



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-11

December 2, 2016

It's About Time!

Editor's Note: It's about time we have a new edition of Chomp! The reason we haven't is also about time... So much going on with this club (and life) that it's sometimes difficult to squeeze in enough time to put out a newsletter. I'm guessing you can all identify with your crazy busy schedules... As endurance sports athletes I guess that's what we've all signed up to do... And I wouldn't want to have it any other way! Since our last edition of Chomp, Michelle Sipe has run a marathon AND a 50K! You may not be aware of this but one of the Chomp publishing guidelines is that we cannot let so much time pass between issues of Chomp that Michelle has enough time to run three marathon or longer events and she has another coming up in about a week, so here we go...

Wow! Where to begin! It's been an amazing fall! Since our last edition (September 17) we've added four first time Ironman 70.3 finishers, seven first time Ironman 140.6 finishers, and two first time marathoners! And much of that has taken place in what is considered to be the "off season" for many endurance athletes! And we're not done yet... Over the next two weekends we will have our final club event as well as our final athlete competing in 2016. And we're going to take some time in December to get together for a couple of non-sweat inducing activities to let our hair down (at least those of us with hair) and celebrate all of this year's amazing accomplishments! If you'd like to catch up, this over-sized eight page edition is the issue to do so... Enjoy!

Headlines

- Who's Next?**... Running (and swimming) in Rehobeth at the GFC Extreme Triathlon and Heading North by Northwest for the Hitchcock Experience Ultra!!!
- Accomplishments**... Doing it in Dewey, Eight are Great in AC, Wild about Savageman, Rock N Rolling Philly, Marshman-iacs, Spartan Squared, Shaking and Baking at Quakerman, Maryland Mayhem, Cruising in Blue Marsh, Home Field Advantage in the Game Day 5K, BaltiMore Not Less, Runners World is More Than A Magazine, Beating the Beach to Battleship, Semper Fi Marathon, Checking Out Chickamauga, and Plying in Philadelphia!!!
- Mark Your Calendar**... Partying at the Trappe, Annual Member Meeting and Awards, Choo Choo, Return of the RefrigaGator Swim, and Workout Updates!!!
- Smile!**... A Second Meeting with the First Responders, Mountain Men (and Woman), Ironmen (and Woman), Tuesday Night Workout Lady Gators (and Guy), AC Lady Gators (nope, no Guy), and "I Got Your Back"!!!



Welcome to the Gators!

We'd like to extend a warm welcome to our newest addition to the Gator family! **Sandra Anglin-Caldwell**, welcome to the club!

Thanks for joining us for the Intro to Tri seminar and our swim technique clinic and we look forward to meeting you at more of our upcoming activities!



Accomplishments



Saturday, September 17

Dewey Beach Sprint Triathlon (Dewey Beach, DE)

JD Landis managed to squeeze enough training in around his school and work schedule to land in the top 35% overall and in the top 40% swim in his age group.



Sunday, September 18

Ironman 70.3 Atlantic City (Atlantic City, NJ)

Congratulations to **FIRST TIME 70.3 HALF IRONMAN FINISHERS** **Maureen Pinkerton, Jen Ruiz, Jeff Spillane, and Patty Trainer!** Additional congratulations to **Suzanne Angelaccio, Holly Beauchamp, Tiff Pfluger, and Logan Washburn** who have all completed multiple 70.3 distance events! Other notable individual achievements included...



- Suzanne:** Top 33% age group, top 40% female, top 50% overall
- Holly:** Top 30% age group, top 40% female
- Tiff:** Top 25% age group, top 25% female, top 35% overall
- Maureen:** Top 15% age group, top 25% female, top 35% overall
- Jen:** Top 15% age group, top 15% female, top 25% overall
- Logan:** Top 20% age group, top 20% female, top 30% overall

Marshman Triathlon/Duathlon (Downingtown, PA)

Eric Hetrick finished 2nd in his division in the triathlon and achieved his first **PODIUM!!!** Eric's other achievements included top 40% overall, top 25% T2, top 30% T1, top 35% swim, top 40% bike, and top 50% swim. **Don Mack** finished 3rd overall in the duathlon... **PODIUM!!!** Don's other achievements included #2 Run 1, #2 T1, #3 Run 2, top 15% bike, top 20% T2 and winning the overall individual male Piranha Greater Atlantic Multisport Series championship. We also finished 5th in the season club standings!



Savageman Triathlon (Deep Creek Lake, MD)

Rob Fletcher became a member of the 2016 "Brick in the Wall" club by making it up the Westernport Wall hill with grades up to 31% without falling off his bike! For his effort, Rob received a brick, a cherished item for all Savageman 70.0 participants. Additionally Rob finished 2nd in his age group... **PODIUM!!!!**... and also achieved the following results... Top 15% overall, top 15% bike, top 25% run, and top 30% swim! Also, our sponsor, **John Kenny**, of French Creek Racing completed the 120.0 event with the 20.0 and 30.0 races back to back on Saturday and the 70.0 event on Sunday. John finished #2 overall in both the 20.0 and 30.0... **PODIUM!!!!**... and #9 overall in the 70.0!



