

# The Ironman needs you and Bowen!

Article submitted to March 2009 *Bowen Hands* by Pierre Saine, Canada

Marie-Josée St-Onge of Quebec City, Canada volunteered her services at the “Ironman World Triathlon Championship” by treating the athletes with the Bowen technique. The race encompasses three endurance events; a 3.8 km swim, a 180 km bike ride, and a marathon (42 km). The current course record winning time is a bit over 8 hrs, so it is easy to imagine the healing needs of the athlete.

Guy Rossi, a 60 year old Frenchman, runs the triathlon all over the world. In July 2008, he ran the double triathlon in Quebec City. This is his testimony:

“The back pain that I had for 6 months became very acute in the Quebec ultra-triathlon (a 7.6 km swim, a 360 km bike ride, and a double marathon (84 km). I had to stop running after 18 km, and there were still 66 km left to the finish line. Then at the closing ceremony I meet Marie-Josée St-Onge who had the generosity to give a 1 and a half hour Bowen session. Afterwards I followed her recommendations: rest, drink a lot of water and walk... Back home in France, I was able to start training again because the back pain that had stopped me from swimming and running had disappeared. It is simply tremendous. And I spread the word about Bowen all around me. Now a physiotherapist from Marseille will offer Bowtech’s training and athletes from Alsace will contact the Bowen Practitioners of the region. So many blessings! Thanks again to Marie-Josée for her patience, kindness and obviously her efficiency. Sportingly,” Guy Rossi

There are triathlons all over the world, especially in Australia, Europe, USA, and Mexico. Google “triathlon” for one near your home or go to [www.triathlon.org](http://www.triathlon.org) and <http://rossi.guy.free.fr>

Marie- Josée also helped prepare Guy for the Virginia USA 2008 Ultra Triathlon at Lake Anna, October 4 and 5, 2008. Guy describes the amazing results he experienced with Bowen Therapy:



“Marie-Josée came to help me at the Virginia Ultra triathlon. Having had Bowen therapy a few days before the competition, she prepared me so well physically, that I had no muscle or joint problems all along the 28 hours and 55 minutes of this event. I performed so well that I came in 3<sup>rd</sup> on the final line! My recovery was so amazing that I could get back to training the next Sunday after only 6 days rest. Sportingly,” Guy Rossi

## World Challenge Deca Triathlon Mexico, November 16<sup>th</sup>, 2008

“For my 9th deca triathlon, I am very happy to have attained my goal in beating men, aged 60 and older, with a world record of 10 days and 22 hours for 38 km swimming, 1800 km bicycling and 422 km running. Englishman Arthur Pukrin held the previous record of 13 days and 8 hours.

Throughout this adventure, I had the opportunity receive the support of a Canadian named Marie-Josée St-Onge, a Bowen therapist who came especially for this competition. Her effect on my physical being was phenomenal. She was also able to get many other triathletes back on track who were in really bad shape. To help others is part of my philosophy, even if they pass me, this is human solidarity.

My great reward: they said that I took the prize in recuperation because after the competition, I was walking as if I had done nothing: no blisters, no distress in the legs, knees or elsewhere... Only happiness ... as I remembered that in October 2006 I had been hospitalized with a serious condition! Sportingly,” Guy Rossi

*At the finish line after 28 hours, 55 minutes of competition.*

*L to R: the organizer, Marie-Josée St-Onge, Guy Rossi and his wife, Anne*

