



## The Scottish Rocket Has Taken Off!

By Leigh-Ann Webster

From my perspective, it's been really exciting and motivating watching Lesley's outstanding performances so far this year!

On a bit of a whim, Lesley entered Xterra Philippines in early March and took first place. "I have never experienced a race quite like this. I was dodging goats, scaling down mountains and hopping over chickens to reach the finish line. The spectators were so supportive. It was such rewarding experience."

From there, Lesley entered the US Cup Mountain Bike Race in Bonelli Park and surprised her competitors as well as the announcers by taking first place! "Not having done any

pro mountain bike races before, I didn't even have a ranking so I had to start at the back of the field! Then I missed a pedal at the start and dropped even further back and thought, "Ugh, this is going to be a long day!" With nothing to lose, I just hammered it!"



The following day Lesley raced an olympic distance triathlon at Superseal in Coronado and took second place!

From there, Lesley had an excellent race at the Xterra Western Championships at Lake Las Vegas. She finished first and had a 12 minute lead off of the second place female pro finisher and the top running time out of all the pros. There is a reason she is referred to as "The Scottish Rocket"!

*Leigh-Ann Webster is Lesley Paterson's Business Manager as well as one of her athletes. Leigh-Ann will be serving as editor of **The Paterson Press** and can be reached at [leighann@lesleypaterson.com](mailto:leighann@lesleypaterson.com) or 858.395.5808.*

# Bravehearts of the Month



Each month, we'll be highlighting various members of the Clan. This month, Leigh-Ann chatted with Brent McBurney and Amanda Webb, two of my inspiring athletes living out east.

## **Brent McBurney**

Brent McBurney is a 33 year old business owner, husband, and father of three and from Navarre,

Ohio who trains an average of 25 hours per week.

Brent rises before 5 a.m. three days a week to get his swim workouts completed. During winter, he trains along side a competitive high school swim program. Post swim, he grabs breakfast and heads off to ensure his concrete jobs are all running as scheduled. He tries to finish up his on-site work by lunch and does his second workout of the day between 1-4 p.m. while simultaneously answering phone calls and emails. His goal is to finish before the kids to get off the school bus.

Brent helps coach high school and youth sports and makes sure that he remains very active in the community. When not coaching, he is juggling evening work appointments and attending the kid's ball games.

On Tuesdays and Thursdays, Brent helps get the kids off to school, supervisors work jobs and then dedicates afternoons to large training blocks. On Thursdays, he often puts in 6-7 hours of training using his job sites as a home base.

Brent has a very supportive wife and family that make the juggling act all possible. He has been in the sport for 3 years and he placed in the top three of his age group at his first Ironman in Florida in November of 2011, qualifying for Kona. He competed in his first Ironman World Championship in October 2012, and did not do as well as he hoped, but finished in 9:49.

Brent has started 2013 with a bang! He was the Top Age Grouper finisher at Ironman Los Cabo in Mexico, he is registered for Ironman Texas on May 18th. His eventual goal is obtain professional status in the sport!

Follow his journey at [www.brentmcburney.com](http://www.brentmcburney.com).



Hey Team!

I am really excited to introduce you to my first newsletter, The Paterson Press! It's been on my "To Do List" for quite some time now.

As my Braveheart brand and my coaching business continue to grow throughout the world, my newsletter is going to be a great way to keep you, the members of Clan Braveheart, motivated and connected to each other.

Please feel free to pass on any ideas or topics to Leigh-Ann Webster, my Business Manager who will be putting the newsletter together each month. She would love any comments, suggestions or article submissions that you can provide! Her email is [leighann@lesleypaterson.com](mailto:leighann@lesleypaterson.com).

On another note, my season is off to an amazing start and I want to thank each of you for your continued support and belief in me. You make all of this hard work worth it! I have really enjoyed seeing all of you participating in so many events this year, especially the off-road races. I know Xterra appreciates that as well!

Here's to a great season for all of us!

Cheers,

Lesley

## Do You Want to Become Faster? Suffer More?

Join me Tuesday nights at Liberty Station in Point Loma for a 45 - 60 minute "Brick Session". Bring your bike, your trainer, bike shoes, running shoes and a positive attitude! With each week you'll notice yourself getting faster!



