



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-10

September 17, 2016

Always Bet On Green

Last weekend five of our athletes demonstrated amazing tenacity in completing the Diamondman Challenge Festival's Half Iron distance triathlon in 90+ degree temperatures, high humidity, and blazing sunshine (see "Accomplishments" for more details). That should provide some great inspiration for the eight athletes who have placed their bets on tomorrow's inaugural Ironman 70.3 Atlantic City including four that will be taking on their first 70.3 distance event, two veterans that will be participating in their first 70.3 as a Gator, one multimedia podcast star (whose husband also seems to be famous based on his viral videotape from last weekend's Lehigh Valley Via Marathon), and one that will be using the event as a final tune-up for her upcoming Ironman event (see "Who's Next?" for more details).

We have a tremendous amount of racing still to come in September and October, but some of our athletes have reached the end of their multisport race season. For those not training for a fall or winter event, this time of year often includes some uncertainty about what to do over for the rest of the year. Club coach Brian Kozera provides some of his thoughts on this and has included a link to a great article. Additionally, this fall and winter, we will again offer the Gator Fitness Challenge as a motivational aid to maintain your fitness... Stay tuned for a GFC "Role Call" coming soon on Facebook!



Have a great weekend!



Headlines

- Who's Next?**... AC Eight, Marching to Marshman, Releasing Their Inner Savage, Dewey Debut, and Rock & Rolling into Philly!!!
- Accomplishments**... Dazzling Diamonds, GORUCKing on the West Coast, Half Time (plus a timeout) in Allentown, and Reaching New Hights!!!
- Coaches Corner**... A new addition to Chomp! Some off season tips from one of our USAT coaches!!!
- Mark Your Calendar**... Spring Valley YMCA Game Day 5K, Gator Night at the Philly Food, Wine, & Spirits Festival, Belles will be Singing (again), the GFC Extreme Triathlon, "movin' inside"... the fall club workout calendar, and much more!!!
- Photos of the Week**... Seven of Diamonds!!!





Accomplishments

(see next page for more accomplishments)



Saturday, September 10

Diamondman Challenge Festival (Bear, DE) - CLUB EVENT

Half Iron Distance Triathlon: Five Gators overcame tremendously difficult weather conditions and all five completed the event, including **Jason Brannen, Michelle Leonard, Chris Reiter, Jay Sherman, and Byron Solvason**. While finishing this event in any amount of time is a tremendous accomplishment, all five managed to achieve some notable individual results including...

Jason: Overall top 40%, T1 top 15%, Bike top 20%, T1 top 25%, and Swim top 40%.

Michelle: Age Group #2... **PODIUM!!!**... Female top 25%, Overall top 35%, Bike top 35%, T1 and Run top 40%, and T2 top 45%.

Chris: Overall top 30%, Age Group top 45%, Swim and T1 top 10%, T2 top 15%, and Bike top 20%.

Jay: Swim top 35%

Byron: Overall top 40%, Bike top 35%, and Run top 45%.

Sprint Duathlon: **Mark Donovan**, racing in his first event of the season (he's been busy pitching baseballs) won his age group... **PODIUM!!!** Mark's other accomplishments included Run1 top 35% and Bike top 50%. **Don Mack** overcame a wrong turn on the run and came in 2nd overall... **PODIUM!!!**... which also clinched 1st place overall for the season in Piranha's Greater Atlantic Multisport Series. Don's other accomplishments included #1 Bike, #2 Run 1, #4 T1 and T2, and #5 Run 2.



Sunday, September 11

GORUCK Light (San Francisco, CA)

Brian Kozera completed this 4½ hour event that is inspired by training delivered to American Special Forces soldiers. Brian says it was a great opportunity to recall 911. Great work, Brian!

Lehigh Valley Via Half Marathon (Easton, PA)

Michelle Sipe accompanied her husband, Scott, on his first half marathon. Way to go, Michelle!

Hightstown Triathlon (Hightstown, NJ)

Don Morrison of club sponsor Chester County Running Store had a very successful event finishing 1st in his age group... **PODIUM!!!**... by almost 30 minutes! Awesome race, Don!





Who's Next?

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

Saturday, September 17

Dewey Beach Sprint Triathlon (Dewey Beach, DE)

JD Landis competes in his first event of the season! JD, we missed you!



Sunday, September 18

Ironman 70.3 Atlantic City (Atlantic City, NJ)

Suzanne Angelaccio preps for IM Maryland. **Holly Beauchamp** and **Logan Washburn**, both half Iron distance veterans, participate in their first half Iron distance events as Gators. **Tiff Pfluger** participates in her 3rd half Iron distance event. And we have four Gators making their **half Iron distance debuts**... **Maureen Pinkerton**, **Jen Ruiz**, **Jeff Spillane**, and **Patty Trainer**.



