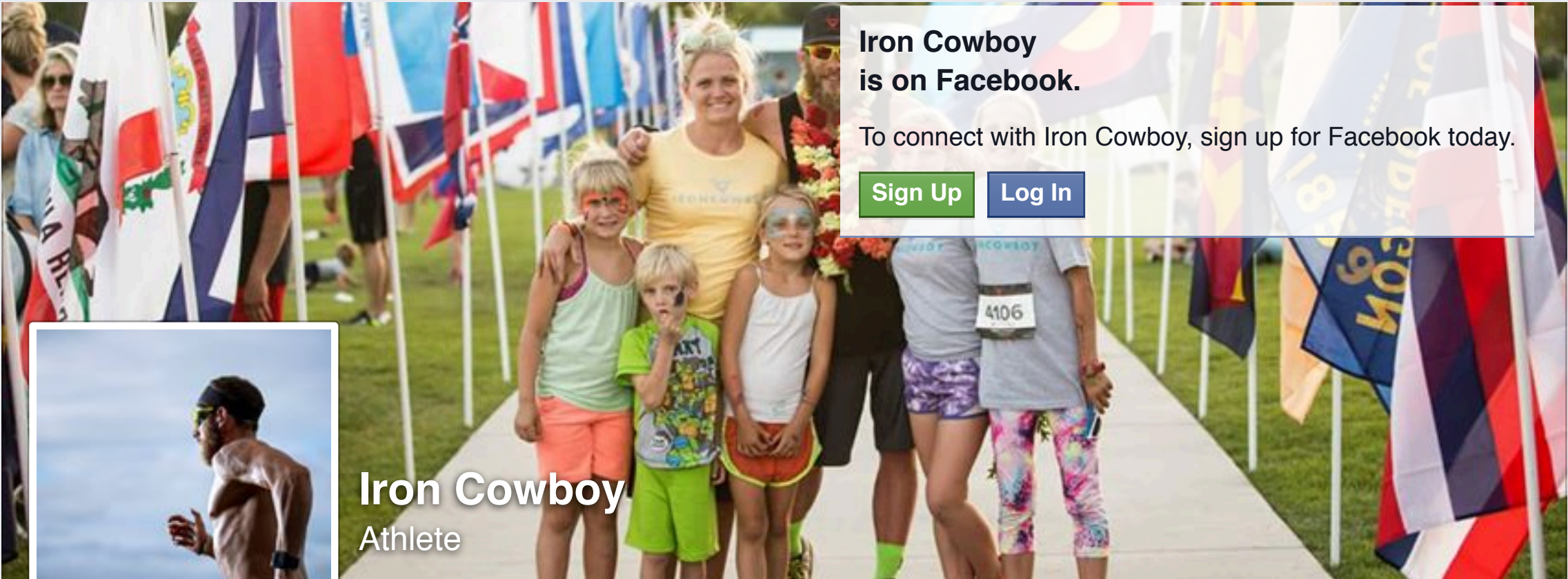


☐ Keep me logged in

Log In

[Forgot your password?](#)



**Iron Cowboy
is on Facebook.**

To connect with Iron Cowboy, sign up for Facebook today.

[Sign Up](#) [Log In](#)



Iron Cowboy
Athlete

[Timeline](#) | [About](#) | [Photos](#) | [Likes](#) | [More ▾](#)



Iron Cowboy

37 mins · Edited ·

Wingmen update: Thank goodness the wingmen attended cosmetology school and were able to aide the Iron Cowboy as he gets ready to do a live interview with FOX NEWS starting live in TEN MINUTES!!!! 9:30 am!



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

Maureen Perkins, Mihailo Zivkovic, Janda Fleming and 369 others like this. [Most Relevant ▾](#)

3 shares



Christopher MeowMeow Crazilla Yah all I see on Fox is soccer. Ew.

30 mins



Iron Cowboy Sorry, FOX NEWS!

3 · 29 mins

[View more replies](#)



Lani ElleJoseph Is it online streaming? Link?

👍 5 · 35 mins

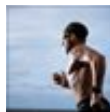


Iron Cowboy Don't know...it is national news, so cable channel.

👍 1 · 29 mins

👉 View more replies

[View 33 more comments](#)



Iron Cowboy 😊 feeling chill at Utah Spine and Sport, Chiropractic, Acupuncture + Physiotherapy Center

8 hrs · 🌐

Dr Makin Notes:
July 27- 1st treatment since finishing the 50.50.50:
Straight from the "subjective " portion of my clinic notes... "Patient just finished doing 50 Full IM's in 50 straight days on 4-5 hours of sleep each night, yet looks better than half my patients after a half marathon."
After what James has been through, I think it's safe to say he looks better than any of us would have ever suspected... Even James himself (if I dare speak for him). This is a huge testament... [See More](#)



Like Comment ➦ Share

Rebecca Palson, Samantha Root, Kelly Dan Steele and 1,265 others like this. [Most Relevant ▾](#)

[50 shares](#)



Brendan Glenn I saw the pic of your foot / nails a while back! My big toenails took 6 months to grow back and thay was one measly IM. Good luck with them mate!!

👍 1 · 8 hrs



Alan Warren Maybe one more adjustment and you'll be able to reach those shoelaces 😊

👍 11 · 4 hrs

👉 1 Reply

[View 28 more comments](#)



Iron Cowboy added 3 new photos.

11 hrs · Edited · 🌐

Day two of decompression (fail). It's been crazy and my body is in freak out

mode. Check out the pic below of the motorhome clean out and the crazy weather in Wyoming. I also went and had my body composition tested.... My body fat was 7.7, which seems high I know. The reason for this is my body is currently in freak out mode and I'm starting to retain a ton of water... My feet and ankles Make me look like I'm 9 months pregnant !!

Media has been going nuts and tomorrow m... [See More](#)



Like Comment

Kim Vuong Blakeman, Sam Farris, Anita Caban-Ruiz and 1,058 others like this. [Most Relevant](#)

110 shares

 **Amanda Weeks Thompson** Thank you for sharing the recovery portion of the journey...it's very interesting to not only be part of the 50 days but also to understand what happens after such an intense amount of stress is put on the body. I've been using YL oils for a number of ... [See More](#)
👍 20 · 11 hrs

 **Jason Belcher** [James Lawrence](#) thank you for taking the time out of your special day to take a picture with Makenzy. Running the full Marathon with you for #9 in Colorado then running the 5k for #50 was so amazing. The turn out said it all. You are a true inspiration to me and my family. Since watching the video of you and Dayton I would like to do a Marathon with my daughter. So if your ever up to do another one please let me know.



👍 9 · 10 hrs

[View more comments](#)



Iron Cowboy

13 hrs · Edited ·

Here's the list of the winners for the raffle!!!! You have 24 hrs to claim your prize! Email jm@ironcowboy.co

David McDonough- Altra shoes

Chrissie Major- Altra shoes

James Prescut- Altra shoes ... [See More](#)

www.ironcowboy.c

www.ironcowboy.c

WWW.IRONCOWBOY.C

Like

Comment

Share

Nettie Weber, Debra Orick Swiney, Veronica Torres and 114 others like this.

[Most Relevant](#) ▾



Debra Orick Swiney I had no idea there was even a raffle...I just was inspired to donate after following this journey....Thank you!! Very cool! I guess I can't say I have never won anything anymore!

31 mins



Rocky Chen [Corie](#) - you're a winner!

Clock is ticking! [See More](#)

2 · 13 hrs

[View 8 more comments](#)



Iron Cowboy

13 hrs ·

*Of course we all know how the story ends, but if you want to get caught up on the details, we'll keep posting these blogs by [@tommy_rivs](#)

BLOG: Riding shotgun with the Iron Cowboy - NEBRASKA

"It's ok to be afraid. Fear is what makes us human. The key is not to eliminate the fear, but to keep fighting in the presence of it. Have the courage to start."



Riding shotgun with the Iron Cowboy: Nebraska | Tommy Rivs

Riding shotgun with the Iron Cowboy: Nebraska NEBRASKA PC: [@jessakae](#) As we rolled out of Mason City Iowa I thought back on the previous 18 hours and all...

TOMMYRIVS.COM

Like

Comment

Share

Susan Ohm, Joe Boar d'Airy, Erika Tabor and 371 others like this.

