

July 28, 2015 - **LOCAL "IRONMAN" SAM KARLINER, Esq once again SUPPORTS LOCAL ADOPTION AGENCY Forever Families Through Adoption**

Forever Families Through Adoption, Inc in Rye Brook, New York and 2015 IRONMAN Sam Karliner from Mamaroneck have exciting news to share...

Sam Karliner, FFTA's own IRONMAN and Secretary of the Board, completed the 2015 IRONMAN Triathlon in Lake Placid for his 4th 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 11:46:57 – again Sam was under the 12 hours he hoped to achieve!

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

*"There's nothing like a 5-alarm fire the night before an ironman race to get the adrenaline pumping. Building across the street from our hotel has been raging on fire for hours. No injuries. But we were evacuated while Lake Placid's finest battle this beast. Many athletes had to evacuate and be relocated; I ended up sleeping in the car, hoping to collect my wetsuit and goggles from the hotel room before dawn. It was a LONG night, but I managed to go back to our hotel and get some needed sleep. It was a rough race- it began with an overcast cloudy day -then bright skies, hot sun, and temperatures pushing 80 degrees, but I completed it, all the time thinking of all my wonderful family and supporters."*

Sam chose to dedicate this 2015 race, IRONMAN Lake Placid on July 26, 2015 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](http://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 and some direct donations, Sam raised over \$6,000 for FFTA.

The link is still open at <https://www.crowdrise.com/2015ironmanlakeplacid/fundraiser/samkarliner>. Please consider a donation to honor Sam and his amazing accomplishment.

Sam and Jill Karliner adopted their twin sons, Elliott and Jacob, 20 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 IronMan Sam Karliner  
Forever Families Through Adoption, Inc.  
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