire others to try to be their best selves. I have had so many incredible experience and received so many awesome personal messages this year but wanted to share with you one that happened this weekend.... The f... [See More](#)



👍 Like    💬 Comment

Cu Mo, Taryne McPherson, Brittany Chatwin and 252 others like this.

[12 shares](#)

[View 36 more comments](#)



**Dana Anderson** Thank you for bringing them they were by far my most commented on water angels! Thank you for sharing their spirit with all our athletes ❤️

September 18, 2012 at 2:47pm · 1



**Sandra Lawrence Lavery** You are raising beautiful little people. We are so proud to call them our nieces! Xo

September 19, 2012 at 10:14pm ·



**Iron Cowboy**

September 16, 2012 ·

No one is more surprised than me when I win a race. 10:40 on my 23rd IM race of the year. The swim was super clean and the bike was tough and I made it even tougher when I biked an extra 2 miles (dumb). I ran easy for the first lap then when I realized how close I was to the lead and decided to try a little harder. With 4 miles to go in the race I caught and passed the leader with authority. In that short distance I beat him by 11 minutes. I ran my fastest marathon of t... [See More](#)



Like Comment

Cosimo Marraffa, Dana Anderson, Brittany Chatwin and 397 others like this.

[42 shares](#)

[View previous comments](#)

2 of 69



**Ryan Seely** Maybe you should take the girls with you to all your races! Way to go, you deserve it. Thanks for the great example.

September 18, 2012 at 10:39pm · 1



**Billy Kendrick** Amazing! You continue to inspire.

September 19, 2012 at 7:25am ·



**Iron Cowboy** with [James Lawrence](#) and [Sunny Jo Hatfield Lawrence](#).

September 13, 2012 · [Lindon, UT](#) ·

Road trip to Washington with my two big girls Lucy and Lily. Bring on the Next IronMan @trifreaks!



Like Comment

Jeannie Gilbert, Li Tau, Dana Anderson and 91 others like this.

1 share

View 16 more comments



**Aaron Varney** I feel privileged to have swam right next to James in the swim and run next to him on the run for a bit as he lapped me on to his win at the Grand Columbian Ironman. What an inspiration!

September 16, 2012 at 7:25pm ·



**Rich Morris** I ran with James for 3 miles in Louisville. Remarkable story. Remarkable human. Keep it going!

September 17, 2012 at 5:31am ·



**Iron Cowboy**

September 12, 2012 ·

People ask me all the time what I eat.... Today for breakfast was 5 massive pancakes and 6 boiled eggs... And a green smoothie loaded with greens. Recover baby recover.... Toeing the Line in 3 days.



Like Comment

Kamen Yotov, Jeannie Gilbert, Lynn Mackey-Szczepaniak and 80 others like this.

1 share

View 15 more comments



**Judy Markel** I love pancakes too, with warm home made apple sauce on them

September 12, 2012 at 7:52pm ·



**Iron Cowboy** with Jen Small and 3 others.

September 10, 2012 · Cleveland, OH ·

What a great weekend at the RevolutionThree Triathlon Great organization. Fun weekend with friends and fans. Had some really good media and exposure for @quietway . 11:04 Finish time....Kicking myself about those 4 minutes to try and break 11.... I surely could have found 60 seconds X 4....but I didn't. Also I am driving to Washington State this weekend...Anyone have a discount code or points to any rental car places? Let me know please, I leave Friday! Thanks Crabby, Nut, Jim Wilkes and Jen Smalls for the memories. Boooooom!



Like Comment

Jeannie Gilbert, Olivier Gasser and 67 others like this.

View 13 more comments

**Jeff Moyle** Great work out there Sunday! Awesome meeting you, having a brief chat on the run, and best of luck on the final 8!

September 11, 2012 at 5:57pm ·

**Altra Running** Killin' it! Keep it up James!

September 13, 2012 at 4:01pm ·



**Iron Cowboy**

September 4, 2012 ·

What a good time last night. Thanks for all my friend and family who turned up on a short notice get together. Thanks Kim and Troy for hosting a great evening. Headed to Rev3 race in Ohio this weekend. Feeling GREAT!



Like Comment

Mixed Nuts Adventure Racing, Brad Hess and 62 others like this.

View 11 more comments

**Judy Markel** who is the elbow hiding behind the BBQ? giggle. good luck with the next race

September 4, 2012 at 4:16pm ·



**Iron Cowboy** with James Lawrence.

September 1, 2012 ·

World Record done... now for 9 more victory **IRONMAN** laps this year. Oh man, chills! Blessed to have gotten to this point and so grateful for all the support from Sunny, the kids, friends and fans! Thank you to all my friends who have sent best wishes and congrats e-mails and texts for each and every race - you guys ROCK! The Canadian was an incredible event and the media was awesome. 2nd place overall with a time of 10:48. The <http://somersault.ca/eventcanadian.htm> put on a fantastic event and treated me like a star. Thank you for making the weekend special. Pictured is the special gift they made for me - just awesome!!



Like Comment

Cu Mo, Jeannie Gilbert, Maria Sorensen Warns and 446 others like this.

32 shares

View previous comments

2 of 106



**First Endurance** Awesome James!

September 4, 2012 at 9:03am · 1



**Rachel Danley Cloud** Congrats James!!! You earned it!!! What a honor to hold a WR.

September 4, 2012 at 9:10am ·



**Iron Cowboy**

August 31, 2012 ·

What a fun day today the day of media. A great welcome by Canada, my home country. I appeared on CTV, Rogers and CBC. Can't wait to cross the finish line tomorrow and put this one in the bag.

Please donate \$21 for my 21st IM of the year at

<http://www.quietway.org/donate/>

THANK YOU, THANK YOU, THANK YOU for all the support all year long!




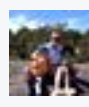

Like Comment

Sandro Herek, Rina Martin and 96 others like this.

3 shares

View 22 more comments

 **Phillip Goold** Done. Good luck today!  
September 1, 2012 at 9:10am ·

 **Barb Ray** James, you don't know me but your mom and I were best friends at our Ottawa high school, which was just a couple of years ago! Through the years she has often talked about all her wonderful kids. I can now hear all the buttons popping off shirts (bot... [See More](#)  
September 1, 2012 at 3:23pm ·  1

 **Iron Cowboy**  
August 28, 2012 · 

Does the record really fall this weekend??? Hot damn! The reason I am doing this project this year is to help inspire people and to raise money for a local non profit [Quiet Way](#)

As I prepare and race in this record breaking race will you please consider donating \$21 dollars to my cause (matching the amount of races completed in 2012). It would mean so much to me and the people in Africa. Thank you so much in advance!!!!

<http://triathlete-europe.competitor.com/.../ironman-world-re.../>





 Like  Comment

Heath Thurston and 78 others like this.

[View 6 more comments](#)



**Rachel Hessler** Good luck on your 21st!!!

August 28, 2012 at 5:31pm ·



**Brenda Huber Brownlee** I just re-shared on my FB page. Thanks for being an inspiration for us all! Awesome job, James! We're rooting for you!

August 28, 2012 at 6:37pm ·



**Iron Cowboy** with [James Lawrence](#).

August 25, 2012 · Louisville, KY · 

Yes its going to require that much liquid to hydrate in this heat and humidity here in Louisville. Looking for a smart well planned out race tomorrow. Good luck and be safe out there everyone!



 Like  Comment

Robin S Wagner, Becky Gayheart Melville, DonnaLee Paul and 70 others like this.

[1 share](#)

[View 16 more comments](#)



**Ronald A Hatfield** The sacrifice needs to worth it. Thanks for caring about other people. This year alone, 30,000 East Africans have died from the drought. All preventable. I hope that people will do more than drink Pepsi, eat chips and cheer.

August 26, 2012 at 9:11am ·  1



**Andrea Boyle Ballard** Looking forward to seeing u race at Cedar Point!! Some friends and I will be up there to support others racing that weekend as I am  
Still recovering from Louisiville. I don't know how u do it but best of luck James!!

August 31, 2012 at 8:00pm ·  1



**Iron Cowboy** with [Carrie Ann Coomes Kemp](#) and [James Lawrence](#).

August 23, 2012 · 

Finishing strong at the [IRONMAN](#) race in Mont Tremblant. I wore this pink cowboy hat in honor of my friend who is battling breast cancer and winning. This one was for you Carrie Ann Coomes Kemp Keep fighting!!



Like Comment

Anu Gill Horne, Jean-François Seignard, Najet Ben and 152 others like this.

5 shares

View 16 more comments



**Shellea Allen** This pic is rad. yee haw cowboy!

August 25, 2012 at 7:34pm ·



**Robert Lejeune** I was pleased to run by your side for most of the marathon. We never really talked, but we passed each other a lot. Awesome job out there and for great cause. You have all my respect man, 30 IM is a lot, especially in one year 😊

August 29, 2012 at 3:03am ·



**Iron Cowboy**

August 20, 2012 ·

Best **IRONMAN** race so far this year. Well done Quebec Canada!! I had a great time and met lots of awesome people, Mike Reilly included. #19 done in 11:38. I beat WTC CEO Andrew Messick on my 19th IM of the year.... that alone should get me into Kona, don't ya think Andrew? 😊 I would 100% recommend this race! Went to fly home today to my awesome family and missed my flight by 5 hours... maybe next time I will look at my return flight times and not the departure ones from SLC.... Next week Louisville Kentucky. Thanks again to all my friends who help me out on a daily basis. Sunny and I could not do this without you guys and you all know who you are!!



Like Comment



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

August 18, 2012 · Lac Mercier, QC, Canada · 🌐

I think I will do an Ironman tomorrow. A little Canadian poutine and black cherry soda should do the trick.



👍 Like    💬 Comment

Brittany Chatwin, Liberty Hatfield Mason, Flavio Jose and 72 others like this.

