

Chomp



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-5

July 8, 2016

"Halftime"

July more or less marks the halfway point in our triathlon season. It's also typically a time when many of us take a breather to spend some time with our families and friends and reset for the second half. This is very apparent when you look at our club event schedule... We had 67 event completions in June and that drops to 24 planned race starts in July. Then we ramp back up... 34 in August and 54 in September.

Much like a football, basketball, or soccer game, halftime for us is a good opportunity to assess how your season is going and determine if any adjustments are needed. Are you on target to meet the goals that you set before the season? Are any adjustments needed in your training, nutrition, recovery, or upcoming events?

Definitely take advantage of this break in the action to rest recover and reassess where you are compared to where you want to be. Based on the many accomplishments so far, I think that most of you will be pretty pleased. And if you don't feel that you are on track, you can always reach out to our incredible staff of 10 coaches who can help you get things turned in the right direction.

Have a great July and have a great second half!



Headlines

- Who's Next?...** 8 Gators, 5 events, 4 states in the next two days!!!
- Accomplishments...** Brian and Jon, You are Ironmen (again)!... Plus two new triathletes and Frolicking with the French at Ironman 70.3 Mont-Tremblant, TriRocking Philly, Big Game Hunting at Big Elk, Return to Islandman!!!
- Recommended...** Le Tour de France, the Legend of Pre, and the Barkley Marathons!!!
- Photos of the Week...** Going long!!!

Welcome to the Club!

Welcome to our newest club member, **Eric Hetrick**, a teacher in the Spring-Ford Area School District who became a Gator this week!



Happy Birthday!

Best wishes to the following Gators who recently celebrated birthdays!

June 27: Joe Boris

July 8 (TODAY!): Melissa Moffa





Accomplishments

Saturday, June 11

Xterra Big Elk Half Marathon (Elkton, MD):

Steph Stranick completed this very hilly challenging trail run.



Saturday, June 25

CLUB EVENT: TriRock Philadelphia Triathlon – Sprint

Individual: CONGRATULATIONS to **Rudy Das** and **Susan Flavin** who both completed their **FIRST TRIATHLON!!** Rudy also finished in the top 30% overall for T2.

Congrats also to our other Gator finishers...

Jeannine Kelly... Jeannine was also in the top 50% overall for T2!

Andy Rosebrook (part 1)... Andy, who completed both the sprint and Olympic events, achieved the following results... top 25% overall, top 45% age group, top 20% bike, top 40% T1, and top 45% swim!



Relay: **Suzanne Angelaccio (swim), Don Mack (swim), Maureen Pinkerton (swim), and Patty Trainer (bike)** competed on relay teams. Patty and Don's team just missed the podium by less than 30 seconds finishing 4th out of 68 teams. Maureen's team finished in the top 25%. Additionally, Patty, Maureen, and Don were both in the top 30% of all relay teams for their legs and Suzanne was in the top 50% of all relay swimmers!

Islandman Triathlon (Avalon, NJ):

Jason and Kerri Brannen returned to complete on of their favorite events. Kerri finished in the top 50% of T1 and Jason finished in the top 25% overall, top 15% for the bike and T1, top 33% for the run, and top 50% for T2.



Sunday, June 26

CLUB EVENT: TriRock Philadelphia Triathlon – Olympic

Triathlon:

Holly Beauchamp completed her first triathlon as a Gator! Holly's other accomplishments included a top 10 finish in her age group, a top 45% female finish, top 35% finishes in both transitions, and a top 40% finish in the swim!

Gregg Heimer finished in the top 50% overall and in his age group, and the top 35% on both the swim and the bike!

Andy Rosebrook (part 2) finished in the top 50% overall, the top 405 on the bike, and the top 45% for both transitions! Way to go two for two, Andy!

Aquabike:

Michelle Leonard finished in the top 50% for both her age group and all female finishers.

Michelle was also in the top 45% overall for both the bike and transition!

Byron Solvason paced Michelle through the swim and then took off on the bike with the 7th fastest bike split and an overall finish in the top 45%!



Ironman Austria (Klagenfurt, Austria):

Brian Kozera and Jon Wesler... YOU ARE IRONMEN!!! The two completed this entire event (and much of their training) together, which was the second Ironman finish for each (Jon completed Ironman Florida 2012 and Brian completed Ironman Louisville 2013)!! "I'll be back"... Brian is back!

Ironman Mont-Tremblant (Mont-Tremblant, Quebec):

Vince Bellino, Jim Foster, Tiff Pfluger, and Tim Pfluger all survived a HOT day in Canada for a successful race completion! For Jim, this was his **FIRST HALF IRONMAN** distance event... Woo hoo!!





Who's Next?

8 Gators in 4 states! Best wishes for a safe and successful event to all of the Gators racing this week!

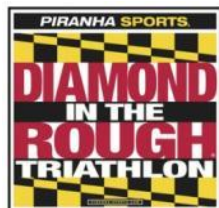
Saturday, July 9

Diamond in the Rough Sprint Triathlon (Perryville, MD):
Don Mack and Don Schlichtmann... Don S is back!!



Dances with Dirt Marathon (Devil's Lake, WI):
Michelle Sipe... Another state bites the dust!!

DQ Triathlon at Vincentown (Vincentown, NJ):
Susan Ryan will be pairing up with her husband, Jim, in the couples challenge!!



Sunday, July 10

Steelman Open Water Swim (Quakertown, PA):
Melissa Moffa, Chris Phillips, Jen Phillips, and Maureen Pinkerton will all be completing the 1.5 mile distance!!

Xterra EX2 Off-Road Triathlon (Flintstone, MD):
WILL-MAAA!!!... Club sponsor Don Morrison of Chester County Running Store takes on another triathlon during his busy season!!



Recommended

Tour de France: The bike race of all bike races began last Saturday, July 2 and includes 21 stages over a 23 day period. The live TV broadcasts and evening re-broadcasts are incredible! Tune in and check it out on NBC Sports Network!... <http://www.letour.com/us/>

The Legend of Pre: If you've been watching the US Olympic Team Track and Field Trials (NBC and NBC Sports Network) taking place at historic Hayward Field on the University of Oregon campus in Eugene, OR (or following Tiff and Tim's posts) you very likely know who Steve Prefontaine is. The latest edition of Runner's World's podcast, "The Runner's World Show" discusses why Steve "Pre" Prefontaine still matters today... <http://www.runnersworld.com/the-runners-world-show/episode-13-the-legend-of-pre>

The Barkley Marathons: If you were not fortunate enough to be part of the Gators group that viewed the documentary on the very unusual and nearly impossible to complete Barkley Marathons (yes, the "s" at the end is supposed to be there) running race, you should definitely check it out. Additionally, you can learn more about this event on the latest edition of Runner's World's podcast, "The Human Race"... <http://www.runnersworld.com/human-race/episode-7-barkley-marathons>

Photos of the Week



Ironmen!
Ironman Austria-Karnten
Klagenfurt, Austria
June 26

Brian Kozera and Jon Wesler

Ironman 70.3 Mont-
Tremblant, Quebec,
Canada
June 26

Tim Pfluger, Vince
Bellino, Jim Foster,
Tiff Pfluger, and
friend of the Gators,
Stacey Jackson Miller

