



# MusselMedia

Information for the Press | Musselman Triathlon

## ***SPOTLIGHT STORIES...***

### **ALWAYS MOVING...**

Theresa Wagner, 33, of **Elmira, NY**, is an assistant vice president at Chemung Canal Trust Company, as well as a wife and mother of a one year-old boy. She describes her life as "always moving" – and, since the completion of her first triathlon last year, she can now say she means that in more ways than one.

"Last summer I did my first triathlon, the Cazenovia Tri, the week before my son turned one," says Wagner. "I've never competed in anything more than a local 5K run. It was such an unbelievable accomplishment for me that it hooked me to this sport stronger than any glue."

Wagner's husband was a semi-professional cyclist in Florida, and she describes him as "the most supportive bike mechanic, trainer, and junk food cop a wife could ask for." And while her husband provides invaluable support for her training, Wagner's motivation is actually her children.

"I want to set a strong example for both of my kids on fitness, but more importantly, on the importance of setting goals, working hard, and having that awesome feeling of achievement," Wagner says. "That's why I'm doing *two* triathlons this summer. Although my schedule is hectic I make my fitness and training a priority in my life. I have set new goals for this summer's events and am looking forward to the new challenges."

Wagner has already set her triathlon goal for 2010: she hopes to compete in the Musselman, the half-Iron version of the mini-Mussel race she'll compete in on Saturday, July 18. And she's certain she'll love every minute of it.

"I was welcomed into the triathlon family with open arms, and am unbelievably proud to be part of this 'club'," she says.

## **[www.musselmantri.com/media](http://www.musselmantri.com/media)**

### **Friday July 17<sup>th</sup>**

10:00 a.m. – 10:00 p.m. Musselfest! Arts Triathlon – Opera House

### **Saturday, July 18<sup>th</sup>**

9:00 a.m. mini-Mussel Race Start – Seneca Lake State Park

11:00 p.m. Anthony Road Winery Awards – State Park

12:30 p.m. & 4:30 p.m. Half-Iron Mandatory Briefing – The Colleges

1:00 p.m. – MusselFest! Kite Flying at Seneca Lake

5:30 p.m. Pre-Race Dinner & ITU Awards Ceremony – Hobart Colleges The Scandling Center

7:00 p.m. – 9:00 p.m. Musselfest! Live Music – Lakeshore Park

### **Sunday, July 19<sup>th</sup>**

5:00 a.m. Transition Area Opens – State Park

7:00 a.m. Half-Iron Race Start – State Park

11:00 a.m. – 4:00 p.m. – Red Jacket Orchards Celebration

2:15 p.m. Chateau LaFayette Reneau Awards – State Park

2:30 p.m. MusselKids Race – State Park

### **FOR MORE INFORMATION ON THESE OR ANY MUSSEL STORIES...**

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