



Gina Kehr, left, was the top American and National Champion. Age-grouper Carole Sharpless raced near the top and finished fourth overall.

Ironman titles, Fuhr had won three at Lake Placid—one for every time she's raced it.

Today would be no different, both in form and substance: Fuhr would win, and she'd do it after a seemingly insurmountable deficit coming off the bike. Today, she'd have to deal with six runners spaced out ahead of her marathon start over the course of 13 minutes.

It was Kehr who challenged her most. "It's hard to make time on someone running that pace," said Fuhr of Kehr's 3:15 marathon through horrific conditions.

"And then once I passed her, she pushed me to the end [and] I knew I couldn't let off at all," Fuhr said.

After Kehr, Fuhr passed Lawn, and, with Kehr in tow, powered through the puddles toward a 3:04 marathon and the overall win. For Kehr, second to the Canadian was good for the honor of having the national title. But there was honor too in challenging Fuhr. Once caught at mile 15, Kehr seemed to match pace; over the next nine miles, she lost only 3:23. "I kept the pressure on," said Kehr, "and I think she felt it." ▲

HSBC IRONMAN USA LAKE PLACID

July 27 2003, Lake Placid, NY

2.4m swim, 112m bike, 26.2m run

Men	Swim	Bike	Run	Total
1. Kirill Litovtsenko (EST)	53:14	4:55:42	2:51:31	8:46:15
2. Chris Lieto (USA)	48:54	4:50:51	3:07:11	8:53:24
3. Jason Shortis (AUS)	53:27	5:02:51	2:54:37	8:56:56
4. Shingo Tani (JPN)	52:48	5:03:16	2:59:33	8:59:48
5. Ryan Bolton (USA)	49:09	5:23:06	2:51:51	9:09:54
6. Ryan Grote (USA)	1:02:02	5:09:51	2:55:41	9:14:44
7. Chad Hawker (USA)	55:33	5:03:14	3:14:11	9:18:17
8. Ken Glah (USA)	49:14	5:13:11	3:12:31	9:20:35
9. Chris Leigh (AUS)	51:12	5:01:22	3:25:30	9:20:35
10. Todd Wiley (USA)	51:03	5:19:06	3:13:56	9:28:44
Women	Swim	Bike	Run	Total
1. Heather Fuhr (CAN)	55:40	5:45:54	3:04:37	9:51:55
2. Gina Kehr (USA)	50:50	5:43:49	3:15:09	9:55:18
3. Joanna Lawn (NZL)	52:00	5:38:11	3:24:16	10:00:33
4. Carole Sharpless (USA)	50:48	5:45:32	3:38:05	10:19:34
5. Karen Holloway (USA)	50:59	5:37:11	3:49:35	10:23:09
6. Kim Loeffler (USA)	1:01:22	5:45:31	3:36:12	10:28:36
7. Christine Dunnery (USA)	1:03:05	5:47:59	3:37:33	10:35:29
8. Marie Darnais (CAN)	53:30	5:49:03	3:50:38	10:40:31
9. Donna Phelan (CAN)	53:43	5:45:03	4:03:32	10:47:42
10. Angie DeFilippi (USA)	1:07:39	6:06:45	3:33:11	10:54:21