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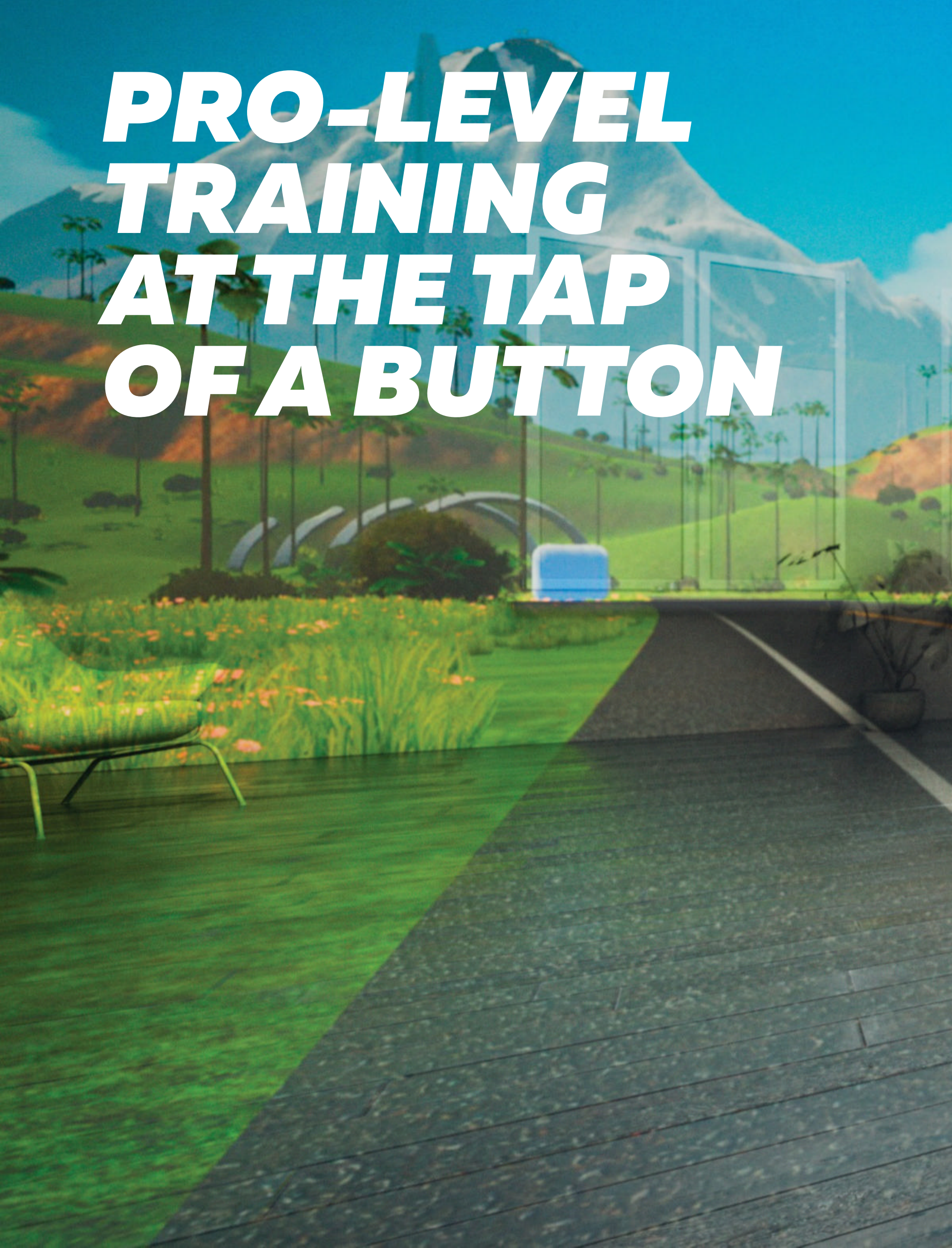
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ROYAL BATTLE

Lionel Sanders and Jan Frodeno dive in for their two-man exhibition, the Zwift-sponsored Tri Battle Royale back in July—which saw Frodo set an iron-distance world's best time of 7:27:53.

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Tri For The Masses

Can triathlon make it as a mainstream sport?

BY BRAD CULP

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ON THE COVER

Photo by Nils Nilsen

PHOTO: KARL-JOSEF HILDENBAND/GETTY IMAGES

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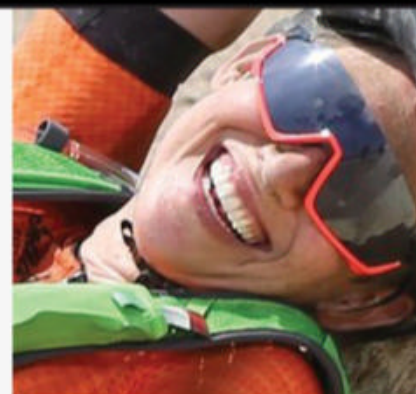
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THE BEST IN A WEIRD YEAR

THIS MAGAZINE ISSUE WAS SUPPOSED TO BE OUR POST-KONA issue, with the winner on the cover, the recaps, all the world championship moments. Of course, that didn't happen. We didn't go to the Big Island and there was no Ironman World Championship.

But that doesn't mean there weren't lots of amazing things that happened this year.

In September, I headed instead to St. George and watched Lucy Charles-Barclay dominate from the front all day. I stood in the pouring rain as Gustav Iden ran away from the field and Sam Long bombed downhill into second. I saw the thousands of age-groupers fighting their way through one of the craziest storms on one of the craziest courses I've seen in a long time. It was a world championship day.

Yes, we get into the whole St. George versus Kona debate on p. 23—but let's not let the questions around what could be sidetrack us from what was.

This year was finally (!) the 2020 Olympics. It was the year for Flora Duffy to win the first-ever gold medal for her tiny home country of Bermuda and Kristian Blummenfelt to teach us all what digging deeper than ever looks like. It was the year for a nail-biting wheelchair race finish in the Paralympics and a breakthrough performance (after breakthrough performance) from young star Taylor Knibb. It was a year of solo exhibitions and epic races and one-of-a-kind new formats.

It was a year of many, many bests. Turn to p. 58 for the 2021 highlights.

And with so many new race formats (mixed relay, Super League, the Collins Cup), could this have been the year that finally helps turn triathlon into a spectator fan-based sport? We look at what could work—and what might not—on p. 50.

Of course, it feels weird to already be looking back on the year when there's still so much left of it, but that's the ebb and flow of how the triathlon season works. Even in a weird year like this one, we're still hitting the end of the season now, crossing off our last races (check out Miami Man on p. 24 for a last-minute winter race-cation), gearing up for the off-season, and starting to plan for 2022. To help you with the cold months ahead, we have a guide to smart trainers (p. 41) and a plan to finally tackle meal planning—with recipes—on p. 34. You could also use this off-season to really work on some heavy lifting (p. 32) and a single

sport-specific focus. On p. 26, we look at why you might want to do a swim-, bike-, or run-specific training block and how to go about that—and then we give you some four-week sport-specific training plans to test out this winter.

Last year, our hope was: Next year will be better. And it's probably hard to say for sure if it was or wasn't. It was a weird year. But even with all the things that didn't happen, that went wrong, that were bad in the world, there were still some amazing things in our sport.

Here's to the best of 2021!



KELLY O'MARA
EDITOR-IN-CHIEF

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PHOTO: BRAD KAMINSKI

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HOW GUSTAV IDEN WON HIS SECOND 70.3 WORLD CHAMPIONSHIP

The confident Norwegian talks about beating countryman Kristian Blummenfelt, his transition from road to time-trial bike, two of his insane workouts, and more.

MEMBER SPOTLIGHT

ANDREW G.

RACE: Ironman Memphis 70.3

AGE GROUP: 35-39

"For 70.3 Memphis being an inaugural event, it was well organized and all of the volunteers were so great. After getting a DNF at 70.3 Washington I surprised myself on the bike and felt great on the run!"



THE 21 BEST RUNNING SHOES FOR EVERY KIND OF RUN

Our shoe expert digs into his giant pile of new shoes and breaks down which pairs are best for long runs, recovery days, tempo, intervals, and racing all tri distances.



THE TOP 7 EASIEST 70.3 AND IRONMAN COURSES

Looking to smash your long-course PR? Maybe looking to complete the distance for the first time? We've dug into the stats behind fast courses with fast times for our comprehensive lists.



WHY YOU GET BLOATED IN TRAINING AND RACING

It happens to (almost) all of us: the dreaded gassy bloat. Nutritionist Matthew Kadey gives members eight tips on how to eliminate that uncomfortable feeling, fast.



THE FIGHT AGAINST PSEUDOSCIENCE, BAD TRAINING ADVICE, AND BULLS***

As internet advice continues to be more widespread—and harder to parse out—one researcher is trying to educate athletes on how to think critically about what they read.

PHOTOS: GETTY IMAGES; ADAM CHASE; JOERN POLLEX/GETTY IMAGES; HEIDI CARCELLA; FINISHERPIX

MATT KERR

3x IM and 70.3 AG
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Yo yo yo!

Why white, Kristian?

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Really? No, really?

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EN ROUTE TO GOLD: Norwegian machine Gustav Iden successfully defended his title at the Ironman 70.3 World Championship in St. George, Utah, on Sept. 18. He took the lead on the bike, near the start of the Snow Canyon climb, and then ran away with the win, crossing the line in 3:37.13. American Sam Long rounded out a stellar 2021 season, finishing second in 3:41.09, while Daniel Bækkegaard, of Denmark, took the final podium spot for the men in 3:42.24.

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GIVE THE GIFT OF TRI

We've collected (and tried) some of the most interesting multisport toys, trinkets, and gadgets for you to give (or get) this holiday season. **BY THE TRIATHLETE EDITORS**

1. COROS VERTIX 2

\$700, coros.com

The latest version of the Vertix has built-in, full-color maps with touchscreen navigation, onboard music storage, and uses five GPS satellite systems to track every mile.

2. ROLL R8+

\$170, rollrecovery.com

The upgraded version of the popular Roll R8 has an adjustable dial that allows you to increase or decrease the pressure.

3. MALOJA SILBERBLATTM. SHORTS

\$130, malojaclothing.com

These ultra-lightweight, premium running shorts have secure pockets galore.

4. WAHOO SYSTM SUBSCRIPTION

\$15/month, wahoofitness.com

More than just a training log, SYSTM provides workout content, virtual training environments, and more.

5. ROKA MATADOR AIR

\$225, roka.com

The massive coverage of Roka's popular, lightweight Matador cycling sunglasses is paired with three vents to increase airflow for potential running use.

6. PEDRO'S MASTER T-HANDLE SET II

\$220, pedros.com

This set of 10 sliding t-handle wrenches ranges from 2mm to 10mm (with T10, T25, and T30 torx as well) and has color bands and markings for quick ID.

7. SHARKBANZ 2

\$84, sharkbanz.com

Using powerful magnets embedded into a rubber anklet, Sharkbanz claims to deter sharks while in open water.

8. SOUL CAP

\$20 and up, soulcap.com

Soul Cap provides an excellent swim solution for those with Afros, extensions, and voluminous hair.

9. SATISFY RUNNING TRAIL 3" SHORTS

\$260, satisfyrunning.com

Designed in Paris with materials sourced from all over Europe, these running shorts are the luxe of the luxe.

10. CORE BODY TEMP MONITOR

\$280, corebodytemp.com

This tiny, unique sensor will store and transmit your internal body temperature in real time.

11. HYPERICE X

\$450, hyperice.com

The first portable contrast treatment device uses alternating hot and cold therapy to treat knee inflammation.

12. MUSCLE REHAB BATH BOMBS

\$20, musclerehab.biz

This combination of epsom salt and arnica extract is the ideal way to recover as many sore muscles as possible. ▲



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TRI HERE: PARK CITY

The Utah mountain town is a popular winter spot, but year-round it's a dream triathlon getaway.

BY JENÉ SHAW

*Making the most of Park City's
awesome trails at Jeremy Ranch.*



Given that Park City is a former Olympic host town, location of the popular Sundance Film Festival, and home to two world-class ski resorts—Deer Valley and Park City Mountain—many know it best as a winter destination. But no matter the season, this alpine paradise that sits at almost 7,000 feet above sea level is an ideal place to train. It's easy to get to (30-45 minutes from Salt Lake City International Airport), the outdoor access is fantastic, and there's plenty to do during your downtime. Use this guide to find some of the best tri and not-so-tri training options around PC.



A sunny afternoon at the Silver Mountain Sports Club pool.

SWIM

Park City has a handful of reservoirs where open-water swimming is technically allowed. Your best bet is the calm Rock Cliff Recreation Area at the Jordanelle Reservoir, where the August Jordanelle Triathlon is held. Most gyms also have a pool with drop-in options: There are outdoor lanes at Park City MARC, Silver Mountain Sports Club, and Basin Recreation (check websites for seasonal availability). In the winter, hit the pool at the Ecker Hills Aquatics Center, which has eight indoor lanes year-round.



BREAK

After all that work at altitude, it's important to stay fueled. Two brunch standouts with creative, colorful dishes both happen to be Australian cafés: FiveSeeds and Harvest. A more under-the-radar spot with a killer chorizo burrito is Salt Box Park City. The Ritual Café is popular with cyclists for its espresso drinks, craft chocolate bars, and insane pastries. And don't leave town without a meal at High West Saloon, where you can taste a flight of whiskey alongside elevated gastropub eats. A few more solid options: Versante for wood-fired pizza and craft cocktails, Hearth and Hill for eclectic American dishes, Chop Shop for next-level charcuterie boards, and Handle for farm-to-table small plates (the cauliflower with sriracha vinaigrette is a must).

PHOTOS: ERIC ARCE(2); COURTESY SILVER MOUNTAIN SPORTS CLUB

Getting after it on the Park City PCMR trails.



BIKE

You're more likely to see knobby tires than tri bikes, but with plenty of rural roads and challenging climbs, the road riding is also top notch. One easy way to find routes (and meet friendly cyclists) is to join one of the Stay Park City Cycling Club's weekly rides, which are open and offer multiple pace groups. The Sunday Ritual ride leaves from Ritual Chocolate Café—owned by two avid cyclists—and typically entails a 30- to 40-mile loop.

If you'd rather head out on your own, the popular Kamas-Browns Canyon loop climbs along the sparkling Jordanelle Reservoir, rolls along flat farm roads, and returns with a sustained climb up a canyon back to town. Looking to climb? You've got options. Near the base of Deer Valley Resort, ride up the gentle switchbacks of Royal Street to the steep top of Guardsman Pass (nearly 10,000 feet above sea level). Or, for some out-of-your-saddle punishment, head to Pine Canyon Road, which starts in Midway and ends at Guardsman Pass. This nine-mile, 11% ascent (with 20% pitches!) was the road that national mountain bike champion Keegan Swenson used to set his 2020 Everesting record.

Want to mountain bike but still haven't given it a shot? Do it here. There are nearly 500 miles of single-track trails, which is why Park City is one of only a few U.S. destinations awarded the Gold-Level Ride Center distinction by the International Mountain Bicycling Association. Rent a bike from Contender, Storm Cycles, White Pine, Cole Sport, or Jans. Round Valley offers a network of foothill trails mellow enough for first-timers, and it's also one of the best spots for fat biking in the winter. For epic views, climbs, and more technical terrain, try the newer 9K trail, which traverses a ridgeline to connect to trails all over Park City Mountain Resort.

STAY

Accommodations are abundant and range from casual condos to super luxury resorts. There is no shortage of places to splurge on a winter luxury getaway. The Montage Deer Valley, St. Regis Deer Valley, Waldorf Astoria, and Stein Eriksen are all ski-in, ski-out properties, which means easy access to trails. The Washington School House Hotel is a former schoolhouse that has been converted into a charming 12-room boutique hotel off Main Street. For more affordable options, check out Peaks Hotel and Hyatt Place Park City or look for rentals in the Kimball Junction area, which is close to amenities and 10–15 minutes to Main Street.

PHOTOS: ERIC ARCE(2); TREVOR CLARK/GETTY IMAGES



The all-dirt Jeremy Ranch Road is a go-to spot for long runs.

RUN

When coming from sea level, Park City's altitude can be a bit jarring. Thankfully there are a couple of flat-ish options for running. For an easy jog around town, check out the Historic Union Pacific Rail Trail, a network of more than 20 miles of mostly-paved trails that circumnavigate the city and extend into nearby towns. One local favorite for long runs, including pro Carrie Lester before her win at Ironman Coeur d'Alene, is the all-dirt Jeremy Ranch Road, which gently undulates past fields filled with cows.

If you'd rather hit the trails, the options are endless. The aforementioned mountain biking trails also work for trail running, including Mid-Mountain. Yes, it sits at around 8,000 feet elevation, but it offers rolling terrain that crosses diverse sections of the mountain. If you're up for a challenge, the Mid-Mountain Marathon takes place entirely on this trail.



A couple enjoys backcountry skiing.

DO

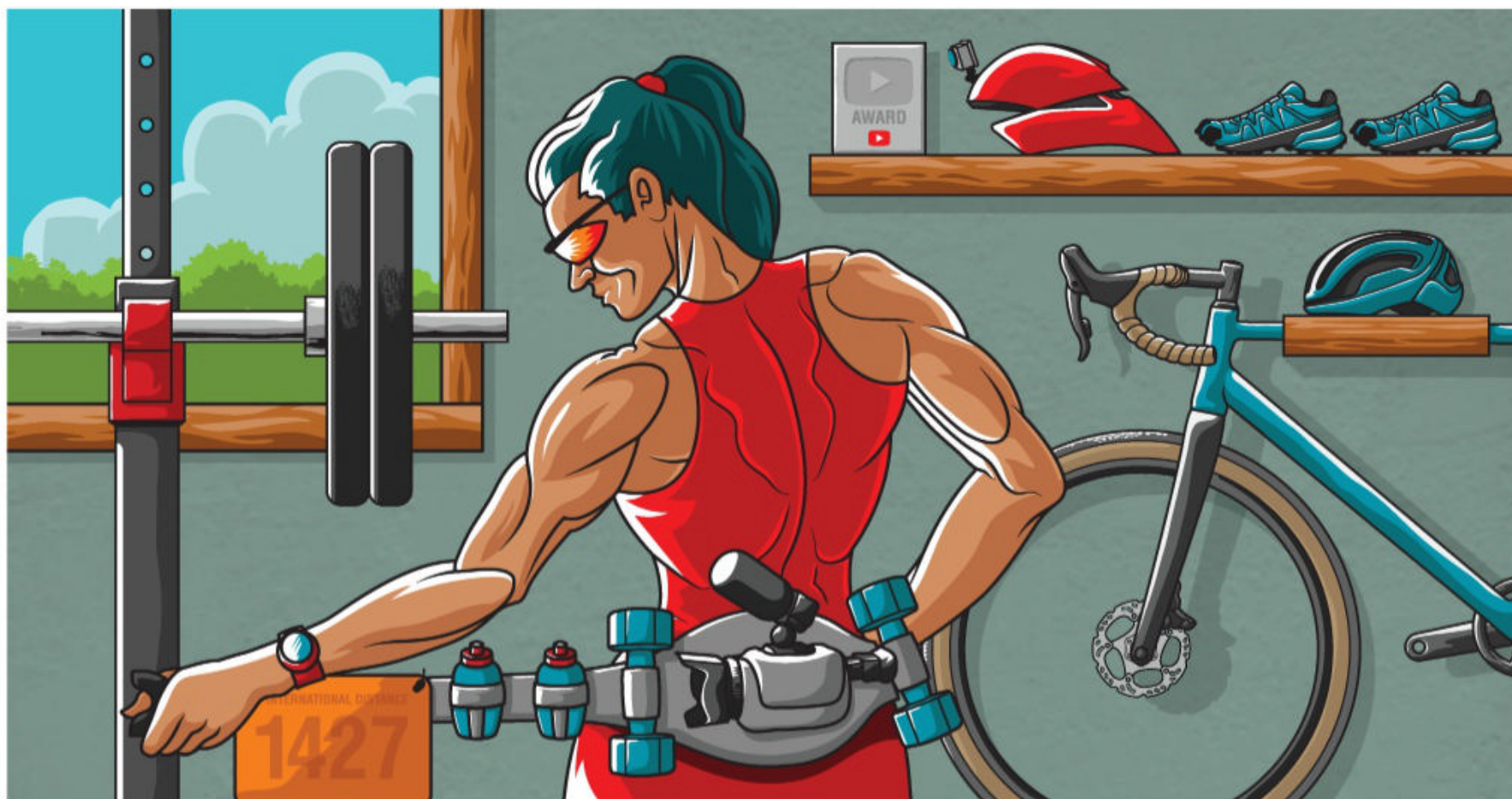
Downhill skiing is, of course, the number one activity in the winter, but practically every winter sport you'd ever want is available, too. Stop by White Pine Touring to rent snowshoes, cross-country skate skis (lessons are available), or a touring setup to hike up and ski down the mountain before the resort opens. Multiple shops also rent fat bikes in the winter, which you can ride along snowy bike paths or in Round Valley. At Utah Olympic Park, you can bomb down an actual Olympic bobsled track (yes, really) or simply entertain yourself at the free ski museum.

While the focus is on the outdoor training, it's not a trip to Park City without a stroll up Main Street, home to gear stores, boutiques, souvenir shops, high-end galleries, and restaurants. At Deer Valley, take the funicular up to the St. Regis to watch the daily champagne sabering or just to grab a drink on the patio amid picturesque mountains. The Montage is a pricey place to stay, but you can still enjoy the ambience by grabbing dinner at Burgers and Bourbon, its casual restaurant. End your meal with a drink by the fire pit, where—depending on COVID guidelines—you may also be able to roast a gourmet marshmallow for s'mores too.

If you're traveling with active kids, then they'll also enjoy a day at Woodward Park City, where everyone (including you!) can jump on trampolines, ride BMX bike features, try parkour or show off skate-park skills. The adults can then get slightly out of town with a visit to Wanship, home to the High West Distillery, to take a tour of the whiskey-making facility.

THE BEST THINGS FOR TRI WHEN THIS IS ALL (EVENTUALLY) OVER

It turns out there are some upsides to post-pandemic life after all... **BY TAREN GESELL**



FOR MANY PEOPLE, THESE PAST COUPLE OF YEARS HAVE

likely been some of the hardest they've faced. And triathletes are no exception. We, too, have had a rough go of things. Plus, our identities are (too) often tied to our finish times, and we haven't had many finish lines to cross, leaving a sort of existential question: If a triathlete trains and there are no finisher medals to confirm it, do they even make a sound? Fortunately, the pandemic has also provided many of us with some benefits that we might not even yet understand will help us in the future. Let's call them low-key pandemic tri-perks.

NEWFOUND STRENGTH

The motto of all triathletes everywhere is: "Why be excellent at one sport when you can be mediocre at three?" And when pools closed around the world, many triathletes filled that time with a new thing to be mediocre at: strength training. Gone are the days of triathletes walking around looking so thin that people think we're stuck together with glue and pipe cleaners.

MADE FOR TV TRIATHLON

Besides the once-a-year Kona coverage and a few Ironman Live Facebook shows, we didn't have much triathlon to follow on TV before. And while all triathlon is good triathlon, one can only spend so many hours watching Jan Frodeno solo a "race" before it gets boring. Challenge Daytona, The Collins Cup, and Super League proved that triathlon can be shown in different ways to dazzle new (and old) viewers and bring our great sport to the masses.

GOING GRAVEL

Making a bike purchase in 2021 has been like trying to capture a unicorn, but a huge number of the new bikes that did manage to get sold were gravel bikes. With so few races, triathletes sat up out of their aero positions and embraced adventure like never before. Chewing on some Vitamin G is good for the mind and soul, it builds bike strength, and is a much more fun way to spend hours than in the aero bars. Gravel is now here to stay, so get on board.

YO, YO, YO, YOUTUBE

When I first started uploading videos to YouTube, I was the only person putting out regular tri content. While there have been pros who tried out their vlogging skills since then, it wasn't until the pandemic that we saw an explosion of triathlon YouTube channels. Now we get to peek into the lives of Lionel Sanders, Tim & Rinny, Eric and Paula's "That Triathlon Life," and Sam "Yo Yo Yo" Long. We get to see what their lives are like, and they get to speak directly to fans. It's hard to imagine going back to a time of nothing but polished Instagram posts.

WORK SWEATPANTS

Frankly it was about time the world realized what we've known for years: Athletic loungewear should be an acceptable form of business attire. We can all rejoice in the fact that you can now show up to your next Zoom meeting in spandex and no one will even check their internet connection. If you're still wearing your helmet, that might raise some questions. ▲

ILLUSTRATION: MIKE REISEL

KONA v. ST. GEORGE

With the 2021 Ironman World Championship moving out of Hawaii for the first time ever—to St. George, Utah, in May 2022—we tackle the big debate: Which is better?



IMWC, DON'T LEAVE!

BY BOB BABBITT

THE OBVIOUS: I LOVE THE HISTORY, TRADITIONS, AND legends of the most important one-day endurance event on the planet. And a huge part of what makes the Ironman World Championship so special is the Big Island of Hawaii itself.

Moving the Ironman World Championship from the Big Island would be like moving the Boston Marathon to New Hampshire or the New York City Marathon to Albany.

I understand that the pandemic is forcing the 2021 race to move to St. George, but I also hope this is a one-time thing.

In 1978, John and Judy Collins created the Ironman and 15 crazies showed up to see if someone could actually complete 140.6 miles of swim, bike, and run. The *Sports Illustrated* story on the 1979 race then led to huge growth the next year, and 108 of us, including myself, raced the last Ironman on Oahu.

Race director Valerie Silk realized that the event could not grow if she didn't find a location to let it grow. So she did. Now, when the athletes return to Kona in October of 2022 they will walk down the same steps at Dig Me Beach that every Ironman world champion has walked down since 1981. When I go for early morning swims, I get goosebumps every time I walk down those stairs. History can do that to you.

When the Ironman hopefuls in 2022 get on their bikes, they'll head out on the Queen K to Hawi. Along that storied bike course defending champion Normann Stadler dropped out in 2007, Mark Allen introduced himself to Dave Scott in 1982, and in 2008 Chrissie Wellington stood on the side of the road with a flat tire waiting for help.

The lore of Ironman is all about those classic moments—when an athlete rose to the occasion or simply disappeared in the bright lights of our sport's biggest stage.

Close to town is Mark and Dave Hill, where Mark Allen made the move that brought him his first title in his seventh attempt. And when you go for a run and take that legendary turn on Ali'i Drive, you can see the stretch of pavement where Julie Moss collapsed and crawled to the finish.

That moment changed our sport forever.

These are moments tied forever to the Big Island and to our sport. If the Ironman World Championship rotates to other parts of the world, my fear is all of those classic Iron-moments will simply cease to exist or fade away.

The race, the history, the legends, and all of those moments are tied together forever to this windy, hot, brutal, beautiful, unforgiving backdrop known as Kona.

Bob Babbitt is an Ironman Hall of Fame inductee and author of the books on the 25th, 30th, and 40th anniversaries of the race.



ST. GEORGE TRUMPS KONA

BY HEATHER WURTELE

FOR THE FIRST TIME SINCE MY RETIREMENT FROM professional triathlon, I have a serious fear of missing out.

It began when I saw an Instagram image of Snow Canyon with the Ironman logo on top. The Ironman World Championship, on May 7, 2022. Not in Kona, but in St. George.