[Most Relevant](#) ▾

[21 shares](#)



Rachel Brenke "So dream big. Reflect on what you want to achieve. Think deeply about who you want to be and the kind of life you want to lead. Find areas where you want to improve. Maybe the goal isn't to complete a 5k or a Marathon or an Ironman. Maybe there are d... [See More](#)

👍 10 · 13 hrs



Ryan Bush Can you buy the Iron Cowboy hat ?

👍 2 · 13 hrs

↩ 1 Reply

[View 14 more comments](#)



Iron Cowboy updated their cover photo.

16 hrs · 🌐



Like Comment ➦ Share

Eric Thomas, Keaton Fogler, Tina Chiappetta Grimes and 3,471 others like this. [Most Relevant ▼](#)

[24 shares](#)



Kelley McPhee What an amazing experience for all of you and I know that James had to do the heavy lifting of 50 IM's but seriously that could not have been possible without you guys right there beside him doing ALL the other heavy lifting!! [#kissesforyouall](#)

👍 10 · 15 hrs



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 · 15 hrs

[View more comments](#)

2 of 68



Iron Cowboy

16 hrs · 🌐

Just a reminder the raffle ends in two hours!! Donate to win (www.IronCowboy.co/donate)! We're going to announce the winners live via Periscope (ironcowboyjames) at 7:30 pm (MST). Remember every \$20 you donate gets you 1 entry.

[#altra](#) [#normatec](#) [#fezzari](#) [#rudypproject](#) [#garmin](#) [#jaybirdsport](#)
[#nathansports](#) [#strenghtape](#)



Like Comment Share

Nettie Weber, Sean Laplante, Aleksandra Prus and 48 others like this. Most Relevant ▾

2 shares

- **Christopher Wilson** Donated 😊
Thanks for your amazing dedication to this cause!
15 hrs
- **Alex Collins** [Iron Cowboy](#), on behalf of [INPYN.com](#), we just donated. Thanks for all that you've done and continue to do.
15 hrs · Edited

[View 8 more comments](#)

 **Iron Cowboy** shared [Jaybird's video](#).
17 hrs · 🌐



33,548 Views

Jaybird with [Iron Cowboy](#) and [James Lawrence](#)

"I wanted to find my mental and physical limits, and I found those...and I busted through them" - [Jaybird](#) athlete James "[Iron Cowboy](#)" Lawrence

The 50/50/50 has ...

[See More](#)

Like Comment  Share

Vihren Evgeniev Mitev, Victoria Wonnacott, Heidi Sells Bettler and 578 others like this. Most Relevant ▾

 **Ciry DG** I can't wait to see the movie-documentary. Please tell me that there'll be one!
 6 · 16 hrs

 **Gabriel Salinas Szada** what a videooooo. Loved it. LOVED IT!!
 1 · 17 hrs

[View 12 more comments](#)

 **Iron Cowboy** via **Altra Iron Cowboy Feed**
17 hrs · 



50 Iron-Distance Triathlons, 50 States, 50 Days - Triathlete.com

James Lawrence has crossed his final finish line.

TRIATHLON.COMPETITOR.COM

Like Comment  Share

Amy Urbanowski, Marie Smart, William House and 1,633 others like this. Most Relevant ▾

[249 shares](#)

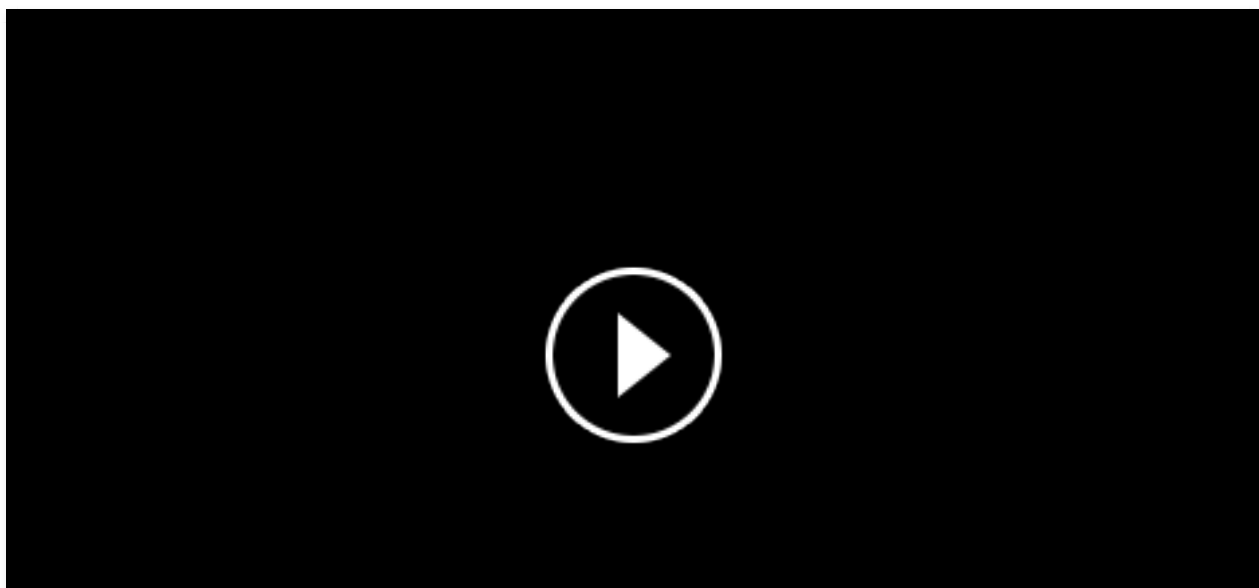
 **Joshua Williams** Chronicle the journey and the struggles in a book. I'd love to read about it and I am sure I am not alone.
 35 · 17 hrs · Edited

 **Mitzi Cameron-Pugh** I followed IC through the 50 states! Met him at his finish of the 505050 An Amazing Man!
 5 · 17 hrs · Edited

[View 39 more comments](#)

 **Iron Cowboy**
20 hrs · 

This is the after dance party!!!!





Like Comment  Share

Albert Baldarelli, Cherise Whittier Alva, Costante Galbiati and 1,931 others like this. Most Relevant ▾

47 shares



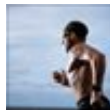
Janice Ocampo Stanford He just doesn't stop moving, does he? Get yer groove on, Iron Cowboy!
 2 · 18 hrs



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](#)
 14 · 15 hrs · Edited

[View more comments](#)

2 of 58



Iron Cowboy with [Michael Zelznick](#) and 2 others

20 hrs · 

ALTRA IMPULSE GIVE AWAY!!
James and his crew want to hear from you!
Tell them how the Iron Cowboy has inspired you over the last 50 days....
[See More](#)



Like Comment  Share

Angelee Zimmerman Galloway, Daniel Vicente, Annie Weiss and 34 others like this. Most Relevant ▾

2 shares



Kathryn Rapp Well, how has he NOT inspired me...? In the past 50 days I completed my first ironman and participated in my first RAGBRAI, a mass bike ride across the state of Iowa. It was 500 miles of riding (and I threw in a couple of post-ride runs for good meas... [See More](#)
 2 · 18 hrs



Nancy Lindquist O'Neal I just wanted to say that now I get it-- I couldn't imagine completing one Iron distance without my Altras! Of course that Ironman is 2 years from now at the soonest, when I turn 60. For now it's sprint to oly to half...then see if I have the mettle!

16 hrs

[View 10 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.

July 26 at 9:05pm · 🌐



Altra Iron Cowboy Feed

Are we alone in wishing that the Iron Cowboy 50/50/50 could go on forever?

Sorry @ironcowboyjames

We know you're tired but we don't know what to do with our liv...

[See More](#)

Like Comment Share

Cheryl Holub Corns, Marian McHugh Cosgrove, Cookie Hawkins Boone and 941 others like this. [Most Relevant ▾](#)



Heather Thomas Major withdrawals today. Like- worse than Dec 26th when the Christmas Lights start turning off

👍 12 · July 26 at 9:08pm



James English I think we found a new Pioneer Day race in Utah. The Iron Cowboy Ironman. The course has already been set.

