

## ATHLETE FEATURE: *SUZANNE FLANNIGAN*

- 1. What was your first race and where was it?** *Victoria 1/2 IM in 1996*
- 2. What races are you planning to participate in 2017 & 2018?**
  - *2017: Calgary 70.3; ITU World Championship in Penticton; IronMan Maryland*
  - *2018: 70.3 World Championships in South Africa and will likely do at least one other 70.3 and possibly an IronMan*
- 3. What made you decide to get into this sport?** *On a dare from a friend, I did a 1/2 Ironman and as crazy a day as it was, I immediately loved it and have been doing it ever since.*
- 4. Any current goals or dreams that you are still chasing?** *Qualifying for the World Championships in IronMan at Kona.*
- 5. What are some of the things you love about Triathlon and the Triathlon community?** *Some of the nicest, strongest, most tenacious, and yet empathetic, wonderful people I have ever met; this sport is all about exploring our deepest levels of potential; we can't 'hide' in this sport - we have to do the work - and that keeps us honest in our endeavours; it is a lifestyle!*
- 6. What advice would you give to someone wanting to get into the sport of Triathlon?** *You can do it! Give it a try - you will surprise yourself. This is a sport that helps us grow, bit by bit, into renewed, stronger, more optimistic and healthy people.*