St. George is one of my favorite hard, hilly courses. My husband Trevor and I loved it so much that we lived there in our RV, simply because it was the ideal training environment. I would have loved to race an Ironman World Championship in St. George.

The die-hard Kona crowd will argue that Hawaii is Ironman's spiritual home. They claim the race history makes it the only place that athletes will ever want to go, and they shake their heads at the folly of this change.

I get it: A race-vacation in Hawaii sounds more appealing. But once you get past the initial romantic idea, you'll soon realize Kona is a costly, difficult place to get to for many in the world.

There's room to spread out in Utah, for both spectators and for athletes. If endless hot laps of Ali'i Drive and the Queen K float your boat, that's cool, but for pre-race training safety and access, St. George is going to be amazing. And if a black lava background shot is a must for the 'gram, you only need to cruise the Lava Flow Trail off of Pioneer Parkway.

To date, winning the Ironman World Championship has meant solving the very particular physiological problem of performing well in oppressive heat and humidity. I, for one, would have really liked that element to be less of a deciding factor. It's kind of a bummer to know that the world championship is always going to be like that, and it simply doesn't suit you.

The venue could move around the world. The world champion could be decided by different races in different conditions on different courses all over the world—allowing athletes to test their mettle in a variety of circumstances, not just one particular corner of the globe. Different athletes with different strengths will now be able to take different risks in St. George.

No, I won't be one of those athletes. Coming out of retirement is tempting, but it's not going to happen. However, I will be cheering on everyone who takes on what I feel is truly a world-class course for a world-class event.

Heather Wurtele is a multiple Ironman and 70.3 champion who retired from professional racing in 2019.

"Winning the Ironman World Championship has meant solving the very particular physiological problem of performing well in oppressive heat and humidity. I, for one, would have really liked that element to be less of a deciding factor."

LIONS, TIGERS, TRIATHLETES, OH MY!

This late-season race has a little something for everyone—wild animals included. **BY EMMA-KATE LIDBURY**



MIAMI MAN

WHERE: Larry & Penny Thompson Park/
Zoo Miami, Miami, Florida

WHEN: Nov. 14, 2021



WHAT: If you're looking for a late-season race in sunny climes, Miami Man might be just the ticket. With a wide range of race distances—including half-iron, Olympic, duathlon, and aquabike—it's no surprise this event draws athletes of all ages and experience levels from across the U.S. The event started in 2004 and has seen more than 26,000 people take part over the years. From 2016 to 2019 it served as the USAT Long Course National Championship, and in 2018 and 2019 it was host to the USAT Multisport Festival. The most popular part of the race? The run course through Zoo Miami, which leads to some unique race photos.

WHY: There aren't too many places in the U.S. where you can race in November. "I think a lot of athletes around the country like coming down to close out their season and get one last taste of summer before winter rolls in," said race director Robert Childers. "It's the perfect time of year here, with an average high of 79 degrees F, which makes it a great vacation destination."

The zoo theme runs throughout the race too, with swim caps that look like fish (fins and all!) included for racers and stuffed zoo animals as awards. "We

have themed aid stations and run a contest for best aid station with athletes voting on their favorites, so this all adds to the fun festival vibe," Childers said.

In previous years, Indy car drivers Scott Dixon and Tony Kanaan have raced the event, and local athlete Hector Picard, who is a double arm amputee, is always popular. "He swims on his back, has an attachment for his bike so he can steer with his half-arm and brakes with his knee," Childers said. Picard also gives demonstrations on how to change a flat tire with his feet.

HOW: Like most events, Miami Man was canceled last year due to COVID but is set to return this year for its 17th edition. More than 2,400 racers took part in 2019 and race registration is still open for this fall. For all distances, the swim takes places in a calm spring-fed lake, the bike course rolls through rural Miami-Dade County, and if you're feeling fatigued on the run course at least you'll have the animals at the zoo to look at.

For more info, check out: miamihalfiron.com

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SINGLE-SPORT SUPERCHARGE

It's hard to make gains in all three sports at once, but focusing on one sport for an extended period—especially at this time of year—can really help you up your game. Here's how.

BY SARAH BARKER

IT'S NO SECRET, TRIATHLETES PLAY FAVORITES. FOR WHATEVER reason—maybe they find biking really relaxing, or they have a background in running—they lavish time and attention on one of the three disciplines, at the expense of another. As an Olympic triathlon team coach with 20 years of experience, Gale Bernhardt can attest to the fact that playing favorites (and the resulting lopsidedness in performance) happens at every level, from beginner to Olympian.

Theoretically, taking a block of time instead in the off-season to focus on just one sport, typically your weakest one, will boost that sport and help you become a more well-rounded, stronger, faster triathlete overall. Theoretically. But in practice, this idea meets with resistance. Many athletes fear they'll lose their edge and their feel for the other sports, Bernhardt said. But, in her experience, those fears are groundless. She has found that focusing on a single sport not only provided measurable gains in that discipline, but that the other two did not suffer. Quite the opposite. The change of routine and the rest it provides from the mental and physical demands of the three-sport grind functions like a mini vacation—the other two sports, at which you were probably more skilled anyway, come back quickly, even at a higher level, once training is resumed. When focusing on the swim, for example, you still get in four intense workouts per week, but the overall volume is less than when trying to hit all three sports equally, and the muscles and systems used in running and biking get a much-needed break.

Plus, no one's talking about utterly abandoning the other two sports. Bernhardt recommends touching on the other two sports once or twice per week, depending on the athlete, as easy recovery from your focus-sport workouts.

"The goal is to have the non-focus sports take a back seat to the focus sport," she said, so don't overdo it in your recovery non-focus-sport workouts. "Be rested and fully recovered for those key sessions."

Assuming that you've taken between two and four weeks completely off—as in, no workouts at all—a four-week single-sport block eases you back into the routine of more structured training. Most coaches agree on the concepts of taking a total break and a single-sport training block, but there's wiggle room on the amount of time spent in each. Bernhardt prefers a six- to eight-week single-sport block because she finds it takes that



"The goal is to have the non-focus sports take a back seat to the focus sport. Be rested and fully recovered for those key sessions."

long to see improvement. Experiment with what works best for your physiology and your schedule.

We asked three top tri coaches who each have a high level of experience in their respective sport to give us their advice on how to get the most from a sport-specific block. You can see their tips and four-week single-sport training programs on the next pages. Each coach built their program around key workouts designed for athletes training for Olympic to half-iron distance, allowing you to plug in recovery sessions in the other two sports where they work for you. You'll come out of this a stronger, more skilled swimmer, biker, or runner, and ultimately a better three-sport athlete. Who knows—what used to be your weak link may become your new-found strength. ▲



4-WEEK SWIM PLAN

WHILE YOU MIGHT NOT WIN THE RACE IN THE SWIM, YOU can definitely lose it. And in order to swim as efficiently as possible—and feel as fresh as possible when you reach your bike—a swim-specific training block is a great time to focus on stroke mechanics, as well as muscular and aerobic endurance.

The training program outlined below, from Masters world champion swimmer Megan Melgaard, is designed to help you do just that. Melgaard is a coach at triathlon swim program Tower 26, and at this time of the year their athletes work on mastering the concepts of tautness, alignment, and propulsion. Weeks one to three focus on each of these concepts while also working on building specific muscular endurance and perfecting technique. In the fourth week, you'll bring it all together.

You should be aiming to swim three or four times per week, including at least one strength/stretch cords session. The "A" sessions are must-do workouts, the "B" sessions can be done if/when your schedule permits, and the "C" workouts are recovery swims.

workouts are recovery swims.

In week one, the focus is on tautness, which means keeping your body elongated, your head still, and keeping three touch points on the water's surface: the back of your head, butt, and heels. In week two, it's all about alignment, which means focusing on your hand entry in front of your shoulder and pulling in the "channel" between your shoulder and centerline of your body. In week three, you'll build on tautness and alignment by adding in propulsion. This means gripping the water firmly and driving it backwards towards your hip. In week four, you should also aim to increase your stroke cadence and total volume of swimming to help develop muscular endurance. Learn more on the three concepts of mastering triathlon swimming at triathlete.com/magazine.

Note: Only main sets are listed below. All workouts should include a warm-up and cool-down of your choice.

KEY: A1, 2, 3 = Priority Workout B1 = Secondary Workout C1 = Recovery Swim

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	C1: 4 x 100 swim @ 75%, 20 sec. rest; 200 pull @ 75%, 30 sec. rest; 1 x 50 as 25 kick/25 swim @ 85%, 20 sec. rest; 2 x 100 swim @ 75%, 30 sec. rest, 100 pull @ 70%	A1: 12 x 25, 10 sec. rest, progressing effort; 8 x 75, 20 sec. rest, progressing effort. 300 pull @ 70-75%		A2: 2 x (12 x 25 @ 90-95%, 10 sec. rest; 1 x 200 @ 70%, 1 min. rest)	B1: 300 swim @ 70%, snorkel + fins; 2 x 250 pull + snorkel @ 70%, 30 sec. rest; 5 x 50 swim @ 75%, 15 sec. rest; 8 x 25 pull/paddles @ 80%, 15 sec. rest; 250 swim @ 70%		A3: Stretch cords/ core
WEEK 2	C1: 300 @ 70% snorkel + fins; 12 x 25 @ 80%, 15 sec. rest; 4 x 75 pull @ 75%, 20 rest; 4 x 50 easy, 20 rest		A1: 4 x 50 swim @ 85%, 15 sec. rest; 4 x 100 swim @ 80%, 20 sec. rest; 8 x 50 swim @ 85%, 15 sec. rest; 200 pull @ 70%	B1: 400 pull @ 75%, 20 sec. rest; 12 x 25 swim @ 85%, 10 sec. rest; 2 x 100 pull @ 70%, 20 sec. rest; 2 x 50 swim @ 70%, 15 sec. rest		A2: 400 swim @ 70%, snorkel + fins; 4 x 75 @ 80%, 20 sec. rest; 4 x 75 @ 85%, 20 sec. rest; 300 pull + snorkel @ 70%, 30 sec. rest	A3: Stretch cords/ core
WEEK 3	C1: 7 x 50 swim with fins, 20 sec. rest; 250 pull + snorkel @ 70%, 40 sec. rest; 3 x 50 pull @ 80%, 10 sec. rest; 50 swim fast; 250 swim @ 70%		A1: 4 x 50 swim @ 75%, 20 sec. rest; 3 x 100 with fins, progress effort, 20 sec. rest; 3 x 100 swim @ 80%, 20 sec. rest; 400 pull @ 75%	B1: 4 x 25 fists + snorkel + buoy, 15 sec. rest; 4 x 25 swim @ 90%, 20 sec. rest; 4 x 50 pull + snorkel + paddles @ 70%, 15 sec. rest; 4 x 50 pull + snorkel @ 75%, 10 sec. rest; 2 x 200 swim @ 70%, 20 sec. rest		A2: 4 x 25 closed fists swimming + snorkel + buoy, 15 sec. rest; 4 x 25 swim @ 80%, 15 sec. rest; 400 pull @ 75% + snorkel + paddles	A3: Stretch cords/ core
WEEK 4	C1: 2 x (2 x 50 - 25 closed fists, 25 swim; 10 x 25 swim @ 70-90%, 15 sec rest. Odd 25s @ 90%, even 25s @ 70%); 200 pull + snorkel @ 70%; 250 swim @ 70%		A1: 10 x 75 fins @ 70%, 20 sec. rest; 250 snorkel @ 70%, 40 sec. rest; 4 x 75 swim, build to 80%, 20 sec. rest; 6 x 25 swim @ 90%, 15 sec. rest; 150 swim @ 70%	B1: 250 snorkel + buoy, 30 sec. rest; 10 x 50 snorkel, buoy, paddles @ 75%, 10 sec. rest; 200 swim @ 70%		A2: 8 x 75 fins @ 70%, 20 sec. rest; 16 x 50 pull, snorkel, paddles @ 75%, 10 sec. rest; 150 swim @ 70%	A3: Stretch cords/ core



4-WEEK BIKE PLAN

MATT BOTTRILL IS A WORLD-RENOWNED BIKE GURU, CYCLIST, AND coach who works with pro triathletes like Tim O'Donnell, Matt Hanson, and Justin Metzler. He runs U.K.-based Matt Bottrill Performance Coaching, and he works with cyclists and triathletes of all levels—beginners to elites. He's given options for three, four, or five workouts per week, as your schedule and fitness level allows, but Bottrill said you'll get the most bang from this block if you can try for four or five bike sessions per week.

Bottrill has five key areas of focus (and corresponding workouts) that will help you break through on the bike:

➔ **Pedal effectiveness:** Working on your pedaling is important, particularly if you're not from a cycling background. If you can learn to drive through the whole phase of the pedal stroke, then your riding will increase in efficiency.

➔ **Sweet spot riding:** This refers to riding at 87 to 93% of FTP (functional threshold power—i.e. the best effort you can hold for an hour) or, if not using power, then ride at a moderate effort. This helps to build your endurance and sustainable power, but also burns lots of glycogen, so refuel immediately after.

➔ **Endurance riding:** This typically refers to Zone 2 riding (56-75% of FTP—or, in plain English: it's easy to breathe and hold a conversation). Think of these rides as building your engine and foundation for the season ahead.

➔ **Overgeared strength work:** This refers to riding at a low cadence (mostly 50-60 RPM), which helps to stimulate muscle fibers to increase strength, endurance, and torque.

➔ **Microbursts:** This refers to a "full gas" effort, no control of power—just unleash it—either standing or seated, whichever position gives you the best output.

Ideally, you'd hit one session per week in each of these areas during your bike-specific single-sport focus, but if five bike workouts are too many, then Bottrill recommends focusing on them in the same order of priority listed above.

Note: Only main sets are listed below. All workouts should include a warm-up and cool-down of your choice.

KEY: PE = Pedal Effectiveness SS = Sweet Spot Riding END = Endurance Riding OG = Overgeared Strength Work MB = Microbursts

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1		PE: 12 x 2 min. focused pedaling; 1 min. recovery	SS: 10 min. @ SS, 10 min. recovery, 10 min. @ SS	END: 2.5 hrs.		OG: 5 min. as 30 sec. standing, 30 sec. seated. 5 x 5 min. low cadence, 3 min. recovery	MB: 4 x (30 sec. full gas, 4.5 min. Z2) 10 min. rest 20 min. @ Z3
WEEK 2		PE: 12 x 2 min. focused pedaling; 1 min. recovery	SS: 15 min. @ SS, 10 min. recovery, 15 min. @ SS	END: 3 hrs.		OG: 5 min. as 30 sec. standing, 30 sec. seated. 4 x 8 min. low cadence, 2 min. recovery	MB: 4 x (30 sec. full gas, 4.5 min. Z2) 10 min. rest 20 min. @ SS
WEEK 3		PE: 4 x 4 min. focused pedaling; 2 min. recovery	SS: 20 min. @ SS, 10 min. recovery, 20 min. @ SS	END: 2 hrs.		OG: 5 min. as 30 sec. standing, 30 sec. seated. 8 x 3 min. low cadence, 2 min. recovery	MB: 4 x (30 sec. full gas, 4.5 min. Z2) 10 min. rest 10 min. @ FTP
WEEK 4		PE: 3 x 10 min. as 1st @ 70-80 RPM, 2nd @ 80-90 RPM, 3rd @ 90-100 RPM	SS: 25 min. @ SS, 10 min. recovery, 25 min. @ SS	END: 3 hrs.		OG: 5 min. as 30 sec. standing, 30 sec. seated. 3 x 10 min. low cadence, 5 min. recovery	MB: 10 x (30 sec. @ Z5, 30 sec. easy) 10 min. recovery 30 min. @ Z3



4-WEEK RUN PLAN

BOBBY MCGEE HAS BEEN COACHING ATHLETES FOR 32 YEARS, including renowned elite runners and triathletes. It’s noteworthy, then, that his four-week plan focuses on building aerobic endurance at the lower zones, going so far as to recommend walk breaks in scheduled runs, and hiking as a workout. This is not a beginner-only philosophy. His elite athletes spend a surprising amount of time in the winter doing very easy runs, with rather spectacular results.

“Running at tempo (Zone 3), threshold (Zone 4), and VO2max (Zone 5) can only be done for a finite period,” McGee said. “The better the base work, the longer these quality blocks of training can be sustained.”

It’s important to build aerobic endurance in the lower zones. It creates economy, i.e. the ability to do more work with less oxygen, and critically, it strengthens the lower limbs. This all equates to increasing overall training capacity. You’re building a stronger base to support even more high-level

training. In triathlon, given that the run is the last event, you’re never going to be running fresh. The goal, then, in the build months is not to get faster, but to build capacity to hold speed for longer. McGee said this four-week block will help functionally build run strength while safely building run volume. He emphasized that the run durations listed in this plan are guidelines only and you should start with no more than a 10% increase of your average weekly mileage from the previous six weeks. And when it comes to pace, he said: “Elite runners typically do their easy and endurance miles 40-plus seconds per mile slower than their long distance race pace. This is where age group athletes can get into trouble, as their easy endurance miles are often at their race pace.”

Tip: To keep your heart rate low, consider using a run/walk/run strategy. For every 6-8 minutes of running, do 30 seconds to 1 minute of walking.

“The better the base work, the longer these quality blocks of training can be sustained.”

KEY:

H = Hiking—need not be hard, but should be on challenging terrain and same duration (or longer) than runs. These should aim to build hip, back, and leg strength.

PWH = Power-Walking Hills—aim to do these on 10%+ grade with purpose—push yourself. Recovery between should be easy, light quick steps.

AH = Alactic Hills—controlled sprints for 8-9 seconds on 4-6% grade. Start gradually and only start the 8-9 seconds when you’ve reached sprint pace. Recovery should be a slow walk back to start.

SEH = Speed Endurance Hills—similar to alactic hills, but 30 seconds in duration. Rest for 30 seconds at top, then walk slowly back to start, rest another 30 seconds, then begin next interval.

AS = Alactic Strides—similar to alactic hills but on the flat. Pick up pace to your fastest speed, hold for 8-9 seconds, recover for 30-45 seconds between reps.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	50 mins 6-10 x 1 min. PWH		50 min.		40 min. + 6 x AH		75 min. + H
WEEK 2		55 min. + 8-10 x 1 min. PWH		50 min.	45 min. + 6 x SEH		85 min. + H
WEEK 3		50 min. + 8 x 45 sec. PWH		50 min. + 6 x AH		40 min.	75 min. + H
WEEK 4		60 min. + 10-12 x 1 min. PWH	50 min.		50 min. + 8-10 x SEH		90 min. + H

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WORTH THE WEIGHT

Set yourself up for success in 2022 by building strength and power this winter with some heavier lifting.

BY KATE LIGLER

Crossing the final finish line of the season means that your perfectly tuned swim-bike-run body is ready to recover, reset, and rebuild. And it needs to. But, once you're recovered, the off-season is also the perfect time to lean into strength training and bulletproof your body for next season by lifting heavy s*** (and doing it well).

Research shows that effective off-season strength and power training corrects imbalances, provides resilience to increased training stress, increases resting metabolic rate, and facilitates a healthy release of testosterone and growth hormones. In addition, lifting heavy now can boost those early season swim-bike-run performance markers (baseline time-trial times) by increasing muscle economy and threshold.

Recover and reset first—then rebuild. Start with a three-to-five-week adaptation phase dedicated to working on mobility, tissue care, and basic postural and lower body movements, specifically the musculature of the hips, core, and upper back. The focus should be on moving well with a strong core, balanced hips, and open posture before adding significant load of any kind. We want to wind back those rounded shoulders, tight hips, and lazy glutes. Once this has been achieved, we're ready to become truly competent across the main five foundational movement patterns: push, pull, carry, squat, and hinge.

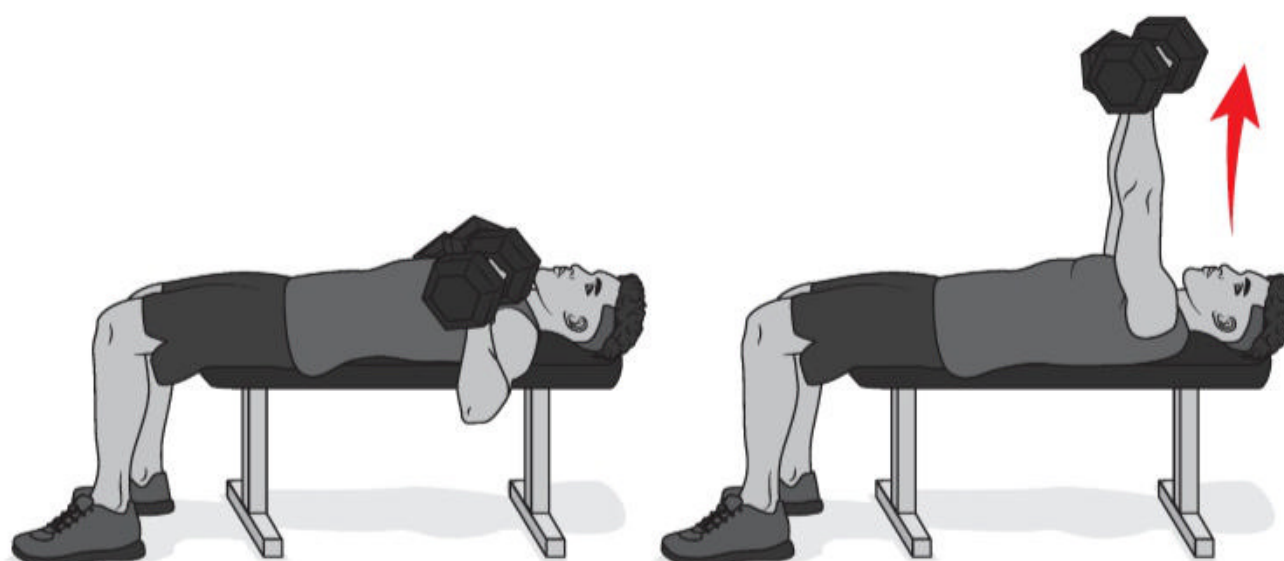
Here are some specific movements designed for the triathlete who wants big strength and durability gains to carry over into next season.

1

PUSH Dumbbell Chest Press

WHY: While internally rotated shoulders are often blamed on tight pecs, working to strengthen the chest and shoulders will help keep your swim stroke smooth and consistent. Because unilateral strength is critical for triathletes, dumbbells are an important choice on this movement over a barbell.

HOW: Ensure your head, shoulders, and glutes are connected to the bench. With palms forward, inhale as you lower the weights slightly wider than mid-chest. With tight glutes and core, press the dumbbells back to the starting position with an exhale. Once proficient, aim to lift ~80-90% of max. for 4-8 reps for 3-6 sets, taking 90 seconds to 4 minutes rest between sets.

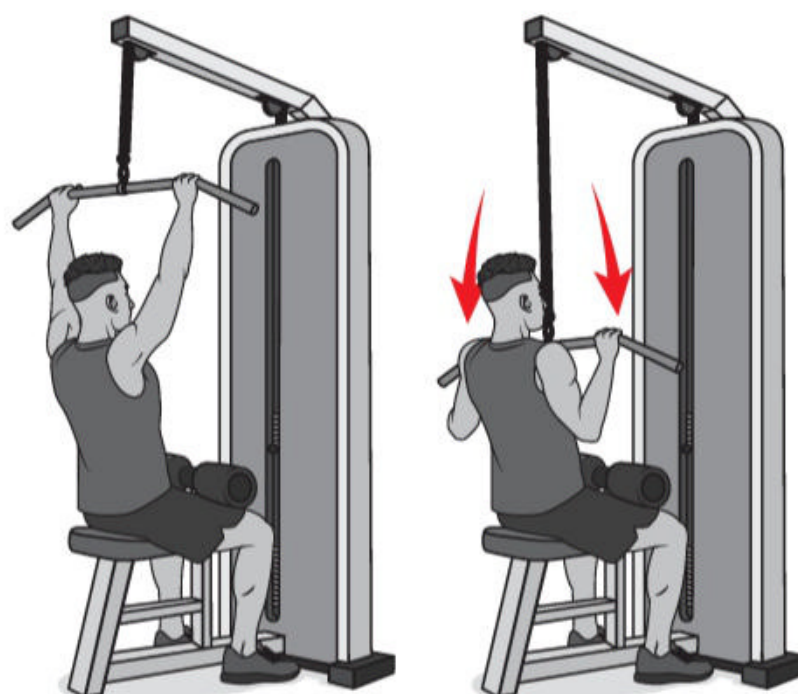


2

PULL Lat Pulldown

WHY: The lat pulldown targets those muscles that help us breathe better, stand taller, and move through the water faster.

HOW: With palms forward, grasp the bar just wider than your shoulders above your head. With a neutral spine, tighten your core and exhale as you pull the bar toward the top of your chest. Be sure not to arch your back in this movement. Inhale as you return to the starting position. Aim to lift ~80-90% of max. for 4-8 reps for 3-6 sets, taking 90 seconds to 4 minutes rest between sets.

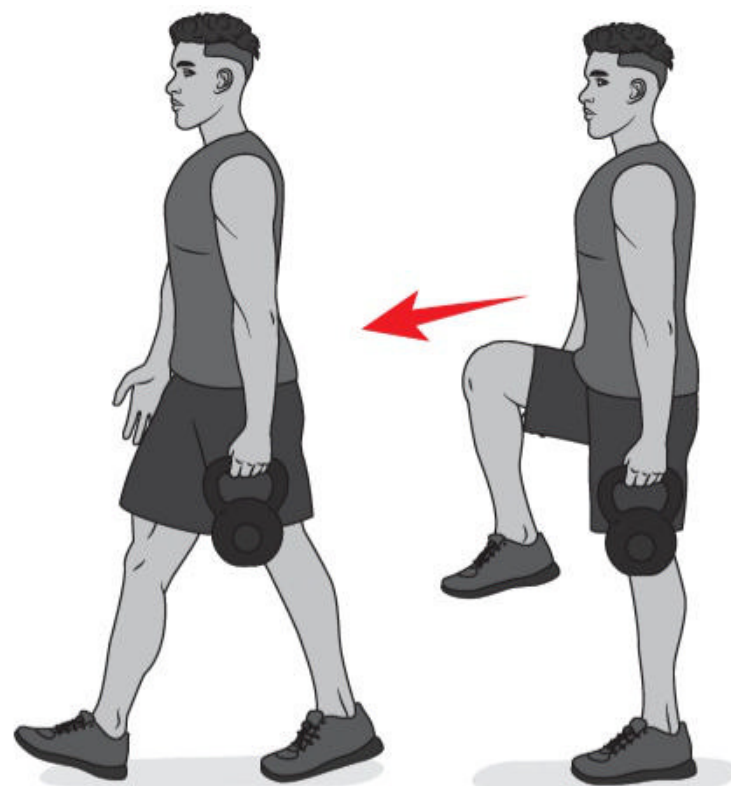


3

CARRY Unilateral Farmer's Carry

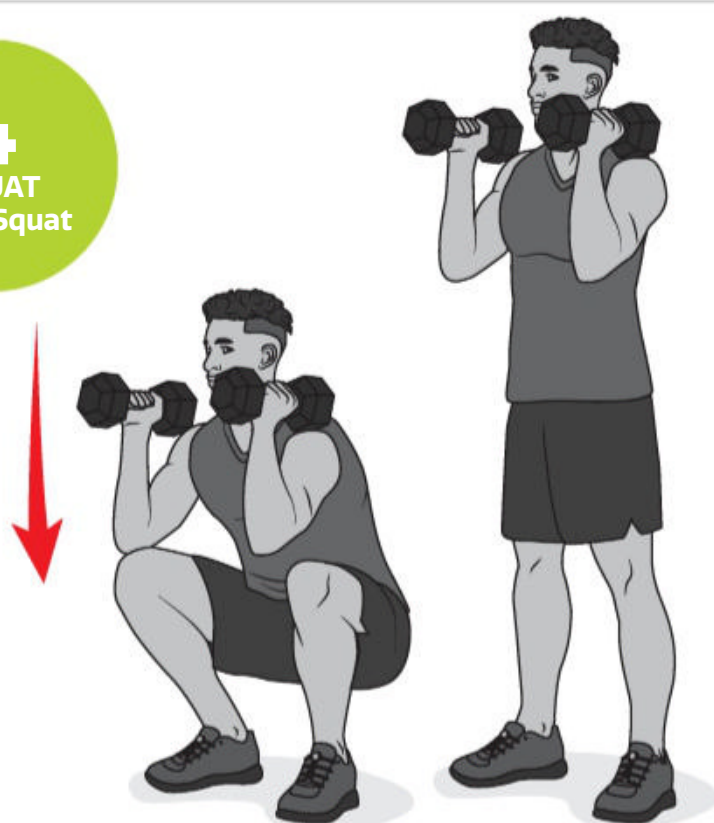
WHY: From your toes to your brain, proficiency in this movement is a great indicator of total body competency, coordination, and overall strength around your spine and hips.