Rock N Roll Philadelphia Half Marathon (Philadelphia, PA)

Susan Flavin and **Ruth Subach** both successfully completed this run through the streets of Philadelphia!

Saturday, September 24

Quakerman Olympic Plus Triathlon (Quakertown, PA)

Chris Reiter finished in the top 20% overall and also 2nd in his age group... **PODIUM!!!!**... making it back-to-back podiums for Chris in this event. **Michelle Sipe**, competing in her first Olympic distance event (and this one has an extra long bike for an Olympic-classified event) finished 3rd in her age group... **PODIUM!!!!**



Spartan Citizen's Bank Park (Philadelphia, PA)

Jay Sherman successfully completed his 6th Spartan event of the season and even did a second lap with his son!!!



More Accomplishments



Saturday, October 1

Ironman Maryland (Cambridge, MD)

Facing very tough weather conditions that included ankle deep water in some parts of the run, five Gators out of five starters became **FIRST TIME IRONMAN FINISHERS!!!** This includes **Suzanne Angelaccio, Steph Babiec, Sonny Dayrit, Melissa Moffa, and Jeff Spillane**. Some additional great individual results included Suzanne finishing in the top 40% overall and Sonny finishing in the top 30% overall.



Sunday, October 2

Blues Cruise 50K (Blue Marsh State Park, PA)

Michelle Sipe completed her seventh distance running event of the year (all at least a half marathon with five of at least a marathon distance).



Spring Valley YMCA Game Day 5K (Royersford, PA)

Five Gators ran and several additional Gators supported the event including club lead sponsor, **Centre for Healing Arts (Dr. Mike Connelly, who is also a Gator)**. Race participants included **Vince Bellino** (escorting his 10 year old daughter, Summer), **Bill Cooney** (11th overall; 2nd age group... **PODIUM!!!**), **Don Mack** (3rd overall; 1st age group... **PODIUM!!!**), **Chris Oswald** (16th overall; 2nd age group... **PODIUM!!!**), and **Kristen Oswald** (23rd overall; 9th place female; 2nd age group... **PODIUM!!!**). Thanks to **Michelle Leonard** and **Byron Solvason** (and the Y's tri club liaisons **Beccy Lafferty** and **Tom Gallagher** and Gator and Y Executive Director **Heather Bloodworth**) for providing additional support!



Saturday, October 15

Baltimore Marathon (Baltimore, MD)

We had a lot of crabby Gators in October! **Mary Donovan** had a spectacular event finishing in the top 35% overall and in the top 30% of all female finishers as well as in her age group!



Runner's World Half Marathon (Bethlehem, PA)

Chris Oswald and **Kristen Oswald** started the race together and finished side-by-side. **Kristen's** overall finish was good enough to place her in the top 45% of all female finishers and in the top 35% in her age group!



Saturday, October 22

Ironman North Carolina (Baltimore, MD)

Not only did this event result in two additional **FIRST TIME IRONMAN FINISHERS!!!... Jason Brannen** and **Michelle Leonard Solvason**, but all three of our finishers had awesome results! Michelle's individual achievements included a top 40% finish among all female finishers and a top 35% finish in her age group. Byron, completing his 7th full Iron distance event, finished in the top 30% of his age group as well as in the top 35% of all finishers. Jason's results included a top 25% finish among all finishers as well as a top 20% finish in his age group.

Sunday, October 23

Spartan Tri State New Jersey Sprint (Vernon, NJ)

Jay Sherman rounded out the year with his 7th Spartan event finish. Quite an accomplishment considering that Jay was competing in the Elite division in most of his events!



Even More Accomplishments



Sunday, October 30

Marine Corps Marathon (Washington, DC)

Susan Flavin completed her **FIRST MARATHON!!!** at this iconic event, which is one of the most popular marathons in the world with approximately 25,000 finishers and a course lined throughout with US Marines. Congrats, Susan!



Saturday, November 12

Chickamauga Battlefield Marathon (Fort Oglethorpe, GA)

Another state bites the dust! On her way to achieving a marathon finish in all 50 states, **Michelle Sipe** crossed off state #34 (and also completed the original 13 colonies)! Looks like it's time for more North by Northwest!



Saturday, November 19

Philadelphia Half Marathon (Philadelphia, PA)

Two members of our Gators coaching staff successfully completed this event... **Maribeth Baker** and **Steve Durante**. Steve also finished in the top 15% overall and the top 20% in his age group. Way to go, coaches!

Sunday, November 20

Philadelphia Marathon (Philadelphia, PA)

Brent Voynar completed his **FIRST STANDALONE MARATHON!!!** Brent previously had run a marathon during Ironman Maryland but running a standalone marathon is definitely a unique experience to running an Ironman marathon. Brent had great results with an overall finish in the top 40% and an age group finish in the top 45%!



Who's Next?

Best wishes for safe and successful events to all of the Gators racing in December!

