



# NEWSLETTER



MANNING & ASSOCIATES  
PHYSICAL THERAPY



ACK Eye  
Dr. Mike Ruby



[www.nantuckettriathlonclub.org](http://www.nantuckettriathlonclub.org)

January 2012

## Athlete of the Month Mike Toole Talks Tri's



At Timberman 2011

**How did you get started?** I became involved through the group rides.... and the informal "meetings" at the brewery. I took interest in all the races/experiences that people had done or were thinking of doing. I resisted Ed's coaxing for many, many years...usually with the same reply: "Are you out of your mind?" Finally I said I might as well try it, there certainly are enough people of different abilities to train with. **What would you like to see from the NTC in 2012?**

I'd like to see NTC continue to put on races, add to the schedule, find some sponsors, and be able to be in the position to donate some money to several island groups. I'd also like to see more social events ...it is hard to get to know someone new on the bike, or under water...or in my case while trying to breath on the runs. **What was your first race?** I finally bought a road bike after years of exclusively riding a mountain bike, and literally my first ride on it was the Tour de Loop several years ago. I thought, no problem... I'm in decent shape, I'll be able to hang if I draft. That was an eye opener... I got dropped in the first two miles. My first Tri was Quassy 1/2 IM last year. Another rude awaking... I was in no way prepared for the run.

**You are officially an IRONMAN! What was your Lake Placid experience like?** People look at me funny when I say it was a lot of fun. The weather was great, the crowds unbelievable. I had no mishaps like flats, blisters or bonking. It was especially nice to come into town several times, due to the course lay out, and see people I knew. I saw Danielle (O'Dell) every time except once, on the bike, when I heard her. Other times I saw Alisa Allegrini, my sister in-law Rachel, my mom....I was surprised one time when this women was running along side me yelling my name.... until I noticed it was my sister. Other people definitely noticed the NTC gear, got many comments. It was also helpful to have one's first name on our numbers, it helped to get up a few of the hills when the spectators were calling you out by name. **What keeps you motivated?** It is just fun to improve. Of course there is a lot of good natured rivalry going on in the group. But ultimately it is a pretty personal thing. It is just you out there during the races.

Of course.... when you see someone in your age group go by it tends to get you going a little.

**What are your race plans for 2012?** Currently signed up for Miami Marathon, Quassy 1/2 IM, Tour of the Battenkill, and IM Mount Tremblant.....probably add something in the fall.

Please check out the training forum on our website!! Join the discussion-offer up training tips, look for a training buddy, share your experiences! Lets make 2012 a great season for the NTC members!

[www.nantuckettriathlonclub.org](http://www.nantuckettriathlonclub.org)

**MARCH 17th St Patty's Day 4 Miler!**  
Walkers start 10:30/Kids Fun Run 10:35.  
Race starts at 11 a.m. \$25 entry fee includes a t-shirt. Starts and finishes at Cisco Brewery. Stay tuned for registration info.

### READY,SET, REGISTER!!

NTC Daffy 5k Sunday  
April 29th  
[www.active.com](http://www.active.com)

Rev3 Quassy Olympic  
and Half Triathlon  
[www.REV3tri.com](http://www.REV3tri.com)

Mooseman Triathlon  
Sprint and Half  
[www.ironmanmooseman.com](http://www.ironmanmooseman.com)

Timberman Triathlon  
Sprint and Half  
[www.ironman-timberman.com](http://www.ironman-timberman.com)

NTC Meetings  
Open to All!!!  
Next Month's is  
on:  
2/13 at 5:30

Meetings are held on  
the 2nd floor of the  
police station in the  
Training Room at 5

CONGDON & COLEMAN  
INSURANCE AGENCY, INC.



THE WESTMOOR CLUB  
nantucket



GREAT POINT  
PROPERTIES

## New Years Resolutions!!!

-Commit to riding and swimming more this coming season with the club.

And to lower my transition times

- Debranne C.

-Shave 10 minutes off my tri time, and 15 off my half marathon

-Tyler L.

-Miami  $\frac{1}{2}$  Marathon: sub 1:50

Canyonlands  $\frac{1}{2}$  marathon: sub 1:50

St. Anthony's Tri: sub 2:35

Eagleman Tri: PR (sub 5:43)

IM Lake Placid: sub 13:00 (that's my big goal!)

NYC Marathon: sub 4:00

-gretchen g.

-Derry,NH on Jan.22,a sixteen miler-The Boston Prep Run. NYC half Marathon on March 18,if possible to run under 2 hrs or at least close. I will attempt the Providence Marathon in May,then perhaps the Niagara Falls cross border marathon in October.

Otherwise drop 10-12 lbs,encourage some newbie runners,participate in the Iron Teams relay and of course the Nantucket Triathlon.

-dave g.

-Keep up with Jake A. during the 6 a.m. Monomoy swims this year!

-heather w



### New Year's Day 5k

Anthony Osogo	19:26
Michael Garrett	19:33
Jake Allegrini	19:48
Peter Hirschberg	21:23
Jason Bridges	22:38
Connor Wallace	22:38
Tom Slade	23:53
Steven Cohen	25:06
Kelly Facteau	25:07
Rich Facteau	25:07
Jane Carbone	25:17
David Glidden	26:20
Jared Smith	26:37
Courtney Nemeth	27:10
Jim Talvey	28:03
Bob Laundry	35:45

The Frosty 4 in Salem, Ma  
Steven Arst 32:38

**GOOD LUCK TO ALL THOSE COMPETING IN THE ING MIAMI MARATHON AND HALF MARATHON!!!!**

**Jim Congdon, Gretchen Cooney, Lisa Danielson, Elle Foley, Terry Kelly, Angus MacVicar, Robin Manning, Ollie Murray, Danielle O'Dell, Raymond Pohl, Wendy Rouillard, Simon Shurrey and Mike Toole.**

110 MEMBERS