

magazine

Endurance

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THE LIFE YOU LEAD

**YOU
WERE
BORN A
WINNER**
Prove it
**AT A RAMBLIN'
ROSE THIS YEAR!**

2011 Ramblin' Rose Event Guide
Find a Race, Get a Plan & Sign Up!

COVER STORY:

**FAITH, LOVE
& ENDURANCE**

(24 Years of It!)

Running's CORE Issue:
Reduce Injury with
Better Form



Faith, LOVE & ENDURANCE

BY LAGENA LOOKABILL GREENE
PHOTOS BY JESSI BLARELY OF
TAMARA LACKEY PHOTOGRAPHY



I grew up in a close-knit family in Charlotte, North Carolina. I was a cheerleader, competed in gymnastics, and attended UNC-Chapel Hill on an academic scholarship. I was on a successful career path when I was devastated to learn that I had been infected with HIV at age 25.



JACQUELINE NICHOLLS

30 / ATLANTA / Teacher

Never in my life did I think or would have ever said I will be a triathlete and now I can and boy does it feel good! Crossing that finish line is a memory I will never forget and can tell my children one day.

The feeling that comes over you when you cross that finish line is something that I will never forget. It is a rush of emotions that I cannot even explain but one of the greatest feelings of my life.

Hands down my husband is my number one fan. He is at every race cheering me on, rain or shine, hot or cold. During my swim he was at the end of each lane motivating me and during the run he would run along side of me and tell me how good I was doing. I don't think he knows how much I appreciate it, but he brings there to me makes it so much easier and much more worthwhile. I dedicate my race to him and all of the support he gives me.



LISA FRENCH

30 / ATLANTA / Founder and Executive Director of a nonprofit for young girls

I was motivated by the fact that I've never been athletically inclined to do anything that caused me to sweat but have I ever participated in any organized sport. So I figured what the heck, I'm an "why don't I challenge myself and do something different?"

I can tell you that completing my first marathon was the most exhilarating experience I've ever had. They say once you do it, you're hooked. Well, they were right—I'm hooked!

I loved the way I felt and looked after the race, which caused me to want to keep up. Completing the race made me believe I could do anything when I set my physical fitness. Because I had never pushed my body to these limits ever before, I continue to push myself physically today.

KIMBERLY HALL

30 / ATLANTA / Director of construction

On June 5, 2009, I received news that my husband, a Navy pilot, had been involved in a fatal plane crash. I still remember it like it was yesterday. On that day, my life was forever changed. Most my best friend, my health, and the man I thought I would grow old with. Sure that day has longer passed the individual, because it's all about me. I love life for today and I appreciate the love I share with my family and friends.

because that's what's most important. Tomorrow is not promised, and I can't ever be needed of that.

As the race lines women of different ages, athletic capabilities and experiences who never give up. To race with women who are fun and fun is definitely an inspiration. I want to be like them when I'm older—active, healthy and full of determination!

Tip: Know that you are a triathlete is something you will be proud of. You can do this—you were born a warrior!

LISA BACOTE

30 / ATLANTA / Marketing Consultant, Full-time Mom

It's surprising to be among women of all different backgrounds, ages, abilities and experiences pushing through obstacles of time, strength and capability and across to have a common goal—completing a marathon. Now, what a feeling though I think I am grateful. I am accomplished. I am strong. I am a triathlete!

I have the world's BEST husband. Without his love and support, none of this would ever be possible. He encourages me to train, supports my efforts, includes our children in my races—all with love and a smile. I couldn't ask for a greater life partner.

I chose to do the triathlon Race event because my husband and I decided to join in our own new passions and I wanted to be there as they experienced the same "high" of experience.



TRISH WASHABAUGH

Age 34 / Littleton, CO / Registered Sales Associate

I signed up for the Rambler Rose because I saw all of these determined and happy women smiling in pictures and heard them talking about it and it made me want to be a part of that joy!

I absolutely love all the new friends I made and the training programs I was involved in. Together, we were so motivated!

Partaking in the Rambler Rose gave me the confidence to go and run a half marathon! I am not afraid of it also love biking. It's my strongest area—I love it. I just started riding last June and am addicted!

SANDY STEWART

Age 33 / Arden, NC / Business Planning Manager

It's natural to have a few butterflies before the event, but you soon realize that there is no reason to be nervous. The participants encourage each other and truly want others to enjoy the experience. Because the event is female only, it is easy to convince someone that it is the perfect first triathlon!

The most difficult challenge was preparing for the event and making time to train while working full-time. My husband was very understanding, as there were many weekdays that I left home at 7 a.m. and returned at 6 p.m.

Riding my bike and then running is my favorite workout. I try to even out a week in the off-season. I am also learning more about the benefits of yoga and stretching.