Saturday, December 3

Rehobeth Beach Marathon and Half Marathon (Rehobeth Beach, DE)

Seven Gators will be running in this weekend's event...

- Full Marathon: Kerri Brannen and Don Mack
 - Half Marathon: Tiff Pfluger, Diane Lynch, Chris Oswald, Kristen Oswald, Maureen Pinkerton
- And at least Diane, Don, and Maureen will be completing all three legs of the "GFC Extreme Triathlon"... Run, Party, Swim... with the third leg being a dip in the Atlantic Ocean on Sunday morning!



Saturday, December 10 – Sunday, December 11

The Hitchcock Experience Ultra (Honey Creek, IA)

Why not? One more ultra running event for Michelle Sipe to round out the year for the Gators (and knock off state #35)!



Happy Birthday!

Best wishes to the following Gators who recently celebrated or have upcoming birthdays!
Yikes! Lots of birthdays since our last edition!...



September 29: Eric Hetrick
October 3: Sonny Dayrit
October 4: Frank Moffa
October 10: Ruth Subach
October 12: Tree Foster
October 18: Adrienne Foster
October 21: Matt Davidson
October 29: Chris Phillips
November 1: Heather Irwin
November 15: Mike Connelly and Gary Walens
November 21: Michelle Sipe
November 30: Suzanne Angelaccio
December 12: Susan Ryan



Mark Your Calendars

WORKOUTS (Stay tuned to the Facebook group for any updates; the full schedule is posted there under “Files”)

During December you can assume a normal schedule except for the following...

- **December 13-21:** Indoor pools are closed for maintenance... There will be no Mon/Wed morning or evening workouts during this time. Our first swim workouts after the closure will be Monday, December 26 (morning and evening).
- **Saturday, December 10:** Since this is the day after our club party, there will be no morning trainer/run workout.
- **Saturday, December 24 and Saturday, December 31:** We will likely not have morning workouts, but we have not yet made a final decision... Stay tuned to Facebook for updates!

UPCOMING EVENTS

- **Friday, December 9, 7pm-11pm: Gators End of Year Party at the Trappe!** You must RSVP if you plan to attend! Contact Logan Washburn via email (loganrae22@gmail.com) or the evite if you plan to attend and have not already RSVP'd. The out of pocket cost for the event is \$35/person and includes a dinner hot sandwich buffet plus two hours open bar (7:30pm-9:30pm). **The event is being partially subsidized by our sponsor, Centre for Healing Arts** (Thanks, Mike!)
- **Saturday, December 10, 2:30pm: 2017 Ironman World Championship** recap debuts on NBC.
- **Monday, December 19, 7pm, YMCA Corporate Conference Room: Gators Annual Member Meeting.** This is your chance to hear about...
 - 2016 club accomplishments
 - 2017 club plans
 - Results of member survey
 - Recognitions and awards
- **Monday, December 19, 9pm-ish, Railroad Street Bar & Grill (Linfield): Meeting After the Meeting.** Join us for some fun and social time after the member meeting as we really say good bye to 2016!

If you plan to attend either of the December 19 events, please indicate “Going” on the Facebook events so that we can get an accurate headcount.

- **Sunday, January 1, 10:30am, Riverfront Park, Pottstown: 4th Annual RefrigaGator Swim.** Join us for a brief dip in the river to celebrate the start of what is sure to be a fantastic 2017! This is part of Pottstown’s annual polar bear swim; [click here](#) for more details. And “yes”, any time you spend in the water does count towards your weekly GFC swim commitment (on what will be the final day of our fall GFC)!

Smiles!



Ironman AC 70.3
September 18

Tiff Pfluger, Logan Washburn, Jen Ruiz



Bethany Beach First Responders
Triathlon
September 18

Dave Marine and Tree Foster return to this event to thank the first responders that were there in 2015 when Dave needed them most. Thanks guys!



More Smiles!

Ironmen!

Ironman Maryland – Oct 1

Ironman N. Carolina – Oct 22

Top Right: Jeff Spillane and Gregg
Heimer (IM MD)

Bottom Right: Jason Brannen, Michelle
Leonard, Byron Solvason

Bottom Left: Danny Corredor, Michelle,
Byron, Jason



**Spring Valley
YMCA Game
Day 5K
October 2**

Kristen Oswald,
Chris Oswald,
Bill Cooney,
Michelle
Leonard, Lucas,
Byron Solvason,
Don Mack, Mike
Connelly, Vince
Bellino, Summer
Bellino

Workout Smiles!

Mountain Men (and Woman)

Right: Brian Kozera, Ken Beauchamp,
Don Schlichtmann

Bottom: Ken Beauchamp, Tim Pfluger,
Vince Bellino, Kelly Beauchamp



Tuesday Night Tri Club Spin/Strength/Core Workout

Ruth Subach, Susan
Flavin, Coach
Maribeth Baker, Holly
Beauchamp,
Maureen Pinkerton,
Kristen Oswald, and
Chris Oswald