HOW: With good form, lift the weight in one hand standing with a straight spine, no leaning. Your obliques should be engaged. Walk slowly with high knees in a straight line, as if you were stepping over consecutive small cones with eyes forward. Aim to carry 80-90% of max. weight, doing 10-12 steps for 3-4 sets per side, taking 30-45 seconds rest between sides and 2-4 minutes rest between sets.



4

SQUAT Front Squat

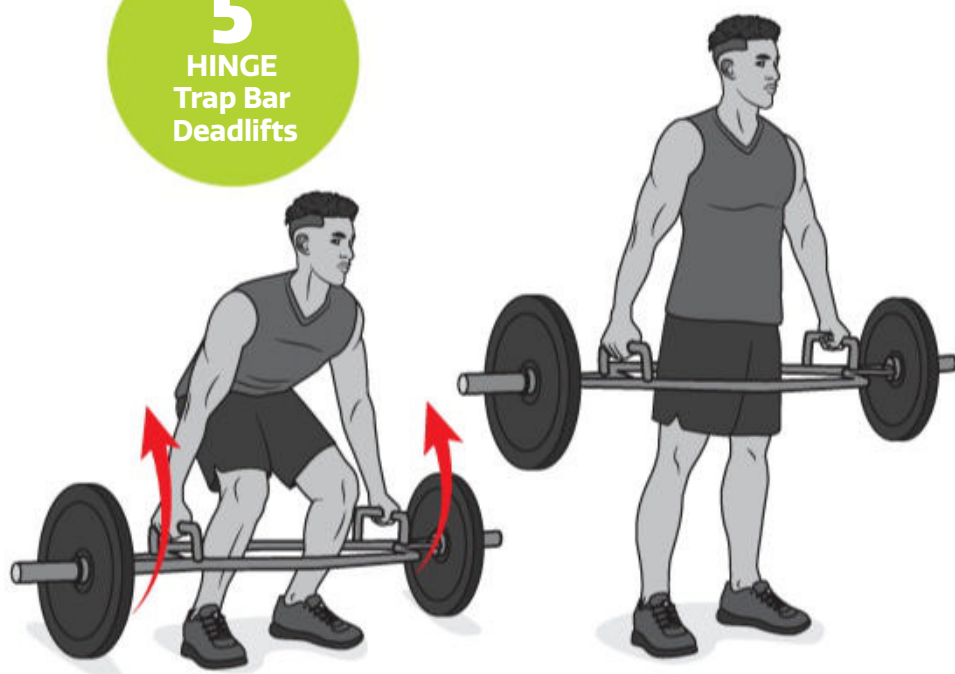


WHY: Front squats prioritize glute and quad strength, while demanding a high level of postural and core engagement. You'll be able to back squat more weight, but front squats are functionally far more effective for a triathlete.

HOW: Start with dumbbells on your shoulders with elbows pointed forward. Begin to squat, initiating the movement at the hips and bending knees. As you drop your tailbone toward the floor, ensure your chest and elbow position remain up—i.e., your elbows should not drop. Squeeze glutes at the bottom and drive back to standing. Progress to a barbell once you have mastered the body position with dumbbells. Once proficient, aim to lift ~85% of max. for 4-8 reps for 3-6 sets with excellent postural form, taking 90 seconds to 4 minutes rest between sets.

5

HINGE Trap Bar Deadlifts



WHY: Generalized strength through the quads, glutes, and hamstrings (and the associated tendons/fascia) is the platform that will support both speed and power once race season begins. They also focus on pull-specific upper body strength, while being gentler on the lower back than a traditional deadlift.

HOW: Stand in the center of the trap bar with your feet hip-width apart. Hinge at the hips and grasp the handles with straight arms and a neutral spine. Engage your glutes, hamstrings, and quads as you drive your hips to standing position. Reverse the movement to return the bar to the floor. Once proficient, aim to lift in the 85% of max. range for 4-8 reps for 3-6 sets, taking 90 seconds to 4 minutes rest between sets.

FUEL

GET PREPPED

Our Fuel section will help you prep, make, and store these pumpkin apple oatmeal cakes and roasted salmon quinoa salads.



PHOTO: HANNAH DEWITT

PREP SCHOOL

Meal prepping can change your tri life for the better, lead to healthier eating, and eliminate stress. **MATTHEW KADEY, MS, RD**



AT THIS POINT, EVERYBODY HAS LIKELY HEARD OF meal prepping. But as simple as the concept is—doing some preparation work ahead of time to make mealtime easier for the upcoming days—it's still an often overlooked way to save time, money, and mental stress. The idea of spending a chunk of precious free time portioning out a week's worth of meals and snacks can seem intimidating (and unappealing) to the uninitiated athlete, but it doesn't have to be that intense and the payoffs are numerous. Like with triathlon training, you just have to put in the work up front to reap the rewards down the road.

"Busy athletes usually have more than just their sport to think about—family, work, and school also compete for their cooking time," said sports dietitian Marisa Micheal, owner of Real Nutrition in Portland. "Meal prepping helps streamline the meal process by taking away the daily guesswork and decision-making around mealtimes." She adds that if the meal is already decided and prepared it helps reduce the mental load of fueling your body, which can be especially tough when you're tired. Decision fatigue is a real thing.

Putting together some of your meals ahead of time makes it easier to eat healthier, too. We tend to make better choices for our future selves than we do for our current selves. Micheal says you'll be motivated to select wiser choices—say, more veggies and healthier meats—when you map out your menu in advance and can turn around nutritious dishes in just minutes, instead of getting stressed in the moment and opting for something unhealthy and fast. One study in the *American Journal of Preventative Medicine* found that being short on time was one of the most significant barriers to achieving a healthy diet. And meal planning is associated with increased food variety that, in turn, increases the likelihood of meeting nutrient needs and makes healthy eating a lot more inspiring.

And then there are the cost savings. "If you prep your own meals, you'll save a lot of money by not buying more expensive prepared meals or eating out as often," Micheal said. When you have nothing ready for lunch, you may choose to head to the nearest salad bar and spend way too much on a pile of vegetables and sketchy dressing. While meal prep requires paying more money on groceries upfront, over the long run you'll stretch out those ingredients, making it a budget-friendly decision. This will leave you with more cash in your pocket that you can use elsewhere, like race entry fees and the infamous n+1 bike.

The only downside is, in order to prepare for the upcoming week, your Sunday afternoons may no longer be such a lazy affair.

While meal prepping may sound daunting, it's actually quite simple with a little know-how. We've outlined the basics and provided some tips to make it a bit less overwhelming. And to make it even easier, you can start with the three recipes we've laid out to get your meal prep cooking.

Busy athletes usually have more than just their sport to think about—family, work, and school also compete for their cooking time. **Meal prepping helps streamline the meal process by taking away the daily guesswork and decision-making.**

1. MARK YOUR CALENDAR

Harried lives make it easy for meal prepping to be put on the back burner. It's worth blocking out a set time each week (and, no, it need not be on Sunday) where your only task is to get your ingredients ready and prepare some meals.

2. DO THE MATH

Calculate how many breakfast, lunch, and dinner meals you want to prepare in advance. Knowing which repasts you just want to pull from the fridge on certain days lets you zero in on what you need to make during your meal prepping sessions. That way you can plan more efficiently. And do you have to map out every single thing you're going to eat for the entire week? Nope. "Just choose one meal to start with. Then once you get a handle on that, start adding in more," Micheal said.

3. KEEP IT SIMPLE

If you're new to cooking, Micheal recommends staying away from recipes that require too many ingredients or use complicated methods. She adds there is no shame in using convenience foods like canned beans, jarred sauces, frozen veggies, canned fish, and rotisserie chicken to help make your new life as a home chef easy.

4. THINK SMALL

To maximize the benefits and set the tone for smooth eating all week, be sure to include snacks in your planning sessions. This can include preparing a big batch of hummus and slicing up a bunch of veggies for dippers, assembling trail mix, or packing a container full of homemade energy balls. That way, you won't have to hit up the vending machine when you're struck with the munchies.

5. GIVE YOURSELF SPACE

It's tough to get motivated to cook up a storm if your kitchen is a mess. Before your meal prep session take a few moments to clean your workspace, clear clutter, and organize your work tools, like cutting boards,

knives, and storage containers. And clean as you go, so you aren't faced with a kitchen that looks like a massacre of pans, cutlery, and chopping boards afterwards.

6. LEARN TO MULTITASK

When it's time to cook, think about ways to maximize your efficiency as much as possible. Meal prepping shouldn't take more than a couple of hours, if you multitask the right way. For instance, if you're firing up the oven, roast your vegetables and meats at the same time. And while those are cooking, simmer up a big batch of grains.

7. SOME ASSEMBLY REQUIRED

Meal prepping need not result in finished dishes. Instead, you might want to prepare a few large batches of meat, grains, hard-boiled eggs, beans, vegetables, and dressings that can be used in various ways throughout the week. With those ingredients chopped, simmered, and roasted in advance, throwing together dinner will feel like a breeze. For instance, you could think of a meal as roasted chicken, steamed brussels sprouts, and quinoa—all items that can be made ahead of time in large amounts and stashed separately in the fridge. Make a big batch of shredded chicken every week and use it for a variety of dishes, like salads or fajitas.

8. SPREAD IT OUT

Remember, you can press the easy button and eat yesterday's dinner as today's lunch. "That can be so much easier than trying to make different meals for lunch and dinner every day," Micheal said.

9. DEEP FREEZE

Meal prepping doesn't mean you have to eat the same thing for four days straight. Big batches of items like chili, soup, and casseroles can be enjoyed for a couple of meals and then frozen for meals down the road when you once again have an appetite for them.

10. KEEP TRACK OF EVERYTHING

Make note of when you prepared perishable items. Cooked meat can safely be stored for three to four days in your fridge. After that, it's time to freeze.

TOOLS OF THE TRADE

Just like your triathlon gear, the right kitchen tools make a world of difference towards a winning performance. Here are your meal prep must-haves.



WIDE MOUTH GLASS JARS

These are ideal for divvying up complete salad meals in advance. The process is simple: You prep a dressing and then dump it into the bottom of your jars. From here, stack things up by adding your cooked proteins, cooked grains, hearty vegetables such as carrots, then delicate leafy greens, and finally, the flavor boosters like nuts, seeds, or cheese. Seal shut and boom, you're now set for portable near-instant meal satisfaction. To fit everything, look for 32-ounce wide-mouth Mason-style jars (we like Ball's). Smaller jars are great for prepping a few servings of overnight oats.

DUTCH OVEN

Most chilis, curries, and soups are ideal for making in big batches and reaping the nutrition rewards throughout the work week. Plus, these are recipes that typically age well. Pick one where everything is prepared in a single pot and you won't be faced with a sink full of grimy dishes after cooking up a storm. The world's greatest pot, a sturdy Dutch oven, is a heavy cast-iron vessel with a tightly fitting lid that is ideal for batch cooking. It can also go from stovetop to oven. Enameled cast iron can be easier to maintain and clean.



SILICONE MUFFIN CUPS

Virtually non-stick and bendable for easy extraction, silicone muffin cups are great for making everything from frittatas to meatloaves to oatmeal cakes in mini-sized pre-made portions. Pro tip: Use them to freeze extras of stews, meat sauce, and chili into individual serving sizes that defrost quicker.



STASHER BAGS

The reusable, silicone-based zip-top pouches are ideal for storing sliced vegetables and fruits, cooked grains and legumes, snacks like trail mix, and even individual portions of pre-made one-pot dishes like stews without hogging all the fridge space. Also, use them to freeze extras of big-batch cooking, including prepared whole grains and meat sauce. Get a few different sizes to suit all your needs: stasherbag.com



BREAKFAST

PUMPKIN APPLE OATMEAL CAKES

Makes five servings

1 cup steel-cut oats
½ cup oat flour
½ cup walnuts, chopped
1 teaspoon cinnamon
1 teaspoon ginger powder
¼ teaspoon salt
2 large eggs
1 cup pumpkin puree
2 apples, chopped
½ cup milk or unsweetened non-dairy alternative
1 ½ cups plain Greek yogurt
2 tablespoons pure maple syrup

In a bowl, cover oats with water and soak for four hours or more. Preheat oven to 350°F. Drain oats and add to a large bowl along with oat flour, walnuts, cinnamon, ginger powder, and salt. In a separate bowl, lightly beat eggs and mix with pumpkin, apples, and milk. Add wet ingredients to dry ingredients and stir to combine. Divide oat mixture among 10 standard-sized greased or paper-lined muffin cups. Cook for 20 minutes, or until set. Let cool for several minutes before unmolding.

Stir together yogurt and maple syrup.

Serve cakes topped with dollops of maple syrup and yogurt.



▲ FUEL



LUNCH

ROASTED SALMON QUINOA SALADS WITH SPICY MANGO DRESSING

Makes four servings

- 1 ½ pounds salmon fillets
- 2 cups cubed fresh or frozen (thawed) mango
- 2 tablespoons vegetable oil
- Juice of 1 lime
- 2 teaspoons chili sauce, such as Sriracha
- 1 tablespoon chopped fresh ginger
- 1 garlic clove, chopped
- ¼ teaspoon salt
- 1 cucumber, sliced
- 1 large red or orange bell pepper, sliced
- 1 pint cherry tomatoes, halved
- 2 cups cooked quinoa
- 4 cups baby spinach
- 2 ounces crumbled goat cheese (optional)
- ¼ cup pumpkin seeds

Preheat oven to 300°F. Season salmon with salt and pepper, and place skin side down on a parchment paper or silicon sheet-lined baking sheet. Bake fish for 15 minutes, or until just barely cooked through in the thickest part of the flesh. Let rest for 5 minutes, then break apart into 2-inch chunks.

Place mango, oil, lime juice, chili sauce, ginger, garlic, and salt in a blender container and blend until smooth. Divide mango dressing among four large mouth Mason-style jars. Layer in cucumber, bell pepper, tomatoes, salmon, quinoa, baby spinach, goat cheese (if using), and pumpkin seeds in that order. Seal shut with lids, put in the fridge, and eat for up to four days.

TOWER OF POWER

Here's Micheal's winning formula for a no-cooking-required big bowl of nutrition, leveraging the power of make-ahead ingredients.

Leafy green base
(baby spinach, arugula, lettuce)

Pre-cooked grains
(quinoa, farro, brown rice)

Pre-chopped veggies
(carrots, bell pepper, cherry tomatoes, roasted sweet potato)

Pre-cooked protein
(chicken, salmon, steak, beans, lentils)

Pre-made dressing/sauce

Finishing touch
(cheese, nuts, seeds)

DINNER

BIG-BATCH SMOKY TEMPEH CHILI

Makes six servings

- 2 teaspoons vegetable oil
- 1 yellow onion, chopped
- ½ teaspoon salt
- 1 package tempeh, chopped
- 2 large sweet potato, chopped
- 3 garlic cloves, chopped
- 2 teaspoons dried oregano
- 1 teaspoon cumin
- 3 small or 2 large canned chipotle chili peppers, chopped
- 3 tablespoons tomato paste
- 2 cups vegetable broth
- 1 28-ounce can chopped tomatoes
- 1 28-ounce can black beans, drained and rinsed
- 2 cups frozen corn kernels
- 3 cups crumbled tortilla chips

Heat oil in a large pot over medium heat. Add onion and salt; cook six minutes, until onion has softened. Add tempeh and heat for two minutes. Place sweet potato and garlic in pan with onion and tempeh, and heat two minutes. Add oregano, cumin, chipotle peppers, and tomato paste; heat 30 seconds. Add broth, tomatoes, and black beans in pan, bring to a simmer and heat 20 minutes, or until potatoes are tender. Stir in corn and heat five more minutes. Serve topped with tortilla chips.



PHOTOS: HANNAH DEWITT (2)



ASK STACY

Leading sports nutritionist and exercise physiologist Dr. Stacy Sims answers your most pressing questions.

“The most important thing to consider is to find ways to make your food work for you and your kids.”



What are some of your favorite family-friendly meals that also serve as great training foods?

Many triathletes with families understandably struggle to balance the sizable demands of work, parenting, training, and socializing, so it's not hard to see why eating healthy sometimes slides towards the bottom of the priority list. If you have picky kids, it can make it even more difficult. But if you plan ahead, you can nail your own training nutrition goals and get the kids to eat healthily. How? Let's explore a few options.

Running out the door to an early swim squad—or literally running out the door? Having a small snack beforehand will go a long way, and this can also double up as healthy lunchbox “treats” or after-school snacks. Take a bag of trail mix (nuts, dried fruit, some chocolate pieces), throw it in the food processor, blend until it is a dough, and roll into bite sized pieces. You can leave it as it is or roll in unsweetened coconut or cocoa powder.

When you get home from training, breakfast is on the agenda. Overnight grains (oats, spelt, buckwheat) can have a range of flavors that make them appealing to all, from apple pie to peaches and cream to peanut butter sundae. A popular option in our house (which is both kid-friendly and a perfect recovery meal) is what we call the breakfast banana split. Simply take a banana, split it in half lengthwise, then top it with plain Greek yogurt and a drizzle of maple syrup,

cherries (frozen ones, gently heated), dry-roasted granola or roasted mixed nuts and seeds, with a final flourish of cacao nibs. This is an easy, fun breakfast that is all ready to go within five minutes and also delivers the 20-plus grams of protein you need with ample carbohydrates to help you refuel.

What about tackling lunch and lunchboxes? If you have a training session planned during your lunch hour, you will most likely be pressed for time, and will either eat at your desk, on-the-go, or skip it altogether. None of these are great options, but we can work with the first two. For picky eaters, presentation goes a long way. Using a bento box or small jars can benefit the entire family. Having a selection of ready-to-eat fruit (berries, grapes, pineapple chunks) and vegetables (carrot cubes, sliced peppers, celery, cherry tomatoes) in little containers with separate dips (hummus, kale pesto) can make light work of getting the fruit and veggies in. Add in a flatbread wrap with a protein-rich filling (for kids, try nut butter or seed butter with raisins; for adults, try pesto, chicken, feta, and spinach) with a side of nuts or cheese or roasted chickpeas, and you have a great recovery meal for you—and an energy-balancing lunch for your kids.

Dinner can often be the hardest meal to figure out. If you opt for something like family-style “buddha” bowls, you can have a mix of different flavors, textures, and colors that will appeal to everyone—and, added bonus, you can use the leftovers for cycling food! A typical bowl has a base of grains, with roasted vegetables, a lean protein, nuts and seeds, leafy greens (cooked or not), and a topping such as nuts, seeds, tahini dressing, or sprouts. Making a big sheet pan of roasted sweet potatoes, parsnips, or yams will give you a base of great complex carbs that kids also love.

The most important thing to consider as a triathlete with a busy family life is to find ways to make your food work for you and your kids. By making food fun for them and pulling them into your world of training with your snack balls, smoothies, or fruit jars in their lunchboxes, you can rest assured that all of you will benefit. ▲



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GEAR



THE INSIDE RIDE

Turn the page for our guide to indoor trainers and four choice picks, rated and reviewed.

PHOTO: BRAD KAMINSKI

THE BIG TRAINER EXPLAINER

Indoor cycling trainers have gone from sketchy and barebones to super high-tech. We break down the terms, spec, and tech you need (and what you don't) for your inside ride. **BY CHRIS FOSTER**

IT WASN'T THAT LONG AGO THAT AN INDOOR CYCLING TRAINER (some people call them "turbo trainers") was considered advanced if you could change the resistance without having to get off your bike. But times have changed, and today's trainers are smarter than ever before. If your indoor setup sounds more like the trainer in the first sentence above, then you could be missing out on an entire world within indoor cycling.

ARE YOU SMART?

You may have heard the term "smart trainer" before, and no, don't worry, they won't slowly become self-aware and eventually take over the Earth (hopefully). A smart trainer is simply a trainer that not only reads power and outputs it to a connected device (a cycling computer, smartwatch, laptop, etc.), but can also change resistance based on signals from that device. This means that you can control your resistance via your device, see how hard (or fast) you're riding, and also let an external program or environment control your resistance for you.

A smart trainer opens up a world of virtual cycling environments (see the next page) and customized, automated control of workouts. Want to virtually "ride" the Ironman Kona course? You can feel each of the hills,

virtually (sorry, hot, humid island winds not included). Want to have your indoor workout automatically change resistance to prescribed wattages while you hold your cadence? That's easy with a smart trainer.

But smart trainers aren't perfect for every tri situation: In almost all instances they need electrical power, so wave goodbye to your brick session far from the comfort of an outlet. Also, smart trainers are expensive—not necessarily a wise investment if you're only riding indoors a few days per year. Plus, the good news about the smart trainer craze is that "dumb" trainers are benefitting from the trickle-down effects by getting more robust and less expensive. If you don't want to do any virtual cycling and/or you already have a power meter on your bike, then a dumb trainer might not be so dumb after all.

WHAT'S INSIDE

As trainers have become smarter, they've also become more complex. Even the grid on our trainer buyer's guide on the next page looks like a list of computer specs and features. While some specs on today's trainer are very important, some just don't matter that much for 90% of triathletes. Below we help you wade through what matters and what doesn't.

THESE THINGS MATTER

Wheel on or wheel off: This mostly boils down to cost and how often you use the trainer. If your bike will be trainer bound for weeks or months at a time, the stability and accuracy of a wheel-off trainer is tough to beat. Using it once a week or less indoors? A wheel-on trainer will be cheaper, quicker to attach, detach, store, transport, and set up. Have thru-axles? Wheel-off is your best bet, but those planning to use multiple bikes on one trainer might prefer wheel-on to avoid swapping out adapters or cassettes.

Noise: This is important—particularly if you live in a shared building, you have kids, or you like to watch TV or listen to music without headphones. Most wheel-off trainers are quieter because there's no tire contacting a drum or spinning spokes.

Powered: This is also a big one for triathletes. If you want to use your trainer at the pool or track for a brick, you probably don't want to be running 100 feet of extension cable across the facility. Also: If you want to use your trainer to warm up at your next race, you definitely don't want to be relying on power.

Calibration: Most—but not all—smart trainers require calibration to get consistent readings from their built-in power meter. Usually it involves a simple rolldown performed in an app, while some auto-calibrate. Either way, calibration is important if you're doing power-based workouts.

THESE, NOT AS MUCH

Flywheel weight: This spec can often indicate a heavy trainer overall (tough to transport/set up), but it also tells you how realistic the feel of the trainer will be. A heavier flywheel means more inertia, which feels more like riding on the road. Will a light flywheel diminish the quality of your workout? Not really.

Max Watts: For triathletes, this is not an incredibly important spec, as we're typically not going near 1,000 watts while training. For someone who likes to do big sprint workouts, it's nice to have, but unless you're planning on joining a cycling team, you can ignore this. Max slope is a similar spec that simply lets you know how much of a virtual hill the trainer can simulate. ▲

"A smart trainer opens up a world of virtual cycling environments and customized, automated control of workouts."

PHOTO: SEAN JEFFERSON

A person is shown in profile, looking down at a smartphone they are holding with both hands. In the background, a large screen displays a virtual cycling environment. The screen shows a first-person perspective of a cyclist on a road, with other virtual cyclists ahead. A large green 'V' logo is visible on the left side of the screen. At the top of the screen, a digital clock shows '481:36:24'. The person's face is partially visible on the right side of the frame, and their hands are in the foreground, holding the phone. The overall scene is dimly lit, with the primary light source being the screen.

VIRTUAL CYCLING ENVIRONMENTS

Basically unheard of even 10 years ago, virtual training environments have exploded over the last five years. By connecting a smart trainer to your smartphone or computer, you can ride in virtual worlds where your avatar goes faster or slower based on your output and the virtual terrain determines the increases (or decreases) in your trainer resistance.

Zwift, the most popular virtual cycling environment (pictured), has thousands of Zwifters who ride and interact in closed virtual worlds with virtual hills, events, power-ups, and more. Other virtual platforms like Kinomap, Rouvy, SYSTM, and TrainerRoad have libraries of workouts, classes, and even preloaded tri and cycling routes that let you experience the real thing, virtually.



Trainer	TacX Boost	Wahoo Kickr Core
Website	garmin.com	wahoofitness.com
Price	\$300	\$900
Max Watts	1,050	1,800
Max Slope	N/A	16%
Noise *	60dB	67dB
Calibration	N/A	Spindown
Actual Trainer Weight	18.8lbs.	40lbs.
Flywheel Weight	3.5lbs.	12lbs.
Power Required	No	Yes
Connectivity	with Garmin Speed sensor	BT, ANT+
Wheel On or Off	On	Off
TL;DR	An upgrade from the classic “dumb” trainer thanks to the ability to alter resistance mid-ride and add in a Garmin speed sensor to connect to Garmin bike computers, the Garmin Connect app, and more	A cheaper smart trainer that offers the same stability and connectivity as its older sibling, but with slightly less configurability
Overall Value	\$\$\$	\$\$\$\$
Ease of Initial Setup	🔧🔧🔧	🔧🔧🔧
Ease of Setup and Breakdown	🔧🔧🔧🔧🔧	🔧🔧🔧🔧
Ease of Calibration	N/A	📶📶📶📶📶
Storability	📦📦📦📦	📦📦📦
Portability	🚚🚚🚚	🚚🚚
Build Quality	⚙️⚙️⚙️	⚙️⚙️⚙️⚙️⚙️
Stability	🏋️🏋️🏋️🏋️	🏋️🏋️🏋️🏋️🏋️
This is for...	...a triathlete who wants the experience of a dynamic smart trainer (i.e., able to change resistance via trainer) without the price or fuss. Must have circular handlebars to fit the controller.	...a triathlete ready to invest in a no-frills smart trainer that offers easy connectability and realistic ride feel.

* Noise is measured with a decibel meter held at the rider's head height.



