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YMCA OF GREATER SYRACUSE ANNOUNCES WINNERS OF THE “LIVESTRONG AT THE YMCA GREEN LAKES TRIATHLON 2010”

Cancer Survivor John Parker Places First at the June 19 Event

June 25, 2010 – The YMCA of Greater Syracuse is pleased to announce the winners of the 31st Annual *LIVESTRONG* at the YMCA Green Lakes Triathlon 2010. The Triathlon, the first of the season in the Syracuse area, was held on Saturday, June 19 at Green Lakes State Park in Fayetteville, NY. Nearly 350 athletes, including 169 first-time triathletes and approximately 15 cancer survivors, competed in the race. The event consists of a half-mile swim, a 20 kilometer bike ride, and a 5 kilometer run.

Notably, John Parker, a 43 year-old physician and cancer survivor, won the Green Lakes Triathlon with a total time of 1:01:29. Michael Corona and Dave Burger finished second and third overall, with respective times of 1:02:52 and 1:04:09. The top three female triathletes were Kay Simonson (1:16:19), Kelly Denne-Maher (1:17:49), and Margaret Wells (1:17:51). The fastest female cancer survivor was Kathy Elbadawi, with a total time of 1:23:14.

John Parker is an orthopedic surgeon with Syracuse Orthopedic Specialists, where he assists both recreational and elite-level athletes. He also replaces hips and knees, and performs complex fracture repairs. John grew up in Lowville, and, as he states, “I was, and still am, that kid who rode his bike everywhere, all the time.” He was a swimmer in high school and a ski racer in college. He raced his first triathlon in college, raced bikes in medical school, and has been racing “tris” ever since. He’s lost count of the number of races, but he has completed seven Ironmans to date.

John is also a part-time YMCA employee. He leads a triathlon-specific cycling class at the East Area Family YMCA in Fayetteville on Saturday mornings from November to April.

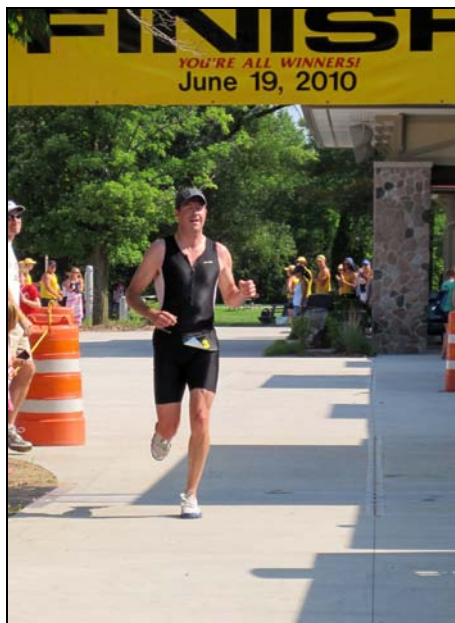
Most importantly, John is a husband to Sheila Parker, and father to Matt (age 13) and Meg (age 11). John’s family is very supportive of his triathlon training.

John is a cancer survivor. He was diagnosed with metastatic thyroid cancer in 2000. He was treated with a total thyroidectomy and lymph node dissection, as well as radiation.

John won the Green Lakes Triathlon in 2006 as well. When he learned that the 2010 race was partnering with *LIVESTRONG*, and would feature a cancer survivors category, he thought it would be a powerful message for the cancer community if a cancer survivor, especially a 43 year old cancer survivor, could win the race outright. As John states, “It’s fun to win, but what really matters is participation. Fifteen cancer survivors were among the finishers in Saturday’s race. I am proud and honored to be associated with them.”

The YMCA of Greater Syracuse congratulates John, and all the triathletes and cancer survivors who participated in the 31st Annual *LIVESTRONG* at the YMCA Green Lakes Triathlon 2010.

The YMCA of Greater Syracuse is one of ten YMCAs across the country selected to offer the *LIVESTRONG at the YMCA* physical activity and well-being program to address the special wants, needs and interests of cancer survivors. *LIVESTRONG at the YMCA* is the result of a multi-year partnership between YMCA of the USA and the Lance Armstrong Foundation. These wellness and childcare programs and services have been developed for and with cancer survivors. They are designed to assist cancer survivors through their journey beginning at the time of diagnosis. In its first year offering this program, the YMCA of Greater Syracuse has been able to serve 122 cancer survivors. These programs and services are offered to cancer survivors at no or low cost, and the Green Lakes Triathlon proceeds go to the *LIVESTRONG at the YMCA* programs.



John Parker, physician, cancer survivor and triathlete, finishes first at the 31st Annual *LIVESTRONG* at the YMCA Green Lakes Triathlon on Saturday, June 19, 2010 in Green Lakes State Park in Fayetteville, NY. Proceeds from the triathlon benefit the YMCA's *LIVESTRONG* programs for cancer survivors.

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