

The Forward Is a Pace Triathlon from Team B*REAL Comes Indoors at Stoughton Mass YMCA – Registration Now Open

Race Director Adina O'Neill brings her inclusive, zero-barrier to entry timed triathlon designed for athletes of all abilities, indoors in Massachusetts.

STOUGHTON, MA, UNITED STATES, February 25, 2025 /EINPresswire.com/ -- [The Stoughton YMCA](https://www.einpresswire.com/news/2025/02/25/the-stoughton-ymca), in collaboration with [Team B*REAL](https://www.teambreal.com), is thrilled to announce the launch of the [Forward Is a Pace Triathlon](https://www.teambreal.com), an innovative and inclusive timed indoor triathlon taking place on April 13, 2025. Designed for first-time triathletes, beginners, and seasoned athletes, this event eliminates traditional race pressures, offering a unique and accessible multisport experience. Under the expert leadership of Adina O'Neill, a #1 best-selling author, coach, IRONMAN finisher, and endurance sports mentor, this event is set to redefine what it means to be a triathlete. As the Race Director, O'Neill brings her vast expertise in triathlon coaching, open water swimming, and inclusive fitness programming to the Stoughton YMCA, ensuring an empowering and barrier-free event for all participants.



Try the Tri at the Y with TEAM B*REAL

Registration Opens: Sat 2/15 ages 16+

Curious about triathlons?
Have you always wanted to do one but don't know where to start?

START INDOORS → **Sunday April 13th! 8-10am!**
Post Race Celebration 10-11am

What is an Indoor timed triathlon!
15 min pool swim
30 min stationary bike
20 min track walk or run

Who can Participate?
ANYONE!
First time triathletes who want to try a multisport race
Beginner triathletes committed to consistent training
Seasoned athletes who want to test their off season training

Challenge yourself in a fun way in a judgement free environment.
celebrate an achievement of Becoming a Triathlete!

the YMCA

Contact: Samantha Packard- Aquatics Director
spackard@oldcolonyymca.org
781-341-2016

Looking for training support? contact:
Adina O'Neill- Race Director
https://teambreal.com/
adina@adinaoneill.com

TEAM B*REAL
Ordinary People
Extraordinary Athletes
Triathlon & Swim Coaching teambreal.com

What Makes This Triathlon Different?

Unlike traditional triathlons, the Forward Is a Pace Triathlon focuses on time, not distance, making it a stress-free and beginner-friendly experience. Participants will swim, bike, and run at their own pace in an indoor setting:

- 15-minute pool swim
- 30-minute stationary or spin bike session
- 20-minute treadmill or indoor track run/walk
- Ample transition time between events
- Adaptive athlete accommodations available

By removing the focus on distance and competition, this event ensures a judgment-free and welcoming environment, allowing participants to challenge themselves while being supported by a community of fellow athletes.

A Virtual Option for Everyone

For those who are not local to Stoughton, MA, Team B*REAL is offering a virtual participation option. Athletes can complete the triathlon at their own gym or facility anytime throughout April 2025. This option provides an opportunity for triathletes across the country to experience the challenge and community of the Forward Is a Pace Triathlon, regardless of location.



Adina O'Neill-Race Director

A Vision for Inclusivity and Empowerment

O'Neill, the founder and head coach of Team B*REAL, is a champion for inclusivity in endurance sports. With over 100 endurance events completed, including the Paris Marathon, IRONMAN Mont Tremblant, and a 200-mile single-day bike ride, she is dedicated to helping athletes of all backgrounds achieve their personal fitness goals.

“

Triathlon should be for everyone—no matter their size, pace, or background. We're breaking barriers so every athlete feels welcomed, empowered, and celebrated.”

*Adina O'Neill, Race Director,
Owner/Head Coach Team
B*REAL/TeamBREAL.com*

“Old Colony YMCA is an ideal partner for Team B*REAL,” says O'Neill. “As a long-standing member, I'm aware of their commitment to inclusion and community, which align perfectly with our core values. The staff has been incredibly welcoming and eager to support this innovative event. Some have already abandoned their excuses and are ready to take on the challenge!”

