



CHOMP



Spring Valley YMCA Multisport Gators Club Newsletter

Issue 2017-2

March 5, 2017

Off and Running!

With the completion of 262.5 miles by 34 of our athletes at Gatorthon, we truly are off and running in 2017! And that will continue this month with club members participating in at least five running events culminating with the Love Run half marathon that will include a dozen or so (at last count) Gators. We also have our first triathlon participant of the year with Keith Ho taking on Ironman Puerto Rico 70.3.

Besides all of that we have several new sponsors this year including Tropical Smoothie Café, Uno, and Xterra joining our growing team of sponsors that includes our club lead sponsor for the third consecutive year, Centre for Healing Arts, who will be conducting a seminar in April, plus Chester County Running Store, Indian Valley Bikeworks, Infinit Nutrition, French Creek Racing, and ROKA. We also have special discount codes set up with Piranha Sports (for their 10 events) and Genesis Adventures (i.e. Quakerman Triathlon).

Our 2017 "Who's In?" event calendar continues to grow and now includes 102 unique events and 230 event commitments by 50 of our athletes. And our new head coaching team of Maribeth Baker, Logan Washburn, and Brian Kozera have been doing an excellent job of developing workouts that will help all of us to achieve our goals.

We hope that you can join us for this coming Friday's Gator Social taking place at Uno in Oaks starting at 6:30pm, especially for those new to the club. It will be a great chance for our 24 new members to meet some of our returning members and coaches, who can help you to get off to a running start (or maybe a swimming start)!

Headlines

- Gatorthon...** A record year!!!
- Accomplishments...** Lady Gators conquer the heat in Sedona, the cold in Ambler, the hills in Laguna Niguel, and enjoy Grilled Cheese in Washington Crossing, plus Winter Spartan!!!
- Who's Next?...** Double Shamrock Shakin' and San Juan 70.3!!!
- Mark Your Calendar...** Numero Uno social, to Infinit and Beyond, Come Inside Come Inside for our 1st indoor tri, and don't miss your only chance this year to order a uniform!!!
- Welcome/Welcome Back!...** More new and returning members!!!
- Smile!...** Gatorthon, Fantastic February bike ride, and more!!!



Happy Birthday!

Best wishes to the following Gators who have March birthdays!

5: Todd Matters
7: Jay Sherman
8: David Neeld
9: Tim Truckley

19: Bryan Beatty
27: Steph Babiec
28: Kristen Oswald



Gatorthontastic!



Thank you, Gators!!! Once again you have exceeded expectations through both your running and your generosity! For this year's event, Gatorthon III, we exceeded the totals from Gatorthon I and Gatorthon II in terms of total marathons completed and total donations received that will go 100% directly towards the YMCA's Annual Campaign fundraiser that benefits the local community!

For Gatorthon I we had 18 runners, 4 marathons completed, and raised \$1,000. For Gatorthon II, we increased to 28 total runners, 9 marathons completed, and we raised over \$1,500. For this year's event, we had 34 runners completed 10 marathons. In fact, that is not totally true as team KRoKodile Rock completed 26.7 miles, so we actually completed 10.02 marathons (and even more if you count some of the others that were running unofficial miles such as Diane Lynch and Steph Bieloski). With some late donations, we do not yet have a total for this year (watch for an update on Facebook once we have tabulated the grand total), but it will be above last year's total!

Besides all of the runners, we also had many non-running Gators and the Y's staff stop by to provide some support throughout the day. We even received some support late in the day from Super Woman (aka Heather Williams, the Y's Executive Director and an endurance sports athlete) to help our final few teams get to the finish line!

As a result of our outstanding accomplishment as well as a significant separate donation from our club's lead sponsor, the Centre for Healing Arts (and Dr. Mike Connelly), we will again have a Gator banner flying at the Y throughout the next year (if you haven't seen the 2016 banner, it's in Gym A). Thanks to all of you for a tremendous effort all the way around!

The 2017 Gatorthon roster of runners included...

10 or more miles

Kerri Brannen
Teresa Byrne
Mike Connelly
Don Mack
Chris Oswald
Tim Pfluger
Logan Washburn

3 to 9.2 miles

Tina Belles
Vince Bellino
Jason Brannen
Sonny Dayrit
Mary Donovan
Susan Flavin
Ashley Hartz
Gregg Heimer
Eric Hetrick

Keith Ho
Brian Kozera
Kristin Kozera
Kristen Oswald
Maureen Pinkerton
Chris Reiter
Andy Rosebrook
Gabriel Rosello
Jen Ruiz

Lynn Seuberling
Michelle Sipe
Byron Solvason
Gina Stango
Jeff Stango
Steph Stranick
Karen Thompson
Chris Townsley
Patty Trainer

Welcome to the Gators!

We'd like to extend a warm welcome to our newest additions to the Gator family!

Renaud Azieres
Ann Fletcher
Ashley Hartz
Brian LeBlanc
Heather Mack

David Neeld
Andrew Smith
Eric Thompson
Joyce Williams



Accomplishments

Remember to submit your events (anything longer than a 5K) so that we can add them to the "Who's In?" event calendar and proclaim your victory afterwards! The easiest way to do this is to use the Survey Monkey tool that we've set up... <https://www.surveymonkey.com/r/G5LLRSQ>



Saturday, February 4

Sedona Half Marathon (Sedona, AZ)

Tiff Pfluger not only took on the challenge of a hilly race at elevation (Sedona sits at 4,300+ feet above sea level), but she also dominated! Tiff's results included a #5 age group finish (out of 121), a top 5% finish among all female finishers, and a top 100 finish (#89) out of over 1,250 participants. Way to go, Tiff!



