# *TTT Athlete member of the month*

***Name:*** *Rose Hoyle*

***Age:*** *36*

***Occupation:*** *Construction Risk Engineer*

***Years doing triathlon?*** *5*

***First Triathlon?*** *Asbury Park Sprint Tri 2011 (Asbury Park, NJ).*

***Your favorite triathlon?*** *Lake George Olympic or Belews Olympic*

***Meal the night before race?*** *Pasta with marinara sauce and grilled chicken.*

***Pre-Race Meal?*** *French toast with Greek yogurt and fresh berries on top.*

***Race Nutrition?*** *PowerBar Perform*

***Favorite motivational training song?*** *Power by Kanye West*

***Favorite mantra?*** *Suck it up, Buttercup!*

***Key Workout?*** *Triple Brick.*

***Best Triathlon training or racing tip?*** *Training Tip: Never underestimate the power of rest. Racing Tip: To be your best, you must learn to get uncomfortable.*

***Triathlon literature or other sources of information?*** *I read plenty of trending articles, but I find listening to what works for other athletes provides the best cross-section of success tips.*

***Who inspires you?*** *Natural athletes of any kind. The human body is so amazing.*

***Future goal or bucket list race?*** *My future goal is complete another Ironman to the best of my ability, without the obstacles I had in my first one. Then I will feel that I truly conquered the Ironman distance.*