[View 12 more comments](#)



**Sandra Lawrence Lavery** Did you see Andrews pic of the hot dog poutine we had on instagram?! Epic.

August 18, 2012 at 6:54pm · · 👍 1



**Elizabeth Osmer Weekley** mmmm, have some for me!

August 18, 2012 at 9:36pm ·



**Iron Cowboy**

August 13, 2012 · 🌐

I am pretty disappointed with the worsening cookie cutter approach **IRONMAN** is taking to everything. I know not everyone is doing as many events like I am but I do know lots of people doing 2, 3 or even more events. Nothing really separates one event from another.... In 2010 when I did all the 70.3's at least the medals were creative with different shapes, sizes and designs... Even the shirts all the same this year. With the amount of money being dished out for entry fees I would expect a little creativity and individuality to the races... I had hopes of the US Championships medal being different but it too is the same.... #badform

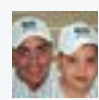


👍 Like    💬 Comment

Hugo Hamerlinck, Justin Brown, Aaron Chavous and 96 others like this.

[13 shares](#)

[View 40 more comments](#)



**Eric Antonio Rodriguez Gual** al parecer, éste muchacho no se anda con jaladas!!! jajaj saludos mi Vic!

August 14, 2012 at 8:34am ·



**Steve Hatowskyj** when it costs between 750 and 1500 dollars to do the race the medals do need to be unique to the race

August 16, 2012 at 5:23pm · · 1



**Iron Cowboy** with James Lawrence.

August 12, 2012 · Lindon, UT ·

My kids made my a swim poo trophy from IM NY NY. This made my day. Big green Cowboy hat, purple tu tu (from St George IM), signatures from each girl, and poo on top. Ha ha ha ha. Love my kids. Thanks Sunny and Melinda for helping make the magic happen.



Like Comment

Maurine Cope Hatfield, Jeanine Gardiner, Rina Martin and 85 others like this.

[View 6 more comments](#)



**Jen Small** that is the best trophy EVER!!!

August 13, 2012 at 4:17am · · 1



**Liberty Hatfield Mason** Please be inspired by that moustache! I'd LOVE to see it in real life... hint, hint...

August 13, 2012 at 3:04pm · · 1



**Iron Cowboy** with James Lawrence.

August 11, 2012 · Weehawken, NJ ·

On the ferry by 3:50am for a 4 am departure to T1. Quick stop there and then another boat ride to swim start. Based solely on logistics I would never do this race again... Less than four hours of sleep, time change didn't help... Still looking for a great day.



Like Comment

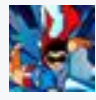
Seth Saunders, Aaron Chavous, Maurine Cope Hatfield and 110 others like this.

View 22 more comments



**Judy Markel** That face !!

August 11, 2012 at 3:51pm ·



**Jared Cook** How today go?

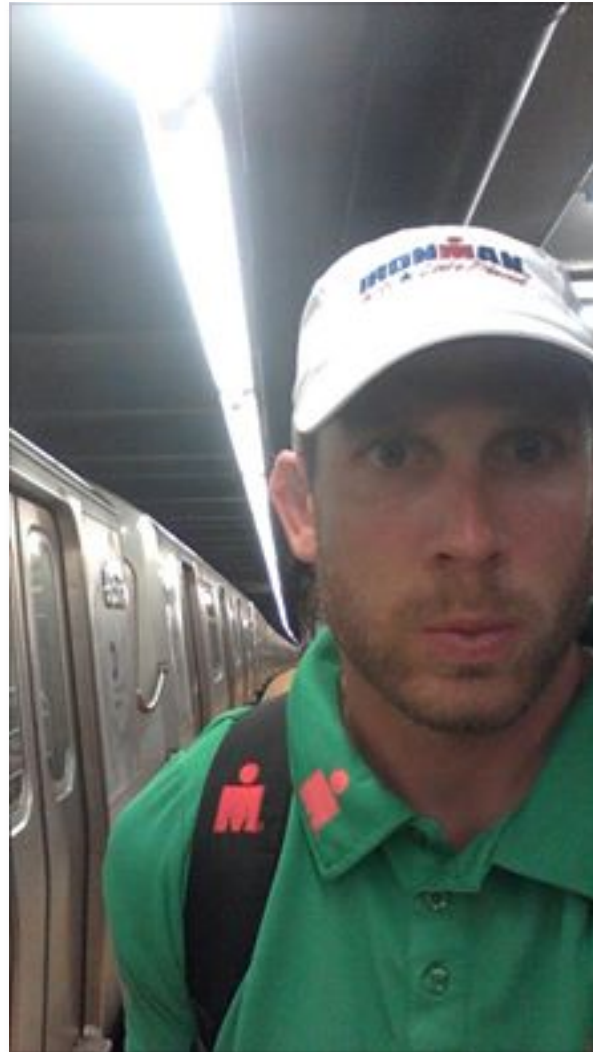
August 11, 2012 at 6:11pm ·



**Iron Cowboy** with James Lawrence.

August 10, 2012 · Jersey City, NJ ·

Survived the NY subway system last night. Headed to set gear bags and bike in transition.... Then off to see some NY sights. Waiting for swim announcement. What a world record without swimming in some poo...bring it.



Like Comment



**Iron Cowboy** with James Lawrence.

August 9, 2012 · Salt Lake City, UT ·

Huge thanks to Golden Goose for my new run shirts for my next 8 Ironman races in a row. Direct flight [Andy Compas](#)???? - thanks stud. If anyone has extra airmiles they aren't using let me know, I know exactly how to use them...US Champs here I come.



Like Comment



**Iron Cowboy**

August 8, 2012 · Lindon, UT ·

Oh ya buddy. Headed to the Ironman US Championships in NY NY where I will be rocking the brand new Altra Instinct 1.5! Thanks [Jeremy W Howlett](#).



 Like  Comment



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

August 7, 2012 · Lindon, UT · 

Great training run with my water carrier and number one fan Lily. US Championships this weekend in NY NY. Should be a good one.



 Like  Comment

Sami Chivers Turner, Tina Gray, Stacy Pachla Moshier and 95 others like this.

[View 17 more comments](#)



**Judy Markel** what a great way to spend time with the kids

August 8, 2012 at 6:14am ·



**Sunny Jo Hatfield Lawrence** Did james say he is fat?! LOL...no I mean ROLLING ON THE FLOOR LAUGHING!!!!

August 8, 2012 at 6:35pm ·



**Iron Cowboy**

July 29, 2012 · 

11:36 Final time and a shocking SECOND place overall. WHAT A DAY! I am successfully through my stretch of 8 weeks in a row and #17 is in the books! The day started with some extreme heat (98\*) till about mile 8 on the run. Then the skies opened up and the winds really got nasty. This may be the last time I curse the Sun.



 Like     Comment

Maurine Cope Hatfield, Kim Gibb Hinckley and 151 others like this.

12 shares


[View 39 more comments](#)



**Paul Rogers** Can't wait to read the race reports on New York and Colorado. Great Job

July 31, 2012 at 8:37am ·



**Altra Running**  Incredible! Looking sharp in the Lone Peaks!

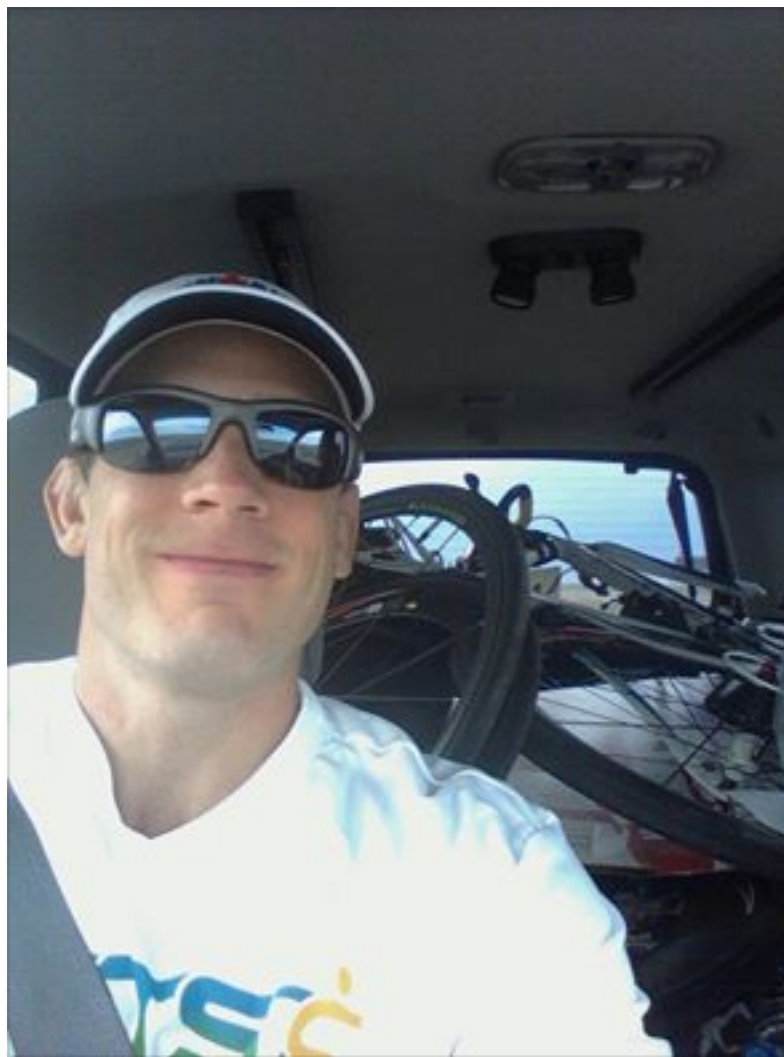
August 1, 2012 at 2:19pm ·



**Iron Cowboy** with James Lawrence.

July 27, 2012 · F. E. Warren Air Force Base, WY · 

After a few great days at home we are off to the HITS race Sterling Colorado. Hanging with James English for a few days. Good luck to all the racers and don't worry Quinn I'll be home soon....



 Like     Comment

DrJudy Staveley, Maurine Cope Hatfield, Mark H. Wilson and 61 others like this.

[View 8 more comments](#)



**Becky Gayheart Melville** Love that face!

July 27, 2012 at 6:35pm ·



**Sunny Jo Hatfield Lawrence** "THAT'S MY DAAAAD!!!!"

July 27, 2012 at 9:24pm ·



**Iron Cowboy** with James Lawrence.

July 24, 2012 · Lindon, UT · 🌐

What a great day with the kids. Everyone is down for a nap (including Sunny) before a small BBQ with friends and some fireworks to celebrate the Utah holiday. It's good to be home if only for a few days. The journey will continue in Colorado this weekend.



