



"... 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



Meredith Atwood "Swim Bike Mom"

Atlanta, Georgia

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(678) 395-7245

www.SwimBikeMom.com

Social Media:

Facebook (facebook.com/SwimBikeMom)

Twitter ([@SwimBikeMom](https://twitter.com/SwimBikeMom))

Instagram (instagram.com/swimbikemom)

You Tube (youtube.com/SwimBikeMom)

Pinterest (pinterest.com/swimbikemom/)



Wife. Mother. Attorney. Author. Coach. IRONMAN Triathlete.

About Meredith: Meredith is all of the above. [The last on the list being the most unlikely.] Her blog (www.SwimBikeMom.com) is wildly popular among women and men who love to (or want to) swim, bike and run. And even those who don't want to become triathletes—love to read the success, failures, and fight with fat that Meredith puts out there. She is a sought-after mentor as well as a speaker for triathlon clubs and women's groups nationwide. She is a USA Triathlon Level 1 Coach, and coaches women from beginners to Iron distance levels.. She is a regular contributor to *Triathlete Magazine*.

The Story.

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 unknown-at-the-time 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. But little by little, Meredith did her first 5k race. Then her first triathlon, a sprint distance. Then an Olympic distance race - 1000 meter swim, 26 mile bike, and 6.2 mile run. Something crazy happened after the Olympic distance. She swam 1.2 miles, biked 56 miles, and completed a half-marathon in a little over seven hours at Ironman 70.3 Miami. And she didn't stop there. 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 is not selfish – but necessary. In order to be useful to the world, one must find comfort and peace within herself.

She finished a full Ironman in June of 2013. And then she finished two more.

She swam 2.4 miles, biked 112 miles, and ran a 26.2 mile marathon at Ironman Coeur d'Alene in 2013. She finished another 140.6 miles at Beach 2 Battleship in Wilmington, NC in 2014. And another at Ironman Lake Placid in 2015. She's taking on Ironman Louisville in 2015, Ironman 70.3 Oceanside 2016, and Ironman Lake Placid 2016.

The Book: *Triathlon for the Every Woman*.

Her book, *Triathlon for the Every Woman. You can be a Triathlete. Yes. You.* was published in November 2012, and is a hit among newbie and long-time triathletes (and non-triathletes!) alike. It's available on Amazon.com in Kindle and paperback, iTunes and Audible.com in Audio Book, and in specialty stores nationwide.

Social Media & the Blog: SwimBikeMom.com

With tens of thousands of unique visitors each month, and hundreds of new visitors daily, SwimBikeMom.com is a *growing* place for triathlon resources, community and laughs on the web.

Swim Bike Mom is very active on [Twitter](#) (~5500+ followers), [Facebook](#) (~27,400 likes), [Pinterest](#) and [Instagram](#) (~3500). Meredith has shared her journey and inspired hundreds to get moving while juggling life, work and family. Through her writing, 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. Her blog is a girl's best friend, and a male triathlete's guilty pleasure.

just keep moving forward.®

Resume in Brief

Background:

Hometown: Savannah, Georgia

Loves: Photography, Writing, Painting and Peanut Butter

Family: Married in 2001 to "the Expert" with two children:
James (8) and Stella (7)

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**, 2010-present

Co-Founder of Swim Bike Fuel, 2015-present

Co-Founder of Swim Bike Sell, LLC - 2012-present

Compliance Attorney, Law Firm - 2013-present

Litigation Attorney - 2005-2013

Freelance Writer - 2007-present

Retail and Customer Service - 2001-2004

Athletic Experience:

USA Triathlon Level I Coach, Youth and Junior Certified

Certified Spinning Instructor

Sprint triathlons, Olympic distance triathlons, 5k, 10k, 13.1,

Half-Ironmans (5) and Iron distance (3) triathlons

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

A Few Samples of Swim Bike Mom.com:

Sample Inspirational Posts: [Be Kind](#), [10 Day Dedication](#),
[No, You're Selfish](#), [I Forgot You Were Doing Ironman](#)

Sample Race Reports: [Ironman Lake Placid](#),
[Ironman Coeur d'Alene](#), [The First Half Ironman](#)

Sample Product Review: [Huma Gel](#), [AudioFlood](#)

Other:

Triathlete Magazine: [Goal Setting](#), [Reality Check](#),
[Are You Actually Ready for That Race?](#)

Interviews: [Interview with Craig "Crowie" Alexander](#)
[Weekend with Andy Potts](#)



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Meredith's blog has a very diverse audience, and welcomes advertisers and products from the triathlon and fitness worlds.

Facebook page has large male following as well. Well over one hundred thousand hits per month, and hundreds of new visitors daily, SwimBikeMom.com is a growing place for triathlon resources, community and laughs on the web. Swim Bike Mom is very active on [Twitter](https://twitter.com/SwimBikeMom) (~5500+), [Facebook](https://www.facebook.com/SwimBikeMom) (~27,400 likes), [Pinterest](https://www.pinterest.com/SwimBikeMom/) and [Instagram](https://www.instagram.com/SwimBikeMom/) (~3500).*

Swim Bike Mom Features: Go [here](#) to see current [news and information about Swim Bike Mom](#), all recent mentions, happenings and publications. Swim Bike Mom features retail merchandise (tees, visors, and triathlon gear), is affiliated with SwimBikeSell.com. Swim Bike Mom is also affiliated with [Swim Bike Dad](#), [Swim Bike Mom Stories](#), [Swim Bike Fuel](#), and [Swim Bike Kid](#).

*Analytics data as of August 2015.



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