



Spring Valley YMCA Multisport Gators Club Newsletter

June 4, 2016

"Learning Together"

Our unofficial club motto is "training together". One of the great aspects of a club that is as social as ours is that there are many opportunities to train together in small and large groups. Another motto could be "learning together". This was on great display this past Wednesday evening in a couple of instances... Ken Beauchamp conducted a tremendously beneficial "Race Prep and Faster Transitions" clinic that included many tips that you can put to use as you prepare for and execute your future events (video recorded version is posted to our Facebook group). Following that, Brian Kozera and Maribeth Baker led a great open water simulation workout in the lap pool where about 10 members took the chance to work on skills ranging from wetsuit swimming to faster buoy turns to pack swimming to in water and dock starts (some video of this activity will also be posted to the Facebook group). And next week (Wednesday, June 8) we have a "Chiropractic and the Triathlete" seminar led by our lead club sponsor, Mike Connelly, planned where you can learn how to keep yourself healthy and enjoy endurance sports for many years to come (see Facebook "Events").

We have an amazing amount of knowledge spread around our 70+ members that you can access. We'll continue to provide learning opportunities, but if you have a question about anything related to endurance sport activities, don't hesitate to ask... There's a good chance someone out there will have an answer!



Headlines

- Who's Next?...** Independence day, Quassy double, and Ready to Rock!!!
- Accomplishments...** Partially recovered and fully certified!!!
- Recommended...** Videos, podcasts, and websites that you are sure to enjoy!!!
- Mark Your Calendars...** Par-tay, fix your aching back, plus lots of club events in June!!!

Photo of the Week



French Creek
Triathlon
May 22

Left to right:
Jim Foster
Jason Brannen,
Vince Bellino,
Kerri Brannen,
Suzanne
Angelaccio,
Tiff Pfluger,
Tim Pfluger



Happy Birthday!

Best wishes to the following Gators who celebrated birthdays this week!

•Tuesday, May 31: Gregg Heimer

•Wednesday, June 1: Danny Friend

Accomplishments



Partially Recovered: Great work by Doug Schmidt for making it back to the pool this week following his recent knee replacement surgery! Doug continues to progress well in his recovery. Looking forward to seeing you back on the bike soon, Doug!



Fully Certified: Major congratulations to Logan Washburn who formally received her USAT (USA Triathlon) Coaching Level 1 certification! Logan received a perfect score of 100% on her certification exam! Way to go, Logan!!

Who's Next?

Saturday, June 4

Rev3 Quassy Olympic Triathlon (Middlebury, CT):
Andy Rosebrook, Part I



Sunday, June 5

CLUB EVENT: Independence Sprint Triathlon/Duathlon (Quakertown, PA):

Triathlon: Maribeth Baker, Tina Belles, Trevor Bellino, Rob Fletcher, Jim Foster, Brian Kozera, Kristin Kozera, Diane Lynch, Patty Trainer, Brent Voynar
Duathlon: Don Mack



Rev3 Quassy Half Distance Triathlon (Middlebury, CT):
Andy Rosebrook, Part II

Rock Hall Olympic Triathlon (Rock Hall, MD): Don Morrison



Recommended

"Race Prep and Faster Transitions" seminar video replay and PowerPoint. The PowerPoint can be found under "Files" on our Facebook group and the video is here... <https://www.facebook.com/donald.mack.71/videos/1097689490273544/>

Websites:

•Race Checklist.com... Create your own custom pre-race checklist with tabs for each leg plus others for clothing and miscellaneous. You can save lists, edit lists, print lists, and even send them to your phone and check off items as you assemble them... <http://triathlon.racechecklist.com/>

•Fit File Tools.com... Allows you to edit your fitness device files and do things such as trim off the excess when you forgot to stop your watch at the end of a race or workout... <https://www.fitfiletools.com/#/top>

Podcast: Runners World Magazine's "Human Race" podcast #3 "Sylvia" ... Tells the story of a holocaust survivor turned prolific marathon runner... You will definitely enjoy it!... <http://www.runnersworld.com/human-race/human-race-episode-3-sylvia>

Mark Your Calendars!

Upcoming Seminar

Wednesday, June 8, 7:30pm-8:15pm, YMCA Front Conference Room:
"Chiropractic and the Triathlete" (led by club lead sponsor, Mike Connelly, Centre for the Healing Arts)... See the Facebook event and sign up today!



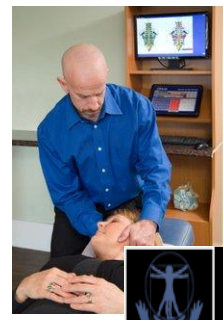
Upcoming Club Events

Sunday, June 5, 1pm: "Gator Season Kickoff Party" (Spring City, PA)... The forecasted storms are only a minor speed bump!... See Facebook event for more details!

Sunday, June 12: Ironman Eagleman 70.3 (Cambridge, MD)... 7 Gators registered

Friday, June 17: "Beer and a Mile" (Limerick, PA)...
See Facebook event for more details!

Saturday, June 25-Sunday, June 26: TriRock Philly Triathlons... Sprint on Saturday (4 Gators registered) and Olympic on Sunday (6 Gators registered, plus Mike Aliprantis is making a guest appearance from Austin, TX).



**CENTRE FOR
HEALING ARTS**
at Limerick



We Love Our Sponsors!

Thanks to Mike Connelly and the Centre for Healing Arts, our club lead sponsor! Many of us are satisfied patients reaping the rewards of Mike's services. Also, our new club changing tent (to be debuted at the Independence Tri) is due in part to the Centre for Healing Arts' financial contribution!



To learn more... <http://www.centreforhealingarts.com/>