

Chomp



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-2

June 10, 2016

“So How Fit Are You?”

This week’s “The Runner’s World Show” podcast featured two Runner’s World Magazine staffers taking the Air Force Physical Fitness Test. The test, which must be completed annually by every airman, regardless of age, rank, or tenure, includes three components... body composition, aerobic fitness, and muscular fitness. The body composition score is determined simply by your “abdominal circumference” (i.e. your waist size). The aerobic fitness score is determined by the time it takes you to run 1.5 miles. And the muscular fitness score is determined by the number of push-ups and sit-ups you can achieve in one minute (per exercise). For each component you are awarded points based on your results and age. A perfect score is 100. The minimum required to pass for airmen is 75. If you’d like to see how fit you are, you can see a more detailed description and the charts and point values for your age in the official US Air Force test instruction at the following link (see page 23 for a more detailed overview and see the point charts by age/gender starting on page 83)... <http://www.afpc.af.mil/shared/media/document/AFD-131018-072.pdf>. And if you’d like to listen to the podcast, see this week’s “Recommended”.

In that same theme, we don’t want all of our Gators to get fit and not stay fit, so we are taking our off-season Gator Fitness Challenge to a new level this December with the GFC EXTREME TRIATHLON... Mostly it has you committing to do the Rehobeth Beach Marathon or Half Marathon on Saturday, December 3, and we’re packaging it with a couple of other “events” to give us the three triathlon legs... “The RefrigaGator Practice Swim” (Sunday morning) and “The Marathon After Party” (as Maureen Pinkerton stated when we came up with this idea... It’s the “Bike is Out, Beer is In Triathlon”). You can choose to participate in as many as you’d like with anyone that commits to all three becoming part of the GFC EXTREME TEAM.

At last count it looks like we have at least a dozen signed on for one of the runs and at least five on the GFC EXTREME TEAM, so watch for the Facebook event coming soon and be sure to get fit, stay fit and become part of the TEAM!

Thank You!!

Special thank you to **Michelle Leonard** and **Byron Solvason** for opening their beautiful home to us and hosting our season kickoff party! Fortunately we were able to enjoy a mostly storm free afternoon and have a great time doing what we do best... Hang out and have fun (well, we’re pretty good at endurance sports stuff, too)!!!



Headlines

- Who’s Next?**... Fly like an Eagle, escaping the Capes, across the Bay, something ODD, New York Spartaning, and French Ironing!!!
- Accomplishments**... Declaring our Independence, Feeling Quassy, and Rockin’ the Hall!!!
- Recommended**... Introducing your 2016 USA Olympic Triathlon team!!!
- Mark Your Calendars**... Join us next Friday, 6/17 for a “Beer and a Mile”!!!





Happy Birthday!

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

Monday, June 6: Andy Rosebrook

Tuesday, June 7: Kelly Whalens



Accomplishments



Saturday, June 4 and Sunday, June 5

Rev3 Quassy Olympic Triathlon (Middlebury, CT):

Andy Rosebrook completed an **AMAZING DOUBLE** by first doing the Olympic distance event on Saturday and then returning for the 70.3 distance event on Sunday... Amazing, Andy!!!

Club sponsor **John Kenny (French Creek Racing)** also participated in the Olympic and turned in one of the **FASTEST SWIM** times of the day... Great job, John!



Sunday, June 5

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

Triathlon: Special thanks to those that came out to support our athletes... **Steph Babiec, Vince Bellino, Michelle Bradley, Frank Moffa, Melissa Moffa, and Tim Pfluger!**

Maribeth Baker... Build up event to Ironman Syracuse 70.3... #3 age group... **PODIUM!!!**... Top 30% overall, #11 female, top 15% swim and T1, top 35% run, and top 40% bike and T2

Trevor Bellino... Straight from high school track season... #1 age group... **PODIUM!!!**... Top 10% run, top 20% overall finish and T1, top 25% bike, top 35% swim, and top 45% T2... Awesome, Trevor!!!

Rob Fletcher... Season debut... #9 overall and #3 age group... **PODIUM!!!**... Top 5% bike, run, and T2; top 10% T1, and top 15% swim... Just one word, Rob... Wow!!!

Jim Foster... Build-up event for Ironman Mont-Tremblant 70.3... #3 in division... **PODIUM!!!**... Top 30% overall and T1 and top 20% bike... Congrats on the podium, Jim!!!

Brian Kozera... Practice event working towards Ironman Austria... Top 10% overall, top 15% swim, bike, run, and T1, top 30% T2... **PODIUM NEAR MISS**... only missed making the podium in a very tough division by 45 seconds... Unbelievable recovery over the past year, Brian!!!

Kristin Kozera... First podium finish... #2 age group... **PODIUM!!!**... Top 40% overall, top 25 female finisher, top 25% T1, top 30% swim, top 40% bike, and top 45% T2... Congrats, Kristin, amazing progress!!!

