

## Bureau of Reclamation: Becky Fulkerson Finishes Ironman Triathlon in Cozumel, Mexico

On Nov. 27, in Cozumel, Mexico, an agency coordinator for the Department of the Interior's "[Let's Move Outside](#)" initiative provided her own example of how dedication and determination really pays off in physical fitness. Becky Fulkerson, a key member of the Bureau of Reclamation's External and Intergovernmental team, completed the grueling Ironman Triathlon, capping a training regimen that is truly impressive.

The Ironman is a long-distance triathlon race consisting of a 2.4-mile swim, a 112-mile bike and 26.2-mile run, raced in that order without a break. In order to be an official "Ironman" finisher, the 140.6-mile distance must be completed in less than 17 hours. The triathlon began at 7 a.m. and ended at midnight. After 16 hours and 19 minutes of intense willpower and fortitude, Fulkerson crossed the finish line with an enormous smile on her face.

Fulkerson works as a policy analyst and represents Reclamation on DOI's Youth Task Force. She is also heavily involved in DOI's youth initiative, "Let's Move Outside." Her participation in the Ironman showed a great example of how serious she is in this comprehensive initiative.



Bureau of Reclamation Washington Office employee Becky Fulkerson crosses the finish line at the Cozumel, Mexico, Ironman competition on Nov. 27, 2011. Photo by 2Digital Photography.

Fulkerson participated in several triathlons over the years, but this was her first full Ironman. In fall 2010, she completed her first Half Ironman. In preparation for the Ironman competition, on weekends, Fulkerson would run up to 20 miles and bike up to 125 miles.

"I was very competitive when I was younger," Fulkerson said. "Finishing the Ironman Triathlon was always a goal of mine, but I waited until my kids were grown to take on this challenge. The time commitment required is huge."

During the triathlon, Fulkerson's friends and family were able to track her progress by logging onto the live Ironman Race Tracker located on the Ironman website. More on the Ironman Triathlon is available at [www.ironman.com](http://www.ironman.com).



The Bureau of Reclamation's Becky Fulkerson competes in the 2.4-mile swim portion of the Cozumel, Mexico, Ironman triathlon. Can you find her? Photo by 2Digital Photography.



The Bureau of Reclamation's Becky Fulkerson competes in the 112-mile bicycle portion of the Cozumel, Mexico Ironman triathlon. Photo by 2Digital Photography.

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