👍 28 · July 26 at 9:15pm

[View 33 more comments](#)



Iron Cowboy

July 26 at 5:47pm · Edited · 🌐

We've raised \$68,000 for the Jamie Oliver foundation in 50 days. I will not stop until we hit 1M. Donate and help stop childhood obesity. [#ironcowboy](#) [#IC505050](#) [#IC50](#) PC: [@jessakae](#) [www.ironcowboy.co/donate](#)



Like Comment Share

Jamie Oliver, Kim Smith, Sarah Bell and 2,141 others like this. Most Relevant

102 shares



Sara Ryan Brown James just showed us what he's capable of (which is nothing short of amazing!)...let's show him what we can do! If all 55k of us gave just \$20 right now he would hit \$1M+!! [#donateironcowboy](#)
👍 50 · July 26 at 5:59pm



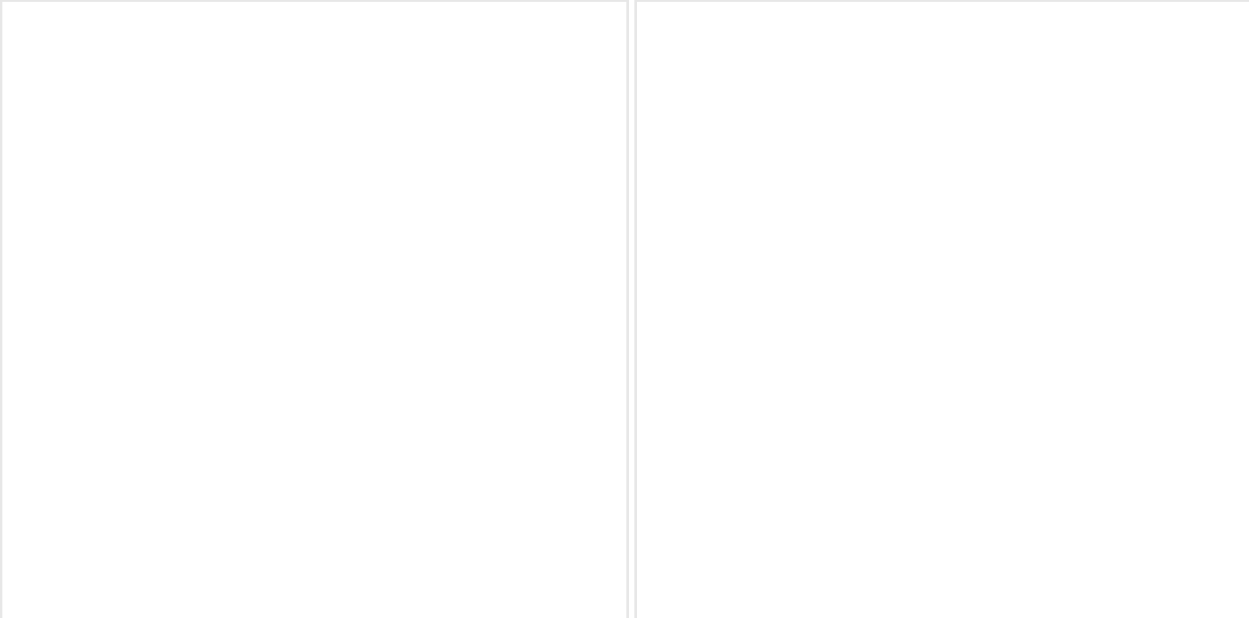
Steve Venett Do we donate through IC site or Jamie Oliver site?
July 26 at 6:20pm
👤 3 Replies

[View 36 more comments](#)



Iron Cowboy added 2 new photos — with James Lawrence and Garen Winn.
July 26 at 5:14pm · 🌐

James here.... I'm still wrapping my mind around [#WhatJustHappened](#) I'm still in awe of all the amazing support and love we felt across the country and especially in Utah. [Young Living Essential Oils](#) has been an absolutely amazing support as I prepared and then crossed the country. I managed 10 hours of sleep last night and now am having a celebration meal with family and friends. Mad props to the chef Garen Winn from [#NordenGroup](#). Lots more coming very soon... [#decompressing](#) [#IC505050](#) [#ICInspired](#)





Like Comment

Cathie Craddock Gardner, Mark Amberg, Lynn Nimmer Walker and [Most Relevant](#) ▾
4,845 others like this.

91 shares



Ryan Winfield Thank you for letting us tag along and be inspired for the last 50 days. Congratulations!!!!
👍 67 · July 26 at 5:22pm



Ryan Smith Well, prayed for ya along the way!! 👍! Plus because of your journey it brought awareness I me about childhood obesity, changed my running shoes to Altra's, looked up and trying "young living essential oils", Signed up for my first marathon, and trying out biking (as soon as I get one)!! Thank you [#ironcowboy](#)
👍 56 · July 26 at 5:39pm

[View more comments](#)

2 of 224



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.
July 26 at 2:29pm · 🌐



Altra Iron Cowboy Feed with [Tim Vidmar](#)

An amazing group out there yesterday, including Tim Vidmar on the bike.

Tim served as the bike escort as well as the Iron Cowboy pack mule for the bike and run....

[See More](#)

Like

Comment

Share

Kristen Mapplebeck Leo, Laurent Cantin, Kearny Tse and 260 others like this.



Elisha Stockseth

It was so fun being pushed next to Tim! 😊

July 26 at 9:13pm



Elisha Stockseth

That flip was way cool. Tim is a great guy

July 26 at 9:12pm

View 4 more comments



Iron Cowboy

shared [Altra Iron Cowboy Feed's](#) photo.

July 26 at 12:14pm · 🌐



Altra Iron Cowboy Feed

WINGman Casey.

Keeping the Cowboy moving on the grand finale in UTAH.

(See what we did there? He he)

... [See More](#)

Like

Comment

Share

Laurent Cantin, Ivo Mendes, Jean Perry and 585 others like this.

Carol Barron

Going to miss the "the wingmen" antics. Always made me laugh. Congratulations on an impressive 50-50-50. Well done

👍 5

 · July 26 at 1:55pm

Dawn A Verwers

Well, aren't you just "pretty", Casey!

👍 1

 · July 26 at 1:06pm

View 7 more comments



Iron Cowboy

shared their [album](#).

July 26 at 11:07am · 🌐

James Lawrence completed his journey to do 50 IM distances in 50 Days in 50 States in Lehi Utah July 25, 2015. Photos [JessaKae Photography](#)



Iron Cowboy added 81 new photos from July to the album: [The 50th Day](#) — with Sarah Bell and 6 others.

Photo: [JessaKae Photography](#)

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

Anita Cook, Paul Corless, Nataša Žabkar and 2,218 others like this. [Most Relevant](#)



Paul Clancy To be honest I kind of dismissed this after the none run IM but kept an eye on how you were doing, I am now in total awe of your achievement, it is beyond anything I can comprehend, I have done 1 IM last year and will attempt my 2nd in 7 weeks, I can't... [See More](#)

[9](#) · July 26 at 11:48am

[3 Replies](#)



Jean-michel Rappolt good job , respect but you no for my friend in vendome in center french ?41 IM for 41 Days

July 26 at 12:25pm

[View more comments](#)

2 of 74



Iron Cowboy

July 26 at 10:02am ·

ALTRA IMPULSE GIVE AWAY!!

James and his crew want to hear from you.

Tell them how the Iron Cowboy has inspired you over the last 50 days....

[See More](#)



Like Comment Share

Chantz Martin Rodriguez, Rochelle Dodge Hardman, Angi Harrison and 98 others like this. Most Relevant ▾

33 shares



Rich Dafter I would love to win something, which I never seem to do, but instead, I will just post here. First let me start with a regret and that is that I didn't know about the Challenge when the [Iron Cowboy](#) came through New Mexico or I would have been part of i... [See More](#)
👍 12 · July 26 at 10:47am



Mandy Oscarson I've been struggling with severe depression for a couple of years. James was my triathlon coach until January this year, when he dug in with his training. He saw me through a lot of disappointment, dark days, and struggles as I kept fighting. My goal t... [See More](#)



👍 9 · July 26 at 3:19pm · Edited
👤 4 Replies

[View 38 more comments](#)



Iron Cowboy with [Sunny Jo Hatfield Lawrence](#) and [James Lawrence](#)

July 26 at 10:00am · 📷 · 🌐

Photo: [JessaKae Photography](#)



Like Comment Share

Joyce Brink, Catherine Karren Singer, Raluca Moldovan and 1,259 others like this.

Most Relevant ▾

176 shares



Jennifer Bird Hair Congrats Iron Cowboy Family! You did it!

