

The next time we think something is too hard. . .remember, hard is in the eye of the beholder.

Amazing...

A father's love and support

A son asked his father, 'Dad, will you take part in a marathon with me?' The father who, despite having a heart condition, says 'Yes'.

They went on to complete the marathon together.

Father and son went on to join other marathons, the father always

saying 'Yes' to his son's request of going through the race together.

One day, the son asked his father, 'Dad, let's join the Ironman together.' To which, his father said 'Yes' too.

For those who didn't know, Ironman is the toughest triathlon ever.

The race encompasses three endurance events of a 2.4 mile (3.86

kilometer) ocean swim, followed by a 112 mile (180.2 kilometer) bike

ride, and ending with a 26.2 mile (42.195 kilometer) marathon along

the coast of the Big Island. Father and son went on to complete the race together.

NOW VIEW THIS LINK, HOW THEY DID IT

http://www.godtube.com/view_video.php?viewkey=8cf08fac a5dd9ea45513