



Team FCA Endurance South Metro Atlanta

May 2009

Upcoming Team Events:

- May 9th Gulf Coast Triathlon in Panama City Beach Fla.
- May 16th Peachtree City International Triathlon. Peachtree City Ga.
- June 6th High Falls Sprint Triathlon. Jackson Ga.
- June 27th Indian Springs Sprint Triathlon. Flowilla Ga.
- July 4th Peachtree Road Race. Atlanta Ga.

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South Metro FCA Endurance in Full Swing!

Saturday, April 25th marked a monumental day for the FCA Endurance South Metro Atlanta team. Mike Roby was able to lead in an opening prayer for over 500 triathletes during the John Tanner Sprint Triathlon. It was an amazing thing to be able to take on the opportunity to pray for the safety of the many athletes and their families. The triathlon was the first of the season for both Mike Roby and Doug Delzell who both were able to set personal records in the event. Mike Roby finished at an amazing one hour and seven minutes, Doug Delzell took one hour and twenty three minutes. Both athletes agreed that they found the course to be very challenging, and yet both felt great after the race. FCA Endurance South Metro was also able to set up a tent at the first water station on the run where Lora Roby and Donna Delzell provided cups of much needed water for the athletes as they



entered the run portion of the race. After the race ended we were able to make lots of contacts and meet with a lot of people who took the time to stop by to tell us what an answer to prayer we were. One gentleman took a picture of the team banner and shared that he was going home to share with his wife how God has answered their prayers by sending FCA

Endurance to the event. We are thankful for the open doors God has provided in just the short time of our team's existence. We look forward to the next triathlon where God may get the glory of our efforts and be able to spread the good news to other athletes and spectators alike.

A Special Thank You to Our Sponsors

We would like to take an opportunity to thank our sponsors for the amazing support that you all have given. When we unveiled our new banner we all were so proud to see the names of each sponsor that stands behind the FCA Endurance South Metro Atlanta team. We look forward to promoting your business in a positive light as we

showcase our banner at every possible event. For local races and community events we have had shirts printed as well to promote our sponsors as well. We would also like to thank Chuck Dunlap of Blue Sky Sports for allowing us to team up with them at the Tri the parks events this season.



Above - Back of practice shirt showing a few of our sponsors.

Brenda Herrington Races Cohutta Big Frog 65 Mile Race



Brenda Herrington (left) finishes the 65 mile Big Frog event in 7:11:40

The Big Frog 65 mile race is one of the National Ultra Endurance Series mountain biking events. This event is a race of a mix of fast moving rolling terrain and big climbs. There is significant elevation change throughout the course. There are about 35+ miles of single track and the remainder is forest service roads. (Very beautiful, scenic route) This year Brenda and Paula (pictured at left) competed in the Big Frog 65 mountain bike race. The day showed up with great weather and a ton of

excited cyclists. They were really just out for a good mtn. bike ride; with no 'accidents or incidents'. Brenda stated that the course had more climbing than she anticipated, but was able to handle it very well. During the climbing, it was great conversation with Paula, as well as others such as Tom, Steve, Michael (East Tennessee) and Gregory (a tri guy from Memphis). Brenda says she had a handful of folks that said they liked her FCA jersey and one that said, 'hey I got one of those too'. Brenda

reported that there was one mishap with a wrong turn (along with about 2 dozen or so other folks), took our time at the aid stations, and ended up proudly with a little over 7 hours. Brenda is no stranger to this race, both her and Mark Herrington have been regulars in both volunteering and participation. This year as Brenda took to the trail Mark was there working hard at the aid stations. Another great day and effort from Mark and Brenda Herrington.

Every Monday evening starting at 6:00 PM our team sponsors the FCA Endurance training ride out of the McDonough Trek store.

FCA Endurance Monday Training Rides

The south metro area is filled with cyclists of all abilities and levels. Although there are several group rides in the area for the casual cyclist to enjoy, there has really never been an option for those cyclists who wanted to push themselves to get stronger. That is where the idea came up to provide a training ride that could reach out to the more serious riders in the area. Every Monday evening starting at 6:00 PM our



team sponsors the FCA Endurance training ride out of the McDonough Trek store. Currently there are two levels of rides to choose from. There is an option for a 22mph-25mph

training ride or for those working towards getting to that level we also offer an 18mph-21mph training ride. These rides are designed to improve in all areas of cycling. Both speed and endurance are the goal here. Currently the ride is approximately 27 miles with an option at the finish to take on a 2-3 mile run. The rides have become very popular as they are challenging and the cyclists are encouraging.

Jeff Foxworthy with Casting Crowns Fundraiser



Jeff Foxworthy

Back on March 12th the FCA Endurance South Metro Team was able to volunteer their time at a Jeff Foxworthy fundraiser for the FCA (Fellowship of Christian Athletes) in order to raise money to help reach kids for the cause of Christ in the local schools. We were blessed to be able to be a part of something as special as this within our community. The evening opened with the contemporary Christian band Casting Crowns. Lead singer

Mark Hall has always been a big supporter of the FCA organization. After Casting Crowns finished Jeff Foxworthy did not disappoint. His comedy had many bending over laughing till they soon had pains in their side from laughing so much. What was so amazing beyond all of the wonderful humor was the testimony Jeff Foxworthy shared with the crowd. He was able to lay out the plan of salvation clearly to everyone in attendance. The fundraiser

was considered to be a great success as the event was able to bring in a profit of over \$40,000. We look forward to being able to team up again on such a great fundraising event.



