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## Hawai'i Volcanoes News Release

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### Park Dispatcher Counts Down to Ironman



*Training at Kilauea volcano's 4000' summit provides a workout for Bill Greineisen's legs and lungs*

On Saturday, October 10, the island of Hawai'i hosts what is regarded as the most honored and prestigious triathlon event to win worldwide, The Ironman World Championship.

Among the 1800 competitors at the starting line will be Bill Greineisen, a dispatcher at Hawai'i Volcanoes' Pacific Area Communication Center.

During the past three years, the 55-year old completed several marathons and triathlons and beat out tens of thousands of others to earn a coveted spot in the event.

"For a triathlete, there's no bigger day," said Greineisen.

Raced in order without a break, this 2.4 mile ocean swim, 112 mile bike ride, and 26.2 mile run is the ultimate test of endurance.

Race conditions are punishing. Open ocean is choppy, cycling hills are whipped by gusty trades, and the marathon through lava desert is blistering.

Greineisen credits Coach Eddie Herd, an Ironman veteran, with keeping his spirits up and injuries down.

"Since becoming a multi-sport athlete, I feel better than ever before," said Greineisen. "Running and biking through howling wind and pouring rain have definitely made me stronger."

For Greineisen, training for triathlons is a family affair both at home and work.

"My son Chris is a huge support," said Greineisen. "He helps with the house, the dogs, even the cooking."

"I have a terrific park supervisor, Teri Murphy, who understands the demands of my training and race schedule," said Greineisen. "It sounds sentimental but I really feel that working for the National Park Service is like having one big family—people know your name and genuinely care about how you're doing."

We might say the same. As an emergency dispatcher for Hawaii's seven national parks, Greineisen knows our name and cares how we're doing. And on October 10, his park service family will line the course to "root, root, root" for a gifted member of the home team.

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