👍 2 · July 26 at 11:21am

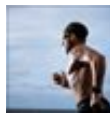


Corey Musonda Congrats to the IC daughter too! 50 5ks in 50 states in 50 days is pretty awesome too!

👍 24 · July 26 at 1:08pm

[View more comments](#)

2 of 69



Iron Cowboy

July 25 at 8:09pm · Edited · 🌐

He did it!!! Thank you to everyone who made this possible. Especially to our sponsors!!! [Young Living Essential Oils](#) [Airbnb](#) [Jaybird](#) [Zyto Technologies](#) [@nathansportsinc](#) [Garmin](#) [Fezzari](#) [Altra Running](#) [Rudy Project](#) and many more!! Photo: [JessaKae Photography](#)



Vince Raciti, Rita Che, Tracey Pennington Weber and 13,710 others like this.

Most Relevant

2,288 shares



Rich Roll

It was an honor and a privilege to witness this extraordinary achievement today. BIG LOVE James, Sonny, kids, wingmen, crew and all his fans and sponsors that helped him make history today.

172

July 25 at 9:11pm

12 Replies



First Endurance

Unbelievable accomplishment! Congratulations!!! An amazing adventure and cause to bring attention to and an inspiration to those who followed your challenge. [#knockingitoutofthehemisphere](#)

30

July 25 at 8:41pm

View more comments

2 of 828



Iron Cowboy

shared [Altra Iron Cowboy Feed's](#) photo.

July 25 at 7:56pm ·



Altra Iron Cowboy Feed

Hey @ironcowboyjames

Remember that one time when both Rich Roll AND Matt Fitzgerald showed up on the final day to run the marathon with you?

Laurent Cantin, Janette Nelson, Brian Swanson and 1,733 others like this.

Most Relevant



Heather Thomas

Sports most Epic Photo EVA!!

2

July 25 at 10:07pm



Roman von Contzen

Run [Iron Cowboy](#) run... 😊 Congrats on your amazing achievement!!!

July 26 at 2:26am

View 27 more comments



Iron Cowboy shared Altra Iron Cowboy Feed's video.

July 25 at 7:43pm · 🌐



54,361 Views

Altra Iron Cowboy Feed

#canstopjuststopped

Like Comment Share

Wilson Cuni, Steve Lamothe, Kenia Gonzalez and 2,299 others like this. Most Relevant ▾



Andrea Kaspar



👍 147 · July 25 at 7:59pm

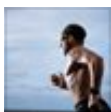


Ben Santerre That might be the most remarkable endurance feat I witness in my lifetime -- congratulations James! Rest up, recover fully, and keep up the great work! Thanks for the epic journey we all got to follow & congratulations on visiting all 50 states in a pretty unique way for you & the family!!

👍 54 · July 25 at 7:50pm

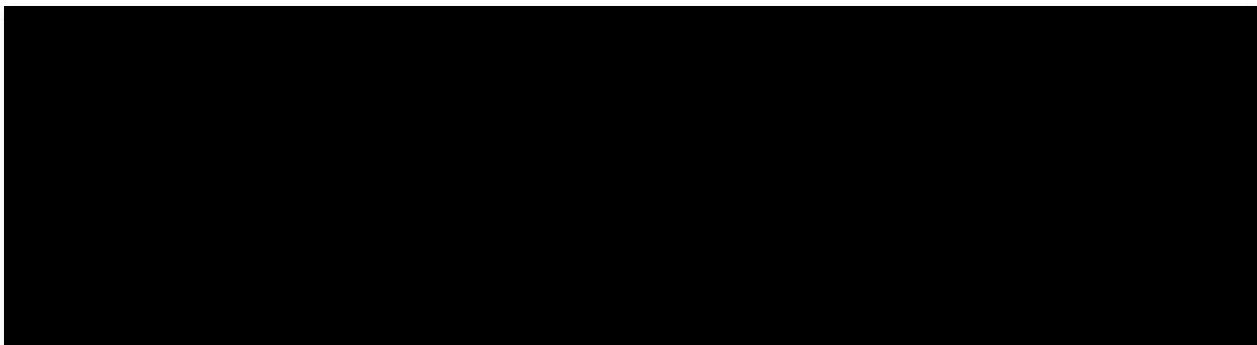
[View more comments](#)

2 of 111



Iron Cowboy shared Altra Iron Cowboy Feed's video.

July 25 at 6:39pm · 🌐





44,961 Views

Altra Iron Cowboy Feed

Number 50. UTAH. Yeehaw!

#ICinspired
#Ironcowboy
#IC505050

Like Comment Share

Aaron Fletcher, Krysia Cording, Kenia Gonzalez and 1,905 others like [Most Relevant](#) this.



Glynis Crabb You have our permission to sleep in tomorrow . Thank you for the past 50 days of inspiration . You are a true hero.
 44 · July 25 at 6:48pm
 1 Reply

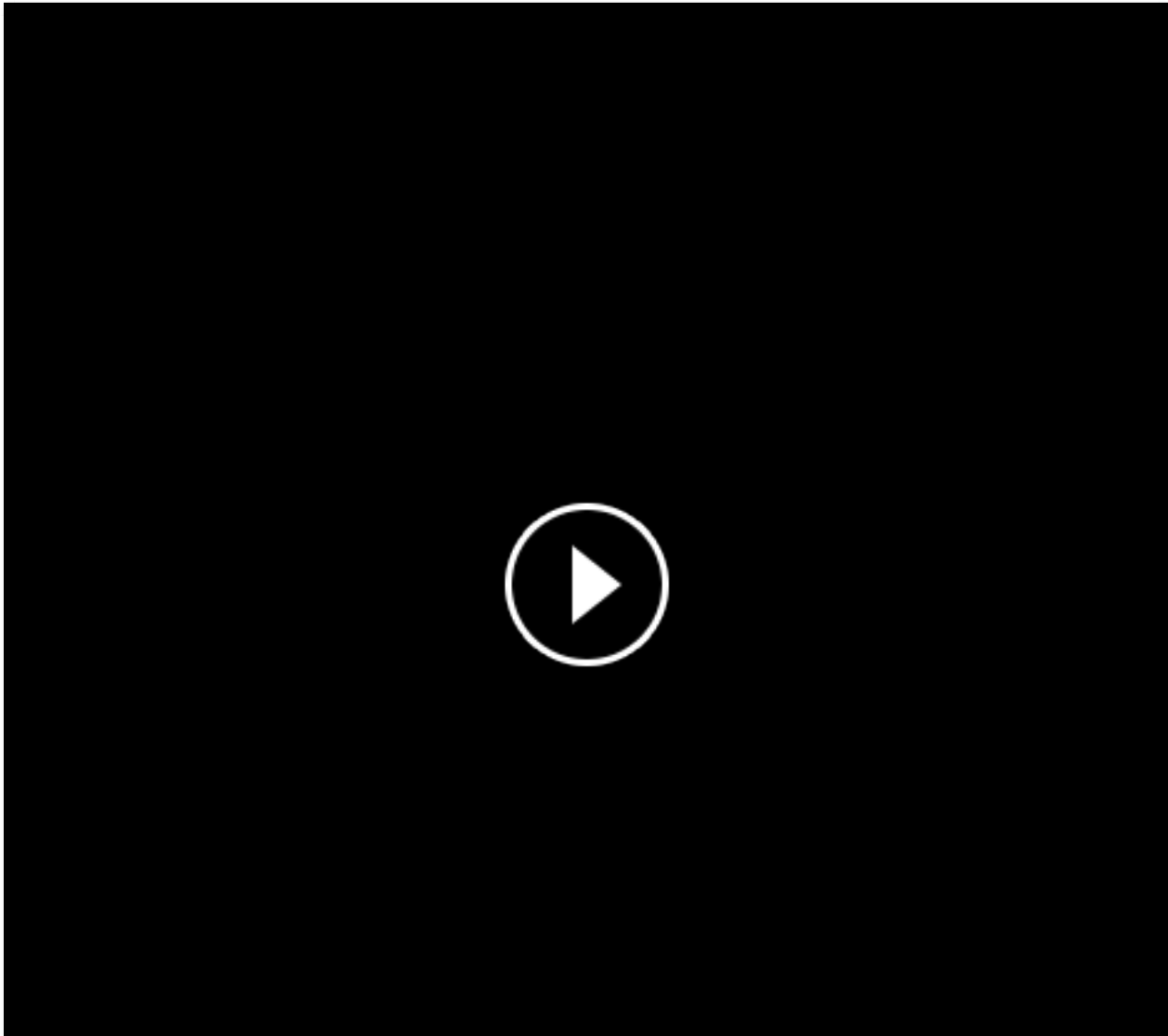


Rebecca Trecek AMAZING, INSPIRING -- loved keeping track of your journey - thank you so much for sharing!!!!
 8 · July 25 at 6:44pm

[View more comments](#) 2 of 91



Iron Cowboy shared [Altra Iron Cowboy Feed's video](#).
July 25 at 6:13pm ·





28,891 Views

Altra Iron Cowboy Feed

UTAH

23 miles complete.

