

TTT Athlete member of the month

Name: Cindy Williard

Age: 53

Occupation: Analytical Chemist

Years doing triathlon? 4

First Triathlon? Dixie Diva 2011

Your favorite triathlon? Lake Townsend NC State Championship

Meal the night before race? Nothing in particular!

Pre-Race Meal? Coffee and something light.

Race Nutrition? I didn't eat anything for most my previous sprint races. Next summer I want to complete longer races, so I have been trying gels and other foods (PBJ sandwich/pretzels).

Favorite motivational training song? You don't have to move that mountain. Nickel Creek

Favorite mantra? 2 Tim 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."

Key Workout? 30 min treadmill, 30 min trainer (Titan 5000 Espresso interactive Spears YMCA), 30 min swim

Best Triathlon training or racing tip? I try not to judge my success against better athletes because most athletes are better than me. I track my improvement and compete against me.

*Triathlon literature or other sources of information? Run For God . Mitchell Hollis.
RUNFORGOD.COM*

Who inspires you? It still brings tears to my eyes when I remember Kendall crossing the finish line in the Rambling Rose Winston-Salem Triathlon 2012. Whenever I struggle or hurt I remember her determination. She reminds me that we all have untapped inner strength but it takes courage to push beyond our mind's limits.

Future goal or bucket list race? Get better at running. Complete a race without any walking. Complete and Olympic length race (Ramseur 2015)