



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-7

July 29, 2016

"Fringe Benefits"

Our club leadership team and coaching staff work very diligently to ensure that you, our members, receive an array of benefits in return for your membership. This ranges from seven regular weekly group workouts (usually with a coach in the lead) to social events to significant communications about all of the clubs activities through our Facebook group and our (mostly) weekly "Chomp" newsletter.

Additionally, we work to form relationships with a number of sponsors that can provide additional benefits to you through product and event discounts as well as funding for the club to enable us to purchase items for the club such as our tent and a loaner bike trainer. Another way we can capitalize from our sponsors is by taking advantage of their extensive knowledge in a variety of areas that are of interest to multi-sport athletes.

In this edition we have two such examples...

First, we're introducing a new Chomp feature that will run from time to time called "Dr. C's Chiro and the Tri" from our club lead sponsor and fellow club member, Mike Connelly of Centre for Healing Arts. This first article focuses on chronic injuries... What causes them and how to recover from them... Definitely check it out!

Also, with the Y's indoor pool being closed for two critical weeks during our season, we've arranged to have an open water swimming clinic with French Creek Racing (i.e. John Kenny) on Tuesday, August 23 in the evening... Mark your calendars (and watch for a Facebook event to be posted soon)! There are also a number of other French Creek Racing events and activities to take advantage during the indoor pool maintenance period... Check out "Mark Your Calendars" and watch for more details coming soon!

Headlines



- Who's Next?...** Swimming in Norristown and Tri-ing in New Jersey!!!
- Accomplishments...** Another Ironman, Heimertime in Pottstown, a Double Spartan, podiums at Anthracite, an awesome performance at the NJ State Tri, and a really good Quadzilla cookie (and result)!!!
- Dr. C's Chiro and the Tri...** New feature in Chomp!!!
- Mark Your Calendar...** OWS opportunities and club events!!!
- Photos of the Week...** Blue Marsh OWS, Take 1 and 2!!!

Happy Birthday!

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

Friday, July 29 (today!): Steph Stranick

Monday, August 1: Jim Foster and Byron Solvason



Accomplishments



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!!



Pottstown Half Marathon (Pottstown, PA)

Half marathon, close to home... You know that means that **Gregg Heimer** is in. Gregg successfully completed his umpteenth half marathon... Way to go Gregg!!



Sunday, July 17

Anthracite Triathlon (Jim Thorpe, PA)

Both **Mary Donovan** and **Chris Reiter** finished #2 in their age groups despite the fact that the swim, where they both excel, was canceled and the event was converted to a duathlon... **DOUBLE PODIUM!!**... Some other outstanding results... Mary was in the top 45% for T1 and Chris finished in the top 30% overall as well as the #10 overall bike, top 35% on Run 2, top 40% on T1, and top 45% on Run 1 and T2!!



Quadzilla 15K Trail Race (Jim Thorpe, PA)

Tim Pfluger was treating this event as a training run (after running close to 20 miles in the heat the day before), but still managed to place #2 in his age group... **PODIUM!!**... as well as in the top 7% overall!!



Saturday, July 23

Spartan Pennsylvania Sprint (Palmerton, PA)

Jay Sherman decided to come back for a second straight week of Spartan racing on the Blue Mountain ski slopes. This time it was a sprint distance event that included 1,600 feet of elevation gain along the 5 mile course. Jay continues to race with the elites where he finished in the middle of the pack... Quite an accomplishment... and would have placed in the top 2% if he were racing with the age group athletes. Great job, Jay!!



Sunday, July 24

New Jersey State Triathlon (West Windsor, NJ)

Tiff Pfluger had a spectacular event placing 13th out of 69 in her age group. In the past, this event has been a USAT regional qualifier where many athletes compete to gain entry into the USAT Nationals... Unfortunately that was not the case this year, but if it was, Tiff would have qualified!!



Ironman Lake Placid (Lake Placid, NY)

Bill Cooney's first comment after completing a grueling event on a warm day in Lake Placid, his 5th IMLP finish, "I had a great time!" According to Bill he executed the race just as he planned and four days after, his recovery was going well. Bill, you are amazing!!



Who's Next?

4 Gators in 2 events taking place in Norristown and New Jersey!
Best wishes for a safe and successful event to all of the Gators racing this week!



Saturday, July 30

**French Creek Racing's River Day Swimfest
(Norristown, PA)**

Maureen Pinkerton and Patty Trainer will be participating in the one mile swim at this event that is directed by club sponsor, French Creek Racing!!



Laurel Lake Triathlon (Millville, NJ)

Gary Walens and Kelly Walens make their Gator triathlon debuts in this sprint distance event!!



Dr. C's Chiro and the Tri

This is the first in what will be a recurring feature in future editions of Chomp. Dr. Mike Connelly, our club lead sponsor and a fellow Gator, has a wealth of knowledge to share and keep us healthy so that we can continue to train and race for many years to come.

The first edition focuses on chronic injuries including how they occur and the best way to deal with them. See the attached article to learn much more.

Mark Your Calendars

WORKOUTS

In August we'll continue our same club workout schedule. As we lose daylight, we will move the start time of the Tuesday and Thursday rides up from 6:15pm to 6pm. Stay tuned to the Facebook group for any updates.

CLINICS

Tuesday, August 23: Open Water Swim Clinic. Watch for an event to be posted on the Facebook group page soon!

UPCOMING CLUB EVENTS

Saturday, July 30, Norristown: River Day Swimfest. Includes 5K and 1 mile options. At least two Gators will be participating in the one mile race. More details... <https://www.squadup.com/events/riverdayswimfest>

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...

<https://www.facebook.com/events/1700524183541216/>

Sunday, August 7, Pocono Mountains: Rev3 Pocono Mountain Triathlon. At least 6 Gators participating. More details... <http://rev3tri.com/pocono-mountains/>

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

<http://www.steelmantriathlon.com/>

Tuesday, August 30, 7:30pm, Buffalo Wild Wings, Oaks: Gators Fantasy Football league draft party. You don't have to be a player to join us!

Photos of the Week

Blue Marsh OWS, Take 1 July 16

Doug Schmidt, Don Mack,
Diane Lynch, Michelle
Sipe, Maribeth Baker,
Patty Trainer, Jen RuizO



Blue Marsh OWS, Take 2 July 23

Doug Schmidt, Jason
Brannen, Don Mack,
Logan Washburn, Mary
Donovan, Jen Ruiz



Interesting Finds

← Look what **Maureen Pinkerton** found (at Victory Brewing; from Pittsburgh Brewing Company, circa 1969; mix of lemon-lime Gatorade and beer... Yuck!)

Look what **Jim Foster** found (from Dark Cycle Clothing's "Animals on Bikes" collection) →

