



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-6

July 15, 2016

"Contributing Member"

As you can see, we have a new and improved header for our new and improved newsletter. Thanks to Doug Schmidt, and, even more so, to his daughter, Kimberly, who developed this for us. Great job, Kimberly!

Member contributions to the newsletter are always welcome. This includes anything from an article to photographs to recommendations to anything else that you would like to contribute. If you have anything, just send it to gatorstri@gmail.com.

Also, if you are interested in becoming involved on the club leadership team, please contact any of our officers and we will find a job for you! Or you can create your own job... If there is something that you like to do that can help the club, just let us know. Our only rules are... It cannot take too much time and it has to be fun!

Here is a list of our club officers along with their e-mail addresses:

- President: Byron Solvason (canadabts@gmail.com)
- Vice-President: Frank Moffa (moffa22@mac.com)
- Treasurer: Chris Reiter (cr457972@gmail.com)
- Secretary: Don Mack (gatorstri@gmail.com)



Headlines

- Who's Next?**... This weekend we're staying in Pennsylvania... 4 athletes, 3 events!!!
- Accomplishments**... The Three Ds... Dancing, Diamonds, and DQ. Plus Xterra, Butte to Butte, Men and Women of Steel, and Tour de Cure!!!
- Recommended**... How to Get Faster and Your Own Personal Race Results History!!!
- Mark Your Calendar**... OWS opportunities and club events!!!
- Photos of the Week**... Swim, bike, Pokemon!!!

Happy Birthday!

Best wishes to the following Gators who recently celebrated or have upcoming birthdays!

July 11: Tim Pfluger

July 18: Trevor Bellino





Accomplishments

Saturday, June 25

Xterra French River Triathlon (Oxford, MA):

Club sponsor **Don Morrison (Chester County Running Store)** placed 1st in his age group... **PODIUM!!!**



Sunday, June 26

Tour de Cure (Plainsboro Township, NJ):

Our awesome swimmers **Steph Bieloski** and **Joe Boris** were NOT like fish out of water as they "just kept pedaling" and completed this cycling event as part of Steph's work team that was able to raise over \$8,000!!

Monday, July 4

Aquaflina OTC Butte to Butte (Eugene, OR)

Tiff Pfluger and **Tiff Pfluger** were inspired by all of the incredible US Olympic Team hopefuls at the recent trials that they decided to also go out for a leisurely paced run together. Not surprisingly, even at the slower pace, they still had noteworthy results... Tiff finished in the top 15% of her age group as well as all female finishers and in the top 30% overall and Tim finished in the top 30% overall and in the top 40% of his age group... Just think if they were actually trying to compete!

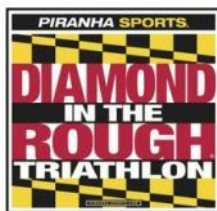


Saturday, July 9

Diamond in the Rough Sprint Triathlon (Perryville, MD):

Don Mack and **Don Schlichtmann** both landed on the top overall podium. Their results included:

Don M: #3 overall... **PODIUM!!!**, #3 bike, top 10 in T2 and run, top 20% swim and T1
Don S: #2 overall... **PODIUM!!!**, #2 bike, #2 T1, top 10 swim and T2, and top 10% run



Dances with Dirt Marathon (Devil's Lake, WI):

Michelle Sipe... Knocked out state #33 on her quest to 50 by conquering this amazingly tough trail marathon with 3,400 feet of elevation gain (the Boston Marathon has about 800 feet of elevation gain). And to top it off, Michelle was #3 in her age group... **PODIUM!!!**



DQ Triathlon at Vincentown (Vincentown, NJ):

Susan Ryan and her husband, **Jim**, both completed this triathlon. They were also competing in the couples division and finished as the #6 couple!!

