

# TRIATHLON

## SPORTS

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### MARC DRAGON

With a win in the Nepean Triathlon, Marc Dragon has capped off a truly remarkable come-back after a five year absence from the sport through injury.

With only 12 months of training under his belt, 'Drag's' has been knocking on the door for a victory since his impressive 7th placing at the recent World Championship. A sensational 4th at the Australian Olympic Distance Championship at Wollongong last month, proved he is more than capable of mixing it with the best in the sport.

The man who helped put the sport of triathlon on the map is now back on the map himself, and eager to make up for lost time.

charmed Dragan and nothing could upstage his fairytale existence.

Enter the Wicked 'Back Injury' Witch whose curse put him out of the Nic Triathlon in September 1986 and forced his retirement from the Forster Ironman in April of 1987 and banished him from the sport he had grown to love.

The next three years were painful ones for our hero as he battled with a chronically sore back. He tried every treatment known to man barring faith healers. Doctors, physiotherapists, chiropractors. You name it, he tried it. He spent three months at the Institute of Sport in Canberra having full time treatment which included two epidural injections which were supposed to relieve the pain. That didn't help. Even injections into the disc itself proved to be a waste of time and only caused more pain.

It is time, thought the Dragan, to forget about triathlon which had caused him so much pain and so he went back to his job as a tennis coach.

Enter the Fairy Godmother in the form of a masseur specialising in deep tissue massage who recommended he go to Body Control, a gymnasium which catered specifically for dancers and people plagued by chronic injuries. The emphasis at this gym is on stretching and strengthening of the lower body. For the next twelve months, the Dragan attended the Body Control gym at least three times a week.

Two years after that fateful day at Forster in April 1987, he finally felt confident that he could once again tackle some light bike and run training.

After acting as commentator at the 1990 Nutrimetics Ironman and watching the athletes as they showed the emotional joy of finishing, the Dragan was convinced that he, too, could once again be competitive.