



### How about a little RIVER FUN in KNOXVILLE?



Knoxville is getting a river tri back in town! Presented by Knoxville TVA Employees Credit Union and Personal Best Racing, K-Town on the River is coming in 2020! Registration goes up tomorrow so make sure to snag the lowest prices ever before they go up! Jessica has, will you? We have several options to pick from with a Sprint and Olympic distance and the and Aquabike and Aquathon option within the Olympic. Planning is well underway and the courses are under review (we are pretty sure they are set!) the swag is being determined by our amazing sponsors, so get in on this soon! Register at [ACTIVE.COM](http://ACTIVE.COM)

### WANNA BE A PBR AMBASSADOR?

#### How cool would that be?!?!

Anyone who orders a Jackroo custom designed kit during our ordering window will automatically become a part of the first round ever of Personal Best Racing Ambassadors! Here is the link...remember the more the merrier (and cheaper!)

[BECOME INSTANTLY COOLER HERE](#)

The ordering window goes until August 8th to be able to receive these kits in order for PBR to STORM THE FORT on August 24th where Jamie and Muna will be storming both distances, sprint and Half! #welovetoracetoo Stay tuned to facebook for information about our new ambassador program! We are working on discounts from sponsors and vendors, plus swag, special



wearable swag, and fun events and parties (and if Jamie and Shameka had their ways it would include puppies, transition mats, and trucker hats)!



What a day!

Sweetwater came and went and what a great race it was. Will Gates and Ashley Powell showed up big for their overall places of first place male and female, Shameka Pollard and John Smith swept the Masters categories and Roman Hamilton and Michele Adams dominated the Athena/Clydesdale cats! What a fun day! The party didn't

stop at the RD cooler but carried over to Hunters Courtyard where we got to enjoy BBQ sliders and beverages with lots of talk and fun fellowship. Thanks to the City of Sweetwater for their hospitality! My daughter and I hit up the boutiques and the antique shops for some cute little finds! I encourage you to stop off one weekend and explore!

The City of Sweetwater has invited us back next year and there is strong talk of a POOL PARTY following the race! Stay tuned!



### Next up for the KPL Zen Evo Kids Series.....

We had a great turnout at the Atomic Kids Triathlon, our biggest number ever! So exciting for all the kids to tri triathlon! We are gearing up for another big turnout at the next series race #3 - Gulf Park Triathlon on August 10th

back at Gulf Park Pool off Cedar Bluff!

Make sure to register your kiddos today by going [HERE!](#)



The Wild Rose Womens and Lit'l Buds Triathlon and 5k's sponsored by Southern Shine Colleen Sturdevan was an amazing day. Thanks to our sponsor for providing some nice swag for our podium ladies, and Patdome Productions for helping out with the Roses! Check out the pics on Facebook [HERE](#)

Thanks to the City of Loudon and Parks & Recreation for their help in keeping us safe and providing a clean

pool for us!

We also featured some strong women business owners including Katie Dodson, Jeanne Williams, Julie Keller, Elizabeth Psar, & Tanya Ichewicz!

### Important Dates:

August 10th - Gulf Park Triathlon - Knoxville, TN Gulf Park Pool

August 31st - Tomahawk Sprint - Loudon, TN Splashpad

September 22nd - North Knox Triathlon for Livestrong - Halls, TN YMCA

September 28th - Atomic Kids Fall Triathlon - Oak Ridge, TN NFC

**GO TO OUR WEBPAGE FOR THE REST OF THE STORY....**

**The Results are in.....**

Following Secret City, we sent out a survey to capture your thoughts and feelings on how we did and how we can be better. As you can see by the word cloud below, a lot of you liked and disliked the same things! That being said, we thought we could address some of the burning topics for you!

Your Suggestion:

**\*Swim- Suggest widening the lanes 3 swimmers wide and 8-10 sec time between drop ins. Every lane got congested with two like a wall in front of me and also beside me getting hedged in.**

=====

PBR Response

- We are not able to widen the lanes due to the anchors in the wall. If we skip to every other there will not be enough lanes. We will try to lengthen the intervals of the starters or switch to one line going in. It is the swimmers responsibility to know their pace and where to self seed themselves. No one ever tells the truth except the fastest people and the slowest people, so all those people in the middle could go either way. If you are slow but confident, thats fine...but if you are slow and nervous, please stay towards the back. PBR prides ourselves with being there for you when you finish!

Your Suggestion:

**\*Though i will definitely come back i did not feel safe at times on the bike..... 1. Start the race earlier to avoid traffic . Even 15 minutes would help 2. Why not just bring traffic down to one lane....after all , its 7:40 on a sat morn and i would guess the last biker is done by 9 ish even with the 7:30 start ..... 3. See ya next yr**

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PBR Response

-With open roads there is never an opportunity to avoid traffic. In order to prepare for your race we arrive on site at 5am. If I had to get up earlier, there would not be enough coffee, and Jamie would not get there till 5:30am. That being said we work with the local authorities and per them we have to start at 7:30am. As always in any event the athlete needs to be aware of their surroundings. The turnpike is one of the safest places around to ride as long as traffic rules are followed. Hopefully we can get you feeling more safe next year!

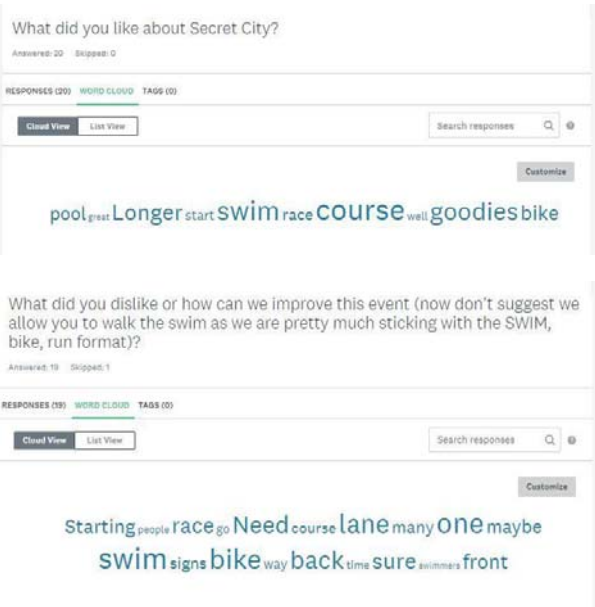
Your Suggestion:

**\*An out and back 5k route.**

PBR Response

-So I tried to make a different route one year....and we can certainly do it, however, it is downhill the whole second half. Which means its is an extreme uphill the first half. The other direction is not permissible by the ORPD. No worries we are still looking to improve that route as it seems there is a flea market on the backside of the route. Thanks to our PBR Run course staff for keeping the traffic under control! We definitely plan to have more officers next year.

Thanks for all the good feedback as well! Here is the word cloud provided by Survey



**And Check out our amazing sponsors!**





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