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DON VELASCO

TRIATHLETE

ATHLETE PROFILE

M25-29
Age Group Triathlete

From Quezon City,
Philippines

5'5, 133 lbs

Member,
Team Sante Barley
(Member, Team Secondwind,
2011-2013)

Brand Ambassador for
Newton Running,
Catlike Helmets
Peak Form,
SLS3 Compression,
and Triathlon Gear

Other sponsors include
Ceepo Bikes,
Yurbuds,
and Vamos Socks

www.flyingdonv.blogspot.com
facebook.com/donvelasco
[@FlyingDonV](https://twitter.com/FlyingDonV)

CAREER HIGHLIGHTS

- ▶ From 2010 to 2013, Don took part in over 40 races including 3 full Ironman distance (Bohol Timex 226 and Ironman Korea) and 8 half-Ironman distance races.
- ▶ Achieved more than 30 podium finishes in his age group; more than a dozen of which are first place finishes.
- ▶ Tri United Series M25-29 Age Group Champion for 2012 and 2013 (Unilab Active Health)
- ▶ SBR.ph's Age Group Triathlete of the Year for 2012 and was nominated for the same award together with Kim Atienza, Drew Arellano and Matteo Guidicelli for 2013.
- ▶ Personal Records of 2:17 for the Olympic Distance, 4:46 for a Half Ironman, and 11:09 for a Full Ironman (8th Fastest All Time for a Filipino Age Grouper as of January 2014).
- ▶ 2nd Fastest Filipino Age Grouper in the 2013 Ironman 70.3 Philippines with a time of 04:46:15 (Personal Best) and only 16 seconds behind the fastest.
- ▶ Top 10 overall for both Timex 226 races (Full Ironman Distance). 1st and 3rd in his Age Group for 2011 and 2012 respectively.
- ▶ Consistently one of the fastest runners in the Philippine triathlon scene; he currently holds run split records for all Whiterock Triathlon run courses (20km, 1:50 for 2010 and 1:26 for 2012).
- ▶ Competed in back-to-back races in Ilocos finishing 5th overall in Tri Noah (Olympic distance) and 4th Overall (Fastest Age Grouper) in Heritage Tri 113 (Half Ironman) next to Belgian pro triathlete Anthony Devos, Canadian pro triathlete Mathieu O'Halloran and top Filipino triathlete August Benedicto.
- ▶ 2nd Place Overall in Whiterock Triathlon 2012 (Half Ironman distance).
- ▶ 2nd Place Overall in eXtri Off Road Triathlon 2012 (Sprint distance).
- ▶ 3rd Place Overall in Anvaya Cove Triathlon 2012 (Sprint distance).



THE ROAD TO TRIATHLON

WORDS BY LIANE D. REYES

As a couch potato turned multi-awarded triathlete, Don Velasco is living proof that anyone can turn his or her lifestyle around with the proper mindset and training. Guided by the philosophy of “Smart training trumps hard training,” he has done just that.

Having graduated from the Ateneo de Manila University at the top of his BS Computer Engineering course, Don considered himself a geek. But all that changed when he was bitten by the triathlon bug. What started as 5K run trials soon transformed into full marathons. After his first ultramarathon, Don enrolled himself in swimming lessons and taught himself how to bike. Within a few months, he

finished his first Olympic distance triathlon with a competitive time.

Just three years after making his debut in SuBIT 2010, Don has now achieved more than 30 podium finishes in his age group; more than a dozen of which are first place finishes. Among his many accolades in the multi-sport community is his first-place win at the Tri United Series M25-29 Age Group for the years 2012 and 2013. He was also the 2nd Fastest Filipino Age Grouper in the 2013 Ironman 70.3 Philippines with a time of 04:46:15 (Personal Best)—only 16 seconds behind the fastest athlete! To round all of this, Don is hailed as one of the fastest runners in the Philippine triathlon scene.

He currently holds run split records for all Whiterock Triathlon run courses (20km, 1:50 for 2010 and 1:26 for 2012).

He has also become a well-known fixture in the country’s multi-sport community. When not being hailed as the “*Crush ng Bayan*” of races, he spends his time contributing to Race Day and Swim Philippines Magazine. Having coached himself into triathlon success, Don also shares his nuggets of wisdom to fellow triathletes as a coach specializing in Power Meter Based Training and Performance Management Chart (PMC) load management.



