

The following is from Charities Challenge's weekly CC Training Times e-news for week of July 3, 2006 written by Gary Westlund, CHARITIES CHALLENGE Founder & President Certified ACSM Health/Fitness Instructor & USATF Level II Coach:

***Congratulations CC's first Triathlete Steve Gerber!***  
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Saturday, July 1, Steve completed his first-ever Sprint Triathlon at the Minneman Triathlon in northern Anoka County's Lake George Park area.



Saturday just happened to be the third anniversary of Steve's first knee replacement.

Congenital degenerative joint disease and advanced arthritis of his knees served as his "challenge". Those surgeries knocked him low, but Steve is a believer and a dreamer. One of his dreams came true last Saturday after years of hopeful work and diligent training. And, several of us CCrs were there to cheer for him, celebrate with him, and be inspired ourselves to add swimming to our own training regimens in order to "be like Steve"!

Because of his perseverance and spirit, Steve's training has not only prepared him to enjoy the heights of athletic competition and triumph, but also commendable improvements in his general health that could only be achieved by his commitment to his RxExercise: reduced cholesterol, reduced resting heart rate, stronger muscles and bones, renewed enthusiasm for life, and more! Well done, Steve!

Imagine: Steve finishing his first triathlon, seeing his wife and CC Friends waiting across that finish line, and hearing the race announcer report Steve's marvelous comeback from two knee replacements. The spectators all joined us CCrs in cheering such an inspiring guy. Thank you, Steve, for your exemplary athleticism and commitment to RxExercise.

I will train to do my first triathlon, on my two hip replacements, so I can join Steve in the CC's "Replacements" TriGuys Team. Fun! Now, I just have to add some in-the-water Training Times to my own happy training regimen.