

MEMBER SPOTLIGHT

DEANNE SCHLEGEL



RAMBLIN' ROSE PUTS PIECES TOGETHER AND BRINGS PEACE

For some, springing back after a divorce can be the hardest thing they ever do. For Deanne Schlegel, completing the Ramblin' Rose eased the transition and symbolized getting her life back on pace.

Going through a divorce can make anyone feel alone, even defeated. After three moves in six months, Deanne realized she was allowing the situation to chip away at her self-esteem. She decided it was time to put down roots and set a new goal. She thought about doing a half marathon, but found it frustrating, so she set the idea aside. When she heard about the upcoming Ramblin' Rose Sprint Triathlon, the thought of an all-female race appealed to her. Nine lengths in the pool, nine miles on the bike and a two-mile run were three segments that to her were accomplishable.

"The race was three pieces of a puzzle all put together. I said to myself, 'I can do this.'"

'THE KEY: SETTING A GOAL THAT'S DOABLE.'

When she heard about the Ramblin' Rose training program price, she was energized, but the price was daunting. She was a single Mom working part-time at the Y Welcome Center. In mid-March, when she was offered a fulltime job as Coordinator of the Welcome Center, more of the pieces started coming together. "Finally I realized this was something that was going to work."

FACING OBSTACLES, OVERCOMING FEARS

During training, she made frequent dry runs of each segment. She received encouragement from the Y trainers, members and other participants. Her first fear was getting in water, but one snake swim proved it doable. When she set out to tackle the bike, all she saw was "amazing" hills. It took her three tries to finish the course. The first time, she had a trainer to pick her up; the second time, she had her 23-year old daughter, Amanda, follow her two-thirds of the way. The third try was the day of the



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race.

"For me, it was all about setting a doable goal and having it in my sight. Knowing that if I didn't do it, I was letting myself down; I would have been devastated had I not been prepared." And it's also about accountability. "At training, I had to show up and if I didn't, people would miss me and ask about me."

MOVING UP AND MOVING OUT

Now with the race behind her, and in her own apartment with two daughters, she has a new outlook on life. "Going through a divorce takes it out of you. I have faith, but sometimes doubt sets in." Being chosen for her new job was a huge boost that not only signaled her turnaround but also laid a strong foundation on which she can continue to build.

"I'm feeling stronger. My outlook now is peace – and finding new goals to set." – Deanne Schlegel