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PHOTOGRAPHY BY JAY DANSECO

SLS



This year, Don aims to add more accolades to his already considerable collection as he focuses on cementing his stature as one of the fastest triathletes in the country. His end goal is to qualify for the Ironman World Championship in Kona, Hawaii. With the mantra “You don’t always get what you wish for, but you get what you work for” and his smart approach to training propelling him forward this season, Don Velasco is primed to do just that.

“You don’t always get what you wish for, but you get what you work for.”



2014 RACING PLAN

Date	Race	Distance	Venue
March 1	Ateneo Aquathlon	Sprint	Ateneo de Manila
March 9	Tri United 1	Standard	Subic Bay
April 6	Pico de Loro Triathlon	Sprint	Pico de Loro Cove
April 26	K-Swiss SuBIT	Standard	Subic Bay
May 17	Aboitiz Tour of Subic	90km	Subic Bay
May 18	Alaska Cycle Philippines	40km	Bonifacio Global City
June 24	Century Tuna 5150 Subic	Standard	Subic Bay
July 6	Tri United 2	Long	Laiya Batangas
August 3	Ironman 70.3 Philippines	Half IM	Cebu
September 7	Unilab SCTEX Duathlon	Sprint	Clark Field
September 28	Safeguard 5150 Bohol	Standard	Bohol
October 4	Whiterock triathlon	Half IM	Zambales
October 19	Tri United 3	Half IM	Subic Bay
November 2	Anvaya Cove Triathlon	Sprint	Bataan
November 9	Tri United 4	Sprint	Clark Field
December 6	Enervon Activ 226	Full IM	Bohol

RACE PROFILE

2012

FEB

3rd Age Group,
NAGT Leg 1 (Standard Distance)

MAR

1st Age Group,
Ateneo Aquathlon;
1st Age Group, 5th Overall,
Pico de Loro Triathlon (Sprint Distance)

APR

3rd Age Group,
TriUnited 1 (Standard Distance)

MAY

5th Overall,
Medicard Run (10k)

JUN

1st Age Group,
Animo Triathlon (Sprint Distance);
3rd Age Group,
Century Tuna 5150 (Standard Distance)

JUL

1st Age Group, 5th Overall,
TriUnited 2 (Long Distance)

AUG

2nd Age Group (4:59 finish time),
Ironman 70.3 Philippines (Half Ironman Dist.)

SEP

2nd Age Group,
SCTEX Duathlon (Sprint Distance);
3rd Age Group,
Rudy Project Challenge (Sprint Distance)

OCT

3rd Overall,
Anvaya Cove Triathlon (Sprint Distance);
2nd Overall (4:49 finish time),
White Rock Triathlon (Half Ironman Distance)

NOV

1st Age Group, 3rd Overall,
Tri United 3 (Sprint Distance)

DEC

10th Overall, 3rd Age Group (11:09 finish time),
Timex 226 (Full Ironman Distance);
2nd Overall,
eXtri Off-Road Triathlon (Sprint Distance);
M25-29 Age Group Champion,
Tri United Series

2012 SwimBikeRun.ph
Male Age Group
Triathlete of the Year

2013

FEB

1st M25-29, 4th Overall,
NAGT Leg 1 (Standard Distance)

MAR

2nd M25-29 Age Group,
Ateneo Aquathlon;
1st M25-29, 3rd Overall Age Grouper,
Tri United 1 (Standard Distance)

APR

1st M25-29, 2nd Overall Age Grouper,
Pico de Loro Triathlon (Sprint Distance)

MAY

1st Century Tuna Tribods

JUN

1st M25-29,
SwimBikeRun.ph Triman (Sprint Distance)

JUL

1st M25-29 Age Group,
TriUnited 2 (Long Distance)

AUG

3rd M25-29,
2nd Fastest Filipino Age Grouper,
Ironman 70.3 Philippines (Half Ironman Distance)

SEP

2nd M25-29 Age Group,
ULAH SCTEX Duathlon (Sprint Distance)

OCT

1st M25-29, Fastest Age Grouper,
TriUnited 3 (Standard Distance)

NOV

1st M25-29,
TriUnited 4 (Sprint Distance)

DEC

5th Overall, 1st Age Group,
Tri Noah (Standard Distance);
4th Fastest Time Overall,
1st M25-29 (Fastest Age Grouper),
Heritage Tri 113 (Half Ironman Distance);
4th Overall, 1st M25-29,
eXtri Off-road Triathlon (Sprint Distance)