

## ATHLETE FEATURE: MICHAEL (MIKEY) ROSS

**What races are you planning to participate in this year?** *I am a race addict. Already completed The UBC Standard, North Shore Sprint, Dynamic Westwood Lake Standard, Dynamic Oliver Sprint Saturday/Dynamic Oliver 1/2 Iron Sunday Double Weekend woot woot, and Dynamic Cultus Lake Standard. I am a big Dynamic Race Events supporter!*

**What made you decide to get into this sport?** *I started getting running injuries from racing too hard, too often and training too hard too often. My sister suggested trying her event that she race directed, called Cowichan Challenge: it was love at first swim/bike/run :)*

**Have you participated in the sport in any other way?** *(ie coaching, volunteering etc) I have been coaching Abbotsford Triathlon Club athletes for three years and lovelovelove it ( that is no typo cuz I coach all three sports so I lovelovelove the coaching :) All of my club coaching is voluntary and I coach four days a week to whoever can show up.*

**What are some of the things you love about Triathlon and the Triathlon community?** *I find most triathletes to be generous and kind. Our club, for example, is wonderfully diverse in every way imagineable. We are open about our past challenges and excited about our future hopes and dreams. We are a triathlon community that is growing and maturing every year. We truly care about and support each other. Whether training or racing, we are connected by a common goal : personal success through mutual support: it's a win/win combination!*

