

TRIATHLONBC

ATHLETE FEATURE: GARTH FULLER

At the age of 60, what made you decided to do a Triathlon? After competing at the Boston Marathon in 2011, I found running was becoming routine and looked around for other adventures. I bought a bicycle. I tried a "Try a Tri" race at the end of 2011 and decided I would do an Ironman before I turned 63. I joined TriStars and began training in early 2012, and then completed Penticton Ironman Canada July 2012 a week before my 63rd birthday.

Who are your biggest supporters and how do they help keep you motivated? My closest training 'partner' has been an amazingly strong triathlete and close friend, Wendy Garrett. We prepared for Penticton together and have continued to motivate each other in our Triathlon pursuits. We both joined TriStars at about the same time, and we continue to swim, ride and run with club if we are not out doing our own or coaches designated workouts.

Any bucket list Triathlons that you have completed? Any bucket list Triathlons you are aiming for? I think many triathletes consider an Ironman distance as the major 'bucket list' event. For my first, I wanted to test myself to see if I could actually finish one. Having finished 4 events with 2 on the podium, the natural next quest is to finish an Ironman in my new upcoming age group M70-74 and qualify for a spot in Kona at Ironman World Championships.

