

AT Member of the Month: Shenoah Peck

By Tonyia W. Cone

Austin Triathletes Member Shenoah Peck Aims to Get Others Hooked on an Active Lifestyle Through Triathlon

When a friend talked Shenoah Peck into doing the 2003 Burnet Tri-Hard Challenge, Peck was a self-described gym junkie and sometimes mountain cyclist who did not know how to swim well. Today she has finished six triathlons and this year's MS150 bike ride from Houston to Austin, and is so involved with triathlon that she was a work out leader for Team Danskin earlier this year and volunteered for the Junior Dilloman.



(Photos courtesy of Shenoah Peck.)

Peck said it took a lot of training to reach her goal of completing the Burnet Tri. “My first triathlon was probably the one I am proudest of, mostly because it’s not really a beginner triathlon, and of course I was worried I wasn’t going to do very well. I trained for that one on my mountain bike, but I borrowed my mom’s speed bike for the actual race,” she said.

In addition to the 2003 Burnet Tri-Hard Challenge and 2006 MS150, which she says was her racing highlight this year, Peck did the 2004 and 2006 Dilloman, the 2004 Splash Triathlon, the 2005 and 2006 Danskin Triathlon, and the last five Race for the Cure 5k runs.

Peck says she likes triathlons because it keeps her outside.



“I’m one of those people who love the Texas heat. I love saying, ‘I feel the need, the need for speed,’ with whoever I’m riding with when I’m hauling butt down 360 – I know it’s silly but I love saying that. I love the challenge of it. People always ask me why so many women are into triathlon and I tell them it’s because we get to have three different outfits! It’s not true at all, but it always gets a laugh,” she says.

Peck trains by herself as well as with friends. She strives to introduce others, especially “couch potatoes,” to triathlon, and says working out with others motivates her since it means having a set time and place to train, plus she feels accountable to those she works out with. She says her ultimate triathlon goal is to get her mom to do a triathlon with her.

One of the reasons her first race was her favorite is because not only did it begin a new lifestyle for Peck, a number of friends joined her.

“When I told a few people what I was doing, they got excited about it and started training too so I had four people get into it with me right from the start. I trained with a lot of them and it was really cool to see them during the race and at the finish line,” she said.

Peck says her favorite swim spots include Deep Eddy and Barton Springs.

“There’s nothing like swimming in a full moonlit pool and seeing the Frost building in the distance. Plus Barton Springs offers an excellent study in contrast of the Austin lifestyle; you’ll see a gal putting on a wetsuit next to the guy getting in the pool in his blue jeans – kind of funny,” she said.