



Chomp



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-4

June 24, 2016

"I'll Be Back"

So what does Arnold Schwarzenegger have to do with the Gators? Arnold was born in a small town called Thal, Austria. Less than 80 miles southwest is the town of Klagenfurt, the host city for this Sunday's Ironman Austria event. There will be two Gators participating in this event... Jon Wesler and Brian Kozera... and their families including Allison, Kristin, and all of their kids will be there to cheer them on. Back to that story in a minute...

It's been a little over four years since my first workout with the Y's triathlon training program that only about two years ago officially became the Spring Valley YMCA Multisport Gators club. And in that short time, it's been amazing to see many phenomenal comebacks started, in progress, and completed. There are too many to name, so I won't even try (with one exception), but it's one of our greatest strengths as a club... You're around so many amazing people doing amazing things every day, persevering through injuries, illnesses, and other difficulties that life has thrown at them that you cannot help but be inspired to be amazing yourself!

So back to Austria... Jon made arrangements for he and Brian to participate in the event about a year ago, shortly after Brian began his "I'll be back" journey from cancer on May 4, 2015 when he had a bone marrow transplant. Brian first joined our group sometime in early 2013 as he was preparing for that August's Ironman Louisville, which to date has been his first and only Ironman event (Brian does have an extensive background in loooooong adventure races). Of course Brian successfully completed Ironman Louisville despite notoriously hot weather. Brian had some ambitious plans for races after that, but then the bottom dropped out... He was diagnosed with cancer. Brian battled it for a long time, all while he and Kristin raised three young daughters. Of course Brian won his battle, resumed his training, and this weekend he will complete his Ironman return with his first full distance event since Louisville. And it's fitting that he'll do so alongside his friend and our first club president, Jon. So if you have some time this Sunday, probably in the early afternoon, tune in to the live online coverage of Ironman Austria and you just might have a chance to see the two of them cross the finish line at which time Brian truly will be back (although I'm not sure he actually ever left)! Have a great race, guys!

NOTE: The event begins this Sunday, June 26 around 7am CEST (Austria time), which is 1am EDT for us. Expected finish time is a bit difficult to estimate, but likely sometime between 12:30pm-2pm our time. To follow their progress, go to www.ironman.com to access the main Ironman website... There is typically a "Live Event Coverage" link at the top of the page when a race is in progress, so it should be fairly easy to find on Sunday.



Headlines

- Who's Next?**... Approximately 25 of us in action this weekend in Austria, Quebec, New Jersey, and Philadelphia!!!
- Accomplishments**... Full effort at the Half Iron distance in Syracuse and Massachusetts plus Du-ing it in Delaware, and proving our Core Fitness in Schwensville!!!
- Recommended**... Relax with Zen and the Art of Triathlon and more!!!
- Photo of the Week**... Not just any mile!!!

Accomplishments



Saturday, June 18

Patriot Half Triathlon (East Freetown, MA):

Chris Reiter had a spectacular day with a smoking fast overall time... **HALF IRONMAN PR!!!** Chris' results included top 20% overall and top 45% of his age group. Chris also achieved a top 20% swim and bike and a top 30% run overall as well as a top 35% bike and top 40% swim in his age group. Way to go, Chris!!



Tri-It Sprint Duathlon (Bear, DE):

Don Mack finished #2 overall with #2 finishes in both runs and on the bike... **PODIUM!!!** Don also had the #4 T1 and #7 T2 times. Don remains in 1st place in the Greater Atlantic Multisport Series standings.



CoreFit Spring Mount Challenge (Schwenksville, PA):

Suzanne Angelaccio participated on the 1st place team... **PODIUM!!!!...** along with former Gator, Heather Tracey in this relay event that features suicides, lunges, pushups, burpees and other tortuous fitness challenges. Additionally, **Heather Irwin, Steph Stranick, and Allison Wesler** were all part of **Kim Milligan's** "Team Muscles and Mascara" and they also had a successful finish! Nice teamwork, ladies!!



