



MONTHLY NEWSLETTER

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Beaufort Ironman Club Adds Three More:

On October 23, 2004 Dr. Doug Thompson, Mandy Barnes (Physical Therapist), and Kevin Green (Physical Therapist Asst.) joined an elite club in Beaufort and in the nation. They completed "The Great Floridian: Ironman distance triathlon. in Clermont Florida.

The task took 16:55, but it was completed. "We took what is normally an individual sport and turned into a team event. By supporting each other throughout the race (2.4 miles of swimming, 112 miles of biking and 26 miles of running) we all made it through. I was moved and motivated by Mandy and Dr. Thompson throughout the race. Mandy actually sprained her ankle early in the run, but gutted through it and ran on. What struck me more than anything was how much they appreciated their families support throughout the training and race day." said Kevin Green. Mandy Barnes crossed the finish line hand and hand with her 2 children Jackie, and Ben. Her husband, Ben sister Melissa, and brother-in-law David all waited anxiously at the finish line.

Dr. Thompson finished with his wife Allison and Medical Assistant Mary waiting with open arms. Thompson wasn't just racing for bragging rights, but also for Leukemia Society's "Team in Training". Dr. Thompson didn't just become the first "Team in Training" athlete to complete an Ironman distance race for the cause, he did it 35 minutes faster than expected and raised \$2000.00 more than planned. Before race day he had reached almost \$7,000.00 in contributions.

"We were never alone in this event. We had the support of John and Jenny Feeser from Low Country Bikes. We also had experience on our side even though none of us had ever completed an Ironman distance race we had the advice from other Beaufort finishers like Yogi O'Connell, Jodi Joy, Kate Blaske, Pete Burvenich, Mike Griffin, and Doug Crowley. All of the above stated either had a knowledge of the course or were experienced Ironman racers. I felt comfortable with the science of the race which includes a race schedule, nutrition, and training, but the art has to come from experience. We really appreciated their words of encouragement and advice" said Green.

The tri'ing trio are not the first one's from Beaufort to finish an Ironman distance triathlon, and most assuredly will not be the last. The Beaufort YMCA located in Port Royal, along with Carolina SportsCare and Physical Therapy of Beaufort, and Bluffton have begun a triathlon club which will include bike fittings, open water swim clinics and running evaluations. For more information on the YMCA Triathlon Club and upcoming events contact Charles at (843) 522-9622.