



MAY 2023
(52)

Clermont Triathlon Club

Don't Underestimate Yourself!



CTC MONTHLY SOCIAL



Suncreek Brewery
790 W. Minneola Ave
Clermont, FL 34711

Thursday,
MAY 4TH
6:00PM
RUN/
SOCIAL



SPOTLIGHT MEMBER

MEET CTC MEMBER ANTHONY MARTIN

Hometown:
Spokane, Washington



How did you become involved in the sport of Triathlon?

I remember the first time I witnessed a triathlon event was an Iron-man race in Kona Hawaii years ago. Fast forward, I was heavy into Crossfit, but I could not compete due to mobility issues. It was then when one of our gym members informed me about the Clermont Triathlon Club. The first person I met was Josh Castleman and asked if I could become a member, from there is when my journey began.

What does a typical week of training look like for you?

My weekly training is scheduled by Coach Robin Santos. At this time I knew that I wanted to pursue becoming an Iron man. Mondays are my Recovery which consist of swimming and stretching, Tuesdays are 15 mile bike and 3 mile run, along with leg weightlifting. Wednesday 2000 swim and upper body weightlifting, Thursday is repeated Tuesday with a 2000 yd swim. Friday open water swim. Saturday 30 mile bike, open water swim, and Sunday long run, open water swim.

How do you like to spend your time when you are not doing tri-related activities?

I mostly spend my time outside on Tri Training, scuba diving, or traveling.

What is something that not many people know about you?

Is that I lived in Germany for 18 years and I speak German.

Keep up the Great work Anthony!



SPOTLIGHT MEMBER

MEET CTC MEMBER KRISTIN FANCSALSZKI (SCHMELZ)

Age: 49

Hometown: Chicago, IL

How did you become involved in the sport of Triathlon?

I made a turn of the millennium new year's resolution of doing a tri. I'd been a lifeguard and swimming was the least scary part, which is unusual for this sport. I'd done a report on the report in high school and thought it sounded cool. I did 5 sprints that summer of 2000.

What does a typical week of training look like for you?

Lately the training has been hitting Lake Gators twice a week and now that it's warmer, we'll hit Waterfront Park or Lucky's for an open water swim. I get in a long bike ride on the path on the weekends, since the path literally cannot be more convenient for me. I walk with the Dash Run Group on Wednesday nights and with Coach Jeff's Monday and Thursday night group. And I try to hit the weights with Shelly Linder once a week.

What are some goals you have accomplished and what would you like to accomplish in the future?

I completed Ironman Louisville in 2016. That day had perfect weather, a 90 minute PR and amazing race photos.... It was a mic drop moment. It was also my last tri due to some moves and just life. 2023 will be my first triathlon since then. St. Anthony's. I'm also going to be doing Swim for Inclusion – hoping to do the full 10k. And we're thinking about a 5 mile Open Water Swim in the US Virgin Islands next year.

How do you like to spend your time when you are not doing tri-related activities?

Kayaking, watching movies, watching Cubs games, scuba diving and petting all the doggies.

What is something that not many people know about you?

Most CTC members probably don't know my day job is in HR Information Systems & Reporting. Legally, my last name is still Fancsalszki and since we have 4 Kristins in my department, I go by "KFAN."

NEW MEMBERS



Aiden Fox

Emilia Fox

Crystal Bernal

Mario Littman

Christine Matthews

Bennett Stiller

CTC KUDOS



JAZZ LUND

completed the
runDisney
Springtime Surprise
Challenge, 19.3 miles
and even "ran into"
Debbie Rosa who
was doing bike
medic duty all three
days on the course!
Shout out to Debbie
for keeping all the
runDisney runners
safe all season!



CTC KUDOS



Carolyn Dewalden completed the Crook Fools run 15 mile trail run on April 1st.
Melinda Smith rocked the 50K trail run!



Anne Beninghof completed her first half-marathon with a 2nd place Age Group Finish at the Run Your Buns Off race in Hawthorne, FL!