Elite Direto XR	JetBlack Volt
elite-it.com	jetblackcycling.com
\$1,000	\$1,200
2,300	1,800
24%	16%
68.7dB	66.2dB
Spindown	Spindown
35.7lbs.	34lbs.
11.2lbs.	10.4lbs.
Yes	Yes
BT, ANT+	BT, ANT+
Off	Off
A world-class smart trainer that offers extremely accurate data, connectivity, and a very stable base	A quiet smart trainer that comes ready to roll with less than five minutes of setup time and its own training app
\$\$\$	\$\$\$
🔧🔧🔧	🔧🔧🔧🔧
🔨🔨🔨	🔨🔨🔨
📶📶📶	📶📶📶📶
📦📦	📦📦
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⚙️⚙️⚙️⚙️	⚙️⚙️⚙️⚙️
🧑🧑🧑🧑	🧑🧑🧑🧑
...a triathlete who is a data freak and wants exact numbers on everything from power to pedaling efficiency.	...someone willing to drop a little extra cash than they would for a Kickr Core with the reward of a bit less noise, easier setup, and a no-extra-cost training ecosystem with the JetBlack app.

ELITE RIZER
\$1,100, elite-it.com

Want to take your indoor experience to the next level? The Rizer is an interactive gradient simulator that works with virtual training environments like Zwift or TrainerRoad to raise and lower the bike's front end, based on the slope of the virtual course. This device goes a step further and also incorporates steering—a new feature used only in certain Zwift situations.

Elite also created its own app, RIZER, which helps users configure their Rizer and set up user profiles. With the RIZER app, up to five riders can create their own profile that contains fields like name, cyclist weight, bike weight, max gradient, minimum gradient, wheelbase, and a safety parameter that will bring the tilt back to zero degrees after five seconds of zero speed.



ONE LAST LAP

After an off-road multisport career that has spanned nearly two decades, XTERRA legend Josiah Miedaugh is finally ready to transition away from racing. **BY SARAH WASSNER FLYNN**

IN 2003, GEORGE W. BUSH WAS IN THE WHITE HOUSE, the Buccaneers won the Super Bowl, and a pair of Canadians—Peter Reid and Lori Bowden—won the Ironman World Championship in Kona. That same year, Josiah Miedaugh was a newly-married former collegiate runner, with a mountain bike he picked up at a pawn shop and a mean side stroke, who thought he'd give professional off-road triathlon racing a whirl.

Much has changed over the past 18 years, but one thing has remained constant: Miedaugh is still racing off-road tri. Now a father of three with a Masters in kinesiology who runs his own coaching business from his home in Vail, Colorado, Miedaugh recently won an XTERRA National Title—his 15th, to be exact, an unprecedented feat. When he toes the line of the XTERRA World Champs in Maui this December, it'll be his 20th time doing so, including the years he raced as an amateur. He even won the world title once, back in 2015. But despite his Tom Brady-esque dominance in a sport that tends to favor far younger athletes, Miedaugh is finally ready for his curtain call. The race in Maui, he said, will likely be his last.

He's ready to focus on his kids' activities. To have more time to invest in his company and other endeavors. To coach his daughter Larsen's cross-country team. To do some training with his teenage sons, Sullivan and Porter, star runners who have shown natural talent in off-road racing themselves, with sixth and 17th places overall at XTERRA Beaver Creek in July. Heck, Miedaugh is ready to plan a family vacation without a triathlon attached to it.

"Elite racing has been a huge passion, but has also required big sacrifices from myself and my family," he explained. "I want to go out on my own terms, so I am trying to make the most of 2021 and plan to reprioritize my life after this season."

Miedaugh's version of "making the most of it" reads more like a victory tour than a quiet ride into the sunset. He is as fiercely competitive as ever (hence the recent national title), and is still training to be the world's best. But considering the ruggedness of off-road racing, Miedaugh is all too aware that things can go south in a split second. You couldn't make it 18 years without some serious wrecks and massive setbacks, including a fractured patella and multiple knee surgeries. So if things don't go his way in Maui for whatever reason, Miedaugh said he'll be grateful just for the opportunity to be out there, after all this time.

Of course, that's not to say he doesn't want to win.

"I know what I am capable of from a performance perspective, which I think will be good enough for a podium position," Miedaugh said. "But there is only one way to find out." ▲



PHOTO: JESSE PETERS/XTERRA



JOSIAH'S CAREER BY THE NUMBERS

1st

Place he finished in his age-group at the 2002 XTERRA World Championships (he turned pro the following season)

2

Fat Bike World Championships won

6

Continents he's raced on and 17 countries

6

National Snowshoe Championships won

15

XTERRA National Championships won

39th

Place he finished in his first XTERRA race in 2000, the American Tour in Keystone, Colorado

172

XTERRA triathlons he's competed in throughout his career

300

Number of tires he's gone through

9,240

Approximate miles of dirt trails he's raced on

RE-SPARKING JOY

On the verge of burnout, Camille Baptiste found a new love for the sport by injecting life into her own local race scene.

BY CARRIE BARRETT

IN 2019, JUST FIVE YEARS AFTER HER FIRST triathlon, Camille Baptiste felt she was already on the verge of a massive valley. She was training for Ironman 70.3 Waco, but it just wasn't fun anymore. "All of the training was taking me away from my family," she said. "And, by that time, it also seemed that no one was content in the local tri scene. The fun was just gone." Race attendance was shrinking and some of the mainstay beginner-friendly races had completely disappeared, including the women's races that had ignited the local scene for years.

"There was nothing for the new people to come into, and when they would join, they would quickly get caught up in the Ironman scene," she said. "Local races just weren't coveted in the same way."

Baptiste had begun her journey into tri after a local trainer got her into obstacle course racing, which quickly led to cycling, running, and then triathlon. The only problem? She didn't initially know how to bike or swim.

Enter Black Girls Run and Sisters Tri-ing Health and Fitness Group. These teams met regularly to train for some of central Texas's most popular events, so Baptiste hopped right in, took a few classes, and completed her first triathlon—the beginner-friendly Champions Indoor Triathlon at a local YMCA.

Within a year, she was tackling longer races and charity rides, including the Livestrong bike ride (which provided much-needed resources to her sister-in-law, who had cancer), the MS 150 two-day ride, and the Austin Marathon. She was also competing in multiple short-course races. And loving it all.

But then the spark started to fade.

That's when Baptiste decided, instead of quitting the sport, to kickstart new energy into the local tri scene and into her own tri life. She launched SwimBikeRunFun Events in late 2019/early 2020.

Of course, then COVID hit and it turned out to be an unfortunate time to launch a new events company, but she didn't let it stop her. She re-

mained committed to her mission to create local beginner-friendly events with "just enough jazz so that people can do them without much training and still be back on the couch in time for brunch!"

Her formula is simple: Fitness + Friends = Fun. She joked: "I'm here to 'F' things up a little bit in the triathlon world!"

How? By including things like budget-conscious duathlon and relay options for beginners, creative new venues that are close to home, invite-only designations, manageable distances for all levels, and spectator-friendly courses.

"You don't need all of the bells and whistles to create memorable experiences," said the US-AT-certified race director and club manager. "I'm also tired of doing wedding-caliber planning just to do a 70.3 race, where you need the checklist for the checklist! It's just not necessary for a little fun on a Saturday morning."

Another important ingredient in her prescription for success? A generous dose of diversity and inclusion. "Most people only think about race," she said. "But I also think about the size and age of competitors as well. Having the right people at the table in order to make the right decisions sometimes requires bigger people and older people."

Because of ongoing COVID restrictions, her events have had limited capacity so far, but have not gone unnoticed by newbies and veterans alike—mostly for their creative concepts, unique locations, and "dinner-party-like" atmosphere. That's included The Chucks & Pearls 5K and 10K trail runs, the Sisters Super Sprint Tri, and the upcoming Veteran's Day PinkStrong Shero Ride on Nov. 14 to honor the women who serve our country.

Even though she's currently nursing an injury, producing these events still provides her with that purpose she was looking for in her triathlon. "If I can't be fast, I can be fabulous," she said, and that's exactly the sentiment she hopes her athletes take away too, resparking a little of the joy that got her into the sport in the first place—and encouraging them to also "F" it up. ▲



My formula is simple: Fitness + friends = fun. I'm here to 'F' things up a little bit in the triathlon world!



PHOTO: FELICIA REED PHOTOGRAPHY



TRI FOR THE



Daniela Ryf exits the swim at the Collins Cup.

MASSSES



For the first time in more than 20 years, a number of race organizers are making a serious commitment to bring triathlon to the mainstream. There's billionaire funding, massive pro prize purses, and production quality like never before. But can it actually work this time?

BY BRAD CULP

PHOTO: COURTESY PTO

In November 2020, ESPN2 broadcasted the Disc Golf Pro Tour Championship for the very first time. Even though it was aired at 11 p.m. on a Tuesday, nearly a quarter of a million people tuned in, giving it more viewers than the flagship SportsCenter program on standard ESPN.

While the numbers weren't massive compared to mainstream sports, it was a huge number for such a late time slot and for, you know, disc golf. ESPN execs quickly realized they had underestimated the public interest in precision frisbee throwing. A few months later, the Disc Golf Pro Tour announced a new contract with ESPN for future broadcasts, including a two-hour feature of the Portland Open that aired in August.

For non-mainstream sports, a major TV contract is the epitome of "making it." But it's more than just a status symbol. There's no better way for an athlete to show value to a sponsor than to use their products on screens that people are actually watching. Around the same time the Disc Golf Pro Tour announced its ESPN deal, Paul McBeth—the Jan Frodeno of disc golfing—signed a 10-year/\$10-million deal with disc manufacturer Discraft. Such a contract is unheard of in triathlon.

So how does triathlon get there? Better yet, *can* triathlon get there? Can it be at least as successful as disc golf? A couple of billionaire investors think so, and they're betting a small portion of their fortunes on our sport breaking out of its niche status.

Of course, this isn't the first time the top one percent of the one percent have taken interest in tri, but the dollars are bigger than ever before and there appears to be a long-term commitment to making it work. The main downside is when it comes to a sport as complex as triathlon, as so many have learned before, not everything works on live TV.

WHAT DOES WORK

Attention spans aren't getting any longer (quite the opposite, in fact), so for triathlon to truly be a fan-based mass spectator sport on television, it needs to be shorter, faster, and more fervent than it has been before. Enter the triathlon mixed relay, which made its Olympic debut this summer in Tokyo to much acclaim, and Super League, which came about in 2017. All of a sudden triathlon has two formats that are actually exciting to watch on a screen.

The men's and women's individual races in Tokyo were part of a primetime package that brought in nearly 20 million U.S. viewers across all NBC platforms. That doesn't mean 20 million people watched each of those races; just that they tuned in some time during the package. Still, there were another 11 million people who potentially watched the new mixed relay—or at least a portion of it—and the social media response from those tuning in to tri for the first time was overwhelmingly positive.

Yet, when it comes to innovation and made-for-TV racing, Super League is undeniably leading the way. The brainchild of two-time Ironman world champion Chris "Macca" McCormack and Russian billionaire Leonid Boguslavsky, it's modeled after the former Formula 1 Grand Prix Triathlon Series that had a successful (albeit brief) run in the 1990s, but the level of production quality and prize money, and the



new formats are something never before tried in tri. The constantly-evolving format pits 15 to 25 of the top short-course athletes in the world against each other in multiple (and sometimes confusing) swim, bike, and run segments.

"For the longest time the only cricket in Australia was test cricket. It could go on for five days and end in a draw. That kept the fan base very limited," said Will McCloy, the host of the Super League broadcast. "Then in the '80s, they brought along World Series Cricket. Every team had bright colors and it was much shorter and everyone had a big party. All of a sudden, money flowed into the sport and it made the athletes true professionals. That's a bit where triathlon is now. When the music stops, I don't know who is going to end up having led the way, but I think Super League is doing a lot to get triathlon there."

"We're not hemmed in by regulations or rules," he continued. "Every decision that's made at Super League is about what is going to make the best TV product. At the heart of it is ensuring there's constant jeopardy throughout the race. Otherwise the only drama is in the final kilometer of the run."

To create that constant jeopardy, Super League has introduced things like a team competition and jersey points, and they've put real money behind it to ensure it matters to the athletes. The only way to make fans care about arbitrary teams is to first make the athletes care, and athletes will care when

PHOTOS: KARL-JOSEF HILDENBRAND/GETTY IMAGES; COURTESY SUPER LEAGUE TRIATHLON



Left: Jan Frodeno and Lionel Sanders go head-to-head at the Battle Royale.

Below: Chris "Macca" McCormack (center) and Will McCloy discuss the behind-the-scenes of Super League at their event in Jersey in 2018.



there's a \$320,000 bonus pool for the teams. That, plus more money for wins, jerseys, and individual standings, was on the line over this year's four-week championship season, which culminated in its U.S. debut in Malibu at the end of September.

It's exciting, but it's still inherently hard to translate to most viewers. A lot of people view triathlon exclusively as long days on hot Hawaiian islands and see its pros as "professional exercisers" who are inspiring, but not that fun to actually watch.

Of course, triathlon is not the only niche Olympic sport hoping to capture mainstream attention more often than once every four years. It's something swimming has been attempting to do for decades, and the sport's most recent attempt—the International Swim League—is its own version of Super League. It is team- and TV-focused, complete with laser light intros, loud music, unique formats, and funding from—you guessed it—a Russian billionaire.

Both ISL and Super League also have short seasons that are meant to work with athletes commitments to their national teams and sponsors. In just four weeks of Super League or six weeks of ISL, the top athletes can make nearly a quarter-million dollars. It's not quite tennis or golf money yet, but it's a truly professional salary.

"Just like triathlon, there's a traditional audience that will always watch swimming," said Rowdy Gaines, who does commentary for ISL and has called swimming for NBC at the last seven Olympics. "It's great to have that built-in audience, but swimming—or triathlon—will never bring in a new audience unless they try something completely new. The ISL is trying to re-educate the traditional swimming audience to focus on team battles, points, and MVP bonuses, instead of just

focusing on the clock."

Will it work? Gaines would be the first to tell you he has no idea. But, like Super League, the funding isn't drying up anytime soon, and the broadcast numbers are reaching that threshold where they won't have to rely on venture capital (i.e., Russian billionaires) to keep them afloat. The big question is how long it will take triathlon to hit that threshold and become financially viable on TV, and whether or not the billionaires will lose interest before it reaches that point.

"Sports like swimming and tri can't hide their heads in the sand anymore," Gaines said. "I applaud organizations like ISL and Super League for taking a big risk and doing something radically different. I have no idea if it will work. But I'm hopeful, and I know the athletes love it."

WHAT MIGHT WORK

While the general consensus is that long-course triathlon will never make for as good TV as short and fast formats, the Professional Triathlon Organization (PTO) is betting a considerable fortune on trying to make it work. It's not like sporting events that take an entire morning or afternoon can't get ratings. The Tour de France averaged 290,000 viewers per stage in the U.S. last year, according to NBC Sports. While that may sound modest, the numbers in Europe are anything but, with 3.4 million French households tuning in each day and a total of 150 million Europeans watching at least one stage. If they'll tune in for long stages and multiple days of cycling, surely they can tune in for a few hours of swim-bike-run?

The big question for the PTO, which finally launched its marquee event, the Collins Cup, in August, is how many

Super League racing is fast and furious—and makes for good TV viewing.





PHOTO: COURTESY SUPER LEAGUE TRIATHLON



Every decision that's made at Super League is about what is going to make the best TV product. At the heart of it is ensuring there's constant jeopardy throughout the race. Otherwise the only drama is in the final kilometer of the run.

— WILL MCCLOY, SUPER LEAGUE BROADCAST HOST

viewers do they actually need to make their events commercially viable without venture capital investment? Currently, the group is funded by Crankstart Investments, which is run by Sir Michael Moritz, a Welsh billionaire. (There's a theme, here.) *[Ed note: Moritz is also a partner at Sequoia Capital, which is an investor in Triathlete's parent company, Outside Inc.]*

While the PTO has made frequent comparisons to golf and tennis as a model, PTO CEO Sam Renouf is confident that long-course triathlon can be a commercially viable TV product with far fewer viewers needed than either of those sports.

"We don't need to have an audience that's the size of tennis or golf," he said. "We need a much smaller one, because the value of the triathlon audience is so high. So if we can get two or three million people watching each PTO event, that's enough to convince sponsors and broadcasters that it's something valuable."

The good news is that they say they reached that two-million-viewer threshold with the inaugural Collins Cup, and they were able to negotiate a few substantial broadcasting deals, including with

Eurosport, which sold a solid chunk of advertising in advance of an unknown event that took six years to get off the ground. So there's definitely potential, and it's not likely Sir Moritz is looking to cash out too quickly, even if it takes a few years to turn a profit, thanks to his current estimated net worth of \$7.2 billion.

At the heart of the PTO's mission is the goal of elevating the professional athletes in order to lift the sport as a whole. If it sounds a bit fluffy, consider where mainstream sports would be without their biggest stars. And now, with the extension of social media and YouTube channels, niche-sport athletes have the opportunity to reach fans more directly than ever before.

"Our core business thesis is that all sports grow off the backs of the top professionals," Renouf said. "The Michael Jordans, Serena Williams, and Tiger Woods are what draw people into a sport. That's what's been missing in this space, and if someone invests in that, we believe the sport as a whole will grow. That's not to say that Lucy Charles-Barclay is going to have the same following as Serena, but we've only just scratched the surface of triathletes' potential."



Our sport will only ever be as big as our biggest professionals.

— SAM RENOUF, PTO CEO

Beyond live event broadcasts, the PTO has invested big dollars into short documentary films about their athletes, and, like Super League, they believe compelling narratives are one of the biggest things missing from the sport at a pro level.

“The commercial value of triathletes is huge. Think of all the products they can help sell versus other athletes. They’re not using just one or two pieces of equipment in competition,” Renouf said. “But triathletes like Frodeno, Charles-Barclay, or Ryf haven’t had their profiles built up enough. If we put these athletes on TV and do it in the right way, we believe we can change that. You have to build it first.”

What Renouf and the PTO have going for them is that triathlon is a truly global sport. They don’t need a half-million U.S. households to tune into every broadcast. If they can broadcast their event via livestream or with TV partners in multiple countries, reaching that two or three million viewer mark isn’t so daunting. The 2020 PTO Championship, held in conjunction with Challenge Daytona, brought in an estimated one million viewers on the livestream. The PTO claims that the Collins Cup broadcast partners reached nearly six times that.

Since then, the group behind Challenge Daytona has splintered off and rebranded as CLASH, which will host its first rebranded event this December—again in Daytona—and will then roll out a series of racetrack-based events. CLASH’s tight connections with NASCAR make for unique broadcast possibilities, and live broadcasting of pro racing is a big part of their business plan. If the inaugural Daytona race is any indication, they might be onto something. And while the sponsors and TV advertising might not be there just yet for new events like the Collins Cup and Daytona, they now finally have something real to sell.

WHAT DOESN’T WORK

Outside of the Ironman World Championship and perhaps Challenge Roth, 140.6-mile triathlons have a very low ceiling in terms of potential viewers. Ironman said the 2019 edition of Kona had 20 million views on Facebook Watch, but that was split between two parts, so the real number is probably closer to half of that. Nonetheless, it’s an immense number for triathlon—or really any sport—and it’s something that the PTO and Super League will likely never be able to match.

But Kona is just one event, and generating huge streaming numbers to lure broadcasters and sponsors isn’t a big part of Ironman’s business model anyway. Anyone who has watched one of the non-world championship “Ironman Now” broadcasts on Facebook knows that it’s not uncommon to be one

of about 900 people watching Ironman New Zealand at any given moment. Even if Ironman doubled their live production budget, there are still a very limited number of people who will sit down to watch people exercise all day. The constant jeopardy that is so valuable to Super League is rarely on display outside of a race as deep as Kona. Even long-course triathlon with the biggest stars and all the splashy bells and whistles—like Jan Frodeno’s Zwift-sponsored two-man Battle Royale (and world record) against Lionel Sanders—brought in only about one million viewers online and another 8 million were reached on German broadcast TV. And that was with their own dedicated cameramen, amped up pre-race media blitzing, and on-course commentators.

What Ironman can do is help to lift the profiles and personalities of its top professionals, something that it’s taken a lot of criticism for, rightly or wrongly, in recent years. To be fair, Ironman has paid more money to professional triathletes than any other organization over the past 30 years. But that amount hasn’t increased much over the last 10.

What Ironman has done best for pros is its annual 90-minute NBC broadcast of Kona. It showcases the top athletes to millions of households who otherwise would never see the sport, and it’s inspired countless people to get into triathlon and follow their favorite athletes. The exceptional storytelling in that broadcast has earned NBC an astounding 17 Emmys over the years, and without it triathlon would be a fraction of what it is today.

If Ironman and NBC could bring that level of production and those incredible narratives to a few more events, then it’s feasible that a nine-hour race could work on TV—it just has to be condensed into a much smaller package. While investing in that production might not be core to their business model, it could be a valuable long-term investment for the sport and ultimately for the company. The more people who care about triathlon and the more people who will pay to watch triathlon should ultimately mean more people potentially doing triathlon and more people who buy things triathlon companies want to sell them.

“Our sport will only ever be as big as our biggest professionals,” Renouf said. “It’s that way in every sport. And triathlon is the pinnacle of swimming, biking, and running. There are 800 million people worldwide who swim, bike, or run. So to me, that’s the total touchable market. That’s not to say 800 million people are going to tune in for a triathlon, but there are 800 million people out there who could watch triathlon if it’s done right.” ▲

PHOTO: JAMIE SQUIRE/GETTY IMAGES



The British mixed relay team celebrates gold at the Tokyo Games.

SUPER LEAGUE

Launched in 2017, Super League uses short, unique formats—like eliminators and multiple mini-tris—to keep things exciting, with the top short-course athletes in the world. In 2020, they also premiered the Arena Games (an indoor event), which drew 15 million views over its three races, and a team model. This year's four-week championship season had \$1.25 million of prize money.

WORLD TRIATHLON

Formerly known as the International Triathlon Union, the organization is the sport's official governing body. Their six-to-seven World Triathlon Championship Series events are viewed live by more than two million people in 160 countries, and this year marked the Olympic debut of the mixed team relay.

THE COLLINS CUP

The Professional Triathletes Organization (PTO) is now the organizer of one of the sport's marquee professional races, the Collins Cup. Held for the first time in August in Slovakia, the unique race, styled after the Ryder's Cup, brought out 36 of the best triathletes to compete in individual match-ups for a share of the \$1.5 million prize purse.

CLASH

Formerly part of Challenge North America, CLASH has broken away and is led by the group that produced the Challenge Daytona/PTO Championship race in 2020. Daytona-based CLASH has ties with NASCAR's TV crew, which helped them put on an inaugural broadcast that drew one million viewers worldwide.

IRONMAN

The Ironman World Championship, with its \$650,000 prize purse, is by far the most watched tri in the world, with more than 10 million people watching the live broadcast and millions more tuning in for the NBC show.



THE BEST OF 2021

BY THE TRIATHLETE EDITORS

PHOTO: NILS NILSEN



TRIATHLETE OF THE YEAR

LUCY CHARLES-BARCLAY

While the three-time Kona runner-up finally took home her first world title this year, it wasn't just a wire-to-wire win in St. George that made her the athlete of the year. It was her uniquely 2021 approach—jumping into everything from the British Olympic Swim Trials to Super League races to the London Marathon. In June, the battle-braided Brit also made a surprise draft-legal debut at the World Triathlon Championship Series race in Leeds, finishing fifth in a field packed with short-course talent (with just 11 days notice that she'd be on the start line). That followed her second place at the British Olympic swimming trials in the 1500m (clocking 16:46.26) and a winter full of domination in the Zwift Pro Tri Series. She then took that firepower and obvious Zwift expertise to a second place at the half-virtual, half-in-person Super League Triathlon Arena Games in London back in March. And, of course, there was her dominating win at the 70.3 World Championship in September, where she led from gun to tape—and clocked the fastest split of the day in every single leg. Of course, the ever-popular 28-year-old followed that up with a return to the Super League championships (outdoors this time) and a 2:47 at the London Marathon, just because she can. While she's no doubt enjoying some downtime now, it's clear that Charles-Barclay will be eyeing a second, third, and maybe fourth world title in 2022.



BEST MALE PERFORMANCE OF THE YEAR

JAN FRODENO'S WORLD RECORD

Argue all you want about whether or not it counts as a “real” world record, the fact is the German GOAT covered 140.6 miles in 7:27.53. Who cares if he got hand-fed nutrition by a motorcycle? On a course crafted for speed and made for TV viewing, Frodo broke his own “official” world record in a two-man exhibition match (aptly labeled “The Battle Royale”) against the always-game Lionel Sanders. While the 40-year-old, five-time world champ never looked under serious distress, even Frodo can’t control the weather, and viewers around the world looked on as rain briefly sent him sprawling to the ground and threatened to derail his record attempt. But not for long. Now it’s only a matter of time before he breaks that record in an official race.



MOST INTENSE MEN'S FINISH

KRISTIAN BLUMMENFELT'S OLYMPIC WIN, COLLAPSE, & VOMIT

When the gun went off for the men’s Olympic race, a media boat was blocking half of the athletes. The rest dove in and then had to be rounded up and sent back to start again. Climbing out of the water in his controversial see-through white kit might have been an odd start to the Olympics for Blummenfelt, but the Norwegian wasn’t going to let anything stop him. A big group on the bike turned into a slugfest on the hot and humid run. It was a battle that Blummenfelt simply wanted to win more than anyone else. In the final kilometer, he dragged himself ahead of speedy runners Alex Yee and Hayden Wilde, let out a guttural scream as he crossed the line, and collapsed. After vomiting on the blue carpet, Blummenfelt eventually had to be helped to medical by the very guys he had just beaten. Worth it.



BEST FEMALE PERFORMANCE OF THE YEAR

FLORA DUFFY WINS BERMUDA'S FIRST-EVER GOLD MEDAL

In her fourth (and likely last) Olympics, the Bermudian put together a perfect performance on a wet and stormy course in Tokyo, never really leaving any question about who was the best on the day. After a typhoon delayed the women’s start, Duffy led a small group out of T1 that stuck together through a crash-heavy bike, where many women behind her DNF’d. From there, it was simply a matter of putting together the fastest run to win by over a minute, taking home Bermuda’s first Olympic gold medal. After a number of injuries and setbacks for Duffy, the win and the accompanying media blitz was especially sweet.

MOST INTENSE WOMEN'S FINISH

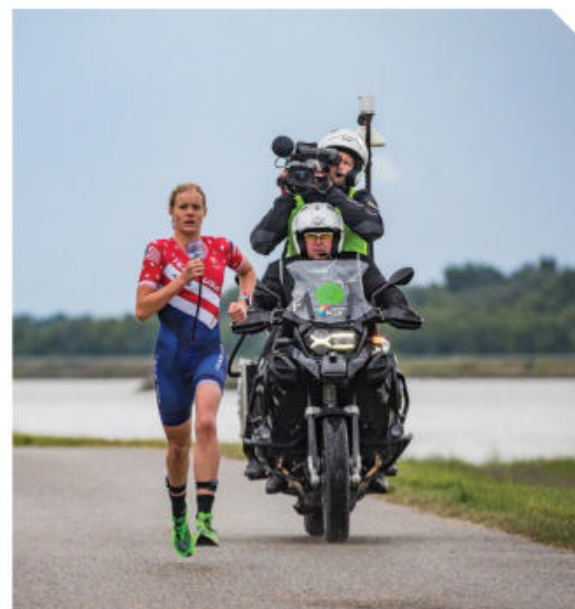
WOMEN'S PARALYMPIC WHEELCHAIR RACE SPRINT FINISH

Because of a unique headstart system used in the PTWC Paralympic race, leader Australian Lauren Parker found herself being chased down in the final laps of the run. While American Kendall Gretsche—already a cross-country skiing and biathlon Paralympic medalist—was making up time each lap, she seemed too far back to get there by the line. But as they hit the blue carpet, Gretsche dug deep and the two sprinted for a photo finish. “You have to give everything you can. On that final stretch I just put my head down,” Gretsche said. The gutsy effort culminated in one of the closest wins in triathlon history and became a viral sensation.

