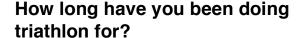
:: 1 MINUTE WITH :: :: LISA TYACK ::



I completed my first triathlon in 2010, racing a sprint distance race before racing Busselton Half. I raced one half distance each year (just one race a year)

until 2013 when I decided to race an Ironman and participate more competitively. 8 years later and I still love it!



What does it mean to go "PRO"?

It means a big challenge! Its a challenge and another step up in the sport. As a pro you tend to be more in the spot light so I see it as being an ambassador for the sport. Men and women follow the professional race and I hope to not only challenge myself but also hope to inspire men and women to give the sport a try. To enjoy themselves and go for it. Never did I imagine I would ever be racing in the professional category but all you have to do is give it a go.

What is your favourite energy snack?

A plain old boring banana. I love bananas. Banana with milo, a bowl of yoghurt, in a smoothie.

Banana's and yoghurt are delicious.

How are you feeling about Bunbury Sufferfest?

Excited! I have not raced since Ironman World Championships where I had a terrible race and interrupted second half of the year training so im looking forward to getting out there and hopefully having a great race.

If you could give one triathlon tip to newbies or seasoned triathletes out there, what would it be?

Enjoy the journey and the race. Triathlon can be consuming and sometimes we take it a little to seriously. Take a step back and balance life with triathlon. You will enjoy it so much more!

