



San Diego, CA

**TEAM: TRI-SMART TRIATHLON CLUB**

**BIO:** Having changed his focus from short course to Ironman racing, Mike's first Ironman win came in 2003 at the inaugural Ironman Coeur d'Alene. A follow-up victory came in 2006 on the shores of Tempe Town Lake, as Mike was crowned champion of Ironman Arizona. Notching several top-three Ironman finishes, and three ninth-place finishes at the Hawaii Ironman World Championship (2003, 2007, 2008)....

[FULL BIO>](#)

get updates and special offers

## Product Page



~~\$180~~ \$144.97

Recommended by



ADD TO CART

~~\$180~~ \$144.97

Recommended by



ADD TO CART



~~\$180~~ \$144.97

Recommended by



ADD TO CART



~~\$180~~ \$144.97

Recommended by



ADD TO CART

**Expand down to see all products**

## HOW TO ARTICLES



## MIKE'S BIO

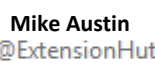
Looking back, the path I followed to arrive at where I stand today is not that of a typical aspiring athlete. As a child I was moderately active across the various sports offered in school and played a bit of recreational soccer during the summer. As I grew and my interests changed I gravitated towards video games and being with friends as most teenagers do. I took to the seemingly popular sedentary lifestyle, but this was of no concern as I was not interested in exercise or sport.

The cyclical nature of secondary school sports meant that I would spend October ? March training intensively, but would revert back to an almost sedentary lifestyle over the summer months. Initially this did not bother me, but as I progressed through school I needed something to fill this void. In the summer of 2005 a few friends from the swim team had decided that they were going to do a triathlon in the next town over. This piqued my interest for a few reasons: it was something to do to pass the time, there was a competitive aspect to it, and my friends were all racing. I wanted to do the race myself, but I did not own any type of bike at the time. Instead, I swam the 3km open water swim. I was, however, able to observe the race and see what triathlon was all about.

## Follow



Download nivoslider for magento from extensionhut.  
[extensionhut.com/magento-](http://extensionhut.com/magento-nivoslider/)



Download contacts captcha  
for magento from  
extensionhut.  
[extensionhut.com/magento-](http://extensionhut.com/magento-contacts-captcha/)

[Load More](#)

[Tweet to @MikeAustin](#)

Follow me on Facebook



You and 52 others like

**Mike Austin**



 Facebook social plugin



[SHOP BY CATEGORY](#)

all ▾

SEARCH



YOUR CART



Athlete &gt;

Sport &gt;

Nutrition &gt;

Gear &gt;

Shoes &gt;

Clothing &gt;

Brand &gt;

## ROTATING HERO BANNER – 1 of 4

- 1 – member promo
- 2 – athlete spotlight
- 3 – featured review
- 4 – member spotlight

## MY ATHELTES

SEARCH ATHLETES ▶




MATT SMITH

Pro Triathlete |  280 Subscribers 25 Recommendations Subscribed

LOUIS BOUDREAUULT

Pro Triathlete |  90 Subscribers 21 Recommendations Subscribed

MIKE AUSTIN

Triathlon |  200 Subscribers 18 Recommendations Subscribed

ROB KRAR

Ultra- Marathon  200 Subscribers 16 Recommendations Subscribed Expand to see all athletes

## TOP RECOMMENDATIONS

SEARCH PRODUCTS ▶



Orca S4 Triathlon Wetsuit

by Hoka One

~~\$180~~ \$144.97

Recommended by



ADD TO CART

Honey Stinger  
Organic Energy Gels

Honey Stinger

~~\$180~~ \$144.97

Recommended by



ADD TO CART



Felt S22 2012

by Nike

~~\$180~~ \$144.97

Recommended by



ADD TO CART

Carbo-Pro Pure Complex  
Carbohydrates

by Nike

~~\$180~~ \$144.97

Recommended by



ADD TO CART

## CONNECT WITH ATHLETE IQ

Keep up to date with Athlete IQ for recommendations from top athletes and industry insights!



