

TESTED: THE BEST WETSUITS

THE WORLD'S #1
TRIATHLON MAGAZINE

triathlete

SWIM
STRONG

9

**SIMPLE
STEPS
TO NEW
SPEED**

plus:

**HOW TO STAY CALM IN
ANY RACE-DAY SCENARIO**

SUIT UP
SWIMSUIT
STYLES FOR
EVERY BODY

*win a
trip*
HERE
DETAILS
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◀ AGE-GROUP
TRIATHLETE
ROB THWAITES

**TRIATHLON
HOTSPOT**

bermuda!

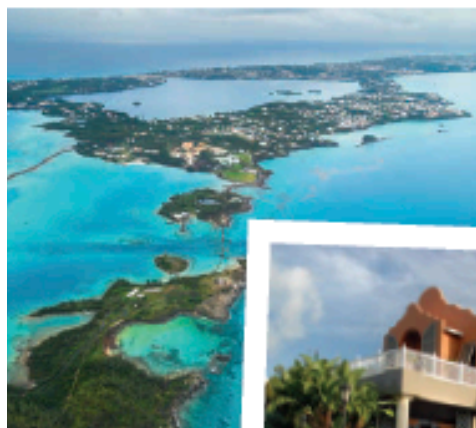
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Abundant open-water swimming, mild weather and an active community make this stunning island a training paradise.

BY BETHANY LEACH MAVIS



Grotto Bay Beach
Resort and Tennis Club

GO

Many people mistakenly think of Bermuda as a Caribbean island when it's in fact located farther north—about 650 miles off the coast of North Carolina.

It's less than a two-hour flight from most East Coast cities, and there are daily flights on several U.S. and Canadian airlines. It also doesn't have the Caribbean heat—its warmest months (May through October) see temperatures in the mid-80s, and the average high in the middle of winter is around 70 degrees. (Also, don't be deterred by the Bermuda Triangle myth—it was debunked in the 1970s.)

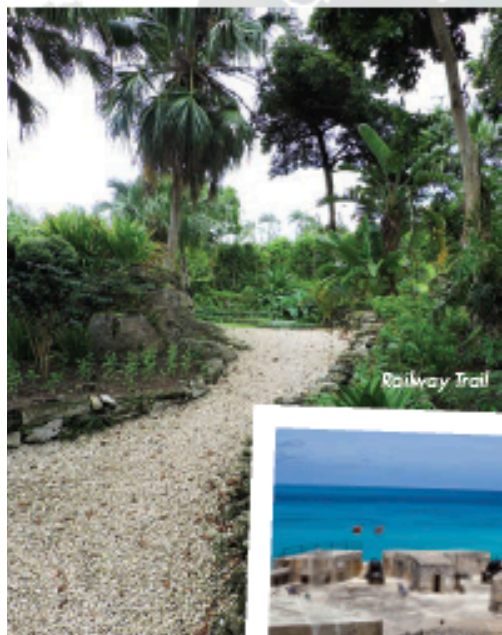
STAY

There are a variety of accommodations in Bermuda's 21 square miles. Grotto Bay Beach Resort and Tennis Club (GrottoBay.com), located in Hamilton Parish, is just a few minutes from the airport and has its own private beaches and stunning ocean views on the 21-acre property. For a more urban, central location, the Fairmont Hamilton Princess (Fairmont.com), located on the harbor in the main city of Hamilton, is a charming, historic hotel just steps away from restaurants and shops. Visit GotoBermuda.com for a list of all accommodations on the island.

DINE

Fish eaters won't be disappointed—you can find fresh rockfish and wahoo all over the island. Sample classic Bermudian meals such as fish chowder, a flavorful, aromatic gumbo-like soup, and the fish sandwich, deep-fried fillets of fish with tartar sauce and other fixings. The well-known Swizzle Inn, at two locations, serves delicious fish sandwiches along with an especially strong version of the signature Bermudian cocktail, the Rum Swizzle (a sweet concoction made of fruit juice and rum). Rustico Restaurant and Pizzeria, located in the central Flatts Village, is another top-notch pick serving delicious pizzas, wine by the glass and a daily risotto special.



