Team FCA Endurance South Metro Atlanta

www.endurancesmat.com

Upcoming Team Events:

- August 22nd Peachtree City Sprint Triathlon. Peachtree City Ga.
- September 27th Ironman 70.3 Augusta Augusta, Ga.
- October 4th 13.1 Atlanta Half Marathon Atlanta, Ga.
- October 24th The Great Floridian Iron Distance Triathlon Clermont, Fla.
- November 7th IMFL Panama City Beach, Fla.

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August 2009

FCA Endurance South Metro Runs the Peachtree Road Race

As the morning sun began to rise above the Atlanta skyline over 55,000 runners laced up their running shoes to participate in the worlds largest 10K road race. Among the huge crowd of athletes you could find three of our very own FCA Endurance South Metro teammates. Brenda Herrington, Doug Delzell and James Hebebrand. The weather was great for such an event with the temperatures staying in the comfortable mid 70 degree range. The start of the race was mostly down hill for the first 3 miles but the challenge was trying to get through the mass of runners in front of you. You could almost call it a rolling road block for the first 2 miles but after that things opened up enough to allow you to hit your stride. The sides of the street were filled with cheers from all of the people who came out to enjoy the atmosphere. By the end of the race it seemed that 47 minutes was the time of choice for FCA Endurance South Metro as Brenda Herrington crossed the line at 47:13, James Hebebrand was 47:27 and Doug Delzell 47:29. Looks like stiff competition between the team members. Let's see how hard they can continue to push and encourage each other! Great Job FCA Endurance South Metro.

Three team members grab awards at Macon Rock N' Rollman Triathlon

Saturday, May 30th was a banner day for the FCA SMAT team. Chris Gower, Brenda Herrington and Mike Roby took the short trip south to participate in the Rock N' Rollman Sprint Triathlon and Half Ironman Triathlon. Chris and Mike tackled the sprint portion while Brenda went after the half.

Chris and Mike made their way through the swim and then showed that their bike training has paid off. Both members were in the top ten on the bike portion of the event. Both guys were strong on the run. When it was all said and done Chris placed 1st in the 35-39 age group and 12th overall with a time of 1:21:38. Mike was right behind as he placed second in the 35-39 age group and 24th overall with a time of 1:24:19. (See picture for proof of the wins.) While Mike and Chris recovered, rehydrated and rested Brenda continued her half iron. Brenda made her way though the swim and then jumped on the bike where she showed (like Chris and Mike) that those team rides are paying off. Brenda finished the bike portion in 2:35:44 - the fastest of any female! She finished the run and the race with a big smile (see picture). Her 5:14:22 finish time placed her first in the 40-44 age group and 8th overall in the women's division.

Can't wait for the next newsletter to see what is going on with FCA Endurance South Metro Atlanta? Be sure to log on and see what is happening each week by visiting our website at www.endurancesmat.com

High Falls Sprint Triathlon; Brenda grabs more hardware !

Brenda finished with a time of 1:14:02

Gower and Roby finish 6th and 7th in the men's 35-39 age group

Saturday, June 6th saw almost the entire team compete at the Tri The Parks Sprint Triathlon at High Falls State Park. The race marked the largest turnout yet for the entire tire. Competing in the race was Chris Gower, Mike Roby, Mark Herrington, Brenda Herrington, Lindsey Partain, Noah Gower and Doug Delzell. Helping out at the FCA tent was Lora Roby, Donna Delzell and Scott Horton. The team also cheered on Steve Harmon, a youth pastor out of Dawsonville who was competing in his first triathlon. Another week, another win for Brenda. After winning her age group last week in Macon, she turned in another great performance to grab first place in the female masters division. Brenda finished with a time of 1:14:02. She turned in another stellar performance on the bike, posting the best overall bike for all female competitors. Brenda and Mark's daughter Lindsey also grabbed some hardware. She finished first in her age group (14& under) with a time of 1:47:54. Chris and Mike had strong swims and worked together on the bike and ran strong to finish 6th and 7th in the mens 35-39 age group. Chris finished with a time 1:11:29 and Mike finished with a time of 1:15:18. Doug, competing in the largest age group men 40-44, completed the race with a time of 1:25:12. Mark competed with Chris' son Noah in the relay division. Mark did the swim in 16:03 and then Noah took over to compete in the bike and run. Together they completed the race in 2:11:03. Steve officially became a triathlete when he crossed the finish line in 2:02:04. Congratulations Steve! All team members wish to thank those who came out and supported the team. Many people noticed the FCA tent and thanked us for being at the race. The race was preceded by a prayer, which was led by Doug.