Just a tiny little 5k to go.

... [See More](#)

Like Comment  Share

Ryan Reinders, Bojan Vrbnac, Eric May and 1,277 others like this. [Most Relevant](#) ▾



Fyiad Cuzz Constantine The impossible is simply something that hasn't been accomplished yet!!! [#ironcowboy](#) kicking butt and taking names since a long time ago. Congrats James!!! Now you get to rest and cuddle with the family for as long as you want. [#familyiseverything](#) [#wingmenarefamily](#)
 6 · July 25 at 6:17pm



Matt Garcia [#MCM](#) on Saturday. This dude's a stud.
 1 · July 25 at 6:43pm

[View more comments](#) 2 of 52



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.
July 25 at 1:54pm · 



Altra Iron Cowboy Feed

UTAH

"I'm coming home."

[#IC505050...](#)

[See More](#)

Like Comment  Share

Laurent Cantin, Johanne Kenney, Alyssa Beirne and 952 others like this. [Most Relevant](#) ▾



Katy Murray The modern day triathlete version of Forest Gump, with a great purpose!

9 · July 25 at 2:01pm



Blaine Egan I'm commuting 32 miles on a bike to work 5 days per week and I think of u when my legs feel a little lost

8 · July 25 at 3:15pm

[View 20 more comments](#)



Iron Cowboy

July 25 at 11:54am ·

Mile 87 and going strong. Should be to TGP in about an hour!

Like

Comment

Jeanette Sayers, Brian Andrew, Chris Dodd-Swim and 1,057 others like this.

[4 shares](#)



Tim Lau Yessssss Iron Cowboy crushing #50

6 · July 25 at 12:19pm · Edited



Georgeann Bodnar Way to go James- the huge crowd with you is a testament to how excited we all are for you and the entire crew! AWESOME!! Sure hope you post the recovery process because WE ARE ALL GOING TO HAVE WITHDRAWAL starting tomorrow! Almost 2/3rds done with the last one- GO JAMES GO!!

22 · July 25 at 12:03pm

2 Replies

[View 32 more comments](#)



Iron Cowboy

July 25 at 10:17am ·

Halfway thru bike and going strong!

Like

Comment

Jeanette Sayers, Jancey Terry, Thomas Iskra and 1,430 others like this.

[4 shares](#)



Ingrid Johnson Heck yes!!! Get 'er done!!

2 · July 25 at 10:59am



Elizabeth Bryner I can hardly imagine the excitement that's building there! Go go go!!!

2 · July 25 at 11:25am

[View 41 more comments](#)



Iron Cowboy

July 25 at 9:51am ·

Utah: if you have NOT registered...DONT WORRY! Come out anyway! Bring the kids, grand kids, friends, EVERYONE! See you at Thanksgiving Point!

Like

Comment

Jeanette Sayers, Angi Farrugia, Susan Wilson Maloy and 547 others like this.

[12 shares](#)



Karen Theall Okupniak Please please please post video of him finishing the final run. Please.

 36 · July 25 at 10:14am

 1 Reply



Karl H. Siebach Were is the start at Thanksgiving?

July 25 at 5:53pm

[View 12 more comments](#)



Iron Cowboy

July 25 at 9:45am · 

Getting set up for the final 5k here in utah we look forward to seeing you all at Thanksgiving Point 7:00



Like

Comment

 Share

Holly Cron, Jeanette Sayers, Shelby Knudson and 869 others like this.

[Most Relevant](#) ▾

18 shares



Mitzi Cameron-Pugh I'm so Excited! Getting ready to run with the Iron Cowboy! 505050



July 25 at 5:05pm



Keith Black I wish I was in Utah for this historic finish!!! Run strong Iron Cowboy!!!!

 1 · July 25 at 1:46pm

[View 19 more comments](#)



Iron Cowboy

July 25 at 9:43am · 

Utah run update: still planning 2-230pm finish on bike. Run start 230-3pm. EVERYONE can come run!!

Like

Comment

Brian Andrew, Shirley Evans Raney, Dale Dutcher and 640 others like this.

[Most Relevant](#) ▾

2 shares



Nicole Anderson Jones Is the 5k run the last part of his marothon? Will we be running with iron cowboy?

👍 2 July 25 at 2:53pm

↩ 2 Replies



Koji Schryver Had IC in mind during my half marathon yesterday in Utah. Congratulations Iron Cowboy! [#beastmode](#)



👍 4 · July 25 at 12:59pm · Edited

[View 20 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) video.

July 25 at 9:03am · 🌐



31,453 Views

Altra Iron Cowboy Feed

UTAH

Bike: Wow. Just wow.

[#IC505050...](#)

[See More](#)

Like

Comment

↗ Share

Dina Gutierrez, Kristian Thoresen, Alyssa Beirne and 1,376 others like this.



Holly Elliott Way to welcome home your Cowboy, Utah!

👍 7 · July 25 at 9:41am



Tiadora Pearson I keep crying! It's just so amazing to see that support! So happy for you on your accomplishment! Go team!



Iron Cowboy

July 25 at 8:50am · 🌐

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



Like

Comment

↪ Share

Sara Donakey, Chris Lynch, Brian Andrew and 1,836 others like this. [Most Relevant](#) ▾

26 shares



Brandon Smith "I'm coming home, I'm coming home. Tell the world that I'm coming home". Welcome home Iron Cowboy!

👍 11 · July 25 at 9:09am



Marianne Miller Welcome home Cowboy!!! I love seeing all of the support you have! You are amazing and inspiring! Well done! You, your body and spirit, deserve a good nights rest in your own bed! You're almost there 😊

👍 5 · July 25 at 9:08am

[View more comments](#)

2 of 54



Iron Cowboy

July 25 at 7:37am · 🌐

Someone left this key on the RV at the swim. I am keeping it in the RV, come and get it!



Like Comment  Share

Jeannie Gilbert, Joycelyn Cespedes Tross, Akira Gloria and 65 others like this. Most Relevant ▾

1 share



Sandra Woodland Hadlock Hit the panic button. Looks like you have a new car. 😊 Kidding of course. I can imagine how mad my husband would be if I called to tell him I lost the car key at Deer Creek
👍 4 · July 25 at 7:55am



Paul Moody Yes, they are mine. Got to love Choco cat. My wife brought me a second set, and I will catch up to the group soon.
👍 15 · July 25 at 9:24am

[View 5 more comments](#)



Iron Cowboy
July 25 at 7:25am · 🌐

Just leaving on bike heading directly to Riverwoods. See y'all soon!

Like Comment

Joan Hughes, Jenny Gootee Whitten, Maureen Johnson and 767 others like this. Most Relevant ▾

2 shares



Carla Seeley Meine My hubby [David](#) are here at Riverwoods waiting to ride with you. Go cowboy.



👍 26 · July 25 at 7:33am



Heather Thomas <http://www.ksl.com/?sid=24910639&nid=250...>
LOCAL UTAH NEWS!!! Blast their tip line!! Get him some PRESS!!

[Send us a news tip! | KSL.com](#)

👍 9 · July 25 at 7:29am
↪ 8 Replies

[View 15 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.
July 25 at 6:59am · 🌐



Altra Iron Cowboy Feed

UTAH
"I have to do what now?!"
Swim complete.
... [See More](#)

Like Comment ➦ Share

Byrd Leavell, Traci Shriver Hudson, Ruth Ann Walck Wisniewski and 1,985 others like this. [Most Relevant](#) ▾



Trent Swanson



👍 162 · July 25 at 7:05am
↪ 3 Replies



Chris Cornelius Come on Iron Cowboy! You got this!!



Iron Cowboy

July 25 at 5:30am · 🌐

Utah update: swim is under way. Got started about 30 min late. We'll keep you posted!