## ATHLETE IQ NEWSLETTER SIGNUP

Your Email

SUBSCRIBE

## INFORMATION

- Search Athletes
- Search Recommendations
- Sports Categories
- Membership Rewards
- Become a Member



SHOP BY CATEGORY

[Athlete](#)[Sport](#)[Nutrition](#)[Gear](#)[Shoes](#)[Clothing](#)[Brand](#)

all

SEARCH



YOUR CART



## SELECT YOUR SPORT



RUNNING



TRAITHLON



CROSSFIT



OCR

SHOP BY CATEGORY

[Athlete](#)[Sport](#)[Nutrition](#)[Gear](#)[Shoes](#)[Clothing](#)[Brand](#)

all

SEARCH



YOUR CART



## SHOP BY NUTRITION

Athlete Recommendations



BARS

23



PROTEIN

12



SUPPLEMENTS

25



CHEWS AND GELS

31



DRINKS

14

SHOP BY CATEGORY

[Athlete](#)[Sport](#)[Nutrition](#)[Gear](#)[Shoes](#)[Clothing](#)[Brand](#)

all

SEARCH



YOUR CART



## SHOES

## MEN'S SHOES

Running  
Track & Field  
Trail Running  
Cross-Training  
Bike  
Crossfit  
OCR  
Socks

## WOMEN'S SHOES

Running  
Track & Field  
Trail Running  
Cross-Training  
Bike  
Crossfit  
OCR  
Socks





150 PRODUCTS  
30 RECOMMENDATIONS

SPORT

Running

CATEGORY

Shoes

PRICE

Under \$25

\$25 to \$50

\$50 to \$100

\$100 to \$200

\$200 & Above

Brand

☐ ASICS

☐ Crocs


☐ Converse


☐ New Balance

☐ Skechers

☐ Keen

MY ATHLETES

SEARCH BY  
ATHLETE







Hoka One One Men's M Stinson Atr Running Shoe


by Hoka One

~~\$180~~ \$144.97

Recommended by



ADD TO CART






Nike Free Hyperfill


by Nike

~~\$180~~ \$144.97

Recommended by



ADD TO CART




Nike Free Hyperfill


by Nike

~~\$180~~ \$144.97

Recommended by



ADD TO CART




ASICS Men's Gel-Cumulus 16 Lite-Show Running Shoe

by ASICS

~~\$109.45~~ ~~\$139.97~~

ADD TO CART



Nike Trial Extreme


by Nike

~~\$180~~ \$144.97

ADD TO CART

MATT SMITH

Pro Triathlete | 280 Subscribers



Have been riding Felt for 5 years. Love it!"

June 17, 2014

WHY

"I've been riding my trusty my bike for the past two, almost three years. I'm not a BAD climber, but I'm not a good one either. I'm best on rolling courses with power climbs."






HOW

"I usually stay seated on my bike through there to save energy and because the bike felt so slow and hard to get moving when I'd stand up there. Not so with the Evolver! "

WHEN

"I rode this bike (shout out to Masakazu Tsuboi!) in training for half a week before taking the victory in both the 10 and 8 hour team enduros at the Matrix Suzuka Enduro."

IN USE



TRAINING





COMPETITION

RECOVERY

Advice Helpful?

Yes | No

Share:



Subscribed athletes

Athlete Page

Product Page

Click

150 PRODUCTS  
30 RECOMMENDATIONS

SPORT

Running

CATEGORY

Shoes

PRICE

Under \$25

\$25 to \$50

\$50 to \$100

\$100 to \$200

\$200 & Above

Brand

☐ ASICS

☐ Crocs


☐ Converse


☐ New Balance

☐ Skechers

☐ Keen

MY ATHLETES

SEARCH BY  
ATHLETE







Hoka One One Men's M Stinson Atr Running Shoe


by Hoka One

~~\$180~~ \$144.97

Recommended by



ADD TO CART






Nike Free Hyperfill


by Nike

~~\$180~~ \$144.97

Recommended by



ADD TO CART




Nike Free Hyperfill


by Nike

~~\$180~~ \$144.97

Recommended by



ADD TO CART




ASICS Men's Gel-Cumulus 16 Lite-Show Running Shoe

by ASICS

~~\$109.45~~ ~~\$139.97~~

ADD TO CART



Nike Trial Extreme


by Nike

~~\$180~~ \$144.97

ADD TO CART

MATT SMITH

Pro Triathlete | 280 Subscribers



Have been riding Felt for 5 years. Love it!"