Diane Lynch... Season debut and **TOP 10 FINISH** in age group... Way to go, Diane!!!

Patty Trainer... **PODIUM NEAR MISS**... #4 in age group and top 50% of all females plus top 45% on bike... Way to get through the swim and turn it on from there, Patty!!!

Duathlon: Don Mack... #3 overall... **PODIUM!!!**... #2 bike, #3 run 1 and run 2, top 15% T2, and top 20% T1.

Piranha Greater Atlantic Club Challenge Standings: Our club currently sits in 5th place in the Piranha GACC standings with 65 points. We are 6 points behind Endurance Multisport and 18 points ahead of the Philadelphia Triathlon Club and Wooden Wheels Tri Team. All of the above Independence finishes contributed to our team total.

Rock Hall Olympic Triathlon (Rock Hall, MD):

Club sponsor **Don Morrison (Chester County Running Store)** was a rock star at Rock Hall and is an inspiration for all of us getting it done at age 66 with an age group win.... **PODIUM!!!**... as well as a top 15% overall finish... Impressive, Don!!!



Recommended

USA Olympic Triathlon Team athlete interviews: The "Endurance Sports on Fire" podcast interviews many of the athletes that will comprise the six member (3 women, 3 men) Team USA Olympic Triathlon Team as they prepare for their events on Thursday, August 18 (men) and Saturday, August 20 (women). Here are links to the interviews... [Sarah True](#), [Ben Kanute](#), [Katie Zaferes](#), [Greg Billington](#)

"The Runner's World Show" podcast #10 "Air Force Tested" ... Follow two Runner's World staffers as they travel to the Pentagon to take the Air Force Physical Fitness Test.... <http://www.runnersworld.com/the-runners-world-show/episode-10-air-force-tested>



Who's Next?

Saturday, June 11

Spartan Tri-State New York Sprint (Tuxedo, NY): Jay Sherman



Sunday, June 12

CLUB EVENT: Ironman Eagleman 70.3 (Cambridge, MD):

Steph Babiec, Kerri Brannen, Sonny Dayrit, Ellen Friend, Frank Moffa, Melissa Moffa

While Steph, Ellen, and Melissa are returning for their 2nd consecutive Eagleman, this will be Sonny's 1st 70.3 as he builds towards Ironman Maryland!

Cape Henlopen Sprint Triathlon/Duathlon (Lewes, DE):

Triathlon: Matt Davidson, Dorian O'Connell

Duathlon: Don Mack

Matt returns with his 1st Gator event in two years while Dorian will be completing her **FIRST TRIATHLON!**

Escape the Cape Triathlon (Cape May, NJ):

Jeannine Kelly makes her season debut!

Great Chesapeake Bay Swim (Annapolis, MD):

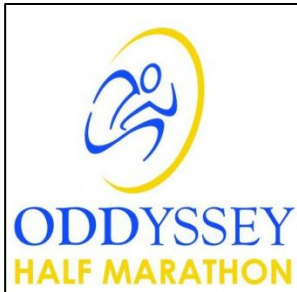
Fiancées **Joe Boris** and **Steph Bieloski** take the plunge big time with this 4.4 mile (yes, 4.4 MILES) swim across the Chesapeake Bay... Yikes!! Steph has completed this event in the past, but this will be Joe's first crossing!

ODDyssey Half Marathon (Philadelphia):

The oddest thing about this event is that **Michelle Sipe** is only running 13.1 miles!

French Creek Iron Tour (Kimberton, PA):

A bunch of Gators will be completing this scenic (and hilly) ride including **Trevor Bellino, Vince Bellino, Mary Donovan, Tim Pfluger, and Patty Trainer** all completing the 50 mile option with **Todd Matters** scheduled for the 100 mile course.



We Love Our Sponsors!

Thanks to our club sponsor, BodyMetrix! Lots of Gators have been taking advantage of their services, which are covered under most insurance plans. They offer outstanding nutrition and health counseling!

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





Mark Your Calendars!

Upcoming Club Events

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 (5 Gators registered) and Olympic on Sunday (6 Gators registered, plus Mike Aliprantis is making a guest appearance from Austin, TX).



Coming in December:
The Gator Fitness
Challenge Extreme
Triathlon in Rehobeth
Beach, Delaware!!!
Stay tuned for details
on how you can
become part of the
GATOR EXTREME TEAM
coming soon!



Photo of the Week



Independence Triathlon June 5

Left to right:
Rob Fletcher,
Don Mack,
Melissa Moffa,
Diane Lynch,
Brian Kozera,
Maribeth Baker,
Vince Bellino,
Kristin Kozera,
Steph Babiec,
Jim Foster, Frank
Moffa, Patty
Trainer, Trevor
Bellino, Michelle
Bradley