

GIMMY

SUMMER 2014

A QUARTERLY PUBLICATION OF STUMPS "R" US
A WHIMSICAL SUPPORT GROUP OF CHEERFUL CRIPPLES
WHO CAN ANSWER ALMOST ANY QUESTION YOU MIGHT HAVE
ABOUT LIFE WITHOUT ONE, TWO, THREE OR FOUR LIMBS.

NYC TRIATHLON...HERE I COME ! by Keiron McCammon

Back in 2008 I signed up for my first Triathlon at Pacific Grove, a 1.5km swim, 40km bike & 10km run. I'd not done any endurance type sports in my life up to that point and while I wasn't exactly unfit it felt a daunting challenge...to complete my first triathlon. This was 2 years after losing my arm in a paragliding accident. After contemplating doing a marathon or cycle event, triathlon seemed the ultimate challenge for someone with one arm... swim, bike & run...what fun!

I remember my first training session with Team in Training. I turned up at the pool with my mountain bike. I hadn't really been swimming since my accident and front crawl had never been my favorite stroke prior. However, in the pool I jumped, struggling to swim 30 lengths. Then off for a 50 min bike ride. I had to stop after 20 mins and rest for 5 mins before heading back...not a great showing. Later in the season I was so proud I had run 5 miles in an hour, the final "long" run in preparation for race day. I'd never run that far before. And race day was a huge achievement, 3 1/2 months of training and 3 hrs 23 mins to cross the finish line.

Fast forward 5 years, one bike accident, many Half Ironman triathlons, century bike rides, marathons and 2 full Ironmans later and what a difference. After completing Ironman Lake Tahoe end of last year and moving to New York City from California beginning of this year, I thought I'd take things a bit easier and entered for the NYC triathlon this August. Going back to where I started distance-wise, it's just a 1.5km swim in the Hudson River, a 40km bike ride along the West Side highway and a 10km run in Central Park.



And it's that "just" that caused me to pause and reflect. What had seemed so daunting then I now viewed in a whole new light, in contrast to the time and energy to train for a 140.6 mile Ironman, training for the NYC Triathlon felt like a respite... only a 2 hour bike instead of 6 or 7 hours at the weekend...no problem.

Sometimes it's good to look back and marvel at how we've grown, the progress we've made. How far have you come...why not go celebrate a bit?

P.S. I'm raising \$2000 this year for CHALLENGED ATHLETES FOUNDATION to help provide opportunities, support and financial assistance so those with physical disabilities can pursue active lifestyles through physical fitness and competitive athletics.

<http://www.challengedathletes.org/nyctri2014/keironm>