CTC KUDOS



Steven Gonzalez and Tony Cardoza swimming at National Training Center.



Steven Gonzalez and Tony Cardoza at Sunset Triathlon!



Beautiful Sunrise at Lake Louisa State Park!

CTC KUDOS



New Member - CHRIS MATTHEWS -
Starts out strong with a 2nd Place Finish!



Anthony Martin got a PR in all three
events in the Cocoa Beach Triathlon



Andres Botero (picture 3) got a PR in the St.
Anthony's Triathlon (International distance changed to
Duathlon). He got a PR in the 1.5 mile run 10:29
(7:09 pace), bike averaged 19.1 mph, and then 10K
run 52:31 (averaged 8:26 min. miles).



Anthony Martin PR'd in the Public's 10K with
a time of 58:54 (averaged 9:40 min. miles)

CTC KUDOS



Bennett Stiller finished the 200-mile bike ride across FL yesterday with averaging 20.6 mph and riding a total of 204 miles in 9:55:13.



Debbie Rosa and Todd Fedorovich get 1st place in their Events at the Lake Minneola Sunset Triathlon - Way to Go!

CTC KUDOS



JACOB SMITH COMPLETED THE SEA TO KEY
200 MILE ACROSS THE FLORIDA!



Josh Castleman
2nd Place Finish



David and Heike
Neumann

CTC KUDOS



Toni Richardson
Does it Again!



Look at those Happy Faces!



Team Dinner before St. Anthony's Tri that
turned into a Duathlon



Graham is hooked on Triathlons!

CTC KUDOS

Tony Aseere completed a long run at the Boston Marathon with this guy!



Tony got a new course PR despite the tough conditions of 3:13!



Before St. Anthony's

Kudos to David Neumann as he continues to improve his race times with dedicated training and hard work!



CTC KUDOS



David Neumann gives kudos to Steven Gonzalez who not only showed up to support him on the Earth Day run early in the morning, but had a strong comeback after his knee surgery just a few weeks ago.



Steven won 2nd AG at the Minneola Sunset Sprint Triathlon that same afternoon!

CTC KUDOS



Elena Smith raced the Sunset Tri and placed 2nd in AG. She gives a shout out to the ENTIRE CTC for being so amazing, supportive, and encouraging!



Thank you to our very own Barry- safety first - Berland for giving a quick tutorial on Spectrum News13 on how to avoid crashes when riding and the importance of a helmet and bike lights.

CTC KUDOS



HEIKE NEUMANN

Congratulations to Heike -don't be foolish- Neumann for getting her USAT Referee license! She made her first appearance as an official already this past weekend at the Lake Minneola Sunset Sprint Triathlon. And sure enough - one of our club members misbehaved and had to be reprimanded. (Out of respect for said individual's privacy, we have defaced him on the picture, so no one can recognize him.)

DON'T MESS WITH THE REF!

GABBI SUVER BREAKS 10 HOURS IN 2ND PRO RACE!



Gabbi Suver broke 10hrs in her 2nd full pro Ironman race with a 9:55:05 PR at Ironman Texas! Shaved off 5 minutes from my last IM wetsuit swim even though it was not wetsuit legal for pros this race (it was only wetsuit legal for age groupers). Shaved 13 minutes off my best IM bike with a 5:10 and run stayed the same with a 3:24:01.

WELCOME TO OUR NEW SPONSORS!

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THANK YOU FOR SUPPORTING CTC!

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[**Add your upcoming races to our CTC Race Planner:**](#)

[Be Sure to Add Your Races to the Planner - Click here!](#)

Member Merchandise

In addition to the swag you get upon joining or with a full renewal, you can purchase hats, magnets, swim caps and t-shirts at Dash Sports in Downtown Clermont.

New Members will receive their Membership Card by mail

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For any questions, concerns or feedback regarding the newsletter, please contact our

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