👍 Like    💬 Comment

Diane Peterson, Kristen Rammell Cambridge, Becky Gayheart Melville and 73 others like this.

[View 6 more comments](#)



**Judy Markel** that water looks so refreshing. The kids look like they are glad to have you home.

July 25, 2012 at 5:29am ·



**Denise Jonke** Yes

July 25, 2012 at 7:50pm ·



**Iron Cowboy**

July 23, 2012 · 🌐

Ironman #16 Lake Placid done. 11:45! 7 **IRONMAN** in 7 weeks. I'm coming home!



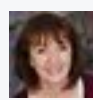
👍 Like    💬 Comment

Dasa Logan, Benson Kioko, Rina Martin and 147 others like this.

[1 share](#)



[View 31 more comments](#)



**Becky Gayheart Melville** YOU ARE AMAZING!!!!

July 23, 2012 at 5:34pm ·



**Lindsay Wohlford** i missed you at the finish line!!!! GREAT race!!!! nice to meet you!

July 25, 2012 at 4:28pm ·



**Iron Cowboy** with [Sunny Jo Hatfield Lawrence](#) and [James Lawrence](#).

July 21, 2012 ·

**IRONMAN** Lake Placid. This is a HUGE event and number 16 on my year. Hope I don't forget my race number like I did in Austria. I am race # 1526!!!! Good luck to everyone racing out there. No cowboy hat this week as it blew away in Switzerland 😞... Bring one for me if you have an extra!!



Like Comment

Maurine Cope Hatfield, Rina Martin, PosadaSilene Posada Silene and 84 others like this.

[View 23 more comments](#)



**Olutoyin Fayemi** Not only is this man amazing he is a great sport who helped me complete my 1st Ironman yesterday. When I was ready to throw in the towel he inspired me and stayed with me through the last 9 miles of the Marathon!! I couldn't have done it without him. Good luck Iron Cowboy from your newest fan!!

July 23, 2012 at 3:25am · 1



**Iron Cowboy** [Sunny Jo Hatfield Lawrence](#) I got a new one from the good people in NY!

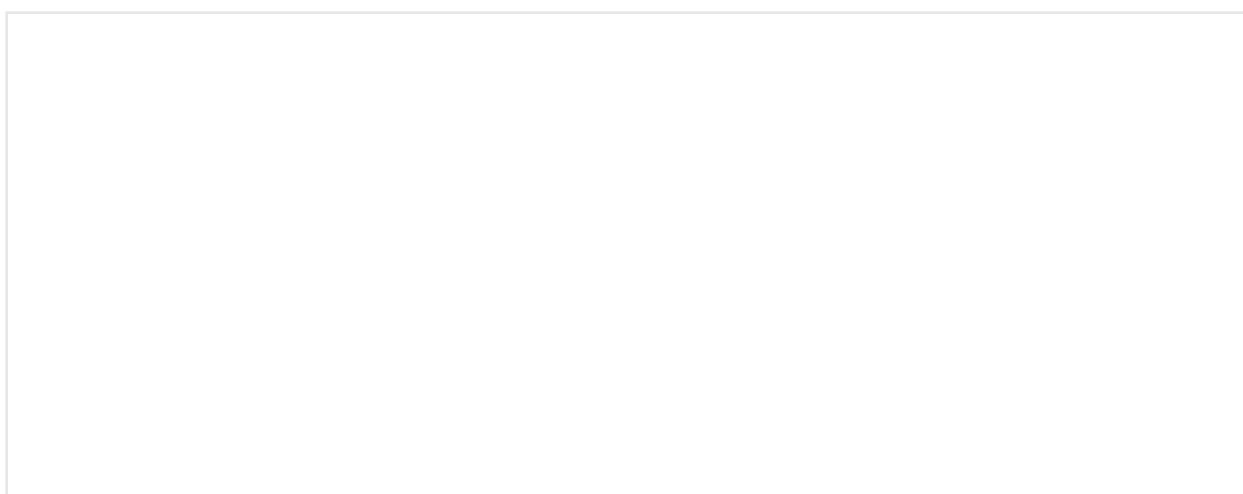
July 23, 2012 at 4:41pm · 1



**Iron Cowboy** added 22 new photos to the album: [Lake Placid Ironman Check in](#) — with [James Lawrence](#) and [Namwan Pichaya](#).

July 20, 2012 ·

What a great day at the Lake Placid Ironman check in. Some pretty big Olympic and hockey history here, 1932 and 1980! The "Miracle On Ice" was here!! The expo and transition is on the Olympic Oval rink... awesome day with Jim Wilkes.

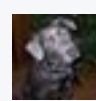




Like Comment Share

Alan Warren, هشام العورتاني, Alexandria Maile Murillo and 48 others like this.

View 5 more comments



**Jill Steffen** What's your bib # so we can look for you?

July 20, 2012 at 7:03pm ·



**Iron Cowboy** ✓ Jill, I am #1526

July 21, 2012 at 4:08am ·



**Iron Cowboy**

July 18, 2012 ·

<http://triandgiveadam.blogspot.com/.../ironman-zurich-switzer...>

I am now back in the US and find myself in New York City. I have one more stop this weekend at **IRONMAN** Lake Placid before heading home, YES. Zurich marked my 15th Ironman of the year and 6th IM in as many weeks. I am in uncharted territory for my mind and body and feel that I am holding up really well. Thank you so much for all the support for Sunny Jo while I have been away. We have amazing friends and clients... [See More](#)

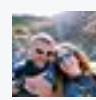


Like Comment

Cosimo Marraffa, Thomas Miura, Lynn Mackey-Szczepaniak and 89 others like this.

90 shares

View 19 more comments



**Alex Sherwood** when are you heading to Placid?

July 18, 2012 at 8:04pm ·



**Marc Goldleaf** my wife and I will be at Run Aid Station #4 from 4pm - 8PM - cheering on Iron Cowboy at IMLP. 16 IMs and counting...

July 18, 2012 at 9:13pm ·



**Iron Cowboy** added 66 new photos to the album: Tour De France and Palais des Papes.

July 18, 2012 · 🌐

Blog post and picture <http://triandgiveadam.blogspot.com/20.../.../tour-de-france.html> Pictures from The Palais des Papes (Popes Palace and the Tour De France



👍 Like    💬 Comment    ➦ Share

هشام العورتاني, Judy Jenson, George Guerrero and 21 others like this.



**Iron Cowboy**

July 16, 2012 · 🌐

I think this is my 2012 theme song... Can I get a HELL YEAH!  
<http://www.youtube.com/watch?v=hfGDnkERDFE>



**Will.I.Am ft. Eva Simons - This is Love [HQ]**

Lyrics: [will.i.am] If you love it like I love it And you feel what I feel inside If you want it like I want it Then baby let's get it tonight If you feel it...

YOUTUBE.COM

👍 Like    💬 Comment

Chris Barron, Rina Martin, George Guerrero and 4 others like this.

[View 3 more comments](#)



**Rina Martin** HELL YEAH! :+)

July 16, 2012 at 5:48am ·



**Andy Compas** Hell to the uh, yes

July 16, 2012 at 6:56am ·



**Iron Cowboy** with [Dave Orlowski](#) and [James Lawrence](#).

July 12, 2012 · 🌐

What an honor today to meet one of the ORIGINAL Ironman, Dave Orlowski!!!! He finished 3rd in [IRONMAN](#) 1978 in Hawaii with 15 participants and entry was only \$3 USD. My Oh My have times changed. Good luck on Sunday in Zurich my new friend!



Like Comment

Marcus Clawson, Lori Schroeder, Katia Buskirk and 66 others like this.

[View 5 more comments](#)



**Melinda Oldroyd** Love the hat!!

July 12, 2012 at 7:26pm · 1



**Virgle Odekirk** go my friend #15 will be in the books soon .

July 13, 2012 at 8:16am ·



**Iron Cowboy** with Sunny Jo Hatfield Lawrence and James Lawrence.

July 12, 2012 ·

OHHHHH YAAAAA BABY!



Like Comment

Ryan Grover, Matt Williams and 179 others like this.

[View 28 more comments](#)



**Curry Michels** a spectator for once! 😊 awesome shot.

July 12, 2012 at 7:32pm ·



**H Glenn Collingridge** Love it!

July 12, 2012 at 10:56pm ·



**Iron Cowboy** added 55 new photos to the album: Regensburg Germany.

July 3, 2012 ·

Pictures from my trip to Ironman Germany. Enjoy the blog post -



Like Comment Share

Heather Linares, Aeddán Davies, Katie Persico and 27 others like this.

1 share

**Charlotte Lawrence** I really enjoyed this read. Very Much! Keep going - I KNOW you can do it!  
July 3, 2012 at 8:08pm ·

**Iron Cowboy**  
July 2, 2012 ·

BIG ANNOUNCEMENT but first Ironman Austria was AWESOME...LY HOT. But I survived and did better than most. Huge thanks to [First Endurance](#), no salt tablets needed! Final time was 11:58:58.

I am looking for a raft in Utah to borrow upon my return from Europe. I need to practice a few swims pulling my kids in it. WHY you ask? Because later this year I have the HONOR of helping "Dayton's Legs" become an Ironman. Dayton is a boy with Cerebral Palsy who loves triathlon. I w...  
[See More](#)

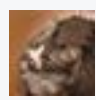


Like Comment

Camille Brown Durrant, Kassidy Davis, Maria Blanchard and 62 others like this.

1 share

[View 15 more comments](#)



**Anitra Crook-Eden** <http://www.teamhoyt.com/about/contact-us.html>

### Team Hoyt | Contact Us

Team Hoyt is the story of a father, Dick Hoyt, who pushes his son, Rick Hoyt, in a wheelchair in...

TEAMHOYT.COM

July 3, 2012 at 8:08pm · · 1



**Laura Oakes** I have seen team Hoyt in action. Raced in the same races with them. What an amazing family. I'm sure he would definitely help you out!

July 8, 2012 at 5:24pm ·



**Iron Cowboy**

June 24, 2012 ·

What another awesome day, #12 is in the books! The people of CDA were amazing. I had a great day with a 1:13 swim, 5:58 bike and a 4:13 run for a total of 11:36:54. No major issues and I handled the cold water better than I thought I would. The swim was a fight today but after that...smooth sailing. Thanks to Sunny and the kids for all the awesome support today, couldn't do it without them!!



