

**LORD'S  
GYM**

12:00 PM  
DUKE ENERGY  
CENTER  
(Approx 20min and  
10 Min Q&A)



**"All about Triathlons, Duathlons and Cycling"** Bob and Lisa Duncan, a husband and wife team, will lead an all purpose discussion about these exciting Multisports, which they are so passionate about! Some of the areas of discussion will be... *"How much training is really required?"... "What type of equipment is needed?"... "How can I prevent injuries if I am just a beginner?"... What types of competitions are offered locally and nationally?" ...and... "How do I get started!?"*. They will field any question you may have about these exciting sports, as well as give helpful tips about dynamic race warm-ups, injury prevention and developing Multisport Training regimens.

BIO: Lisa Duncan... is Physical therapist and Certified Athletic Trainer, and has participated in over 70 Triathlons, including 3 IronMan Triathlons. She has qualified for the USA Championships 4 times, and was a member of Team USA for The World Long Course Championships". Bob Duncan... founded Wheelie Fun Multi-Sport which he ran until selling in 2009. Bob holds the patent for the integrated armrest aerobar (profile sonic stryke & sonic csx). Currently, Bob spends his days building his new ventures, Veritas Custom cycles, Veritas Fit systems, and Veritas Endurance Coaching. Bob has designed built bicycles for a national masters road race champion, three IronMan World Championship qualifiers, and for the bike course record holder of IronMan 70.3 Triathlon World Championship. Bob has performed over 6,000 bicycle fits including multiple IronMan age group champions and The Ironman 70.3 world championship bike split record holder (1:58:49). He has coached multiple National age group triathlon champions and continues to work with both age group and professional Triathletes.

Contact Info: [bobttcoach@gmail.com](mailto:bobttcoach@gmail.com)

**LORD'S  
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1:00 PM  
DUKE ENERGY  
CENTER  
(Approx 20min and  
10 Min Q&A)



**“CrossFit... a Revolutionary New Way to Train”** Rainer Hartmann, Fitness Club Owner, Bodybuilder, and well known Fitness Expert throughout the Tri-State Area, became the first CrossFit affiliate in the City of Cincinnati. CrossFit is a revolutionary new way to train, and is sweeping the country in popularity! Rainer will discuss... *“What is CrossFit?... “How did it get started?”... What are the benefits of this type of training?”* and... *“How can I get involved?!”*. Rainer is an expert in all areas of fitness training, therefore he will be able to answer any questions you may have about weight training, diet, vitamins, supplements or virtually anything pertaining to health and fitness!

BIO: Rainer was born in Germany and was a champion weight lifter making the Finals of the German Nationals in 1986. He moved to Cincinnati in 1992, and opened his first Gym in Pleasant Ridge (DAS GYM) in 1999. Still active in Bodybuilding, he has won several titles, including Mr. Cincinnati Overall, Mr. Cincinnati Master’s, and placed 2<sup>nd</sup> Mr. Ohio and 2<sup>nd</sup> in USA lightweight Division. He brought the first CrossFit affiliation to Cincinnati in 2007, and was a recent CrossFit regional qualifier in 2009.

Contact: [dasgym@aol.com](mailto:dasgym@aol.com)

**LORD'S  
GYM**

2:00 PM  
DUKE ENERGY  
CENTER  
(Approx 20min and  
10 Min Q&A)



**“How to Develop a Goal-Achieving Fitness Plan”** Mary Beth Knight, owner of Revolution Body Fitness in Cincinnati, was not always the “ripped” World-class Duathlete many people have come to know. As a young girl, the “self-described fat kid” was the last one picked for team sports, resulting in a lack of self-confidence and poor self-esteem. At age 30, a smoker, 50 pounds overweight and enduring the rigors of performing as a stand-up comedian, she summoned the courage to walk into the gym. She quickly developed the mindset to lose the weight and develop the body image she desired. Soon after, she bought the gym which inspired her, became an elite performer in Triathlons and Duathlons, and has never looked back!

Mary Beth will speak on the subject of Health and Fitness Goals covering such topics as... *“Holistic Goal Setting”*... *“Matching the Intensity Level to meet your Goals”*... and... *“How to develop a realistic Fitness Program which will insure success!”*. Mary will also address any health and fitness question you may have (diet, exercise, weight loss, etc), and has particular expertise in the area of women’s health and fitness issues.

**BIO:** Certified ACE & AFAA Personal trainer and Group Fitness Instructor  
CEC provided for ACE & AFAA  
Pilates reformer (mat certified) and Spinning Instructor  
IronMan Finisher and Team USA member for long course duathlon  
Health Smarts columnist for CIN WEEKLY  
Healthy Living Radio Show Host  
WCPO Fitness Expert  
Discovery Health's Maternal Fitness Expert  
Creator of the FIT REVOLUTION 10 week weight loss program

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