



Duncan Wise

Duncan began his athletic life early in grade school with the usual sports baseball, basketball, and football. While he enjoyed those sports, the flow wasn't constant enough for him. There was always a whistle, or a base, or time out to stop the action. When he entered the service in 1969, he found running. It wasn't voluntary and he was forced to wear boots, but still he got an idea of endurance and that slight taste of the good feelings that the endorphins gave him.

After the service, he got into tennis. He played competitively for a few years, but didn't really enjoy the games; there was just too much starting and stopping. However, he did enjoy the hours of practice.

Duncan started getting serious with running in the 80's at the height of the running boom. After his first 10k, he knew he had found his sport. The continuous motion was more to his liking, and the rush of endorphins he felt was hard to beat.

He would run five days a week and race every weekend. Eventually, this routine resulted in a broken foot which put an abrupt stop to his running. Not being able to run, missing his fix of endorphins, and the fear of loss of conditioning, lead Duncan to take up cycling and swimming.

Cycling wasn't bad but swimming was another story. He was a very poor swimmer. He had toyed with the idea of doing a triathlon but the swim portion concerned him. Duncan set his mind to learn how to swim well, and that he did. With drills and distance he started getting better.



In 1989, after the foot healed, he stayed with the cycling and swimming and decided to do a triathlon. After a couple of years was placing in his age group. It wasn't long before he was top 5 percent in the swim portion of the race.

In 1999 he went to the national age group championship and was 4th out of the water in his age group, finishing with a 23rd place. At age 60 swimming is now his strongest event, but if it weren't for the broken foot he still would just be running.

Duncan is a retired firefighter and a personal trainer certified by the American Council on Exercise with a special emphasis on strength training and swim instruction.

Duncan specializes in coaching new triathletes, especially those with very limited swim experience. He's been there. He can set up a time for personal instruction and video analysis which can be evaluated by Duncan and the other Tulsa Iron Coaching Staff.

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