

Tri Training Group 2010

"I initially heard my trainer sharing her triathlon stories and always telling me I could do it, but really at the time I didn't have the confidence in myself to go for it. The ARFC triathlon class did more than prepare me for the physical and mental training I need to complete my first sprint triathlon. It created new and lasting friendships/workout buddies. After completing the sprint triathlons (two!), as cheesy as this will sound, I really feel like I can accomplish whatever I put my mind (and body) to. When my personal trainer was standing and cheering me on near the finish line of the first tri it was a moment that I will never forget and meant so much to me!" Jennifer Funk

"Because of the tri training group, I completed two triathlons with a smile on my face and no injuries. I dropped some pounds and firmed up many neglected muscles. But what I really enjoyed about the tri group, and what I had not anticipated, was the fun to be had in training and competing in a group. I made many new friends and it was wonderful to share our achievements at the end of our first triathlon. ...it was a success for me because it provided me with the skills I needed to complete each sport and gave me a schedule of workouts that allowed my body to gradually build up the endurance required to complete a triathlon. I also noticed that my focus changed from how my body looked, to being proud of what my body could do for me." Ruth O'Neel

"The training program provided specific workouts and accountability. I have wanted to compete in a tri for a long time. I'm glad I took the plunge, joined a group, and completed the training!" Becca Jensen

"For the tri training program I was starting two types of exercise that I hadn't had much experience with in the past, so I was looking forward to some professional help with those. Not to mention having the support of a wonderful group of people all working towards a similar goal! I'd thought about doing this for a few years but always had doubt that I could complete one due to the fact that I wasn't a runner, swimmer, or biker!it was a huge success! I even made it under my goal time...!" Becky Wilson



