

## Brian Darr, Triathlete

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**Major Goal:** To become competitive in both road races and triathlons within my age group.

### Athlete Profile:

**Age:** 53

**Height:** 5'6"

**Weight:** 180 pounds

**Education:** BS – Forest Management –  
 Auburn University - 1982

**Occupation:** Account Executive – Lamar Advertising

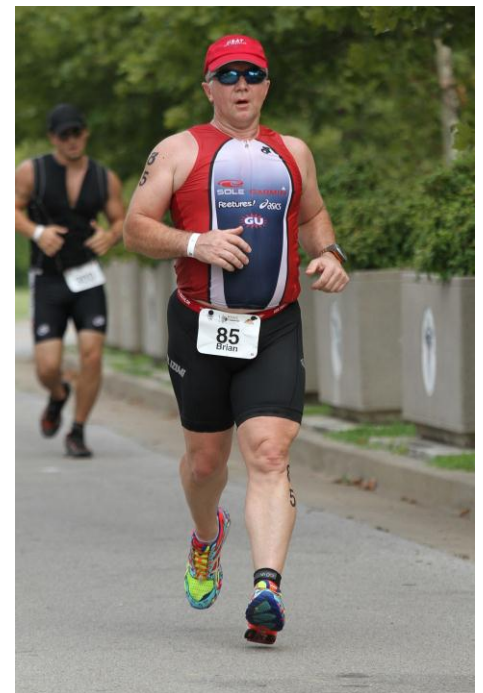
**Ambition:** Age Group Winner

**1st Triathlon:** Y-Tri – 5/27/2006

**Best 5K Time:** 24:30

### Quick Facts and Figures:

- **Lives in Northport, Alabama** with Shirley, his wife and children Megan (21) and Michael (18).
- **Favorite Music:** 80's rock and roll
- **Favorite Color:** Blue
- **Favorite Food:** Pizza and more pizza
- **Favorite Drink:** Caffeine Free Diet Coke
- **Favorite Movies:** Top Gun and Gone with the Wind
- **0** – Number of multi-sport events completed prior to 2006
- **2** – Number of marathons completed
- **8** – Number of duathlons completed
- **10** – Number of half marathons completed
- **13** – Lucky Number
- **28** – Number of triathlons completed
- **60.6722** – Current USA Triathlon Ranking
- **1966** – Year started competitive swimming
- **1984** – Year started running road races
- **2006** – Year started triathlons, year joined Tuscaloosa Triathletes



## Race Highlights:

**March 11, 2006**, Camp Partlow Duathlon, First ever multi-sport race  
**May 27, 2006**, Y-Tri Triathlon, First ever triathlon.  
**December 2, 2006**, St. Jude Half Marathon, First half marathon  
**October 13, 2007**, Capstone 5K Run, 5K PR: 24:30, 7:37 per mile  
**February 10, 2008**, Mercedes Marathon, First Marathon  
**May 31, 2008**, Georgia RockNRollman Triathlon, First half iron distance triathlon  
**April 5, 2009**, New Orleans Ironman 70.3 Triathlon, First official Ironman event  
**April 11, 2009**, Trooper Banks 5K, Best overall finish – second  
**April 18, 2009**, USAT Officials Training  
**November 7, 2009**, Florida Ironman, First Ironman Triathlon  
**July 11, 2010**, Chicago Half Marathon  
**September 10-12, 2010**, USAT Coaching Clinic  
**2011**, ran four half marathons  
**November 5, 2011**, Savannah Half Marathon  
**December 3, 2011**, St. Jude Half Marathon

## Anticipated Key 2012 and 2013 Race Events:

**January 21, 2012**, Frostbite Half Marathon  
**February 12, 2012**, Mercedes Half Marathon  
**March 4, 2012**, Mardi Gras Half Marathon  
**April 28, 2012**, Country Music Half Marathon (Completion of 6 half marathons in 6 months)  
**September 30, 2012**, Ironman 70.3 Augusta  
**February 2013**, Mercedes Marathon  
**April 2013**, Ironman 70.3 New Orleans  
**September 2013**, Ironman 70.3 Augusta  
**November 2013**, Florida Ironman

## Other:

**Account Executive**, Lamar Advertising  
**Past Team Manager and Assistant Coach of Youth Baseball Teams**, Local youth baseball teams, all-star and travel baseball teams  
**Member of the Board of Directors**, Read BAMA Read  
**Past Board Member**, Tuscaloosa Track Club  
**Certified Track Coach**, USA Track and Field  
**Certified Running Coach**, Road Runners Clubs of America  
**Certified Triathlon Coach**, USA Triathlon  
**Past Head Cross Country Coach**, Tuscaloosa County High School