Roby places at West Point; Delzell run the mountains

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

June 13th Mike took off to south Georgia to take part in the West Point Lake Sprint Triathlon. The race was delayed due to the race directors having to find the swim buoys that were blown off the lake from storms that came through the area the night before. Once the race started it turned out to be a great day. Mike had a strong swim and transition to the bike. Within the first 4 miles Mike took the overall lead on the bike and came to the run transition with the overall lead. Mike held the lead until the turn-around point (mile 1.5) when a group of stud runners came past Mike. Mike ended the day with a 7th place overall finish and a 2nd place in his age group. Mike also had several racer's approach him about FCA Endurance after the race which made the highlight of the day!

Doug took a trip out to Denver Colorado to run the Rocky Mountain High Half Marathon. This was his first time running in the high altitude and was not sure how well he would perform. At the start of the race Doug felt strong and stuck with the front pack for the first couple of miles running at just over a 6 minute mile pace. shortly after the 2 mile mark the taste of the first hill reminded him that the thin air could come into play as the race progressed. Doug pulled back and pretty much kept a 9 minute pace from that point on and finished with a time of 1 hour and 55 minutes. Over all it was a great race and one of the most scenic of all his races.

Chris Gower places first in age group; 6th overall at Callaway

June 20, 2009 - Chris headed over to Pine Mountain for the Callaway Gardens Sprint Triathlon. The race is a shorter sprint distance with a .25 mile swim, 9 mile bike and 2 mile run. Chris took on this race in order to go down and support a friend of his that he has encouraged along the way. Chris had a great showing as he finished in 44:48 to place first in his age group and sixth overall. It is part of the focus of the FCA Endurance South Metro Team to reach out to others and introduce them to the sport and be an example along the way. Out team is very proud to have Chris leading the way on both fronts!

FCA Endurance South Metro Teammate Chris Gower

Chris Gower began his introduction into the sport of triathlons just over 9 years ago after seeing an article in a magazine that was laying around. Chris decided that the thought of competing in a triathlon would be a good challenge and since he played lots of basketball his fitness level was ready for the challenging event. Chris signed up for his first triathlon which took place in Carrolton Ga. Chris looked around at all of the competition around him and tried to size them all up., thinking to himself who he thought was beatable and who might be a challenge for him. Chris was certain that some of these athletes would be easy for him to beat in this his first triathlon. He quickly found out during the first sixty meters in the swim that he had a lot to learn and much more training to do as one of the women he sized up earlier as not having any chance of beating him came swimming by him easily as he was already trying to turn on his back for a breather. Fast forward 9 years to this present time and several top finishes along the way and you will find Chris giving all he has to perform at his very best. Chris is one of the top finishers in every race he enters. Chris has earned the respect of his teammates who constantly seek out Chris for knowledge and advice as to how to better prepare for their races. Chris Gower is not only a top athlete in the sport, but a top person of great character in life who realizes that by putting on the FCA Endurance jersey you are representing Jesus Christ. Chris is a man of God and an inspiration to us all.

"He quickly found out during the first sixty meters in the swim that he had a lot to learn and much more training to do "

Savannah Team Joins South Metro at Indian Springs Tri

Saturday, June 27th brought another race day for Team FCA Endurance. 10 members and volunteers made the short trip to Jackson, Ga. for the third race in the Tri the Park's Series. We were also excited to be joined by our sister team from Savannah, Ga. which brought 11 of their own to race and volunteer with us. The day was HOT and the times were even HOTTER. All racer's had a great day and great times. Brenda from the SMAT team had a 2nd place in age group finish while two other ladies from Savannah also placed top 3 in their respected age groups.

After the race the two teams cooked-out and stayed around for some fun. We are thankful to the Savannah team for making the trip and hope to meet up again soon.

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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.

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