Like Comment

Grzegorz Kwachu, Maureen Johnson, Erik Brandsma and 811 others like this.

4 shares



Dawn Emerson We are cheering for you! Go get 'em Cowboy!

July 25 at 5:47am



Shelby Knudson Swim start getting underway!



👍 12 · July 25 at 5:34am

[View more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.

July 25 at 4:55am · 🌐



Altra Iron Cowboy Feed

UTAH

It's go time.

Download the Periscope app and follow ironcowboyjames for live streaming all day.

... [See More](#)

Like Comment  Share

Kelly Weltz, Tony Ford, Dale Dutcher and 821 others like this. [Most Relevant](#) ▾

 **Rob Sammelson** Indiana 5k this morning to support Iron Cowboy today!



 5 · July 25 at 6:27am

 **Jon Delson** Awesome. Iron Cowboy we love you!! Sending you solar power!!!!
July 25 at 5:03am

[View 33 more comments](#)

 **Iron Cowboy**
July 24 at 11:07pm · 

RUN TIME changes in UTAH!

Apparently, James is pretty excited to be in Utah, because his swim and bike times have been pretty fast the past few days. If you want to start the marathon with James, be ready to go by 2pm at Electric Park (Thanksgiving Point). James will be back to the Park between 5-5:30 for 1-mile loops around the park, and the 5k will still start at 7pm.

See you tomorrow!

Like Comment

Jeanette Sayers, Brian Andrew, Maureen Johnson and 346 others like this. [Most Relevant](#) ▾

[16 shares](#)

 **Zibeon ZB Serrato** Go Iron Cowboy Go!!! You're home buddy enjoy your accomplishments!! You've done an awesome job and inspired many along the way! I will finish my first Sprint Triathlon Sunday and excited to start!
 3 · July 25 at 3:40am

 **Joni Christensen** Is he doing the 5k last? Or half way through the run?
July 25 at 8:11am
 3 Replies

[View 10 more comments](#)

 **Iron Cowboy**
July 24 at 9:38pm · 

Shhhhhh.... One to go. Just put things in cruise mode today. I would have never guessed it but Idaho was full of love. Gray Augustus did an amazing job !!! Huge thanks to Bills Bike Shop for being our home base for the day. Loved having friends new and old today. All I wanted to do is make Sunny and my kids proud. [#IC505050](#) [#lastone](#)

I never ever doubted and neither should you with anything you try to conquer. [#100%Conviction](#)



Like Comment Share

Brian Andrew, Gina Johnstun, Ray Langhaim and 2,311 others like this. [Most Relevant](#) ▾

45 shares



Christina Tarzian Griffin So awesome! I look forward to seeing you tomorrow in Utah! I hope I can meet you to tell you myself how much you have inspired me. Over the past year, I have lost 164 lbs and this summer, I hit a plateau. You have inspired me to keep going! Thank you!

47 · July 24 at 9:43pm



Ashley Nielsen Yeah! My kids are so excited to meet you, just as much as I am. As a family we've all followed your journey and want to say Welcome Home!

8 · July 24 at 9:46pm

[View more comments](#)

2 of 65



Iron Cowboy shared Jaybird's photo.

July 24 at 9:09pm ·



Jaybird

The [Iron Cowboy](#) is on his way home! That's right folks, ONE DAY LEFT! The support in Idaho was incredible. Utah, lace up your running shoes because James will b...

[See More](#)

Like Comment Share

Keith Johnson, Carolyn Hogue Gertsch, Emma Rachel Gray and 678 [Most Relevant](#) ▾

others like this.



David K. Edwards Legendary=understatement...

👍 4 · July 24 at 9:26pm



Gracie Aguilar Absolutely Amazing!!

👍 2 · July 24 at 9:41pm

[View 22 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.

July 24 at 8:57pm · 🌐



Altra Iron Cowboy Feed

IDAHO

"One more suckas!"

[#Ironcowboy](#) ...

[See More](#)

Like

Comment

🔄 Share

Lisa McClelland Stults, Byrd Leavell, Kelly Novic and 2,415 others like this.

[Most Relevant](#) ▾



Erika Arkana Congratulations Altra Iron Cowboy , you have set new limits of what is possible.

👍 3 · July 24 at 9:50pm · Edited



Connor Hughes Congratulations! Bring it home Cowboy!

👍 3 · July 24 at 9:11pm

[View more comments](#)

2 of 95



Iron Cowboy

July 24 at 8:27pm · 🌐

Utah we are coming home! Who will be partying with me tomorrow?
@jaybirdsport photo: @jessakae [#ironcowboy](#) [#IC505050](#) [#IC49](#)
[#utahbound](#)



Like Comment  Share

Eric Banks, Ryan L Thomas, Sam Carroll and 870 others like this. [Most Relevant](#) ▼

23 shares



Amanda Weeks Thompson My family will see you for the run and the party today!! Utah bound from Denver!!
July 25 at 6:40am



Ashley Nielsen My family and I will be there to run the 5k! And to party. I heard "Ain't no party like and Iron Cowboy Party!" be used on one of my comments.... holding ya to it!
July 24 at 9:51pm

[View 44 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's photo](#).
July 24 at 8:03pm · 



Altra Iron Cowboy Feed

IDAHO

The Iron Cowboy 5k is complete.

Nine little miles left before number 49 is complete.

... [See More](#)

Like Comment Share

Byrd Leavell, Robert Perez, Brian Andrew and 536 others like this. [Most Relevant](#) ▼



Amy L Robbins Giddy'up!! Cowboy is looking HAPPY!!!

July 24 at 8:23pm



Amelia A Hobbs Sweet! The end is in sight!!! Go cowboy go!!!

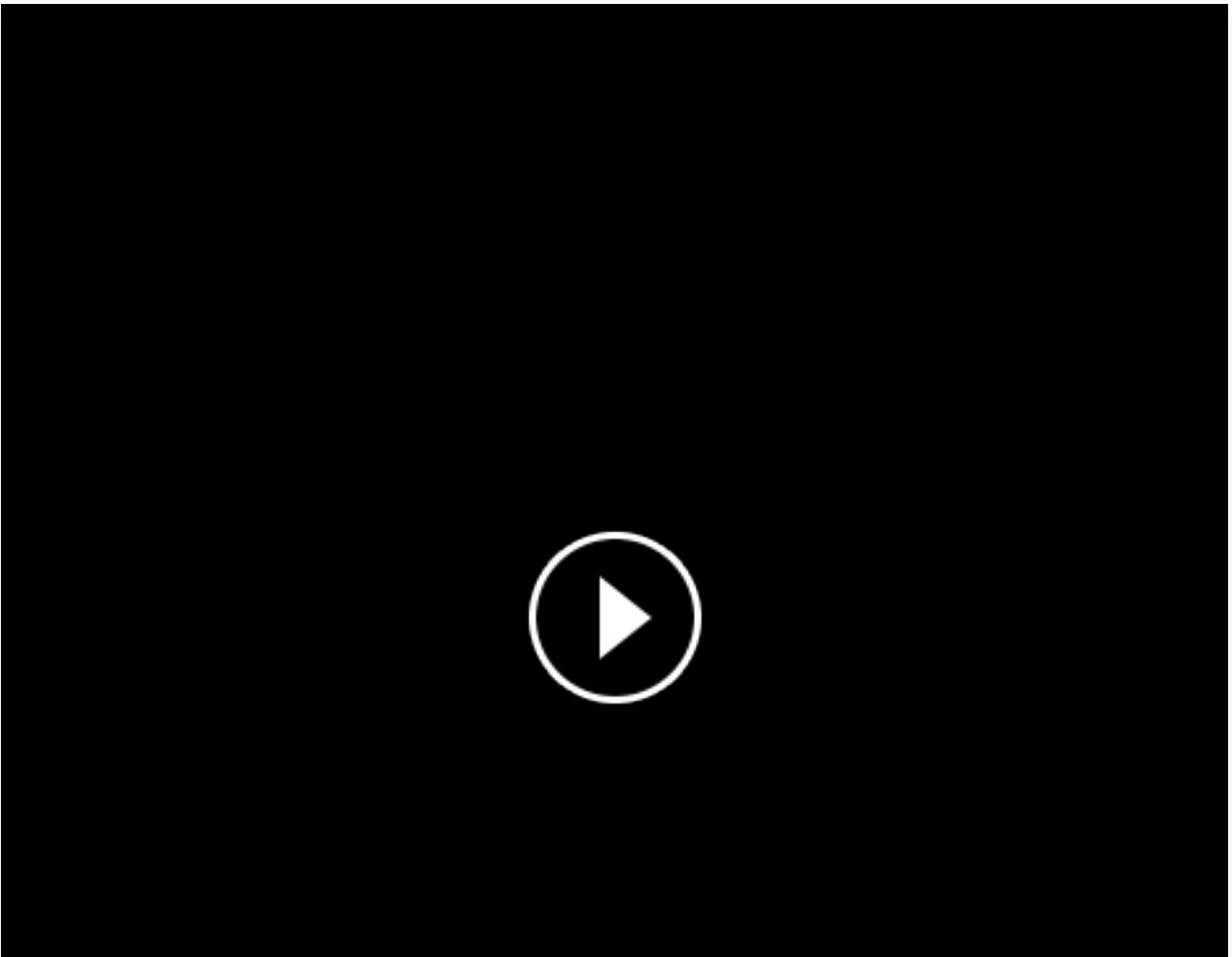
July 24 at 8:30pm

[View 15 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's video](#).

