

MEET MATT

I'm Matt Freiman. I live near the small city of Middletown, Connecticut where I have been working as a Police Officer for nearly nine years now. My incredible wife and I met just before I deployed to Afghanistan (2006–2007) for one year as a US Army Infantryman, SGT. Returning home, I graduated from the University of Connecticut with a Bachelor's and Master's degree.

I joined the Police force in 2009. Three years later (2012), I began a journey into the sport of triathlon and running in general. I dropped 20 pounds immediately, and from May 2013 to May 2017, I participated in the following:

- 6 Ironman® triathlons (10hr 25min PR)
- 1 Double Ironman® triathlon
- 7 Half Ironman® triathlons (4:42 PR)
- Over 15 Duathlons, Olympic and Sprint distance triathlons (various podium finishes)
- 5 Road and Trail marathons (3hr PR *Boston '17)
- 3 50-mile run events (1 podium finish, *9hr 41min)
- Swim races
- Spartan Beast World Championship ('14)
- 112-mile Ultra run — current Fastest Known Time of CT New England Trail: 38 hr 34 min (June '18)

UPCOMING EVENTS:

- Tahoe 200-miler (4 day cutoff, Lake Tahoe, Sept 2018)
- JFK 50-miler (Maryland, November 2018)
- Badwater Salton Sea 81-miler (May 2019)



OCCUPATION	Police Officer
OBSESSION	Triathlons Ultra Marathons
GO-TO INSOLE	Pinnacle PULSE®
WORN SINCE	2016