O'Neill holds multiple elite coaching certifications, including:

- USAT Level 1 Triathlon Coach
- WOWSA Level 2 Open Water Swim Coach
- Certified IRONMAN Coach

- Women Are Not Small Men Certified Coach
- Special Olympics Volunteer Coach

Her expertise ensures that participants receive top-tier coaching and encouragement throughout their journey, whether they are new to the sport of triathlon or looking to refine their technique.

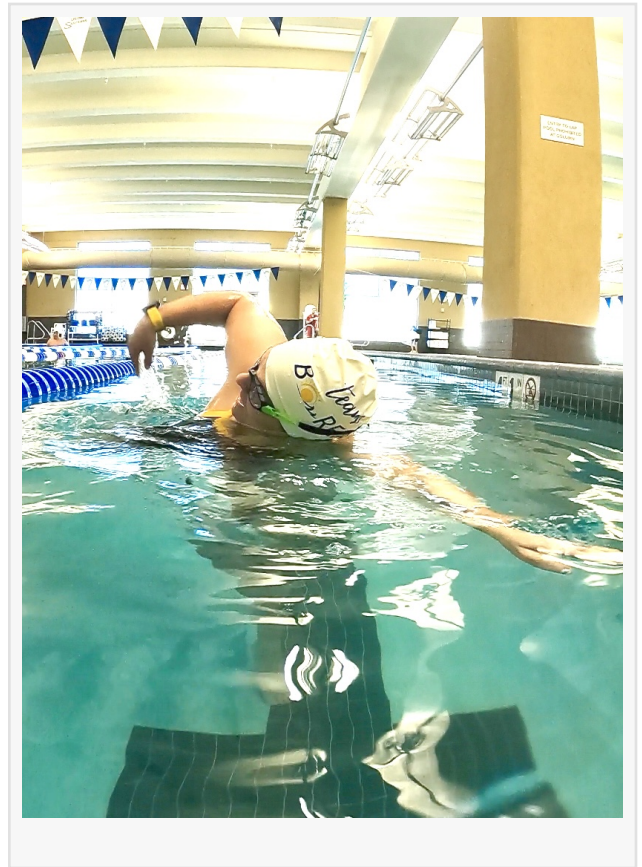
A First for the Stoughton YMCA

The Stoughton YMCA, part of the Old Colony YMCA network, has long been committed to fostering community, inclusion, and personal growth through fitness. This is their first time hosting an indoor triathlon, marking an exciting milestone for the Y and its members.

Samantha Packard, Aquatics Director at Stoughton YMCA, shared her enthusiasm:

“We’re so excited to host an indoor triathlon at the Y. It’s so different from anything we’ve ever done here.

This event is a great first step in getting people curious about triathlon and open water swimming. We’re grateful for Adina’s expertise and energy to make it happen.”



How to Register

Registration for the Forward Is a Pace Triathlon is now open! Whether you’re a first-time triathlete looking to dip your toes into multisport or a seasoned athlete seeking an off-season training challenge, this event is the perfect opportunity.

- In-Person Event: Stoughton YMCA – April 13, 2025: register for the Stoughton YMCA Timed Triathlon, visit StoughtonYMCA.org
- Virtual Option: Complete the triathlon anytime in April 2025: For more information about timed triathlons, Team B*REAL, and O’Neill, visit ForwardIsAPaceTriathlon.com.

About Old Colony YMCA

The Old Colony YMCA has been serving communities since 1887, focusing on health, wellness, inclusion, and social responsibility. With a commitment to equity and accessibility, the Y empowers individuals of all ages and abilities to achieve their full potential. Through programs like the Forward Is a Pace Triathlon, the Y continues to create opportunities for health, confidence, and community connection.

About Team B*REAL

Founded by O’Neill, Team B*REAL is a diverse endurance sports community dedicated to empowering athletes of all sizes, identities, and abilities. Through coaching, workshops, and online courses, Team B*REAL fosters confidence, resilience, and belonging, helping athletes

break through perceived limitations and redefine success.

Join the Movement – Forward Is a Pace!

Becoming a triathlete is now more accessible than ever. With zero barriers to entry, this event is your chance to take that first step towards something extraordinary. Challenge yourself, support your community, and redefine what's possible.

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