

TRIATHLETE OF THE MONTH



Name: Rene T. Fariss

Bike: 2007 Cervelo P2 SL, just acquired a Cervelo P2C the middle of October.

Running Shoes: Asics DS Trainer, Nike Lunarlite, Asics Kayano

Goal Race: Eagleman – 2010

Favorite race distance:
Olympic/International but beginning to like the Half Ironman distance

Favorite Dinner Meal before race:
Pasta dish with chicken - before the Patriot Half it was Spaghetti and Meatballs

Favorite meal after a race: Pizza and Pork Bar-b-que

What's your training schedule like?
Bike three days a week (sometimes at 4:30 a.m.), swim two days a week, track intervals and long runs on Saturdays.

Short Bio: Always enjoyed outdoor sports - surfing, mountain biking, windsurfing. Ran to stay in shape occasionally. Co-worker encouraged me to try running a 5K in 2001. Competed in my first triathlon at Breezy Point in 2002 riding a steel road bike with aerobars that I found second hand but did not fit me. Always competed in two events each year. This year I decided to branch out and compete in races throughout Virginia. I travelled with Gene Bachman to a great many of the races and ended up competing in thirteen multisport events. As far as triathlons go, this year I finished my first half ironman distance, competed in five Olympic/International races and five sprint distance events. Finished the season fairly strong and celebrated my birthday in October by placing second in my age group at the Giant Acorn International. Come January, I move up to a new age-group - watch out Gene!