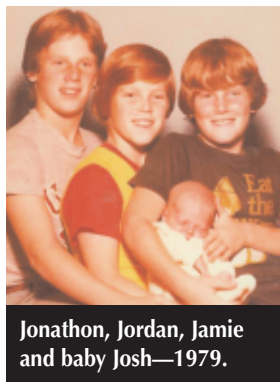


## ALL FOR ONE

BY BETSY REDFERN

Competition is frequently a hallmark of brothers, and in the Metz family, this fact is taken to new levels. The Metz brothers—Jordan, Jamie and Josh—enjoyed a comfortable childhood in Kansas City, Mo., under the supportive guidance of their parents, Marilyn and Kurt, both doctors (mom is a psychologist and dad is a pediatrician). The brothers excelled academically—five of the six Metzls are doctors; the youngest, Josh, is now in medical school at the University of Missouri—and along the way found time to become involved with and excel in athletics. As they grew up, they all participated in various team sports, as well as distance running. But it was through their involvement in triathlon that the group found a vehicle to grow even closer, all while offering them



Jonathon, Jordan, Jamie and baby Josh—1979.

a charitable outlet.

Jordan, 37, the second-oldest in a family of four boys (Jonathon, the oldest brother, 39, wouldn't "swim or bike if you paid him," says Josh. "But he's a good runner"), became the first triathlete in the group when he began racing while in medical school at the University of Missouri. Jordan also became a marathoner, running several per year.



Jamie, Jordan and Josh celebrate their finishes at the 2003 Ironman Wisconsin.

Jamie, 35, is also an avid runner, but became bored with marathons and decided to set his sights on something bigger. "I had run a lot of marathons but was always tempted by the ultimate challenge of the Ironman," Jamie says. "One day I decided that the only thing keeping me from doing it was myself, and I called my brother Jordan to rope him in."

The two completed Ironman USA Lake Placid together in 2001. Jordan, who was the medical correspondent for CBS's morning show, carried a mike through the entire race, documenting his experience as he went. The pair finished in about 12:30, and soon thereafter convinced Josh, 24, also a runner and the youngest of the four Metzls, to join them. "I took up the sport so we could all participate together," says Josh. "I'm sure part of it also had to do with the fact that they kept bragging about how they had done an Ironman, so I had to do it to show them that I could [too]."

The trio's first race together was Lake Placid in 2002, and with the attention they were receiving from media outlets such as CBS and CNN, found quick opportunity to give a little back to their community. The Metzls partnered with Hebrew National—yes, the kosher hot dog people—to held address child hunger. "They were looking for a way to market some of their healthier products, and we welcomed the opportunity for some sponsorship," Josh says. "Our involvement also benefits those suffering from hunger worldwide, as Hebrew National donates food to the "Feeding Children Better" program with each proof of purchase sent in."

Former *Age-Group Spotlight* athlete Amy Shigo has been a friend of the family for about five years now, and has been given the title *Honorary Metzls*. "Everyone in the family has either an M.D. or a Ph.D., and they are fun and interesting and laugh a lot together," Shigo

says. And while the brothers admit that their parents find them a little off the deep end at times, Shigo says that "all Ironman athletes should have such support. Their parents brought bikes with them so that they could ride part of the course and cheer for their sons...honestly, you want to be adopted by them!"

Having just completed their second Ironman together at Wisconsin, the Metzls have become masters at working triathlon training into their busy lives. Jordan, a sports medicine physician at the Hospital for Special Surgery in Manhattan, and the co-founder and Medical Director of The Sports Medicine Institute for Young Athletes, tries to get in a 45-minute workout before work, and an hour after work.

Jamie, who holds a Ph.D. from Oxford and a J.D. from Harvard, aims to get his workouts in before work, maximizing his limited time. He's a national security and Homeland Security expert who worked on the National Security Council at the White House, on the U.S. Senate Foreign Relations Committee and as a human rights officer for the United Nations in Cambodia. Josh admits he has the most flexible schedule and gets his workouts in around classes and studying. None of the Metzls are married, but all act as each other's cheerleaders and supportive competitors. "We definitely cheer each other on in all aspects of life, including triathlon," says Josh. "My brothers and family all support me in everything that I do, and it's no different in triathlon."

Brother Jamie concurs, commenting that "the best part of doing triathlons is doing them with my brothers." So much so that, according to Jamie, "one of us could have gone to Hawaii this year, but we decided that we'd rather compete together, which we did in Madison"—an attitude that truly makes this trio all for one. s