July 24 at 6:38pm ·





16,693 Views

Altra Iron Cowboy Feed

IDAHO

The Cowboy got lei'd tonight.

#WingmanAntics ...

See More

Like Comment Share

Brian Andrew, Sam Carroll, Kari Ämmälä and 422 others like this. Most Relevant ▾

- **Susie Grondin** Oh wingmen! What will we do Sunday?
 10 · July 24 at 6:41pm
- **Jenny Mackey** I'm going to be kind of sad on Sunday to not see shananagens anymore. 🤔
 6 · July 24 at 6:54pm

[View 22 more comments](#)

**Iron Cowboy** shared [Altra Iron Cowboy Feed's photo](#).
July 24 at 6:37pm ·



Altra Iron Cowboy Feed

IDAHO

A great turnout - braving the rain - for the Iron Cowboy 5k.

The Cowboy is eager to wrap this thing up and get on the road.

... [See More](#)

Like Comment Share

Brian Andrew, Tim Clark, Liz Bower and 233 others like this.



Iron Cowboy

July 24 at 6:24pm · 🌐

Number 49 Idaho
It's great to be here!



Like Comment Share

Maureen Johnson, Robert Funderburk, Kirk McAnsh and 928 others like this. [Most Relevant](#) ▼

11 shares



Karen Kaussner woohoooo!! number 49!!!! you are one amazing Cowboy!!

👍 1 · July 24 at 6:27pm

↩ 1 Reply



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

July 24 at 6:37pm

[View 14 more comments](#)



Iron Cowboy

July 24 at 6:22pm · 🌐

FRAME GIVEAWAY I I am giving away a @Fezzari_Bicycles Foré CR5 frameset, size 50cm. I use this same #Fezzari as my backup bike. Outside Magazine named it to their list of the top 7 bikes for 2014. This is the same frame I used to train for the 50-50-50 the past 2 years. Here's how to get 4 entries for this frameset:

- 1-Like this post and tag 3 friends who could use this new frame.
- 2-Follow @Fezzari_Bicycles on Instagram and Facebook
- 3-Go to [Fezzari.com](#) and sign-up for ... [See More](#)

Road Bikes, Mountain Bikes, Performance Bikes | Fezzari Bikes®

Get a bike that is perfectly fit for you. As a manufacturer, we have the ability to customize the bike specifically to your fit.

[FEZZARI.COM](#)

Like Comment Share

Corie Dow, Maureen Johnson, Allison Balch and 107 others like this. [Most Relevant](#) ▼

1 share



Brant Richerson I have done 1,2, and 3 and I need a new bike for a triathlon I'm doing in 2 weeks!!!

👍 2 · July 24 at 6:32pm



Michelle Slater Bingham Well, since hip surgery and no running for a while, cycling is my rehab and will be my first entry back into racing. Would love to

wear out this [#Fezzari](#)! And a 50cm...perfect size for me! [Barbara Geater](#)
[Tracy Schuleman](#) and [Barbara Blum](#) check it out...he's almost done! Amazing!
Going to hit all the entry options!
July 25 at 6:00am

[View 29 more comments](#)



Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.

July 24 at 5:10pm · 🌐



Altra Iron Cowboy Feed

IDAHO

Well...That doesn't look good.

[#Ironcowboy](#) ...

[See More](#)

Like Comment Share

Scott Davis, Matt Edman, Liz Bower and 209 others like this. [Most Relevant](#) ▾



Emma Knox Is it just me or do those clouds look like the Cowboy's abs?...

👍 19 · July 24 at 5:20pm

↩ 1 Reply



Michelle Jackson Had to do a double take, thought that was [James Lawrence](#) abs!

👍 3 · July 24 at 5:41pm

[View 14 more comments](#)



Iron Cowboy

July 24 at 5:02pm · 🌐

You can order your tshirts online at www.ironcowboy.co/shop or pick one up tomorrow at Electric Park at Thanksgiving Point, we will be there all day!



Like Comment Share

Maureen Johnson, Ryan L Thomas, Sam Carroll and 316 others like [this](#). [Most Relevant](#) ▼

1 share



Aleks Casper I ordered in early July too. 2 shirts and they haven't shipped either. I sent an email on Sunday and no response to that either
 1 · July 24 at 5:54pm



Iron Cowboy All back orders were sent out in the last three day. Sorry for the delay!
 1 · July 24 at 6:06pm



Emily O'Neal I ordered a shirt on June 18th and still have not received it...
July 24 at 5:33pm



Iron Cowboy All back orders were sent out in the last three day. Sorry for the delay!
 2 · July 24 at 6:05pm

[View 22 more comments](#)



Iron Cowboy
July 24 at 4:02pm ·

We're doing a massive raffling of gear from our sponsors on Instagram right now! Check it out! <http://Instagram.com/ironcowboyjames>



James Lawrence
(@ironcowboyjames) • Instagram photos and videos

50 ironman distance races, 50 consecutive days, in all 50 states—Come Join me. Day 49 Idaho Falls, ID

INSTAGRAM

Like Comment Share

Tommy Dabling, Cory Wade Hendrickson, Liz Hoke and 212 others like this.

5 shares



Amber Smith I ordered a shirt on Day 25... Any idea when they will be sent?
July 24 at 4:47pm



Iron Cowboy

July 24 at 2:59pm · Edited ·

ALTRA IMPULSE GIVE AWAY!!

We want to hear how the Iron Cowboy has inspired you over the last 50 days.

For a bit of motivation to dust of your writing skills, we are giving away several pairs of the ALTRA IMPULSE - the same shoe James will wear on day number 50 in Utah. ... [See More](#)



Like

Comment

Share

Maureen Johnson, Vova Bizhoev, Tom Murray and 96 others like this. [Most Relevant](#) ▾

[28 shares](#)



Mitch Zawaski 34 years ago I was struggling with my weight, self esteem, depression, and every other thing that goes along with obesity. I was one of those big farm boys who morphed into a fat boy after I left the farm. Finally at one point in my life I said enough ... [See More](#)

3 · July 24 at 5:45pm



Heather Weaver Bither [Kristin Parker](#) [Kathleen Hackett](#) [Daniel Reed](#)

Iron Cowboy shares many of my beliefs about healthy children. As a registered nurse I see first hand the effects of not taking care of their body. Whether that was unhealthy eating habits or lack of exercise... [See More](#)



1 · July 24 at 7:53pm · Edited

[View 30 more comments](#)



Iron Cowboy in [Idaho Falls, Idaho](#)

July 24 at 2:01pm ·

10 more miles in the saddle + a marathon and I'm coming home!!

[#homesweethome](#)

[#IC505050](#)

[#ironcowboy](#)



Like Comment Share

Connie Hoff, Htlps Shields, Maureen Johnson and 3,440 others like this. [Most Relevant](#)

82 shares

 **Michael Bittner** As a teacher I get the summer time off for the most part. So when I'm not training for the 70.3 race I'm doing in October I watch the Tour de France and check the Iron Cowboy's progress throughout the day. I can't believe that tomorrow is the final leg... [See More](#)

41 · July 24 at 2:06pm

1 Reply

 **Amanda Weeks Thompson** Woohoo!! Utah bound early AM from Denver, CO with the family to run it in with you!!

12 · July 24 at 3:12pm · Edited

[View more comments](#)

2 of 145



Iron Cowboy

July 24 at 1:18pm · 

Here are today's Young Living products that James' can't do without! Wolfberry Crisp and Slique Bars are tasty and nutritious snacks that give James the added fuel to push through each race. R.C. is one of James' top 5 products. He rubs R.C. on his chest before and after each run. It has a comforting scent that helps uplift and inspire each of his performances!