# The Athlete's Appetite

## Quinoa Pilaf with Strawberries, Spinach, Asparagus and Toasted Pine Nuts



### Ingredients

- 1 cup multi-colored quinoa
- ½ small yellow onion, finely diced
- 1 ½ cups chopped asparagus
- 1 ½ cups sliced strawberries
- 3 cups baby spinach
- ¼ cup toasted pine nuts
- ¼ cup chopped mint
- 1 Tbsp olive oil
- Juice and Zest of two oranges
- 1 tsp agave
- ½ tsp salt
- ¼ tsp pepper

**Note:** Regular quinoa works fine or you can mix regular quinoa and red quinoa.

**Preparation:** The trick to quinoa is not to over cook it into mush. The nutty flavor comes out the most when it still has bite to it. Add 1 ½ cups water to a small pot with the quinoa. Bring to a boil, then reduce the heat to a simmer and cook for about 10-12 minutes until the water is absorbed. Fluff with a fork.

Heat the olive oil in a skillet over medium heat. Sauté onion for 8 minutes, then add asparagus and sauté an additional 2 to 3 minutes.

In a large bowl, whisk together the orange juice, orange zest, agave, salt and pepper. Add the onion-asparagus mixture and quinoa to the bowl and toss with the dressing.

Finally add the strawberries, spinach, and pine nuts and toss gently to combine.

*Fit Food by Jess prepares fresh, healthy, seasonal food customized for busy families and athletes alike. Jess Cerra started Fit Food by Jess in 2009 as a small private chef and catering company in San Diego. In just three years, Fit Food has grown to specialize in tailoring meals for professional athletes, as well as many triathlon and cycling camps. To contact Jess go to [www.fitfoodbyjess.com](http://www.fitfoodbyjess.com).*

## Did you know?

Quinoa was so revered by the Incas that they called it “Mother Grain”. It has 6 grams of protein per serving and serves as a perfect source of fuel for solid workouts!

## What is Your Typical Pre-Race Meal? (Hmmm...seems to be a theme.)

“An English muffin with peanut butter and half a banana or oatmeal with fruit and nuts.” Chris Dulnikowski

“Oatmeal with a banana, greek yogurt, and coffee. I bring a Bonk Breaker or a Power Bar in case the race is delayed.” Cherell Jordin

“Oatmeal with a banana or a Chobani Pomegranate yogurt with granola, an FRS, water and coffee.” Stacy Sauls

## Oh The Places We've Been...



Tammy Tabeek and Lesley Paterson after Lesley's win at the US Cup Mountain Bike Race.



Stacy Sauls and Marison Beniek giving there all at Xterra Renegade in Bonelli Park.



Lesley Paterson and Brandon Mills. Brandon took top age grouper at Xterra Las Vegas!



Markus Roggen and Xterra Race Director "Kahuna Dave." Markus took first place overall at Renegade!

## Bravehearts of the Month Cont.



### Amanda Webb

Amanda Webb is a 33 year old married nurse, a certified trainer and a wellness business owner from Trafford, PA. She trains about 16 hours a week.

"I tend to wake up by 4 a.m. to get my workouts in before work. I do work from home,

which allows flexibility with my training. I usually squeeze in another workout over lunch. It is important to me to maximize family time in the evening so I try to have all workouts done before my husband gets home from work."

After injuring her foot and having surgery, Amanda's physician suggested swimming. "It was such a workout!" Once she started to feel comfortable in the water, she added in biking and strived to do her first sprint triathlon.

"I was immediately hooked after my first race and kept upping my goals with my sights on finishing a full distance triathlon. I completed my first full in September of 2011, and continue to set personal goals such as being faster, etc."

Amanda is motivated by several things, including her friend Brent McBurney. She sees what he juggles everyday and thinks "I have no excuses".

"I am passionate about promoting living a healthy lifestyle and I feel like this is a great way to show others that you can achieve your goals with hard work, dedication and the support of others!"

The Paterson Press will be distributed every 6 weeks. Please submit all photos and articles to the editor, Leigh-Ann Webster at [leighann@lesleypaterson.com](mailto:leighann@lesleypaterson.com) or contact 858.395.5808.

For more information about Lesley Paterson visit

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