

Trigal Focus—Cathy Facer



Cathy racing @ Honeymoon

My name is Cathy Facer and I have lived in Tampa for 11 years. I am married to a great guy, Jason and have two beautiful daughters Kate who is 4 and Maddie who is 2. I was a high school Spanish teacher for 10 years until I had my first daughter then I decided to be a stay at home mom. Along, with staying home with my girls I work part time for the Northwest YMCA as a Spin instructor, group ex instructor, and personal trainer. I love what I am doing and plan on continuing to work in the fitness field. I did my first triathlon 8 years ago. It was Top Gun. Loved it but then didn't do another one until last year. Long break. I had a couple of surgeries and kids during that time. A friend convinced me to give triathlons another try and here I am . I

loved training for Top Gun last year and then doing the race was tough but gave me such a rush. I am hooked! I have done a few sprints and this year I challenged myself and did St. Anthony's. I am thinking about doing a half Iron man in the fall. We'll see. I have enjoyed the training and the races but most of all the relationships I have formed with the athletes I have met. I have made great friends through this sport and am so grateful for that. The women in the Trigals have been such an inspiration to me and keep pushing me to do things I didn't think I could do. What a fantastic group of ladies! I plan on being that eighty year old lady still racing and coming in first in her age group. That's if no one else is in my age group. ;)

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Upcoming Races

- Moss Park Triathlon, Duathlon, Aquabike Festival July 17th, 18th Orlando
- Saturday, July 31st
- Publix—Fort DeSoto, Saturday, August 21st
- Miami Nice Sprint and Olympic Triathlon, Sunday, August 29th





JULY NEWSLETTER SPONSOR NEWS



Yoga with Jill Voorhis—Outspokin will be holding a Yoga class every Monday at 7:00 PM. All skill levels welcome. Cost is \$6.00 per participant. Outspokin Bicycles is the

exclusive retailer for Endurance Conspiracy clothing in Florida. Come in to check out their excellent selection of hip T-shirts and hats.



In-store Events

- **10% off** all regular priced shoes when you bring in your gently used old shoes. We donate to the Tampa Bay Homeless shelters.
- Donate all your old race medals to our store - we will be taking them to All Children's Hospital twice a year where the children will compete in small events to win them. Optional - Sign your name and put your race time on the back with black permanent marker.

Check our web page and training calendar at www.thetrigals.com

We are lining up sponsors already for our annual Iron Distance Challenge and 2011 if you have contacts!!!!

Please give our sponsors your business whenever possible, we hope to list their specials in this newsletter each month from now on:

- 1) Outspokin Family Bicycles & Pro Shop <http://outspokin.net>
- 2) Sharon Durrett, www.durrettorthodontics.com
- 3) WestchaseWow.com, World of Westchase
- 4) Foot and Ankle Center of Tampa - Dr. Lowrey <http://www.drlowrey.com/>
- 5) American Running Company - www.americanrunningcompany.com
- 6) Ely Contracting and Handyman Services