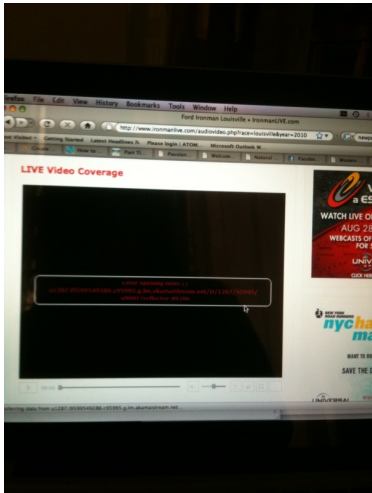


Getting prepared ☺

A little rest- tired from fighting with Ironmanlive.com



Fight more with Ironmanlive to get your stats and view video  
UGHHHH Video goes down after two hours of watching and 10 minutes before midnight!!  
Thank GOD for Facebook and your friends who posted your finish!!



Sandy Shepard, YOU are IRONMAN!!!! Congratulation and Thank you from the bottom of my heart!!

