

TTT Athlete member of the month

Name: Betsy Miles

Age: 39. My bucket list before turning 40 included running a few half marathons and competing in triathlons. I gave myself plenty of time to meet the goal, and I needed every minute of it!

Occupation: My background is in Human Resources and Recruiting, but currently I work as a Teacher's Assistant in Kindergarten, while my kids are young.

Years doing triathlon? 4 years

First Triathlon? The 2011 Sportsplex Sprint Triathlon in Hillsborough, NC.

Your favorite triathlon? Belews Lake

Meal the night before race? I am a meat and potatoes kind of girl.

Pre-Race Meal? An egg over easy, a whole wheat English muffin and two pieces of bacon.

Race Nutrition? I will have a few Gatorade Prime Energy Chews throughout a race. They give me the boost I need to finish strong.

Favorite motivational training song? I don't have just one. I am a lover of all things 80's, so my iPod playlist is pretty retro.

Favorite mantra? "Don't judge a book by its cover." I have seen people do amazing things throughout my "Triathlon Journey." I am continually amazed and inspired by what I see people around me accomplish.

Key Workout? I'm not a natural/strong runner, but I have found that the more I run, the more conditioned I feel in the other disciplines of biking and swimming.

Best Triathlon training or racing tip? Train with someone. That's what I love about being part of the TTT, there is always something going on and always someone there to support you.

Triathlon literature or other sources of information? I read a book about training for triathlons back in 2011, but I can't remember much about it. I have learned more from the advice of my TTT friends and the awesome monthly meeting topics than I ever could have learned from a book.

Who inspires you? I am inspired by our TTT members and the people that I have met after participating in various triathlons and races throughout the years. We all have careers, families, and tough things that life throws our way, yet we are out there achieving our goals and pushing ourselves despite what might be happening in our personal lives. That kind of dedication and optimism is inspiring to me.

Future goal or bucket list race? I am tiptoeing around the idea of a half Ironman, but I would also like to complete a Century and a few more half marathons.

