

PERSONAL PROFILE



Name:	Joel Graham
Nickname:	Grazy
Age:	28
Club Member of:	SA Emergency Services Triathlon Club
Profession:	Fire Fighter

Years in Triathlon: I competed in a couple of triathlons in the 2008/09 season but 2009/10 is my first full season of triathlon and I've certainly caught that triathlon bug.

Most memorable triathlon moment: I have really enjoyed the Victor and Kingston Olympic distance triathlons. The bike leg has been a real mental battle in both races but that release of endorphins that you encounter once you cross the finish line is really addictive and puts you on a high for the rest of the day. However, my most memorable triathlon moment was before the 2009 Victor Harbor race. It was my second triathlon and I was quite nervous before the race. Matt Stephens (who was racing in the elite) made the effort to talk me through the course and walk me through the transition area. I was very impressed that one of the state's best had time before the race to see if I was all good to go.

Heroes: As a young boy I admired Superman. Strong, powerful, wanting to help everyone in need but most importantly he got to wear his red undies on the outside of his blue lycra suit and nobody questioned it. In fact it was somewhat cool! As an adult my heroes have changed. My mum is one of the most determined and mentally strong individuals I know. Sporting wise I think the freak Lance Armstrong and Cathy Freeman, whom I got to work with for several weeks, are outstanding athletes. They have both overcome some huge life experiences and challenges to be the best at what they do.

Other: I just wanted to make a special mention to Peter Nolan who has played a pivotal role in introducing me to triathlon and has been a constant resource about the sport. Noly also possesses the ability to talk about triathlon while riding up Norton Summit without taking a breath, swimming in West Lakes and running in the Adelaide hills. It's pretty hard not to get inspired about the sport when you are around him.