

## **Triathlon Coaching, News and Information**

### **Pippa Michaels - Athlete Spotlight**

September, 2005

Pippa Michaels, one of the world's premier masters triathletes at the age of 44, is following up a successful 2004 season with an equally, if not more impressive, 2005 season.

Starting with the Columbia Triathlon on May 22, Pippa ended the day with her nearest age group competition almost five minutes behind her. Pippa's time of 2:24:30 for the 1.5k swim, 41k bike and 10k run was fast enough for seventh place overall. The winning time of 2:07:22 was turned in by the 2004 Olympic bronze medallist, Susan Williams.

On June 11, at the 19th Annual Thundergust Triathlon, Pippa once again won her age group, but this time finished 2nd overall. Pippa completed the .4 mile swim, 16 mile bike, and 5k run in 1:06:31. The overall race was won by Heather Houseknecht in a time of 1:04:56.

In August, after having the 2005 Amateur National Championships cancelled due to inclement weather conditions, Pippa turned her frustration into motivation. On August 28, in Lakehurst, NJ, Pippa outright won the Lighter Than Air Duathlon in a time of 1:27:02. Pippa finished the 3 mile run, 20 mile bike and 2 mile run a minute in front of second place Suzanne Huelster.

Most recently, at the [Skylands Triathlon](#), in her final tune up for the Amateur World Championships, Pippa once again demolished all of her age group competition and came close to running down professional triathlete Laurie Hug for the overall win. Laurie's fantastic swim gave her a 2:00 gap on Pippa heading out on the bike. By the end of the .5 mile swim, 14.1 mile bike, and 5k run, Pippa had turned in both the fastest female bike and run splits to whittle down the 2:00 to 44 seconds. Laurie won with a finishing time of 1:17:17, Pippa was 1:17:51, and 3rd place was heather Houseknecht in a time of 1:20:44.