

THE
SAME
24
HOURS



Meredith
Atwood

Meredith Atwood "Swim Bike Mom"

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Social Media:

Podcast (<http://www.same24hourspodcast.com>)
Facebook (facebook.com/SwimBikeMom)
Twitter ([@SwimBikeMom](https://twitter.com/SwimBikeMom))
Instagram (instagram.com/swimbikemom)
You Tube (youtube.com/user/mnatwood)
Pinterest (pinterest.com/swimbikemom/)

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

Meredith Atwood is all of the above. [The last on the list being the most unlikely.]

Her blog (www.SwimBikeMom.com) is popular among women and men who want to swim, bike and run—but also those who strive to be the best versions of themselves. For over ten years, Meredith has written about success, failures, body image, parenting and triathlon. She is also a sober warrior and founder of the free online group called, [Grateful Sobriety](#). She is a sought-after mentor, [coach](#) and motivational speaker. She is a USA Triathlon Level 1 Coach, Youth and Junior Certified Coach, USA Weightlifting Level II, IRONMAN certified coach. Meredith is a regular contributor to *Triathlete Magazine* and *Women's Running*.

The Story.

One morning, Meredith woke up a sleepy, overweight, miserable mess of a woman. With a full-time job, two kids under the age of two and a 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. When she started, Meredith could not run a mile, swim across the pool without sputtering, or ride five miles on a bike without falling over. But little by little, Meredith did her first 5k race, then a short triathlon, then a longer triathlon. The crazy thing? She did not stop there. Why? **Because there is something inside all of us... something that makes us believe that we can do better, we deserve better, and we *are* better.** Through the sport, Meredith saw life's possibilities open up. She made time for herself, and in turn, she became a better wife, mother, writer 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 2013. [Then she finished three more.]

Meredith 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 in 2014. She completed two more in 2015 at Ironman Lake Placid and Ironman Louisville.

The Book(s)

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. The book is completely revised and a 2nd edition and available now. A second book, *The Year of No Nonsense*, is coming Fall of 2019.

Social Media, The Podcast & 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. Her new podcast, [The Same 24 Hours](#), is available on [iTunes](#), and has featured amazing guests such as Tony Hawk, Bob Harper, Melissa Hartwig, Laila Ali, Randy Spelling, Dr. Shefali, Dr. Aviva Romm, and Dr. Michael Greger. Swim Bike Mom is active on [Facebook](#) (~31k likes), [Twitter](#) (~5.5k followers), [Pinterest](#) and [Instagram](#) (~9.5k). 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. Her blog is a girl's best friend, and a male triathlete's guilty pleasure.

Resume in Brief

Background:

Hometown: Savannah, Georgia

Loves: Photography, Writing, Painting and Peanut Butter

Family: Married in 2001 to “the Expert” with two children

Education:

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

University of Georgia, AB English, 2001

Work Experience:

Owner and Founder, [Swim Bike Mom](#), 2010-present

Owner, [Tri Fe Tri, LLC](#) - 2012-2018

Compliance Attorney, Law Firm - 2013-2016

Litigation Attorney - 2005-2013

Freelance Writer - 2007-present

Triathlete Magazine - 2014-present

Women’s Running – 2018-present

Athletic Experience:

USA Triathlon Level I Coach

IRONMAN Certified Coach

USA Weightlifting Level II

Races: 5k, 10k, 13.1, sprint and Olympic triathlons

Half-Ironmans (6) and Iron distance (4) 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 from [Swim Bike Mom.com](#):

Posts: [No, You're Selfish](#), [A Sobering Thought](#), [Elbow-Deep in a Half Gallon of Ice Cream](#),
[Meredith: The Fat Shamer](#), [Why We Can't Fill Our Cracks](#)

Race Report: [Ironman Lake Placid](#)

Freelance: [Triathlete Magazine Column](#); [Women’s Running Column](#)

Events: [Weekend with Andy Potts](#); [Tribe Conference](#)





Meredith Atwood is a recovering attorney, wife, mother of two, four-time IRONMAN triathlete who had never run a mile in her life until she tackled the sport of triathlon. She's the host of "The Same 24 Hours Podcast," and a writer for *Triathlete Magazine* and *Women's Running*. In 2010 she started writing about her journey and created her Swim Bike Mom blog. Over 2.5 million words later, she has built a cult following of women (and men) who desired a change in their lives--but not at the expense of their health, family or sanity.

Follow Meredith online:

<http://www.meredithatwood.com>



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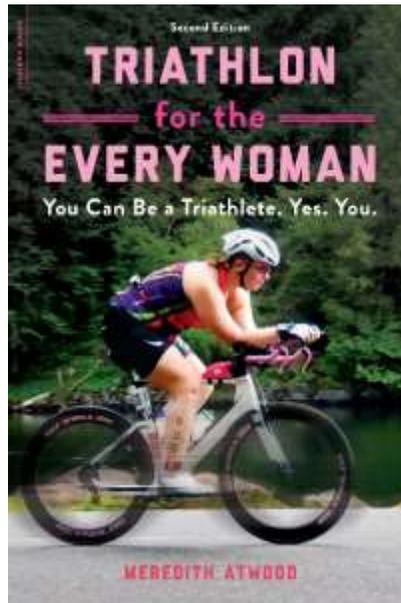


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just keep moving forward.®



For more information about [TRIATHLON FOR THE EVERY WOMAN](#), upcoming THE YEAR OF NO NONSENSE (Fall 2019) or to schedule an interview with Meredith Atwood, please contact Lauren Ollerhead at 212-364-1214 or lauren.ollerhead@hbgusa.com