



"They" say that watching TV is not good for you, but in the case of one of our TRI FOXES, sitting in front of the tube was the best thing EVER for Rob Yamry. Rob, is a computer guy, working as the Network Administrator for the Kimberly School District, so he is used to sitting all day...but that one TV show turned his life around.....He saw the 2005 broadcast of the Ironman World Championship and his life has not been the same since! Yes, he still sits at his job all day, but now he has a different focus at the end of his workday...swimming and biking and running!!! That one broadcast inspired

Rob to lose a few pounds and just 5 minutes before midnight on that 2005 New Year's Eve he took a leap of faith and signed up for his very first half marathon..the Green Bay Half. Running came kind of easy for him...maybe it's his DNA since his mother ran her 55th marathon at Disney this past January!

Rob ran and ran but watching TV that one day embedded the idea of doing a TRI somewhere in his psyche....his first experience in the pool was not too glamorous....he went to the Y having never done a lap in his life, jumped in, and was toast within the first 50 yards...he admits that "I thought it was just going to be like running and I'd breeze through it." Welcome to triathlons Rob!

So, Rob kept running and he bought a bike and a trainer and persevered! He even took the TRI FOX TRI 101 swim class in 2006 and as he likes to say, "got my swim mojo!"

And since that fateful day of TV watching it is very safe to say that Rob Yamry has exceeded his own expectations...he qualified for the Boston Marathon at his very first marathon, did his very first sprint triathlon at Lake Mills in June of '06 and during that same summer completed his first half Ironman finishing 2nd in his age group.. and then signed up for the 2007 Ironman Wisconsin..he was hooked ("THEY" say that TV can be addicting)! Fast forward (TV lingo) to 2007....PR'd at Boston in 2:56 (wow, that's fast!!), won the Seroogy's 15k, ran the Glacial Trail 50k in 4:21 (4th overall), PR'd at the High Cliff half, and then went on to finish Ironman Wisconsin in a very impressive 10 hours and 16 minutes!!! And if that's not enough, 2008 has started off pretty good for Rob, too....Rob and the family did the Disney thing...his wife Amy, also a runner, did the 5k and 1/2 marathon, Rob's Mom did the 5k and full marathon, and our "Goofy Rob" did GOOFY's CHALLENGE...the 1/2 marathon on Saturday, the full Disney Marathon on Sunday, and a 5k thrown in for good measure! Ironman Wisconsin 2008 is in his sights along with several half Ironman races before September.

Rob doesn't think his story is very interesting.."A lot of people say they started tris/running to change something major in their life, fundraise for a cause or make the world a better place. I just got interested in it, started running, got my bike and swim mojo, and things came together very nicely with some hard work along the way, of course." This writer vehemently disagrees with Rob's view of himself....his story is interesting and compelling... this is a guy who got an idea in his head and then found the drive and passion and the strength to do it...and has done it very well....Rob Yamry, you are faster than most, you have done a lot in a short time, but most importantly you have proven to your fellow TRI FOXES that determination works!! You showed us that ideas turn to energy and then to success.

Congratulations on all of your accomplishments and we wish you more of the same in 2008....we will cheer you on as your TRI FOX colors ZOOM by!!

Oh, and by the way, turn off the TV and go to bed!!!