

# Dan Aamodt - TriUtah Race Director

## A Triathletes of Utah Interview



Picture courtesy of Dan Aamodt ©

**Dan Aamodt has been a triathlete since the late 80's and a big supporter in the Utah triathlon scene for a long time. He was the race director for TriUtah from 2012 - 2017. He recently re-acquired the TriUtah brand and we wanted to get to know the new/old RD a little better.**

**Dan, thanks for taking some time to talk with us today. Will you tell us a little bit about yourself?**

Anything for you guys! I was born in Minnesota and moved to Farmington, Utah when I was 5, where I wore purple toughskin jeans and played outside in the dirt until the sun went down. I attended the University of Utah with a BS in Organizational Communication. I have two amazing kids. My son is a biology major and senior at the U, and my daughter is graduating from Corner Canyon High School next month.

**Tell us a bit about your triathlon journey and where it has taken you over the years.**

My first love was basketball; but I caught the triathlon bug when I was a junior in high school. I was on vacation with my friend Chris and his dad in their VW bus in Southern California, when in the span of two weeks during that trip, I saw the Hawaii Ironman on TV and found a triathlete magazine at a convenience store. That was 1987. My first race was the Payson Onion Days triathlon in 1988, and have been participating in this silly sport ever since. I was fortunate enough to participate at the Hawaii Ironman in both 1993 and 2013, and have either volunteered or spectated since '93 as well! I absolutely love spectating, learning the history of the sport, and watching athletes compete.

**What has been your favorite triathlon to participate in?**

Aside from [TriUtah](#) races? LOL!!

I would say Ironman Hawaii simply because it is the Superbowl of triathlon, and holds a special place in my heart for a variety of personal reasons. And who doesn't love Hawaii? However, I have to put a plug in for Challenge Daytona half distance. The nuance of racing on the Daytona 500 Speedway is an absolute riot. This is my new annual event!! Who's coming with me?!



Picture courtesy of TriUtah ©

**What made you purchase TriUtah in 2012.**

I was making a career change. My employer wanted me to move to Dallas to head a fundraising division of their products, and that simply wasn't in the cards for my family at the time. I had organized special events and a couple of races prior to 2012 and really enjoyed it; so I decided I wanted to organize races. Luckily Chris Bowerbank and John Anderson, the founders of TriUtah were interested in selling.

**What is the greatest thing about being a race director?**

That's easy: The greatest thing is witnessing all of the incredible athletes doing what they love, and accomplishing something they work hard for. I love it so much!

**Any race rituals that you do before or during the race?**

As a race director I used to do two things, and I'm sure I'll do them again:

- 1) In the evening prior to the race, I run the run course after dark to calm the nerves.
- 2) I read through all the names of the participants and personally stick their numbers on the bike racks.

As an athlete, I suck on a tootsie roll tootsie pop right before the race.

**Do you have a specific TriUtah race that you think is better than the rest?**

Not really a specific one. I think they are all great venues! However:

Echo and Jordanelle are just amazing staple products with a rich history here in Utah. We just received word that Echo is again the USAT regional championship this year, so I'm excited for that.

East Canyon and Brineman are two of my favorites because they have cool unique routes that make them fun. You can't beat screaming downhill from East Canyon Reservoir into Morgan City, and there's nothing like riding next to free roaming buffalo on Antelope Island at Brineman!



Picture courtesy of TriUtah ©

**Now that you've reacquired TriUtah do you have any new plans for the race scene here in Utah?**

At the moment, I'm just incredibly grateful for the opportunity to do what I love again. And extremely grateful to Brogg Sterrett for entrusting me and passing the TriUtah torch back to me. We have a great working relationship and friendship, and feed ideas off of each other really well. So it worked out well for both of us.

As far as new race plans.... Our focus is to support the athletes in Utah by providing you all with a reason and opportunity to race locally by delivering a fun, safe, exciting, and energetic atmosphere! Utah is a unique place where the tri-community is pretty tight and intertwined. So this time around, I'm placing more emphasis on working closely with the clubs and other race organizers in the area to grow the sport together.

**Thanks for your time Dan, we look forward to seeing you back in our tri community!**

Thank YOU! The Utah triathlon and endurance community is truly the BEST! There is nothing like it anywhere in the country! Grateful to be a part of it again!!

BTW- we are hiring for Race Managers, race day staff, a social media expert, and announcer! If anyone is interested, have them email me at [dan@triutah.com](mailto:dan@triutah.com). thanks!

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