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Minda Dentler

*** Woman Handcyclist in Ironman History to Officially Finish World Championship Kona Ironman ***

2013 NYC Marathon Champion, Women's Hand-Cycle Division

Minda Dentler was born in Bombay, India. Before her first birthday, she contracted polio and ended up paralyzed from the hips down. Shortly after she became ill, Minda was left at an orphanage.



After three years at the orphanage, a miracle happened – Minda was adopted by an American family. Had she remained in India, given her disability, it is very likely she would not have lived to adulthood. After moving to the US, Minda endured multiple surgeries that ultimately enabled her to walk using leg braces and crutches.

Minda grew up in an athletic family where her brothers and sister competed in track, tennis, wrestling and cross-country. Minda always participated from the sidelines, cheering on her family and volunteering to support local running events, but always wished that sports could be a possibility for her too.

After moving to New York and accomplishing professional goals including earning her MBA, Minda was introduced her to Achilles International, an organization that enables people with disabilities to participate in sports. In her late 20s, Minda received her first handcycle from Achilles and a racing wheelchair from the Challenged

Athletes Foundation. Not long after her first triathlon, it became clear that the girl who was on the sidelines was now a woman filled with the competitive fire of an endurance athlete.



After many years of training and competing, Minda completed her first Ironman in Louisville (becoming only the third woman handcyclist to ever finish a full Ironman) and secured a qualifying spot to the World Championship Ironman Kona at Ironman Antwerp 70.3 in 2012.

Minda started the 2012 World Championship Ironman Kona, but failed to make the bike cut-off time.

Minda came back stronger than ever this year. She earned her qualifying position for Kona by competing in Ironman 70.3 Berlin. When Minda arrived this year on the Kona course, she knew it was going to be her year!

*** On October 12, 2013 Minda Dentler beat all the odds and became the first woman handcyclist in World Championship Ironman history to officially complete the event.**

*** Minda did not rest long after her Ironman World Championship. On November 3, 2013 Minda also won the NYC Marathon in the Women's Hand Cycle Division.**



Paul Phillips / Competitive Image / @ComplImagePhoto

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