



CHOICE PHYSICAL THERAPY'S PHYSICAL THERAPIST WINS AGE GROUP AT IRONMAN WORLD CHAMPIONSHIP



Donna Smyers, PT placed first in the Female 50-54 division at the Ford Ironman World Championship in Kona, Hawaii, October 10, 2009. She completed the 2.4 mile swim; 112 mile bike and 26.2 mile run in 10 hours 51 minutes. Approximately 170,000 tri-athletes worldwide annually enter qualifying races to earn one of the 1800 race spots in Kona. This was Donna's 11th

time competing at Ironman in Kona and is the 5th time she has won her division. Donna is employed by Choice Physical Therapy and is a Physical Therapist at their practice located at 652 Granger Road in Berlin, Vermont; and is sponsored by Choice Physical Therapy.

For "Donna's Detailed Report", got to www.gmmtri.com.

Photo: Donna rides through the lava fields during the cycling segment of Ironman