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TRI NEWS

Char Davidson wrote: Hi Christina, congratulations, first of all, on your victory in the Huntington's Tri! Keep up the good work!



Second, I did do the Trilogy #2. What a wonderful event. I managed to pull off first place. I saw that Diane Ragalie was signed up (a several time winner of the Nationals), and I wanted to compete with her. I did my best, figuring she was up there somewhere. When I looked at the leader board, I was listed as first. I waited figuring they would slot her in sooner or later. Well, she was a no show, so I got first. Sure wish she would come down here and compete. I would be honored to take second to her. So Diane, if you are out there, please come on down!

Tim Nicholls wrote: July 4th, did the 24th Annual Independence Day Duathlon in Tradewinds Park, Coconut Creek FL and took 1st overall.

On July 19 I participated in the USA National Duathlon Championships in St. Paul, Minnesota and took 1st place in the 55 -59 age group. I won the age group by over 3 minutes.

August 3, I did the New York City Triathlon, (Olympic distance), raced open age group, Police/military/firefighter division and placed 3rd.

Mary Nicholls, placed 1st Master and 4th overall at the July 4th Duathlon, and 1st age group at the Huntington's Triathlon.

The 23rd Annual Huntington's disease Triathlon took place on July 27 at Larry and Penny Thompson Park in Miami. This is a 100% charity event and for me it was my 21st one.

Mary Nicholls was also at this event. We both did the Sprint distance .25-mi. swim, 14-mi. bike and 3-mi. run.

Mary placed 1st in her age group and yours truly took 2nd in her age group (out of two). A lady from Colorado took 1st. Nice to see someone else show up for a change, and she did very well.

Congratulations to all. Tri and Tri again.

Christina Weisberg
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Christina & Mary at Huntington's Disease Triathlon

Tim Nicholls at USA Nationals

Strider Smarts presented by Coach Bob

Escape Clause

This is the name of another Twilight Zone episode I recently watched. In this one, Bob, a man about 45 is a hypochondriac and lives with his wife in a comfortable apartment. His doctor tells him his symptoms are all in his head, as does his wife.

Constantly complaining, he finally is visited by the Devil, who offers to buy his soul in return for his feeling great and for giving him eternal life and health. He signs the papers having one caveat, the Escape Clause. This enables Bob to cancel the contract at any time in order to die.

Bob immediately feels great and proves to himself and his wife that yes, he is immortal. He jumps in front of trains, off buildings and completely enjoys his new life. His poor wife just doesn't understand him and is constantly nagging him, so in exasperation, he pushes her off their balcony and kills her.

Bottom line, he is facing the electric chair which he doesn't fear, but his smart lawyer gets him off with 'life'. Get it? Knowing what his future in eternity is, he invokes the 'Escape Clause'!

So, how does this relate to running, you ask?

Would you sell your soul? No injuries ever. Always feel like training. Never age. All your gym workouts would leave you feeling stronger, not sore, the same for track workouts. Of course, you still need to eat right and hydrate, I think. And, you probably have to move out of town, as you cannot be in the same age group forever. Hell [oops], you probably need to change your name, but possibly could collect Social Security forever. And, don't kill your spouse!

Also, I would have to guess that invoking the Escape Clause would result in eternal damnation, but that was not explained in the show. If that is the case, it's probably not worth it, but with recent nagging injuries after 25 years of running pain free, I don't know. Maybe if you ask me at just the right moment.....

I Am A Runner
Coach Bob
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Bob Dozoretz

Oh the Many Places Where Running Can Take You: Mountain Climbing?

Yes!

It all started for me when I was planning a trip to run the Safaricom Marathon in Kenya back in June of 2011. An opportunity to add a trip extension for a week-long climb to the summit of Mount Kilimanjaro (Kili) was offered, and I immediately signed on. I had no prior hiking or mountain climbing experience of any kind whatsoever. But it sure sounded like a cool adventure. And since who knew when or if I'd ever be back in this area of the world, I figured why not seize this opportunity to try hiking all the way up to the "Roof of Africa"! Well that sure turned out to be quite an adventure. And a successful one at that, summiting a 19,340 ft. mountain on my first attempt.

John Clidas at the summit of Mount Rainier



Reaching the summit of Kili is not the subject of this story, but looking back, it is the starting point of another life journey that has leveraged and benefited from my past running and triathlon background. This brief article attempts to share lessons that I've learned from participating in running and triathlon events that apply to hiking and mountain climbing and, lessons that I've learned from