

# MISSION POSSIBLE

## Wall of Fame

### *Nancy Koehn*

**GOAL:** UPCOMING TRIATHLON

**HOW JACKIE HELPED:** Thanks to Jackie's help, the Trek Women's Triathlon Series in Wisconsin went great! I did well overall, but I was especially pleased that the swim went so much better than expected. All the stretching and strengthening gave me a competitive edge. I placed 722 out of 2,544 participants, and in my division I placed 74 out of 294. I was excited to do so well, especially since this was my first Triathlon in four years and I'm now 44. I had a strong finish and felt great afterwards.

It goes to show what just six, one-hour sessions with Jackie can do. Go for your dreams, see Jackie to help!

Nancy enjoys the feelings of success inside and out at the finish line of a Women's Triathlon in Wisconsin with fellow competitors and friends.

