

Rebirth Triathlete

Terri Knox

"I did it! It's my rebirth!" Those are the excited words that came from deep inside Terri Knox, a 4 year member of The Fox Cities Triathlon Club, as she finished the recent Dousman Duathlon in Green Bay. Terri, age 38, wife and mother of 2, says it has been quite a busy last 2 1/2 years...doing Mom stuff, going to classes and paying attention to her career has kept her out of triathlon action. Terri, unselfishly said "my stuff was put 2nd", but now that the kids are old enough and her job as a pharmaceutical rep (yes, Terri can take care of your migraines, herpes, and asthma!) is doing well, Terri has found some balance in her life and plans to compete again and do several triathlons in 2008.

Q: What was the best part of your "comeback" at the Duathlon?

A: It was just great to bike 32 miles which was the longest ride I have ever done!

Q: What kind of bike do you ride?

A: When I first started I used to ride a mountain bike, but then I got a new road bike so I could get faster...I don't know what kind it is, but it's red and black!

Q: Tell us about your family

A: The kids are 9 and 11 and busy with activities....my husband and I take them to visit my parents in Tucson in the winter which is a lot of fun for the family.

Q: Your feelings about the TRI FOXES?

A: You guys accepted me for how fast or slow I was. I like the idea of a group that supports each other, no matter what!

Q: What's been the best part of your life?

A: RIGHT NOW! This is a great part of my life!

Welcome back Terri!!



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