



PEDRO GOMES

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PEDRO Marco Ribeiro Gomes

06/12/1983

Born in Lisboa, Portugal

Racing as Pro/Elite at Long Distance Triathlons
Graduate Student at Computer engineering
Working as Webdeveloper at HMS Sports Consulting

High Performance Training Center since 2008

Coached by Paulo Sousa, PS Triathlon in 2011



LONG DISTANCE TRIATHLON

The first modern long-distance triathlon event was the Hawaiian Ironman Triathlon. It included a 2.4-mile (3.86-km; 77 lap) swim, a 112-mile (180.2-km) bike ride, and a 26.2-mile (42.195-km) run. It was conceived during the awards ceremony for the 1977 Oahu Perimeter Relay (a running race for 5-person teams).

Among the participants were numerous representatives of both the Mid-Pacific Road Runners and the Waikiki Swim Club, whose members had long been debating which athletes were more fit: runners or swimmers. On this occasion, U.S. Navy Commander John Collins pointed out that a recent article in Sports Illustrated magazine had declared that Eddy Merckx, the great Belgian cyclist, had the highest recorded "maximum oxygen uptake" of any athlete ever measured, so perhaps cyclists were more fit than anyone. Collins and his wife, Judy, had taken part in the triathlons staged in 1974 and 1975 by the San Diego Track Club in and around Mission Bay, California, as well as the Optimist Sports Fiesta Triathlon in Coronado, California, in 1975.

Swim 2.4 miles! Bike 112 miles! Run 26.2 miles! Brag for the rest of your life

HIGHLIGHTS

2nd - IRONMAN Florida

National record time of 8h19m

6th - CHALLENGE Barcelona (debut)

First IRONMAN try in 8h25m53

4 x Long Distance National Champion

2006, 2007, 2008, 2010

5º at ETU European Long Distance Triathlon Championship

Vitória-Gasteiz, 2010 (ELITE)

12º at ITU World Long Distance Triathlon Championship

immenstadt, 2010 (ELITE)

Nº1 National Ranking (long and short distance)

Ranking that awards the best all around triathlete in home events

THE BEST OF 2010

1. Triatlon Internacional Ciudad de Guadalajara, Espanha
1. Triatlon de Santibanez de Vidriales, Copa de Espana de Larga Distância
1. Triatlon Titan / Sierra de Cádiz
1. National Long Distance Champs, Stage #3 Triatlo Longo de São Jacinto, Aveiro
1. National Long Distance Champs, Stage #2 Triatlo Longo de Lisboa (6º absoluto)
2. National Short Distance Champs, Stage #2 Triatlo de Aveiro
2. Portuguese Cup, Stage #4 Triatlo do Zêzere
3. I CAN Triathlon Palma de Maiorca, Half-Ironman Espanha
6. CHALLENGE Barcelona Ironman (debut at Ironman)



GOALS 2011

Crack the Top 10 at IRONMAN Races

Top 5 finish at the European Championship

Make a living as a Professional Triathlete

TENTATIVE SCHEDULE

March 12, 2011 – Abu Dhabi International Triathlon

May 01, 2011 – Wildflower Triathlon Festival

May 15, 2011 – Rev3 Triathlon Knoxville

May 21, 2011 – IRONMAN Texas

June 03, 2011 – Rev3 Triathlon Quassy

June 26, 2011 – Buffalo Springs 70.3

July 10, 2011 – IRONMAN Zurich

July 27, 2011 – Triatlon Vitoria-Gasteiz, Spanish Nacional Championship

August 20, 2011 – ETU European Long Course Championship

September 10, 2011 – Rev3 Triathlon Cedar Point (IRONMAN)

October 08, 2011 – IRONMAN Hawaii

November 05, 2011 – ITU World Long Course Championship

