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PHYSICAL THERAPIST WINS NAUTICA SOUTH BEACH TRIATHLON

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Allison Lind, a physical therapist at NY Sports Med & Physical Therapy, places first in women's division of triathlon

New York, NY (PRWEB) April 15, 2010 – Allison Lind, a member of the Twinlab – Full Throttle Endurance Racing Team and a physical therapist at NY Sports Medicine & Physical Therapy, placed first in the women's division of the Nautica South Beach Triathlon, which took place in Miami Beach, Florida on April 11, 2010. Although fairly new to the sport of triathlon, Lind beat out all female participants in the Olympic distance portion of the double race event, which also included a classic distance race, with 2400 athletes competing in total. She also placed 22nd overall, with the 7th fastest run split of the race.

While relatively new to triathlon competition, Lind is not new to the sport of running. She began running at the age of ten and was an All-American in cross country and track in high school. As part of the track program at Florida State University, she was nationally ranked in the 5k race. Following college, Lind focused her love of running on longer distance events, such as marathons, as well as on her career as a physical therapist in a practice geared to treating sports-related injuries. It wasn't until an injury sidelined her running regimen that she started to focus on biking and swimming as a way to stay fit while she recovered from her injury.

Lind draws on her extensive experience as a runner while treating patients at NY Sports Med & Physical Therapy. In addition to her educational training, she finds that her involvement in the sport helps her to more effectively diagnose and treat other athletes. It also helps her empathize and relate to what patients are going through when they need to take a step back from the sport they love. Lind treats a variety of sports-related injuries and specializes in gait analysis, which emphasizes proper body mechanics and postural control. She also designs individual programs for patients that are runners and other athletes, and tailors each program specifically to her patient's limitations, needs and goals.

"Running is like my morning coffee," explains Lind, "it gets me going each day and has been a big part of my life since I was ten years old. As a physical therapist, I have found that my love for the sport helps me to connect emotionally and psychologically with what my patients are experiencing, in addition to treating the physical aspects of their injury."

Allison Lind is a member of a number of running organizations, including the Central Park Track Club, USA Track and Field, and the New York Road Runners, and she competed in the Nautica South Beach Triathlon as part of the Twinlab – Full Throttle Endurance Racing Team. Professionally, she is a member of the Sports and Orthopedics Section of the American Physical Therapy Association. She has previously competed in the New York City, Philadelphia and Virginia Beach marathons.

When asked how she feels about winning her first triathlon, you can almost hear the smile in Lind's voice. "It felt great! Getting to the last leg of the race, which was the run, kept me going because that's where I feel most confident. I was just trying to get the best time I could going into the race and wanted to challenge myself." Well, challenge herself she did. Enough to come up with a first place finish in only her second season of triathlon competition.

Allison Lind is a Doctor of Physical Therapy at NY Sports Med & Physical Therapy. When not helping other athletes recover from sports-related injuries, she can be seen running throughout the streets of Manhattan. For more information about Allison, visit www.nysportsmed.com.

The Twinlab – Full Throttle Endurance Racing Team, is a high-intensity multi-sport training program based at the Sports Center at Chelsea Piers. The Twinlab - Full Throttle team is coached by Scott Berlinger, for more information visit, www.fullthrottleendurance.com.

The Nautica South Beach Triathlon is an annual event that takes place near the beautiful beaches of South Beach in Miami Beach, Florida. The dual event includes both an Olympic and classic distance race and benefits St. Judes Children's Hospital. For more information about the event, visit www.southbeachtri.com.

Read the full story at <http://www.prweb.com/releases/2010/04/prweb3876284.htm>.

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