



## JAIME DISPENZA

Jaime is an Ironman, USA Triathlon, and USA Cycling coach devoted to helping athletes reach their goals. Whether the athlete is an experienced age group triathlete preparing for their first Ironman distance event or a 7-year-old learning how to complete a transition for their first kid's tri, Jaime is the coach for you.

### EXPERIENCE

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**Owner & Founder of Laughing Dog Tri Coaching** — 2010-present  
Coaching cyclists and triathletes of all abilities including two Elite Triathletes and one Professional Cyclist.



**Founder/Manager of Laughing Dog Team/Black Dog TRI** — 2011-present  
I founded the teams to unite athletes with common goals within our community. This does not need to be confined to your local city; in fact many of our athletes communicate electronically through the team website. This enables them to share ideas, plan destination races and training vacations. The team began with four athletes and has quickly grown to almost 100.



**Head Coach/Founder of Black Dog Tri Winter Camps Tucson** — 2012-present  
The winter camp provides athletes the ability to escape winter and head to the foothills of the Catalina Mountains to enjoy a 4-day triathlon camp. The camp features a strength coach, yoga instructor, Internal Medicine doctor and multiple triathlon coaches. The camp has grown in size and has sold out for the second consecutive year.

**Guest Coach — Aspen Sports Performance Moab Camp** —2011-present  
Coach adult athletes for 4-days on the finer aspects of cycling with esteemed coaches Joel Friel, Bob Roll and Chip Chilson.

**Staff Writer — FIT Magazine Online, Albuquerque Journal** — 2010-present  
Writing and reporting on endurance and multi-sport events in a weekly blog.

### RACE PROMOTION

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**Black Dog Kid's Mini-Tri Albuquerque** — 2011-present  
The Black Dog Kid's Mini-Tri began as a way to get children of all ages interested in multi-sport. The race caters to athletes ages 3-17 with varying distance waves. In its first year the race hosted about 70 young racers and in its second year we approached 100 athletes.

**Laughing Dog Kid's Mini-Tri Tucson** — 2012-present  
In just the first year of existence in Tucson, we registered 100 children to participate in this first-time event. Hosting the race at the La Maripossa Resort enabled us to contain the entire race to the private grounds. This provided a safe non-traffic environment for all to enjoy.

**Director of Photography —Albuquerque Journal** — 2001-2012  
Lead a department of 21, providing photographic coverage for the state's largest newspaper. This included managing the staff, budget and communicating with a diverse newsroom.

### REFERRALS

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