

Brains and Brawn at Big Blue: How Susan Farago keeps fit - Microsoft Internet Explorer

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How Susan Farago keeps fit Brains and Brawn at Big Blue



It took a question on a jury duty form in 1998 to convince Tivoli's Certification Program Manager Susan Farago to squeeze exercise into her schedule. Eight years later, she is preparing for one of the most prestigious athletic events in the world - the Kona Ironman Triathlon in Hawaii, October 15.

"When going through the paperwork for jury duty, I was asked about my hobbies and I had nothing to write down," Susan said. "I had to have a hobby, so I got back into running."

Run ... Swim, Bike, Run

Susan spent the next couple of years building up from 5K (3.1 miles) races to marathons, and in 2000 she found a new challenge in the women-only Danskin Triathlon. Without an official training guide to follow (she used a half marathon training schedule and filled in bike and swim workouts), Susan finished the half-mile swim, 12 mile bike ride, and 5K run number 154 out of 419 competitors in her class.

The Family that runs together...

When Susan started to take on longer, more challenging races, her husband decided to put on the running shoes, too.

"My husband asked, 'so if I want to see you, I better start running, biking, and swimming?' and I said 'yep'," Susan said.

Don't forget to involve the family when tweaking a work/life balance change. Team Farago has relayed triathlons, and run several races together over the last three years.

Triathlon links

- [Ironman Live](#) -- keep up with Susan's progress this October on the Ironman official Web site
- [USA triathlon](#)
- [Triathlon training tips](#) from "Team in Training" the Leukemia and Lymphoma Society

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