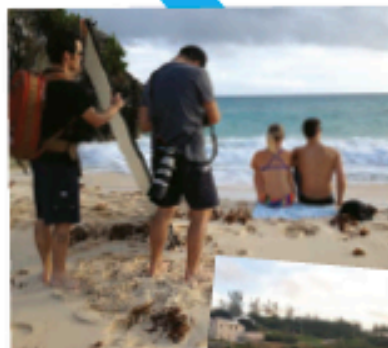


Railway Trail



island tour EXPLORE THE SHORES

Don't miss out on Bermuda's charming history and wealth of family-friendly activities all along its 75 miles of coastline. On the east end of the island is the quaint town of St. George's, a UNESCO World Heritage site complete with historic architecture and cobblestone paths. Just past town is Fort St. Catherine, a museum in the largest fort in Bermuda with unobstructed views to the north and east. Nearby is Tobacco Bay, a popular protected swimming hole where you can explore coves and fascinating rock formations. Explore Bermuda's south shores with a day on the pink sand at Horseshoe Bay Beach, or climb to the top of Gibb's Hill Lighthouse for stunning 360-degree views. At the Bermuda Aquarium, Museum and Zoo (Bamz.org), you'll see more than 100 species of indigenous fish and animals from the Caribbean, Australia and Madagascar.



just keep swimming SWIM TRAINING HEAVEN

With the Atlantic Ocean never more than 2 miles away from anywhere on the island, it's obligatory to enjoy some open-water swims while in Bermuda. For a more protected swim, start from the Harrington Sound public dock and head east to the point for a half-mile round-trip swim. Another popular swimming locale is Clearwater Beach, which also serves as the start of most local triathlons. It has calm waters, is frequented mainly by locals and you might catch a glimpse of a sea turtle. If the open water is too choppy to swim, dive into the 50-meter pool at the Bermuda National Sports Centre (\$18 drop-in pass, Bermudasportscenter.com).

hit the road CYCLING AND RUNNING ROUTES

The island has a strong cycling community (you'll see large packs of cyclists on weekend mornings). If you're looking for scenic bike training, the 28-mile Western Loop takes you along Bermuda's south shore beaches toward the Naval Dockyard and gives you a great view of Hamilton Harbor. Or opt for the 19-mile Eastern Loop, which has golf course views and some challenging hills. Because the speed limit on the island is only about 20 mph, the roads are quite safe for cyclists—just remember to ride (and drive) on the left. If you want to lace up for a run, the Railway Trail, a converted railroad track, is popular among locals and has picturesque views and about 18 total miles accessible for running.

*We enjoyed
Bermuda's sandy
beaches and
sunshine during
our swimsuit shoot
for this issue!*

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RACE IT!

For a nation of around 65,000 residents, Bermuda has a vibrant tri community. There are sprint- and Olympic-distance races throughout the summer, including a weekly super-sprint series—the Argo Re Summer Triathlon Series—that runs on Thursday evenings all summer for a \$5 entry fee (kids are welcome to join as well). Other short-course tris fall anywhere from April to October, and each ensure you'll enjoy clear, turquoise waters and scenic vistas. Find a full event schedule at Bermudatriathlon.com.



BERMUDIAN BLISS

OUR TRIATHLETE MODELS EXPLORE THE
ISLAND'S PINK BEACHES AND TURQUOISE
COVES IN THE LATEST ACTIVE SWIM STYLES.
PLUS: HOW TO FIND THE RIGHT SUIT FOR YOU

PHOTOGRAPHS BY **JEFF CLARK** HAIR AND MAKEUP BY **MARLENA ROBBINS**



ON HER
Carve Designs Beacon Full Piece
\$72, Carvedesigns.com), Smith
Optics Collette sunglasses (\$80,
smithoptics.com)

ON HIM
Speedo Nano Fracture Jammer
\$49, Speedosusa.com), Peral
\$299.95 sunglasses (\$220,
peral.com)



Finding the most flattering (and functional) active swimsuits for a specific body type can be a tall task. That's why we sourced expert opinions from a competitive swimwear buyer for SwimOutlet.com and the swimwear designer and long-time triathlete behind Betty Designs. For women with broad shoulders (or "swimmer's shoulders"), look for printed patterns, like this Carve Designs one-piece suit, which draws attention away from your shoulders, says Megan Mills, SwimOutlet.com's associate category manager for aquatics. Thicker straps can also break up the appearance of wide shoulders; however, halter-style tops only accentuate them.

ON HER

TYR Women's Coral Bay Active Mini Boyshort (\$30) and Women's Coral Bay Reef Knot Bikini Top (\$40, tyr.com), Spy Emerson sunglasses (\$150, spyoptic.com)

ON HIM

TYR Men's Solid Challenger Tank (\$40, tyr.com), Rudy Project Spinhawk USA Edition sunglasses (\$149, e-rudy.com)



MEET THE MODEL

In 2013, age-group triathlete **Kristen Palmer** traded the snowy winters of Ontario, Canada, for the pink sands of Bermuda's beaches when she got a job as a chartered accountant working for PwC Bermuda. So when she was selected to model for the *Triathlete* shoot, she didn't have to travel very far.

