

Team In Training Triathlon Coaches:
**SUPER HUMANS
 SAVING LIVES**



The Leukemia & Lymphoma Society's Team In Training® (TNT) is the world's largest endurance sports training program. The program provides training to run or walk a whole or half marathon or participate in a triathlon or century (100-mile) bike ride. One of the most remarkable aspects of TNT is the coaching staff. These individuals donate their time and expertise at no cost to participants, all in an effort to find a cure for blood cancers.

As the TNT triathlon program continues to grow, the coaches have structured the training to meet the needs of beginners, who are making their first attempt to swim, cycle and run across the finish line, and also those seasoned triathletes looking to reach the next level. The TNT coaching roster includes a World Champion, an Olympic Trial Qualifier and a blood cancer survivor. But exactly who are the talented coaches who dedicate their time to providing triathlon participants with motivation and inspiration?

Todd Wiley, the head coach of Eastern Pennsylvania's TNT Triathlon program, has been a competitive athlete and coach for close to twenty-five years. Todd ran at the Division II level in collegiate track and cross country for Kutztown University, where he was a two time All-American. After graduating in 1994, he began his triathlon career. After winning the Duathlon World Championship and placing third over-all in the Triathlon World Championship in 1998, he was named triathlete of the year by USA Triathlon. He has been a professional triathlete ever since. Todd has completed ten marathons and nine Ironman events, including three at the World Championships in Hawaii. Not only is he a certified TNT coach, he is also a USA Triathlon Level 1 certified coach. As TNT coach, he has trained over 700 athletes to successfully complete events from the sprint distance to the half-ironman distance with a hundred percent finish ratio.



Todd Wiley

Assistant coach Steve Brown is a multi sport athlete who grew up in suburban Philadelphia. Steve played semi-professional soccer for a number of years in the United Soccer League for the German club Danubia. Finding it difficult to stick to rigid practice and game schedules while starting a family, Steve traded in his soccer shoes and turned his passions to the flexibility of multisport racing in 1987. He has never looked back. Beginning small with 5 K's and charity bike rides, his fever quickly grew to the level of marathons and ultimately the Ironman. Since 1987, Steve has racked up fifteen marathons, eight Iron distance triathlons and numerous local and regional triathlons and multi sport events, including many top age group finishes. Steve is not only a TNT coach, but also a blood cancer survivor who recognizes first-hand the importance of the Society's fundraising efforts.

Ken Modica, also an assistant coach, was a member of the Penn State Ski Team, racing for three years in the Allegheny Ski Conference in Slalom and Giant Slalom disciplines. As a PSIA Ski Instructor, Ken taught skiing in the Pocono Mountains for six years. Pioneering "Adaptive Skiing" in the Pocono's with Philadelphia Area Handicapped Sports, Ken has taught amputees and autistic children, guided blind racers and specialized in teaching mono-ski to paraplegic skiers. After becoming involved with TNT in November 2004, Ken competed in the inaugural City of Philadelphia Olympic Distance Triathlon in June 2005. Since that time, he has participated in numerous Sprint



Steve Brown



Ken Modica

and Olympic distance events. The highlight of Ken's 2007 Triathlon season will be his participation in Ironman USA in Lake Placid, New York. A unique addition to the coaching staff, Ken is also a Category 3 certified USA Triathlon Official.

Last, but certainly not least, is Jessica Nixon, TNT's swim coach. Jessica began coaching swimming while she was in college, but her swimming career began at the early age of six. She earned honors of All-State, Junior National champion and All-American in High School. She earned a scholarship to University of South Carolina where she was a four time All-American, an Academic All-American, Olympic Trial Qualifier, NCAA qualifier and NCAA Woman of the Year for South Carolina 1997. She has coached swim camps at the University of Virginia, Hamilton College and for Special Olympics athletes. Jessica was the assistant coach at Hamilton College in 1998-1999 and coached an age group team in Arlington, VA in 2002. Jessica got involved with Team In Training three years ago when she did her first triathlon. She is currently training for her first Ironman in Lake Placid this year.

Team In Training and their expert coaches invite all those interested in completing an endurance event for a good cause to join the TEAM! To learn more about the Leukemia & Lymphoma Society and Team In Training, visit www.team-intraining.org/epa or call 1-800-482-CURE. TNT is currently forming a team to participate in the 2007 Philadelphia Insurance Triathlon in Fairmount Park.