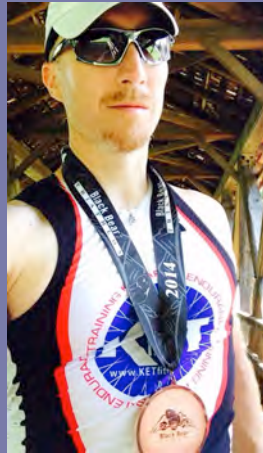


First and always, Thank you.

My current sponsors

- Christine Meyer, MD and Associates
- In Motion Physical Therapy & Fitness Center *
- LowRiders bikes and boards
- Kotarski Endurance Training
- SBR Sports
- *New sponsor!



Congratulations Josh Wagner. You have qualified for the Olympic-Distance race at the 2014 USA Triathlon Age Group National Championships on August 9 in Milwaukee, Wis., after finishing in the top 10 percent in your age group at the Black Bear Triathlon.



Race Updates

May 10
Placed 3rd in my AG at the Jordan Lake Open Water Challenge, a 2.4 mile open water swim

June 1st
Placed 3rd in my AG at the Black Bear Olympic Distance (1500m swim, 24 mile bike, 6.2 mile run) triathlon

June 22nd
I will compete in my first ever Ironman 70.3 in Syracuse, NY. A 70.3 includes a 1.2 mile swim, 56 mile bike and a 13.1 mile run. More below.

Race Kits
With a bit of luck, I should have my new race kit (photos below) just in time for Syracuse.

September 7th
With any luck, I will qualify for the Ironman 70.3 World Championships in Mont-Tremblant, Quebec Canada. Syracuse is my qualifying race.



On June 1st at my first + triathlon of the season (a warm-up for Syracuse) I placed 3rd in my AG winning me a slot in the USAT National Championships!



Race info

- There are 259 athletes in my age group
- 1689 total athletes
- Twitter hash tag is [#IM703Syracuse](#)
- Average water temp is 72 F
- There are 75 AG slots for World Championships

The BIG show; Syracuse June 22

My Syracuse info:

Bib# 1246

Start time: 7:45am

Swim Heat: (M35-39 L-Z) cap color: RED

Estimated finish time: 12:15-12:45pm (~4.5-5 hours)

This Sunday, June 22nd I will be competing at the Ironman 70.3 Syracuse.

Follow my progress:

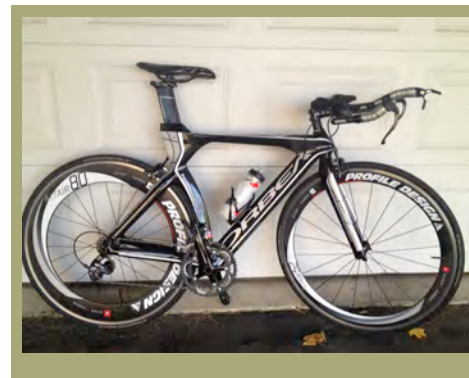
There will be LIVE COVERAGE of the race on the ironman website. Go to [ironman.com](#) and click 'Live Coverage' at the top of the page, select Syracuse, select 'Athlete Tracker' and enter my bib # (#1246) or last name. Note: this only works on race day (June 22nd)

Sponsor Stories

From pain to race condition

In the beginning of May, I began to have knee pain. On the weekend of May 17th I had to stop during a training run because the pain was so bad. On May 20th I emailed Dr. Meyer (sponsor #1 Christine Meyer, MD and Associates) in a panic. I thought my race season was over. That same day Dr. Meyer replied and sent me to see Kristy Harper at (sponsor #2 In Motion Physical Therapy and Fitness Center). I saw Kristy on Thursday, May 22nd. Ten days later I raced in the Black Bear Triathlon and finished. Today, as I write this, I feel confident in my ability to complete and be competitive in my first Ironman 70.3. This is undoubtedly a result of the fast action of Dr. Meyer and the magical hands of Kristy Harper. This isn't the first time the pair has worked together to get me back into 'fighting shape' but they certainly earned a lifetime of loyalty and a vocal advocate for their services, which are second to none.

in his shop last fall with an eye out for a new time trial bike and Andy put me on an Orbea Ordu, Ironman's fastest bike ever. Literally. He rode a 112-mile course in 4:04:39. That's an average speed of 27.47 mph over 112 miles! Not only did Andy set me up with a great bike but he professionally fitted me on the bike so I can get the most speed and power my body will allow. My FTP tests have been steadily improving since Andy's bike fit and I'm excited to see how the bike handles at Syracuse. All along the way, Andy's mechanics have ensured my Orbea has remained in perfect working condition. What a great experience it has been working with Andy and everyone at LoweRiders!



Friction, fog and chlorine...goodbye!

SBR Sports has been kind enough to name me one of their product ambassadors. In exchange, I get to try their products and let them (and the world) know what I think. Well, try, I did. TriSlide quickly became my favorite anti chafing/blistering product. On my neck



Black Bear race pics



What good is an athlete without a coach?

I have been working with Mark Kotarski in the fall of 2012 and have been on the podium of every race I've entered since I started working with Mark. He is a class act who is full of knowledge.

A bike shop and the fastest bike in the world

I met Andy Lowe, owner of LoweRiders bikes and boards several years ago. Over the years he has serviced my bikes and provided countless pieces, parts and gear required for my races. Fate put me

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during the swim, my thighs during the bike, my feet on the run –I have achieved a new level of comfort during my multisport training and racing. Foggies, the only anti-fog towelette has removed the fog factor from my swimming. In open water as well as in the pool, I've never had a fog issue with my goggles thanks to Foggies. After my first open water swim of the season I smelled like a combination of dead fish, diesel fuel and algae. Was I worried? Nope. SBR has developed a hair and skin care line called TriSwim that includes body wash, shampoo, conditioner and moisturizer. Never again do I have to worry about smelling like chlorine or a stagnant pond after a swim.

Race Kit Photos



Access photos and files via DropBox



I have created a shared DropBox folder where my sponsors can have access to hi-res photos, updates, videos, testimonials etc. Each of you should receive an email inviting you to access the shared folder. Feel free to use these images on your own websites and if you'd like a testimonial (written or video), article or something else, please let me know.

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