

# Old Greenwich's Newman to receive Courage Award

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Staff Reports

[Karen Newman](#) of Old Greenwich is a five-time All-American triathlete, competing four times in world championship competitions and finishing second in her age group at the International Triathlon Union Sprint World Championships in New Zealand this past October.

She is a veteran of sports' most grueling competitions but her toughest challenge came outside of racing.

Newman is a cancer survivor, being diagnosed with stage 3 breast cancer in March 2008, yet continuing to train and compete at the world's highest level.

Newman will receive the Bob Casey Courage Award from the [Connecticut Sports Writers'](#) Alliance at its 72nd Gold Key Dinner on Sunday, April 28 at the [Aqua Turf Club](#) in Southington.

"To be here is really a miracle," she said after the race in New Zealand. "This is for every single person who is battling a disease. Never give up your dreams. The impossible is possible."

Newman trained for her races through debilitating chemotherapy treatments that made it hard to even get out of bed, never mind train for the ultimate endurance test.

"It has a big effect on my training because you are really sick and I would wake up and say, 'Lord, I just need to get outside,'" Newman said while training to go to New Zealand.

"I would have to stay in bed for like 30 seconds because I was dizzy and then I would throw up and then go. You just go because life is a blessing, each day is a blessing.

"It is great to have a goal and I have so many friends that I have made in triathlons."