BREAKTHROUGH SEASON

TAYLOR KNIBB

The 23-year-old's magical year began with a surprise victory at the Olympic qualification event in Yokohama in May, earning her a spot as the youngest female triathlete in U.S. Olympic history. She returned from Tokyo with a silver medal from the mixed relay and a respectable 16th-place finish in the individual race. A week later, she jumped into her first 70.3 and rode away from a solid field at 70.3 Boulder—on a road bike with clip-on aerobars. She followed this weeks later with a win at the World Triathlon Grand Final in Edmonton, finishing second in the season rankings. Then, at the inaugural Collins Cup she beat Daniela Ryf in a head-to-head match-up, clocking the fastest time of the day, and she capped it all off with a third place finish at the 70.3 World Championship—her second-ever 70.3 and, again, on her road bike.



BRAVEST MOMENT OF THE YEAR

DANIELA RYF'S COMING OUT

Daniela Ryf has always been known for her outstanding performances on the race course—and her largely quiet life off it. But in April, she opened up about “sports, my future, and love” in an interview with a Swiss newspaper, in which she also revealed she was in love with a woman. She was quick to distance herself from labels—“Why do you have to give it a name at all?” she said. “I don’t want to label it. I can fall in love with men and women, so what”—but the LGBTQ+ and wider triathlon community viewed it as an empowering move, not just for Ryf, but for all queer athletes.



BREAKTHROUGH PERFORMANCE

SIKA HENRY

Becoming the first African- American female pro triathlete was something Sika Henry had set her sights on years ago—but her journey to get there was far from easy. A serious bike crash two years ago left her reeling, but that only made it all the sweeter when she finished third amateur overall at Challenge Cancun in May, and in doing so earned her pro card and a place in the history books. She made her pro debut at 70.3 Augusta in September and will be inducted into the National Black Distance Running Hall of Fame.

DARK HORSE OF THE YEAR

KEVIN MCDOWELL'S OLYMPIC RACE

Going into the Olympics, Kevin McDowell had never placed above 11th at a World Triathlon Championship Series event and was selected primarily for his relay abilities. So it was nothing short of extraordinary to see him hanging strong in the front of the men's race as the run pace surged and bigger names fell off the pack. While Blummenfelt ultimately ran away from everyone to take gold, McDowell—who 10 years previously had been diagnosed with Hodgkin's Lymphoma—finished sixth, just 50 seconds back and recording the best-ever Olympic finish by an American man.

PHOTO OF THE YEAR

No one could quite believe it when the men's Olympic tri started—but then stopped and had to start over—because a media boat was blocking half of the field. Very 2021.



TRENDING IN 2021

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- ➡ The Impacts of Exercise on Immune Function and Vaccine Efficacy

TRENDING TOPICS IN 2021

- ➡ New triathletes find our sport
- ➡ What can we learn from the Olympians?
- ➡ Races are back (Hallelujah!)
- ➡ Oh no, my race is actually here now and I'm not ready!
- ➡ Work from home injuries—and prevention
- ➡ Kombucha, superfood powders, and low-carb, high-fat diets
- ➡ Kona v. St. George: the great Ironman world champs debate

PHOTOS: ADAM PRETTY/GETTY IMAGES; LAURENCE GRIFFITHS/GETTY IMAGES

1

RACING RETURNS

FIRST MAJOR PRO RACE IN U.S.

Challenge Miami was the race we all needed, even if we didn't know it. It might go off amid COVID, it might not. Multiple Ironman world champion and gold medalist Jan Frodeno was going to be there, then he wasn't. But unlike most of what has happened over the last 18 months, things actually worked out in Miami: On March 12, an absolutely stacked pro field took to the NASCAR Homestead-Miami Speedway and delivered an epic show. Frodeno did make it across the Atlantic to take the win, and Jodie Stimpson put on a running masterclass to top the women's podium. More than just names on a results page, though, Challenge Miami signaled the return of big-time, championship-level pro racing.



3

MOST INSPIRATIONAL ATHLETE

CHRIS NIKIC CAN'T STOP, WON'T STOP

After becoming the first person with Down syndrome to finish an Ironman at the end of 2020, triathlete Chris Nikic could have taken a rest. Instead, he kept going: In 2021, Nikic raced 70.3 Hawaii, released a children's book, ran the Boston Marathon, and trained for an honorary spot at next year's Ironman World Championship. For all of this (and more), Nikic won ESPN's Jimmy V Award, given to a person in the sporting world who has overcome great obstacles through perseverance and determination. We can't think of a better person for the honor.

2

DUEL OF THE YEAR

LONG V. SANDERS TO THE LINE AT ST. GEORGE 70.3

While Challenge Miami was the return of championship-level racing, the battle at May's 70.3 St. George between friendly rivals Sam Long and Lionel Sanders showed tri fans that the pros still had some spark. After talking moderate amounts of trash in the months leading up to the race, the mano-a-mano showdown proved to be a back-and-forth duel for the ages with Sanders squeaking ahead by a small margin. "[In 2016] Lionel beat me by 33 minutes [as an age-grouper]—so I went from 33 minutes to 5 seconds," Long said of getting beaten to the line. "Truthfully there's been a lot of banter and I've always looked up to him tremendously and have tried to earn his respect. I think I hopefully did that today." Long would go on to fully earn that respect by besting a fast-fading Sanders in a brutally hot, longer-course rematch at Ironman Couer d'Alene in June.



4

SCARIEST MOMENT

TIM O'DONNELL SUFFERS A HEART ATTACK

In August, Tim O'Donnell made a shocking announcement: While racing Challenge Miami in March, he had suffered a type of heart attack known as "The Widowmaker." Though pain in his arm and jaw set in during the race, O'Donnell chalked it up to racing. It wasn't until after, when his symptoms escalated, that he went to the ER and learned his left anterior descending artery (LAD) was 80% blocked. O'Donnell's story was a reminder that physical fitness and health are not always the same. It also made everyone think twice about the importance of listening to your body. Thank goodness he's been doing OK since!

GEAR OF THE YEAR

BEST NEW BIKE

SCOTT PLASMA 6 RC PRO

The new Plasma 6 hits a lot of superbike highlights to get a rare five-star review from *Triathlete*: Well thought-out, built-in hydration, lots of tri-specific storage, good sizing and fit adjustments, and a great ride all make this a big upgrade for a brand that has historically not gone all-in on tri.

\$9,500, [scott-sports.com](https://www.scott-sports.com)



BEST NEW WETSUIT

ZOOT WIKI WIKI 2.0

Though parsing out what separates a great wetsuit from a greater wetsuit at this price is tough, the Wiki Wiki 2.0 stood out to our testers with next-level comfort, industry-leading shoulder flexibility, and water-tight edges around the neck and wrists.

\$800, [zootsports.com](https://www.zootsports.com)



BEST NEW RACE SHOE

ASICS METASPEED SKY

Move over Vaporfly. Asics Metaspeed series—the Sky is for runners who extend their stride as they speed up, while the Edge is for those who pick up their cadence—has emerged this year as the new supershoe contender. With responsive foam, a carbon plate that stays firm, and a outsole grip triathletes will appreciate, there's a reason this shoe has become ubiquitous among pros. One warning: go up a half-size.

\$250, [asics.com](https://www.asics.com)



BEST NEW TRAIL SHOE

HOKA ZINAL

Even though the outsoles may look more like a pair of road shoes, this moderately-minimal pair of road/hybrid shoes is at home on both paved trails and on loose, steep dirt. Because most triathletes typically do some road and some trails, the Zinal is the best of both worlds.

\$160, [hoka.com](https://www.hoka.com)



BEST NEW TECH

COROS VERTIX 2

Most new premium smartwatches right now are typically slightly upgraded versions of previous models, but the Vertix 2 boasts a scary big leap in battery life (60 days smartwatch, 140 hours full GPS), built-in color maps and music, and a faster processor for futureproofing. Think: a triathlete's dream watch.

\$700, [coros.com](https://www.coros.com)



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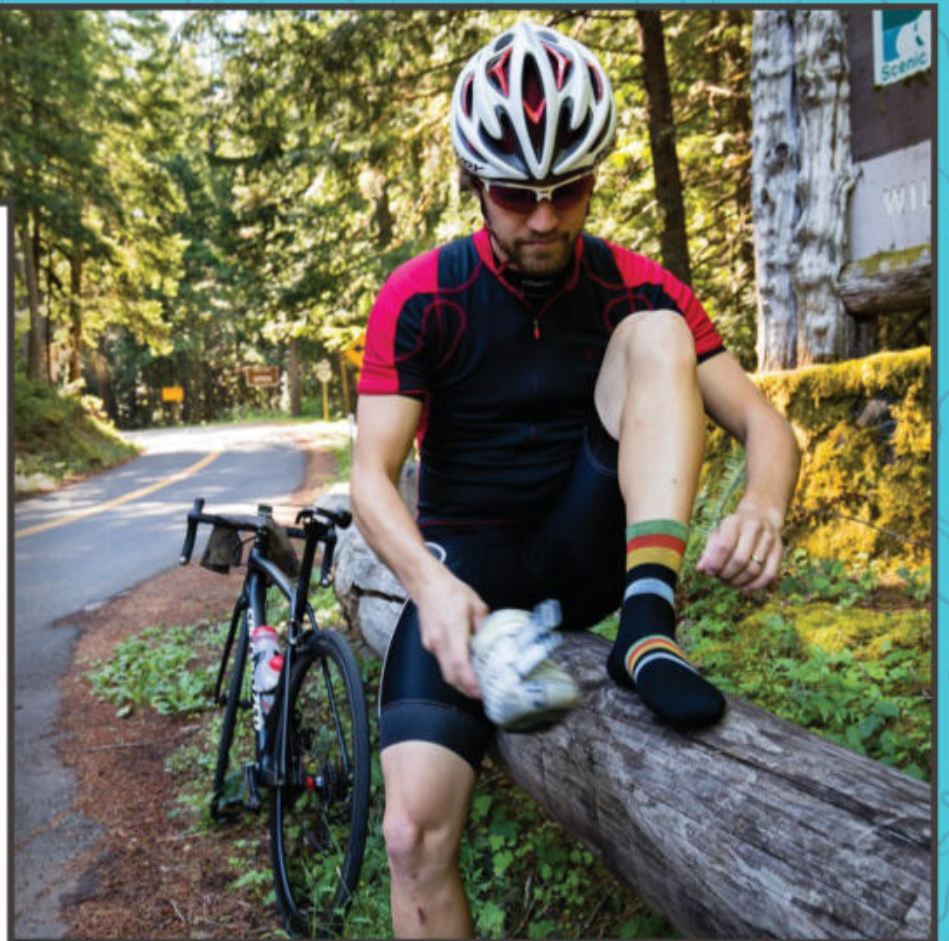
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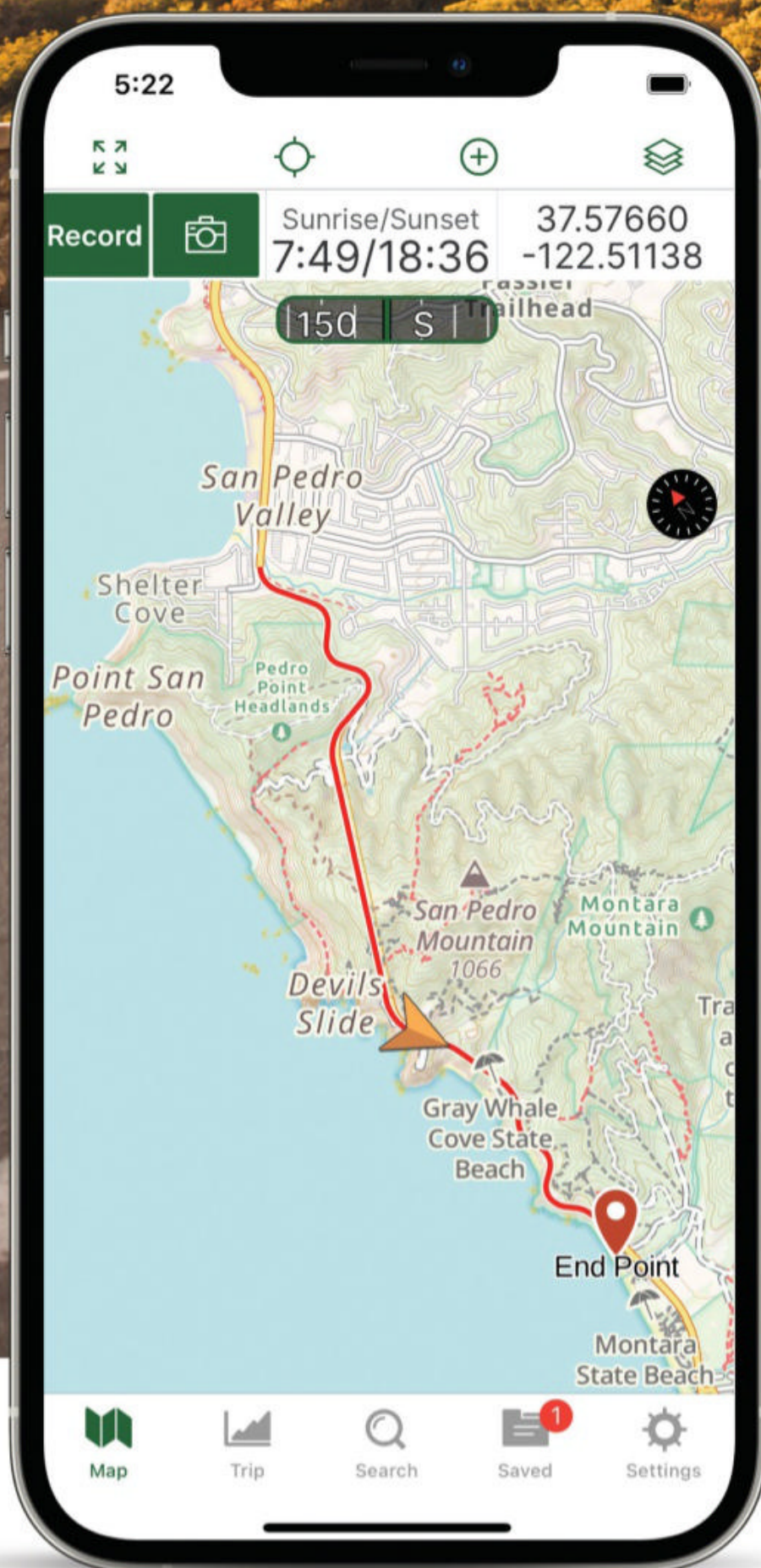
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HOLD MY BEER

Finish line celebrations never tasted so good for Brit Laura Siddall as she toasts her second place at Challenge Roth on Sept. 5.

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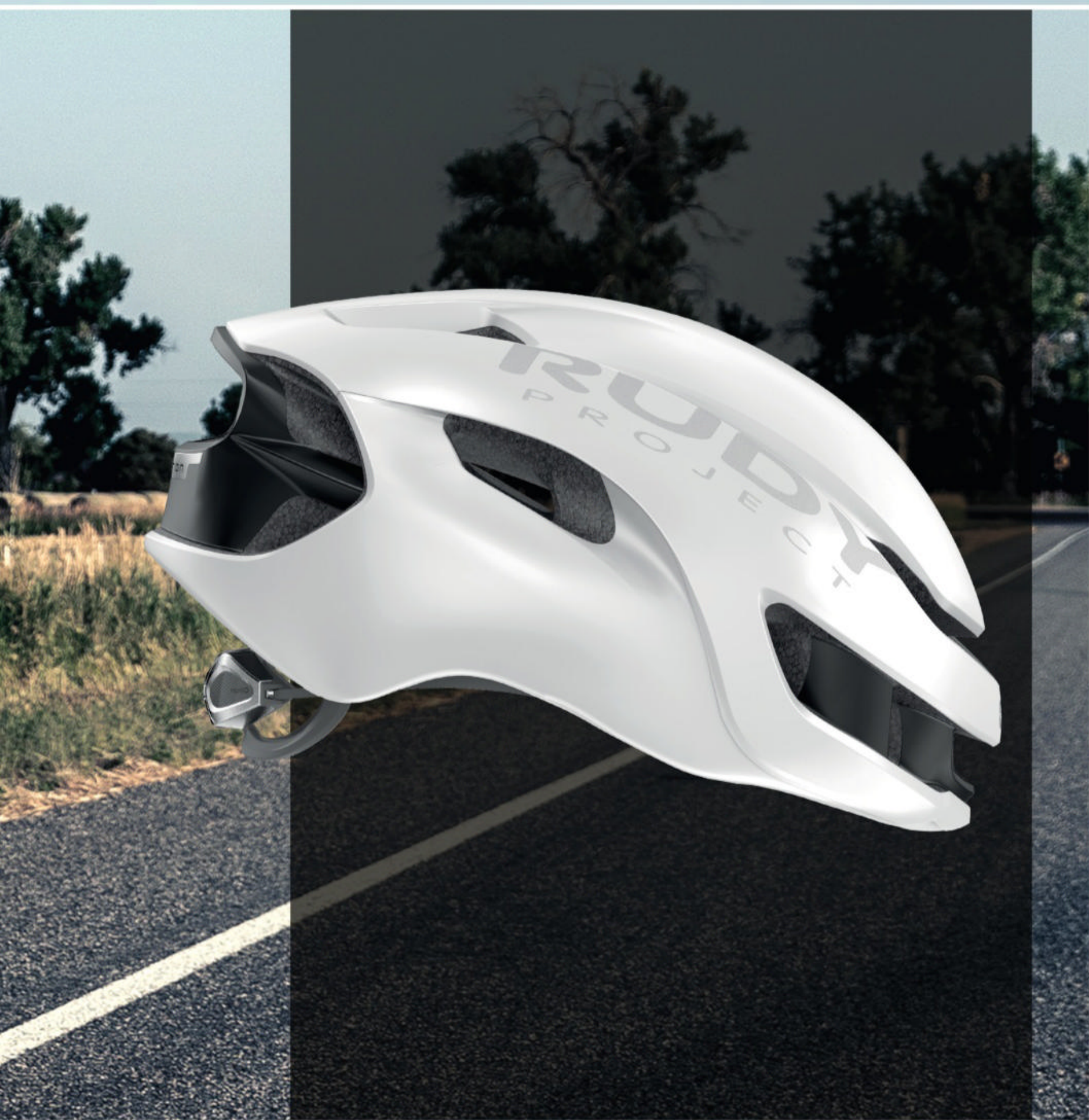
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VIA R



Mackenzie Brown
Digital Content and
Resources Coordinator

Favorite moment from Tokyo 2020: Watching Kendall Gretsche come from behind and win gold in the women's

PTWC triathlon event at the Paralympics! It was such an incredible finish.

The most "unique" job you've had: When I worked the Boston Marathon in 2019 with adidas. While I worked in retail, it was amazing to connect with the athletes and hear how excited they were to be there!

Favorite winter activity: While living in Florida, one of my favorite activities growing up has always been driving around the city to look at Christmas lights with friends and family!



Sandra Cook
HR and Governance
Assistant Manager

Favorite moment from Tokyo 2020: There were quite a few, but one of the highlights was the USA Triathlon watch party for the women's race. After the pandemic forced us to be apart for so long, it was so much fun being around my colleagues, watching the race and simply enjoying each other's company.

The most "unique" job you've had: As a teenager, I helped run a local bakery for a summer. After a while, I knew all the locals' favorite rolls and pastries, and one time I was given a red rose from a happy customer. I love the smell of a German bakery!

Favorite winter activity: Playing tennis and pickleball indoors, and watching biathlon on TV. My home country of Germany really excels in biathlon.



Stephen Meyers
Content Manager

Favorite moment from Tokyo 2020: Echoing Mackenzie, Kendall Gretsche's sprint down the blue carpet to win gold was one of the

most amazing sporting events I've witnessed, and I was lucky enough to watch in person in Tokyo.

The most "unique" job you've had: Like triathlete Bill Disting, who you can read about in our "Unique Jobs" feature in this issue, I, too, worked as a mail carrier for the U.S. Postal Service. For nearly two years I walked 10 miles a day, delivering mail — and way too many Amazon packages. The job was great cross-training — I was in the best shape I've ever been.

Favorite winter activity: Living in Colorado, most of my weekends are spent skiing.

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Left

Dakota Tomac and several adaptive athletes, racing with the Wisconsin chapter of myTEAM TRIUMPH, competed at the 2021 Toyota USA Triathlon Age Group National Championships and drew the biggest cheers of the day at the finish line.

On the cover

Brad Snyder, with guide Greg Billington, led wire-to-wire to win the gold medal in the men's PTVI race at the Paralympic Games Tokyo 2020, becoming the first U.S. male triathlete to medal in either the Paralympics or Olympics.

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TOKYO 2020



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Epic Finish

In an all-time great sprint to the finish, Kendall Gretsche caught Australia's Lauren Parker in the final meters of the women's PTWC (wheelchair classification) race to capture gold at the Paralympic Games Tokyo 2020 in August.



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HOO!
JAPAN

TOKYO 2020



Silencing the doubts

Triathlon's role in building the confidence to conquer challenges

By Sean Maloney

We all have different stories about how we came to the world of multisport and what pushes us to continue. Me? I always have struggled in sports. From a young age, my father enrolled me in everything from wrestling to gymnastics, hoping I would excel at one.

Disappointing him — and often myself — I was lousy at them all. This created a narrative in my head that I wasn't capable and would never excel at anything. That negativity was fueled by a concurrent teenage journey of self-discovery as I realized I was gay. Just another thing that made me "less than" my peers — in my mind.

What I know now is that my athletic failures had nothing to do with my ability. They had everything to do with my motivation. As a kid, I was doing sports because my dad told me I had to and because I wanted to impress him. I wanted to prove to other boys my age that I was masculine enough. I was never doing it for the love of sport or for my own self-improvement.

In college, I began to realize that running was a beautiful escape — blissful alone time in nature. As an added bonus, I felt healthier and better about myself every time I laced up. I was addicted! I would continue running short distances for the next 10 years. Once again, though, that negativity would creep back in. I would tell myself, "you can't run farther than 3 miles," or "you'll never be a fast runner." I would find ways to diminish my accomplishments and take away the joy that running brought.

In 2014, my buddy Tom asked me to join him for a 10-miler. He explained the race would be an excellent challenge for me. He

was right! I loved every minute of the race and the training. When I shared this with Tom, he asked me to join him for a triathlon. I said, "he was out of his mind; I would never wear those ridiculous outfits. I wouldn't do it." He convinced me anyway, and I completed my first sprint-distance triathlon.

I distinctly remember standing on the beach the night before my first race. A storm had come through and there were 3-5-foot swells. Once again, I thought to myself, "there is no way I can do this." I'd never swum past the breaks before, and this seemed impossible. I was in full panic mode. Turns out, I was wrong. I could do it.

For me, triathlon has become a journey of proving that negative narrative in my head wrong. I think a lot of people can relate. Whether staring down a stupidly steep incline, conquering the 140.6 distance for the first time or getting back on the bike after a wreck, we all have to quiet the voice in our head and prove, once again, just how much we are capable of.

At 36, I am now a three-time IRONMAN. I have jumped off a ferry into San Francisco Bay and swum to shore in Escape from Alcatraz. I have raced on multiple continents. Through multisport, I have taken on challenges I never dreamed possible.

Finding joy in sport through triathlon is worth celebrating. As I trained for two ultra-distance races this year, I knew that whatever negative narratives popped into my head, I could prove them wrong. Triathlon has given that to me. And when I have doubts, I can always call my dad, who will remind me just how proud he is.

Share your Power Within Statement



The moment inside you, the personal finish line in front of you, and the greatness already a part of you. What is your Power Within? Share your PowerWithin statement, which is your public declaration of triathlon's unique contribution to your life — and your personal multisport journey, including what drove you to become a multisport athlete. Visit ourpowerwithin.org.

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Triathlon gives so much

By Stephen Meyers

Two answers, both from now two-time Paralympic silver medalist Hailey Danz, stood out when I transcribed interviews from the media center in Tokyo during the Tokyo 2020 Paralympic Games.

It was Thursday afternoon, two days before Danz would race and we had a 15-minute conversation after she finished a training session in the sweltering Tokyo heat.

Among several topics, I asked her how the Games experience in Tokyo compared to Rio in 2016. Here in Tokyo, there were no spectators, everyone was masked and socially distancing, and yet, as Danz explained, the spirit of camaraderie felt stronger than in Rio 2016.

“The sense of togetherness and unity here is more significant than it was in Rio,” she said, explaining that after the entire world had experienced (and continues to experience) the pandemic, athletes arrived in Tokyo with a new sense of gratitude and appreciation for the Games, the sport and humanity.

“I think the Paralympics really are a celebration of the world coming together again. After so much time in isolation and apart from each other, I believe sports bring people together,” Danz said.

We then talked about what the sport of triathlon means to Danz, who, at age 12 was diagnosed with bone cancer and at age 14 decided to have her leg amputated. In her early 20s, with no swim, bike or running background, Danz competed in her first triathlon through Dare2Tri, a paratriathlon nonprofit co-founded by USA Triathlon Board of Directors member Keri Serota and Danz's fellow Paralympian Melissa Stockwell. Soon, she'd be competing on the world stage.

“This sport has given me so much. It's changed my life in every possible way,” Danz said. “I believe sports make us better people and I've learned so many lessons that are going to translate into my life after sport.”

So, what does the sport of triathlon mean to you?

Stephen Meyers is USA Triathlon Magazine's editor-in-chief. Have a great story to tell? Email me at Stephen.meyers@usatriathlon.org.

Paralympian Hailey Danz said the sport of triathlon has changed her life “in every possible way.”



Upcoming Events

Jan. 22: Winter Triathlon National Championships | Anchorage, Alaska

March 3-5: Endurance Exchange | Sports Industry Conference | Virtual

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Mailbag

Something to say about USATRI Magazine? Email letters to the editor to communications@usatriathlon.org with “mailbag” in the subject line. Be sure to include your name. Letters may be edited for length and grammar.

Correction

In the July/August 2021 issue of USATRI Magazine, the incorrect athlete was listed as the Clydesdale 40-59 national champion at the 2021 USA Triathlon Off-Road National Championships. Jimmy Ball is the Clydesdale 40-59 national champion.

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By Rocky Harris

This summer in Tokyo was absolutely incredible. There, we saw Katie Zaferes looking to the sky, seeing a symbolic rainbow and powering to a bronze medal in the women's individual race only three months after losing her father.

