



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-8

August 20, 2016

Our Team "USA"

Over the past two weeks, many of you have likely been absorbed in all of the amazing athletic feats on display at the 2016 Olympics in Rio. There have been amazing feats by athletes from all around the globe such as Usain Bolt's phenomenal performances in the men's running sprint events and China's 15 year old Ren Qian winning gold in the 10m platform diving competition. And It is particularly enjoyable to see all of the success of Team USA as they have already won more than 100 medals.

Last weekend from all accounts, we had our own "Team USA" on display... "universally supporting all" Gators. This took place at the Steelman Triathlon, one of the most popular events of each year attended by our club members. We have a tremendous number of benefits as part of our club... outstanding training facilities at the Y, phenomenal coaching staff, excellent club sponsors, etc... but nothing tops the support that we show for each other when we are participating in an event. Particularly at club events you will often find non-racing members there to provide support and you will also find athletes that have completed their events at the finish line cheering on their teammates and others. At Steelman, the event staff began to take down the finish line arch while several athletes including our own Diane Lynch, competing in her first Olympic distance event, were still on the course. Many of our Lady Gators were there and they "recommended" to the event staff that they re-erect the arch, which they did, so that Diane and others could experience the same finish line experience as those that finished earlier.

Support like this is really what makes a great club! Outstanding job ladies, and I look forward to seeing much more of this type of support at upcoming events!

Headlines



- Who's Next?**... Sunday events in New Hampshire, New York, and Delaware plus a weekend double in Alabama!!!
- Accomplishments**... After a break in the action in July, we're back in action with Gator success in eight recent events in Pennsylvania and New Jersey!!!
- Mark Your Calendar**... OWS clinic, Ironman 70.3 and 140.6 roundtable discussion, upcoming club events, and workout news!!!
- Photos of the Week**... Did you make this edition's selections???

Welcome to the Club!

Welcome to **Kristen and Chris Oswald**, who recently joined the Gators! Kristen and Chris, we look forward to meeting you!





Accomplishments

(see next page for more accomplishments)

Saturday, July 30

River Day Swimfest (Norristown, PA)

Maureen Pinkerton and **Patty Trainer** both successfully completed the one mile swim at this event that was directed by club sponsor, French Creek Racing!!



Barnegat Light Ocean Mile Swim (Barnegat Light, NJ)

Holly Beauchamp successfully completed this event and also placed 3rd in her age group... **PODIUM!!**



Laurel Lake Triathlon (Millville, NJ)

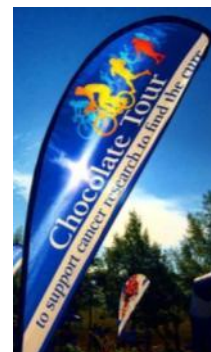
Don Morrisson of club sponsor, Chester County Running Store, finished in the top 20% overall and won his age group... **PODIUM!!**



Saturday, August 6

Chocolate Tour (Hershey, PA) – CLUB EVENT

In preparation for their upcoming half or full Ironman events, several Lady Gators successfully completed this event including **Steph Babiec** and **Melissa Moffa** at the 100 mile distance and **Patty Trainer** and **Maureen Pinkerton** at the 75 mile distance.



Sunday, August 7

Rev3 Pocono Mountains (Pocono Mountains, PA) – CLUB EVENT

Tiff Pfluger, **Andy Rosebrook**, and **Logan Washburn** participated in the Olympic distance event with Tiff completing the aquabike portion. Andy finished in the top 50% overall. Logan finished in the top 35% overall as well as #5 in her age group, just missing a podium spot; Logan also finished in the top 20% of all female finishers.

Trevor Bellino (swim), **Vince Bellino (bike)**, and **Tim Pfluger (run)** participated in the Olympic distance relay event. Their team, the "Insta-Gators" placed #2 in the relay division... **PODIUM!!**



Xterra Appalachia (Yellow Creek State Park, PA)

Don Morrisson came home with another age group win... **PODIUM!!** Don's other accomplishments included T2: top 35%, T1: top 40%, and Run: top 45%



Sunday, August 14

Atlantic City Triathlon (Atlantic City, NJ)

Kristin Kozera and **Jen Ruiz** both participated in this event. Kristin's excellent results included a top 30% overall swim and a top 40% finish compared to all female finishers. Jen, participating in her first Olympic distance event, had outstanding results that included top 15% female, top 25% in age group, and top 30% overall; Jen also got stronger throughout the event moving up 117 spots in the overall finish during the bike and moving up another 39 spots during the run.





More Accomplishments

Sunday, August 14

Steelman Triathlon (Quakertown, PA) – CLUB EVENT

There were a total of 13 Gator finishers in this event that includes sprint and Olympic distance events...

Olympic Triathlon

Gators with successful finishes included **Mary Donovan, Rob Fletcher, Diane Lynch, Melissa Moffa, and Patty Trainer**. Some individual accomplishments included...

