

LAUREN
GOSS

professional

TRIATHLETE

focused driven determined



A LITTLE ABOUT ME

NAME: LAUREN LUCILLE GOSS

DOB: 01/26/1988

NATIONALITY: USA

EDUCATION: B.S. BIOLOGICAL SCIENCES
CLEMSON UNIVERSITY
CUM LAUDE 2010

COACH: PAUL THOMAS

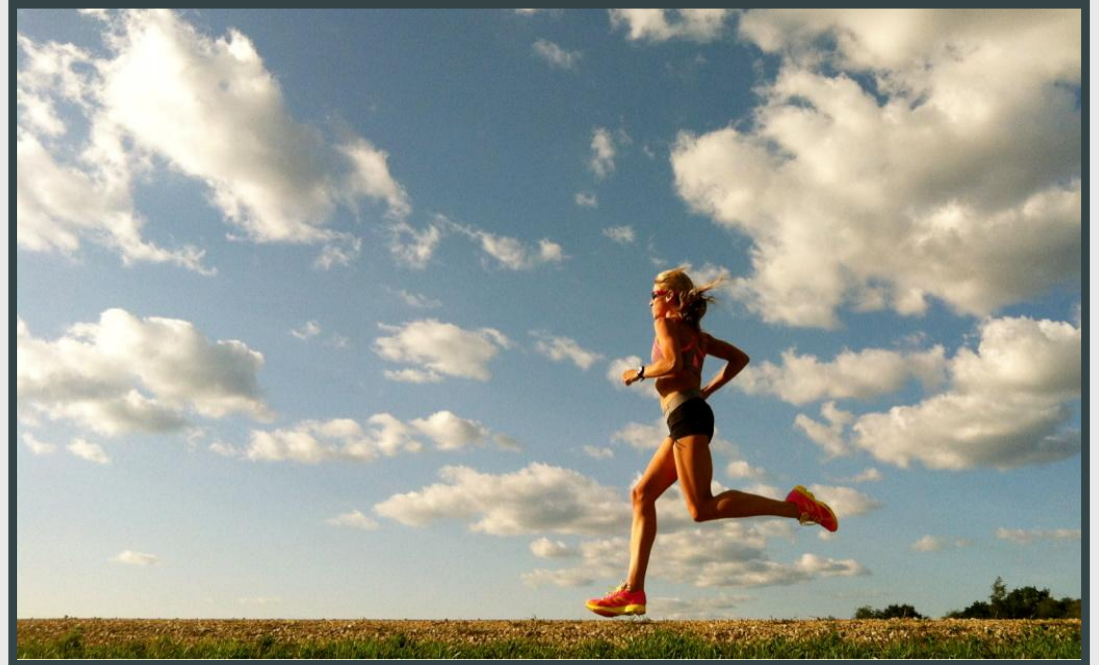
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MY MOTIVATION



My motivation as an athlete is different than most of my competitors. Unlike most, I did not compete in athletics at a collegiate level. Over the past 2 years I have surprised myself immensely with my accomplishments. My goal is to be the best I can be, which I have no doubt is the best American short course triathlete. Considering my rapid progress, I plan to podium in every race I enter this year with my main focuses being the Rev3 Series, the Lifetime Fitness Triathlon Series and the famous HyVee 5150 Championships.

In order to reach these lofty yet realistic goals, I look at every step with the mindset - “every second counts”.

Hence, why I am reaching out to you to join me in my inevitable journey to the top.



RESULTS /AT A GLANCE

2013

1st Rev3 Knoxville

1st 5150 Kansas City

2nd Lifetime Fitness Minneapolis

2nd 5150 St. Louis

3rd Lifetime Fitness South Beach

3rd Rev3 Williamsburg

3rd 5150 Boulder Peak

2012

1st Rev3 Maine

2nd Rev3 Knoxville

2nd Lifetime Fitness Los Angeles

3rd Rev 3 Portland

3rd Rev3 Wisconsin

3rd US Open Dallas



2011

1st Panama Pan American Cup

1st Lima Pan American Cup

1st Amica 19.7 Championships

2010

Under 23 National Champion



GOALS

BELIEVE I CAN ACHIEVE

SHORT TERM

Create the **most professional** team around me. Including: sponsors, training group, massage therapist, psychologists, nutritionist, and trainers

Top 3 in every race I enter

Build personal relationships with all of my supporters

Stay injury free and **healthy**



LONG TERM

Strengthen relationships with sponsors by promoting and representing the brand throughout the triathlon world

Win Revolution 3 series

Win Lifetime Fitness series

Win at 5150 HyVee Championships

Medal at 2016 Olympic Games

Stay injury free and **healthy**



WHAT I CAN DO FOR YOUR COMPANY

SOCIAL MEDIA

Facebook



- 4000 fans
- Promotion codes for product

Twitter



- Over 1500 contacts
- updates at races
- contests to gain exposure for your brand

Online Video Exposure

[Rev3 Maine Race Recap](#)

[Rev3 Maine Preview Show](#)

[Rev 3 Knoxville Race Recap](#)

ADVERTISEMENTS



Triathlon Articles

[Triathlete Magazine 2012](#)

[Triathlete Magazine 2013](#)

[Slowtwitch 2012](#)

[Slowtwitch 2013](#)

EXPO APPEARANCES

Meet and greet

Interact with Age Group triathletes to promote brand and provide information

Icon for your brand



SHARE THE SUCCESS

Confirmed Sponsors for 2013

