

## **:: 1 MINUTE WITH :: :: LISA TYACK ::**



### **How long have you been doing triathlon for?**

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!