# Iron Man of Aggieland

## Triathlete Dan Gorman triumphs over tough competition

BY JASON LINCOLN The Battalion

Dan Gorman always has been recognized as a strong athlete. From qualifying for U.I.L. State in cross country, to leading his district in the track mile and two-mile races for three years, to joining the Marine Corps straight out of high school, he has had a history of success in his en-

Now in his third year at Texas A&M, in a Marine Corps officer commissioning program, he has taken up a new challenge. And following along his history of success, he has already won the national championship.

On August 23, Gorman competed in the American Telco Triathalon in Katy, Texas. But it was more than just another long, grueling race on a hot summer day. It was the event the U.S.A.T., the triathalon federation, decided to be the Amateur National Sprint Course Championship.

The race, which featured almost a thousand competitors from around the country, entailed a 500-meter open-water swim, a 21-mile bike ride and a 3-mile run. The race is split into age groups by five-year brackets.

Gorman competes in one of the smallest groups, 20-24 years old, yet already is one of the strongest in a division with competitors who have been in the sport for five to 10 times as long

Gorman finished in an overall time of 1 hour, 15 minutes and 12 seconds.

Gorman attributes much of his success to his preparation before and during the race.

A big part of (triathalons) is mental," he said. "I do a lot of rehearsing in my head, what I'm going to do, how I'm going to do it. I practice it, and a lot of times I'll figure out times that I would like to do in each part of the race.

'This race, I set a goal of coming out of the water in seven minutes and thirty seconds. When I looked at my watch coming out of the water it was exactly 7:30. So I was really pumped going into the bike, and I knew I was going to be able to get them in the bike."

Gorman did just that, finishing the bike leg

in 46 minutes and 50 seconds, nearly two minutes ahead of the next competitor in his group, leading him into an 18-minute, 53-second run to secure the victory

"I chose this race as the one that I was go-

ing to build up for this year," he said, "and I've been training for it since April.

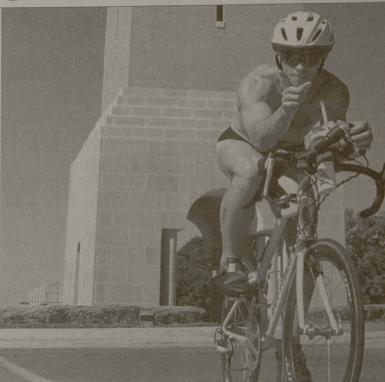
As part of his train-Gorman rode with the Brazos Valley Cyclists in their summer time trials this season where, under the advice of members of the B.V.C., including the two-time defending Texas State Time Trial champion Willy Allen, Gorman took over a minute off his time at the start of the summer.

"Normally, racing cyclists regard triathletes as 'trigeeks' — a lot of style and not much substance but [Gorman] has been really impressive in his training rides with the local racing cyclists," B.V.C. treasurer and A&M faculty cycling adviser Colin Allen said. "He is obviously really persistent and determined." Gorman also rides

with the A&M cycling team as part of his training. "Riding with stronger riders encourages you to become stronger yourself," cycling team president Dave Riggs said. "It has definitely enhanced him."

Gorman will be up for even bigger challenges in the offseason as he prepares to enter the largest and strongest age group in the sport, 25-29. In his offseason program, Gorman plans to concentrate on building up his weakest link, the swim, so that he can be on competitive ground for the 1999 season.

However, Gorman is training for more than just the 1999 season. In June of 2000 he will reenter the Marine Corps as a commissioned officer and be eligible to compete in the Military Championships. The top competitors from this annual event are selected for a two-year Olympic



Dan Gorman won the national championship with a time of 1:15:21.

training program where they prepare to compete in international competition. It is Gorman's goal not only to qualify but to compete in the 2004 Olympics. Yet with the enormous competition, he is just looking forward to the possibility of representing the country at a major event such as the Pan Am and Goodwill games

For next year, he is setting his sights on qualifying for the Iron Man triathalon in Hawaii. As one of the longest individual races in the world, competitors must swim 2.4 miles, bike another 112 miles, and run a 23.3 mile marathon to the finish line.

