

To whom it may concern,

Tanya Jones, owner of Bee 3 Fitness has been my triathlon coach since the spring of 2014.

I met Tanya several years ago when we both were training for an Ironman. In the last year, she made a change in her life to quit her day job and jump in with both feet as a triathlon coach. When she told me the news, I immediately said would you coach me? I don't know who was more excited me or her.

So we started my selecting a few races from Olympic, Half Ironman, Half Marathon, Granfondo and yes the main even, full distance triathlon. It soon became evident; I had made a great decision to have her on my team. Her experience was an asset however, her knowledge and the ability to explain it in terms that I could understand is priceless. She was always available for any of my questions, phone, text or emails she was there. I was blown away with the dedication and the hands on coaching; we would meet every second week for a workout and a debriefing. Workouts would consist of swims, runs and even a 100k ride, all side by side.

After months of training the first race arrived and I was pleasantly surprised, Tanya showed up on race morning to support her athlete. This was totally unexpected but greatly appreciated.

If you are looking for a coach for any distance or a coach who can help you achieve your fitness goals, I would strongly recommend you call Tanya and set up an appointment. I have already hired her for 2015 season.

I believe Tanya is one of the best new coaches out there and her care and concern for her athletes is second to none.

Joe Veller

Five Time Ironman

Please feel free to contact me if you have any question about Coach Tanya.

604 202 8793