Like Comment

Tim Rohrbaugh, Tim Vidmar, Julie Wellbrock Taylor and 146 others like this.

[3 shares](#)

[View 13 more comments](#)



**Phil Anderson** They say the water was 58 but I heard that it probably wasn't that warm. Many people struggled with the water temp. Good job. You still broke 12 hours! : )

June 25, 2012 at 10:53am ·



**Nate Zarlengo** I was watching it live and saw you cross the finish line. Good job.

June 25, 2012 at 9:46pm ·



**Iron Cowboy**

June 23, 2012 ·

Does anyone want to do **IRONMAN #12** on the year for me? Ha Ha. I am feeling good, just a little tired. Great day hanging with the family in Coeur D'Alene . Spent some time with **Altra Running** at the expo! Not looking forward to the swim tomorrow though. When I did my practice swim I realized I have ZERO fat on my face and this didn't help with 51 degree waters.... Also a huge thanks to @Randy Spencer for letting us stay at his awesome house in CDA. Good luck to all the racers out there tomorrow. 1800 FIRST TIME IRONMAN RACERS OUT THERE!!!! INCREDIBLE. I always tell me athletes "You have one chance to do your first Ironman, take it all in"



Like Comment

Kris Ortar, Dustin Vohs, Brenna Fowler and 53 others like this.

[View 22 more comments](#)



**Brittany Chatwin** Darn. No pee warming. Good luck and have fun!!

June 23, 2012 at 9:56pm ·



**Judy Markel** we just came home from a 2 week vacation. I will share some of the fat I have found on my face with you. in fact you can have it all. ha ha

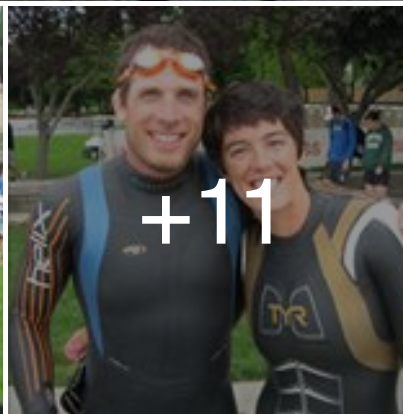
June 24, 2012 at 5:40am ·



**Iron Cowboy** added 14 new photos to the album: [Coeur D'Alene](#) — with [Sunny Jo Hatfield Lawrence](#) and 3 others.

June 22, 2012 ·

First Day in CDA!! Meet some great friends and Sponsors.



Like Comment Share

Dustin Vohs, Heather Linares, Joel Hinckley and 26 others like this.

[View 4 more comments](#)



**Andrew Coates** I love to see families at triathlons! Enjoy and keep sending pics.

June 22, 2012 at 5:42pm ·



**Heather Linares** such a cute family!

June 24, 2012 at 11:01am ·



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

June 21, 2012 · Lindon, UT · 🌐

Loaded and headed to @ironmantri Coeur D'halene.



👍 Like    💬 Comment

Julienna Viegas-Haws, Барковская Елена, Rina Martin and 112 others like this.

[View 22 more comments](#)



**Michael Hancock** Good luck. Have a great time.

June 21, 2012 at 1:47pm ·



**Brenna Fowler** Ooops...looks like they re-routed the bike this year, so it won't pass my parents place. GOOD LUCK!

June 22, 2012 at 1:48pm ·



**Iron Cowboy** with James Lawrence.

June 10, 2012 · 🌐

Whoa, what a day! #10 of 30 is in the books at [HITS Triathlon Series](#). FIVE flats later I managed to run into 2nd place overall. Guess I will go to the rewards breakfast after all. As the race director said to me after the race "Now that's how you turn lemons into Lemonade!" Time for night night.



👍 Like    💬 Comment

Jamie Young Woodruff, Roland Valdez, Szilvia Forro and 111 others like this.

[View 20 more comments](#)



**Allison Matson** Dang, you must be a quick tire changer. Way to inspire!

June 11, 2012 at 6:34am ·



**Christi Liddell-Keiser** Great job!

June 11, 2012 at 6:43am ·

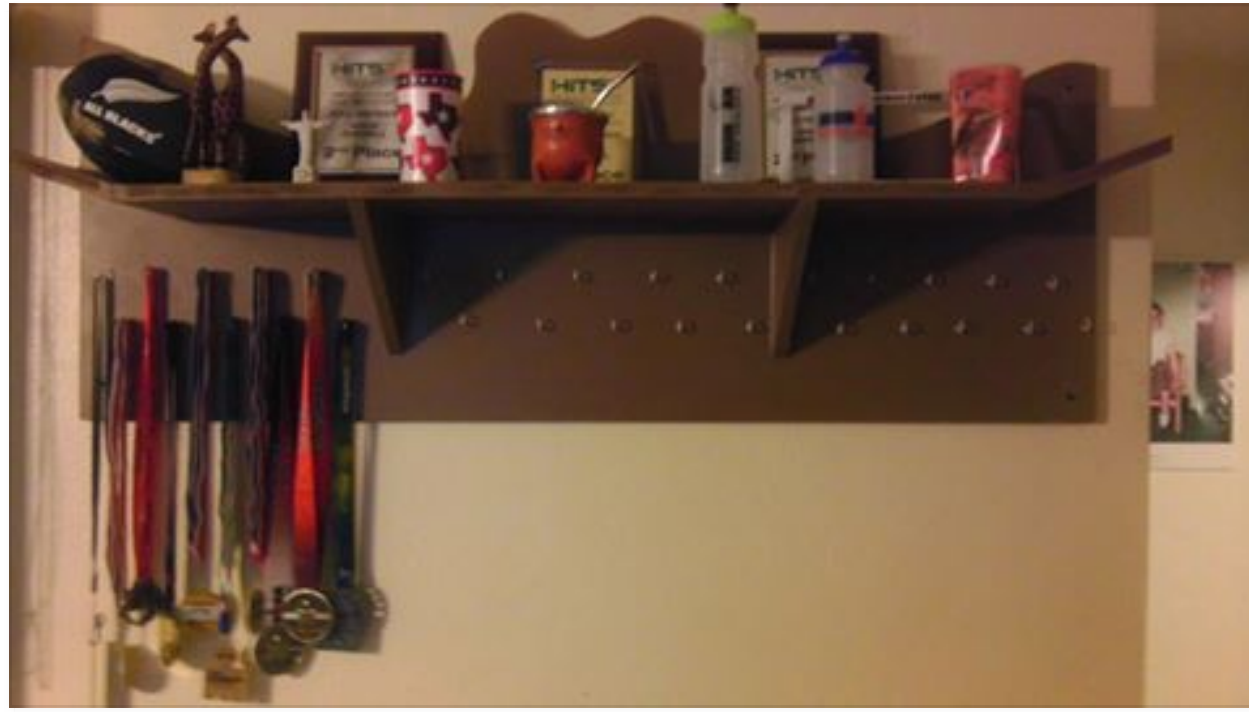


**Iron Cowboy**

May 30, 2012 · Lindon, UT · 🌐



1/3 done looks pretty empty...but man it's been a lot of work... And a lot of fun. What a journey so far! Thanks for all the love and support so far. We're doing thing Dang thing!



Like Comment

Cu Mo, Jason Crossno, Angie Payne and 128 others like this.

[1 share](#)

[View 20 more comments](#)



**Grant Myers** amazing! Your doing more in a year than most due in a lifetime

May 31, 2012 at 6:45pm · 1



**Cu Mo** This is one of your most inspiring photos you have posted. The commitment and dedication to the goal is 100% evident even before you started.

I am doing just one race/month (5k, 10k, Red Rock, Utah Valley Half marathon, etc..) nothing like what you have done but this image has inspired me to make my goal more real. Thanks James. I am going to "Put my hat on the wall."

February 17, 2013 at 11:19pm ·



**Iron Cowboy**

May 29, 2012 ·

Ironman Brazil is in the books and was awesome!!! 9 of 30 in 2012 down! I am back in the States but still in transit 😞 The timing system was all sorts of awful but my splits were as follows - Swim 1:11 Bike 5:24 Run 4:25 Total 11:13. I am really happy with this time and feel great. I get one weekend off before 8 Ironman races in 8 weeks. See you soon family!!! [IRONMAN](#) or bust! [Timpanogos Cyclery](#) [CycleOps](#) [Power ASEA](#) [Altra Running](#) [CEP Compression Sportswear](#) [Switch Eyewear](#) [First Endurance](#) [TRImapper](#) [blueseventy](#)

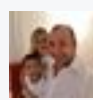


Like Comment

Rina Martin, Cassidy Davis, Marcos Thunder Linberg and 113 others like this.

[1 share](#)

[View 25 more comments](#)



**Sandro Herek** Hi James, your SOS ID is going to be ready this week and I am bling to ship to you. However, we forgot your address to send. please, send me a message with it.

May 30, 2012 at 10:11am ·



**Rina Martin** Way to get it done James! :+)

May 31, 2012 at 8:15pm ·



**Iron Cowboy**

May 27, 2012 ·

Oh man I sure hope I put the right stuff in the right bags. Ironman #9 Brazil here I come.... Boom Shakalaka!!



Like Comment

Mariana Ticona Rios, Marcos Thunder Linberg, Erico Rocha and 79 others like this.

[1 share](#)

[View 14 more comments](#)



**Liberty Hatfield Mason** Go get 'em!!

May 27, 2012 at 8:58am ·



**Andy Compas** 1:11 swim - you must be navigating the Spanish waters well

May 27, 2012 at 11:59am ·



**Iron Cowboy** with James Lawrence.

May 25, 2012 ·

They found me at the Ironman expo thanks to my host Bruno. It's in Portuguese but it highlights me and the charity and say that in the next publication of their magazine (biggest Tri mag in all of Brazil) that there will be a full interview with me, the Iron Cowboy. Thank you MundoTri.

<http://www.mundotri.com.br/.../30-ironmans-em-um-ano-por-car.../>



Like Comment

Erico Rocha and 46 others like this.

