

Tracy Press

Trio of triathletes

Written by Press staff

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Cheer gym coaches go for triathlon



Andrea Cuestas (from left), Dyan Brown and Julie Van Os have been working out in preparation for a triathlon today.

A local cheerleading gym has made the connection between the sport and endurance races. Today, three coaches from Athletic Perfection on MacArthur Drive will join the See Jane Run fifth annual triathlon at Shadow Cliffs Regional Park in Pleasanton.

Dyan Brown, 41, one of the coaches at the Athletic Perfection, said she wanted to start a workout regimen and set an example for her students.

"I've done two other triathlons, but it was a long time ago, in 1994 and '95, before husband and children," she said.

She didn't have to look far to find a couple of workout buddies in Julie Van Os, 35, owner of Athletic Perfection, and Andrea Cuestas, 22, another coach.

They'll run a sprint triathlon — 4-mile swim, 11-mile bike race and 3-mile run — which could lead to more races for the trio.

"It's something we could work for and still challenge ourselves," Brown said. For her, the point is for the students in her gym to see that their teachers believe in physical fitness.

“It’s a good motivator. We motivate them to be physically fit. We’re putting our money where are mouths are.”

Van Os said she was ready to join up as soon as Brown approached her three months ago. The original plan was to be in a race by next May, but Van Os saw this race coming up and knew they’d have time to get ready.

The tighter schedule just turned up their enthusiasm.

“Now that we’re getting closer and closer, we want to know what our times are going to be.”

Van Os and Cuestas got their head start at the Mountain House Fun Run last weekend, when Cuestas came in first in the 20-25 age division and Van Os came in second in the 30-39 division.

See Jane Run is a women’s athletic apparel company from San Francisco, and started the women’s triathlon, aka See Jane Tri, as a benefit for breast cancer research. The company will also sponsor the Nike Women’s Half-Marathon on Oct. 19 in San Francisco.