

Training

Jack Weiss

Presents

COMPUTRAINER

COACHING

WHAT WE OFFER

Comprehensive CompuTrainer
Training
Which Leads to:

Increased Performance
Increased Power
Increased Endurance
Increased Climbing Ability
1-3 mph over course of winter

WHY US?

Demonstrated performance:
200+ Triathlons
4 Hawaii IronMan Championships
15 marathons under 3 hrs
4:57:15 IronMan Florida Bike Split
2005 Overall Winner Texas 6 Hour
Time Trials

CLIENTS

Patrick Schuster (former Pro)
Lauren Maule (former Pro)
Karen Robertson
Cliff Dierolf
Cody Brewer
Madison Flowers



***Improved Cycling
Performance
Through***

CompuTrainer

IRONHEAD RACE PRODUCTIONS
P.O. BOX 1113
EULESS, TX 76039-1113

RATES

CompuTrainer Training

CompuTrainer only—\$20/hr
\$30 first hour-instruction
\$200/month—unlimited hours

CompuTrainer with 1 on 1 Training
\$35/hr
or
\$350/month (unlimited)

Triathlon Coaching

\$150/month
with CompuTrainer \$300(not 1 on 1)

Run Analysis & Programming

WHERE

Bicycles Inc
5739 Green Oaks Blvd.
(SE Corner I20 & Green Oaks)
Arlington TX 76017
Tele. 817-572-BIKE

CONTACT US

817-707-0500

ironjack@ironheadrp.com

Who Is Jack Weiss?

Employment

- 1993 to Present: CEO/Owner, Ironhead Race Productions, a company producing Triathlons, Duathlons and other multi-sport events. Presently producing 18 events a year across north and west Texas, from San Angelo to Denison. Producing events since 1984 for the US Air Force. Produced one World Championship, 1993, and 2 National Championships. Triathlete Magazine's Race Director of the Year, 1993.
- August 1987-April 1993: Fitness Director, YMCA San Angelo, TX.
- Personal Coaching since 1985
- Served in U.S. Air Force from June 24, 1963 to August 1, 1987. Highest grade: E8, SMSgt

Education

- BS, Kinesiology (Magna Cum Laude), Angelo State University, San Angelo TX 1989
- AA, Resource Management, Community College of the Air Force, July 1985
- USA Triathlon Certified Coach, January 2006
-USA Cycling Certified Coach Feb. 2006
- USA Cycling Certified Coach-Elite Level, December 2006

Other Positions Held

- Chairperson, USA Triathlon Race Director's Commission, July 2005-Present.
- USA Triathlon Board of Directors, Jan 1997 thru Dec 2002; Jan 2004 thru July 2005
- Treasurer USA Triathlon, Jan 1999- Dec 2001; Jan 2004-July 2005
- President, USA Triathlon South Midwest Region: January 1992-December 1994.

Athletic Accomplishments

- 4-time finisher Hawaii IronMan Triathlon: 1987, 1988, 1992 & 1995
- IronMan Florida 2004
- USA Triathlon All-American in Duathlon: 1994, 1995
- Completed over 200 triathlons since 1980
- Completed 31 Marathons, 15 under 3 hours
- Won USA Cycling Texas State Time Trial age Group Championship 2002, 2005
- Overall Winner of Texas 6 Hour TT, 2005.

Personal Information

Married to Ester Weiss for over 30 years, one Son, Normand, Major in the US Air Force.