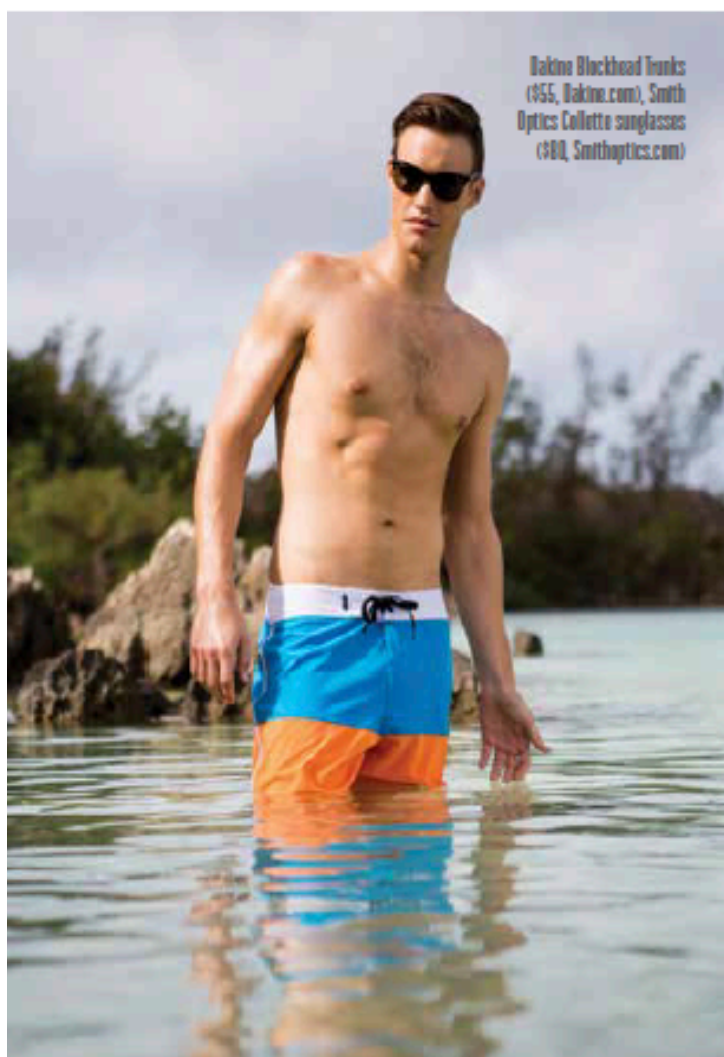
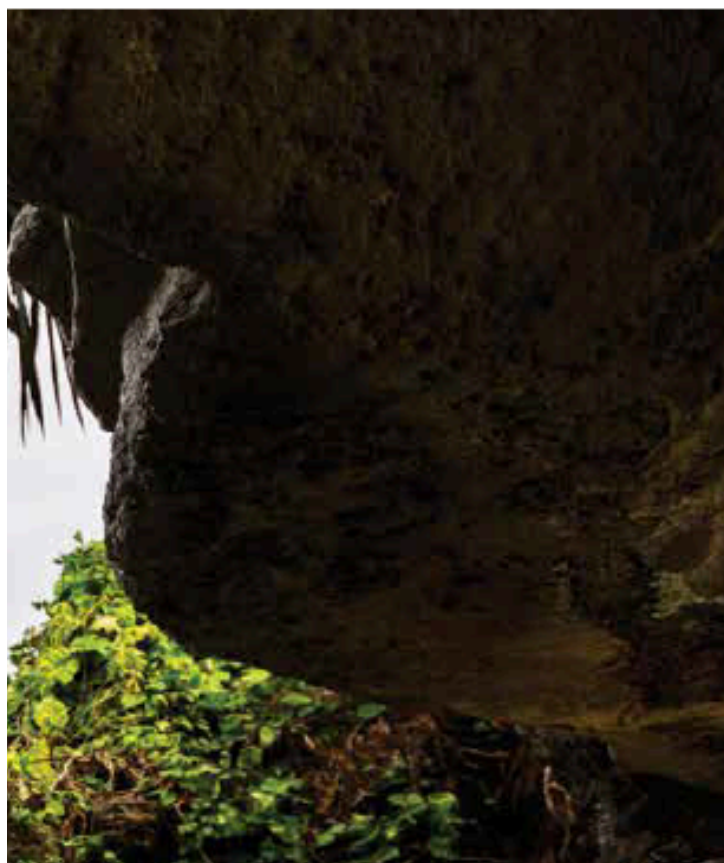
At the time of her move, Palmer was also getting more invested in triathlon, which paired well with Bermuda's mild, training-conducive weather. As a runner in high school as well as a provincial volleyball and ice hockey player, she now enjoys the individuality of triathlon (so she can determine her own training schedule) and uses the sport as a way to find balance in her life outside of her high-pressure career. "It's almost a sanctuary [for me]," she says, "especially here in Bermuda, because it's so beautiful that when you're training, you wish you could stop every 10 seconds just to take a picture."

