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FOR IMMEDIATE RELEASE

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## **Iron Man Triathlon British Contestant Tara Grosvenor Chooses Local Gym to Prepare for Race**

Tulsa, Okla. - Professional European Champion Tara Grosvenor will spend this week at the YWCA Tulsa to prepare for Tulsa's Iron Man Triathlon.

She will be competing in this weekend's 2.4-mile swim, 112-mile bike, and 26.2-mile run. The completion of the race can be from ten to 17 hours long. Grosvenor will be using the YWCA Tulsa pool and other equipment while she resides in the United States for this race.

Grosvenor will provide an **inside look** into what it's like to compete in the Iron Man Triathlon taking place in Tulsa this weekend, and will explain how she is preparing for the exhilarating experience.

The YWCA Tulsa is on a mission to eliminate racism, empower women, promote peace, freedom, dignity and justice for all. We focus on eliminating barriers for and investing in the success of women, girls and people of color. We are so excited to have Grosvenor join us this week as she prepares for the Triathlon this weekend.

Grosvenor is open for interviews this week in select time frames in between training periods. Call **918-858-2349** or email Tatianna Hemphill ([themphill@ywcatusa.org](mailto:themphill@ywcatusa.org)) to schedule interviews.

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