



Member Spotlight for October 2018

Bruce Daniels!

Occupation: Retired Coal Miner

How long have you been a member? I have been a member for 4 years.

What are your favorite activities outside of the gym? Competing in triathlons.

When did you start working out and why? I started my fitness journey in 1996. I have a friend who is a running coach and he got me started in racing and I haven't looked back.

What is your favorite workout/exercise? My favorite workout activities are swimming and biking.

Describe your workouts. How many days per week do you exercise? My workouts consist of long swims of 5000 meters, speed swims of 5000 meters, biking 6 ½ hours at a time, and the long run is usually 3 hours. When training for an Ironman, I will put in 9000 miles in a year.

I work out six days per week.

What keeps you motivated? WINNING!

What advice would you give to someone who is just starting their fitness journey? Get started and Don't Stop! You will get better!

Bruce Recently won the U.S.A. Triathlon Ultra-Distance Notional Championship in his age Division! Race total was 140.6 miles.