

BIO: Kathy Goody

USA Triathlon Certified Coach

Kathy Goody's first experience in elite competition was in collegiate rowing and then, ultimately, in national and International competitive events. She began competing in triathlons in 2000 and started the triathlon training program at HFFA in 2005. In 2007, Kathy became the founding director of Team Triumph — the all women's triathlon team. She is passionate about introducing the sport of triathlon to all ages and ability levels. To this end, Kathy helped open Triathlon Academy of the Carolinas for Youth and Adults In 2013. This training academy and race team/club serves all athletic levels from the beginner to elite. Kathy's work with children and adults through clinics, camps and daily training allows athletes of all ages and abilities many options to take their training — and performance — to the next level. Kathy's primary goal is to having every athlete thrive and succeed. Triathlon Training is a fantastic way to stay healthy utilizing the three sports to balance out physical stress on the body. Kathy will keep you interested, challenged, improving and having fun throughout your season. Get started today by contacting Kathy Goody at kgoody@huntersville.org or 704-766-2236.

CREDENTIALS:

USAT Certified Coaching II • USAT Certified Youth and Junior Coach
USAT Certified Race Director • Red Cross First Aid, CPR, AED & LGT Certified Instructor

TRAINING OPTIONS

Triathlon Academy of the Carolinas weekly Swim / Bike / Run • 1-on-1 Private Lessons (Swim / Bike / Run)
Triathlon Academy of the Carolinas Adult Team • Small Group Training • Swim Coaching
Training Plans through Training Peaks • Cycle Computrainer Class at Studio



YOUTH AND JUNIOR CERTIFIED COACH

Training Options for Kids:

- Triathlon Academy of the Carolinas weekly swim/bike/run training
- Triathlon Academy of the Carolinas Youth Team
- Kids Triathlon Clinics to prepare for our own HFFA Kids Tri Series Races
- Kids Summer/ Winter Triathlon Swim/ Bike/ Run & Fun Camps
- Kids School Day out Triathlon Program
- Kids Run Programs to prepare for HFFA Harvest 5k, Firecracker 5k

MAJOR ACCOMPLISHMENTS

- Competed in over 100 triathlons, duathlons and running races since 2000
- 2015 1st place Tupper Lake Half-Team Relay-Swimmer
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- 2015 2nd Overall woman Tri at the Trump Sprint
- 2014 1st place Beach 2 Battleship Half Ironman distance 4:57.50
- 2014 1st place Huntersville Half Marathon division 1:36 Pace 7:19
- 2013 3rd Place Masters Open Division Carolina Half Ironman 5:19
- 2013 9th place AG40-44 Ironman Florida 10:58
- 2012 3rd Masters Open Division Belevs Lake Olympic Distance Triathlon
- 2012 2nd Place AG Huntersville Half Marathon
- 2011 Placed 2nd in the 5 race Time Trial series 40-44 age group Charlotte Motor Speedway PR 23:56 for 10 miles 23:59=25.01 mph
- 2011 RAAM team Cool Breeze Rides for Heroes 4th place 8 person team 3000 mile bike race
- 2011 Placed 3rd in 208 mile Blue Ridge Relay with team of 12 Ave. Pace 7:18
- 2010 Ran 3:33 Thunder Road Marathon Pace 8:08
- 2010 Placed 4th in Masters Open Division IOSNCTS Triathlon Series
- 2009 Qualified for Age Group Duathlon Worlds at National Championships in Richmond, VA
- 2009 Placed 9th in Age Group Duathlon Worlds, Charlotte, NC LMS
- Multiple USA Triathlon "All-American"
- 2008 Placed 1st St. Anthony's Triathlon 35-39 Age group Largest Olympic Distance Race in the US
- 2007 qualified for Age Group Long Course World Championships at WLH
- 2007 Placed 4th in Age Group At LCW in L'Orient, France

HFFA EVENTS

- Huntersville Sprint Triathlon
- Ramblin' Rose Triathlon
- HFFA Kid's Triathlon Series
- Various Clinics: Open Water, Transition, Skills, and Bike Maintenance etc...