Sunday, July 10

Steelman Open Water Swim (Quakertown, PA):

Melissa Moffa, **Chris Phillips**, **Jen Phillips**, and **Maureen Pinkerton** all successfully completed the 1.5 mile individual swim with Maureen finishing in the top 35% of her age group as well as the top 45% of all female finishers. Additionally, **Gregg Heimer**, racing with his buddies **Matt McGill** and **Alan Dyke** as part of team "In Philly It's 50 Bucks" placed 1st in the men's 3.1 mile relay division... **PODIUM!!!**



Xterra EX2 Off-Road Triathlon (Flintstone, MD):

Club sponsor **Don Morrison** of **Chester County Running Store** had another successful event winning his age group... **PODIUM!!!**... and placing in the top 35% overall!!



Who's Next?

4 Gators in 3 events, all in the great state of Pennsylvania! Best wishes for a safe and successful event to all of the Gators racing this week!

Saturday, July 16

Spartan Pennsylvania Super (Palmerton, PA)

Jay Sherman just keeps on going with another Spartan Super event... Over 8 miles, over 20 obstacles and on the Blue Mountain ski slope to boot... This even sounds out there for triathletes!!



Sunday, July 17

Anthracite Triathlon (Jim Thorpe, PA)

Both Mary Donovan and Chris Reiter will be taking on this Olympic distance event.

Quadzilla 15K Trail Race (Jim Thorpe, PA)

The first couple of sentences promoting this event... Quadzilla is pure guts. It will test your limits. This is a trail race: there are hills, rocks, roots, and water. You think you've run hills ... until Quadzilla. Sounds like Tim Pfluger's kind of race!



Recommended

"17 Reasons You're Not Getting Faster" is an article from the author of Triathlete Magazine, Julia Polloreno. The Endurance On Fire podcast ran two podcasts breaking down the article and offering additional tips. Listen to it to see if there is anything on the list that you can take advantage of.

•Link to the article: http://triathlon.competitor.com/2015/09/training/17-reasons-youre-not-getting-faster_121695

•Link to Endurance Sports On Fire podcast #103 (Part 1): <http://esofire.com/not-faster/>

•Link to Endurance Sports On Fire podcast #105 (Part 2): <http://esofire.com/not-faster-2/>

Editor's Note: It must be impactful if it even has me thinking I should consider shaving my legs before my next race. ☺ Also, all Endurance Sports On Fire podcasts begin with 4-6 minutes of commercials, so you may want to fast forward until you hear music.

Mark Your Calendars

WORKOUTS

Saturday, July 9 and Saturday, July 16, 8:15am, Blue Marsh (1420 Palisades, Leesport, PA): Uncoached group open water swim followed by 1-2 cycling circuits on the infamous and beautiful "Cujo Loop".

UPCOMING CLUB EVENTS

Saturday, August 6, Hershey: Penn State Chocolate Tour. Includes six cycling routes ranging from 10 to 100 miles. Or you can run in the 5K or 10K. At last count 8 Gators were already committed to the cycling event with distances of 25, 35, 75, and 100 miles. For more details, see "Events" on our Facebook group page.

Sunday, August 7, Pocono Mountains: Rev3 Pocono Mountain Triathlon. At least 6 Gators participating.

Sunday, August 14, Quakertown: Steelman Triathlon. At least 16 Gators participating.

Photos of the Week



Diamond in the Rough Triathlon
Perryville, MD
July 9

Only Pokemon topped the Gators this week!
Don Schlichtmann, Pokemon, Don Mack, and two other guys.

Group Ride!

Reynolds Dog Park
July 9

Diane Lynch, Suzanne Angelaccio, Maureen Pinkerton, Maribeth Baker, Steph Babiec, Melissa Moffa, Chris Reiter, Patty Trainer, Jason Brannen



Steeleman Open Water Swim
Lake Nockamixon
July 10

Top: Jen Phillips, Maureen Pinkerton, Melissa Moffa, Gregg Heimer

Right: Melissa, Nabil!, Maureen, Jen, Chris Phillips