June 17, 2014

WHY

"I've been riding my trusty my bike for the past two, almost three years. I'm not a BAD climber, but I'm not a good one either. I'm best on rolling courses with power climbs."






HOW

"I usually stay seated on my bike through there to save energy and because the bike felt so slow and hard to get moving when I'd stand up there. Not so with the Evolver! "

WHEN

"I rode this bike (shout out to Masakazu Tsuboi!) in training for half a week before taking the victory in both the 10 and 8 hour team enduros at the Matrix Suzuka Enduro."

IN USE



TRAINING





COMPETITION

RECOVERY

Advice Helpful?

Yes | No

Share:



Subscribed athletes

Athlete Page

Product Page

Click

Smarter Together

My Athletes

Find An Athlete

About Athlete IQ

Twitter

Facebook

Google Plus

Instagram

TOM FRANKS

SHOP BY CATEGORY

all SEARCH

Q

YOUR CART

>

Recommended by

SAM BLOCH

Pro Triathlete

"Have been using the Garmin Forerunner 220 for 5 years. Love it!"

June 17, 2013

Also Recommended by (5)



GARMIN FORERUNNER 220 - RUNNING GPS WATCH - 1" 180 X 180

GARMIN

\$324 \$249



ATTRIBUTE 1

ATTRIBUTE 2

ADD TO CART



Recommendation overlay

Sam Bloch Also Recommends These Products (14)

Nike Free Hyperfill

by Nike

\$180 \$144.97

Recommended by

ADD TO CART

Hoka One One Kailua Trail

by Hoka One

\$180 \$144.97

Recommended by

ADD TO CART

Zoggs Predator Flex R

by Zogs

\$180 \$144.97

Recommended by

ADD TO CART

Carbo-Pro Pure Complex Carbohydrates

by Carbo Pro

\$180 \$144.97

Recommended by

ADD TO CART

PRODUCT OVERVIEW

PRODUCT REVIEWS (3)

Our take on the Garmin Forerunner 220

by [Ken Nail](#)

A coach on your wrist

Whatever your goals, you'll optimize your training if you have accurate data about what you've done during your workouts. Garmin's Forerunner 220 offers an array of features that'll help you reach your fitness destination. With Forerunner 220's color display, you'll track distance and pace — even your heart rate if you add an optional heart rate monitor — check out the [FR220 Bundle](#) for the watch with an included heart-rate monitor.

Measure time, distance, and more

The FR 220's accurate GPS receiver keeps close tabs on the distance you've traveled when you lace up your shoes and step out the door. You'll know at the end of your workout how far you've gone, how long it took, and what your average pace was. A built-in accelerometer records distance run on a treadmill or indoor track. The Forerunner 220's Auto Lap function records your lap times at whatever distance you choose — you don't even need to push a button.

Track and share workouts

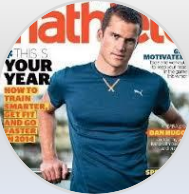
When you upload training data to the Garmin Connect website, you can analyze your workout and track your training activity data, including map and elevation information — even share with your friends and training partners (or rivals). Load the Garmin Connect Mobile App on your phone and your data will be automatically uploaded.

Garmin's Live Track feature will even let your friends track you in real time during your runs or races when used with your smartphone. And Forerunner 220 works with free training plans available at Garmin Connect, so you can be confident you'll arrive at the starting line ready for that PR!

