

modemodels

angi greene
INFLUENCER



ANGIG

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue

modemodels



ANGI G

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue

modemodels



ANGI G

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue

modemodels



ANGIE

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue

BEAUTY **FITNESS**

THE LONG ROAD
TRIATHLETE AND GREENE RUNS
UP 7040 METERS ABOVE HER,
TRAINING IN KOJA, PARAGUAI



TRIPLE THREAT

ELIZABETH WEIL UNCOVERS THE PATH TO A RIDICULOUSLY FIT AND PERFECTLY BALANCED BODY: TRIATHLONS.

Angi Greene is preparing to bike up Latigo Canyon, in Los Angeles. She's parked just off the Pacific Coast Highway, her streaked blonde hair wild in the breeze as she separates her bike shoes, gloves, and helmet from the rest of her life that she keeps in her car: the peep-toe Louboutins for last-minute modeling calls; the granola bars for her eight-year-old son; the running shoes, the swimsuits, the water bottles. A reasonable person could look at this, the overfull life it represents, and say, "Honey, forget about the bike. Let's just walk on the beach and relax." But then there's the fact of Greene's body: strong, lithe, fit, and balanced—her arms thin but cut, her legs toned and shapely. Whatever Greene is doing, you want to do it, too. Now.

Greene did not look so enviable several years ago. She was in a funk, not eating or sleeping well, newly separated

from her husband, spiraling down into one of those dark patches we've all endured, only to be rescued by a friend who raced triathlons. One day he lured Greene out for a bike ride. A few days later, to the pool. The following week, on a run. At the time, Greene felt intimidated. She smoked and didn't like to put her face in the water. In her first triathlon, she clung to one of the canoes for safety during the open-water swim. But Greene was hooked. "I finished the first race smiling ear to ear. I had a full-body transformation—make that full body and mind."

This is a familiar story. Triathlon is the fastest growing sport in the United States. More than 2.5 million Americans competed in triathlons in 2010, a 55 percent increase over 2009, and it's particularly popular among women. Most people start with a sprint—a .5-mile swim, a 12.4-mile bike, and a 3.1-mile run—and then progress to the Olympic distance: a .9-mile swim, a

24.9-mile bike, and a 6.2-mile run. One could argue that the sport is the perfect metaphor for modern life: the swim-to-bike and bike-to-run changes mimic the quick transitions we all make from one role to another—worker to friend to parent and back again—throughout each day. But really, would the sport be booming if it did not produce such impeccable aesthetic results?

"You can't do better than to be a multisport athlete," says Wendy Madet, one of the best amateurs in the country, now turned coach. "It's the total package. Swimming alone works a body from head to toe"—the arms, the back, the shoulders, the core—but can leave a woman with a bulky upper body. Cycling is fantastic, though it can give you bigger quads, which a lot of women don't like. Running, you're not using all your muscles, though you are burning calories efficiently." The combination really is more than a sum of the parts, leaving you in the best shape of your life with a relatively low risk of injury because you're not just hammering away at the same muscles running or doing yoga or Spinning every day. You're varying your workouts, balancing your body. This makes a person more physically stable, less likely to get hurt.

There's no denying that triathlon training is a big commitment—at a minimum, plan to swim, cycle, and run twice a week. But it's also the perfect escape, offering a great excuse to carve out a nice chunk of time away from the daily grind. And the sport makes a person feel adaptable and strong, flexible enough to handle anything at any time. "I love the feeling that this body is powerful," Greene, now a competitive amateur, tells me when we reach the top of Latigo Canyon, about 2,000 feet above sea level. "You have a real secret weapon, that inner power," she continues. "It's like walking into an audition wearing Kiki de Montparnasse lingerie and knowing all the other girls are in grandma underwear."

After careening back toward the ocean, Greene and I tie on our running shoes and knock out a few quick miles along the Pacific Coast Highway before sitting down for lunch. Even with no shower, in just a black tank top and jeans, Greene looks sculpted and amazing, a vision of what we all want to be. □ *health > 132*

128 **VOGUE** JUNE 2012 VOGUE.COM

ANGI GREENE

to addition to being a model, actress and model in L.A., Greene is also an avid group triathlete. She grew up in Edmonton, Alberta, Canada, and started racing triathlon two years ago. Along the way, she overcame her extreme fear of open water and competed in Escape From Alcatraz. "I had a baby with no drugs and I did Alcatraz," she says. "If I never do anything else with my life, I did those two things." Since then she's raced a dozen triathlons, including the Challenge Lake Wanaka Half in New Zealand earlier this year, and it was triathlon that pulled her through some tough times. "I was trying to find something to give me purpose, get me motivated and to get me healthy," she says. Now, Greene finds purpose in sharing the triathlon lifestyle with others, such as her son, Oli, who just raced his first IronKids triathlon.

Angi Intimacy Clothing Triangle Top (\$26) and Euro Bottom (\$22), kikiintimacy.com, shot at the spa of The Mauna Lani Bany Hotel & Bungalows



PH: LARRY ZEIN

ANGIG

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue

modemodels



KWICK TIME

The new Kwicky Blade-Light is smooth and silent at a jog, yet explosive and spring-like when you shift into high gear. And with ION Mask™, the shoe is 9 oz. – from start to finish. That's gonzo.

BLADE-LIGHT™
TECHNOLOGY

KSWISS
DESIGNED IN CALIFORNIA

kswiss.com/kwicky



BEST RUNNERS DEBUT

BLADE RUNNER

The new Kwicky Blade-Light is smooth and silent at a jog, yet explosive and spring-like when you shift into high gear. And with ion-mask™, the shoe is 9 oz. – from start to finish. That's gonzo.

BLADE-LIGHT™
TECHNOLOGY

KSWISS
DESIGNED IN CALIFORNIA

kswiss.com/blades

ANGIG

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue

modemodels



ANGI

Height: 178cm / 5' 10" Bust: 84cm / 33" Waist: 64cm / 25" Hips: 88.5cm / 35" Shoes: 40EU / 9US / 7UK Hair: Blond Eyes: Blue