The Mixed Relay team of Zaferes, Taylor Knibb, Kevin McDowell and Morgan Pearson displayed grit and determination with their silver medal performance — and the fast-paced Mixed Relay format showed that triathlon, in a team setting, is even more exciting and fun for TV viewers.

McDowell, a childhood cancer survivor, continued to show us what it means to overcome adversity by placing sixth in the men's individual race, the highest ever finish by a U.S. man in the Olympic Games.

At the Paralympics, Brad Snyder became the first U.S. male triathlete to medal in either Games, leading wire-to-wire in the men's PTVI race alongside his guide Greg Billington. Allysa Seely defended her Rio 2016 gold, and her fellow Toyota U.S. Paratriathlon Resident Team member Hailey Danz repeated as a silver medalist, demonstrating the strong value of a team training atmosphere. Also competing in her second Paralympic Games — at just 23 years old — Grace Norman won silver. And in one of the most impressive race finishes I've ever seen, Kendall Gretsche sprinted down the blue carpet to win gold in the women's PTWC race. Yelling my lungs out in the stands with our team of Paralympians to cheer for Gretsche is a moment I'll never forget.

In all, our U.S. athletes won seven combined Olympic and Paralympic medals, the most of any country. We are proud, not only of our Olympic and Paralympic medalists, but also of all of our U.S. athletes who adapted so well to the Games' postponement and to deliver for our country.

As we've said, no athlete stands on the podium alone. We all shared in the journey to Tokyo. We are all part of the same team, and as a member of this wonderful, thriving community, these medals belong to you, too.

As we continue to celebrate the success of our Olympians and Paralympians, we can also celebrate this exciting time for our sport. Following the unprecedented challenges of 2020, we can celebrate the triumphant return of multisport racing at local events across the country this year. New triathletes, who started running or riding their bikes during

quarantine, found triathlon and raced for the first time. More than 6,000 athletes raced at the Toyota USA Triathlon Age Group National Championships in Milwaukee, Wisconsin, this August. Momentum is on our side to fuel the growth of the sport.

Kids emulating Knibb and fellow Olympian Summer Rappaport. Collegiate runners and swimmers. Athletes looking for their next opportunity and challenge. Triathlon is that constant connector. Together with the USA Triathlon Foundation, we can continue to foster and strengthen the development of the unique paths into our sport, from encouraging youth participation to inspiring adaptive athletes to igniting the dreams of Olympic and Paralympic hopefuls. You can learn more about how to get involved with the USA Triathlon Foundation and its mission — “to transform lives through sport by opening pathways for all to swim, bike and run” — by reading our special eight-page section on page 40 of this issue.

I believe the Foundation continues to be our greatest opportunity to positively impact our sport, so we have added resources to assure the Foundation can reach its full potential and fulfill its commitment to provide everyone with an opportunity to participate in multisport and grow triathlon across the country. We recently hired Gabe Cagwin as Chief Advancement Officer of USA Triathlon and President of the Foundation, and I'm excited for Gabe and his team to continue to help athletes from all walks of life discover and excel in triathlon.

You helped every U.S. triathlete in Tokyo cross their finish line by being a part of our multisport community. Now, together, let's help continue to grow this wonderful sport.



Rocky Harris and U.S. Paralympic Triathlon Team members cheer from the stands in Tokyo at the 2020 Paralympic Games.



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Sika Makes History

Sika Henry broke barriers and made history at IRONMAN 70.3 Augusta in September, making her pro debut as the first U.S. Black female professional triathlete. She earned her USA Triathlon Elite license in May, a dream accomplished after a challenging recovery following a serious bike crash in 2019. In a Q&A at usatriathlon.org, Sika shares insights into her journey and why representation and diversity in our sport matter.



How are you so fast?

The 2021 accomplishments for budding superstar Taylor Knibb are long: Tokyo 2020 Olympic Games Mixed Relay silver medalist, third place at the IRONMAN 70.3 World Championships, MVP at the Collins Cup and two World Triathlon Championship Series victories. In videos on [@usatriathlon](https://www.instagram.com/usatriathlon) Instagram and Facebook, Taylor tells us where her speed comes from, plus she shares her pre-race routine and advice for youth athletes.



Meet FastChix

Women empowering women — that's the mission Yvonne Spencer envisioned when she started the FastChix Tri Club in 2015. With more than 800 members, FastChix embodies that vision, as a cheerfully supportive community celebrates every member, promotes inclusivity and enthusiastically encourages dancing on the way to swim start — as a viral video of nearly 120 FastChix women at Rev3 Williamsburg showed us this summer. Read our club spotlight at usatriathlon.org.



Remote National Championships

USA Triathlon, with RemoteRacing™ (powered by RaceX®), brings you the 2021 USA Triathlon Remote National Championships from Nov. 11-21. Compete for a national championship by racing virtually. Using RaceX's RemoteRacing™, technology, results are normalized to create a fair playing field and localized to the course at the 2021 Toyota USA Triathlon Age Group National Championships in Milwaukee. Learn more and register at remoteracing.com.

Share your 2022 goals



Where are you racing in 2022?

What goals are you chasing?

We know you already have races circled on the calendar — triathletes are planners after all. Share your 2022 aspirations by emailing communications@usatriathlon.org with the subject line, "2022 Goals."



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Many of us have waited nearly two years to race again.

To race or not to race

How to decide whether the time is right to toe the line

By Mitchell Greene, Ph.D.

Just a half-hour before an IRONMAN 70.3 race, a triathlete approached me with an important question. “Should I pull out of the event?” she asked. I expected the athlete to tell me she was nervous, and I would reassure her that everything was going to be OK. Not even close. Her oncologist had advised her not to race because she was still recovering from a round of chemotherapy. When I reaffirmed what she already knew — that we should follow her doctor’s advice — she welled up with tears, and so did I. Together, we walked back to transition, and she decided to stick around and volunteer in support of her fellow triathletes.

As difficult a moment as that was, the correct course was clear. However, the decision to forge ahead or wait is rarely that clear. COVID-19 has made these decisions even harder because disruptions to our family, health, jobs and training have been massive. Many of us have waited nearly two years to race again. But it’s prudent to ask whether racing fits into your life right now or are you forcing it? One way to assess that is to determine whether thinking about racing makes you feel more nervous-excited or flat and indifferent. As one triathlete said to me as she pondered whether to race, “When I think about training, it just makes me think I will have even more stuff to worry about.” She decided to wait.

If you’ve done the work but still can’t visualize race success, even on the smallest scale (for example, getting to the second kayak in the swim and resting there before continuing), I suggest that you hold off on racing. Perhaps the expression “seeing is believing” is a statement worth taking seriously.

Of course, being nervous, having imperfect training sessions and being unsure whether you will finish fast or finish at all are normal race day fears. But the key question to ask yourself is whether you have go-to mental and physical strategies to manage the adversity that will inevitably show up. For example, are you willing to slow down, ask for help and can you be safe and keep others safe? If you can envision your game plan, then I suggest giving yourself the green light.

On the other hand, race directors like Stephen Del Monte of DelMoSports will assure you that nobody should use race day to re-acquaint themselves with open water swimming or cycling in a group. It’s hard to argue with that advice. It’s also understandable that many haven’t been able to swim in open water or ride with a group since the pandemic intensified in early 2020.

Finally, consider asking your support team (friends, significant other, coach, training partners) if they think you are ready to race. They may be able to impartially assess your level of preparedness, stress, well-being and attitude.

At the end of the day, you have to do what’s right for you. If you lean toward pushing the race to later in the season or next season (or picking a shorter distance), then give yourself permission to do just that. The races will be there when you are ready.

Most importantly, stay active and connected to your training group and your routines. And hold on to the thought that 2022 will be your comeback year.

Mitchell Greene, Ph.D is a licensed clinical and sport psychologist.

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WHAT IS GRAVEL RIDING?

Rediscover the joy of the route with gravel riding

By Taryn Askew & Damon Telepak

Remember back to a time when you were a kid — when your friend would call you up and ask, “want to go ride bikes?”

Remember when it was all just that simple?

You had a bike. Your friends had bikes. You all wanted to go somewhere, but it didn’t matter where. It was all just riding bikes.

Then you grew up, grew wiser, and got “into” bikes. You started comparing specs. You argued over claimed tire weight. You justified ceramic bearings and had discussions about threshold and picked your route based on a workout plan. Let’s be honest — you got a little out of hand. We all have.

And that’s totally cool. Passion is key to a life well lived. But what if you could turn that passion back toward the experience? What if there was “just riding bikes” again? Could that be what gravel riding does for you?

Of course it could be gravel. Frankly, it could also be mountain biking or road riding on a rattly-old balloon tire bike from the 50s, but let’s talk about what’s so cool about this gravel thing.



Basically, you can't do gravel wrong, because nobody knows what gravel riding actually is.

You get on your bike — it might be from your own front door or it might be a parking lot somewhere. Just pick a direction and pedal. Are you on pavement? Totally fine. Is it a graded fire road? Terrific. How about a rutted-out jeep trail? Maybe some scabbily doubletrack? They can all take you somewhere. The whole point is: the points don't matter. A gravel ride isn't about having somewhere to be. It's about already being somewhere. You're out there. You're adventuring. You're rediscovering the joy of the route. That's the key.

In a lot of ways and for a lot of people, gravel is reigniting that passion for the experience that so many thought might have been lost for good. And just like you'd expect, it was always right there in front of us. It's "just riding bikes" after all.

READY TO GIVE THIS A GO?

Here are a few nifty tools to help you find some local "gravel bits" to pepper into your rides:

- Start on the road if you have to, then jump in on a fire road entrance or a trail at the local park and see where you end up. There's a lot more rideable terrain out there than you'd ever realize until you start keeping an eye peeled for it.
- For your first few adventures, go ahead and ride whatever you've got. Hardtail mountain bikes make great gravel bikes with the right set of tires. Or if your road bike can squeeze some 28mm tires, you'll be surprised where you can go.
- Take an extra tube, a pump, some basic tools — you will be off the beaten path at times, so self-sufficiency is a must.

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KT TAPE

*Not clinically proven for all injuries

Brad Snyder & Greg Billington



Allysa Seely



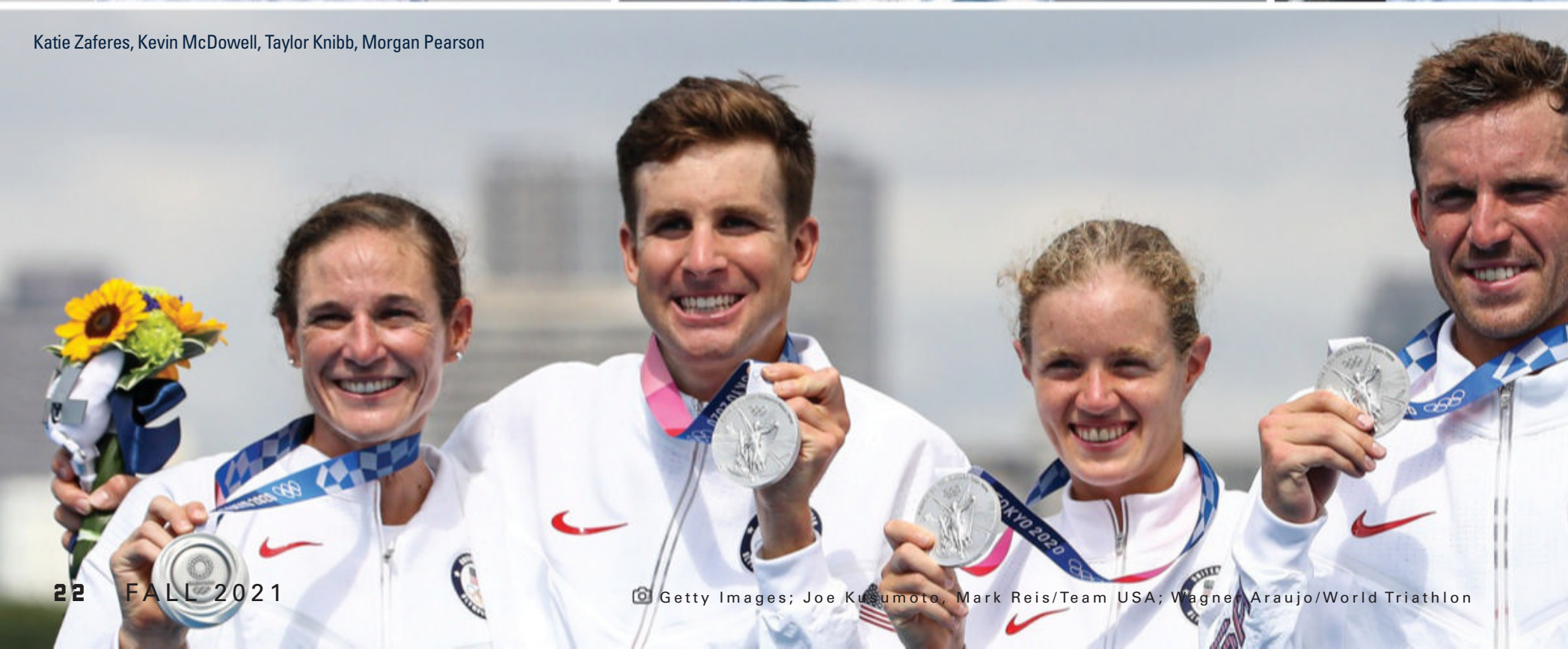
Grace Norman



Hailey Danz



Katie Zaferes, Kevin McDowell, Taylor Knibb, Morgan Pearson





Kendall Gretsch

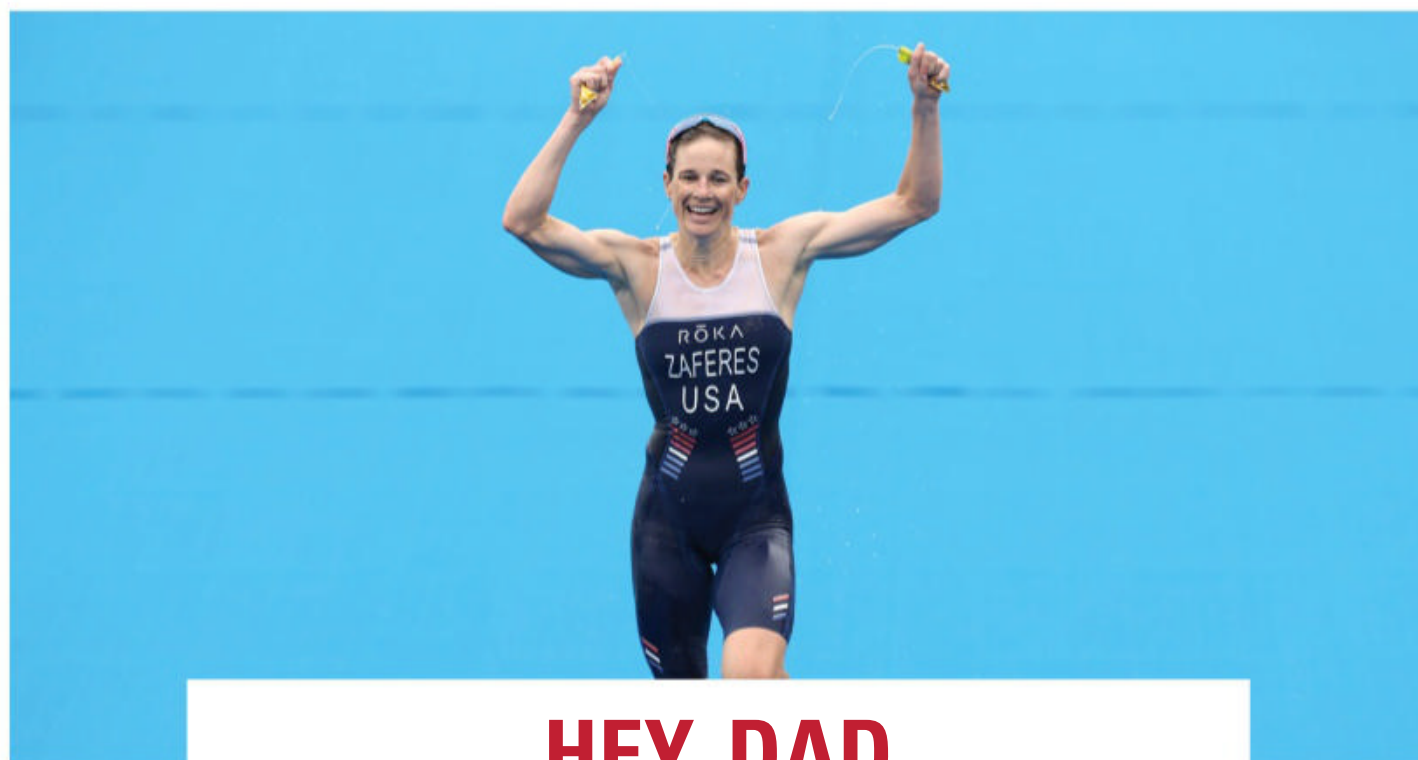


SEVEN MEDAL MOMENTS IN TOKYO

By Stephen Meyers

It was a glorious summer for U.S. triathletes and paratriathletes in Tokyo. Seven combined medals, the most of any country. Three golds for our paratriathletes. A silver in the Olympic debut of the Mixed

Relay. The first medal for a U.S. male triathlete in the Olympic or Paralympic Games. Games unlike any other, and never to be forgotten. These are the seven medal moments from Tokyo.



HEY, DAD

About midway through the bike on this cloudy, rainy July day, Katie Zaferes (Cary, N.C.) looked up toward Tokyo's famed Rainbow Bridge and saw a sign.

"I saw a rainbow during the race, and I thought 'Hey, dad,'" said Zaferes, whose father, Bill Hursey, had passed away only three months prior to the Tokyo 2020 Games.

With her late father there in spirit guiding her, Zaferes claimed the bronze medal with a time of 1 hour, 57 minutes, 3 seconds, joining Gwen Jorgensen (Rio 2016, gold) and Susan Williams (Athens 2004, bronze) as the only three U.S. women to earn an Olympic

medal in the individual triathlon event. The moment was a crowning achievement for Zaferes, 32, who crashed on this same course at Odaiba Marine Park at the Tokyo Test Event in 2019, missing her chance to auto-qualify for the Tokyo 2020 Games. The 2019 world champion wouldn't be named to the U.S. Olympic Triathlon Team until June, just six weeks before Tokyo — but she performed at her best in the biggest moment of her career, with her dad watching.

"He would have been crying. He would have been so proud and happy," Zaferes said. "I know I didn't win, but it feels like it."



EPIC DEBUT

Like Zaferes, Morgan Pearson (Boulder, Colo.) also raced in Tokyo just months following the loss of a loved one. With his later brother on his mind, Pearson, 28, anchored Team USA, and with a fantastic run, chased down France's Vincent Luis to secure the silver for the Red, White and Blue.

The epic showdown sprint was set up by Pearson's Mixed Relay teammates, Zaferes, Taylor Knibb (Washington, D.C.) and Kevin McDowell (Geneva, Ill.). Each triathlete executed a masterful super-sprint race, as Zaferes displayed her all-around brilliance, McDowell, 29, went toe to toe with Great Britain's Jonathan Brownlee and Knibb, 23, used her powerful cycling strength to drop France.

It was fast, it was furious, it was dramatic. The Mixed Relay in Tokyo showed just how fun this new and exciting triathlon format is.



GOLDEN AGAIN

Allysa Seely's second Paralympic gold medal was made all the more impressive by the series of health challenges she faced in 2020, which included multiple infections in her leg starting in January and an eventual diagnosis of endocarditis, an inflammation of the heart's inner lining, and a blood clot in her heart. Always a fighter, Seely (Glendale, Ariz.) was unable to train for the majority of the year and spent a few months in and out of hospitals.

But there was no way the 32-year-old wasn't racing.

Seely's resume now includes two Paralympic gold medals, three World Championship titles, 12 World Paratriathlon event gold medals and an ESPY for Best Female Athlete with a Disability after going undefeated in the 2018 season.



THE SPRINT

The video highlight of Kendall Gretsch's epic all-out sprint to catch Australia's Lauren Parker to win the women's PTWC gold medal will live in Paralympic lore for years to come. She was prepared for the moment, too.

"As soon as I saw her, I was like, 'Hey, you just have to do it. You have to give everything you can. 'On that final stretch I just put my head down, and that was all I could do,'" Gretsch (Downer's Grove, Ill.) said. "I knew it was going to be such a close race, so that finish is something I have been training for with my coach and my team this entire extra year."

You won't have to wait long to watch Gretsch, 29, in the Paralympics again — she's training to compete in her second Winter Paralympic Games in Nordic skiing in Beijing. She won gold in biathlon and 12k cross-country in Pyeongchang 2018.



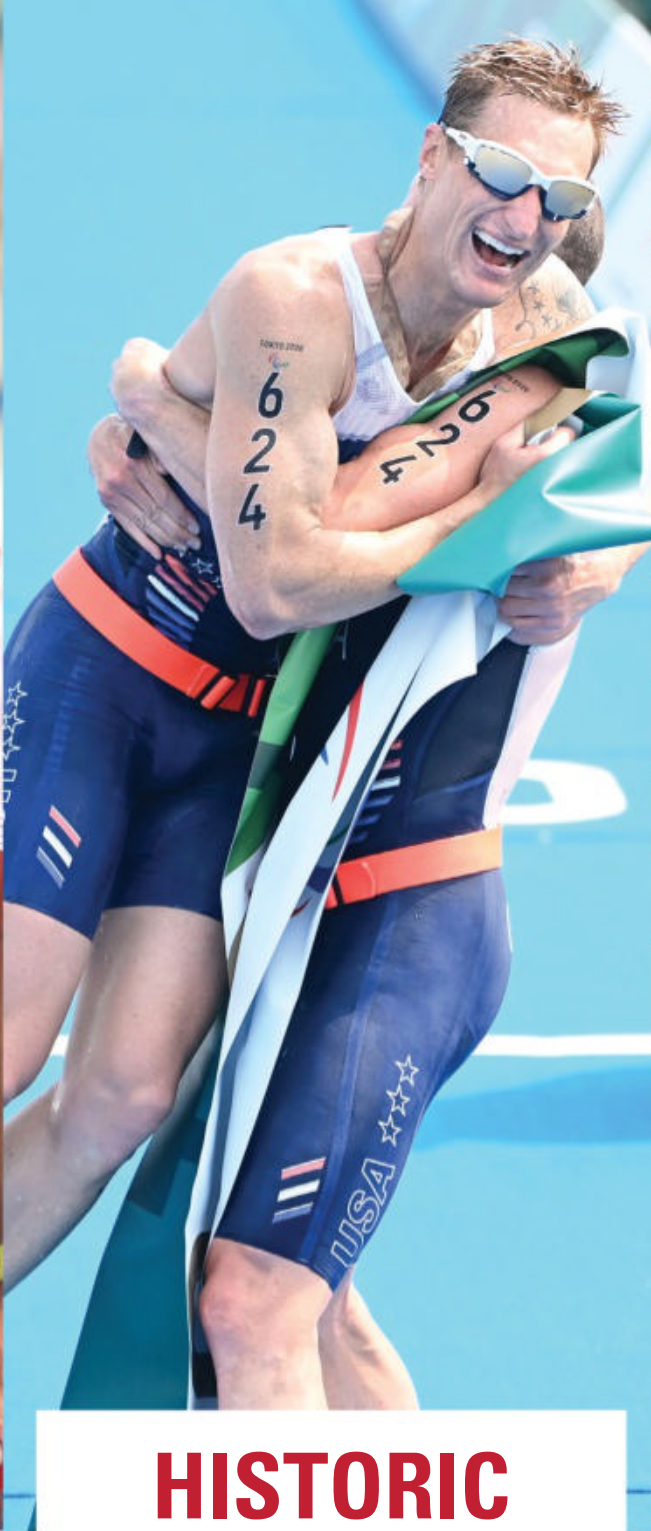
ELEVATING THE BAR

Hailey Danz's Tokyo 2020 goal was clear: to win gold.

While she fell just short of her goal, instead securing her second Paralympic silver medal in the women's PTS2 category, behind teammate Seely, Danz's impressive and different result showed the massive gains in performance she and the rest of the Toyota U.S. Paratriathlon Resident Team have made since Rio 2016. Exhibit A: Seely's and Danz's times in Tokyo in the sprint-distance triathlon were 10 minutes faster than in Rio.

"We have elevated the bar so much in the past five years," Danz (Colorado Springs, Colo.), 30, said. "That is pretty incredible for the sport."

Danz's two Paralympic silver medals are in addition to her 2013 World title, six total World Championships medals and 2019 Tokyo ITU Paratriathlon World Cup victory.



HISTORIC FIRST

Brad Snyder's transition from gold-medal winning Paralympics swimming star to paratriathlete began only three years ago in 2018, and he certainly peaked at the right time in Tokyo, winning gold with his guide, Greg Billington, a 2016 U.S. Olympian in Rio.

With the emphatic gold — the duo led wire to wire — Snyder (Baltimore, MD.) became the first U.S. man to win a Paralympic or Olympic medal in an individual event in triathlon. He also became the first male Paralympic gold medalist in the visually impaired category, which made its Paralympic debut in Tokyo.

"It's a big moment, obviously, because you spend so much time visualizing and hoping and preparing for it," Snyder, 37, a U.S. Navy veteran who lost his sight in an IED explosion while serving in Afghanistan, said of his paratriathlon win.



ADD TO THE COLLECTION

The future is bright for Grace Norman, who is still only 23 years old and yet her résumé already includes: three Paralympic medals (Tokyo 2020 silver, Rio 2016 gold, Rio 2016 bronze in track and field's 400-meter T44 event), a track and field bronze medal from the 2015 World Athletics Championships, five World Triathlon Paratriathlon Championship medals (2017 PTS5 gold, 2016 PT4 gold, 2015 PT4 silver, 2018 PTS5 bronze, 2019 PTS5 bronze) and 10 World Paratriathlon Event medals.

"I made a lot of sacrifices and a lot of changes in my life to get here, and I'm just so, so happy about it," Norman (Jamestown, Ohio) said.

This puppeteer triathlete has life on a string

**Team USA member's triathlon
prowess keeps her fit for unique job**

By Erin Udell





Walking into the spare-room-turned-studio in her Los Angeles home late last month, Brittaney Talbot opened the closet door to reveal a tiny world of puppets.

While the professional puppeteer's studio walls are strewn with inconspicuous shadow puppets — small black cutouts of things like a saber-toothed cat and a couple in a hot air balloon — the closet is where Talbot's more distinct puppets live.

There's the miniature Czech-style marionette of a robot she bought in Prague and the head of a serpent she fabricated for a school production. And you can't miss Coach Mo, a bushy-browed football coach puppet of Talbot's creation who appears to have barreled right out of a televised Muppets special.

Talbot, who races triathlons under her married name of Wyszynski, has been a puppeteer ever since joining the University of Connecticut's puppetry arts program around 2005.

Since then, she's worked with everything from a 7-inch shadow puppet to a 6-foot-tall, 140-pound full-suit troodon puppet — a dinosaur featured in one of Talbot's latest jobs with the nationally touring show "Jurassic World Live."

Talbot can act, fabricate puppets, manually control them, do animatronic work and more.

"Puppeteers kind of have their fingers — no pun intended — in everything," she explained.

Talbot may have a few more balls in the air than most, though. Between her puppetry jobs, the 33-year-old is often training at a level that makes her a top age-group triathlete.

