

Area Fitness Center Owners Win National Championship

MRFC press release

Whitey Joslin and his daughter, Laura Joslin-King, owners of New London-based Mountainside Racquet and Fitness Center (MRFC), have enjoyed the sport of tennis together for over 40 years, first as coach and student, but in more recent years as partners in National Father/Daughter tournaments. After coming close on several occasions, winning two silver and three bronze balls, the father-daughter duo from Newbury and Bradford took home a coveted gold ball when they won the National Super Senior Father/Daughter Clay Court Championship in Jupiter, Florida in November.

Five years ago, after playing at the same tournament, Whitey suffered a heart attack which left more than just his tennis career hanging in the balance. This year's match was a special occasion for the entire family, including Whitey's wife

Sue, whose CPR and nursing training saved his life way back then, and Laura's husband Richard, both of whom



were watching from the sidelines.

"It's amazing, all the people who have offered us congratulations based on what was nothing more than word of mouth after we won," said Whitey.

It was a extremely successful year of tennis for the duo, with a gold, a silver, and two fourth place finishes which ultimately bring with them a #1 2010 National Super Senior Father/Daughter Ranking.

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Robin Asbury Qualifies For Hawaii Ironman Championship

Proctor Academy press release

Proctor Academy fine arts teacher and cycling coach Robin Asbury continued her pursuit of Ironman excellence with her outstanding fourth place finish in her age group (over 160 athletes) at the Arizona Ironman last month.

Despite very challenging conditions, including rain, hail, sun, and 25 to 30 mile per hour cross winds, Asbury completed the 140.6 total miles (2.4 mile swim, 112 mile bike, and 26.2 mile run) in 11 hours 18 minutes. The fourth place finish qualifies Asbury for the Kona Ironman World Championship in Hawaii next October, the pinnacle race for all tri-athletes.

Asbury's rigorous training regimen, along with the continuous support of her family, her triathlon coach Sean Snow, and S2 teammates helped her persevere through a truly grueling physical and mental test of endurance. As Asbury stated, "This isn't a journey you do alone! Thank you, Anne, Hannah, Elliot, Sean, S2 Crew, and Steve. Now let's all go to Kona!"



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