

# Ashland Living

## LOOK INSIDE FOR—

Renovated Green  
Show Space Celebrates  
Inclusion (p. 2)

New Book Celebrates  
Southern Oregon's  
Storied Past (p. 4)

Living in Harmony  
with Summer (p. 6)

Soda Springs Wilderness  
Traverse (p. 13)

## Michael Gallagher:

PERSONAL TRAINING  
FOR *Your*  
PERSONAL BEST





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By Karuna Glomb

Photos by Rachel Southmayd,  
Pixy Prints Photography

Michael Gallagher knows a little something about competition. A lifelong athlete and certified coach specializing in swimming, biking, running and triathlons, Michael is perpetually training for the next competitive event. But the real competition, he'll tell you, has always been with himself. "I've always had a passion for pushing personal limits," he says, "that idea of seeing how far you can go. With any goal, whether it's athletic or professional or personal, it all comes down to what you are willing to put into it. It takes discipline and training, but mostly it takes a winning attitude, a don't-give-up mindset. You've got to control your mind, or it will control you."

Michael is sharing both his training techniques and his empowering mindset at Rogue Tri Performance, where he offers personalized coaching to help athletes push past their own limits. Offering strategic, customized plans for strength and conditioning, endurance training or triathlon training, Michael expertly guides his clients to reach their personal best. "My clients range from beginners looking to improve their fitness to top athletes who want to compete," he says. "The best part of the job is motivating and inspiring them to keep on progressing and not get stuck or frustrated. Seeing a client meet their goals, wearing a huge smile on their face, always makes me feel good."

An Ashland native, Michael grew up competing in local school sports. He played on the basketball and baseball teams in high school, but took up solo sports like running and biking once he reached college. "Ever since I was a young kid, I'd been intrigued by the idea of individual sports, where you're in competition with yourself," he says. "Where team sports are sometimes more about popularity or native talent, individual sports





are about how far you want to push yourself. Nothing is holding you back but yourself—not your coach, not your team.” When it dawned on Michael that his sports of choice made up two out of three triathlon events, he took up swimming as well, and became a triathlete.

Competing in triathlons became Michael’s biggest passion. “Triathlon is the best sport,” he says. “Having to train for three different sports with three different techniques is a real test of what you can do. It’s a test of endurance, of skill, and of mindset. You have to believe that you have the ability to train for all of these things.” Having the ability to switch gears and perform equally well in different events is more than an athletic skill, Michael says—it’s a life skill. “Life is all about multitasking,” he points out. “We’re always ‘training’ in different areas of our lives, whether it’s our career or our family life. We’re trying to be a

better partner, a better person. You want to give the same effort to each task, because if you wack in one area, it seeps into other areas of your life.”

Michael credits his parents with inspiring his high self-standards and go-getter attitude. “I looked at my dad, who busted his butt working to get to where he wanted to be in life,” he explains. “I saw that work ethic, and I really took in that idea of doing your best with what you have. You can look at the negatives, but they don’t bring you anything. Focusing on your own agency and what you can do with it creates a better outlook on life.” In that spirit, Michael says that anyone can do a triathlon—with the right positive attitude, and of course, the right coach. “It’s true that longer race distances require more physical and mental training, but with a good coach and a can-do attitude, anyone who wants to challenge themselves can do it.”