



Swim Bike Mom

Meredith Atwood

Atlanta, Georgia

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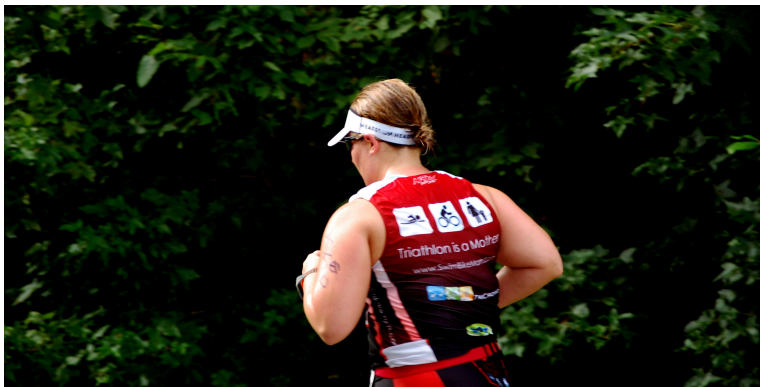
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About Swim Bike Mom

Wife. Mother. Attorney. Author. Blogger. Motivator. Triathlete. [The last on the list being the most unlikely.]

One morning, Meredith woke up a sleepy, fat, mess of a woman. With a full-time job, two kids under the age of two and a miserable drowning sensation following her at every turn, she decided to try something ridiculous. And terrifying. She said these few words:

I have decided to become a triathlete.

Then she wrote them down where everyone could read on her blog at SwimBikeMom.com.

When she started, Meredith could not run a mile, swim across the pool without sputtering, or ride 6 miles on a bike without falling over.

Meredith did her first 5k race. Then her first triathlon, a sprint distance of a 400 yard swim, 13 mile bike, and 3.1 mile run. Then an Olympic distance race, of a 1000 meter swim, 26 mile bike, and 6.2 mile run. Something crazy happened after the Olympic distance.



She signed up for a **Half-Ironman race**: Ironman 70.3 Miami.

Something even crazier happened six months later. She swam 1.2 miles, biked 56 miles, and completed a half-marathon (all in one race), and in a little over seven hours. And all of this in less than a year. Why? Why? Why?

Because there is something inside all of us... something that makes us believe that we can do better, we deserve better.

Through triathlon, Meredith saw life's possibilities open up. She made time for herself, and in turn, she became a better wife, mother and employee.

She learned that taking time to swim, bike and run (or hop, skip or knit, if that is your thing) is not selfish – but necessary. In order to be useful to the world, you have to find comfort and peace within yourself.

Meredith has shared her journey and inspired hundreds to get moving while juggling life, work and family. Through her writing and speaking, she pulls funny out of heartache and inspiration out of peanut butter. While Meredith still stuffs her face with cookies when stressed out, perhaps now she is beginning to understand why.

She has finished a second half Ironman and is now training for Ironman Coeur d'Alene which takes place June 2013.

Make the impossible *possible*. Just keep moving forward.

Background:

Hometown: Savannah, Georgia

Loves: Photography, Writing, Painting and Peanut Butter

Family: Married in 2001 to “the Expert” with two children:
James (5) and Stella (4)

Education:

University of Georgia, School of Law, J.D., 2005

University of Georgia, AB English, 2001

Work Experience:

Owner and Founder, Swim Bike Mom, LLC, 2011-present

Attorney - 2005-present

Freelance Writer - 2007-present

Retail and Customer Service - 2001-2004



Athletic Experience:

Sprint, Olympic, 5k, 10k, 13.1, and Half-Ironman Triathlons

Coach for Beginner Triathletes

Olympic Weightlifting, 1994-1999, Coach and Athlete

Junior National Champion 1995

Junior World Championships, 7th place, 1997

Junior National Squad, 1997

Local, Regional and State Podium Finishes Weightlifting, 1995-1999

Recent Featured & Published:

[On Another Mother Runner](#)

[Ryding 2 Health](#)

[Article for FitBlogger: “A Woman’s Syndrome”](#)

[Highlight: Angela Meyer, GoTRIBal.com](#)

[GoTRIBal Interviews: Janelle Hansberger](#)

[What Does a Triathlete Eat Before a Race](#)

[A Checklist for Triathletes](#)

[Nutrition for Losing Weight as a Triathlete](#)

[Why Am I a Big Fat Sissy?](#)

[Georgia Passes the ‘Three Foot Law’](#)

[The Three Phases of a Triathlon Injury: Part I](#)

[Change Happens: Triathlon Injury, Part II](#)

[Seven Reasons You Can Become a Triathlete \(In Seven Sentences\)](#)

[The Triathlon TriFecta Balance](#)

Another Mother Runner [Article](#)

[Fit Momma Friday](#) at Fit Momma V

Mention on [Runs Like A Duck](#)

Second Mention on [Runs Like A Duck](#)

Shout out on [Iron Rogue](#)

Encouragement on [Tri Fatty](#)



Smiles on [Mama Gets Moving](#)
Poopsicles at [Health Kitten](#)
Friends We Follow on [Page 7, Freeplay Magazine](#)
Healthy Page: [Interview](#)
Half Marathon [Superstar on Up & Running](#)
210 Again [Interview](#).
Mention on [One Mom in Maine](#).
Featured in the [Augusta Chronicle](#) pre-Augusta 70.3
Nice words on [Treadmill Confessional](#)
Shoutout on [CrazyMadLiving](#)
Mention on [TwoTri.com](#)
Another Mother Runner House Party [Photo Blog](#)

The Book
Available NOW on [Amazon](#)
and [Amazon Europe](#).

"...You too can become a triathlete...This book will help you..."
-Christie Wellington,
Ironman World Champion and Author



triathlon
for the every woman

You Can Be a Triathlete. Yes. You.

meredith atwood



eBooks:

[The Swim Bike Mom Ultimate Triathlon Plan](#)

Partnership with Optimal Nutrition for Life
[The Metabolic Boost and The Metabolic Burn](#)

The Online Stores:

Swim Bike Mom Shops



www.SBMStore.Wazala.com



www.SwimBikeSell.com

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