

AT Member of the Month: Pam Tobias

By Tonyia Sullivan

Before a co-worker invited Austin Triathletes member Pam Tobias to sign up for a pre-season tuneup program through Tri Zones Training in spring 2004, Tobias had been active mostly in team sports. While she was a casual swimmer and had done some cycling, she previously played basketball in high school and soccer, softball and volleyball on intramural, work and city league teams.

After completing the 2004 Danskin Triathlon, Tobias went on to complete Dilloman and Splash later that year. In 2005, she raced the Danskin a second time, beating her 2004 time by almost 12 minutes and improving every split. She finished the Dilloman and Splash again that year and added the River Cities Triathlon in Shreveport, La., the Couples Triathlon in Austin and Try Andy's Triathlon in Sugar Land to her schedule. Her proudest moment as a triathlete was crossing the finish line at her first race, however.

“There’s nothing better than that emotional rush you get, the feeling of accomplishing something for the first time, and being surrounded by your friends while doing it,” Tobias said.

Tobias is now training for the 2006 Austin Danskin Triathlon with Trizones. Each week typically includes two swim workouts, two bike workouts, two run workouts and one rest day. Weekends usually include a longer bike and run or brick workout. Her biggest challenge is sticking to the swim schedule because she has not found a place she really likes to swim other than Mansfield Dam park when the water is warm enough.

“My favorite way to train is with friends. My husband is my biking buddy; he doesn’t tri, but he loves to bike. My coworker who introduced me to Danskin is a great running buddy; we sneak away from work to run sometimes. The Trizones workouts are the ultimate buddy workouts,” Tobias said.

While she does not strive to compete in her age group, Tobias continually challenges herself to improve in each sport. She describes races as the icing on the cake, which is training. “Our Trizones workouts are the best parts of my week, and I’ve made some wonderful friends through training with Trizones,” she said.

Q&A with Pam:

Q: What’s your favorite race and why?

A: I think the spirit of Danskin is so special and unique. It is very supportive and inspirational. I also love the way Splash begins in the Seaworld ski stadium. You sit in the stadium until it is your turn, you high five Shamu and Dolly Dolphin on your way down to the water, you run across the timing mat, into the water, and start swimming. River Cities in Shreveport has the best goody bags!

Q: What’s your favorite food and why?

A: I think this might be the toughest question of all. I love food. It must be a thick, juicy hamburger and batter dipped fries, because that is the first thing that comes to my mind, or maybe that is just what I want right now. Either way, I train so I can eat the foods I love. Carbohydrate loading is definitely beneficial before an event, but I love to reward myself with yummy, fattening food afterwards.

Q: What was your high point of the year?

A: I think it was finishing my first marathon, Freescale. I was not fast, but I did it. It was the closest I had come to the feeling of accomplishment I experienced when finishing my first Danskin.

Q: Are you active in the triathlete community?

A: I am a workout leader, basically a helper/gopher for the coaches and mentor/cheerleader for the athletes, for Team Danskin this year.



(Photos courtesy of Pam Tobias)