

Why We Tri

- ❖ Because I thought I never could
- ❖ To say I'm an Iron Girl
- ❖ Because I was diagnosed with Fibromyalgia 10 yrs. Ago...they said I couldn't do this
- ❖ Because I could barely run a mile in high school
- ❖ To show my kids they can do anything they set their minds to!
- ❖ Why not?
- ❖ Because I can!
- ❖ Because life is too short not to
- ❖ I tri now because I'm over 40 and fatter! I love it-kind of
- ❖ Kahlan, Adam, Kellee, for the loves of my life
- ❖ Blame Herb!
- ❖ UAL girls!
- ❖ To eat carbs!
- ❖ I can do it!!!
- ❖ Because it makes me feel alive
- ❖ To thank God for my life and limbs
- ❖ Because Robin made me do it!
- ❖ I tri because I just turned 40!
- ❖ It's my midlife crisis!
- ❖ Because my husband signed me up!
- ❖ Cheaper than Prozac...
- ❖ Because you "must do what you think you cannot do"
- ❖ Because I'm alive!
- ❖ Celebrating 10 years as a cancer survivor!
- ❖ Because Iron Girls Rock!
- ❖ I was conned into it!
- ❖ I can finally not freak in the open water! Bike piece of cake on a hybrid. Run- no problem because Megan is doing it!
- ❖ Because my mom hurt her ankle
- ❖ My best friend just got diagnosed with breast cancer for the 3rd time at 46! I'm so grateful for my health! I can do this!
- ❖ Blame Robin!
- ❖ I work out if I pay money!
- ❖ It's better than housework!
- ❖ Melinda made me!
- ❖ I tri because I believe I can and 2 IM's later...I can!
- ❖ Fitness, Friendship, & Fun!
- ❖ Training with my friends Is my therapy!
- ❖ I train because I love the motivation of a goal! 40 years!
- ❖ Because you Rock!
- ❖ I want to be like Sadj when I grow up!
- ❖ It's my birthday (50) and I can do whatever I want to do!
- ❖ To face my fear of H2O...I think I'm over it!

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- ❖ 3 words...High School Reunion
- ❖ Because I stay at home and my kids are great resistance
- ❖ For my daughters Macy and Ella
- ❖ To train with friends, stay in shape, and feel good!
- ❖ I love sports and my Dad is an Ironman!
- ❖ For my father who is disabled and can't run any longer...I am his legs!
- ❖ For all of those who can't
- ❖ Life is measured not by the breaths we take, but the moments that take our breath away! Doing Iron Girl takes my breath away!
- ❖ To be inspired...to stay afloat!
- ❖ To see what I'm capable of!
- ❖ Because I can't swim...me too, but my Dad would be proud of me for trying!
- ❖ Serious peer pressure!
- ❖ Because I'm crazy!
- ❖ Because I'm turning 40, I can't swim, and because she made me!
- ❖ Because she can't swim and I had to save her!
- ❖ Because everyone needs a goal!
- ❖ You're my hero!
- ❖ Thank you Jesus!
- ❖ It's fun!
- ❖ For my 11 month old daughter!
- ❖ To prove it to myself!
- ❖ Go Mommy!
- ❖ Go for it! Mom's stick together!
- ❖ To stay fit forever!
- ❖ To have a goal to accomplish and keep up with my sons!
- ❖ My kids believe in me!
- ❖ Because I love threesomes: swim, bike, run!
- ❖ For my daughter, if I can tri...she can too!
- ❖ It's fun and a great challenge!
- ❖ Missy for you!
- ❖ My dog loves salty skin!
- ❖ I never thought I could do something like this!
- ❖ To be in shape for surgery in September to cure me of cancer
- ❖ Because before triathlon, I had too much free time and extra money :)
- ❖ So I can eat!
- ❖ To get a break from everything else!
- ❖ To help my granddaughter, who wants a Boston medal
- ❖ Because at 59, if I stop...I might not get started again!
- ❖ To be a better me!
- ❖ To have a new goal!
- ❖ To challenge myself!

Why We Tri

- ❖ To be a role model for my kids, Hannah and Nadi
- ❖ Because my friends talked me into it!
- ❖ It sounds bad, but honestly, I saw the pretty pink swim cap of a friend from last year and just had to have one! Plus everyone said it was so much fun...and it has been!
- ❖ So I do not beat up my children-mental health!
- ❖ To push my limits
- ❖ Glad I showed up! It's half of life! What a great morning!
- ❖ It feels so empowering, plus the spirit!
- ❖ To keep down my type "A" personality...people at work are grateful!
- ❖ Invigorating!
- ❖ Because I know I can!
- ❖ Don't give up...don't ever give up! ~ Jimmy V
- ❖ My friend talked me into it and I'm GLAD!
- ❖ Just for me~ My 40th birthday present: time to train kid/family/guilt free!
- ❖ To show my daughter what a strong woman looks like!
- ❖ For my mom who turned 80 this week!
- ❖ There's nothing better than starting your day out with a little goose poop and a lot of sea weed!
- ❖ The MMTC village people water stop! Especially the BFUM!
- ❖ Camaraderie, inspiration, and 1500+ amazing women!
- ❖ I don't want to be an average anybody...
- ❖ I think I can, I think I can...I know I can!
- ❖ If the studies about obesity and social groups are true...I can't think of a better healthy group to join than Iron Girls!
- ❖ Because I feel so good when I'm done!