SHANNON ROLLAND

Age 37 / DENVER, CO / Owner/
Operator of a Donuts &
Restaurant

Living through this experience has inspired me to personally resolve worries of all shapes, sizes, and ages to sign up. I will always remember how much support and encouragement my friends and family gave me and my goal is to pay it forward to someone else. By the way, my biggest fear was...

knowledge. Was I doing things the right way? Being a business owner, it's not always easy to admit when you don't know how to do something, but training with the Triton Triathlon team knocked those fears out the door and I never felt alone and never looked back!

The amazing group of women I gained as friends are part of a feeling of pride, accomplishment, overcoming fears and having fun, which will stay with me for a lifetime.

TRACI WILT

Age 37 / DENVER, CO / Clinical
Specialist

My most memorable moment was seeing all these women of different life experiences, shapes and sizes all doing what TRITON taught they couldn't accomplish. The look of pride, accomplishment, on their faces and the joy of their families makes me want to share this experience with everyone I know.

I could never have been able to get those long workouts in on Saturday morning if it weren't for the support of my husband. I can't say my workout partner, Sharon, carries a close second. There's a nice, quiet workout! She is the one who kept me accountable!

When I come to a place in my life where I think I can't... I reflect on how far I have come. Then I know not only that I can, but that I will, too!

Rambler Rose

PHOTOS BY JESSI BLANDY OF TANAKA LUCKEY PHOTOGRAPHY



HANNAH GOODWIN-BROWN

43 / CARBORNE, NC / Teacher
(Elementary Special Education)

Having a clean head has been on my short list of achievements that I think of when something seems daunting. If I've done a headMax, I can take on a Monday.

The monthly race is an incredibly positive experience, from start to finish!

Crossing the finish line surrounded by great crowds was a great moment.

FROM LEFT TO RIGHT: Rachel
Went, Hannah Brown,
Patricia and not named.



DEBORAH ERICKSON

43 / OURNHALL, NC / Program Manager

Seven months ago I was in a car crash and faced a difficult recovery. The recovery was slow and I had doubts that even moderate exercise would ever be achievable for me again. The headMax event considered doing a triathlon. That first day came... I was at my physical's office and she told me she had just signed up for the Karateki Race with her daughter. This event was created to empower and celebrate a woman's strength, not only physically but mentally and socially as well. I was overcome! Could this be the turning point for me? Would it help me gaining confidence back? As it turned out, this event was exactly what I needed.

My most memorable moment was seeing my husband and children cheering me on at the finish line. One of the girls mentioned how great it was being old enough to play with my children.

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WHITNEY WIGGINS

33 / WASHINGTON, DC / Coach

The best thing about the Rambler Race was the atmosphere around the whole event from the time I signed up to the time I crossed the finish line. It was a positive, encouraging, friendly experience that set much support through the process—the snacks with my mom's contribution, the clinics offered, the friendliness of the staff and local stores sponsoring the race, but most of all the smiling faces and encouraging words from fellow participants.

One of my most memorable moments was the excitement of my parents cheering me and supporting me during the race. When I found out my parents were coming all the way from Maryland, it was so special to me. Family is very important to me and to have my parents there was a highlight of my day!

The Rambler Race motivated me to get back in to a regular fitness routine. It also gave me the opportunity to learn new ways and bike workouts that I can incorporate or focus just walking or running.



HEATHER BIEZER

37 / APER, NC / Full-time Mom and Part-time Beachside Teacher

I've always been a runner, but wanted a change and a new challenge, so I decided to do the Rambler Race for my first triathlon. I chose the triathlon race because I liked the idea of it being all women and was mostly a triathlete for beginners, so I knew we'd all be in the same boat.

My most memorable moment was when I fell during the run this year. I knew I had to get back up and just finish the race, which I did. I wanted to show my kids that no matter what happens, you always need to finish what you started. And work hard to get there! The prizes are also so exciting—cheer on EVERYBODY and the whole atmosphere is so positive!

My husband is very supportive. We both value health and fitness, so he is very understanding in helping me get my workouts in throughout each week.

LIBBY VALYO

33 / CAROLINA / Stay at home Mom of 3 Boys ages 2, 4, and 8

The great triathlon can be intimidating but, this truly is an event that, if you can walk and ride a bike, you can complete. Everyone is so supportive. Women cheer and encourage each other throughout the entire event. The Rambler Race is the perfect beginner triathlon.

My friend Heather motivated me to do a triathlon and gave me the advice and encouragement I needed for training and preparation. Plus, I thought it would be a good way to help me get back in shape after having my baby!

I was surprised at how much I really enjoyed doing a triathlon, even more so than just trail races. The Rambler Race gave me confidence that I can do this and has challenged me to work harder to improve my fitness over time.

Rambler's Rose