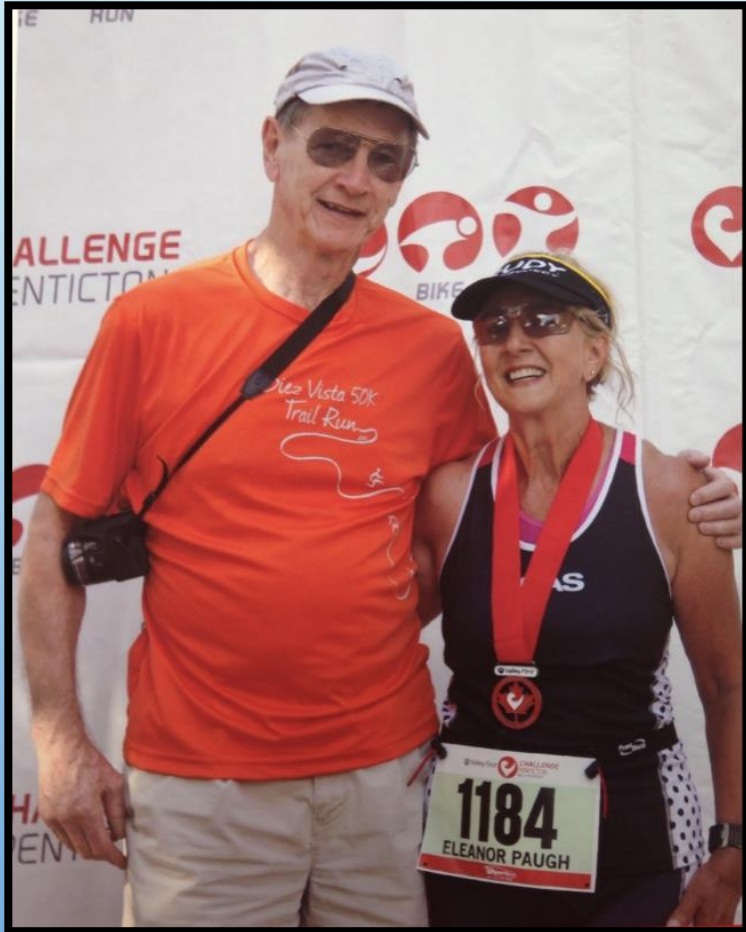


TRIATHLONBC

ATHLETE FEATURE: ELEANOR PAUGH



How did you get started into Triathlon? After many marathons and increased injury, I followed a program "Run Less, Run Faster" which incorporated cross training of swimming and cycling. Once my friend and I finished the marathon we sought out a triathlon as we enjoyed the experience of combining the three sports.

What keeps you training and racing? I definitely enjoy the training and the camaraderie with my friends. I have such a great feeling of accomplishment whenever I finish a workout. During a race I like to push the envelope and see what I can accomplish.

What do you like about the sport community? I love that it is so inclusive, no matter your age or ability, we cheer for all and support each other in our goals.

How do you reward yourself after a long race? Usually with a great meal and some wine.