

FOR IMMEDIATE RELEASE

Pursuit Athletic Performance Athlete Lisbeth Kenyon Breaks Record at Norseman Xtreme Triathlon

Kenyon 3rd Woman Overall

(Old Saybrook, CT, August 6, 2012)—Pursuit Athletic Performance triathlete Lisbeth Kenyon was third woman overall at the Norseman Xtreme Triathlon held on August 5 in Eidfjord, Norway. She finished the race in 12:47:42, and together with the first two women finishers shattered the existing course record. Kenyon is coached by Al Lyman, co-founder of Pursuit Athletic Performance, a nationally-recognized sport training and rehabilitation company located in Old Saybrook, CT.

Norseman Xtreme features a total of 5,000 meters of ascent. It begins with a 2.4 mile swim in the cold waters of the Hardangerfjord with a 112-mile bike leg featuring steep climbs and technical descents through mountain switchbacks. The 26.2 mile run finishes on the Gaustatoppen mountain top at 1,850 meters above sea level.

Said Lisbeth, “It was the hardest race I have ever done. I am very proud to have finished it. There is nothing in the area where I live that could have prepared me physically for Norseman, so the training Coach Al Lyman designed for me was the absolutely best approach to get me ready.”

“This is a landmark day for me as a coach,” said Al Lyman, Pursuit Athletic Performance co-founder, and acclaimed coach. “Lisbeth’s performance, and her ability to repeat these amazing results year after year at this stage of her career, is a complete affirmation of everything I have tried to share with the endurance world for a very long time. Lis is an incredible standard bearer for us. She is amazing, and I am honored to work with her.”

Lisbeth Kenyon is also the reigning Ironman World Champion record holder in

the 40-44 and 45-49 age groups. Raised in Norway, she now lives in Barrington, RI with husband Todd and their three children. A former biomedical engineer, Lisbeth now works with Todd running three small businesses, two of which are related to triathlon—TT Bike Fit and Tri Fit Lab

Coach Al Lyman is the owner and founder of Pursuit Fitness and co-founder of Pursuit Athletic Performance. An author, columnist and motivational speaker, he has been coaching novice to elite athletes since 1999. A certified expert in clinical gait analysis, Coach Al has participated in hundreds of endurance races. He's run 25 marathons with a personal best of 2:39 at the Boston Marathon, and has also competed in nine Ironman Triathlons, including three Ironman World Championships in Kona, Hawaii.

Pursuit Athletic Performance is an athletic training and rehabilitation company dedicated to helping athletes become stronger, faster, and more injury resistant through movement-based, sport-specific training and gait analysis. The athletes they work with include triathletes, runners, ultrarunners, cyclists, gymnasts and field sport athletes of all ages and levels of ability. Pursuit Athletic Performance is located at 785 Boston Post Road, Old Saybrook, CT, 860-388-GAIT (4248).

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