Sunday, June 18

Ironman 70.3 Syracuse (Syracuse, NY):

Maribeth Baker had a fantastic birthday as she was able to get redemption in this event! Last year the race was stopped when she was in the final stretch of the run in what would have been her 1st half Ironman distance event. Later that summer, Maribeth successfully completed the Diamondman Half Ironman distance event, but she was thinking about taking vengeance on Syracuse for the past 12 months. Not only was she successful, but she also did it on her birthday, which was also Father's Day! Congrats, Maribeth!!



Greater Atlantic Club Challenge Update

We currently rank 4th in Piranha's team series. We trail Wooden Wheels Tri Team by 19 points and lead Breakaway Racing by 1 point. Every finisher in a Piranha event receives points toward the team total, so if you are open on any of the following dates, you may want to consider registering for a Piranha event (includes mostly sprints with options for triathlon and duathlon... July 9, Aug 21, Aug 28, Sept 10, Sept 18, Sept 25. [Click here for info.](#)

Club	City	State	GACC Points
DE Swim and Fitness TRI-Dawgs		DE	340
Turk's Head Racing			197
Wooden Wheels Tri Team	Newark	DE	105
SVY MultiSport Gators	Limerick	PA	87
Breakaway Racing	Philadelphia	PA	86
Tri for the Cure			79
Endurance Multisport Club	Lehigh Valley	PA	76
Bike Line Tri Club - Middletown	Middletown	DE	60
Philadelphia Tri Club	Philadelphia	PA	60
Dave's Road Bikes	Dover	DE	45



Who's Next?

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

Saturday, June 25

CLUB EVENT: TriRock Philadelphia Triathlon – Sprint
Individual: Rudy Das (1st triathlon!), Susan Flavin (1st triathlon!), Jeannine Kelly, Andy Rosebrook (part 1)
Relay: Suzanne Angelaccio (swim), Don Mack (swim), Maureen Pinkerton (swim), Patty Trainer (bike)



Islandman Triathlon (Avalon, NJ):
Jason Brannen, Kerri Brannen

Bridge to Bridge OWS (Atlantic City, NJ):
Steph Bieloski, Joe Boris

Bridge to Bridge OWS



Sunday, June 26

CLUB EVENT: TriRock Philadelphia Triathlon – Olympic
Triathlon: Holly Beauchamp (1st Gator tri!), Gregg Heimer, Andy Rosebrook (part 2), Jay Sherman, Byron Solvason
Aquabike: Michelle Leonard

Ironman Austria (Klagenfurt, Austria):
Brian Kozera, Jon Wesler



Ironman Mont-Tremblant (Mont-Tremblant, Quebec):
Vince Bellino, Jim Foster (1st 70.3!), Tiff Pfluger, Tim Pfluger

Tour de Cure Step Out 3 Mile Walk (Plainsboro Township, NJ):
Doug Schmidt (tripling up last week's accomplishment!)



Happy Birthday!

Best wishes to the following Gator who is celebrating his birthday this week!
Friday, June 24: Jason Brannen



Recommended

Zen and the Art of Triathlon podcast #622: One of my favorite tri podcast series... 3+ hours so great to listen to during a long workout. This episode includes an interview with pro triathlete Jocelyn McCauley plus the usual amount of triathlon news and lots of training tips during the "Training Log" section... <http://www.zentriathlon.com/home/2016/6/20/zentri-622-jocelyn-mccauley-after-imtx.html>

2015 Ironman Kona World Championships re-broadcast: If you missed it last November, NBC is rebroadcasting their awesome show on this event on Saturday, June 26 at 2pm (this might be TODAY depending on when you are reading this!).

US Olympic Swim Team Trials: on TV starting this weekend: NBC will also be broadcasting the US Olympic Team trial from Sunday, June 26 through Sunday, July 3 on both the NBC network and on the NBC Sports network. Click on the following link for a complete listing of the dates, times, events, and networks... https://swimswam.com/nbc-sports-releases-u-s-olympic-trials-tv-broadcast-schedule/?mc_cid=863b2e96ea&mc_eid=5cbc7fcd5a

Photos of the Week



Saucony Mile

June 17

Doug Schmidt
returns to action
with a chomp as he
crosses the finish line
in his first event
following knee
replacement surgery.

CoreFit Spring Mount Challenge June 18

Team "Muscles and
Mascara"... Kim
Milligan, Allison
Wesler, Heather
Irwin, and Steph
Stranick

