

About a Gator #55: Jim Foster

March 2016



1. **SVYMG:** What is your endurance sports background?

JIM: I always enjoyed cycling and started with mountain biking when I was younger then added road cycling about 15 years ago. My introduction to triathlon came about ten years ago when some friends talked me into signing up for the Philadelphia Sprint Triathlon. To get ready for it, I had a total of about 30 minutes of swim training. Adrienne had her parents call to try to talk me out of doing the race thinking I was going to die. But I'm still here!... It was a strong 30 minutes of swim training. I've since raced in the Philadelphia Olympic Triathlon four times plus Steelman and Independence a few times. I've also completed the MS150 city to shore cycling event 13 times. I've also completed two marathons including Philadelphia and New York; my next marathon will be Berlin, Germany this September. My big race for 2016 is Ironman Mont-Tremblant 70.3 (Quebec)... It will be my first event at this distance, but I'm going with a great group.

2. **SVYMG:** What are your top 3 endurance sports goals?

Jim: My goals are...

1. Enjoy the day of the race more
2. Get better every race
3. Maybe even finish with a better time than Adrienne... That would really piss her off!

3. **SVYMG:** What has been your favorite race in which you've participated?

Jim: My favorite was the New York Marathon... From the start to the finish the crowd support is crazy. All in the same day you're on a train, a ferry, and a bus just to get to the starting line... Oh, and then you have to run for 26.2 miles.

4. **SVYMG:** What is the race that you'd most like to do?

Jim: Not sure if I could ever squeeze in the training time for an Ironman distance event with my work schedule, but something different like "Escape the Cape" or something like that... Different with a crazy factor.

5. **SVYMG:** What song would you most like to hear at the starting line of a race? How about the finish line?

Jim: At the starting line... Eminem's "Survival" or ACDC's "Thundestruck"... There are sooo many good ones! At the finish line during my first marathon in Philadelphia my oldest daughter ran the last half mile with my and the song "Timber" by Pitbull and Kesha was playing as we crossed... So that's my finish line song... I'm sorry to every guy reading this.

6. **SVYMG:** What has been your best endurance sports experience to date?

Jim: Besides supporting my wife last year at Ironman Lake Placid, I really like the local races including Steelman, Philadelphia, and Independence. To be able to race with fellow Gators and friends and then be sitting on the deck having a beer later that afternoon is pretty cool!

7. **SVYMG:** Do you have an endurance sports tip or two that you'd like to share?

Jim: Prep... Lay your transition area gear out at home the day or two before an event so you know you have everything you need. And when in doubt apply that Glide again.

8. **SVYMG:** Who is your favorite professional endurance sports athlete?

Jim: Miranda Carfrae... I love that every race she wins, she comes from behind. Every athlete ahead of her is just hoping to hold on.

9. **SVYMG:** What is one interesting thing about yourself that has nothing to do with endurance sports that you'd like to share?

Jim: I'm a music junkie!! I listen to everything... Rap, rock, country, jazz, and even some Glenn Miller. Even better if it's live.

10. **SVYMG:** Any other background info you'd like to share?

Jim: I'm the only male in the house sharing it with the love of my life, my wife Adrienne, and our three daughters, Madeleine, Grace, and Charlotte. We also have two Chesapeake Bay retrievers, Bailey and Bella. I'm totally out numbered. Also, I love spectator sports and playing "bike junkie"... Felt, of course. I raced motocross for a year. I'm very lucky I married someone who enjoys the same things I do, laughs at the same dumb jokes, and we really enjoy being together!

