



Chomp



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-3

June 17, 2016

“Going the Extra File”

We’re starting to build up quite a collection of files on our Facebook group site. This includes a bunch of photos and a bunch of other documents. If you are looking for any of the following, you will find them under “Files”...

- Gator News and Chomp...** Since August 2015 all editions of our club newsletter are stored here.
- About A Gator member profiles...** From About a Gator #1 (Danny Friend) to #58 (Michelle Sipe), they are all there
- “Who’s In?” club event schedule...** The very first document uploaded to the site was our 2014 “Who’s In?” schedule... You can also find 2015 and 2016... And 2016 is regularly updated so it will always be near the top.
- Seminar presentations...** The most recent is Ken Beauchamp’s transitions PowerPoint (and you can also still watch the videotaped version by searching for “transitions”). There are also others such as DIY bike repairs from Brian and Training Plans from Danny!
- Club Workout Schedule...** Currently the April-June 2016 weekly workout schedule is the most recent. July-September is coming soon!
- Sponsor discounts...** Looking for a discount? Can’t remember who are our club sponsors? Go to February 27, 2016 and you will find all of this information!
- Gator Fitness Challenge tracking sheets...** Need some motivation? Go back and find an old tracking sheet to see all the hard work you put in over the fall and winter.
- Bike Routes...** If you want to see some of the routes we take on our uncoached group rides, such as French Creek and Blue Marsh, this is the place to look!

And there’s even more! So definitely take advantage of all of these great resources and reminisce with our growing photo library! And if you have a document or some photos to contribute, “go the extra file” and post them for the club to share!

HELP: Unfortunately Facebook does not have the capability yet to create folders in the files area. The result is that it’s one long list, posted newest to oldest. One tip I’ve heard is to create a document with links that essentially is a virtual organizer for the files. I can easily do this, but I’m not sure how to get a link to each document... When I select a document it opens in the application... Excel, PowerPoint, etc... and does not give me a link to use. Anyone know how to do this?

Headlines

- Who’s Next?...** Half Orange/Half Red White & Blue, Muscles and Mascara, Give It a Tri!!!
- Accomplishments...** Fly like an Eagle, escaping the Capes, something ODD, New York Spartaning, and French Ironing!!!
- Recommended...** Another US Olympian Triathlete and this guy’s from Wildwood!!!
- We Love Our Sponsors!...** Indian Valley Bikeworks!!!
- Photo of the Week...** Eagle eye!!!
- Mark Your Calendars...** Future club events!!!





Accomplishments

Saturday, June 11

Spartan Tri-State New York Sprint (Tuxedo, NY): Jay Sherman took on a shorter distance event this time, again racing with the Spartan elite field. Jay's finish placed him in the top 5% of the overall field!!!



Sunday, June 12

CLUB EVENT: Ironman Eagleman 70.3 (Cambridge, MD): Steph Babiec, Kerri Brannen, Sonny Dayrit, Ellen Friend, Frank Moffa, and Melissa Moffa who are all veterans of 70.3 distance events, successfully completed this grueling event on a particularly hot and windy day! For Kerri, Sonny, and Frank, this was their first time at Eagleman while Steph, Ellen, and Melissa returned for a second consecutive year. Frank finished in the top 50% overall. Congrats to everyone for showing some outstanding grit and getting to the finish line!!



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

Triathlon: Matt Davidson, Dorian O'Connell

Duathlon: Don Mack

Dorian became a **FIRST TIME TRIATHLETE!!!** And also achieved a top 20% T2 time! And Matt looked great in his Gator kit after a two year break from triathlon; Matt's achievements included top 40% age group, top 50% overall, top 25% T1, top 40% bike, and top 50% run. Don was **FIRST PLACE OVERALL!** with top 3 finishes in both runs and transitions and the #1 overall bike.

The points gained by all three propelled us from 5th place to **4th place in the Piranha Greater Atlantic Club Challenge** standings, just one point ahead of Endurance Multisport and nine points behind Breakaway Racing!!

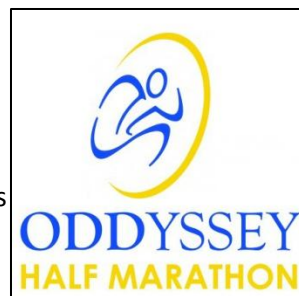


Escape the Cape Triathlon (Cape May, NJ):

Jeannine Kelly lept off the ferry into Delaware Bay and did successfully escape the cape and complete the sprint triathlon!

ODDyssey Half Marathon (Philadelphia):

Brian Kozera, simply completing a training run on his final build-up to Ironman Austria, still managed to finish in the top 30% overall as well as in the top 45% of his age group!! Seems that he's ready for Austria!



French Creek Iron Tour (Kimberton, PA):

This non-competitive ride with many distance options could have been renamed "Spills and Thrills" as two Gators unfortunately went down during the event... But good news to report, both Trevor Bellino and Patty Trainer are recovering well! Others that completed the event included **Mary Donovan, Tiff Pfluger, Tim Pfluger**, all completing the 50 mile option, Michelle Leonard and Byron Solvason completing the 62 mile loop, and **Todd Matters** doing the 75 mile course.





Who's Next?

Best wishes for a safe and successful event to all of the Gators racing this week!



Saturday, June 18

Patriot Half Triathlon (East Freetown, MA):

Chris Reiter

Tri-It Sprint Duathlon (Bear, DE):

Don Mack

CoreFit Spring Mount Challenge (Schwenksville, PA):

Heather Irwin, Steph Stranick, and Allison Wesler are all part of **Kim Milligan's** "Team Muscles and Mascara" in this relay and fitness event!



Sunday, June 18

Ironman 70.3 Syracuse (Syracuse, NY):

Maribeth Baker has vengeance on her mind thanks to last year's weather shortened event. This year's race takes place on Maribeth's birthday and the weather looks perfect!



Happy Birthday!

Best wishes to the following Gators who are celebrating birthdays this week!

Saturday, June 18: Doug Schmidt

Sunday, June 19: Maribeth Baker

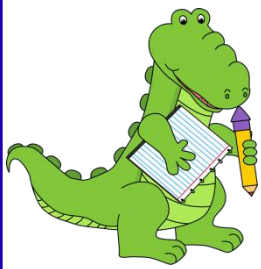


We Love Our Sponsors!

Thanks to our club sponsor, Indian Valley Bikeworks! Whether you are seeking a new bike, a bike fit, accessories, or maintenance and fine tuning, Bikeworks has the experts to meet your needs! And we can thank Ed and the rest of Bikeworks for the great bike mats we've been using this year for our trainer rides!

To learn more... <http://guaranteedfun.com/>





Mark Your Calendars!

Upcoming Club Events

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!



Recommended

USA Olympic Triathlon Team athlete interview – Joe Malloy: The “Endurance Sports on Fire” podcast posted an additional interview with another athlete that is part of 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). This interview is with Joe Malloy who hails from Wildwood Crest, NJ. [Click here to access the interview.](#)

Photo of the Week



**Eagleman
70.3 Ironman
Triathlon
June 12**

Left to right:
Sonny Dayrit,
Ellen Friend,
Kerri
Brannen,
Steph Babiec,
Melissa
Moffa, Frank
Moffa