Charlotte
PUBLIC SCHOOLS

FOR IMMEDIATE RELEASE: APRIL 21, 2015
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Triathletes Benefit from Expert Training at Charlotte Aquatic Center and Al!ve

The words "Iron Man" usually evoke imagery of the movies. The term has a different meaning to Todd Stanton, course instructor with AL!VE. To Todd, Iron Man equates to a 2.4 mile swim, a 112 mile bike, followed by a 26.2 mile run. All of which he completed at the Michigan Titanium Full Iron Man in Grand Rapids in 2014 with a time of 15:18:13.   Todd's road to his first Iron Man Triathlon was long, and provides him with unique insight he puts to use as he instructs a new course in triathlon training presented by Charlotte Public Schools Aquatic Center and AL!VE.

Before attempting the sport of triathlon, Todd attended many of the Army's elite schools, including airborne, air assault, sniper school, along with commando school in France. All of this training focused on what the body can take-- mentally and physically. In 1998, a sport related injury had him seek out a doctor who suggested, "You cannot keep running like you do, you'll have to bike or swim to stay active. You cannot just run". Todd followed the advice, and in 2004 he signed up for his first indoor triathlon. He's been competing ever since.

The triathlon training program is something AL!VE and the Charlotte Aquatic Center are excited to provide. "We are so excited to be able to continue to collaborate with a great partner in the Charlotte Aquatic Center to offer this program while helping members of our community achieve their health and fitness goals," said Amy Pennington, program coordinator with AL!VE. The Charlotte Aquatic Center and AL!VE have also collaborated to provide patrons a MOVE & Aquatic Center combination membership. For more information on AL!VE, please call 541-5800 or visit www.myalive.com. Information about the Charlotte Public Schools Aquatic Center and our extensive programs can be found at registration.swimcharlotte.org.