



GUEST SPEAKER



Richard Garza

561.396.4122

The.Richard.Garza@gmail.com

**Meet our
GUEST SPEAKER,
SWIMMING COACH
Richard Garza
on August 13th 6:30pm**

WORK EXPERIENCE

FLA Aquatics

July 2009 - Present

Head Masters Coach

Gold Medalist. Pan American Masters Championship in Rio de Janeiro, Brazil. November 10-15.

National Champion. Summer Nationals. Auburn, AL. August 6-11.

National Champion. Spring Nationals. Mesa, AZ. April 28th - May 1st.

Age Group Coach

Florida Gold Coast. All Stars Team Coach, 2011, 2012.

Florida Gold Coast. Southern Zone Championships Team Coach. 2011, 2012.

Florida Atlantic Swim Team

July 2008 - July 2009

Head Age Group Coach

Please note. In July 2009, FAST merged with FLA Aquatics.

Village of Wellington

June 2005 - May 2010.

Senior Lifeguard

Wellington Swim Team

May 2007 - August 2007

Assistant Coach

SKILLS

Coaching

Proficient teacher of all four competitive strokes including legal starts and turns for children and adults.

Proficient in sculpting an inexperienced swimmer into a competitive athlete.

Effective at coaching up to four different workouts simultaneously.

Mentor and coach for distance swimmers and triathletes.

Private swim instructor - Teaching water safety and swim lessons since 2005.

American Red Cross Certified

CPR / AED for the Professional Rescuer. Expires 1.7.2014

Lifeguard/First Aid. Expires 11.15.2013

Safety training. Expires 11.15.2013

MEMBER SPOTLIGHT



This month's PBRR Member Spotlight profiles marathoner and triathlete, Suzanne Senzatimore. Suzanne is a hometown girl, well known to the running and triathlon circles as a champion and formidable presence in the Palm Beaches and beyond. She continues to speed past her competition, earning age group and overall race titles.

When did you begin running and why? I started running/jogging for exercise when I was about 18 years old, running on and off about 3 times per week. I started racing in January 2006. The Race for the Cure was my first. A neighbor and friend who is a breast cancer survivor asked me to form a team

and race. My official time wasn't recorded because I never picked up my chip. I didn't even know what a chip was.

What inspires you and pushes you to succeed? I am inspired by so many fellow runners and triathletes I have come to know and many that I don't know. My trainer and coach Rick Luise has been extremely helpful to me with my fitness goals including weight lifting, swimming, cycling and running.

You have so many achievements in your racing career. Tell us about your top three favorite races and why they are special to you. Boston Marathon- I have had the privilege of running it twice, 2008 and 2010. This race was special to me because I had to train to qualify to run it, and because it is truly an awesome marathon, from getting on the bus in the commons that takes you to the start in Hopkinton, to running the 26.2 miles back to Boston with people lining the streets and cheering the entire way, to that final turn on to Boylston street and the finish line, it was an amazing experience.

Chicago Marathon 2009 was my qualifying race for Boston 2010. We had a

great group of friends who were racing that year which always makes a race extra special. Ironman Florida 2010 was a wonderful experience for me.

All the training and hard work for months paid off

when I crossed that finish line. I will never forget it. Favorite local races include: Race 4 the pies, Race for the Cure and Loggerhead triathlon.

What is your favorite race or distance and why? My favorite running race distance is the half marathon because it doesn't totally wipe you out-

however the euphoric feeling achieved after a marathon is just wonderful and worth a few days of tender legs ! My favorite triathlon race distance is the Olympic or International which consists of a .9 mile swim,

24.8 mile bike and a 6.2 mile run. I also enjoy 70.3 races or half iron.

Women are increasingly outnumbering men in marathons and local races.

Women like you have paved the way for younger athletes. What are your future goals and races? It's been 6 years since I started and I still feel like a newbie in many ways. I am inspired and learn from younger athletes and older alike. I

am looking forward to Loggerhead Triathlon, Amelia Island half iron and New York City marathon this year. In the not so distant future, I would like to take on another Ironman race, location to be determined. I am so happy to be healthy

and able to be involved, train and race, I hope to keep it up for as long as my body holds out!

Each athlete practices different nutrition. What is your pre-race regimen and how do you fuel during an endurance race? My pre-race regimen for shorter races like 5k's, 10k's and sprint tri's is usually a cup of coffee and a banana. If I'm

waiting a while to start the race I sometimes have a GU or part of a Cliff bar. For longer races I might add a half of bagel to that. For half marathons and marathons I drink Gatorade or something similar that is offered on the course along

with GU or Accel or E gel every 6 miles or so. ForTri's I drink Accelerade on the bike and for a 70.3 or greater, I add a scoop of carbo pro to that.

If you'd care to share, have you sustained any significant injuries? What did you learn from these injuries and how did it change the way you train and race?

Fortunately, I haven't had any major injuries. When I was training for my first marathon I suffered with plantar fasciitis. One week before the marathon I was

running a 5K and partially tore the tendon in my foot. I couldn't run or walk and was in a boot for 4 weeks. I have never had that problem to that extent again. I

try to listen to my body when training and racing, if I feel something strained I try to do the right thing depending on what it is like resting, icing, compression,

elevation etc.

Thank you, Suzanne. You are a local champion, as well as an inspiration! We'll see you at the winner's circle of your next race! Congratulations for earning the

selection of this month's PBRR Member Spotlight!

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