And while puppetry and triathlon may seem like two totally separate aspects of Talbot's life, she'll be the first to tell you they're inextricably linked.

After graduating from Connecticut in 2009, Talbot moved to California where she pursued professional puppetry and found a community in triathlon, a sport she discovered near the end of her college career.

When a job as a full-suit puppeteer opened in the Natural History Museum of Los Angeles County's performing arts department, Talbot was a perfect fit since the role required endurance and strength

to maneuver the museum's human-sized prehistoric puppets.

"I was able to marry these aspects of myself — the fitness and athleticism — with being a puppeteer. It was such a great fit," Talbot said. "And it just cascaded from there."

Before long, Talbot was doing commercial full-suit puppetry for Spike TV and Sports Center. In 2018, she was brought on to help develop puppets for the "Jurassic World Live" tour, which has been on hiatus due to the pandemic.

When the show started rehearsals in Florida in 2019, Talbot lived out of a hotel room for three months, preparing for the show in the midst of triathlon training. That year, she competed at the Toyota USA Triathlon Age Group National Championships and the ITU World Championships.

When "Jurassic World Live" began touring, Talbot would find gyms, pools and trails in each city to ensure

"Triathlon fills me in that way so that when I go [work] I'm drawing on this sport that I love a lot."



she could continue training.

"It truly is like a sport in and of itself... balancing all of that," said Kori Kirschner, the tour's former head athletic trainer.

While maintaining her triathlon training during the tour was, in Kirschner's words, "a massive feat," Talbot saw the effort pay off.

"You fill yourself up before you can serve others. Triathlon fills me in that way so that when I go [work] I'm drawing on this sport that I love a lot," Talbot said. "I don't think I would be as strong of a full-suit puppeteer if I wasn't a triathlete."

Talbot estimates she's competed in almost 100 triathlons. She's qualified for Team USA every year since 2016 and most recently took third in her age group at this summer's Toyota USA Triathlon Age Group National Championships and 12th in her age group at the IRONMAN 70.3 World Championship in September.

This fall, she's coaching the club triathlon team at UCLA. In her sparse spare time, she teaches fitness classes at a local gym.

As performing arts productions remain in pandemic-related limbo across the country, Talbot said she's been lucky to have triathlon as an outlet. With one major part of her life on hold, she was able to throw herself into the other.

And whenever large-scale live puppetry is ready for its return, Talbot will be, too — happy to have the world back at her fingertips.

Left: Racing under her married name of Wyszynski, Brittaney Talbot won this summer's Legacy Triathlon in Long Beach, California. Above: Talbot has been a puppeteer for the "Jurassic World Live" tour since 2018.

Unique jobs of triathletes

Compiled by Jayme McGuire



JACALYN JOHNSON-ALVIZA

AGE GROUP: 40-44

LIVES IN: Pearland, Texas

JOB: Reconstructive plastic surgery physician assistant

In both the operating room and clinic, Johnson-Alviza works hand in hand with surgeons to reconstruct patients' surgical defects following cancer treatment. Ranging from breast to head and neck to pelvic and limb reconstruction, her work is extremely specialized. Johnson-Alviza's team specializes in free flap reconstruction, which consists of transferring tissue from one part of the body to another through technical surgical procedures using microscopes to suture blood vessels. The work "makes me truly appreciate my own healthy body and what it does for me on a daily basis and in sport," she said.



BILL DUSTING

AGE GROUP: 60-64

LIVES IN: Los Osos, California

JOB: Mail carrier (retired)

Dusting's backstory begins with gate-crashing a birthday party in Australia, where the birthday girl encouraged him to quit his banking job and move to San Diego where he could work as a mailman and enjoy being outside in the best climate in the world. He moved, swapped smoking with running and eventually added swimming and biking. USPS officials soon noticed Dusting was quick on his feet, so they continued to give him walking routes. He estimates walking 13 miles a day on the job at its peak and says the work is what led to a hip replacement. After retiring and moving away from the birthplace of triathlon, Dusting spends his time biking, kayaking and hiking. He still races and finished second in his age group at the 2021 USA Triathlon Aquathlon National Championships.



MARIA MARRONE

AGE GROUP: 65-69

LIVES IN: Pacific Palisades, California

JOB: Teacher of the deaf and hard of hearing

In her role, Marrone assists all grade levels from preschool to high school, visiting the students at school and setting up their amplification plus microphones for teachers. The setup feeds the sound right into the students' hearing aids or cochlear implants so that kids can hear the teacher over classroom noise. Students may have language deficits due to hearing loss, so she often helps with instruction, especially vocabulary, comprehension checks, repeat/rephrase written and/or verbal information. Marrone also gives sign language lessons to her non-verbal students. "When I get exhausted during a workout, I remember the determination and perseverance of my student working through their disabilities



The Toyota USA Triathlon Age Group National Championships returned to Milwaukee in August, with a record field of more than 6,000 athletes.

Summer of National Championships

Toyota USA Triathlon Age Group Olympic-Distance National Championships

1,500m swim, 40k bike, 10k run | Milwaukee, Wis.
Overall Female: Annamarie Strehlow (Milwaukee, Wis.), 2:07:58
Overall Male: Benjamin Stone (Indianapolis, Ind.), 1:50:41
Masters Female: Ginger Reiner (Lincoln, Mass.), 2:10:32
Masters Male: James Hallberg (Longmont, Colo.), 1:57:49
Grand Masters Female: Juliana Nievergelt (Mount Pleasant, S.C.), 2:21:27
Grand Masters Male: Tony Schiller (Eden Prairie, Minn.), 2:08:15
F17-19: Christina Traficanti (Phoenixville, Pa.), 2:27:45
M17-19: Andrew Murray (Pearland, Texas), 1:56:06
F20-24: Jenna Horner (Eden Prairie, Minn.), 2:11:10
M20-24: Matthew Marquardt (Cincinnati, Ohio), 1:52:47
F25-29: Minori Minagawa (Dublin, Ohio), 2:10:50
M25-29: Benjamin Stone (Indianapolis, Ind.), 1:50:41
F30-34: Annamarie Strehlow (Milwaukee, Wis.), 2:07:58
M30-34: Brian Reynolds (Richland, Mich.), 1:54:40
F35-39: Kristine Banks-Smith (Denver, Colo.), 2:10:52
M35-39: Brett Collins (La Grange, Ill.), 1:57:52
F40-44: Ginger Reiner (Lincoln, Mass.), 2:10:32
M40-44: James Hallberg (Longmont, Colo.), 1:57:49
F45-49: Jessica Holmes (Natick, Mass.), 2:11:50
M45-49: Christian Waterstraat (Naperville, Ill.), 2:04:04
F50-54: Deanna Newman (Mountain Brook, Ala.), 2:12:29
M50-54: Stephen Bosc (Waltham, Mass.), 2:04:25
F55-59: Susan Pierson (Green Bay, Wis.), 2:21:53
M55-59: Scott Trappe (Gaston, Ind.), 2:07:22
F60-64: Juliana Nievergelt (Mount Pleasant, S.C.), 2:21:27
M60-64: Tony Schiller (Eden Prairie, Minn.), 2:08:15
F65-69: Carol Gephart (Hamilton, Mich.), 2:30:48
M65-69: Gregory Taylor (Yankton, S.D.), 2:17:40
F70-74: Barbara Mathewson (Virginia Beach, Va.), 2:58:59
M70-74: John Towart (Solana Beach, Calif.), 2:33:27
F75-79: Nancy Mallon (Denver, Colo.), 3:54:48
M75-79: Robert Plant (Woodside, Calif.), 2:48:23
F80-84: Peggy McDowell-Cramer (Santa Monica, Calif.), 3:55:24
M80-84: Raymond Eastwood (Palos Verdes Estates, Calif.), 3:36:00
Time to Tri Open Female 15-39: Randy Anderson-Kenney (Waukesha, Wis.), 2:24:35
Time to Tri Open Male 15-39: Kyle Hosting (Greenville, S.C.), 2:13:06
Time to Tri Open Female 40-59: Megan Farley (Elmhurst, Ill.), 2:52:42
Time to Tri Open Male 40-59: Colin Boone (Sioux Falls, S.D.), 2:23:11
Time to Tri Open Female 60+: Linda Johns (Portland, Ore.), 3:21:40
Time to Tri Open Male 60+: Mark Pearson (Grand Rapids, Mich.), 3:29:46

Toyota USA Triathlon Age Group Sprint National Championships

750m swim, 20k bike, 5k run | Milwaukee, Wis.
Overall Female: Clara James-Heer (Grand Rapids, Mich.), 1:03:43
Overall Male: Sam Tullis (South Bend, Ind.), 56:29
Masters Female: Ginger Reiner (Lincoln, Mass.), 1:07:29
Masters Male: Andrew Holland (Erie, Pa.), 1:01:38
Grand Masters Female: Katie McCully (Eastham, Mass.), 1:13:37
Grand Masters Male: Tony Schiller (Eden Prairie, Minn.), 1:06:48
F17-19: Clara James-Heer (Grand Rapids, Mich.), 1:03:43

M17-19: Sam Tullis (South Bend, Ind.), 56:29
F20-24: Brooke Kelley (Keeseville, N.Y.), 1:05:58
M20-24: Matthew Guenter (Boulder, Colo.), 57:39
F25-29: Minori Minagawa (Dublin, Ohio), 1:08:23
M25-29: Ari Klau (West Hartford, Conn.), 56:30
F30-34: Michelle Stratton (Naperville, Ill.), 1:05:00
M30-34: Todd Buckingham (Big Rapids, Mich.), 56:58
F35-39: Jennifer Santoyo (Burien, Wash.), 1:08:02
M35-39: Ryan Giuliano (Oakwood Hills, Ill.), 59:21
F40-44: Ginger Reiner (Lincoln, Mass.), 1:07:29
M40-44: Andrew Holland (Erie, Pa.), 1:01:38
F45-49: Elizabeth Waterstraat (Naperville, Ill.), 1:11:11
M45-49: Christian Waterstraat (Naperville, Ill.), 1:02:30
F50-54: Becky Paige (Maynard, Mass.), 1:09:56
M50-54: Peter Valentyik (Boulder, Colo.), 1:02:18
F55-59: Katie McCully (Eastham, Mass.), 1:13:37
M55-59: Dougin Walker (Tampa, Fla.), 1:06:04
F60-64: Sharon Johnson (Andover, Mass.), 1:15:19
M60-64: Tony Schiller (Eden Prairie, Minn.), 1:06:48
F65-69: Susan Griffin-Kalikian (Colorado Springs, Colo.), 1:20:10
M65-69: Phillip Friedman (Erie, Pa.), 1:11:54
F70-74: Cande Olsen (Morristown, N.J.), 1:30:46
M70-74: Mike Wien (Boulder, Colo.), 1:19:46
F75-79: Bobbe Greenberg (Highland Park, Ill.), 1:38:46
M75-79: Simon Butterworth (Lafayette, Colo.), 1:26:58
F80-84: June Black (Austin, Texas), 2:08:10
M80-84: Arby Kitzman (Morro Bay, Calif.), 1:36:37
M85-89: Kenneth Fleischhacker (Littleton, Colo.), 1:44:44
Time to Tri Open Female 15-39: Samantha Brooker (Milwaukee, Wis.), 1:25:18
Time to Tri Open Male 15-39: Benjamin Babcock (New Berlin, Wis.), 1:11:22
Time to Tri Open Female 40-59: Michelle Richards (Madison, Wis.), 1:23:36
Time to Tri Open Male 40-59: Joseph Tally (Fairport, N.Y.), 1:20:30
Time to Tri Open Female 60+: Linda Johns (Portland, Ore.), 1:42:23
Time to Tri Open Male 60+: Chris O'Donnell (Wexford, Pa.), 1:20:54
PC Open Female: Kayla Kudick (Sturgeon Bay, Wis.), 1:30:35
PC Open Male: Ben Stuart (Grand Rapids, Mich.), 1:27:58

Toyota USA Paratriathlon National Championships

750m swim, 22k bike, 5k run | Long Beach, Calif.
Male PTVI: Brad Snyder (Baltimore, Md.) and guide Greg Billington (San Francisco, Calif.) 1:00:14
Female PTVI: Amy Dixon (Encinitas, Calif.) and guide Kirsten Sass (McKenzie, Tenn.) 1:21:28
Male PTWC: Zachary Stinson (Chambersburg, Pa.) 1:07:24
Female PTWC: Karen Sternfeld (Chicago, Ill.) 1:46:54
Male PTS2: Cahin Perez (Christiana, Tenn.) 1:25:21
Male PTS3: Chris Marston (Mechanicsville, Va) 1:18:10
Female PTS3: Juaisca Rodriguez (El Paso, Texas) 1:27:49
Male PTS4: Eric McElvenny (Pittsburgh, Pa) 1:05:06
Female PTS4: Kelly Elmlinger (San Antonio, Texas) 1:14:03
Female PTS5: Leah Kaplan (Spokane, Wash.) 1:36:52

USA Triathlon Aquathlon National Championships

1,000m swim, 5k run | Long Beach, Calif.
Female Overall: Caitlin Switaj (Tucson, Ariz.) 37:28
Male Overall: Trevor Halsted (Palo Alto, Calif.) 30:19
F15-19: Kennedy Rainwater (Brookfield, Wis.) 37:54
M15-19: Johnathan Dolan (Atascadero, Calif.) 32:09
F20-24: Victoria Woolfolk (Santa Ana, Calif.) 38:39

M20-24: Alex Derbyshire (Alhambra, Calif.) 34:01
F25-29: Alena Schuss (Huntington Beach, Calif.) 38:25
M25-29: Trevor Halsted (Palo Alto, Calif.) 30:19
F30-34: Caitlin Switaj (Tucson, Ariz.) 37:28
M30-34: Todd Buckingham (Wyoming, Mich.) 31:29
F35-39: Carly Johann (Culver City, Calif.) 37:40
M35-39: Carlo Bentley (Lafayette, La.) 42:30
F40-44: Katherine Phillips (Tucson, Ariz.) 39:10
M40-44: George Beecher (Huntington Beach, Calif.) 34:16
F45-49: Heather Butcher (Nokomis, Fla.) 38:31
M45-49: Jayson Fultz (San Diego, Calif.) 40:55
F50-54: Georgiana Hedien (Beverly Hills, Calif.) 42:41
M50-54: Marcel Rinzier (Wildomar, Calif.) 36:05
F55-59: Katie McCully (Eastham, Mass.) 40:46
M55-59: Michael Collins (Irvine, Calif.) 36:44
F60-64: Sharon Smith (Austin, Texas) 47:18
M60-64: George Serbia (Irvine, Calif.) 39:27
F65-69: Susan Griffin-Kalikian (Colorado Springs, Colo.) 46:42
M65-69: Bill Reese (Mandeville, La.) 40:18
F70-74: Colleen Burns (McIntosh, New Mexico) 46:40
M70-74: John Towart (Solana Beach, Calif.) 44:38
F75-79: Nancy Downs (Venice, Fla.) 55:08
M75-79: Robert Plant (Redwood City, Calif.) 50:55
M80-84: Arby Kitzman (Morro Bay, Calif.) 57:49
Athena 39 & Under: Ashley Miller (Urbandale, IA.) 59:17
Athena 40-54: Leslie Battle (Warwick, R.I.) 51:58
Clydesdale 40-59: Carlo Tannoury (Del Mar, Calif.) 1:07:47

USA Triathlon Long Course Triathlon National Championships

1.2-mile swim, 56-mile bike, 13.1-mile run | Stony Point, N.Y.
***Denotes back-to-back national champions**
Male Overall: Adoh Doherty (Taunton, Mass.), 4:13:38
Female Overall: Annamarie Strehlow (Milwaukee, Wis.), 4:55:20
M14-19: Tyler Pachuda (West Chester, Pa.), 5:38:23
M20-24: Kevin Cronin (Greenfield Center, N.Y.), 4:36:49
M25-29: Adoh Doherty (Taunton, Mass.), 4:13:38
F25-29: Christy Verhogg (Wyckoff, N.J.), 6:54:24
M30-34: Benjamin Jones (Yorktown Heights, N.Y.), 4:37:05
F30-34: Ashley Perry (Springwater, N.Y.), 7:10:13
M35-39: Ryan Giuliano (Cary, Ill.), 4:22:22
F35-39: Kari Benkert (Lees Summit, Mo.), 6:27:31
M40-44: Vincenzo Marchione (Middletown, Del.), 4:30:00*
M45-49: Brian Lovett (Allentown, Pa.), 4:47:53
F45-49: Caitlin Drap (Yorktown, N.Y.), 5:31:14
M50-54: Mitch West (Wilton, Conn.) 4:39:10
F50-54: Jaqueline Francisco (Westport, Mass.), 6:08:46
M55-59: Jaime Dispenza (Bend, Ore.), 5:19:57
F55-59: Amy Quinlan (North Andover, Mass.), 6:04:13
M60-64: Norman Kim (Westford, Mass.), 5:32:48
F60-64: Kathleen Crowley (Ossining, N.Y.), 6:46:01
M65-69: Frank Corsaro (Methuen, Mass.), 5:20:52
M70-74: Fred Skinner (New Durham, N.H.), 5:50:29
Clydesdale 40-59: Stephen Maas (Barre, Vt.), 5:22:17
F Elite: Annamarie Strehlow (Milwaukee, Wisc.), 4:55:20
M Elite: James Capparell (Wilton, Conn.), 4:16:10

USA Triathlon Long Course Duathlon National Championships

2-mile run, 56-mile bike, 13.1-mile run | Stony Point, N.Y.
***Denotes back-to-back national champions**
Male Overall: Jeff Wilson (Akron, Ohio), 4:00:48*
Female Overall: Jacqui Giuliano (Cary, Ill.), 4:41:31
M30-34: Joshua Binkley (Hixson, Tenn.), 5:06:02
F30-34: JJ Crosskey (Ossining, N.Y.), 6:16:02
M35-39: Jeff Wilson (Akron, Ohio), 4:00:48
F35-39: Jacqui Giuliano (Cary, Ill.), 4:41:31
M40-44: Karel Citroen (Glastonbury, Conn.), 4:25:55
F40-44: Jaime Torchiana (Downingtown, Pa.), 5:04: 36
M45-49: Toby Dogwiler (Springfield, Mo.), 4:28:26
F45-49: Tania Zuzzolo (Sea Cliff, N.Y.), 5:10:23
M50-54: Robert Brinkley (Chattanooga, Tenn.), 4:17:45
F50-54: Heather Melzer (Sewickley, Pa.), 5:00:46
M55-59: Daniel Brabander (Newtown, Mass.), 5:18:11
F55-59: Kristen Chapman (Edmond, Okla.), 5:17:22
M60-64: Paul Greenberg (Westport, Conn.), 4:51:27
M65-69: James Griffis (The Woodlands, Texas), 6:02:51*
M70-74: William Pine (Fitzwilliam, N.H.), 5:37:52
Athena 40-54: Leslie Battle (Warwick, R.I.), 6:53:21

USA Triathlon Long Course Aquabike National Championships

1.2-mile swim, 56-mile bike | Stony Point, N.Y.
***Denotes back-to-back national champions**
Male Overall: Kurt Holt (Santa Rosa, Calif.), 2:51:21
Female Overall: Amber Smolik (Oklahoma City, Okla.), 3:14:57
F25-29: Sarah Hess (Corning, N.Y.), 3:35:20 Hannah Stoevers (Encinitas, Calif.), 3:12:10
M30-34: Josh De Jong (Indianapolis, Ind.), 3:31:54
M35-39: Brett Bagley (Sparta, N.J.), 3:24:56
F35-39: Amber Smolik (Oklahoma City, Okla.), 3:14:57
M40-44: Brandon Conway (Enola, Pa.), 3:15:35
F40-44: Victoria Anderson (Washington, D.C.), 3:46:46
M45-49: Kurt Holt (Santa Rosa, Calif.), 2:51:21**
F45-49: Christina Dorrer (Crownsville, Md.), 3:22:12
M50-54: Marc Silberman (Gillette, N.J.), 3:21:07
F50-54: Gayle Galletta (Shrewberry, Mass.), 3:25:04
M55-59: Gary Cundiff, 3:06:52

F55-59: Christine Aurigemma (Carlsbad, Calif.), 3:40:51
M60-64: Eric Fonkalsrud (Rancho Santa Margarita, Calif.), 3:23:12
F60-64: Kathy Bohlman (Wilwaukee, Wis.), 3:42:04
M65-69: Howard Brynin (Peekskill, N.Y.), 3:39:59
F65-69: Polly Wright (Eastchester, N.Y.), 4:51:44
M70-74: Duane Fritchie (Lees Summit), 3:42:25
F70-74: Billie Pate (Upland, Calif.), 6:04:02
M75-79: Bert Allen (Pascoag, R.I.), 4:01:09
F75-79: Cherry Gallagher (Fernandina Beach, Fla.), 6:00:57
Athena 40-54: Vanda Pistol Edmondson (Cyril, Okla.), 4:45:39
Clydesdale 0-39: Josh De Jong (Indianapolis, Ind.), 3:31:54
Clydesdale 40-59: Chris Worden (Indianapolis, Ind.), 3:48:41

**USA Triathlon Olympic-Distance Aquabike
National Championships**

**1,500m swim, 40k bike | Stony Point, N.Y.
National Champions — Complete Results**
Male Overall: Matthew Guenter (Boulder, Colo.), 1:23:14
Female Overall: Amber Smolik (Oklahoma City, Okla.), 1:36:21
M14-19: Rowan Haffner (Scarsdale, N.Y.), 1:42:50
M20-24: Matthew Guenter (Boulder, Colo.), 1:23:14
M25-29: David Perales (APO), 1:53:57
F25-29: Elizabeth McLain (Cottonwood Heights, Utah), 1:53:42
M30-34: Todd Buckingham (Wyoming, Mich.), 1:26:01
F30-34: Rebecca Bell (Eaton Rapids, Mich.), 2:03:30
M35-39: Gavin Daly (Weehawken, N.J.), 2:09:35
F35-39: Amber Smolik, (Oklahoma City, Okla.), 1:36:21
M40-44: Cleyton Anderson de Souza (Sunny Isles Beach, Fla.), 1:40:18
F40-44: Megan Kelly (Greenwich, Conn.), 1:40:05
M45-49: Kurt Holt (Santa Rosa, Calif.), 1:26:16
F45-49: Brooke Oconner (Billerica, Mass.), 1:44:57
M50-54: Robert Rogan (Athens, Ga.), 1:36:38
F50-54: Marie Labriola (Westerly, R.I.), 1:45:48
M55-59: Blair Saunders (Newark, Del.), 1:27:57
F55-59: Katie McCully (Eastham, Mass.), 1:44:01
M60-64: Ron Marks (Marmora, N.J.), 1:40:59
F60-64: Denise Brown (Napoleon, Ohio), 1:52:05
M65-69: Michael McCombs (Tampa, Fla.), 1:39:46
F65-69: Shelly Bloom (Durham, Mass.), 2:15:50
M70-74: James McGinnis (Indianapolis, Ind.), 1:55:08
F70-74: Lauren Binder (Portland, Ore.), 2:18:49
M75-79: Larry Nelson (Hixon, Tenn.), 2:24:11
M80-84: David Robinette (Highlands Ranch, Colo.), 2:23:42
F80-84: Luise Easton (Westlake, Ohio), 4:03:27
Clydesdale 0-39: Josh De Jong (Indianapolis, Ind.), 1:36:36
Clydesdale 40-59: Chris Wordan (Indianapolis, Ind.), 1:45:49
Athena 0-39: Rebecca Bell (Eaton, Rapids, Mich.), 2:03:30
Athena 40-54: Vanda Pistol Edmondson (Cyril, Okla.), 2:08:21



All smiles
at AGNC in
Milwaukee.

**USA Triathlon Collegiate Club National
Championships**

**1,500m swim, 41k bike, 10k run | Malibu, Calif.
Collegiate Men**
1. Bear Schickel (University of California, Berkeley), 1:55:18
2. Garrett Mayeaux (Parker University), 1:55:25
3. Ryan Lund (University of California, Berkeley), 1:56:09
4. Jonathan McKinley (University of California, Berkeley), 1:56:32
5. Prashanth Ganesh (University of California, Berkeley), 1:56:42

Collegiate Women
1. Marissa Saenger (University of California, San Diego), 2:10:51
2. Kathryn Kennedy (University of California, Berkeley), 2:11:23
3. Grace Norman (Cedarville University), 2:14:03
4. Sarah Darcel (University of California, Berkeley) 2:14:08
5. Jenna Horner (George Washington University), 2:14:16

Overall Club Standings
1. University of California-Berkeley, 77
2. West Point Triathlon Club, 157
3. Liberty University, 241
4. University of California-San Diego, 262
5. Cal Poly, 327

Women's Club Standings
1. University of California-Berkeley, 45
2. West Point Triathlon Club, 81
3. University of California-Davis, 99

- 4.** University of California-San Diego, 133
- 5.** Arizona State University Triathlon Club, 145

- Men's Club Standings**
- 1.** University of California-Berkeley, 32
 - 2.** Liberty University, 59
 - 3.** West Point Triathlon Club, 76
 - 4.** University of California-San Diego, 129
 - 5.** Iowa State University, 135

- Women's Relay**
- 1.** University of California-Berkeley, 1:26:51
 - 2.** University of California-Davis, 1:28:19
 - 3.** West Point Triathlon Club, 1:28:41
 - 4.** Arizona State University Triathlon Club, 1:30:09
 - 5.** George Washington University, 1:33:03

- Men's Relay**
- 1.** University of California-Berkeley #1, 1:17:49
 - 2.** University of California-San Diego, 1:18:44
 - 3.** University of California-Berkeley #2, 1:20:04
 - 4.** Liberty University, 1:20:23
 - 5.** West Point University Triathlon Club, 1:20:38



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Junior and Youth Triathletes shine at Zone3 USA Triathlon Youth & Junior Nationals in West Chester, Ohio

Zone3 USA Triathlon Youth & Junior Nationals

Junior Elites: 750m swim, 20k bike, 5k run
Youth Elites: 375m swim, 10k bike, 2.5k run

Junior Elite Girls

- 1. Naomi Ruff (West Chicago, Ill.) 1:03:30
- 2. Freya McKinley (The Woodlands, Texas) 1:03:34
- 3. Faith Dasso (New Braunfels, Texas) 1:03:46

Junior Elite Boys

- 1. Drew Shellenberger (Tempe, Ariz.) 56:02
- 2. Nicholas Holmes (Glendale, Wis.) 57:17
- 3. Reese Vannerson (Sugar Land, Texas) 57:21

Youth Elite Girls

- 1. Jimena De La Pena (Manor, Texas) 33:38
- 2. Ruth Pardy (Sioux Falls, S.D.) 34:02
- 3. Mia Wentzy (Sioux Falls, S.D.) 34:07

Youth Elite Boys

- 1. Eli McWard (Prosper, Texas) 31:17
- 2. Blake Bullard (Roanoke, Texas) 31:36
- 3. Evan Mahrous (Sioux Falls, S.D.) 32:05

Youth Age Groups 13-18
300m swim, 10k bike, 2.5k run

Age 13

- Female winner: Abby Poe (Bridgeville, Pa.) 35:14
- Male winner: Alexander Pletcher (San Diego, Calif.) 33:00

Age 14

- Female winner: Averi Duncan (Lubbock, Texas) 36:39
- Male winner: Conor Fisher (Allentown, Pa.) 32:43

Age 15

- Female winner: Maddie Fisher (Midlothian, Va.) 34:43
- Male winner: Cameron Frazier (Dublin, Ohio) 33:21

Age 16

- Female winner: Zoe Poe (Bridgeville, Pa.) 34:22
- Male winner: Ben Brown (Morrisville, Pa.) 32:21

Age 17

- Female winner: Alexandria Meyers (Quincy, Ill.) 36:13
- Male winner: Luke Moore (Arlington, Texas) 32:41

Age 18

- Female winner: Paige Black (Findlay, Ohio) 39:28
- Male winner: Liam Dwyer (Loveland, Ohio) 34:21

Mixed Relay: 4x250m swim, 5k draft-legal bike, 1.2k run
Age-Group 7-10: 100m swim, 5k bike, 1k run
Age-Group 11-12: 200m swim, 10k bike, 2k run
Paratriathlon: 200m swim, 10k bike, 2k run

Mixed Relay

- 1. MMTT Sammy's Gold — Naomi Ruff (West Chicago, Ill.), Ben DeWeerd (Hoffman Estates, Ill.), Clara James-Heer (Grand Rapids, Mich.), Braxton Bokos (Oak Brook, Ill.), 1:10:44
- 2. Alpha1 — Faith Dasso (New Braunfels, Texas), Nicholas Holmes (Glendale, Wis.), Clare Ann Dasso (New Braunfels, Texas), Reese Vannerson (Sugar Land, Texas), 1:10:50
- 3. EF Project Podium Slap Compos — Alexandra Poole (Farmington, Conn.), Keller Norland (Tempe, Ariz.), Emily Knopfle (Ocoee, Fla.), Drew Shellenberger (Tempe, Ariz.) 1:11:19

Paratriathlon Open Division

Male winner: Brock Kitterman (Bethel Park, Pa.) and guide Hailey Poe (Bridgeville, Pa.) 33:58

Female winner: Magnolia Peters (Fort Wayne, Ind.) and guide Zachary Baker (Harmony, Pa.) 38:30

Age 7

- Male winner: Keegan Reilly (Sioux Falls, S.D.) 23:49
- Female winner: Helen Munkittrick (St. Petersburg, Fla.) 23:07

Age 8

- Male winner: Aaron Westrip (Bradenton, Fla.) 22:00
- Female winner: Reesemae Kruse (Wayne, Ill.) 21:32

Age 9

- Male winner: Noah McKillop (Elmhurst, Ill.) 20:07
- Female winner: Lila Knutson (Sioux Falls, S.D.) 20:19

Age 10

- Male winner: Austin Courson (Jacksonville, Fla.) 18:36
- Female winner: Evelyn Degeest (Tea, S.D.) 19:56

Age 11

- Male winner: Joseph McKillop (Elmhurst, Ill.) 32:22
- Female winner: Ellie Harlow (Glen Allen, Va.) 33:12

Age 12

- Male winner: Ethan Courrson (Jacksonville, Fla.) 30:09
- Female winner: Alex Palekar (Parkland, Fla.) 31:31

West Chester, Ohio, hosted Youth & Junior Nationals for the ninth year this August.