Palmer, who is coached by and trains with her boyfriend, Mark Robinson, is racing Ironman Frankfurt this July and ran the Boston Marathon earlier this year. She's found success in triathlon so far, and raced at the ITU Age Group World Championship in Edmonton in 2014 for Bermuda. "[Triathlon] is so available, it's right at your fingertips here," she says. "It's such a sense of community. ... The big thing for me is the family that you develop from doing a sport like this."

A first-time swimsuit model, Palmer's developed a "whole new appreciation" for modeling. "It's been the most incredible experience," she says.



If you'd like to make full hips and thighs appear smaller, look for "extra leg coverage," Mills says, like in these TYR boyshort-style bottoms, and avoid any high-cut leg designs.



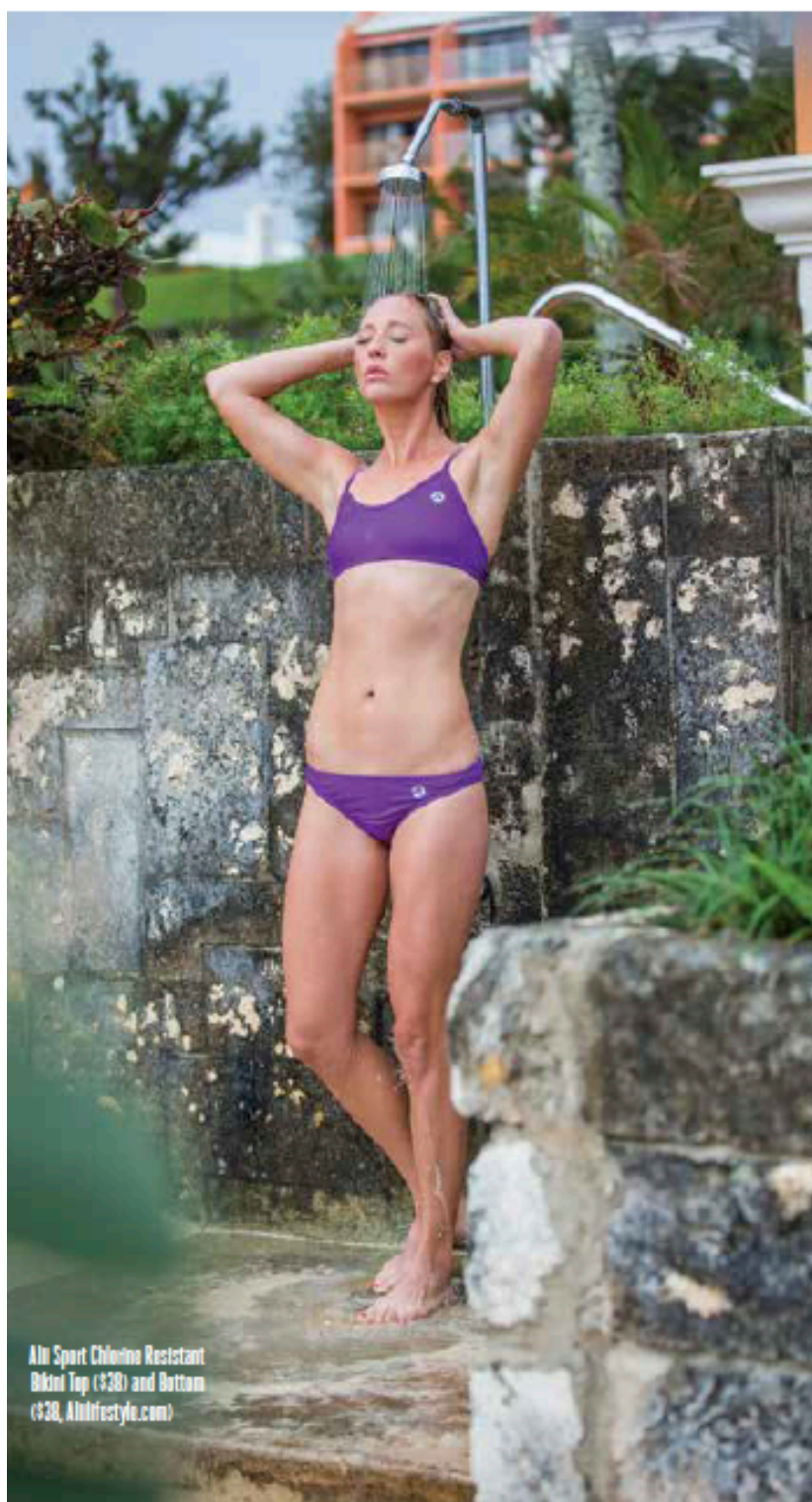
Dakine Blockhead Trunks
(\$55, Dakine.com), Smith
Optics Collette sunglasses
(\$80, Smithoptics.com)



