



Rachel Ross

Elite Triathlete

A mother of three, a genuinely amazing person and triathlete....in that order, Rachel Ross is an Elite triathlete that can do it all. Living in Honolulu, Hawaii, Rachel has set herself apart from the competition in every possible way. As a 2 time 30-34 Women's age group champion at the Ironman World Championships in Kona, Rachel sets the standard which everyone else strives to achieve. Her athletic credentials are more than impressive, they are epic. Bursting onto the world stage of triathlon at the 2006 Ironman World Championship and posting a 10:05 finish, Rachel crossed the line leaving hundreds of people asking "Who is she??" Well, a year later, when she crossed the line with a PR of 9:56, she added an exclamation point to the statement that she is Rachel Ross, two-time Age Group Ironman Champion and a force to be reckoned with.

Growing up in Hawaii gives Rachel a "home field advantage" and training with Raul Boca of Boca Hawaii gives her access to the highest level of training and coaching available anywhere. As a member of Team Timex, Rachel made the world of triathlon sit up and take notice with success after success. Unprecedentedly winning the 2007 Accenture Chicago Triathlon, becoming the 2007 USAT National Age Group Champion, the 2007 Strongman Japan Triathlon and the 2008 Ironman Arizona all in her first 2 years of competition! She continues to dominate the competition as evident by her recent win at Ironman Canada which will bring her back to Kona to compete in the Ironman World Championship for a 4th time.

One of the nicest and most energetic people you could ever meet, Rachel really does it all. Working as an Environmental Scientist, raising three amazing children as a single mother and competing at the highest levels of elite competition she has found a balance in life that others rarely experience. Pink is the color of choice, but don't think for a second that the "Barbie Doll" of triathlon couldn't kick you're a*# in a race! A fierce competitor and friend, Rachel is one of those rare people that make you a better person for knowing. Her athletic credentials are impeccable, but her personal credentials are equally enviable. Never meeting a stranger or a person that she couldn't win over with her smile, Rachel takes the time to help others and shares her talents and gifts with them selflessly. Teaming up with causes that are close to her, Rachel has joined forces with her dear friend Katherine Nichols to create the website www.runlikeamother.com which shares the experiences of "real women" dealing with "real life" and does so in a genuine and caring way that helps women share their experiences.

More Information:

<http://www.lululemon.com/community/blog/from-hawaii-to-san-francisco/>

<http://www.gotrimax.com/TriMaxRoss.htm>

<http://www.filmstri.com/the-podium/56-the-podium/144-rachel-ross-gaa>