



Media Alert

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*For Immediate Release
February 17, 2004*

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Five-time Ironman Champion to Speak at RGR Feb. 25

Wendy "Wingnut" Ingraham, 5-Time Ironman Champion and one of the best long distance triathletes in the world, will be at [RGR](#) Feb. 25 from 3-6 pm, for a free training seminar and pizza social. The event is sponsored by TYR, a manufacturer of technical apparel and gear for competitive swimmers and triathletes founded by Steve Furniss, captain of the 1976 US Olympic Swim Team.

With a life-long background in swimming, Wendy is of course strong in the water (in fact, she has broken two swim records and set the best Ironman swim time for the 1999 season), but she has proven to nay-sayers that a swimmer can win triathlon championships as well.

Some of her career highlights include:

- * 8th Place World Ranking 2001
- * five Ironman championships
- * nine top-ten finishes at Ironman Hawaii in the last decade

Wendy will present a seminar on training tips, sport essentials, secrets of the triathlon, and Q&A. There will be pizza and drinks following Wendy's seminar.

More information can be found by calling 210-490-9987 or by visiting the RGR website at <http://www.RunGearRun.com>.

RGR is a running + multisport store for year-round athletes in north San Antonio featuring top-quality technical products, training programs and resources for athletes of all levels. It is located at 18720 Stone Oak Parkway Suite 150 in Stone Oak Plaza Phase II and is open Monday through Friday 10 a.m. to 7 p.m. and Saturday 10 a.m. to 6 p.m.