



John Flanagan

Professional Triathlete

A native of Honolulu, Hawaii John is considered one of the true gentlemen of the sport. Having distinguished himself as a world class open water swimmer, John transitioned into the world of triathlon and has left the competition in his wake...literally. Coming from a family rich in swimming tradition, John took his talents to Auburn University where he distinguished himself as a member of the NCAA National Championship Swim Team in 1997 and a 4 year National Team member. He later demonstrated his swimming prowess by winning the 10K National Open Water Championship in 2001. John's international fame came from a gold medal in the 1998 World Championships and the 1999 Pan Pacific Championships.

As a professional triathlete, John has continued to set records and dominate the competition which was never more obvious than when he posted a 47:42 split at the world championships during the 2.4-mile swim leg, then setting the swim course record at the 2009 Ironman Louisville race, averaging roughly 1:10 per 100 meters to clock in at 44:45. And if you don't know what that means, let's just say that it is insanely fast!

As successful as John has been in the water, his greatest successes have come out of the water. As a husband and father of two beautiful children he has obtained one of the most elusive goals of any athlete....balance. In fact, it was his wife Rae that suggested he get into triathlons; "She felt that I had gotten to such a high level of fitness training for the U.S. trials for open water swimming that I should just keep the momentum going. The challenge of something new has been exciting." Along with the pride he has in his family, John also beams with pride when asked about his "extended ohana (family)", the kids that he coaches at the Kamehameha Swim Club. This pride is evident when he starts talking about their unprecedented 18 straight State Championships and the innumerable accomplishments of his team. Naming them one by one, just as a proud father would when recanting the successes of his children. Notably highlighting a national championship by Noa Sakamoto in the 5K Open Water in 2003, and a 2008 Beijing Olympics competitor by current coach and former swimmer Jared Heine in the 100 backstroke. As one of the true gentlemen in the sport, and in life, John is as good as it gets. With an uncommon and genuine humility that makes you feel comfortable around him, he is a fierce competitor with a fun spirit. John is one of the few people that will never have to ask himself if he "made a difference" ...he has!

More information:

<http://www.tyr.com/news/tag/john-flanagan/>

<http://www.kamehamehaswimclub.com/Home.jsp?team=hiksc>

<http://www.tyr.com/news/2010/01/tyr-signs-multi-year-partnership-with-triathlon-%E2%80%99Cking-of-swim%E2%80%9D-john-flanagan/>

http://www.active.com/swimming/Articles/Open-water_racing_veteran_shares_10_tips_for_novices.htm?int=29-18