[#ICIdaho](#) [#ironcowboy](#) [#YLEO](#) [#youngliving](#) [#RC](#) [#sliquebars](#)
[#wolfberrycrisps](#) [#onlyonemoretogo](#) [#beatchildhoodobesity](#)



Like Comment  Share

Kelly Weltz, Maureen Johnson, Sarah Luehring and 234 others like this. [Most Relevant ▾](#)

27 shares



Marie Thomason Keep it up! One more day and a wake up! You are such an inspiration!

 3 · July 24 at 1:28pm



Allyn Crowe LOVE RC. Works great! Have to try the bars now!

July 24 at 1:40pm

[View 12 more comments](#)



Iron Cowboy

July 24 at 1:00pm · 

BLOG: Riding shotgun with the Iron Cowboy - IOWA

"Struggles are like that. Hard times and pain are cyclical in nature. They sneak in unwelcome. They derail our plans as they never seem to show up at the right time. We tend to get overwhelmed as we wonder how on earth we will be able to bear the agony and continue on...

We peer into the dark tunnel and assume that the heavy blackness will continue forever.... [See More](#)



Riding shotgun with the Iron Cowboy: Iowa | Tommy Rivs

Riding shotgun with the Iron Cowboy: Iowa IOWA Iowa looked exactly like I imagined it would – rows of corn and fields of soy beans in every direction. The...

[TOMMYRIVS.COM](#)

Like

Comment

Share

Matthew Jon, Tom Squad Rauen, Tammy Winger Forchion and 402 others like this.

Most Relevant ▾

26 shares

Kat Popovich Man that gave me the chills. I'll remember that next time I hit the dark place
July 24 at 3:11pm

Laura Salinas These posts are so inspiring. I'm gunna be sad when they are over!
 3 · July 24 at 1:11pm

View 9 more comments

Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.
July 24 at 12:54pm ·

Altra Iron Cowboy Feed

IDAHO

Just because. Duh.

[#Ironcowboy ...](#)

[See More](#)

Like

Comment

Share

Mike Knight, Marie Parsons, Robert Miller and 399 others like this.

Most Relevant ▾

Kristen Peck Szarek They need their own Facebook page
 3 · July 24 at 2:40pm

Lori Marie That thing needs aero bars...in the front anyway.
 1 · July 24 at 1:17pm

View 11 more comments

Iron Cowboy shared [Altra Iron Cowboy Feed's](#) photo.
July 24 at 11:38am ·



Altra Iron Cowboy Feed

IDAHO

Half way through the bike course at home base, Bill's Bike & Run.

Wingmen Casey and Aaron keeping @ironcowboyjames entertained over the 112 miles.

... [See More](#)

Like Comment Share

Marie Parsons, Keith Waterfield, Brian Garcia and 556 others like this. [Most Relevant](#) ▾



Andrew Evenson Awesome....when I see this post, there are 112 likes. 😊
Ironic.

5 · July 24 at 12:05pm



Lynn Sparks Are the wingmen on the tandem again?

2 · July 24 at 11:43am

[View 7 more comments](#)



Iron Cowboy

July 24 at 10:36am · 🌐

Obesity is a complex issue... [#fightthefight](#)

Childhood obesity is a complex issue.



Like Comment Share

Eric Banks, Maureen Johnson, Ted Rogers and 363 others like this.

91 shares

 **John Flahiff** An enormous element in this is the "home environment"! And the "home environment" is greatly improved by Christ Jesus!
 1 · July 25 at 6:15am

 **Iron Cowboy**
July 24 at 10:11am · Edited ·

Come out to the 5k in Wyoming at Bills Bike and Run Idaho falls 7:00!



Like Comment Share

Maureen Johnson, Walter Gonzalez, Angela Oliver Gowon Cope and [Most Relevant](#) ▾
172 others like this.

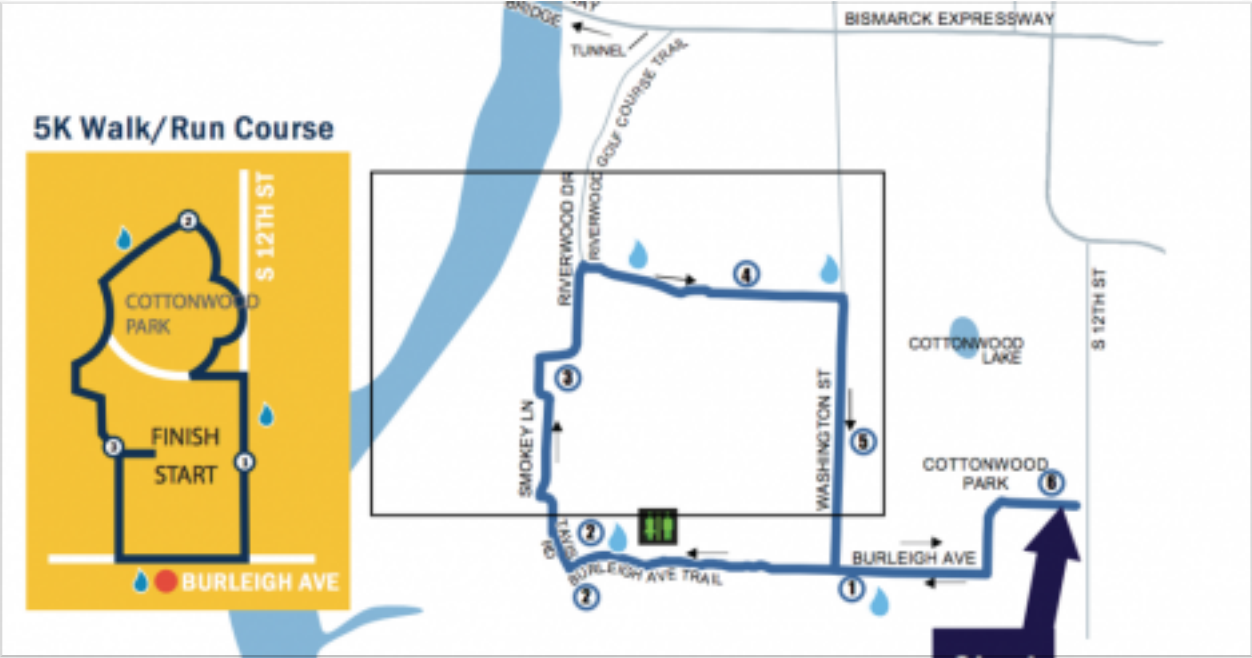
 **Ricci Martinsen Sorensen** I want one of those ass shirts so bad but they aren't on the website anymore!! Will they be for sale in Utah tomorrow??
July 24 at 10:34am · Edited

 **Iron Cowboy** Yes! we have plenty of the donkey shirts
 1 · July 24 at 5:03pm

 **Matt Clugston** Where can I order a t-shirt?
July 24 at 10:19am
 2 Replies

[View 10 more comments](#)

 **Iron Cowboy**
July 24 at 9:27am ·



Calendar

IronCowboy is the website for James Lawrence. James is a Triathlete and world record holder for the most Ironman. This year he's doing the 50-50-50.

IRONCOWBOY.CO

Like Comment  Share

Niki Chase George, Sam Billioni, Cassie Valentine and 98 others like this.



Iron Cowboy

July 24 at 9:26am · 

Hello IDAHO! Bike and Run courses have now been updated on the Iron Cowboy website. Check them out and come join us today. 5k starts at 7pm!

Like Comment

Maureen Johnson, Niki Chase George, Sam Billioni and 79 others like this.

[Most Relevant](#) ▼

1 share



Carla Seeley Meine Did a 5K here in utah with my hubby today. Will be there tomorrow on part of the bike and the 5K. Go James.

July 24 at 12:47pm



Kelly Robinson Just did our 5k in Florida and hubby was nice enough to carry my shoes. Way to go iron cowboy! You are almost done!



July 24 at 3:32pm

[View 1 more comment](#)

[See More Stories](#) ▼

