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SUMMER 2013

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redladies tri

{story by} PETE DULIN

{photos by} REDLADIES TRI

The RedLadies are Kansas City's all-women half Ironman race-training group. The group got its name from the Redman Half Ironman they completed in Oklahoma City their first year.

A half Ironman race distance equates to a 1.2-mile swim, 56-mile bike, 13.1-mile run. "The RedLadies initially started out as a women's group who focused only on this distance, but we expanded and now have women who do all distances," says RedLadies coach Liz Weidling, who is a sports massage therapist at Sport + Spine.

Triathlons fall into four distance categories, including sprint (distance varies), Olympic (1500-meter swim, 40K bike, 10K run), half ironman distance, full ironman distance (2.4-mile swim, 112-mile bike, 26.2-mile run). The RedLadies compete in all of these categories.

"The Reds started in 2011 and is now in its third season with forty ladies of all ages and abilities," says Weidling. "We have gals ages 19–65; some doing triathlon for the first time, some who have been racing for years. The team atmosphere is fun, inclusive and encouraging. 'No Red Left Behind' is our motto."

RedLadies started as a way to connect ladies doing the sport of triathlon. Weidling says, "It has evolved into a team that provides coaching and group workouts. Ladies pay \$50 a month for a training plan for their race along with coached group workouts."

To learn more, visit redladiestri.com. 📍