Marshman Triathlon/Duathlon (Downingtown, PA)

Three Gators will be participating in the final Piranha event of the season with a goal of holding on to the #5 position in the Greater Atlantic Club Challenge. **Michelle Bradley** and **Eric Hetrick** will be participating in the 400+ person sprint triathlon and **Don Mack** will be participating in the sprint duathlon.



Savageman Triathlon (Deep Creek Lake, MD)

Rob Fletcher and **John Kenny** of club sponsor French Creek Racing take on the infamous Westernport Wall hill with grades up to 31%! John, a Savageman veteran, will be participating in the 120.0 event with the 20.0 and 30.0 races on Saturday and the 70.0 event on Sunday. Rob will be making his Savageman debut and will become the 1st Gator to compete!



Rock N Roll Philadelphia Half Marathon (Philadelphia, PA)

Susan Flavin will be running in this event.

Happy Birthday!

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



Friday, September 16: Susan Flavin
Sunday, September 18: Jay Sherman
Thursday, September 22: Bill Cooney



Mark Your Calendars

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

•**NOW THROUGH DECEMBER TRI CLUB WORKOUT SCHEDULE:** A workout spreadsheet will soon be posted to our Facebook group. Monday and Wednesday mornings (10am-11am) and evenings (8:30pm-9:30pm) will remain the same... Lap pool swimming. Tuesdays will include spinning for triathletes in the spin studio and Thursdays will include trainer rides in the Multipurpose Room (formerly known as Room 2... same location as last year); both nights will begin at 7:30pm and will include some strength building. Saturday mornings will move indoors in cases of inclement weather and due to cold temperatures.

SEMINARS and CLINICS

•**Saturday, October 8, 8am-9am: Bike Handling Skills Clinic** led by Brian Kozera. Location TBD. Stay tuned for a Facebook event!

•**Wednesday, November 2, 6:45pm-8:15pm: Strength Training 101** led by Maribeth Baker and Logan Washburn. Stay tuned for a Facebook event!

UPCOMING CLUB EVENTS

•**Sunday, October 2, 10am: Spring Valley YMCA Game Day 5K (Royersford, PA).** This is our one and only annual club 5K hosted by our very own YMCA. See Facebook event for discount code and more details...

<https://www.facebook.com/events/1602924640007559/>

•**Friday, October 21, 6pm-10pm, Valley Forge Casino: Gator Night at the Philly Food, Wine, & Spirits Festival**

•**Friday, October 28, Spring City Hotel: Tina Belles and her band, the Schmidt,** will be making a return appearance... Stay tuned for a Facebook event coming soon!

•**Saturday, December 3: Rehobeth Beach Marathon/Half Marathon (Rehobeth, DE).** This is the first leg of the GFC Extreme Triathlon that will also include the marathon after party (leg 2) and a dip in the Atlantic Ocean on Sunday morning (leg 3)... Don't miss it!! For more information and a discount code, see the Facebook event...

<https://www.facebook.com/events/537369416451400/>

•**COMING SOON...** Details about our end of year club party and our annual member meeting!!!



Photos of the Week



**Diamondmen
(and Woman)**
September 10

Top Left: Byron Solvason, Michelle Leonard, Jason Brannen, Chris
Reiter

Top Right: Jason Brannen, Don Mack, Byron Solvason, Mark Donovan
Right: Jay Sherman
Photographer: Mary Donovan



Coaches Corner: “What is an off-season and why start strength training?” by Brian Kozera

The human body was not designed to train hard and race year-round. Giving yourself a recovery day each week and a recovery week every several weeks will keep you going for a while, but not forever. At least once a year—most likely in the winter—you need to afford yourself a deeper sort of recovery. Read more at http://triathlon.competitor.com/2012/11/training/a-better-off-season_69306#jOeDXzdOVByM5GRC.99

This fall as we begin to move out of the race season the coaches will begin to incorporate strength, flexibility, and technique training into the workouts. “Why?” you might ask. Joe Friel writes:

“Conditioning the muscles to generate great forces while maintaining a wide range of motion leads to improved velocity and a reduced risk of injury. Weak, inflexible muscles produce little power and are likely to experience pulls and strains. Strengthening and stretching the muscles therefore can also significantly improve racing.”

The purpose of strength training for multisport is strictly functional – the application of force to the pedals or water. However, using resistance exercise the same way bodybuilders do is likely to decrease, rather than increase, endurance performance.

So plan in an offseason this year and train smarter, not harder, and set yourself up for a great 2017! For suggestions on an off season program that is right for you and your time, see one of the club’s USAT coaches, Danny, Maribeth, Brian, or Logan.