



DEN-JAY PHOTOGRAPHY

## AMY ANGLEMOYER

*placerville, calif.*

**Sports:** Mountain-bike racing, triathlon, running, snowboarding **Age:** 29 **Job:** Police officer **How I got started in sports:** My mom, who has an amazing zest for life and has always maintained a healthy, active lifestyle, inspired me to start running. My husband, Rick, introduced me to triathlon and mountain biking. **Athletic highlights:** Winning the Prairie City Mountain Bike Fall Flash Series in 2007 and winning my age group in my third triathlon. **Athletic goals:** It's my dream to be a competitive "Ironwoman" triathlete. **Secret weapon:** My Felt DA Tri bike—it's so fast, I can barely hang on! **Best running partners:** My Newton running shoes and my faithful training buddy, Shelby the Border collie. **Favorite fuel:** Eggos and peanut butter pre-race, GU during the race, and a protein smoothie afterward. **My motto:** Do your best, and never let the boys beat you! **Favorite indulgence:** Greek pizza with a glass of a good Pinot and conversation with my amazing husband. **Best advice I've received:** You have to train smart to race smart. **Looks can be deceiving:** At 5 feet 5 inches and 116 pounds, I have a hard time convincing people I'm a police officer.