

TRIATHLETE OF THE MONTH



Name: Lisa J. Armistead

Bike: Trek E5 (but looking forward to the next bike!)

Running Shoes: Asics Gel-Nimbus 11

Goal Race: I really don't have a goal race. My goal is to do better than I did on the last race. I try to pick events that will challenge me, and make me a stronger person.

Favorite race distance: Since I have only done Sprint distances, I would have to say that length. I have two international lengths coming up (Patriot and Giant Acorn), so I have a feeling my favorite will change after these races.

Favorite Dinner Meal before race: I usually have a bowl of spaghetti with a really small amount of sauce, and beer (love the carbs!)

Favorite meal after a race: Pizza, and beer.

What's your training schedule like? : I usually run 5 days a week anywhere between 21 and 60 minutes. I bike twice a week. One ride is 12-15 miles and the other ride is at least 20 miles. I try to swim twice a week, and if I'm lucky, I can get a third one in. I swim between 1500-2000 meters each time.

Short Bio: I only recently started racing, after I lost a lot of weight. My first race was ECSC in 2007 – I ran it in 29:20. I have improved quite a bit since then. I always wanted to do a triathlon so I started training for Breezy Point in 2008. Finished that and knew I was hooked! My first multi sport event was Virginia Duathlon in 2008. I actually did it on a hybrid, because I did not know any better. I finished it very slowly (didn't freeze to death), and knew then that I could do better next year (and I did). I enjoy running, so that is definitely my strongest event. Swimming would have to be my weakest area.