



The TriROK Foundation

Swimming + Biking + Running = Healthy Families

Summer 2011

Newsletter

Recent studies have provided mounting evidence that many indicators of children's health are clearly linked to the activity level and lifestyle of their parents.

That's why our programs operate on the principle that the most effective way to get and keep children healthy and fit is to help their parents become active, healthy role models themselves.

Undertaking this journey as a team brings families together and makes all their members stronger – inside and out!

"The greatest accomplishment is not in never falling, but in rising again after you fall."
— Vince Lombardi

On July 16th, TriROK ran its first ROK-A-5K Road Race, Kids ROK-Off Triathlon and the Families Get Fit Festival at Patton Park, Hamilton, MA. It was a great day, full of activities, fun and accomplishments.

We are celebrating with a Special Edition six-page Newsletter.

All young triathletes deserve a big CONGRATULATIONS!! Whether it was your first triathlon or if you are a seasoned triathlete, you did an outstanding job on Saturday the 16th and should be very proud of yourselves. The same can be said of all the runners that ROKed at the 5K, especially all of you first-time 5K runners. It was a beautiful course and many of you set new personal records!

We are so very proud of all of you! Hopefully you enjoyed participating as much as we enjoyed watching you compete! You all have some serious bragging rights now and hopefully you are still showing off your awesome finisher medal to all of your friends!

We would also like to recognize all the Great Oak Triathlon Club members who participated on the Kids ROK-Off triathlon. You all worked hard and we were proud to get to work with you as you achieved your goal and were inspirational to many other children.

If you participated in either race but couldn't stay to get your trophy or didn't get a medal, both can be picked up by emailing info@trirok.org.



We hope you had fun and don't forget to check the pictures and video of the event. We've included extra pages of pictures in this newsletter so you can relive (or see for the first time) the fun with us!

Thank you so much for coming out for our Families Get Fit Festival. We hope you'll continue to help us get the word out about our programs throughout the year. We will soon be taking applications for our 2012 FamiliesTRI Program so visit our website if you or

someone you know is interested...and you might just find yourself starring in these pictures next year!

April Bowling
Executive Director

TriROK is sponsored by



Thank You to the Volunteers that Made Our
FAMILIES GET FIT FESTIVAL Possible and to the Board Members for Putting Together Such an
 Extraordinary Event.

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You guys ROK!

**Nicole Prince, board member and one of the original TriROK members,
talks about her first triathlon experience:**

Just 5 years ago, I wouldn't have even been able to list the sports in a triathlon. Now, I can tell you what it feels like to race in one. Or, at least I can try to tell you... because it really is an almost indescribable experience. There are feelings of excitement, enthusiasm, and camaraderie which are nicely balanced with feelings of fear, apprehension, and solitude.

I remember my first triathlon and the days leading up to it vividly. My friends, fellow first-time triathletes, and I did our prep workouts together. The night before the race, we met for an early pasta dinner. We talked about what to pack in our race bags and how we would set up our transition areas. But most importantly, we talked about how hard we had worked to prepare and how we were so ready to do this race!

As part of my prerace-day preparation, I practiced my transitions in my bedroom. I put on my swimsuit, hopped in my shower, and timed how long it took me to dry off, put on socks, sneakers, shorts, tee-shirt, sunglasses, and bike helmet. My kids watched with bewilderment not knowing what to make of the awkward and bizarre scene. They laughed and I hustled and after several repetitions, I felt a bit more comfortable with transitions. (Since my first race, I have pared down the number of items I need to put on during transition – that helps to make things faster!)

The morning of the race, Mother's Day, 2008, I set the alarm for 4:30am. Not that I needed it; I was awake much of the night before. A thousand thoughts swirled in my head. I felt unprepared even though I had trained and practiced for months. I was afraid of the time trial start swim. What if I swim too slowly? What if I go out too fast and need a rest half way through? What if I bump in to someone else and ruin their race? And if I make through the swim, I still have to contend with the bike. I hoped and prayed for the weather to stay nice and dry. I also hoped and prayed I wouldn't fall, crash, or get lost.

Once I finished the bike, all I'd have to do is run. Just move one foot in front of the other. Not too bad. Of course, no one wants to be last...so I'd better move one foot in front of the other as fast as I can! That makes it a bit harder.

Much of the actual race is a blur. I know I did it – there are pictures to prove it. My family came to cheer me on. I cheered on my friends. We all finished. We high-fived and hugged. We were relieved and proud. And then we all celebrated Mother's Day together with pizza and cake and great stories.

