

## ATHLETE FEATURE: CAROLYN HUBBARD

**What was your first race and where was it?** *Vancouver International Triathlon (VIT) 1990 I raced pro! (I had one month of training & got a bike from West Point cycles that were meant for Allison Sydor). I placed 14th behind Wendy Ingraham, Carol Montgomery was up there in the field and she truly inspired me. She convinced me to give it a go as I was an injured runner doing pool running, swimming & biking.*

**What made you decide to get into the sport?** *The curiosity of could I do it...swim bike run ..& as mentioned I was injured, had an Achilles injury that was slow to heal ..so the cross training I was doing already ..re rehab swimming, biking & pool running.*

*I was fascinated & somewhat freaked out to swim open water, then get on a bike then run ..but seeing a lot of runners actually do well like Carol Montgomery, & the Hansen's (Joan & Joy) it was definitely a welcoming environment a lifestyle.*

**What advice would you give someone wanting to get into the sport of Triathlon?** *I want to say "jump in " meaning even if you feel a little nervous or tense about whether or not you can do it (i.e. swim in a lake or ocean), you can. Go watch a triathlon and you will see that everyone from kids to elderly are taking up the challenge. It's absolutely a "thrill " to ride your bike on a closed street when the opportunity arises, & triathlons, for the most part, are located in beautiful settings.*

*If you're curious talk with anyone that's taken up the sport, ask them questions & "jump in". Don't spend your time initially with expensive equipment you can rent a lot these days. Start with simply getting in the water, kits pool! & learning the feeling of swimming, biking then running. Most of all enjoy the great outdoors, swimming, biking, running and having fun!*

