Before coming to WA I thought I could manage the multisport lifestyle and coach myself. As a result, without understanding the concept of periodization or trusting the benefits of tapering, I went into each event physically exhausted and mentally fatigued. My performance suffered and so did my love for triathlon.

Immediately coming into WA Dario completed a performance assessment, bike fit & swim stroke analysis. Then I was turned over to the care of Dusty Roady. She took me to the track for a running form analysis and strength training workout that took minutes off my run time. Dusty also recommended several books on how to develop my neglected “mental game”.

Working with Dusty has changed my life. She knows her stuff, is a true professional & understands me as an athlete. She knows exactly what to say to challenge, encourage and inspire me. Dusty is always available by phone, email, and appointment. She makes me feel like I am her #1 priority. My training plans are customized at my level-- always challenging and stretching my ability as an athlete. I now go into races fully prepared, rested and motivated to succeed.

Dusty has such confidence in my ability that she encouraged me to try more challenging races. Before being coached by Dusty, I would have never considered doing big events like Escape from Alcatraz & the Ford Ironman 70.3 series. And, I would have never felt the success of accomplishment as I did when I qualified for the 70.3 World Championships in Clearwater!

Thanks to Dario, Dusty and WA I know I will be ready to perform my best at Clearwater and in all of my races! WA has changed me into a complete, balanced, whole athlete.

Jo Ann Clark