

**BH**

# RAYZON G. GALDONEZ

Pro Triathlete



I come from a family of cyclists. I started riding with my father, who was a professional cyclist in the 70's, when I was thirteen years old. My older brother was a member of the Philippine National Cycling Team. In 1998, I started competing as a professional cyclist and joined big and prestigious cycling in the Philippines such as the Marlboro Tour and Tour Pilipinas. I was our team's domestique.

I got into triathlon when most of my friends started training for the sport. With no formal training in swimming and running, I joined my first triathlon (1.5 kilometer swim – 40 kilometer bike – 10 kilometer run) in 2007 and finished 2nd over-all with the best bike and run split. Since then, I got hooked on the sport. I took some swimming lessons and got pointers from my friends to improve my run. I also started joining adventure races, duathlons and aquathlons.

I love triathlon for the following reasons: (1) I am very competitive. I think triathlon is the best sport where I can push and test myself to see how long, strong and fast I can go; (2) I get to travel around the Philippines; (3) Since my closest friends and family are into the sport, I get to spend time with them during races and training work outs.

## STATS

### 2011

10th Camsur Ironman 70.3, Male Filipino Elite  
1st Unilab Tri-United, Age Group 35-39  
4th General Santos Eco-Karera- 2nd Runner-Up  
1st International Mt. Apo Boulder Face Challenge –  
3rd Runner-Up  
3rd Iba Sports Festival Triathlon, Age Group 35-39  
3rd Ateneo Aquathlon, Age Group 35-39

### 2010

1st Whiterock Unilab Tri-United, Age Group 35-39  
2nd Cobra Ironman 70.3, Age Group 35-39

### 2009

1st Powerade Duathlon Final, Age Group 35-39  
1st Asian Duathlon Championship, Age Group 35-39  
3rd Powerade Philippine Duathlon Open, Age Group 35-39  
3rd Clark Off-Road Duathlon, Age Group 35-39  
2nd Subic International Triathlon, Age Group 35-39

### 2008

1st Clark Cmg Sprint Duathlon, Age Group 35-39

### 2007

3rd Whiterock Triathlon, Over-All  
2nd Iba Triathlon, Over-All