1 share

View 14 more comments



**Virgle Odekirk** can we get this article in English ???

May 26, 2012 at 8:23pm ·



**Judy Markel** you have discovered the fountain of youth. 😊

May 26, 2012 at 8:32pm ·



**Iron Cowboy** added 10 new photos to the album: **RIO BRAZIL!** — with James Lawrence.

May 23, 2012 · 🌐

I had a 10 hour lay over in Rio on my way to Florianopolis Brazil. I figured this was my only chance to to and see the Cristo. Loved it!



Like Comment Share

Yiyi Anderson, Erico Rocha and 56 others like this.

View 14 more comments



**Alicia Collins** Aww man! Just came from the informational meeting and didn't see you. Don't think I wasn't looking..haha. Maybe I will run into you over the next few days.

May 24, 2012 at 12:05pm ·



**Iron Cowboy** ✓ Alicia Collins I couldn't get my group of guys to stop talking at Lunch and I couldn't understand what was being said.... by the time I realized the time... it was took late.. We will meet this weekend!

May 24, 2012 at 3:17pm ·



**Iron Cowboy** with James Lawrence.

May 21, 2012 ·

Holy Crap I'm headed to Brazil! Most excited for this one so far this year. Here is the IM Texas Blog Report - <http://triandgiveadam.blogspot.com/.../ironman-texas-8-of-30-...>



Like Comment

Mariana Ticona Rios, Mayra Hernandez, Rina Martin and 56 others like this.

[View 9 more comments](#)



**Heather Linares** fun blog post! it was great to see you out on the run course. i had a sign all ready, but you came by so fast i didn't have time to get it out! it was one of those days!!! good luck in brazil!!!! yeehaw!

May 22, 2012 at 8:15am ·



**Melinda Oldroyd** Good luck!!!! Enjoy brazil.....you deserve it

May 22, 2012 at 11:28am ·



**Iron Cowboy**

May 19, 2012 ·

FINALLY!! After 4 really tough races, this was an easy smooth Ironman (can I say that??) That's # 8 on the year, headed to Brazil on Tuesday. Thanks for all the support on the race course....

1:19 Swim

5:35 Bike

4:23 Run... [See More](#)



Like Comment

Seth Saunders, Cosimo Marraffa, Mariana Ticona Rios and 171 others like this.

16 shares

[View 32 more comments](#)



**Kim Coburn Green** must be all relative.....I wouldn't say that ANY ironman is easy and smooth.....keep it going! Good luck in Brazil. Hope you get another "easy" day and go 2 for 2!

May 20, 2012 at 4:17pm · 1



**Rina Martin** Whoot! Whoot! Way to go James! :+D

May 21, 2012 at 9:43am ·



**Iron Cowboy** with Audra Adair and James Lawrence.

May 18, 2012 · The Woodlands, TX ·

Bike 45 minutes. Ran 20 minutes. Swam 20 minutes. STARVING. Water temp today was 80.8....No wetsuits tomorrow - love it. Feeling good!



Like Comment

Cat Maher Kershaw, Amy Jacobs Trauntvein, Star Exiner Walters and 53 others like this.

[View 16 more comments](#)



**Sunny Jo Hatfield Lawrence** I think your ab muscles are bulging through that skin suit...I hate you.

May 18, 2012 at 6:44pm · 1



**Christine Davies** Good luck!

May 18, 2012 at 8:06pm ·



**Iron Cowboy** with Sunny Jo Hatfield Lawrence.

May 12, 2012 ·

After a chill 3 hour recovery ride there's no where else I'd rather be than at my 4 daughters dance recital. What a great weekend to be home, recovering and enjoying the family. Currently overflowing with gratitude.



Like Comment

Toby Dougal, Tim Axley, Chris Axley and 50 others like this.

View 1 more comment



**Virgle Odekirk** god sure blesses us with awesome family amd friends

May 13, 2012 at 7:41am ·



**Judy Markel** love it

May 13, 2012 at 5:56pm ·



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

May 6, 2012 ·

First off congratulations to everyone who survived the war yesterday. Those were some of the toughest conditions I've ever seen and I've never experienced water like that . Thank you for all of the incredible support yesterday during the Ironman saint george race. Sunny did not make it but will be back to dominate another day.



Like Comment

Mark Warner, Maurine Cope Hatfield, Austin Bowden and 77 others like this.

View 25 more comments



**Kate Kent** Great job to you all!!!

May 8, 2012 at 10:11am ·



**Iron Cowboy** with James Lawrence and Sunny Jo Hatfield Lawrence.

May 4, 2012 ·

The Ironcowboy family is all set for Ironman St. George. Remember to donate at [www.quietway.org](http://www.quietway.org) if you want me to shave for tomorrows race. Good luck to all the racers in the morning!



Like Comment

Marde Conlin-Jones, Becky Gayheart Melville and 53 others like this.

[View 20 more comments](#)



**Wencke Lasch** All the best for tomorrow.. You look relaxed.. Wishing you good weather healthy body and mind and lots of fun that's why we do this stuff...

May 5, 2012 at 7:35am ·



**Annette Dillon Burke** Good luck to both you and sunny today!!

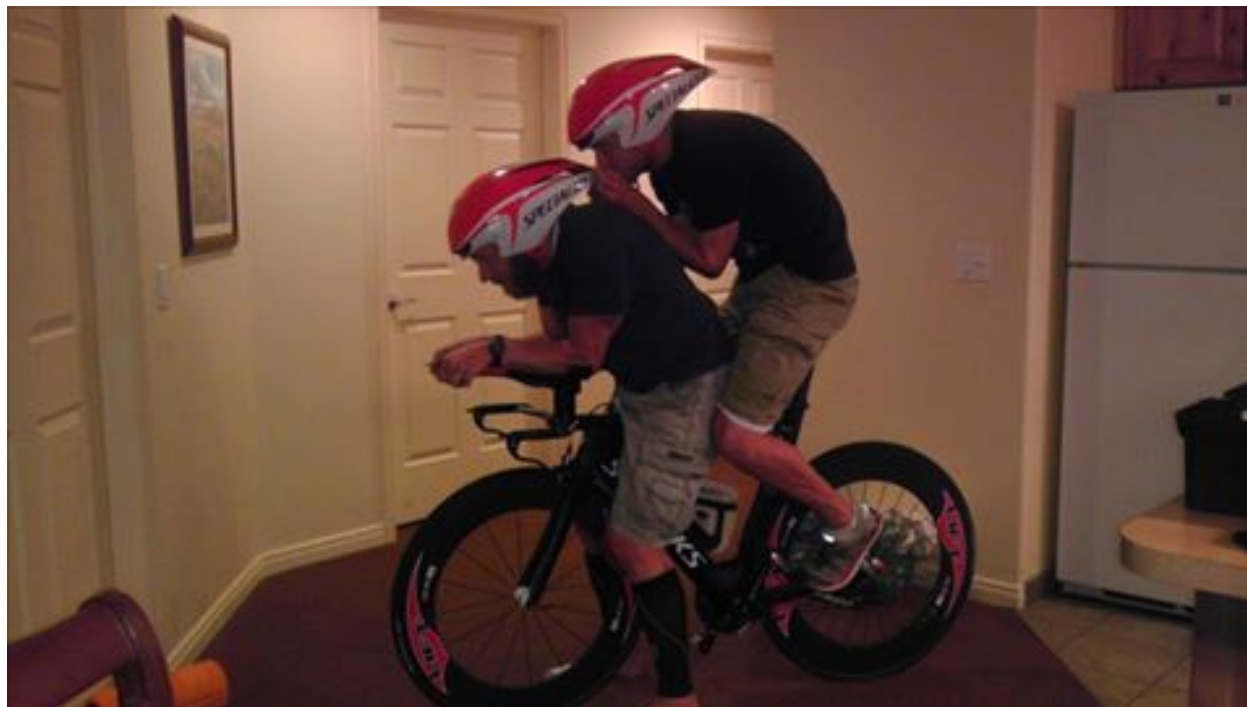
May 5, 2012 at 7:58am ·



**Iron Cowboy** with [Kyle Woodruff](#) and [James Lawrence](#).

May 3, 2012 · St. George, UT ·

Getting set for Ironman St George. We are wondering if this would be considered drafting?



Like Comment

Star Exiner Walters, George Guerrero, Rina Martin and 57 others like this.

[View 25 more comments](#)



