



MusselMedia

Information for the Press | Musselman Triathlon

SPOTLIGHT STORIES...

TRI-ING TO LOSE WEIGHT...

Cindy Guyette, 51, of **Elmira, NY**, attended the Musselman Triathlon in 2008 to cheer on her son, Tom Guyette, and his wife, Jill. Guyette had struggled with weight since having her first child and, while her children had participated in football, baseball, wrestling, volleyball, and cheerleading growing up, Guyette had always been content to be a spectator, never participating in athletic activities.

In January of 2008 Guyette began to eye weight loss as a goal. She enrolled in a program called *I Lost It At the Gym* in Elmira and, after weeks of exercise and nutrition classes, had lost 20 lbs.

"It was a great program. I was on my way to becoming a 'fitter' person," Guyette says. "But then the summer hit. I was not going to the gym as often, and the pounds were finding their way back..."

Guyette attended Musselman '08 as a spectator, cheering on son Thomas, an Exercise Physiologist at Corning Health Works.

"When I came to the event to support Tom and Jill, my own ideas started to develop," says Guyette. "I thought maybe, if I continued to work out and lost more weight, I could do a triathlon, too. I mentioned it to my kids, and on my fifty-first birthday I received a bicycle – my first encouragement."

"In September I decided that I needed to get serious," remembers Guyette. "Maybe, if I had an event to train for, it would help in losing weight and becoming fit. Maybe, just maybe, I would be able to compete in the mini-Mussel."

Guyette says she had never run more than one minute at a time and, upon trying swimming, found that she really didn't know how to do it tri-style – even though she'd been in the water all of her life.

"I joined Weight Watchers® in October to help with my weight, and continued to go to the gym and work out on the treadmill," she says. "I attended cardio and circuit classes at least four times a week – more if I could – and I've now lost more than 40 lbs! I am amazed at some muscles that have appeared, and my energy level is higher than ever!"

Guyette admits that there have been moments where she questioned her abilities and almost gave up.

"I began to go to the high school to swim in the winter months, and I soon realized that my biggest struggle would be swimming. I was ready to give up on completing this triathlon when a friend of my sister's offered to help me. She left me feeling again like this may be possible – and she was determined to get me there."

"To be honest with you, with a little over a month to finish training, I still sometimes think that I may not be able to finish the triathlon, but then there is always somebody out there that encourages me again, and makes me believe I can do this," she says. "This has been a wonderful journey. The support I have had from my family and friends has been amazing – although I've always been very lucky there. From my friend, Carol, who gets up and goes to the gym with me at 5:30 in the morning, to my nieces who have gone with me to the pool at 6 a.m., and my new friend, Chalene, who has the challenge of teaching me how to swim – and, of course, my husband who has been patient and encouraging throughout – I thank them all. I'm now striving to complete this triathlon not just for me, but for them, as well."

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When Guyette competes in the 'novice' wave of the mini-Mussel on Saturday, July 18, she will do so with the support of her family and friends. A number of them, in fact, will be in the race!

"My son, Tom Guyette, and my niece, Katie Parker and her boyfriend, Drew, will be in the mini-Mussel," Guyette says proudly. "My sister, Beth Cantando, and her husband, Mike Cantando, are also enrolled in the novice division."

Guyette, who has worked as a paralegal for Christopher Barton, Esq. in Elmira for over thirteen years, is excited about her upcoming triathlon debut.

"My athletic history may not consist of much more than being a spectator," she says, "but my journey in trying to be a triathlete has been amazing!"

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BEEN THERE, DONE THAT...

A large number of the triathletes coming to the mini-Mussel are 'novice' athletes – those who have never competed in a triathlon before. Then there's Musselman triathlete Marge Burley.

Burley, who turns 64 a few days after the Musselman, has competed in eight Ironman® distance races. For her, the Musselman, a half-Iron race, is a warmup for the next step up.

"I've finished Ironman® Hawaii five times, in 1995, 1997, 2001, 2003, and 2006 – and I placed in the Top 5 in my age group each time," says Burley, who will head to Kona again this October for Ironman® Hawaii number six. "I also do a lot of half-Irons and some sprints in the months before Kona."

Burley, married with two children and five grandchildren, has participated in every Musselman since the first, with the exception of 2008, when a flareup from a chronic back problem prevented her from attending.

"I stopped all my running and didn't do many races last year at all," says Burley. "I am back – if a lot slower. But I'm still out there, and I'm thankful for that. I've had to work on improving my swim and bike and my abs to keep the pain down."

Burley, who lives in Baltimore, Maryland, and still runs on trails twice a week and does a long run on the road, makes sure that the Musselman Triathlon appears on her race calendar from year to year.

"I'm looking forward to racing the Musselman again this year," she says. "I love coming to the Finger Lakes region. I used to come to Watkins Glen for Formula One in the 60s and 70s, so when this race started it was a no-brainer – I *had* to come."

Ironman® Distance

Swim: 2.4 miles

Bike: 112 miles

Run: 26.2 miles – a marathon!

Musselman Distance: 'half-Iron'

Swim: 1.2 miles

Bike: 56 miles

Run: 13.1 miles – a ½ marathon!

FOR MORE INFORMATION ON THESE OR ANY MUSSEL STORIES...

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