Prana Kaiha Top (\$59) and
Tobago Bottom (\$59, Prana.com), Oakley Polarized Silver
(\$170, Oakley.com)



While men have fewer options in swimsuits, there are benefits to each of the swimwear styles, Mills says. A boardshort style, like in these Dakine trunks, is versatile for any type of swimmer, and easily transitions between recreational purposes and lap swimming while offering full leg coverage. Jammers, which have a compressive fit to just above the knee, offer leg coverage and a “sleeker feeling,” she says, which can lead to a faster time in the water. Swim briefs feature a minimal cut and are typically worn in training by more experienced swimmers, as it gives legs “full freedom of movement” and a less constricting feeling.



Altu Sport Chlorine Resistant
Bikini Top (\$38) and Bottom
(\$38, Altustyle.com)



ON HER
Prana Aloha Top (\$49)
and Saba Bottom
(\$49, Prana.com)

ON HIM
TYR Men's Solid
Challenge Trunk
(\$40, Tyr.com)



Sport Double Cross
Workout Bikini Top (\$21)
and Sparty Swim Short
(\$21, Swimoutlet.com)

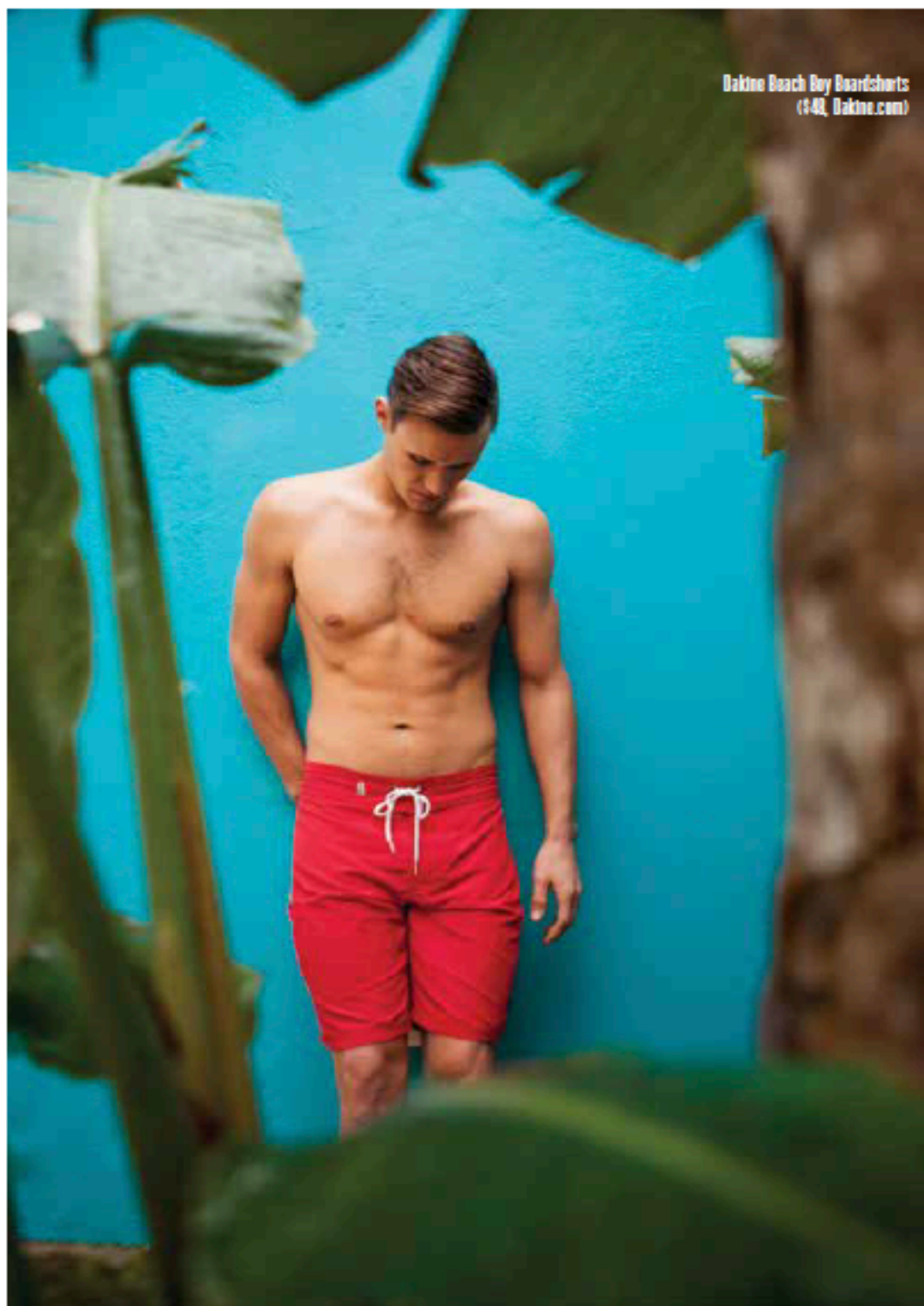
When it comes to deciding between a two-piece suit and one-piece suit, go with what you feel most comfortable in, says Kristin Mayer, a triathlete and the owner of the triathlon apparel brand Betty Designs. "Even though people swear swimming laps in a one-piece suit is faster due to less drag, I wear a bikini all the time—I just feel more feminine in it," she says. "The best suit is the suit you feel your best wearing to the pool."

