

Andy & Tiffany Gates



Married for 17 years (and still get along) Tiffany & Andy met at the UofA. Both endorphin seekers, we could not imagine not having training or racing in the daily vocabulary. Thanks to the encouragement of good friend, Judy Kamela, we came to the club for a meeting, were given a commemorative Judy Kamela water bottle, joined a group ride and never looked back.

We could not ask for a better group of individuals that we call our training buds. The PTC helped shorten the learning curve and inspired us to move our training to the next level. We look forward to many years of training and racing with the PTC!

Tiffany

In 2003, I was finishing my MBA degree and had packed on nearly 25 lbs over the course of two years by studying each night with a diet of Doritos and HoHos. On graduation day, I made a commitment to have a healthier lifestyle. So I prepared for the Nova Fitness Competition in St. Petersburg, Florida where I placed first in the Master's Division and third in the obstacle course.



A knee injury led me to add swimming and cycling to my weight training for the "leaning out phase." The Nova Fitness event was a great experience but one can only pound down so much tuna and protein shakes. Then I witnessed my husband, Andy, race in a sprint relay event that his team won. This was much more than packing on muscle and standing on the podium. Triathlon was a true test of endurance and individual accomplishment. I was ready to trade in the barbells for a "Road Bike."

After completing several triathlons, I entered and finished Ironman Arizona in November of 2008. Yes, I was bitten severely by the bug with more races to be completed. The funny thing was that years back when I heard about "An Ironman," I used to think "Who in their right mind would pay to do this? Yeah well, enough said...I signed up and charged my credit card \$550 for my second AZ IM in 2009.

Andy

In 2003, my first sprint triathlon relay was completed thanks to the inspiration and encouragement of David Benjes, a cycling instructor. The Lake Pleasant tri was a blast and the bug was definitely there as it is for most of us.



Over the years, I had packed on the weight and found triathlons to be the new balance. I had been a strong swimmer throughout college so starting off with a tri relay was a natural progression. With several Olympic races and the recent Wildflower 70.3 (hills, hills and oh yeah....more hills), I am now training for the November 2009 Ironman Arizona.