Gorman is very optimistic about his ability to meet his goals for 1999.

"I've got good endurance, and I think I can do it with the right amount of training," he said.

Cowboys successamp in Gailey's first gevel

Gailey promised a new offensive philosophy for the Dallas Cowboys. Nobody dreamed it would include Troy Aikman running for touchdowns

The Gailey era began for the Cowboys on Sunday with Aikman running for two touchdowns and passing for two more in a 38-10 victory over the Arizona Cardinals.

It was enough on this 100-degree day to warm the heart of an old Wishbone coach like Barry Switzer, who was replaced by Gaiey after a disastrous 6-10 season.

The win snapped a 10-game franchise losing streak which included five Gailey-coached exhibition games and the last five of the 1997 regular season, stretching all the way back to November.

Aikman, who left Oklahoma for UCLA because Switzer made him operate the Wishbone, ran for two touchdowns in a game for the first time in his career. In fact, he had never scored two touchdowns in a season since he started as a

Aikman yielded an interception and lost a fumble before he took the Cowboys on a 78-yard scoring drive in the second period. The big play came on a 37-yard pass to Michael Irvin, who made an overthe-shoulder catch despite tight coverage by Aeneas Williams.

After a holding penalty, Aikman hit Billy Davis with a 13-yard pass to the 19. The Dallas running game took over and Aikman himself scored himself from the 6-inch line. It was Aikman's first touchdown since Nov. 10, 1996 against San Francisco and only the seventh

Aikman struck again on the Cowboys' next possession. After a 15-yard pass to Irvin, Aikman found Ernie Mills on a 30-yard touchdown pass.

Aikman directed Dallas on a 59-

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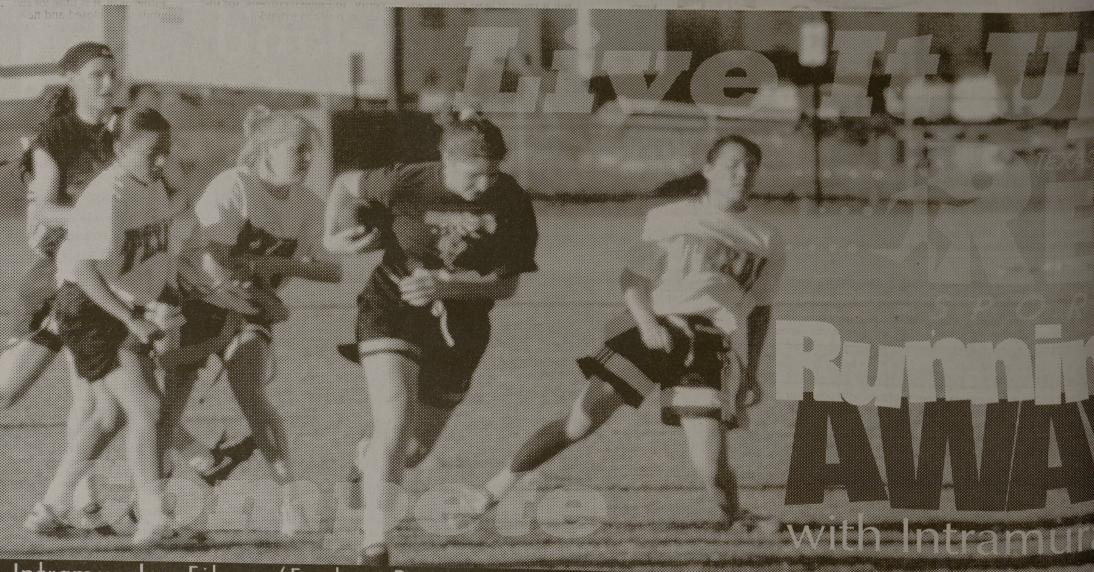
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