



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2016-12

December 17, 2016

Look Both Ways

We see each other a lot throughout the year... Workouts, races, club socials, at the grocery store, on the table at Dr. Connelly's office, etc. We're often moving from place to place and activity to activity so fast that we don't have time to really appreciate all that we've accomplished. This Monday evening (TOMORROW!), we invite you to join us for our 3rd annual members meeting where we will take a break from our hectic lives to recall what we've accomplished this year as well as discuss what's coming for 2017.

We asked you for your input in our recent member survey and we'll discuss what you told us. We have an excellent club leadership team and an amazing group of coaches who have already started to act on your feedback.

Additionally, we are adding a few awards and a bunch of recognitions to the event, which is now called the "Gators Annual Member Meeting and Awards/Recognition Night". This is a chance for us to highlight some of our great Gator community.

And finally, to wrap up the evening, we invite you to join us for a celebratory drink at the Peanut Bar as we cap off an outstanding year. Regardless of which way you look, there's plenty to smile about!

Bravo!

To Logan Washburn, Melissa Moffa, and Steph Babiec for putting together a GREAT end of year club party at the Trappe Tavern! Thanks for all of your planning and fun ideas!



Headlines

- Who's Next?**... RefrigaGator Swim IV!!!... Are you in???
- Accomplishments**... Iowa is for the Birds, RehobOth Runners, and GFC Extreme Triathlon!!!
- Mark Your Calendar**... Annual Member Meeting and Workout Updates!!!
- Recommended**... Gator Podcast Anniversary, Ironman World Championship!!!
- Smile!**... Trapped, Rehoboth Revisited, and RefrigaGator Training Swim!!!



Happy Birthday!

Best wishes to the following Gators who have upcoming birthdays!

December 23: Ken Beauchamp
January 1: Michelle Leonard Solvason



Accomplishments



Saturday, December 3

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

Seven Gators started this event and seven Gators successfully crossed the finish line... **Kerri Brannen** and **Don Mack** completed the full marathon while **Tiff Pfluger**, **Diane Lynch**, **Chris Oswald**, **Kristen Oswald**, and **Maureen Pinkerton**. Also, some additional great individual results...

- Diane set a **HALF MARATHON PR!!!**

- Maureen also set a **HALF MARATHON PR!!!** Maureen also finished in the top 15% in her age group, the top 20 % of all females, and the top 25% of all race finishers!

- Tiff finished in the top 2% of all female finishers, the top 5% in her age group (8th out of 172), and the top 6% of all race finishers (91st out of 1,547)!

- Don finished in the top 5% of all race finishers and in the top 10% in his age group.



Saturday, December 3 – Sunday, December 4

GFC Extreme Triathlon (Rehoboth Beach, DE)

Three Gators completed all three legs of the 1st ever Gator Fitness Challenge Triathlon. It included running either the Rehoboth full or half marathon, participating in the post-race party, and participating in the RefrigaGator Training Swim by taking a dip in the Atlantic Ocean the Sunday morning following the race/party. Congrats to Diane Lynch, Don Mack, and Maureen Pinkerton for successfully completing the entire event! Award winners included...

- Best Run:** Diane... Had the most improvement vs. her PR and wins the run leg.

- Best Partier:** Maureen... Probably don't need to say more, but suffice it to say that she had plenty left in the tank after the run to manage to dance for several hours after the event... Maureen easily won this leg of the event.

- First Out of the Water:** Don... And last to dry thanks to having to chase down a towel!



Saturday, December 10 – Sunday, December 11

The Hitchcock Experience Ultra (Honey Creek, IA)

Michelle Sipe knocked off state #35 in her quest to run a marathon (or longer) event in all 50 states! Sounds like this one was "an experience" as Michelle ran through the night as the event began at 9pm! Michelle also achieved some great results... Out of 63 that started the event, Michelle was the 19th overall finisher and there were 19 female starters in the field and Michelle was the 5th overall finisher!

Who's Next?

One more event (we think?) in December and then we kick off 2017 with a brrrrr-ang on January 1!



Friday, December 30

Surfin' Snowman 5 Miler (Bethany Beach, DE)

Maureen Pinkerton squeezes in one final event in 2016!



Sunday, January 1, 2017

RefrigaGator Swim IV (Pottstown, PA)

*Founding members of the Gators RefrigaGator Swim Club

We have a bunch of Gators planning to participate in one way or another including **Suzanne Angelaccio**, **Holly Beauchamp**, **Mary Donovan**, ***Gregg Heimer**, **Michelle Leonard Solvason**, **Diane Lynch**, ***Don Mack**, **Chris Oswald**, **Kristen Oswald**, **Tiff Pfluger**, **Tim Pfluger**, **Andy Rosebrook**, **Doug Schmidt**, **Michelle Sipe**, **Gina** and **Jeffrey Stango** (incoming Gators), **Steph Stranick**, and **Patty Trainer**. And **Nabil Radouane** will be making a special guest appearance! If you have not already made the plunge, sign up today by indicating "Going" on our Facebook event! Also, **Gina** and **Jeffrey's** daughter, **Jenna**, annually sings the National Anthem at this event!





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 19-21:** The indoor pools remain closed for maintenance... There will be no Mon/Wed morning or evening workouts the week of December 19-23. Our first swim workouts after the closure will be Monday, December 26 (morning and evening).
- 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!
- Sunday, January 8, 8:30am:** The YMCA will be conducting a blood drive in our usual trainer workout location, the Multipurpose Room, on Saturday, January 7, so we will not have a workout that day. Instead we are going to do our first ever Sunday morning trainer/run brick workout... So plan ahead and be part of Gator history!

UPCOMING EVENTS

•**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, The Peanut Bar & Grill (Royersford: 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 (and Brunch!).** 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)! Also, this year we are adding a brunch... The location is TBD, but wherever it is you will be sure to be surrounded by soggy and thawing Gators!

Recommended

A couple of things worth checking out...

•**Gator Podcast History 1 Year Anniversary:** Last year at this time the “Triathlete Training” podcast featuring our own Tiff Pfluger in a fantastic one hour interview discussing her transition from a spectator to an Ironman finisher was released. If you haven’t had a chance to check it out or if you want to listen to it again, here’s the link... [TT066: From Runner to Ironman Lake Placid in 12 Months](#)



•**2017 Ironman World Championship:** In case you missed NBC’s December 10 debut showing of the highlights of the 2017 Ironman World Championship (i.e. Kona), the full one hour show is available online... [2017 Ironman World Championship](#)

Smiles!



Trapped!
Gators End of Year Club Party
(The Trappe)
December 9

Rehoboth Marathon/Half
(Rehoboth, DE)
December 3

The start of the second leg of
the GFC Extreme Triathlon!
Don Mack, Maureen Pinkerton,
Tiff Pfluger, Diane Lynch



RefrigaGator Training
Swim
(Rehoboth, DE)
December 4

Before and After

Diane Lynch, Don
Mack, Maureen
Pinkerton

