

seemed relaxed about lining up for the start of tomorrow's Ford Ironman Florida at

Panama City Beach.

"It has been fun getting here," said the 28-year-old DRS Technologies software engineer. "It's all about the journey."

Daszynski's trip began only two years ago.

"I think I was inspired by all the stories I saw on television about people like Dick and Ricky Hoyt and people with no legs doing Ironman," he said. "When I first thought of going the distance myself (2.4-mile swim, 112-mile bike, 26.2-mile run), I thought it was absurd."

Both passion and possibility were stoked, however, after Daszynski completed his first triathlon - the Oct. 2008 Health First Triathlon - finishing sixth in the 25-29 age group in one-hour, twenty-seven minutes and twenty-two seconds.

Less than a year later, he knocked out an 11:11:11 finish in the Aug. 2009 Ford Ironman Louisville. (Left: Daszynski on Louisville bike course)

"After that, I wanted to do another and see if I could improve my time," said Daszynski. "I added a bit more intensity this year and I think I've become a better athlete in all three disciplines."



While others might be freaking out about illness, injury or tomorrows predicted temperatures ranging from a low of 41 degrees at the start to highs in the low-60s plus north winds in the 10-15 mph range, Daszynski spins the positive.

"This has been a great experience," he said. "I've made some great friends this year and learned how to be mentally prepared for any situation. You just don't know what will happen out there."

"I spent all that time training so I'm not going to not try. I'll play it by ear when I get to the run. I don't want to do something stupid."

The race kicks off with a two-loop swim in the Gulf of Mexico behind the Boardwalk Beach Resort. Pros start at 6:50 a.m. ct with age-groupers following 10 minutes later.

The one-loop bike course is one of IMNA's fastest, mainly because of the pancake flat terrain for the trained but also because of the large packs of cheaters who, in past years, have gone unchecked by draft marshals.

The athletes finish their day with a two-loop run through local neighborhoods and State Park Circle.

You can follow tomorrow's race and track local athletes on-line at www.ironman.com

Good luck to all of Brevard County athletes including Dana Artz, 40, Cocoa Beach, #2472; Bob Cooper, 50, Indialantic, #1837; James Croft, 32, Indian Harbour Beach; Brad Daszynski, 28, Melbourne, #267; Jeff Grunow, 33, Melbourne, #498; Kendra Grunow, 33, Melbourne, #2181; Jennifer Lepper, 27, Melbourne, #2199, left at Health First Tri in Melbourne; Pam Maxwell, 45, Melbourne, #2611; Doug Monda, 41, Cocoa Beach, unknown bib#; Wes Ott, 55, Cocoa Beach, #1977; Bob Panzak, 44, Merritt Island, #1383; Shawn Schaffner, 46, Cape Canaveral, #1485; Nicole Therrien, 40, Melbourne, #2501; Curtis Williams, 48, Cape Canaveral, #1640.

Posted 11/5/10

BOSTON: AN OPEN AND SHUT CASE



Say it ain't so....

BAA.org announced that registration for the 2011 Boston Marathon closed out at 5:03 p.m. today, a mere eight hours and three minutes after it opened.

The servers were jammed from the 9 a.m. start as qualified athletes from around the world attempted to gain a coveted bib for the 115th running of the historic grand-daddy of events.

Local runners reported spending a couple of hours or more before they could get on the site. By noon, more than half of the available 20,000 spots had been consumed. Qualifiers who mailed paper registration forms, invitational entries and charity runners are expected to bring the April 18 starting field to roughly 26,000.

CONGRATS to all who got in! It will be interesting to watch how this response will change the BAA qualification standards and/or registration process.

posted 10/18/10, updated 10/19/10

10-TEN-10



Race organizers liked the date Oct. 10, 2010: neat, simple, catchy.

Local multisport athletes traveled throughout the state and country to claim personal bests, Boston qualifiers and Series championships on the triple-ten date. Below we congratulate all of Brevard's athletes for giving it their best all the way to the finish lines!

NO WOOL REQUIRED



They support Team-in-Training but don't always wear purple and although most hold Space Coast Runners memberships, they rarely show up for the races.

This early-rising band of marathon marauders refers to themselves as "Team Black Sheep".

"My wife and I were fill-in TNT coaches for Barry and Michelle (Birdwell) during the summer," said

Bob Rall, the unofficial shepherd of the flock. "Because of our much smaller size, we did a lot of things differently and started referring to ourselves as 'the Black Sheep'.

Although the formal coaching stint ended, several of the Sheep continued training together and - in spite of 4:30 or 5 a.m. start times - continued to grow.

"The name still fits to some degree," said Rall, who has checked off 21 marathons in 17 states toward his quest for the '50 States' marathon moniker. "We are a group of strictly long-distance runners, so we have to start our runs earlier than the SCR group runs. Several of us are members, but we are outside of the mainstream from our mostly faster, shorter-distance friends."

The flock trained for the Chicago Marathon during summer's swelter and hoped that race day would bring cooler pasture.