**George Guerrero** kind of

May 4, 2012 at 7:27pm ·



**Jamie Young Woodruff** Should I be jealous?

May 6, 2012 at 8:16pm ·

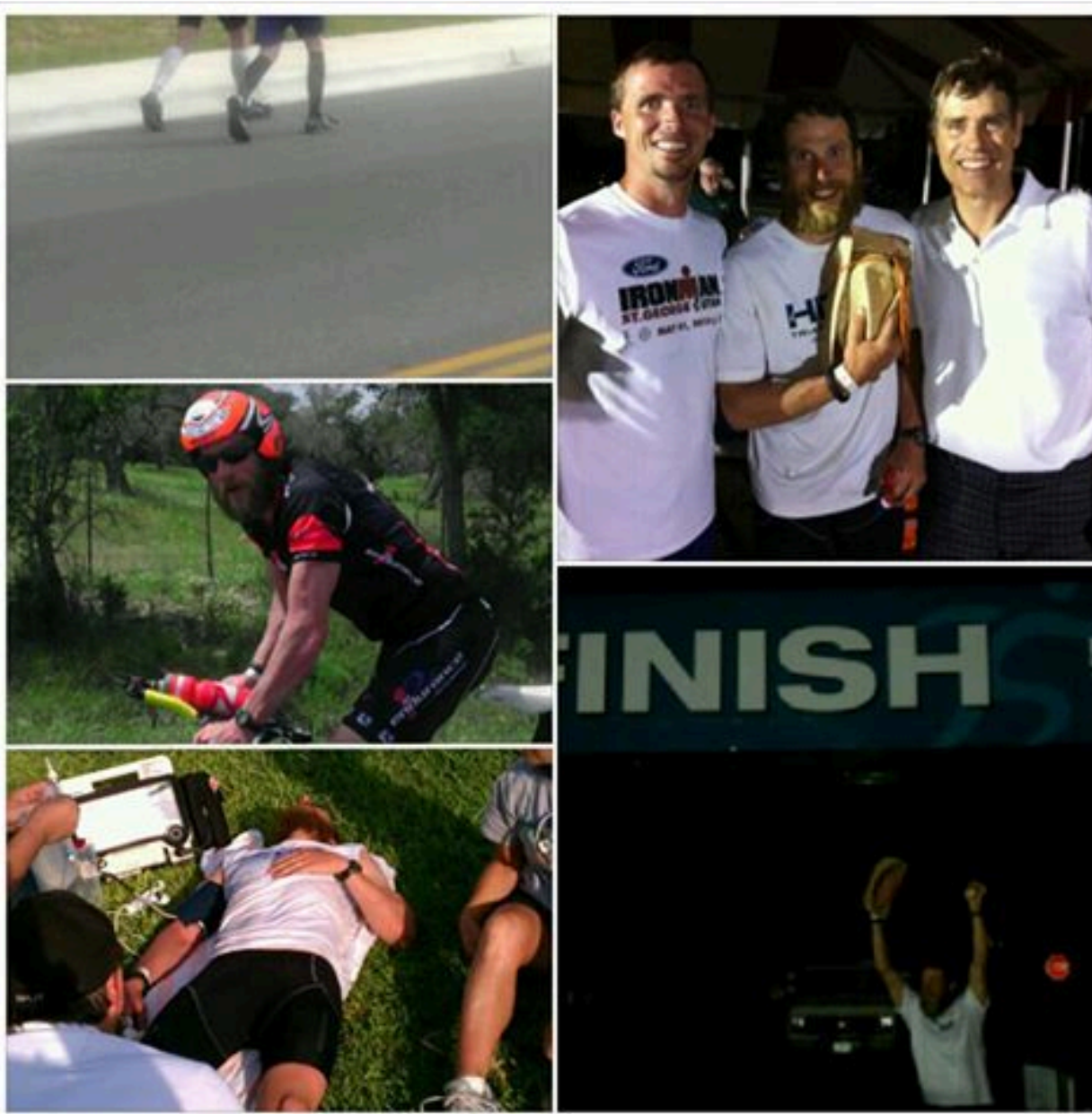


**Iron Cowboy**

April 30, 2012 ·

Headed home after a humbling/amazing experience. The journey continues and I live to fight another day. All of the support was incredible. Can't wait to give all my girls a big hug. Thanks Tyrell Gray for almost killing me then being there to catch me and take me through to the finish. Along with all of you, this was a team finish. See you in St George where I am super excited

to do the race with the love of my life Sunny!



Like Comment

Rina Martin, Mark H. Wilson, Rosvita Šolar and 74 others like this.

1 share

View 13 more comments



**Leslie Hamstra Snyder** Wow, what a trip you have had yesterday and this year so far.

April 30, 2012 at 2:05pm ·



**Janthia Murdoch Hamblin** Good luck this weekend in St George!!!

May 1, 2012 at 5:33pm ·



**Iron Cowboy**

April 29, 2012 ·

An amazing day of incredible highs (leading the race off the bike) and lows (complete body shut down). Inspired by my family I rose up from the dead and fought through 9 more miles to the finish. Just over 15 hours. THANK YOU all for the amazing support. This is one blog you may want to read... love you all.



Like Comment



Marie Kozak, Rina Martin, Willie Gillespie and 139 others like this.

2 shares

[View 41 more comments](#)



**Sonja Wieck** two thumbs up

April 30, 2012 at 7:55pm ·



**Janthia Murdoch Hamblin** Good luck this weekend in St George!!! YOU CAN DO IT!!!

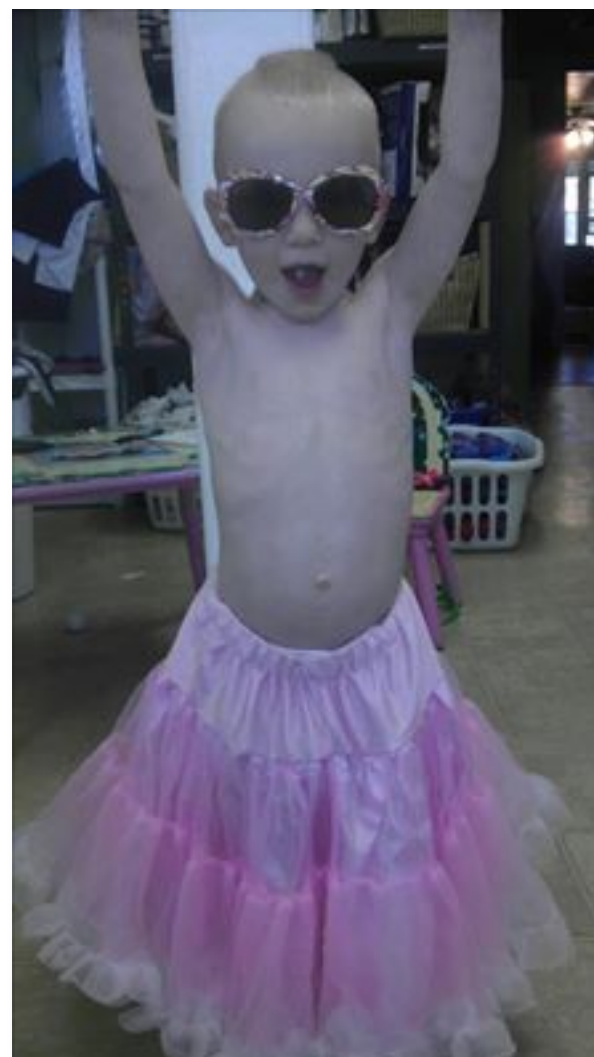
April 30, 2012 at 8:53pm ·



**Iron Cowboy** with [Sunny Jo Hatfield Lawrence](#).

April 26, 2012 · Herndon Heights, VA · 🌐

Good hell! I came home from work today and this is what my SON was wearing. At least he is happy.



Like

Comment

Ekaterina Hardin, Dana Eakins and 76 others like this.

[View 16 more comments](#)



**Gail L. Sauter** Love the freedom to be himself! Steven has some big sister pics!

April 27, 2012 at 7:21am ·



**Melissa Babstock** the best fathers are the ones who understand their daughters, he is just learning to be a great man!

April 27, 2012 at 5:16pm ·



**Iron Cowboy**

April 24, 2012 · 🌐

I leave South Africa with a big smile on my face. It was a great experience and one that I won't forget. A quick few stats.... Ave male Swim 1:39. Ave Male Bike 6:50. Ave Male Run 5:08. Looks like I am just faster than the average man 😊 This was a tough Ironman. Huge congrats to all finishers as 18% of the field DID NOT FINISH!! I now get to travel for the next 39 HOURS! See you back in the USA. Next stop this weekend in Marble Falls Texas.



Like Comment

Chad Bennett, Ben Light and 62 others like this.

View 18 more comments



**Janice Collingridge** YEAH COWBOY!!! Or should I say "Grizzly Adams" Holy Nickles- I "bearly" recognized you- hahahaha no pun intended God Speed!

April 24, 2012 at 12:39pm ·



**Janice Collingridge** The beard comment from Juanita...love ya!

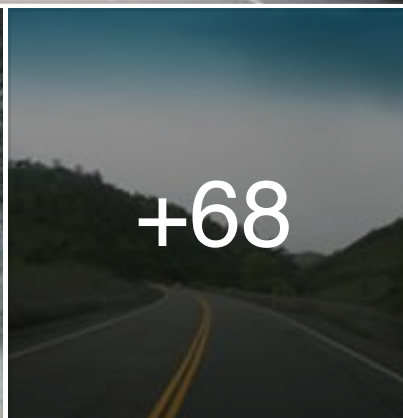
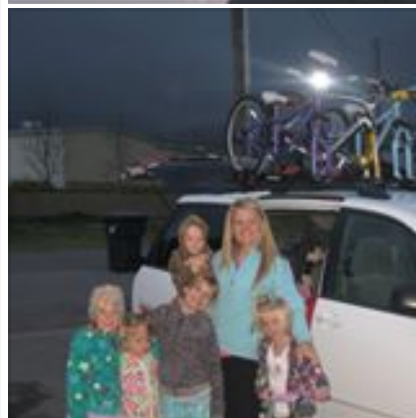
April 24, 2012 at 12:46pm ·



**Iron Cowboy** added 71 new photos from April 14, 2012 to the album: **HITS NAPA CALIFORNIA RACE** — with Sunny Jo Hatfield Lawrence in Napa, California.

April 14, 2012 ·

This was an AWESOME day at the HITS kids race in Napa. FREE DOLLARS!!! All the kids did great and I am all set for my Ironman tomorrow.



Like Comment Share

Utah Vacation, Lodging & Adventure Guide, Linda Wang, Dana Eakins and 19 others like this.

View 7 more comments



**Christine Davies** Loved all the pictures. Looks like you are all having a fabulous time 😊

April 15, 2012 at 9:24pm ·



**Linda Wang** Oh they are just too cute!

April 16, 2012 at 7:39pm



**Iron Cowboy**

April 13, 2012 · Lucerne, CA · 🌐

Ok I've made a bike change for this race...6000 feet of climbing. It's a @Specializedbikes Venge road bike converted to a tri bike. Huge thanks to Mark, Wes and Brian at Timp Cyclery for making this happen so quickly. My Shiv is AWESOME...its just really aggressive and build for pure speed. When I work on my Kona qualifying I will rock that Shiv....but with 30+ IM races and 20 over the next 22 weekends, comfort wins... So we are testing this weekend... Isn't she pretty?



👍 Like    💬 Comment

Toby Dougal, Dana Eakins, Jared Lees and 57 others like this.

1 share

[View 23 more comments](#)



**Paul D. Laws** BikePorn for sure

April 14, 2012 at 8:29am ·



**Robyn Moore** Holy crap that's beautiful

May 3, 2012 at 8:27pm ·



**Iron Cowboy**

April 12, 2012 · 🌐

Loaded up and ready for Napa California. Thanks @timpcyclery for working around the clock to get all our bikes ready- best in the business. Iron Cowboy family off to race!



👍 Like    💬 Comment

Dana Eakins, Susan Clavin and 47 others like this.