Highlights:

- GPS running watch with illuminated display
- 1" color display (180 x180 pixel) with customizable screens
- water rated to 5 ATM





Recommended by  
**SAM BLOCH**  
Pro Triathlete

”Have been using the Garmin Forerunner 220 for 5 years. Love it!”  
June 17, 2013

Also Recommended by (5)



## GARMIN FORERUNNER 220 - RUNNING GPS WATCH - 1" 180 X 180

GARMIN

~~\$324~~ **\$249**

ATTRIBUTE 1


ATTRIBUTE 2

ADD TO CART




Recommendation overlay

### Sam Bloch Also Recommends These Products (14)




**Nike Free Hyperfill**  
by Nike  
~~\$180~~ \$144.97

Recommended by




ADD TO CART




**Hoka One One Kailua Trail**  
by Hoka One  
~~\$180~~ \$144.97

Recommended by




ADD TO CART




**Zoggs Predator Flex R**  
by Zogs  
~~\$180~~ \$144.97

Recommended by




ADD TO CART



**Carbo-Pro Pure Complex Carbohydrates**  
by Carbo Pro  
~~\$180~~ \$144.97

Recommended by



ADD TO CART

PRODUCT OVERVIEW

PRODUCT REVIEWS (3)

ADD YOUR REVIEW

★★★★★ Sep 10, 2014

#### FINALLY A SIZE THAT FITS!

jonscribbler, Berlin, Germany, I run: 16-30 miles a week, I run primarily to: Have fun

I will agree with some comments, that the sizes at Nike are too large. This is the one exception. It's nice to find a Nike product that is closer to European body sizes, but they really need an XS range, as their small is a medium everywhere else.

Love running in this, very comfortable and deals with perspiration well whilst also helping you keep ventilated.

COMMENT

 0

 1



★★★★★ Aug 5, 2014

#### FANTASTIC SHIRT

Anonymous, Saint Paul, MN, USA, I run: Over 30 miles a week, I run primarily to: Train for racing

Expensive, yes, but its super comfortable and seriously feels like you're not wearing anything at all; it isn't inhibiting at all doesnt get in the way either. However, theres a tag on the shoulder which gets irritating after a while. Seriously, a tag? its 2014- shouldnt every shirt be tagless?

COMMENT

 6

 4



COMPLETE YOUR PROFILE AND EARN YOUR FIRST 25 ATHLETE IQ POINTS

PROFILE PICTURE

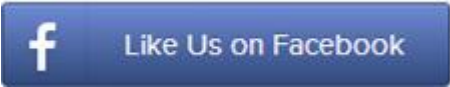


REPLACE AVATAR

YOUR ACTION PICTURES



GET TO KNOW THE  
ATHELTE IQ COMMUNITY



YOUR PROFILE

First Name\*

Last Name\*

New Password\*

New Password Again\*

Country\*

Primary Sport\*

COMPLETE REGIESTRATION

Complete your profile to boost your Athlete IQ score and qualify for programs and free products!

Level

Age Group

Gender

Your Next Event

Bio

You must agree to the [Terms of Service](#) AND our [Privacy Policy](#) before enrolling in membership.

I have read and agree to Athlete IQ’s Terms and Conditions  
I have read and agree to Athlete IQ’s Privacy Policy

SAVE CHANGES





# ATHELTE IQ ACCOUNT

## YOUR PROFILE



TOM FRANKS

PRIMARY SPORT: **TRIATHLON**

LEVEL: **PRO**

AGE GROUP: **30-39**

GENDER : **MALE**

BIO: **BIO**

EDIT PROFILE

### BRAND PROGRAMS

15 Open Programs

VIEW PROGRAMS

### YOUR ATHLETE IQ SCORE



34 Points

### YOUR ATHELTE IQ BADGE



Athlete IQ  
Member

< 150 IQ Points



Athlete IQ  
Contributor

> 150 IQ Points



Athlete IQ  
Expert

>500 IQ Points



Athlete IQ  
Genius

>1000 IQ Points

### EARN POINTS & BADGES

Boost your Athlete IQ score and qualify for programs!



10  
POINTS

Rating Recommendations  
as Helpful  
[Search and Rate >>](#)



20  
POINTS

Subscribing to  
Athletes (up to 10)  
[Search Athletes >>](#)



50  
POINTS

Writing a  
Product Review  
[Search Products >>](#)



30  
POINTS

Social Share of  
Recommendations  
[Search and Share >>](#)



50  
POINTS

Completing  
Your Profile  
[View Profile >>](#)



15  
POINTS

Tagging a Product  
You Use  
[Search Products >>](#)



10  
POINTS

Sharing Athlete IQ Link  
with Friend  
[Share Now >>](#)



75  
POINTS

Your Friend Signs Up  
on Athlete IQ