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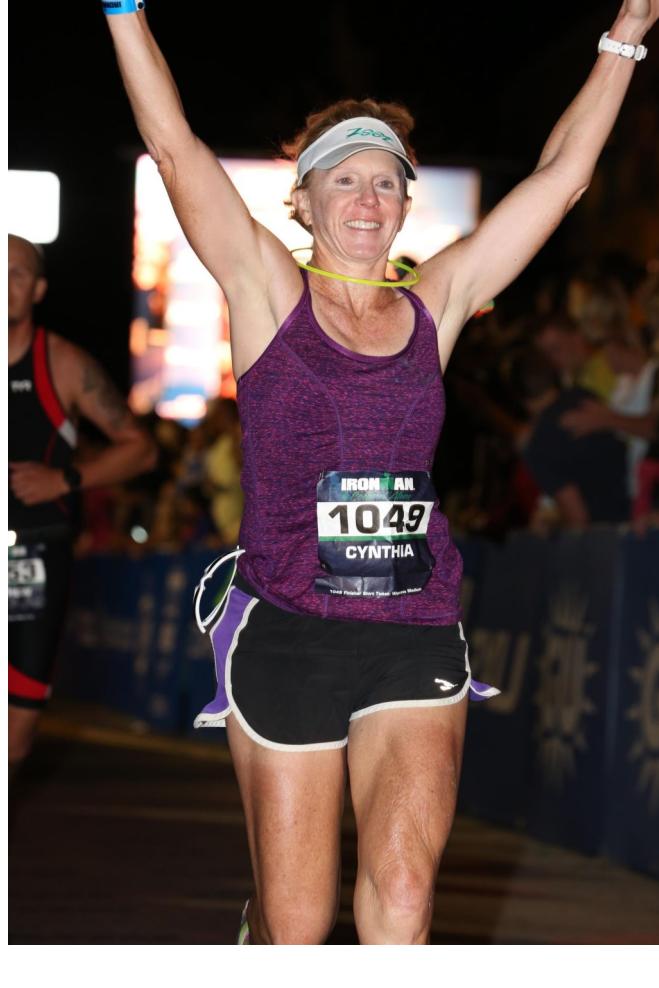
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Judge Newton Is An Ironman!



Sixth Judicial Circuit Judge Cynthia Newton crosses the finish line in the Ironman Coeur d'Alene, with a time of 15 hours and 52 minutes

CLEARWATER – Circuit Judge Cynthia Newton fulfilled a dream when she braved choppy waters and gusty winds to complete her very first Ironman competition in Coeur d'Alene, Idaho.

It took 15 hours and 52 minutes, but Newton swam 2.4 miles in Lake Coeur d'Alene – in waters that were both rough and cold – before she bicycled 112 miles and then ran 26.2 miles through a beautiful stretch of the Pacific Northwest.

"The course was brutal, but the crowd support on the run was amazing," Newton said. "The whole city was out cheering into the dark hours of the race."

"It was so painful to get through that marathon, but at mile 25, you feel an adrenaline rush that lasts all night long," she said.

Newton's goal was to finish an Ironman competition – and thus win the Ironman designation – on what is considered a very difficult course for first timers. She enjoyed it so much, she plans to complete the Coeur d'Alene competition next year, too.

The judge would have liked to have qualified for the 2014 Ironman World Championship in Kailua-Kona, Hawaii, which takes place on Oct. 11, but she didn't place first.

The only other way to qualify for the world championship is to complete 12 full Ironman races without skipping a full calendar year. That seems her only realistic possibility, and it would take her several years unless, of course, "I get much faster," she said.

"I plan to work on becoming a better marathon runner, as this was only my third one," Judge Newton noted. "It just takes a long time to adapt to this distance, and a very big commitment to the sport."

Previously, the judge completed Ironman Florida 70.3, which is considered a half Ironman. Her time was 5:58:14. As a result, she was ranked 67th in her age group (45-49) in the U.S., and 141st in the world.



The competition includes a 112 bicycle ride, and on 80 of those miles, there are no turns.