

July 30, 2014 - **LOCAL "IRONMAN" SAM KARLINER, Esq SUPPORTS ADOPTION AGENCY Forever Families Through Adoption**



Forever Families Through Adoption, Inc in Rye Brook, New York and 2014 IRONMAN Sam Karliner from Mamaroneck have exciting news to share...

Sam Karliner, FFTA's own IRONMAN and Secretary of the Board, completed the 2014 IRONMAN Triathlon in Lake Placid for his 3rd time this past weekend. Sam not only completed it in his own record time, he surpassed his expectations and finished with an official time of 11 hours 38 minutes—way under the 12 hours he hoped to achieve! What an exciting event to be a part of! As a spectator the role is thrilling...supporting and cheering for many hours not only our own Sam, but also doing the same for the thousands of others that passed by our cheering section on

the way to or from their many miles of biking and running. Our goal at the end of the day is to have no voice left---meaning we did a good job cheering on all the IronMen and IronWomen. We continued our support into the late evening hours and for the last finishers close to midnight.

Sam recounts the dramatic events that took place during the race:

"About 40 minutes into the race a violent thunderstorm began, shooting lightning bolts right over the lake! It got so bad Race Officials cancelled the second lap of the swim and started pulling people from the water. Crazy! Fortunately for me, I was already out of the water and onto my bike. The storm was more violent, with wicked crazy winds. I was holding onto my bike and struggling to stay balanced in the wind. Needless to say, when it's pouring and 60 degrees and you're on the bike - I was freezing as well. If the wind didn't try to knock me over my shivering did. Did I say I was having fun yet? Not exactly, but I kept at it. All the time thinking of all my wonderful supporters. This kept up for about 90 minutes. Then the rain stopped and I was able to warm up and really get going."



Sam chose to dedicate this 2014 race, IRONMAN Lake Placid on July 27, 2014 to raise awareness and funds for Forever Families Through Adoption (FFTA). FFTA is a non-profit 501c3 adoption placement agency and resource center in Westchester County, NY www.foreverfamiliesthroughadoption.org which believes every child has the right to grow up in a loving, nurturing, secure, and forever home. FFTA works with families and pregnant women to ensure a smooth and successful adoption, and Sam proudly sits on FFTA's Board of Directors. Through his donation web link, Sam raised over \$4,500 for FFTA. The link is still open at <https://www.crowdrise.com/ironmanlakeplacid-july272014/fundraiser/samkarliner>. Please consider a donation to honor Sam and his amazing accomplishment.



Sam and Jill Karliner adopted their twin sons, Elliott and Jacob, 19 years ago and created a family. Today, their home and lives would not be complete without them. Nearly 60% of Americans are touched by adoption in some way.

Adoption enabled Sam to create his family. However, like the IRONMAN, the road to adoption can be a challenging one. There are times it seems like you'll never reach your dream. Both the IRONMAN race and the adoption process require you to dig deep, to persevere — especially when things get tough. Most of all, both are a journey made possible by the love and support of family and friends.

Sam made a huge commitment to train for the IRONMAN. Each stroke in the water (covering 2.4 miles), each push of the pedal (covering 112 miles), and each foot to the pavement (covering 26.2 miles) brought Sam closer to his goal. He covered the 140.6 miles with a triumphant finish accomplishing this goal and proud to again be called an IRONMAN finisher!!

~ Joy & Michael Goldstein
Co-Founders FFTA and support team of Sam Karliner