[View 13 more comments](#)



**Charlotte Lawrence** Happy travelling and racing!

April 12, 2012 at 5:45pm ·



**Sally Jamieson** how excited does everyone look.....have fun

April 12, 2012 at 11:51pm ·



**Iron Cowboy**

March 28, 2012 · Los Angeles, CA · 🌐

Somehow I knew these 'Australia' hats would be a huge hit. These are special Aussie Angry Birds. 'Dad, you're my favorite!' YES!



👍 Like    💬 Comment

Pamela Perkes Anderson, Jennifer Jeppson Wilson, Ben Light and 57 others like this.

[View 10 more comments](#)



**Barbara Birban** too ute

March 29, 2012 at 9:05am ·



**Ben Light** Sweet...

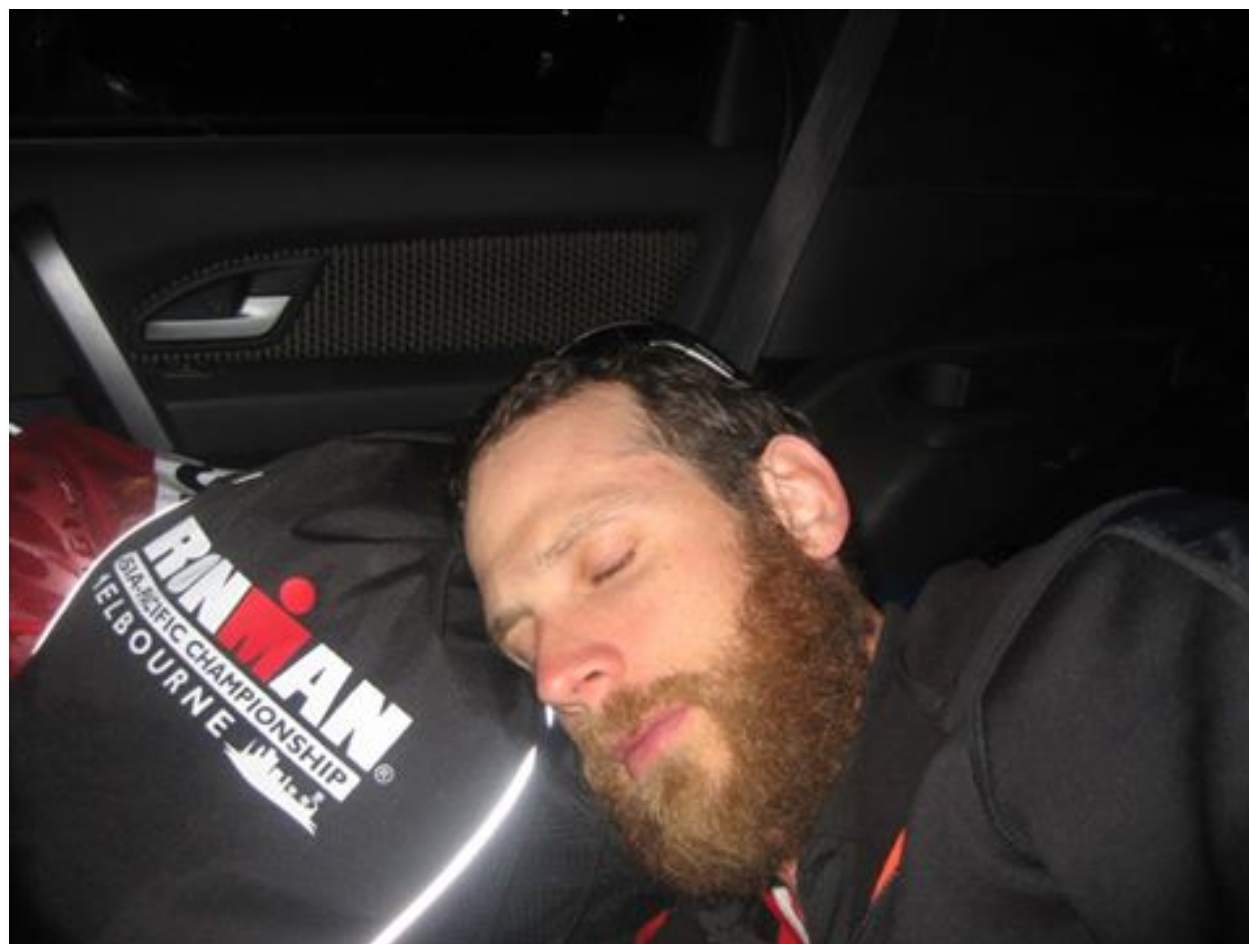
March 29, 2012 at 2:33pm ·



**Iron Cowboy**

March 26, 2012 · 🌐

Hammered after a long tough race in Australia. I had a steady:  
Swim 1:19:38 Bike 5:45:07 Run 4:20:38 Total 11:36:31  
This was a hard fought battle. The IM distance is very tough and I am in for one hell of a year. I am reminded of this every time I toe the line! Full blog report coming.... I have a very long flight to write it... See you shortly in Utah!



👍 Like    💬 Comment

Seth Saunders, Dee Shackford, Dana Eakins and 92 others like this.

[View 26 more comments](#)



**Grant Myers** how much faster would you be if you shaved the birds nest off your face?

March 27, 2012 at 4:23pm ·



**Joanne Baxas** Again great to meet u and to run into u at the swim start and at the bike aid station. Ur commmitment is astounding looking forward to more success stories!

March 27, 2012 at 7:35pm ·



**Iron Cowboy**

March 24, 2012 · 🌐

I found world champion [Mirinda "Rinny" Carfrae](#) at the Melbourne Australia Ironman Expo - she is a pretty cool cat... Thanks for the picture! Look for her to dominate the competition tomorrow. My race starts at 2:15 MST on Saturday....



👍 Like    💬 Comment

Jeanette Thorson Bays, Greg Nybo and 54 others like this.

1 share

View 17 more comments



**Marci Richman Lamoreaux** Sporting that mane of yours...you look like a pretty wild cat yourself!! Great job on your race!

March 26, 2012 at 9:21am ·



**Heather Bracken Grissom** Jealous!

March 27, 2012 at 4:40pm ·



**Iron Cowboy**

March 4, 2012 · 🌐

I had a blast in the New Zealand 70.3 (boooo) and just enjoyed the race. An easy 5:41:57 practicing my IM pacing. I set a new personal best in T1 with a blazing 12:54 (pretty darn proud of that, ha ha) I took in the scenery and watched all the cheating drafters go by. I guess this sport is turning into IronMen rather than Ironman.... After the race we enjoyed some awesome New Zealand adventures thanks to Jen a [www.experiencetaupo.com](http://www.experiencetaupo.com) (more to come). Bike is all packed and now for a few more adventures. Wishing you were all here with me!



Like Comment

Utah Vacation, Lodging & Adventure Guide, Iron Cowboy, ASEA and 60 others like this.

View 13 more comments



**Penny Moir** The weather rules... sorry to hear the news but glad to see your enjoying NZ!

March 5, 2012 at 7:43am ·



**Kyle Quist** Those two dudes behind you are wanting to touch your beard but won't admit it. The dude looking down is ashamed that he can't grow a beard like yours. Dang that thing almost matches your swim goggles in color! Did you dye it?

March 5, 2012 at 10:09am ·



**Iron Cowboy**

February 29, 2012 · Taupo, New Zealand ·

I have arrived in New Zealand safe and sound and feel great. Everyone is super nice and my host radio station is taking great care of me. I will be in studio on air tomorrow morning. With the time difference my race will start Friday morning at 11 am MST. Race day calls for 60% chance of rain and HIGH wind warnings...



Like Comment



**Iron Cowboy** with Mark H. Wilson and 2 others.

February 19, 2012 · Corpus Christi, TX ·

Thanks everyone for all the amazing support today. I was overwhelmed with texts and e-mails today and loved them all. This is all of our journey to experience together. I will do a full blog report soon. Worst part about flying out in the morning, breaking my bike down. But i get to see my kids sooner. Thank you, thank you, thank you for all the energy today. Also I am doing this year for a great cause, [www.quietway.org](http://www.quietway.org) - check em out and if you like what you see donate 2\$ for my second place finish today. It would be easier to donate now before I start finishing 864th and I ask you to donate that much - ha ha. It goes to a great cause guys. And 100% of the money goes to the work. Help me save some lives this year. Again THANK YOU! - Iron Cowboy!



Like Comment

Roxann Aguirre, Brenna Fowler, Scott Brown and 58 others like this.

[View 10 more comments](#)



**Brad Hess** Your an inspiration!

February 20, 2012 at 5:26pm ·



**Brenna Fowler** Way to go, James! We were thinking of you all day!

February 20, 2012 at 8:09pm ·



**Iron Cowboy**

February 10, 2012 · Lindon, UT ·

I think my legs are ready to unleash on 29 more Ironman races this year.  
Bring on Texas in a week!



Like Comment

Carla Lane McKenzie and 47 others like this.

[View 33 more comments](#)



**Matthias Blancard** [Yvan Trublet](#)

February 3 at 9:54am · 1



**Yvan Trublet** [Matthias Blancard](#) archi sec aussi

February 3 at 10:04am ·



**Iron Cowboy**

December 29, 2011 · 🌐

Just had my nose hair waxed. I can breath way better! Thanks Garen Winn.



👍 Like    💬 Comment

Ashley Nielsen, Julie Appel, Brian R Bailey and 6 others like this.

[View 22 more comments](#)



**Iron Cowboy** 🟦 I did it at home.. I will have to find the name of the kit... It is time to do it again!

February 5, 2012 at 10:14pm · 👍 1



**Judy Markel** Thanks we get hairy in our old age. ha ha

February 6, 2012 at 8:01am ·



**Iron Cowboy**

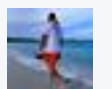
December 27, 2011 · 🌐

Throwing around the idea of no shaving till I break the world record.... My kids are all for it.

👍 Like    💬 Comment

Carla Lane McKenzie, Elaine Crook, Noma Jean and 16 others like this.

[View 31 more comments](#)



**Baxter Stegall** How about a handlebar mustache? You never know when you'll get drafted into an old-timey bare- knuckles boxing match at about mile 61 on the bike. It could happen.

December 27, 2011 at 9:59pm ·



**Iron Cowboy**

December 26, 2011 · Orem, UT · 🌐

It just dawned on me that I have nothing but sugar in my body from the holidays. With my first Ironman in 2 weeks I think it's time to go cold turkey and give my body some good fuel to race on.