MEET THE MODEL ▶

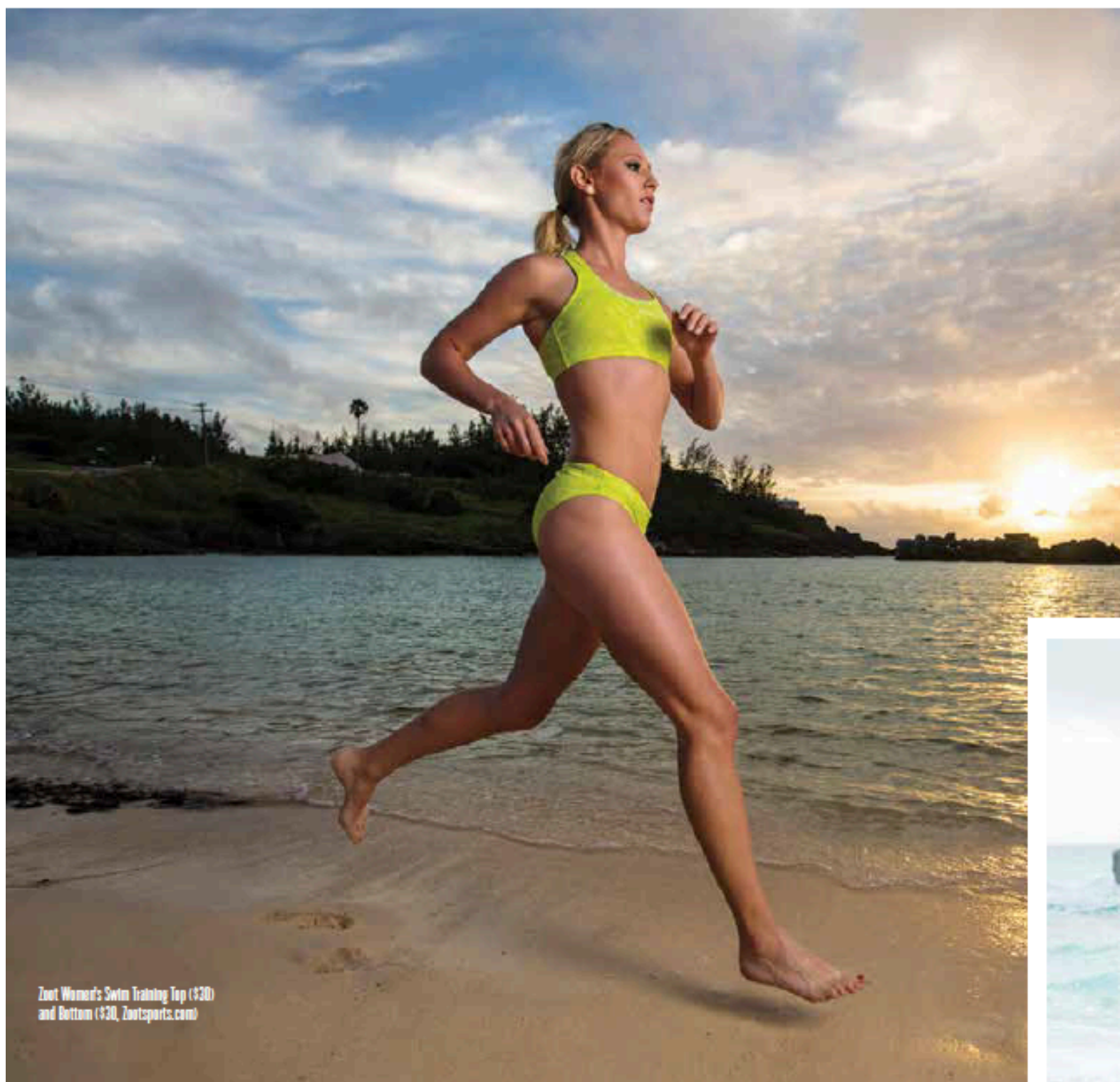
Orlando, Fla., native **Rob Thwaites** is no stranger to the camera—he was a professional model on runways in Milan and Miami Beach before he decided to finish school at the University of Central Florida. It was while in school that he first started focusing on triathlon training. Not only were long rides and runs ways to “let loose and relax mentally from the stress my classes had created,” he says, but they were also a way to “stay ahead of genetics.” In 2009, Thwaites’ grandmother died of heart disease, but she also suffered from high blood pressure, high cholesterol and type-2 diabetes. Thwaites’ mother is a stage-3 breast cancer survivor, and his dad survived prostate cancer and battles high blood pressure and high cholesterol.

