

# LOWER UMPQUA HOSPITAL DISTRICT EMPLOYEE SPOTLIGHT **LUHD REHAB PREPARES FOR IRONMAN SALEM**



Above: Eric Moll DPT, Chase Hansen DPT, Bob Drozynski DPT, Drew Jones PR, and Kat Anderson DPT

Right: Chase Hansen DPT, Kat Anderson DPT, Drew Jones PR, and Bob Drozynski DPT



**Ironman Salem, a Triathlon, is 70.3 miles in total, consisting of a 1.2-mile swim, and a 56-mile bike ride, followed by a half marathon (13.1-miles) of running. This event is hosted in Salem Oregon July 10th, 2022.**

## **What inspired you to do this triathlon?**

**Chase:** We all agreed (as a team) that we wanted to sign up and accomplish something fun/different. For myself, I wanted to get back into better shape, and spend some quality time with some quality people (my co-workers and friends) getting ready for this event. My wife and I are also expecting our first this summer, so I wanted to make sure I could get this race done before then!

**Kat:** I blame Chase for planting the seed, but I had been looking for a new goal to work towards after everything being so dormant with the onset of COVID. When I brought up the idea to my husband, he responded with, "I'll do it, if you do it," and we were in! It has been fun working toward something I NEVER thought I could do with a group of people I truly enjoy spending time with.

**Bob:** Chase bullied me late one night and said I must do this or else...Okay, only partially true, but I was kind of inspired years ago when I watched an Ironman event in Lake Placid. Having always been into sports when I was younger, I kind of lacked the competitive aspect since, so I said on that day that someday, I would consider participating myself. This race was perfect timing because, like many others during COVID times, I became very lazy, so this gave me the purpose to get my butt in gear.

**Eric:** Our amazing therapy team here at LUH! I came into work after a day off and the others had already committed to the race. Previously I have done running races but haven't completed any triathlons. The timing has been perfect to have support from friends to expand training to include swimming and cycling.

**Drew:** I have never competed in a race longer than a 10k and I have never been much for bikes or swimming. I really liked the idea of pushing myself to compete in two things I have very little experience in. Throw in the fact that I was going to have such a strong group of people to train with and it was a no-brainer to sign up.

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### **What kind of training are you doing to prepare?**

**Chase:** Each week, we all have our own training plans (usually 5-6 days/week) consisting of bike rides, lake swims, running, or if we are feeling real crazy, we do what is called a "brick workout" which consists of 2 or 3 of those disciplines back to back.

**Kat:** SO MUCH biking, running, swimming, and some strength training. It has been about 5-9 hours/week of dedicated workouts.

**Bob:** Honestly, I am mainly only rotating between the three events-swimming, biking, and running- for my training.

**Eric and Drew:** See what others are doing above.

### **From your pictures, it looks like you all have so much fun! What is the best part for you?**

**Chase:** The pictures were from a training ride in Salem we did, as well as the Dune City Triathlon we did a few weeks ago (most of us). It is a fun sense of accomplishment. I love the feeling of strength, health, stamina and then the cherry on top is getting to accomplish something that felt out of reach.

**Kat:** The finish line is always the best place!! (There is usually beer involved!) I have really enjoyed having a fitness goal to work towards again, and something I had never entertained before. I have never been comfortable in water, and always written off a triathlon due to my inability to swim well and fear of open water. When I lived in Portland I was hit while riding my bike, and never really got back into biking until now. Working through my fears and feeling strong in all three disciplines has been hugely rewarding. And having a live-in training partner has been a bonus.

**Bob:** Ehh, I wouldn't say I'm strongly suited at any, but I guess if I had to pick I would say the biking.

**Drew:** Trying new things and doing it with such a great group of people.

### **Any inspiring words for employees and community members?**

**Chase:** For the community, set your mind, make some goals, and reach for the stars! This has been a great learning experience to say the very least. We have had good adventures and experiences.

**Kat:** Never say never. The mind is a powerful tool, and can be used to your advantage or disadvantage. It is amazing what can change with consistency, effort, and an open mind. Who knew I would ever LIKE swimming?!

**Bob:** Step out of your comfort zone once in a while. Be open to challenge yourself. I have never really been a big swimmer...or runner...or hell, even a biker. BUT-it has been incredible to actually see the progress I (and the others) have been able to make along the way.

**Eric:** Age is only a number. Compare yourself to yourself! Set personal goals and you will be surprised how much you can accomplish!

**Drew:** Jump into new things, there are so many ways to grow as a person but you have to put yourself out there. Never be afraid to explore a new interest.

How Inspiring! Let's all share our support with them!

