

TRI NEWS



Conchman Triathlon with Roswitha Sidelko and Christina Weisberg.

November 4, 2012.

It has been a year and a half since Ironman South Africa. A year and a half packed with intense life experiences and personal growth. And suddenly this urge, something is missing. What is missing is a real triathlon, not bricks on the beach or Markham Park. So I googled and found a myriad of options. Ugh, but they look painful. So what is missing? Aha, hardware is missing. Where do you go for an easy, relaxing weekend, get some endorphins and the chance to come home with hardware? The answer was right there, Grand Bahama Conchman Triathlon with my triathlon travel buddies from as far away as Atlanta. So I joined my group with Christina Weisberg, and off we went for a weekend of racing, or did they say partying? We showed up with a collective amount of bikes at the Boat which could have been traded in for a Mercedes Benz, even though we are going partying. And that was without John Mayer's bike since he is not able to race yet after our accident. On the boat over, Christina says to me, Rosie, you did not tell me this is a 25 mile bike. Impossible is all I think. I did this once before and remember a short experience. Let us find out from the rest of the group who have done this for 15 years straight. Well, the consensus was, anywhere from 14 to 20 miles, nobody really knew for sure. Actually, nobody really cared. Remember we are going to the Bahamas for "Big Daddy's" conch salad, the piña coladas in town, a stay at a grand resort and to help out with some kids' race. Just don't sweat it.

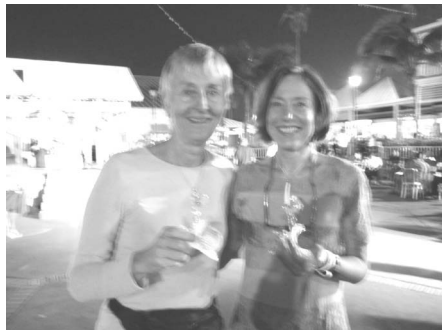
Maybe I should tell you about the race. 1K swim, 25K bike, 5K run and they made it draft legal. A lot of relay options, so you find the ringers in every specialty. That morning off we biked to the race, almost in the dark. The partying group in full gear and a more silent and focused atmosphere. What happened to don't sweat it? I had one of my tougher races. Lisa, our friend from Sarasota was not going to let a limping friend get that trophy in the age group. We drafted together in a small pack, at a brutal 24-25mph on this flat course. I was hoping that all her moaning would result in letting go and give me a small hope on my 5K shuffle. No way. Christina did her own race and even had the volunteers sing happy birthday at the turn around to add another 5 min. to her time. Everybody came home with a beautiful hand blown conch shell award by a local artist, albeit not necessarily in the right age group. Christina took 3rd in the 60+ age group and is initiating a world-wide rights advocacy group for female triathletes ages 70+ and 80+ to abolish this discrimination. I got first place trophy in 17 to 29 female. Would they complain and initiate a movement to ban "old" females going too fast? My Steve says he would find another sport if someone who could be his grandmother beat him. And life goes on.

Vadim wrote: Hi All. Just canceled my flight from NY. A lot of cleanup to do here. That means no Miami Man for me, 3d year in a row. Maybe it wasn't meant to be. This race starts costing me with all the transfer fees. Hope to see you soon.

Thinking of Marv.

Thanks for the input. Tri and Tri again.

Christine Weisberg. Trimomcw@aol.com



Christina Weisberg & Roswitha Sidelko



Some of the Striders that were at the Key Biscayne Lighthouse Run

THANK YOU TO VOLUNTEERS!

I want to thank all of the Strider volunteers that helped with the 2012 Sea Cadet 5k Run/Walk, 2012 Shark Shuffle 5k Run/Walk, 2012 Women in Distress 5k Run/Walk and the 2012 Sickle Cell Celebration 5k Run/Walk. Without your help, the events wouldn't have been successful. My thanks to:

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|---------------------------|---------------------------|
| 1. Bill Wagner | 8. Al Shamoun |
| 2. Sandi Wagner | 9. Dan Healy |
| 3. Robert Leaf | 10. Carmen Healy |
| 4. Michele Sannie-Willard | 11. Steve O'Malley |
| 5. Robert Willard | 12. Gerry Jackson |
| 6. Mike Regan | 13. Jackle Kroupa |
| 7. Christina Weisberg | Thank you, Ralph Guijarro |

Strider Smarts Presented by Coach Bob

Very Special Shoes

Last night I watched another episode of Twilight Zone, and since I am out of material, I thought I would relate it to us.

A mobster was knocked off and dumped in an alley where a vagrant stole the dead man's new shoes. Upon donning them, he turned into the mobster, knew his thoughts, his girl, his enemies, everything. I want someone else's shoes.

I want Frank Shorter's, Alberto Salazar's and Bill Rogers from the 80's. I want to know what it's like to run 5 minute miles for 26 miles, compete in the Olympics and run a world record. What a feeling that would be.

I want Usain Bolt's latest pair so I can blast out of the blocks and run well under 1 second for 10 meters, easily passing the best in the world for 100 meters. What can that possibly feel like, all that power and speed? I want to know.

Ian Sharman is listed as the fastest 100 miler, finishing an Ultra in a sub 8 min/mi pace. I like running long and assume he wasn't dragging too much at the end, so I want that experience.

I always admired hurdlers, probably because I cannot jump one but think they're fast, graceful and athletic. Renaldo Nehemiah was a world record holder who dominated the event for 4 years and then played pro football. I want all his shoes.

Another event I admire and cannot do is pole vault. If only I had Sergey Bubka's shoes, I would know what it is like to go flying down the runway, plant a 19 ft pole and soar over the bar close to 20 feet above the ground. What could that possibly be like?

Locally, Ronnie Holassie could run under 15 in a 5K and had the sweetest stride I ever saw. He just appeared to glide along effortlessly. He lives nearby so I'll call him about me forgetting my shoes and need to borrow his.

Katherine Switzer was the first women to officially run Boston. This was a time when women were not allowed to run marathons as their guts would fall out, or something like that. She entered as 'K' Switzer and was almost forcibly removed from the course. What pressure she had to finish, proving to the world that woman could run 26 miles. I'm pretty sure I would return her shoes after I ran in them, but I am a little curious! Straying a bit, I want to try Lance Armstrong's. Powering up mountains and screaming down them for a week could be interesting.

As you can see I want a variety of shoes, as I love running and want to experience all aspects of it, especially the ones I simply cannot do. You can have my shoes, as 10 years ago you would feel the exhilaration of running a few seconds under 3 hours in a marathon but also know what it's like to fight for air at a 9 minute pace now. Maybe I'll look up Galen Rupp or Ryan Hall to feel just a bit younger and faster, but if I do, I'm never taking them off.

I Am A Runner
Coach Bob
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Bob Dozoretz

MARV SMITH 1949 - 2012

We lost a wonderful friend on October 31st. Marv was a very active member of the Striders for many years and a cheerful helper at many of our events. He started running with our club when Diane Kaso invited him to our group runs. He will be remembered as someone who always had a smile on his face and an interest in what everyone else was doing. Marv succumbed to cancer, after fighting valiantly against the dwindling odds for more years than seemed possible. He and his wife Trudee were always contributing items to our picnic raffles, and Marv volunteered often at our races. He was very proud of his daughters Jennifer and Jamie and had the whole family running. Marv had a very close family, including two brothers and their children, all of which will miss him. We will also. Marv was truly a friend.



Marv & Trudee - Picnic 2010

Marv Smith winning the Keno Mile July 2009