Saturday, February 18

Fireside Frostbite 5 Miler (Ambler, PA)

New Gator, **Teresa Byrne** has had a busy early season. She began her Gator membership by participating in the New Year's Day RefrigaGator Swim, then participated in this event, and allowed that with the Aliso & Wood Canyons 17K and Gatorthon in her buildup to the Gettysburg Marathon in late April. Teresa started with a bang by finishing in the top 20% in her age group and all female finishers as well as the top 33% of all event finishers. Great debut, Teresa!



Saturday, February 25

Aliso & Wood Canyons 17K (Laguna Niguel, CA)

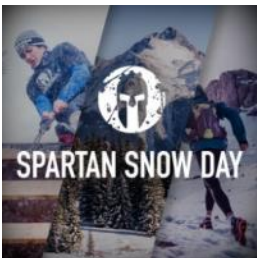
Teresa Byrne headed to the West Coast for this event and again had an outstanding performance. Teresa's results included a top 10 age group finish, a top 30% finish amongst all female finishers, and a top 40% finish amongst all event finishers. And that's not the amazing part... Teresa traveled home that evening, arriving home around 1am, and then proceeded to run 17 miles on the treadmill 7 hours later as part of the kickoff to Gatorthon! Wow!!!



Saturday, March 4

Spartan Greek Peak Winter Sprint (Cortland, NY)

Jay Sherman kicked off his latest Spartan season, one in which he will compete in eight events, a bit early with what was likely a frosty race. We'll include some additional information as soon as Jay's fingers thaw enough to type an email to let us know how things went.



Sunday, March 5

Grilled Cheese and Tomato Soup Run (Washington Crossing, PA)

Steph Stranick participated in what sounds like should be a club event. This was a four mile running event that ends with each finisher receiving a soup mug, some tomato soup, and a couple of grilled cheeses... Steph, we'd like to join you next year!!!



Who's Next?

Best wishes for a safe and successful event!

Sunday, March 19

Shamrock Marathon (Virginia Beach, VA)

Tiff McPfluger and Tim McPfluger



Shamrock Shuffle 15K (Rehoboth Beach, DE)

If it's in Rehoboth Beach, who else?... **Maureen Pinkerton**

Ironman Puerto Rico 70.3 (San Juan, PR)

Keith Ho makes his Gator debut and gets the triathlon season kicked off for us!



Shamrock Shuffle
15k





Mark Your Calendars



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

During the remainder of March you can assume a normal schedule of coach-led workouts including...

- **Mondays and Wednesdays:** Morning and evening swim workouts (60 minutes)
- **Tuesday evenings:** Spin workouts (45-50 minutes) followed by strength, core, and/or flexibility training (30 minutes)
- **Thursday evenings:** Bike trainer workouts followed by strength and/or core training (75-90 minutes)
- **Saturday mornings:** Bike trainer workouts (90 minutes) followed by an optional "on your own" run (15 minutes)... If the weather is particularly warm and dry, this workout could be moved outdoors.

UPCOMING EVENTS

- **Tuesday, March 7, 7pm-8:30pm: Final Uniform Fitting Session...** Near the Spin Studio.
- **Friday, March 10, 6:30pm-9:30pm, Uno (Oaks): Club Social...** Great chance for new members to meet the club!
- **Saturday, March 11: Uniform Order Deadline...** See email for details.
- **Monday, March 13, Midnight-11:59pm: "Once A Year" Club Infinit Sale...** This is your only opportunity until 2018 to take advantage of our club 40% discount... See Facebook "Event" and email from Michelle for more details!
- **Sunday, March 26: CLUB EVENT... The Love Run Half Marathon...** What more can you ask for than an event where there are so many Gators that we'll have our own private porta potty?!?! If you aren't already signed up, whaddya waitin' for???
- **Sunday, April 9: "Gators Indoor Triathlon"...** More details coming soon!
- **Monday, April 10: Chiropractic for Triathletes Seminar...** More details coming soon!

Welcome Back to the Gators!

Welcome back to more of our 2016 Gators who have already renewed for another great year!



Tina Belles
Trevor Bellino
Vince Bellino
Joe Boris
Stephanie Boris
Mike Connelly
Mark Donovan

Mary Donovan
Rob Fletcher
Gregg Heimer
Paul Kent
Frank Moffa
Melissa Moffa
Chris Phillips
Jen Phillips

Chris Reiter
Andy Rosebrook
Jeff Spillane
Steph Stranick
Patty Trainer
Allison Wesler
Jon Wesler

Smiles!

A Great Lead Club Sponsor
Centre for Healing Arts
January/February 2017

Mike Connelly, Don Mack



**An Outdoor Ride in
February?**
Oaks, PA
February 25, 2017

Don Mack, Tim Pfluger, Tiff
Pfluger, Diane Lynch, Patty
Trainer, Larry, Keith Ho,
Vince Bellino, Karen
Thompson

Smiles at Gatorthon!



Gatorthon is Underway! Morning Marathons

Kerri Brannen, Brian Kozera, Eric Hetrick, Keith Ho, Teresa Byrne

The Kozera Family



Mary
Donovan,
Gina Stango,
Maribeth
Baker, Andy
Rosebrook,
Jeff Stango



Kerri Brannen, Kristin
Kozera, Chris Oswald,
Chris Townsley, Teresa
Byrne



John Kenny of club sponsor French
Creek Racing, Dr. Mike Connelly of club
sponsor Centre for Healing Arts, and
Club President Byron Solvason

