

## CYCLIST PROFILE

*Russell has been involved in cycling as well as triathlon for many years now, and has been on the committee of both clubs. Not only is Russell a hard working person for the club, who is instrumental in promoting club membership in his usual quiet but efficient way, but he has also completed an Ironman as well as making big improvements in his cycling.*

NAME: Russell Horlin

BIRTH PLACE: Perth

OCCUPATION: Self Employed

FAVOURITE CLOTHES: Shorts and Singlet

FAVOURITE FOOD: Thai Food

FAVOURITE DRINK: Corona

FAVOURITE MUSIC: Foo Fighters, Cold Play, Robbie Williams, AC/DC, etc.

WHAT I WOULD CHANGE IN THE WORLD: Negative people, Greedy Politician

PET HATES: Smoking & Littering

REASON FOR GETTING INTO

CYCLING: Fitness and Friends

FAVOURITE EVENT: Ironman

MOST ENJOYABLE ASPECT OF THE

SPORT: Coffee and a chat

ANY EMBARRASSING MOMENTS IN

TRAINING/RACES: Nah, I can't remember any.

TRAINING PARTNERS Big Kel, Chris Kiley and Group 1,2, & 3

HOBBIES/INTERESTS Triathlon

SPORTING BACKGROUND: Played Footy, Cricket, Tennis and had a go at just about everything else.

FAVOURITE TRAINING AREA: The Valley

FAVOURITE TRAINING SESSION:

Saturday Ride

SPORTING HERO: Craig Alexander.

BIGGEST INFLUENCE OF SPORTING

CAREER George Terpou, an old Football Coach

WEEKLY TRAINING: A bit of everything SBR

GOALS THIS SEASON Sub 5 Half Ironman and to flog Tess and Big Kel the same day

LONG TERM GOALS: Ironman WA 2010

BIGGEST ACCOMPLISHMENT: Becoming a Dad and Finishing an Ironman,

ANY OTHER COMMENTS: Nah!

