

TRANSITIONS THROUGH TRIATHLON  
BY SHERWIN BANFIELD

Transitions through Triathlon is a Figurative Sculptural composition, which summarizes the ambitions, anxiety and gratification of multi- sport Triathlon. Inspired by my personal story of becoming a triathlete and the stories of triathletes who frequently train and exercise in Riverside Park. My sculpture is an attempt to capture moments of emotion commonly experienced by athletes when transitioning from training to triumph.

Transition through Triathlon recognizes not just the athletic culture of Multi-sport Triathlon, but specifically the role Riverside Park plays as the site for training and hosting of The New York City Triathlon. Riverside Park's athletic culture is as diverse as this great city of New York. Attracting a host of activities from running, yoga, baseball and cycling, while serving its communities as a unique place of refuge to converse, practice, play and compete.

Transition through Triathlon mirrors this athletic culture of Riverside Park by illustrating the goals and anxiety of the Triathlete, while depicting the various states of transition towards meeting their goals. Each figure in Transitions through Triathlon , addresses a state of mind of the Triathlete. Starting with the swimmer figures.

'Pensive'. Standing there, waiting for the race to begin, in her purple swim-cap, white goggles and sleeveless wetsuit. 'Pensive" is captured in a full body stretch while gazing to the horizon in deep thought. "Did I train enough? Did I pack all of my nutrition? Are my bicycle tires properly inflated? Will I swallow any Hudson River water during the swim?"

We then Transition to the figure 'Confidence'  
Standing there, arms folded with his blue swim-cap, black goggles and sleeveless wetsuit, posed wide stance, seemingly conscious of his powers as a Triathlete, modeled after Rodin's 'Balzac'. His mood confident, his thoughts reflecting affirmations: " I am well prepared; I am up for this challenge, mentally, emotionally and physically; I will not swallow any Hudson River water during the swim!"

'Confidence then Transitions to 'On Your Mark'  
The start of the race is beginning, 'One Your Mark' with his Red swim-cap, black goggles and full wetsuit, is coiled and positioned to begin the race with a mindset of preparing the body to start the swim. "Swim-cap secured, Goggles secured, Swim line imagined, position into water imagined"

'One Your Mark' then Transitions to 'Get Set'  
'Get Set' has on an yellow swim-cap, black goggles and full body wetsuit, posed in a first-step physical action with a mindset of a 'the moment of clarity' as the race-start signal is seconds away. "Focus, Breathe"

'Get Set' then Transitions to 'Go',

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Diving with green swim-cap on with full wetsuit, 'Go' is committed to the race in the most convincing action of a full-on dive into the Hudson River with the mindset of "Attack".

As the Athletes Transition from Swim to Cycling, the grouping of Swimmers begin to transition into individual packs, symbolized by the two cyclist who cycle away on the long journey knowing that the miles will zip by as the focus shifts to nutrition, technique and cadence.

Cyclist transition to running further isolating each Triathlete as the field of competition stretches out to individualized paces. The mindset is focused on hydration, and stamina while monitoring physical, mental and emotional states.

Until the finish line is sight, then we transition into the greatest moment of the race, Victory! Crossing the finish line after the long journey starting from the commitment to training to preparation to execution then realized by finishing the race all while overcoming any disabilities, be it emotional, mental or physical. Becoming an iron man, the discovery and recognition of your own unique abilities that allow you to respond to the challenge, this becomes the greatest reward in this journey, a symbol of Victory..

The Arch, designed as the finishing line is also a metaphor for self growth. As the base is securely fixed to its foundation, it arms tapers upwards toward a point, symbolizing the foundation of proper race training, as the committed journey, filled with anxiety, tension and excitement on race day tapers towards a goal of triumph.

I encourage the viewer to discover the story of the event, unfolding through the actions of the figures. Thus recognizing the succession within the Transitions of the Triathletes as a catalyst for personal inspiration