

# Bucks County Triathlon Club Meet & Greet 2020

## Meet the Panelists

**Ken Holland**... started swimming competitively in the late 60s. A 4 year swimming and water polo career at Erie Cathedral Prep ended with 2 State Championships before attending Duquesne University and playing water polo for the Dukes back in the mid-1980s.

Ken started doing triathlons in the early 1980s, as he says, "when distances were whatever a municipality wanted them to be!". Never being a good runner, Ken turned Cat III pro cyclist while in college and continued some triathlons before he decided to fulfill a strong desire to give back to the sport of swimming. O2 SWIMMING began in 2001 and has seen over 700 swimmers and triathletes - coaching at every level from "can't swim" to Kona qualifiers and Olympic Trial swimmers. It was very exciting to have a swimmer in the same heat as Michael Phelps for the 100 fly back in the Rio Games trials.

As a local, Ken still races a bit and enjoyed 10 Steelman Open Water Races including 5 podium spots. Giving back to a sport I love is really what it's all about for me and the Endless Pool Studio has facilitated my dream to continue swimming in a global capacity. O2 SWIMMING has coached athletes in 6 countries to date.

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SwimStrong. SwimSilent  
Kenneth W Holland  
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**Nancy Smith**... is a triathlete from Doylestown who has competed in Triathlon 20 plus years. She has competed in all distances from sprint to Ironman. She has also competed in 10 marathons and has a personal best of 3:15. She has run the spring 5k series for 10 years and has won either the AG award or the masters award. She has competed in 11 Ironman distance races, with a personal best of 10:58. Eight of those Ironman races were Kona, Hawaii with 2 podium awards, the others were the top 10 of the AG.

She has finished in the top 5% of the AG rankings for USAT for the past 15 years.

She is presently trying to run the 6 major marathons with only Tokyo and London to complete.

She coaches triathletes and has had success in having the athletes realize and achieve their goals in races from Olympic to Ironman, and marathon.

**Marc Galletta...** is a 47 year old husband, father, engineer, business owner, and lifelong athlete (former Division 1 collegiate soccer player). Marc has almost 30 years of competition experience. He completed his first triathlon in the early 90's and has since completed hundreds of races, including 20 iron distance races, SwimRun, and Ultraman (an invitation only, 3 day ultra-distance triathlon consisting of a 6.2 mile open water swim followed by a 93 mile bike ride on Day 1, a 170 mile bike ride on Day 2, and a 52.4 mile double marathon run on the final Day 3). He is a multi-time Hawaii Ironman World Championship qualifier and finisher, multiple Ironman 70.3 World Championship qualifier, and USAT age-group All-American. He was ranked as high as 4th in the nation and 19th worldwide in the World Triathlon Corp. Ironman age-group rankings and in the top 50 of the USA Triathlon national rankings. Marc currently owns/operates The Energy Lab, a cycling and multi-sport shop featuring a world class aero & road bike fit studio utilizing a proprietary methodology employing video capture and computer motion analysis. The Lab also offers the finest in sales and service. [www.TheEnergyLab.net](http://www.TheEnergyLab.net).

### **John Kenny...**

- Swim/Triathlon coach
- Race Director
- Pro Triathlete

John came from a competitive swimming and running background. He was a Pennsylvania state champion in high school swimming and all-district in cross country. John went on to run for one year in college, but continued to swim for all 4 years at Cornell University At Cornell, John was a 4-time hardest worker and a 1-time MVP of the swim team.

During his college days and beyond, John found his niche in the sport of open water swimming. Aside from working for 10 years on the Atlantic City Beach Patrol, making numerous rescues, and winning numerous lifeguard races, he also was a 5-time US National champion in distances ranging from 10K up to 25K. He was a 7-time National team member and has competed at a wide variety of races including Nationals, Olympic trials, World Cups, and World Championships. He has been competing at local open water races since 1990, attended his first Open Water Nationals in 1997, and most recently represented the USA in the 25K at World Championships in 2008. Beginning in 2005, John began to race professionally as a triathlete.

### **Todd Wiley...**

- Started in endurance sports at age 11
- Two time All-American (cross country/track) at Kutztown University. With school records in the 5000 (14:28), and the 10000 (30:13).
- Competed in my first triathlon in 1991. Going on to winning the Duathlon World championships and placing 3rd over-all in the Triathlon Worlds champs in 1998.
- Named triathlete of the year by USA Triathlon in 1998.
- Raced as a professional triathlete for 8 years.
- Completed 13 Ironman events including 4 at the World Championships in Hawaii with a PR of 9:10.
- Completed over a dozen marathons with a PR of 2:36 and a handful of ultra marathons winning the 2019 masters 50mile road national championships.

- Guided elite visual impaired triathlon Aaron Scheidies winning the 70.3 World Championships with a time of 4:09.
- Coached athletes at every level from age-group swimming to collegiate running and triathletes of all abilities for the past 30 years.
- Worked as a regional athlete development coordinator for USAT. Coached for Team In Training for 15years. Completed the Elite Mentorship program with USAT. Race Director and camp/clinic coordinator.

### **Bob Burke...**

Bob Burke, Co-owner of Guys Bicycles

Having been at Guys Bicycles since 1979, I have accumulated a wealth of knowledge of all aspects of Bicycles and Cycling.

I have performed Fittings for thousands of cyclists and triathletes over the past 30+ years. All of these fittings have given me a vast knowledge of proper fit for maximum performance as well as minimizing ailments. I have a very clear understanding of bicycle fitting, especially Triathlon specific fit.

Product knowledge for an ever changing industry is very important to me as well.

I have been a competitive runner, cyclist, and triathlete since the early 80's, and continue to train and race today.

### **Derek Fitzgerald...**

After surviving cancer, heart failure, and ultimately a heart transplant, I began my athletic career with my very first 5K as part of my recovery, just 8 months after receiving my new heart. I quickly followed that with half marathons, marathons, and triathlons distances of all shapes and sizes, with my first full IRONMAN just under two years after that first 5K. I stay active to honor my donor and to celebrate my third chance at life. When I'm not training, you can find me spending time with my wife and daughter in Doylestown.

### **Dr. Johnny King-Marino...**

All-American in both the Triathlon and Duathlon, Johnny is the founder of *Advanced Sports Chiropractic* and has been helping mend the injuries of runners for over 30 years.

Since his early years in practice, Johnny has sponsored literally hundreds of races and teams in the Delaware Valley. Just a small sampling: In the 1980's Johnny founded the Run for Chiropractic as well as starting the Adidas Racing team which won the titles at the Philadelphia Distance Run and the Broad Street Run. He was the assistant race director of the North Penn YMCA Run for Health for three years.

In 1990 he pioneered the "mid-week race" by founding the Marion Chiropractic 5K which later became the popular Tex-Mex Connection Run and directed the race for 20 years. The race became one of the largest in the area and raised an average of over \$45,000 per year in the final years of his directorship.

In the 2000's Johnny was a founder of the High Road Cycles Multisport Club and was president for 4 years. He also started the Doylestown Duathlon which was the biggest open Duathlon on the east coast in 2009.

Johnny has been the title or supporting sponsor of the Bucks 5K series for 25 years, and the Race Director of the "Sertoma 5K" in that series. In 2015, he directed the Station Tap House 5K and founded the Break-Fast 5K, a Sunday Morning 5K which raised over \$9,000 for charity in its first year.

Last year (2018?) Johnny was elected President of Bucks County Roadrunners. In his first year as president, the Roadrunners donated a record \$50,000 dollars to local charities from the proceeds of the "Bucks County Roadrunners Winter Series" and the "Bucks 5K Series".