Despite the deck being stacked against him, so to speak, Thwaites’ father, 50 years old and 40 pounds overweight, trained for months to race in his first triathlon in 2010. Inspired by watching his dad, Thwaites did his first triathlon a few weeks later. Modeling took him away from triathlon for a while until he was at UCF. He joined the UCF tri team and soon enjoyed the camaraderie as much as the workouts. “Not only is triathlon training a way for me to stay active and keep a good work-life balance, but the races are a social event, where I get to compete against my training partners and friends,” he says.

Thwaites now works for a clinical research company, where he coordinates clinical trials to research neurodegenerative diseases such as Parkinson’s and multiple sclerosis. He’s stepped up his triathlon game the last few years—he’s podiumed at several local races, and completed 70.3 Augusta, 70.3 Florida and the 2014 Ironman Florida. This year, he plans to race some more Florida races, including St. Anthony’s and Heartland Triathlon, before finishing the season at Challenge Florida in Venice Beach.



Dakine Beach Boy Boardshorts
(\$49, Dakine.com)

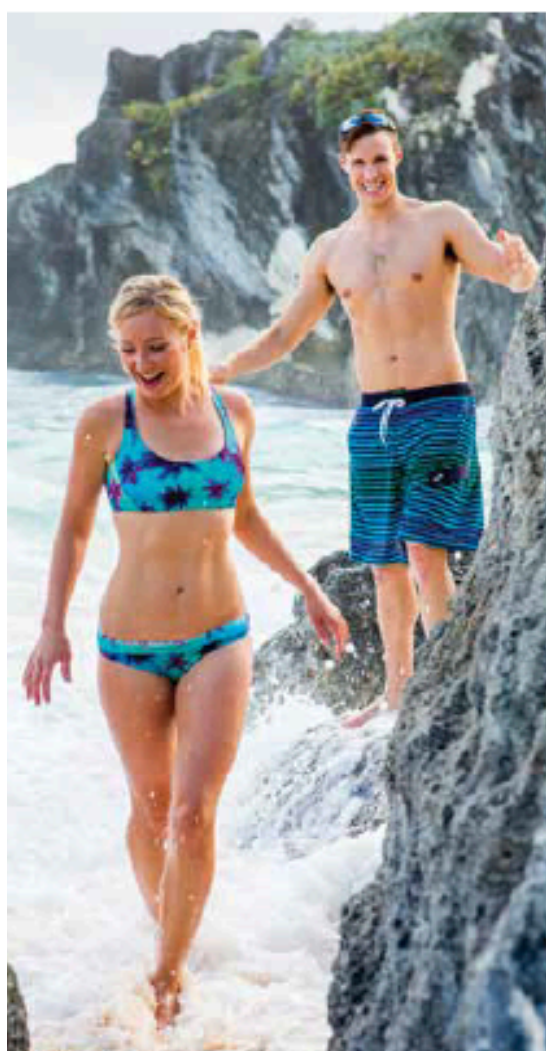
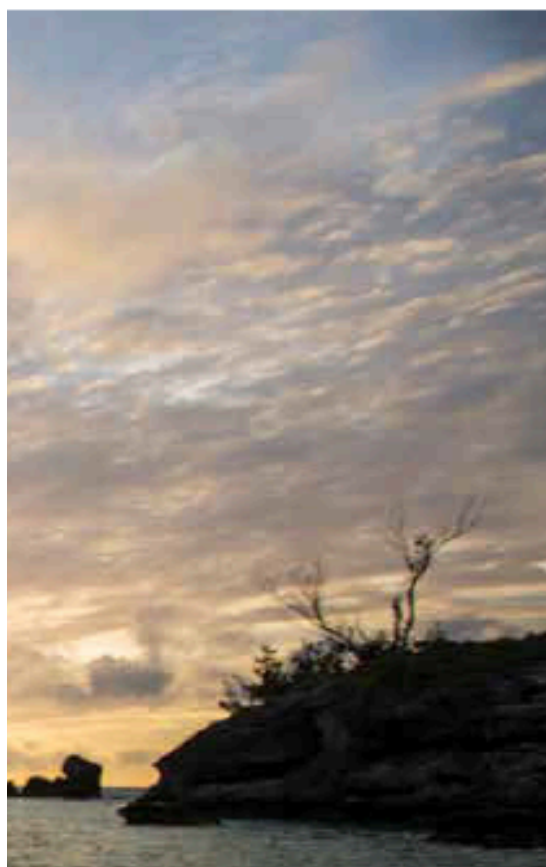


