Lange also became the race director for the Spofford (N.H.) Triathlon in 1982, and as he began to coach triathletes during this time, he began learning about other triathlons in the area, such as the Ironman races, which he said were both great launching pads for people new to the sport.

That takes us back to Aug. 1, 1991, when Lange’s wife Diana went into labor and was admitted to Franklin Medical Center in Greenfield. All the Ironmans, triathlons and other races that Lange has ever run could not compare to what his wife was about to endure, as she spent the next 48 hours in labor. Lange said that at one point the doctor attending Diana’s labor told the couple that when he returned he would check on them, but he returned for his shift and Diana was still in labor.

“Lo and behold he came back on and she still hadn’t delivered,” Hank recalled. “She was really the endurance athlete. She endured far more than anybody would have ever believed.”

His marathon mission finally ended around midday Saturday, Aug. 3 when Sarah came into the world. The next morning, just 20 hours after the birth, Lange was heading to the Greenfield Swimming Area.

Hank and Diana Lange are proud parents of newcomer Jennifer Lange Wellington on Aug. 3, 1991 at Baystate Franklin Hospital in Greenfield.

Jaywalking

FROM D1

Swimming Area to take part in the eighth Greenfield Triathlon.

“I had my bike in the car and that morning Diana looked pretty exhausted and told me, ‘Go and do your thing. Go and do your job.’

When the triathlon was over Lange celebrated by banding out Powerbars with pink ribbons tied to them.

Over the past 25 years, Sarah Lange has become quite a runner herself, the Vermont state cross-country runner in high school, and then went to Middlebury College to continue competing, transferring to Adams State College in Colorado, where she rose to All-American status.

Over the past few years, she has been competing in triathlons, including winning her age group in the Gove Police Triathlon in Sarpy, N.H.

Was the favorite in Sunday’s Sprint Division? Well, both have their strengths. Sarah is a lot faster on the run, according to her father and has no resistance to riding on the bike. They’re close in the swim.

Because the start of the race features several hills, father and daughter will be competing directly against each other. Hank will begin in the seventh heat and get a three-minute head start on his daughter, who is starting in the eighth heat. He can only hope to finish three minutes, 18 seconds faster or else lose the bet.

“I’m sure she is looking to bring her old man down,” joked Lange.

As for the event itself, Lange said he is not surprised that the Greenfield Triathlon is still around after all these years.

“The Rec Department does such a great job putting this event on,” he said. “It’s a chance for people to try something. Some people barely swim, other people hardly run, but it’s a chance for people to get out and try something different.”

And it’s not too late to sign up for anyone procrastinating down the stretch. People can still register online at www.greenfield-triathlon.com until Friday evening at 5, and you can register Saturday evening from 4-6 p.m. at the Greenfield Swimming Area.

“For those folks who do the triathlon, they are really doing something that goes far beyond just the accomplishment of an athletic event. They are doing something that will help them live a healthy lifestyle,” Lange said.

“A lot of folks sacrifice health and well-being to put in hours of work,” Hank said. “It’s time our kids eventually decide to get healthy again. Triathlons are great for that because there is a sense of pride in right for everybody.”

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