Since then, I have done other races. I have swum in choppy open water. I have lost my chain going uphill in a race. I have biked in pouring, driving rain. I have run in the hot, hot, summer heat. I have come in last. The pre-race nerves never go away, but neither does the post-race glow.



Original Team TriROK after their first triathlon

More Team TriROK:

On left, TriROK at their first 5K.



On right, running the Tufts 10K together for the first time.



The Grace of the Gradual

Anyone who knows me knows that patience is not my virtue. Productivity - yes. Patience - no. Yet even I can acknowledge that the most permanent, positive changes are the ones that you have the patience to make gradually.

There is something so appealing about "fresh starts." We love New Year's resolutions. We look to the dawn of a new day. We like to cleave our new ways from our old.

"I'll quit smoking tomorrow."

"I'm eating vegetarian as of today."

"No more sweets for me!"

I should know - I must have spoken that first line to myself about seven serious times before I finally did quit smoking. But in the end, I simply whittled down how many cigarettes a day I smoked, and then used the patch until I didn't smoke anymore. That was it. It was horrible, and it took years before I didn't long for one last drag, but I got it done. Not cold turkey but gradually. I practiced quitting for a long time before I got it right.

The same went for the healthy eating habits that have stuck. Each mealtime became an opportunity of choice. I slowly conditioned myself to ADD good foods first, then to slowly decrease the junk I was eating. Pretty soon, my overall nutrition was pretty darn good.

When we try to jump into something whole hog - whether it is a new nutritional routine, exercise, meditation, you name it - it can get overwhelming, intrude on the rest of our life in unsustainable ways, burn us out, and make us feel intense longing for our old ways.

So if you want to make a permanent and sustainable change, make it slowly. In all the successful lifestyle modifications I've made over the years - thought patterns, nutrition, smoking cessation, fitness, career path - these are the harbingers of victory:

1. Do your homework

Identify the exact change you want to make at this point in time. Say you want to take up running. Talk to others that have become runners as adults. Chat with coaches. Read about running. Define what running means to you. Is it running a mile without stopping? Doing a 5k? Running 20 minutes three times per week? Whatever you decide, come up with a realistic, doable plan for achieving it - A GRADUAL plan.

2. Practice the change

Practice makes perfect. You don't wake up one day and go to work as a neurosurgeon. You study, you watch others, you train using the tools of the trade, and you practice the skills that will make you successful. The same goes for change. Learn from others who have accomplished what you want to do, read up, start thinking about steps you can take and practice taking them.

3. Slowly integrate it into the routine

Want to eat better? Start including fruits and vegetables with all your meals. Replace one of your three diet cokes a day with sparkling water and lemon. Stop eating fast food on weekends. Start skipping desserts on Mondays, Wednesdays, and Fridays. Soon, the healthy becomes habit - but without feeling overwhelming or depriving.

4. Find a replacement

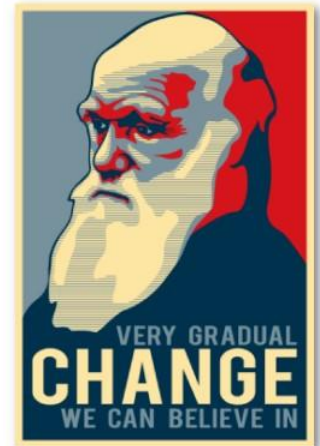
When I was quitting smoking I had to come up with something to do with my nervous energy instead of going outside to smoke. So at work, I began walking around the block - once before work, once at 10:30, once at noon, once at 3pm - all my old smoke breaks.

5. Recognize and accept the reasons for the status quo

To make a change you need to understand why you do (or don't do) the thing you do (or don't do) now. Delve deep. Is a lack of time the REAL reason you don't run? Or is it because you hate the way being out of breath feels? Or because you are afraid of finding out how poor a shape you are in? Or because you think you look ridiculous? Or all of the above? You can't change something effectively that you don't understand.

6. Keep goals positive and realistic and celebrate when you meet them

Here's an example. If you want to lose weight, ask yourself why. Looking good in a bikini is often a weak motivator in the middle of winter. Try to reframe your goals for the long-term. Your goal becomes, "I want to eat well and be fit. Because one indicator of health is body composition, I want to make sure that mine gets into the healthy range."



Now, say you achieved that goal. Say your original BMI was 32 and through good nutrition and moderate exercise you brought your BMI down to a 24. It's human nature for many of us to focus on the fact that we still don't think we look good in the bikini, rather than how amazing it is that we made such huge and positive change and met the goal we set. Don't do it! Don't get sucked into the "moving target" goal. Celebrate the HECK out of your accomplishments. Recognize where you came from before you again change where you want to go.