Zoot Women's Swim Training Top (\$30)
and Bottom (\$30, Zootsports.com)

ON HER
Carve Designs Hana Bikini Top
(\$56) and Catalina Bikini Bottom
(\$40, Carvedesigns.com)

ON HIM
TYR Sunset Stripe Springdale
Boardshort (\$50, Tyr.com),
Smith Dockside sunglasses
(\$209, Smithoptics.com)





Sporti Racerback Tankini Top
(\$34, SwimOutlet.com)



For larger chests, Mills recommends full neckline coverage, a contouring side splice design and thick straps, like in this Sporti tankini top. Also, built-in soft cups can be helpful: "Like a sports bra, soft cups provide bust support while in the water," Mills says. "Speedo and TYR are among the top brands that provide a fashionable and functional fit for a swimmer that desires extra support." Women with large busts should avoid deep V-neck designs.

ON HER

TYR Women's Crosscutfit Work Out Bikini (\$55, tyr.com), Maui Jim Nalani sunglasses (\$279, mauijim.com)

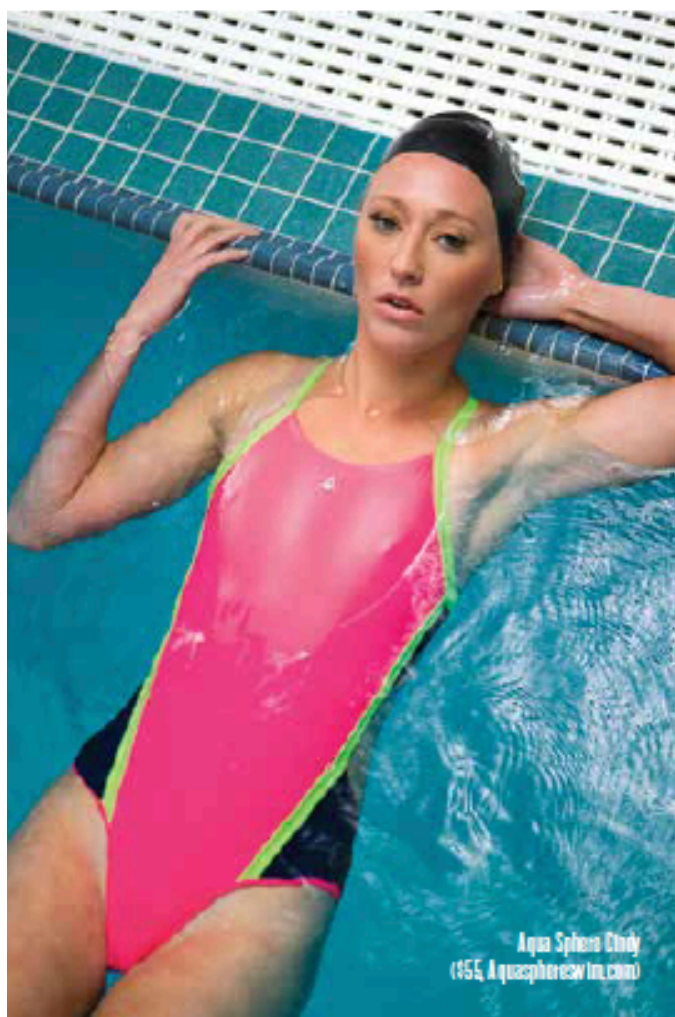
ON HIM

Sport Polyester Linear Splice Jammer (\$30, swimoutlet.com), Smith Dockside sunglasses (\$209, smithoptics.com)



Vertical graphics and asymmetry can elongate your figure,

Mayer says, so athletes looking to disguise a tummy can benefit from the side splice design on this Aqua Sphere one-piece suit. Mills recommends looking for suit styles that feature compression, color blocking and two-piece bottoms with a higher waist. Stay away from low-waisted bottoms, or any cut-out designs on the side of the stomach.



Aqua Sphere Choly
(\$55, Aquasphereuswim.com)



Sporty Racerback Top (\$21)
and Classic Workout Bikini
Bottom (\$21, Swimoutlet.com)



TYR Sunset Stripe Springdale
Boardshort (\$90, Ty.com)



“Anything racerback style is a great choice for support and less drag in the water,” swimwear designer and triathlete Mayer says. “For A to B cups, you can also get away with swimming in a triangle-style top.”