# Silencing Doubt, Pushing Through Discomfort:

## Local Runner Completes First Ironman

BY LAURA I. WINN | PHOTOS PROVIDED BY GEORGIANA RAMIREZ

**ON MARCH 28, 2026**, Carl Ramirez of Fair Oaks cycled 56 miles through Camp Pendleton, swam 1.2 miles in Oceanside Harbor and ran 13.1 miles to complete the Ironman 70.3 Oceanside race in San Diego County, California. He faced over 2,700 feet of elevation, endured kicks and punches in the water, and ended the day with a long-lasting sunburn. "It was tough, chaotic and incredibly rewarding all at once," he said.

It was also a testament to his journey as a runner. Three years earlier, he could not run more than a mile without stopping. He kept pushing and persevering. Then, a year ago, he and his wife, Georgiana, moved to a home near the Fair Oaks Bridge. With convenient access to the American River Parkway, he began running on the Jedediah Smith Memorial Trail up to four days a week. Sharing smiles and nods with the familiar faces of the running community, he said, "It feels like a neighborhood on the move."






Over the last year, Carl has put his training to the test, competing in half marathons and Spartan races. Ironman has been his biggest challenge to date. "Each race has pushed me in new ways and fueled my passion for endurance sports," he said.

Heart pounding and endorphins pumping, Carl said running provides a mental "reset" to a bad day, and the physical exertion is a necessary balance to his sedentary job as a data analyst. Through running, he said he's learned patience, discipline and self-control. More importantly, he added, "It's strengthened me mentally. You learn to push through discomfort and to silence that voice telling you to quit."

For Carl, running has become more than a healthy habit; it is an essential part of his life — one that doesn't require long-term gym contracts or expensive home equipment. "There's something special about being able to lace up a pair of shoes and just go," he said. "Running gives me a sense of freedom and peace that's hard to find anywhere else." ■

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