7. Make like Nike and just do it

That one speaks for itself.

Ghandi said, "You must be the change that you wish to see in the world." Man, that guy had a lot of good quotes! His wisdom extends inwards. Be the change you wish to see in yourself. Live it a little more each day, and soon it will be part of you.



Six Page Special Edition

On a gorgeous morning in mid-July, over 200 athletes ranging from age 5 to 75 competed at the Families Get Fit Festival, TRIROK's signature event at Patton Park in Hamilton, MA.

The Festival started with its ROK-A-5K Road Race, where 115 runners covered the 3.11 miles of beautiful land and scenic views on the USATF Certified course through Hamilton. Participants ranged in age from 10 to 75, and the race was won overall by Alex White, 26 of Somerville, MA, and Kate Hails, 23, also of Somerville MA. The field was very fast overall and many attained personal bests at the event.

After the runners' awards ceremony, the Kids-ROK Off-Road Triathlon kicked off, consisting of 89 kids, aged 5 to 12, completing in the challenging off-road triathlon course.

They swam fast, biked hard and ran strong to the finish line. Winners included Shea Furse (ages 5-6 Girls), Finn Lawler (ages 5-6 Boys), Cara Amorati (ages 7-8 Girls), William Trail (ages 7-8 Boys), Lucy Smallman (ages 9-10 Girls), Duncan Moreland (ages 9-10 Girls), Maggie Barden (ages 11-12 Girls) and Mikey Jeannotte (ages 11-12 Boys). For many of the competitors, it was their first competitive Triathlon, and it was hard to articulate how empowered and proud they (and their parents) felt after completing it. Hopefully these feelings will resonate for a long time.

After the Triathlon awards, the families were able to enjoy the festival. Several vendors were there to help the community with helpful information and demonstrations and products including: KSwiss, New England Running Company, Pinnacle Bikes, Manchester Athletic Club, North Shore Karate Academy, Beverly Hospital, the Open Door Society's Good Food Farm, Inside Out Health and Wellness, Dom's Trattoria, Green Meadow Farms, The Food Project, Partners Healthcare, Hint Water and Pretzelthins.

There was also a Kids Zone that had several activities for kids and families. There were basketball and baseball inflatables, interactive activities at the Open Door Society's Good Food Farm, a planting station provided by Clark Farm of Danvers, a Hula Hoop contest, a 40 yard Dash, an inspirational table and free face painting. The favorite activity was the Dunk the Pros Tank, where professional athletes volunteered to get dunked. Thanks go out to Crystal Anthony, Janda Ricci-Munn, Eric Doe and Jason Morris for making this so much fun for everyone!

We really appreciate the help, support and interest of the community, professionals and all volunteers. Thank you also to the Town of Hamilton and the Fire Department for letting us host this event in this beautiful park.

And because a picture says a thousand words, enjoy the thousands of words that describe our pride!





A Touching Message from the GOTri Team

TriROK was proud to work with Great Oak Elementary School of Danvers as part of our TriAlliances program. We piloted a free triathlon club for 4th and 5th graders. Over 20 students joined and 13 participated in the Kids ROK-Off.

They worked hard with our coaches and their gym teacher, Shawn Gilmartin, for 12-weeks, learning and practicing swimming, bike handling, and run fitness. Every coach who worked with the group was impressed by their dedication and character. They even impressed their Principal, Matt Fusco, who is a seasoned triathlete himself.

"In my job as principal, there are certain events that make this job so satisfying. Seeing a child read for the first time, perform at a musical performance or seeing a child work out difficulties with classmates and problem solve on their own. I rank Saturday's event as one of my favorite moments as principal. To watch 9, 10 and 11 year olds train and complete their first triathlon was nothing short of inspiring and awesome."

Matthew Fusco, Principal, Great Oak Elementary



TriROK on the News!

TriROK has been in the news during the month of July! We couldn't be happier that the word is spreading. Check it out the great articles on TriROK:

Salem News:

[Tri-active: Local nonprofit spurs at-risk families to get in shape](#)

Danvers Herald:

[New Program Given a Try-athlon](#)

[TriROK's ROK-A 5K & Kid's ROK-Off Road Triathlon](#) Video



Click [here for the raffle numbers](#) for the Families Get Fit Festival.

Click [here to view pictures from the races!](#)

Click [here for the RESULTS of the Kids-ROK Off-Road Triathlon.](#)

Click [Click here for the RESULTS of the ROK-A-5K Road Race.](#)

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E-Mail:

info@trirok.org

Web Site:

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The TriROK Foundation
2 John Wise Avenue
Essex, MA 01929

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