

WANT A NEW CHALLENGE? TRY A TRI!

You don't have to be an IronMan or IronWoman to enjoy the excitement of the sport of triathloning. I recently completed Try Andy's Tri, a short "sprint distance" triathlon right here in our backyard in Sugar Land!

With some training and preparation the distances are manageable for almost anyone. First, we swim 300 meters. Then we put on our shoes and ride the bike for 10 miles. Following that we run (or walk) 3 miles. What a great way to train your entire body and burn some serious calories!!

The event is put on by Finish Line Sports' Andy Stewart, who encourages beginners as well as seasoned triathletes to take the challenge. Look for this triathlon to be held each October (or so), at the First Colony Aquatic Center on Austin Parkway.

In the meantime, you have almost a year to train. I started in this business to help people like you set and achieve health and fitness goals just like this!

Check out the photos -- doesn't it look like fun?!?! Call or email to discuss your personal fitness training program!