👍 Like    💬 Comment

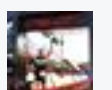
Wesley Johnson, Jessica Martin, Dana Eakins and 17 others like this.

[View 7 more comments](#)



**Judy Markel** My salad for lunch was great

December 26, 2011 at 3:10pm · 👍 1



**James Harrison** Good luck mate u can do it I need to eat well..... After the holiday 😊

December 26, 2011 at 3:53pm ·





**Iron Cowboy**

December 25, 2011 · Lindon, UT · 🌐

My awesome wife comes up with the best custom gifts. An Ironcowboy finisher medal rack. 30 hooks....no pressure right? Game on. Thanks for the best Christmas ever friends family and secret santas. Merry Christmas all!!!!



👍 Like    💬 Comment



**Iron Cowboy**

December 24, 2011 · Lindon, UT · 🌐

'DAD, Quinns brushing his balls with your toothbrush...' Sure hope Santa brings me a new one. Please be real Santa.....

👍 Like    💬 Comment

Chalene Anderson, Beth Blair and 29 others like this.

[View 6 more comments](#)



**James Cole** Just be glad you were told.

December 24, 2011 at 8:50pm ·



**Callie Cole** Not weird kids- completely normal! Have fun with that! 😊

December 25, 2011 at 7:59am ·



**Iron Cowboy**

December 23, 2011 · Lindon, UT · 🌐

We just had an all out angry bird war. Sadly these little guys got the best of me. Best half hour I've spent this week. Thanks kids.



👍 Like    💬 Comment

Christine Davies, Virgle Odekirk, Noma Jean and 23 others like this.

[View 1 more comment](#)



**Leslie Hamstra Snyder** they are so cute!

December 23, 2011 at 10:11pm · · 1



**Sandra Lawrence Lavery** The cutest  
December 23, 2011 at 10:37pm · · 1



**Iron Cowboy**  
December 16, 2011 · Orem, UT ·

Feeling unmotivated to go to the gym... This guy is at the gym where I train everyday. What's your excuse?



Like Comment

Ingrid Johnson, Sean Mc Loughlin, Joe Koenig and 36 others like this.

[View 6 more comments](#)



**Chris Palmer** This kid is a stud.  
January 16, 2012 at 2:31pm ·



**Ben Burk** This is why I worked out this morning.  
May 4, 2012 at 10:51am ·



**Iron Cowboy**  
December 15, 2011 ·

OHHH YAAAA! Christmas came early today. Thanks for the quick shipping on my order - @firstendurance -Bring it 2012!!! Dolly seems to be the most excited.



Like Comment

Tyler Toone, Maria Sorensen Warrns, Adventurous Rex and 17 others like this.

[View 2 more comments](#)



**Charlotte Lawrence** Looks like the tree is staying up and looking good, as are you & Dolly!

December 16, 2011 at 7:41am ·



**First Endurance** Looks like you are ready to attack 30 Ironman's.. nice

December 16, 2011 at 9:19am ·



**Iron Cowboy**

December 15, 2011 ·

Sent to me today from my awesome sister Sandra Lawrence Lavery - preach on sister!



Like Comment

Sandy Mickelson Humphreys, Krista Youngquist Ream, John Springer and 31 others like this.

[11 shares](#)



**Judy Markel** thats for sure

December 15, 2011 at 7:38pm ·



**Iron Cowboy**

December 15, 2011 · Lindon, UT ·

Just spent the last hour watching my three oldest daughters sing Christmas songs at their school. I LOVE this time of year. Merry Christmas everyone!

Like Comment

Melinda Oldroyd, Christine Davies, Dawn Cardinal and 24 others like this.



**Dawn Cardinal** Merry Christmas!!!

December 15, 2011 at 9:36pm ·



**Iron Cowboy**

December 11, 2011 ·

I can't wait for the day when I can delete Dora The Explorer from my DVR.

Like Comment

Christine Davies, Tina Winger-Hyde, Jan Podris and 28 others like this.

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**Camille Brown Durrant** It could be worse.....Telitubbies anyone?

December 12, 2011 at 7:06am ·



**Aimee Paradis-Youngblood** Ha ha..that is hilarious! For us it's Backyardigans and Wild Krats!

December 12, 2011 at 8:48am ·



**Iron Cowboy**

December 8, 2011 ·

The abuse my son continues to take at the hands of his four sisters. I just had to laugh.



Like Comment



**Iron Cowboy**

December 8, 2011 · 🌐

Here is my race report from Cozumel! We had an incredible time!  
IRONMAN

<http://triandgiveadam.blogspot.com/.../12/ironman-cozumel.html>



Like Comment

Brad Hess, Anna Fausett and 3 others like this.

[View 6 more comments](#)



**Mason McLain** lol thats lightning ur a BEAS+T

December 20, 2011 at 2:39pm ·



**Mason McLain** whats your time got to be to go to kona

December 25, 2011 at 10:22pm ·



**Iron Cowboy**

December 7, 2011 · 🌐

Well I guess I'll hang in there a little longer than.... Less than 30 days till the quest starts.



Like Comment

Ruth Gabriele, Tom Marinovich, Sarah Viamonte and 14 others like this.

1 share

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**Iron Cowboy** ✓ Charlotte Lawrence - my first race is in Naples Florida racing in the HITS Triathlon Series -can't wait. Let the fun begin!!

December 12, 2011 at 6:48pm · 1



**Christi Liddell-Keiser** Go get 'em Cowboy!

December 13, 2011 at 6:25am ·



**Iron Cowboy** with Ryan Grover and Sunny Jo Hatfield Lawrence.

December 5, 2011 ·

Sunny wanted an authentic Mexico experience and I think this satisfied it.....



Like Comment

Maria Blanchard, Billy Light, Krisann Greaves Charles and 30 others like this.

1 share

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**Michael Brooks** rest and nutrition

December 5, 2011 at 9:20pm · 1



**Sunny Jo Hatfield Lawrence** Ryan Grover, need a refresher of our last trip EN MEJICO?!?!?!?

December 4, 2013 at 6:07am ·



**Iron Cowboy**

December 4, 2011 ·

Be apart of my 2012 world record!!! I have 2 requests that I would like to throw out there. I am working on the logistics for my 2012 quest and wanted to see who out there would like to be more involved with the project and

help me out??!???

1- I would much rather stay with like minded people than all by myself in a random hotel. Is there anyone out there that would like to host me when I am in your town for a race? E-mail me at james@jameslawrence.biz if you can help or know of someone who can.

2- I am also working on finalizing my flights. Many people have extra or excess Air-Miles that they simply can't use. These miles can be used to help me get to where I need to be. If this is you e-mail me at james@jameslawrence.biz



Like Comment

Mustapha Elidrissi, Mark Braithwaite Jr and 8 others like this.

View 15 more comments



**Tom Ecord** We've got an extra room in Austin, Tx. Can help with transportation too! I'll email you with more information. Best of Luck!!

December 6, 2011 at 11:22am ·



**Neil Fourie** so glad we got to be apart of it in Port elizabeth - you're awesome

May 2, 2012 at 2:14pm ·



**Iron Cowboy**

December 2, 2011 ·

@gosonya saved us last night. Thank you so very much for putting us up in a hotel in the middle of the night. The tri community is incredible! This made an incredible difference in our travel experience. Back to the airport we go. Thank you Thank you Thank you.

Like Comment

Melissa Babstock, Cherie Winger-Lavin and 17 others like this.

View 6 more comments



**Iron Cowboy** I'm considering moving to CO now!

December 2, 2011 at 12:16pm · 1



**Ryan Grover** Thank you again, Sonja!

December 2, 2011 at 1:46pm ·



**Iron Cowboy**

December 1, 2011 ·

I sure wish the mad benches at the airport without arm rest... Sure would be easier to sleep.



Like Comment

Leslie Hamstra Snyder, Elaine Crook and 14 others like this.

View 9 more comments



**Holly Sue Hatfield** Translation: "I sure wish theY madE benches at the airport without arm restS..." (Sometimes in Canada the last letter of a word is optional.)

December 5, 2011 at 9:57pm ·



**Sunny Jo Hatfield Lawrence** Lol!!! Shows how tired he was holly!

December 6, 2011 at 4:17am ·



**Iron Cowboy** with James Lawrence and 2 others.

December 1, 2011 ·

I found the steps to Atlantis and climbed them!



Like Comment Share

Melinda Oldroyd, Chris Barron and 2 others like this.

View 3 more comments



**Iron Cowboy** Gerald Robinson - yes sir Miramar 404 !!! Loved it.

December 4, 2011 at 6:13pm ·



**Holly Sue Hatfield** I particularly enjoyed the joint male giggling at the end...

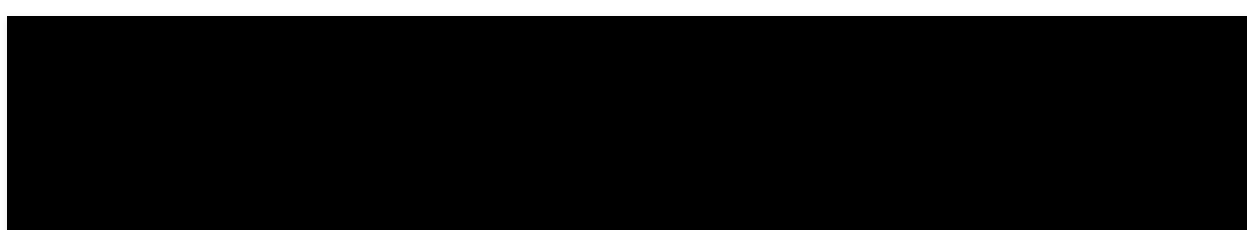
December 12, 2011 at 8:59pm ·



**Iron Cowboy** with James Lawrence and 2 others in Cozumel, Quintana Roo, Mexico.

December 1, 2011 ·

OK OK ... one last swim. But only if we have to!!!





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Utah Vacation, Lodging & Adventure Guide likes this.

[View 1 more comment](#)



**Camille Brown Durrant** Me!!! I want to play!

December 1, 2011 at 9:10am ·



**Melinda Oldroyd** I am so there!

December 1, 2011 at 5:07pm ·

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