

## TRI NEWS



Thanks to our members who wrote to share with us some of their Tri News.

**Hugo Radelat** wrote: On September 30, 2012 I participated in the largest half Ironman in the world, Augusta 70.3. You swim down the Savannah River. The current helps middle of the pack athletes like me, swim their fastest time ever. The challenging bike ride took us through very scenic rolling hills and countryside into South Carolina. The hills were not as bad as I had expected, however there were three significant long climbs. The course had bumpy sharp turns, with dropped water bottles and sunglasses everywhere. The run was a flat double loop through town. Seemed like the entire city was out cheering us on! We could not have asked for better weather – there was a nice cloud cover and the temperature was in the high 70's. I felt great throughout the race. This being my first half Ironman, and not knowing what to expect, I went easier than I could have. My time was much faster than I had expected – 6 hours, 1 minute, 26 seconds. Hydrating too much caused pit stops, that kept me from going under 6 hours. Oh well! I highly recommend this race. If you want a PR, this is the place to go! I plan on going back next year, and now that I know what to expect, destroy my PR!

**Eduardo Brandel** wrote: The moment arrived – August in Burlington, VT for the National Triathlon Championship. For someone so used to summer in Florida, it was a big surprise to see how cold it was in Vermont – I actually had to buy clothes to survive the pre-race days. Race day was also challenging mentally, physically and weather-wise: 51° F when I got to the race. I got into the water just one min. before the race started due, to temperature. My swim was strong. I ended up 6th, went fast to transition and started the bike. The bike portion had a lot of hills (for those that live in Florida and just have smooth bridges, it is a challenge :)), good race but not my best. When I started running, I felt very strong, and at 0.3 miles, there was a big hill (again not easy for Floridians ;) followed by a strong downhill, where I kept the pace the best I could. Definitely, the great thing about this sport is that not only you compete with yourself to get better time after time, but as well you learn that at every race, the course, weather and particularities of the place are key to your performance, and you need to be physically ready for it... Result: I ended up 11th in my Age Group and got a spot for the Triathlon World Championship in London 2013 to represent USA! One of the happiest days in my sports life.

**Vadim Shvartsman** wrote: I did a Tri in Rhode Island. It was short: .25/9/5k. I was as usual in the middle of the pack, but the weather was nice for September; didn't use a wet suit. Nice sights. Towns where the race took place called Galilee and Jerusalem. And now I'm visiting Israel and writing this from the land of real Galilee and Jerusalem. Not racing here, just touring. Shalom to all.

**Char Davidson** wrote: I have some great news. I did the 3rd trilogy after hooking up with Coach Frank for the 4 weeks previous to the triathlon. What a good move, I took 6 minutes (yes, 6 minutes!) off my time which went from 1:21 to 1:15, a wonderful time for me. I took second place by 4 seconds behind a woman from New York (who was wonderful) and it was a very happy day.

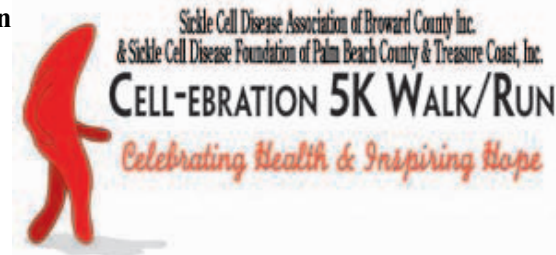
Congratulations to all of you, Tri and Tri again.  
Christina Weisberg [Trimomcw@aol.com](mailto:Trimomcw@aol.com)



Hugo Radelat

Eduardo Brandel

### 2012 Sickle Cell Cell-ebraction 5K Run/Walk:



**Date:**  
Saturday November 3, 2012  
7:30 AM

**Place:**  
Central Broward Regional Park  
3700 NW 11<sup>th</sup> Place  
Lauderhill, FL 33311

**Directions:**  
From I-95: Sunrise Blvd. West to State Road 7 (441). Park is located in the NE corner of Sunrise Blvd. and State Road 7.

From I-75: To I-595 East. Exit at State Road 7 (441) North. Park is located in the NE corner of Sunrise Blvd. and State Road 7.

**Entry fees:**  
Early registration for 5k Run/Walk through Thursday 11/1//12: \$25.00.  
Race day registration for 5k Run/Walk: \$30.00.

**T-shirts:**  
Commemorative t-shirts to the first 200 participants. Race day registrants are not guaranteed a t-shirt.

**Awards: (5k Run only)**  
5k Run: For the top three males and females in overall categories, top male and female in master categories, top three males and females in age group categories from 14 and under up to 70 and over.

**Course:**  
5k course is measured and certified to USATF specifications. Course Certification #FL100009EBM.

**Chip Timing:**  
This event is being timed by AccuChip Timing. If you are running, you must pick up your chip the morning of the event. If you're walking, you will see your time on the finish line clock, but you won't be timed with the chip-timing system. The finish line clock for all walkers will be available with the 5k event.

**Registration:**  
For additional information on how to register by mail or online, call (954) 524-4920 or visit [www.SickleCellDiseaseofBroward.org](http://www.SickleCellDiseaseofBroward.org). You can also find information about the event at [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com) and [www.AccuChipTiming.com](http://www.AccuChipTiming.com).

\*Proceeds from the event will help ensure support services for individuals and families living with the Sickle Cell Disease, Sickle Cell Trait and help advance community awareness programs. See you there and thank you in advance for your generous support.\*

### Strider Smarts presented by Coach Bob



Bob Dozoretz

### C'Mon, Man

ESPN each week has a segment called C'mon, Man where they point out different football plays when a player does something silly or stupid, wondering what were they thinking. Well, they occur in our sport also.

After the old Flamingo Strut, a 5 miler held years ago, a barefoot runner complained to Rick Stern that he stepped on stones and it hurt his feet.

I once won a small 5K adventure race - Ok, so no real runners showed up - and at the awards ceremony they didn't have a 1<sup>st</sup> place overall, just Age Groups! What were they thinking?

I have seen a local racer wear his team shirt from a running store in races with no number, as they were running bandit. They said they were 'only' pacing someone. C'mon, man, that's just wrong.

I was directing a small 5K and pointing to someone to turn here, right where I was standing and pointing, and he ran right by me, not turning. Still wondering about that one as I yelled back to tell him.

An older lady has gone off course by cutting corners, even going over the grass to shave a few seconds illegally for the past 25 years.

I Am A Runner  
Coach Bob  
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