Instead, the starting crowd was greeted with the unseasonable warmth that has dogged the event in two of the three previous years.



"We train in the heat but we start at 4:30 and don't contend with the sun," said Rall. "The race started at 7:30 and was sunny from the gun. At mile 13, I noticed that I was getting more fatigued than usual. At the next water station I noticed that they had raised the warning from green to yellow and by noon it had changed to red. It was a stifling heat."

After the 2007 race - which was turned into chaos by record heat - race officials were well prepared this year with abundant fluids, ice, sponges and medical support.

Although the heat did hinder anticipated athletic performance, few bowed out. Of the record 38,132 at the starting line, race officials said 36,159 finished, also the highest in the event's history.

Slower finishes did little to deter the Black Sheep experience, however. (Some of the Black Sheep finishers from left to right: Gina Rall, Bob Rall, Charlotte McClure, Tegan Litt, Brittany Streufert, Shane Streufert.)

"We do it for the camaraderie," said Rall. "Naweed (Akram, a Black Sheep member) has a business down here and also owns an Indian restaurant in Chicago. We went over there afterward and he rolled out the red carpet for us. It was special to sit around and share war stories with really good friends."

The Black Sheep welcome new friends. If you'd like to run with them contact Rall at bobrall@gmail.com.

CONGRATS to Chicago Marathon finishers (Team Black Sheep members in yellow) Heather Akram, 19, 4:27:07; Naweed Akram, 54, 5:09:04; Kelly Anderson, 23, 4:15:44; Jeff Barrows, 46, 5:29:26; Chiqui Behymer, 45, 4:47:44; Megan Campbell, 34, 3:57:52; David Cook, 56, 6:20:53; Gregory Halpin, 54, 4:50:09; Jordan Halstead, 45, 4:01:56; Christopher Han, 29, 5:37:27; Cynthia Jackson, 36, 4:49:30; Ronnie Klementowski, 35, 6:29:46; Kevin Litt, 34, 6:03:54; Tegan Litt, 33, 5:09:16; Charlotte McClure, 38, 4:15:13; Mike Mos, 53, 4:30:12; Patti Olszewski, 27, 4:19:22; Juan Pinzon, 44, 4:52:28; Cathie Poor, 49, 5:38:35; Bob Rall, 53, 4:21:42; Gina Rall, 39, 5:09:16; Rachel Rayburn, 28, 5:30:32; Brittany Streufert, 38, 4:47:32; Shane Streufert, 38, 3:36:55; Marie Thomas, 45, 6:19:26; Allan Whitehead, 54, 4:52:53; Scott Wilmont, 40, 3:29:45.

THE SHORT AND LONG OF IT



The Publix Family Fitness Series triathlons and duathlons are sprint races which are usually well run and often offer extra activities such as a 5K or kids' race so the whole family can be involved.

While the events are short, the nine-race season is a long one spanning this year from April 3 through October 10, when the Series Championship was held in St. Lucie's Town of Tradition.

"The best thing about the Series is that you have something to look forward to and train for," said Palm Bay's Sue Stidham, left, a speedy swimmer who started doing triathlons 15 years ago. "Normally I set a big race goal for April and then don't do much else after that. Having a sprint to focus on every couple of months makes you want to keep training."

To be eligible for Series awards, athletes must have completed a minimum of four events and race organizers offered a special price - four for \$200 or \$50/race - to draw some large fields.

With an alluring price and the fact that the events are held in beautiful venues around the state, Stidham and her friends turned the weekend races into mini-vacations.

"We like to gamble," laughed the proud grandmother of an adorable two-year-old who has inherited her 'Granny Sue's' love of the water. "We planned our races in towns near casinos."

Although Stidham placed third Athena in the final race and second overall for the Series, the medals and recognition are not her motivation.

"We are so blessed to be able to go out and do this," said Stidham, who spends most Saturday mornings coaching kids in Special Olympics. "I had a lot of friends who aren't alive anymore. You have to appreciate everything that God gives you."



CONGRATS to all of the local race number nine Family Fitness Weekend triathlon finishers Garry Branch, 1:05:41; Liz Cerow, 1st 55-59, 1:10:32; Kevin Murtha, 1:13:43; Sue Stidham, 3rd Athena, 1:19:53; Teresa Williams, 2nd Athena, 1:12:52. Family Fitness Weekend duathlon finishers Sean Black, 3rd Master (40+), 53:22; Roger Travis, 1st 50-54, 53:39; Dorothy Wells, 3rd Masters, 1:10:10.

Family Fitness Weekend **Series Triathlon champs** Garry Branch, 4th 50-54; Rob Downey, 1st 60-64, left in middle; Sue Stidham, 2nd Athena; Teresa Williams, 1st Athena. Family Fitness Weekend **Series Duathlon champs** Roger Travis, 3rd Master; Dorothy Wells, 1st 50-54.

SCREAMING THROUGH SCRANTON