Casting Crowns

FCA Endurance Takes Part in the Georgia Cup Time Trials

The Georgia Cup Time Trials consist of a near 20 mile out and back route where cyclists start every 30 seconds and then push their hardest to reach the finish line in the shortest amount of time they can. Recently FCA Endurance participated in a couple of the time trials. On April 18th Mike Roby, Brenda Herrington and Doug Delzell raced in Gainesville Ga. Brenda Herrington

took 1st place in her division with an average speed of 22.35 mph. Mike Roby finished with a strong 23.92 mph average. The race was the first of this type for Doug Delzell who finished with an 18.22 mph average. On May 2nd team members Mike Roby and Doug Delzell traveled to Juliette Ga to race in the 4th Time Trial in the series. The course was one of the most demanding courses as

it was full up nothing but up hills and down hills the entire route with no level ground to be found on the course. Mike Roby finished with a 22.3 MPH average and Doug Delzell managed to maintain an 18.2 MPH average which was good enough to take first place in the novice division.



FCA Endurance South Metro Teammate Doug Delzell



Doug Delzell

One afternoon in the summer of 2007 I found myself out of breath carrying in the groceries and looked at my youngest daughter and realized I needed to do something to get in better shape in order to have a more enjoyable lifestyle with my family. My wife and I joined the local Gold's Gym where I was introduced to a couple of

local athletes who took the time to invite me out to run and cycle with them a couple days out of the week. Soon this became something I was passionate about. I began to add the swim to my training and before I knew it I had decided to compete in a few triathlons. After finishing several events last summer in my first year of competition I decided that I would reach beyond the limits and set my sights on completing an Iron distance event. The thought of a 2.4 mile swim, 112 mile bike ride, and then finish it off with a 26.2 mile run seems like such a mountain before me but through God's grace and the great friends and teammates on the FCA Endurance team I will complete this task! I enjoy each day looking forward to meeting with all my great friends as I gain much

needed wisdom and insight from each one of them. They have all helped me to dig deep inside and be all that God has created me to be. Before becoming a member of FCA Endurance you must agree to the Team FCA Endurance creed (shown on page 4) I often look back at the creed and each day renew that challenge to "strive, strain, to stretch and to succeed in the arena of competition. I am a Christian competitor and as such, I face my challenger with the face of Christ." I have really honestly come to believe that nothing is impossible with God in my life. I hope to improve in all aspects of my training. A special thanks to all of my Ironmen and Ironwomen teammates that constantly pour their efforts, time and knowledge out for me. Without all of you I would not be here today!

**"through God's
grace and the
great friends
and teammates
on the FCA
Endurance
team I will
complete this
task!"**

Hour of POWER! Every Other Wednesday at A.M.S.

Every other Wednesday night several members of the FCA Endurance Team make there way down to Atlanta Motor Speedway to engage in what is called the Hour of POWER! This consists of over one hour of pure speed and adrenaline.

The cyclists line up for a warm up lap (2.2 miles) and then it is all out hard pedaling until the time is reached. Speeds usually average 25-26 miles per hour during these rides, but if you are a slightly slower rider you can catch back on as they pass.

After the ride is complete many will lace up their running shoes for a quick 2.2 mile run one lap around the track. For those who feel "the need for speed" come and try your own hour of power.



Brenda Herrington, Chris Gower, and Mike Roby leading the way at AMS



Bulldog Marine
888-395-8566



Allstate Ins.-Mike Roby
770-954-0136



Steel LLC, Ga.
404-292-7373



Coosemans Produce
404-366-7132



US Planning Group
770-395-9595



LAWSON GROUP, INC.
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ENDURANCE FUELS

Why Do You Race?

The Competitor's Creed

*I am a Christian first and last.
I am created in the likeness of
God Almighty to bring Him glory.
I am a member of Team Jesus Christ.
I wear the colors of the cross*

*I am a Competitor now and forever.
I am made to strive, to strain,
to stretch and to succeed
in the arena of competition.
I am a Christian Competitor
and as such, I face my challenger
with the face of Christ.*

*I do not trust in myself.
I do not boast in my abilities
or believe in my own strength.
I rely solely on the power of God.
I compete for the pleasure of
my Heavenly Father, the honor of Christ
and the reputation of the Holy Spirit.*

*My attitude on and off
the field is above reproach-
my conduct beyond criticism.
Whether I am preparing,
practicing or playing;
I submit to God's authority
and those He has put over me.
I respect my coaches, officials,
teammates and competitors
out of respect for the Lord.*

*My body is the temple of Jesus Christ.
I protect it from within and without.
Nothing enters my body that
does not honor the Living God.
My sweat is an offering to my Master.
My soreness is a sacrifice to my Savior.*

*I give my all – all of the time.
I do not give up. I do not give in.
I do not give out. I am the Lord's warrior –
a competitor by conviction
and a disciple of determination.
I am confident beyond reason
because my confidence lies in Christ.
The results of my efforts
must result in His glory.*

**LET THE COMPETITION BEGIN.
LET THE GLORY BE GOD'S.**

To learn more about FCA Endurance visit us on the web
www.fcaendurance.com