More than 1,000 youth athletes ages 7-19 raced at 2021 Zone3 USA Triathlon Youth & Junior Nationals.





ATHLETE SPOTLIGHT



Annabelle Whelan
Age 11, Pennsylvania



**This Could
Be You!**

Why I love triathlon: I love doing three different sports in one race

Post-race food: Protein bar

Favorite Olympic or Paralympic athlete:
Simone Biles

Advice for a new triathlete: Don't swim too fast in the beginning

Most memorable triathlon moment:
Winning third place at my first triathlon

Send your answers to these questions to communications@usatriathlon.org

Why I love triathlon:

Most memorable triathlon moment:

You can ask a pro triathlete one question. Who is the athlete you're asking and what is your question?

What three animals would make the best triathlon relay team?

Your favorite race:



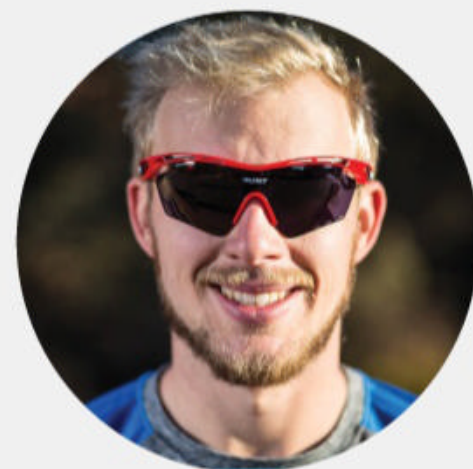
Breathing is something so simple, and yet so important for training and racing. And even though it is simple, it can be something that is difficult to master. Use these breathing techniques from Olympian and professional triathlete Ben Kanute:

The main thing I look for in breathing while training and racing is a rhythm. I want to be in control of my breath and even when I am going hard, there is a beat or rhythm to it.

I also practice controlling my breath outside of training while meditating, doing yoga, or strength training. Try breathing in for a 5 count, holding for 3, and then releasing for 7.

The main thing about your breath is to remember that you can always control it and the situation. If you find it getting out of control, slow down or stop, and take some deep breaths to get it under control.

Then you can get back to your rhythm and training/racing hard! And remember, have fun!



Gear Up For Fall 2021

The products featured below are from partners of USA Triathlon



Wahoo Fitness ELEMNT BOLT

\$279.99

wahoofitness.com/devices/bike-computers/elemnt-bolt-buy

Company Says ELEMNT BOLT is purposefully built to provide a simple, intuitive ride experience in a sleek, aerodynamic design. This fully-integrated GPS bike computer features a 2.2-inch, color screen with an ambient light sensor to make it easy to see the metrics that matter most, at a glance.

Tester Says I use this product daily for training and racing, along with the ELEMNT RIVAL watch. The ability to have preset display pages and to adjust from indoor to outdoor in the middle of a ride if needed is great. I also utilize the Wahoo app,

which allows riders to change displays in seconds. I absolutely love this computer because it offers unmatched versatility and simplicity.

The Gist With a battery life of 15 hours, 16GB of memory and equipped with Bluetooth Smart, ANT+ and WiFi, this computer with integrated mount will get you on the road to your most dialed-in multisport training yet. Wahoo Fitness describes the product as “powerfully simple,” which is a welcome sight for our tech-filled lives.

Tester Jamie Brown, 41, Bend, Oregon



Rudy Project USA Triathlon Edition Strym

\$169.99

rudypjectna.com/usat

Company Says Lightweight, modern styling and plenty of ventilation for your everyday adventures at a great price. Clean and compact, the Strym features an inner airframe and 16 vents strategically placed to enhance air circulation over your head, keeping you cool.

Tester Says Summer in Kentucky is hot and humid. Stifling. So when I say the Strym is lightweight and comfortable, what I am really saying is “even when it is 95 degrees and I am on a 50-mile training ride, I barely know I am wearing this helmet.”

I used to do lot of cycling races, including the Olympic Trials. I have owned a lot of helmets since 1987 and have tried to find one that fits comfortably on my smaller head. The Strym’s interior frame that connects to the tightener makes it super easy to adjust the sizing for a perfect and comfortable fit. It’s the first helmet that “fits just right.”

The Gist Weighing in at 9 ounces, this helmet is so light and comfortable that our reviewer forgot it was on her head until she was 20 seconds out of T2 during a recent Olympic-distance triathlon.

Tester Kirby Adams-Grantz, 61, Louisville, Kentucky



TrueForm Trainer

\$2,995

trueformrunner.com

Company Says The TrueForm Trainer is lighter weight and user-friendly. It’s a rugged, quality-built solution for your home gym. The Trainer comes with the same responsive belt technology as the TrueForm Runner. Because the Trainer curve is so shallow, users feel safe and in control of their speed, whether walking, jogging or running.

Tester Says The TrueForm Trainer teaches you to run more efficiently; in order to keep the belt moving, you need to have good form. It takes a little time to get used to a treadmill belt that doesn’t

move on its own, but then you realize the faster you go, the easier it becomes. With a new baby (born December 2020) and training to be a guide at the Paralympic Games, the treadmill was nice to have for run training when I’m unable to leave the house. Plus, if the power goes out, you can still use this treadmill.

The Gist The top feature of this treadmill is helping athletes feel like they’re actually running on the road. The push-off motion feels like real running as opposed to a standard treadmill and a moving belt.

Tester Jillian Elliott-Petersen, 38, Gig Harbor, Washington

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Following her silver medal performance in the Mixed Relay at the Olympic Games in Tokyo, Taylor Knibb pulled off an impressive string of performances, including placing second at IRONMAN 70.3 Boulder in her first race attempt at the distance, taking third at the IRONMAN 70.3 World Championships and earning Collins Cup MVP honors after she beat four-time IRONMAN World Champion Daniela Ryf in head-to-head competition. And she did it all while riding a road bike with clip-on aerobars.



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Transform lives through sport by opening pathways for all to swim, bike and run.

The USA Triathlon Foundation is the charitable arm of USA Triathlon and benefits multisport individuals, organizations and communities across the nation.



Getty Images

THE FOUNDATION FOCUSES ON THREE DISTINCT PILLARS:



ENCOURAGE
YOUTH
PARTICIPATION



INSPIRE
ADAPTIVE
ATHLETES



IGNITE
DREAMS OF OLYMPIC AND
PARALYMPIC HOPEFULS

ABOUT THE USA TRIATHLON FOUNDATION

Encourage. Inspire. Ignite. Those three words fuel our work at the USA Triathlon Foundation, the charitable arm of USA Triathlon, your National Governing Body. The Foundation sprouted from an oft-discussed dream to a formally approved 501(c)(3) organization in 2014. The objective? To generate philanthropic support and expand participation in — and access to — the sport of triathlon. The focus would be on supporting youth, para-athletes and Olympic hopefuls who needed a boost to get to the next level.

With a committed, talented and connected Board of Trustees from the start, our belief in the power of triathlon to transform lives has never wavered. Comprised of a mix

of business and non-profit professionals representing various segments of the sport, the Foundation has increased its presence in the multisport world year after year. We stepped up when the sport needed us most during the COVID-19 pandemic, and we continue to work tirelessly to position our organization to deliver charitably well into the future.

Since its inception, over \$4.6 million across all charitable giveback programs has been awarded by the USA Triathlon Foundation, supporting more than 600 individuals and organizations.

Highlights include:

TOKYO UNITED

No one stands on the podium alone. The generosity of donors before, during and after the Tokyo Olympic and Paralympic Games was an investment in both our athletes' passionate pursuits and our shared satisfaction in our country's athletic achievements. The U.S. led all countries with seven combined Olympic and Paralympic triathlon medals — three gold, three silver and one bronze — and won the Paralympic triathlon medal count with five total medals.

COVID-19 RELIEF FUND

In 2020 and 2021 the USA Triathlon Foundation provided over \$180,000 in grant Funding through 66 grants to support those in the multisport community — including Certified Race Directors and event production companies, Certified Coaches, Certified Clubs and NCAA Emerging Sport for Women programs — most affected by the COVID-19 pandemic. The second wave of COVID-19 relief fund grants was done in partnership with the Professional Triathletes Organisation.

FOUNDATION PILLAR GRANTS

With 150-plus applicants expected annually, this grant program's awardees embody the Foundation's mission of transforming lives by opening pathways to triathlon for all. Grants are awarded to clubs, teams, race organizations, athletes, coaches and race directors.

NCAA WOMEN'S TRIATHLON EMERGING SPORT GRANT

Since 2014, this grant has helped accelerate the development of collegiate women's triathlon programs. To date, over \$3.4 million has been budgeted in funding, helping USA Triathlon close in on the goal of 40 varsity programs by 2024, the benchmark needed to achieve official NCAA sport status.

Follow us on social media to get involved or learn more.
Visit usatriathlonfoundation.org for more detailed information.

 @USATFoundation  @usatfoundation  /USATFoundation  USA Triathlon Foundation



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Bradley Hart
Matthew Hart
Jason Henry
Matthew Hert
Jason Hoyt
John Hunnicutt
Neil Jacobson
Kimberly Johnston
Bess and Michael Jones
Anne Juster
Joseph Juster
Anne Juster
Max Kalcayan
Scott Kallgren
Miko Kepko
Taralyn Kohler
Tara Kravitz
Susan Kreplin-Michaels
Alan Larson
Jared Layton
Ramel Lindsay
Roger Little
Shawn Livingston
Dana Locken

Jennifer Long
Felipe Maier
Debra Makowski
Maryvonne Mauprivez-Mack
Frederick Mccann
Cristin Mcdermott
Dana Mcelhinney
Joel Mcfarland
Allen Mcnair
Chris Mcphee
Dan Mees
Bryan & Nicolle Merrill
David Hart
Ashley Miller
Richard Monahan
Christine Moore-Seidel
Ashley Morris
Will Murray
Wajiha Naushad
Kristen Neimeth
Sam Oliver
Jeremy Oury
Billie Pate
Cheryl Perry
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Lisa Potts
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Sheila Schreiber
Jeff Schreiber
Darrell Schuh

Keri Serota
Orlando Shaw (Vteam Victorious)
Suzanne M. Sherr
Chris And Jennie Simms
Faith And Peter Skelos
Kenneth Smith
Steve & Liz Spiro
Cynthia Stefanovic
Joseph Strandell
Sandra Straup
Jonathon Strom
Jennifer Taras
Lisa Thomas
Patti Thorp
Kelli Trudel
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John Zanzarella
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The Vice Wines
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Zone 3

Donations received from Jan. 1
through Sept. 30, 2021.



SUPPORTER CLUB LEVELS

USA TRIATHLON FOUNDATION

	RED \$100	WHITE \$250	BLUE \$500	BRONZE \$1000	SILVER \$2,500	GOLD \$5,000	PODIUM \$10,000	CHAMPION'S \$25,000	FOUNDERS' CIRCLE \$50,000+
Supporting USA Triathlon Foundation's three pillars	★	★	★	★	★	★	★	★	★
Tax deduction	★	★	★	★	★	★	★	★	★
Exclusive communications from USA Triathlon Foundation leadership	★	★	★	★	★	★	★	★	★
Name recognition on usatriathlonfoundation.org	★	★	★	★	★	★	★	★	★
USA Triathlon bag tag	★	★	★	★	★	★	★	★	★
USA Triathlon lapel pin		★	★	★	★	★	★	★	★
USA Triathlon Foundation challenge collector coins			★	★	★	★	★	★	★
Official USA Triathlon/USA Triathlon Foundation apparel				★	★	★	★	★	★
Exclusive USA Triathlon bronze medal				★					
Official USA Triathlon Foundation triathlon or cycling kit					★	★	★	★	★
Exclusive USA Triathlon silver medal					★				
VIP/hospitality access for two (2) at AGNC and Legacy Triathlon						★	★	★	★
Two (2) tickets to the USA Triathlon Foundation Gala						★	★	★	★
Exclusive USA Triathlon gold medal						★			
Complimentary race entry into USA Triathlon's Age Group National Championships							★	★	★
Exclusive 1-on-1 Zoom consultation with USA Triathlon High Performance Coach							★	★	★
Private behind-the-scenes tour of the OPTC, Colorado Springs*							★	★	★
Private behind-the-scenes tour of the USOPM in Colorado Springs*							★	★	★
Training day with the U.S. Paratriathlon Resident Team in Colorado Springs*							★	★	★
Training day with Elite Squad – Project Podium – in either Tempe, AZ or Park City, UT							★	★	★
USA Triathlon Lifetime Membership								★	★
Complimentary invitation & registration to USA Triathlon Foundation Fantasy Camp*								★	★
VIP experience for two (2) at the World Triathlon Championship Final**								★	★
Private dinner with US Olympian/Paralympian & USA Triathlon Leadership *								★	★
Invitation to race at the Age Group World Triathlon Championship Final**									★
VIP access & hospitality for two (2) at the IRONMAN World Championship**									★
VIP access & hospitality for two (2) at the Olympics/Paralympics in Paris***									★

Discuss w/ USAT

* travel not included

** travel and lodging not included

*** This is an annual commitment - Please discuss specific details with your USAT Foundation Development Officer

WAYS TO GET INVOLVED WITH THE FOUNDATION ★★★★★

AMBASSADOR TEAM POWERED BY NEWTON RUNNING

ON THE WEB: usatriathlonfoundation.org/programs/ambassador-team

ABOUT: The team is comprised of dedicated individuals committed to raising awareness and funds for the USA Triathlon Foundation. Our ambassadors are passionate about the sport and committed to giving back. Ambassadors participate in outreach activities that support one of the Foundation's three key focus areas: encourage every child to participate, inspire every paratriathlete to compete, and ignite young athletes' dreams of competing at the Olympic or Paralympic Games.

JOIN THE TEAM: Applications for the 2022 team will be accepted from mid-October through early November. Be sure to follow the USA Triathlon Foundation social media channels for the official announcement.

PERKS: Custom gear, fundraising toolkit, complimentary annual USA Triathlon membership, exclusive team training camp, a chance to grow the sport you love and an opportunity to shape your legacy in the sport.

LEGACY TRIATHLON OLYMPIC PRO-AM RELAY

Race the Legacy Triathlon on an Olympian's relay team!

ON THE WEB: usatriathlonfoundation.org/programs/legacy-olympian-pro-am-relay

ABOUT: The Toyota Legacy Triathlon returns to sunny Southern California in 2022 as anticipation builds for the 2028 Olympic and Paralympic Games in Los Angeles. Once again, the Foundation will offer age-groupers the opportunity to race on a relay team with an Olympian as part of the Legacy Triathlon Olympic Pro-Am Relay. This once-in-a-lifetime opportunity has featured 2004 Olympian Andy Potts, 2004 Olympic bronze medalist Susan Williams, 2000 silver medalist and 2016 Paralympic gold medalist Michellie Jones of Australia, Olympic icon and five-time medalist John Naber and more. Spots are limited for this unique event.

WHEN: July 16, 2022



THE USA TRIATHLON FOUNDATION GALA AND HALL OF FAME INDUCTION

ABOUT: Join USA Triathlon and the USA Triathlon Foundation for a "Celebration of Sport" – an Evening to Encourage, Inspire and Ignite Benefiting the USA Triathlon Foundation. This evening will be a celebration of the sport of triathlon, sharing the highlights of the season, featuring inspirational stories and culminating with the USA Triathlon Hall of Fame inductions. Mix and mingle with the triathlon community, icons of the sport and special guests.

TENTATIVE DATE: Aug. 4, 2022 in Milwaukee, Wisconsin

TOYOTA USA TRIATHLON AGE GROUP NATIONAL CHAMPIONSHIPS VIP EXPERIENCE

ON THE WEB: usatriathlonfoundation.org/programs/age-group-national-championship

ABOUT: The Toyota USA Triathlon Age Group National Championships is the race you train for all year and your chance to qualify for Team USA. This premier event is also the chance for you to make a difference in the sport. Enjoy the opportunity, hospitality and dedicated viewing areas offered to VIP guests throughout race day, plus food and beverages, \$150 in gifts and special VIP access. Get a front-row seat at the finish line in Milwaukee with the USA Triathlon Foundation!

WHEN: Aug. 6-7, 2022



FANTASY CAMP



"I LOVED EVERYTHING ABOUT FANTASY CAMP! THE TEAM CAMARADERIE WAS INCREDIBLE. THE LOCATION WAS SPECTACULAR. THE COACHING WAS AMAZING. I AM FOREVER GRATEFUL FOR THIS ONCE-IN-A-LIFETIME EXPERIENCE!"

Ignite Your Greatness and Train like an Olympian

ON THE WEB:

usatriathlonfoundation.org/programs/fantasy-camp

ABOUT: It's the opportunity of a lifetime: live and train like an Olympian at one of our exclusive camps while training alongside Olympians and Paralympians at the direction of the top sport performance professionals in the business. Slots are limited (and fill quickly) for these popular camps, where you'll do drills with top run coaches, complete a swim stroke analysis using the latest tech and ride epic routes in our scenic camp locations.* In addition, you'll head home with some new gear and multisport friends, primed for your best season ever.

CAMP HIGHLIGHTS

- ★ High performance coaching and training
- ★ Epic climbs and rides
- ★ Train alongside some of the best athletes in the country
- ★ Classroom sessions with endurance industry leaders
- ★ Access to high tech equipment and facilities like the High Altitude Training Chamber at the USOPC where elevations up to 21,000 feet can be simulated.

LOCATIONS: While the 2022 schedule hasn't been announced yet (stay tuned!), past camps have been hosted by the U.S. Olympic and Paralympic Training Center in Colorado Springs, Colorado; the Utah Olympic Park in Park City, Utah; and in Tempe, Arizona. The Foundation is planning three camps for 2022, one in May, June and July.

WHAT PARTICIPANTS SAY: "Our weekend was headlined by a star-studded coaching staff that included six-time Olympic running coach Bobby McGee, Olympian and USA Triathlon Hall-of-Famer Barb Lindquist, Olympian Joe Maloy, and elite triathlete Erin Storie. One would think since this was a training camp, we would be busting out tons of hours and miles. Not the case! Each session was focused on learning and practicing drills for proper technique and form," — USA Triathlon Level I Certified Coach Khem Suthiwan on the 2019 camp in Colorado Springs

CONTACT: For more information, email info@usatriathlonfoundation.org.

**camp itineraries vary*

USA TRIATHLON BOARD OF TRUSTEES SPOTLIGHT: STEPHEN BAN

By Thomas Lenneberg

Stephen Ban is guiding an adaptive athlete in the Chicago Triathlon. They're on the final leg, the athlete pushing seven-minute miles in the wheelchair, while Ban is on his bike helping make sure the other runners are aware there's an athlete in a wheelchair coming through. But he quickly finds out this isn't a job solely reserved for him. All the other runners are helping clear the way, too.

Reverence for all athletes regardless of circumstance is one of the cornerstones of the multisport community. And it's one of the reasons that has kept Ban hooked on the sport for decades across more than 125 races.

"When an athlete finishes a race, they become a part of the community," Ban says. "No matter where they came from or where they are going, every one of us welcomes and cheers them. That moment never gets old."

That finish-line feeling, whether it's the first time or the 50th, epitomizes the USA

Triathlon Foundation's mission. It's about helping those who never thought they could start a triathlon, let alone finish one, experience that same thrill, Ban says. It's about growing the community.

"Empowering and enabling people to discover, participate and develop in the sport who otherwise may not have the opportunity – that provides a reward that's not only fulfilling but also personal," Ban says. "The Foundation gives all of us the chance to bring people into the lifestyle that defines us all as multisport athletes."

Ban is the president of the USA Triathlon Foundation Board of Trustees, a position he has held since the beginning of this year. He provides strategic direction and financial oversight, but the role he really cherishes is his involvement with the Grants Committee. The committee solicits and evaluates grant proposals and provides funding to organizations who align with the Foundation's pillars around youth participation, adaptive athletes, and

Olympic and Paralympic hopefuls.

"The Foundation is raising money to invest it back into the community," Ban says. "These grants are going to individuals and organizations and helping grow and strengthen the sport, but more importantly they are helping individuals transform their lives."

Ban and the adaptive athlete cross the finish line together, the accomplishment every bit as exciting and rewarding as the two IRONMAN races and two World Championships Ban has competed in. Maybe more so when he continues to think about it in the ensuing days.

He has flexibility of choosing where to devote his time and energy, and for him that choice often comes back to multisport. It's transformed every aspect of his life. It's given him good health, joy and community. It's brought him a multisport family.

Who wouldn't want to bring that to as many people as they can?

USA TRIATHLON FOUNDATION BOARD OF TRUSTEES



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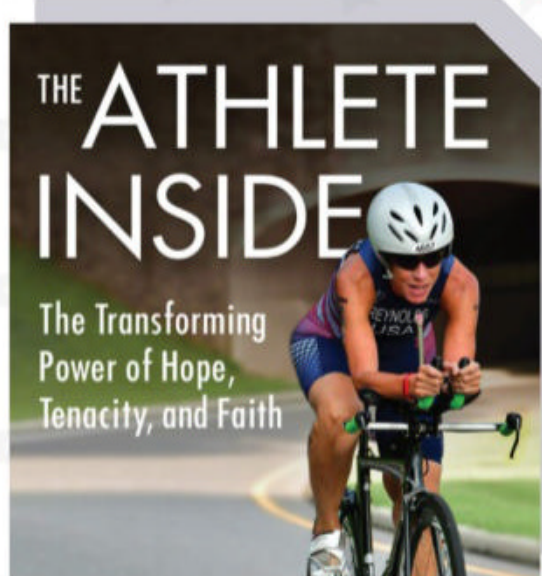
Member of the Board of Trustees and Grant Committee, Army veteran, three-time Paralympian, 2016 Paralympic Games bronze medalist

USA TRIATHLON FOUNDATION PARTNERS



THE TRI BLEND BY THE VICE WINE

Wine maker and Team USA athlete Malek Amrani created a triathlon-inspired luxury limited edition batch, “The Tri Blend,” with the proceeds of all sales benefiting the USA Triathlon Foundation. The partnership combines Amrani’s passion for wine and multisport, packaged into a unique red blend featuring three distinctive grapes and inspired by triathlon’s three disciplines — swim, bike and run. Amrani, a master sommelier and USA Triathlon Foundation ambassador, has represented the U.S. in age group competition at both the Duathlon and Triathlon World Championships. The Vice Wine has been featured by several prominent media outlets, including Vogue, Vanity Fair, Food & Beverage, Real Simple, Wine Enthusiast, Forbes and the Today Show. “The Tri Blend” is available exclusively at The Vice Wine’s online shop at thevicewine.com/shop.



THE ATHLETE INSIDE

Sue Reynolds began her fitness journey as a grandmother in her late 50s, losing 200 pounds, earning a spot at the World Triathlon Age Group World Championships and proving that it’s never too late to transform your life. In 2020, Reynolds, the USA Triathlon Foundation and Fortress Press announced the publication of her book “The Athlete Inside: The Transforming Power of Hope, Tenacity and Faith.” Proceeds from the book’s sales benefit the Foundation and help support its mission to transform lives through sport by providing opportunities to swim, bike and run.

To read more, visit

amazon.com/Athlete-Inside-Transforming-Power-Tenacity/dp/1506458807



NEWTON RUNNING

Newton Running is the title partner of the USA Triathlon Foundation Ambassador Team. The Foundation and Newton Running have partnered together to create an impactful program of giving back through the sport and helping to transform lives. Giving back is one of the cornerstones of both Newton Running and the USA Triathlon Foundation.

To get involved, visit usatriathlonfoundation.org/programs/ambassador-team and to learn more about Newton Running, go to newtonrunning.com.

★ ENCOURAGE ★ INSPIRE ★ IGNITE ★

USA TRIATHLON
FOUNDATION



NO ONE STANDS ON THE PODIUM ALONE

MAKE A TAX-DEDUCTIBLE GIFT TODAY

Your annual investment supports the USA Triathlon Foundation's three pillars: Encourage youth participation. Inspire adaptive athletes. Ignite Olympic & Paralympic dreams.

Consider a gift of just \$9/month.
Benefits begin at \$100.

usatriathlonfoundation.org/donate

Your generosity made it possible for Grace Norman and U.S. athletes to lead all countries with seven combined Olympic and Paralympic triathlon medals in Tokyo.

Photo Credit: World Triathlon/Daily Carr