

September 6<sup>th</sup>, 2014

After encouragement from a good friend, I decided in late June to work toward participating in my first ever triathlon. I settled on the Vancouver triathlon, sprint distance, which was recently held on Monday September 1<sup>st</sup> in Stanley Park.

I have been working in a sales position for the past five years in a capacity that requires extensive travel and has made it difficult to remain active. One of my key motivations in registering for a triathlon was to regain physical fitness while working toward a challenging goal that was fun.

As a complete beginner, the first thing I needed to do was buy some goggles for swim training. I went to a store in south Surrey called Tri geeks with my friend, an experience multi-sport athlete, and was introduced to Tanya Jones. Tanya helped fit me for some goggles and upon recommendation I decided to hire her as a coach to help establish a training schedule and to learn how to go about competing in a triathlon.

Soon after I started working with Tanya, my wife also decided to support me by registering for the triathlon. She also decided to hire Tanya as a coach. We were both beginners although my wife was starting with a much higher level of base fitness and experience.

My wife and I have a six year old son and both work full time busy jobs. What impressed me about Tanya's approach was that her priority was in helping us achieve our goals within the realistic constraints of our busy life. The training schedule was very specific to each of us individually and focused on our different needs physically, while staying within realistic time parameters.

Tanya's dedication as a coach goes above and beyond all expectation. She was there for us to help us through our first open water swim training in both the lake and the ocean. On a holiday Monday she was at the race to support us and cheer us on at the transitions and finish line. As a beginner, having the level of support she provided, in both training and through encouragement, was a key reason I was able to accomplish my goal. It was amazing for both my wife and I to have someone to share in our success and excitement. I truly believe that Tanya was as excited as we were when we crossed the finish line.

Tanya has the ability to customize her coaching style and training programs to specifically meet individual needs. She coaches athletes of all levels and as a beginner she made me feel like my training and goals were just as important to her personally, as any of her other athletes.

Working with Tanya was the reason I was able to accomplish my goal and I had so much fun doing it. My wife and I have decided to sign up for another sprint triathlon later in September and hopefully participate in many more next year. We are looking forward to working with Tanya on an ongoing basis to guide us through our new passion!

I would be happy to discuss my experience with Tanya as a coach with anyone. Please do not hesitate to call.

Sincerely,

Casey O'Connor  
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