



Green Mountain Multisport: Swim. Bike. Run. Smile. Repeat.

For GMM member Karen Newman, triathlons are more than just a competition

by [gmmtri](#) (Sept. 2010)



Since being diagnosed with breast cancer in 2008, **Karen Newman** has turned her athletic talents into an inspiring example of optimism in the face of a daunting disease. It's a story that has caught the attention of national media and helped raise hundreds of thousands of dollars to support the fight against cancer.

On Oct. 2 at 7:30 p.m. she will appear on “Breast Cancer- Survival & Hope” a special WABC-TV program aimed at boosting breast cancer awareness.

“I am here to testify that the word cancer is NOT a death sentence...it is a LIFE sentence. Cancer is a once in a lifetime chance for you to reclaim your life and start living it the way you were born to live it,” she writes on her **American Cancer Society** web page at http://main.acsevents.org/site/TR/DetermiNation/DNFY10Eastern?px=12667204&pg=personal&fr_id=26687.

Anyone who has seen Karen at a race can testify to her seemingly boundless enthusiasm and positive energy. It was evident even in 2008, when she trained for and competed at the triathlon **World Championships in Vancouver, Canada**, even while undergoing chemotherapy. A registered dietitian and mother of three boys, Karen has a long and impressive triathlon record. She has raced for **Team USA** and competed in five World Championships.

This year, she just returned from competing at the **USAT National Championships in Alabama**, where she placed 31st in her age group. She’s waiting to hear if she qualified to go to the World Championships next year. This year, she has also competed at several local triathlons and the **Nautica New York City Triathlon**, where she placed fifth in her age group.

Her story was featured in a video diary for **NBC’s Today Show**, offering a glimpse into her challenges and achievements. Sitting in a chair one morning for a diary entry, she recounted the difficult side effects she endured. “Some days I literally get out of bed and just stand there ... and just say please let me have the energy to just stand up and walk and wake my children up.”

To see her **Today Show** video diary, go to <http://today.msnbc.msn.com/id/26184891/vp/27358948#27358948>.

Today, her doctors have told her that her condition appears stable and her blood work looks good. She continues to undergo chemotherapy, and takes medication every day. “I wouldn’t say I’m out of the woods by any means,” she wrote in an e-mail. “All the prayers and blessings that people have sent me and God’s amazing grace have truly kept me alive.

Interview by Warren Cornwall