•**Diane: 1st Olympic distance event!**

•**Mary:** Top 30% overall run, top 35% overall swim, top 35% female finisher, top 50% overall finisher.

•**Patty: 1st Olympic distance event!**

•**Rob:** #3 age group... **PODIUM!!**... Top 10% overall finisher, top 10% overall bike and run, and top 45% overall swim.

Sprint Triathlon

Gators with successful finishes included **Maribeth Baker, Kerri Brannen, Rudy Das, Susan Flavin, Eric Hetrick, Maureen Pinkerton, Susan Ryan, and Michelle Sipe**. Some individual accomplishments included...

•**Maribeth:** #3 age group... **PODIUM!!**... Top 15% overall swim, top 20% female finisher, top 25% overall finisher, top 35% overall bike, and top 40% overall run.

•**Kerri:** Top 25% overall run and top 45% female finisher.

•**Rudy:** **Sprint distance PR!**... Top 25% overall bike, top 35% overall finish, top 45% run, top 50% swim.

•**Susan:** Best event finish to date!

•**Eric:** Top 40% overall bike, top 45% overall finish and age group finish, and top 50% swim.

•**Maureen:** #2 age group... **PODIUM!!**... Top 15% female finisher, top 25% overall finish, top 30% overall swim, bike, and run.

Happy Birthday!

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

Tuesday, August 9: Jen Phillips

Thursday, August 11: Paul Kent

Friday, August 12: Mary Donovan

Friday, August 19: Tiff Pfluger

Wednesday, August 24: Chris Reiter

Friday, August 26: Logan Washburn

Saturday, August 27: Tina Belles





Who's Next?

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

Saturday, August 20

Xterra Auburn (Auburn, AL)

Don Morrisson is planning an "Andy Rosebrook Weekend" with races on Saturday and Sunday. This off road event is a sprint distance triathlon.



Sunday, August 21

Ironman 70.3 Timberman (Gilford, NH)

Chris Phillips makes a return to this half ironman distance event.

Peasantman Steel Distance Triathlon (Penn Yan, NY)

Michelle Sipe makes it two weeks of triathlons in a row competing in the sprint distance event.



Top of Delaware Duathlon/Triathlon (Newark, DE)

Matt Davidson will be participating in the sprint triathlon and **Don Mack** will be participating in the sprint duathlon.

Tri Chewacla Sprint Triathlon (Auburn, AL)

Don Morrisson makes it two triathlons in two days in Alabama in this Tri Auburn event.



Mark Your Calendars

WORKOUTS (Stay tuned to the Facebook group for any updates.)

- **TEMPORARY INDOOR POOL CLOSURE:** The indoor pools at the Y are closed between August 22 and September 5 for annual maintenance. During this time we will not offer Tri Swim workouts. There will be lap swimming available 5am-8:30am on Tuesdays and Thursdays during the closure.
- **EARLIER TUES/THURS START TIME:** Due to earlier sunsets, our Tuesday and Thursday evening outdoor cycling workouts will begin at 6pm from now through mid-September.
- **INDOOR WORKOUTS:** We're tentatively planning to move the Tuesday and Thursday evening workouts back indoors the week of September 19.
- **MONDAY, 8/22 BIKE INTERVALS:** Due to the 8/23 OWS clinic (see below), our weekly intervals ride from the Reynolds Dog Park is moved to Monday, 8/22.

SEMINARS and CLINICS

• **Tuesday, August 23, 6:30pm-8pm (Eagleville): Open Water Swim Clinic.** See FB event for more details...

<https://www.facebook.com/events/611680005663138/>

• **Monday, August 29, 7:30pm-9pm (Spring Valley YMCA Corporate Conference Room): Ironman 70.3 and 140.6 Race Prep and Execution Q&A session.** See FB event for more details... <https://www.facebook.com/events/419564118167294/>

UPCOMING CLUB EVENTS

- **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!
- **Saturday, September 10: Diamondman Challenge Festival (Bear, DE):** Sprint and half distance triathlon and duathlon options. Join us for one of Piranha's final events of the season to help our team's standing in the Greater Atlantic Club Challenge! For more details... <http://www.piranha-sports.com/Race358.aspx>
- **Sunday, September 18: Ironman Atlantic City 70.3.** Be there to support the 11 Gators that are participating in this event! For more details... <http://www.ironman.com/triathlon/events/americas/ironman-70.3/atlantic-city.aspx#/axzz4HsRFTxdX>

Photos of the Week

Triple Chomp Rev3 Poconos August 7

Vince Bellino, Tim Pfluger,
and Trevor Bellino



← Betting on Success - Tri AC - August 14 Kristin Kozera, Keith (friend of Kozeras), and Jen Ruiz



Team "USA" → Steelman Triathlon August 14

Mary Donovan,
Maribeth Baker, Susan
Flavin, Melissa Moffa,
Diane Lynch, Patty
Trainer, Maureen
Pinkerton

