



**Name:** Carole Sharpless

**Sport:** Triathlete

**Age:** 33

**Occupation:** Triathlon coach

**Area of Atlanta you live in:** Marietta

**Where you workout/train:** I'm most often found running at the river or Kennesaw, biking along various roads, swimming and teaching cycling classes at the Sporting Club at Windy Hill, and teaching cycling classes at Athletic Training Serviced LLC.

**Most recent or most noteworthy athletic accomplishments:** Ranked #1 triathlete in the Southeast.

**Favorite workout/training activity:** Cycling in the mountains

**Favorite healthy food:** Baked Chicken with tomato sauce and provolone cheese

**One indulgence:** Heavily salted chips and salsa

**Your athletic advice:** Listen to your body. Let it rest when it needs to. Most of the substantial athletic gains are made during recovery. Strength builds upon strength, not upon a broken body.

**Athletic goal(s) for 2005:** Top 5 overall in an Ironman.

**Other hobbies:** Volunteering for races with kids younger than 12 years old. Their enthusiasm is awesome—pure love of the game!

**Favorite part of Atlanta Sports & Fitness Magazine:** Reading all the awesome happenings in our Atlanta athletic community.