



Sarah Piampiano at  
Fort Baker, California.

## RELENTLESS DRIVE

### AMERICAN IRONWOMAN SARAH PIAMPIANO RETURNS FROM INJURY HUNGRY FOR SUCCESS

It's only appropriate that a top triathlete would come from a background of athletic success; after all, the diversity of strengths needed to complete a triathlon of any distance practically requires a participant to be fiercely competitive across athletic genres. But for American triathlete Sarah Piampiano, "fiercely competitive" is an understatement. Her drive was instilled in her from an early age as she emulated her ultra-athletic older brothers, attempting the same feats they were attempting until she got it right.

"When I was 4 or 5, my brothers were waterskiing and I really wanted to try it," she

remembers. "I barely knew how to swim, but I was out there trying to get up, getting dragged through the water. My brothers were relentless with me; they didn't put me in a position to give up." Eventually, Piampiano found her feet.

"My parents went with the flow and let my brothers inspire and push me to extend past my limits," she says.

Even earlier, at the age of 3, her brothers took Piampiano to the top of a Double Black Diamond trail at a mountain in Maine, skiing with her down the steep, icy trail.

"Who I am and how relentless I am is shaped from my brothers and the way they were with me," she says. "They didn't take no for an answer. They didn't tell me I couldn't do something. They pushed me until I was able to do it."

Piampiano channeled that drive into youth athletics, studying at the elite ski academy Stratton Mountain School in Vermont—where she raced against some of the world's best—and qualifying for the National Junior Cross Country Championship. In college, she was a ski racer and the captain of the cross-country team.

