

FOR IMMEDIATE RELEASE

Peaksware Selected by Baylor University to Deliver Cutting Edge Fitness Monitoring System

The Baylor University Track and Field team will use TrainingPeaks™, Garmin watches and expert physiological testing for a complete training solution.



Lafayette, CO, September 9, 2008 -- [Peaksware, LLC](http://www.peaksware.com)

[\[http://www.peaksware.com\]](http://www.peaksware.com) has teamed up with the Baylor University Track and Field team and exercise physiologist Corey Hart to provide the world's most complete fitness monitoring system. The system being implemented at Baylor consists of in-depth physiological testing, monitoring of every workout using a Garmin Forerunner 305, then uploading the files to [TrainingPeaks](http://www.trainingpeaks.com) [\[http://www.trainingpeaks.com\]](http://www.trainingpeaks.com) for communication and analysis of fitness trends over time allowing the coaches to customize the training regime for each athlete.

Coach Todd Harbour, head coach for [Baylor University's Track and Field team](http://baylorbears.cstv.com/sports/c-track/bay-c-track-body.html) [\[http://baylorbears.cstv.com/sports/c-track/bay-c-track-body.html\]](http://baylorbears.cstv.com/sports/c-track/bay-c-track-body.html) home to recent Olympic medalists Jeremy Wariner, Reggie Witherspoon and Sanya Richards, has introduced the first web-based fitness monitoring system within collegiate running. Each member of the endurance track team monitors their workouts with a Garmin Forerunner 305 watch with GPS. The Garmin watch keeps track of time, distance, pace, and heart rate and is then easily uploaded to TrainingPeaks.com where coaches review the data and plan future workouts. "Combining TrainingPeaks software with Garmin products, and the experience of physiologist Corey Hart, brings great benefits to our track program," said coach Harbour. "My intent is to have a more objective system of tracking fitness and fatigue in order to better prepare the team for important meets."

Corey Hart, an exercise physiologist from Physio Performance Lab in Boise, Idaho who is a consultant for the Baylor Track and Field team explains, "We will be implementing one of the most advanced fitness monitoring systems in the world with the Baylor distance runners by using a combination of laboratory testing and daily training analysis. This proven monitoring system has produced podium positions in the Tour de France and Olympic cycling events and will now be used for the first time with a collegiate running program. We will be monitoring daily

fitness and fatigue for each individual athlete in the hopes of creating top performances for key competitions. Personally, I'm very excited to have the opportunity to integrate a new and practical role of sports science into Coach Harbour's program."

"TrainingPeaks is currently the software of choice for more than 2,000 coaches, personal trainers and dietitians and is designed to work seamlessly within a program like Baylor's" said Dirk Friel, Peaksware CMO. "TrainingPeaks brings the training solution together by providing direct communication with the Garmin devices and the software tools for coaches to analyze fitness and communicate with their athletes."

Look for regular updates on how Baylor University and others use TrainingPeaks at <http://blog.trainingpeaks.com/>.

PEAKSWARE

About Peaksware:

Peaksware, LLC, founded in 1999, develops software systems to help motivated individuals and professionals achieve health, fitness and peak performance. In addition to the world's leading online training and nutrition log, TrainingPeaks.com, Peaksware also produces the desktop products Device Agent and WKO+. Each of these products is sold both direct to consumers and can also be customized in a white label format for enterprise customers. For more information or to discuss business development opportunities contact info@peaksware.com.

Contact:

Dirk Friel, Chief Marketing Officer
Peaksware, LLC
Dirk@peaksware.com
303-725-4588
www.Peaksware.com
www.TrainingPeaks.com

###