



Forever Families Through Adoption

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July 31, 2013 Forever Families Through Adoption, Inc in Rye Brook and 2013 IRONMAN Sam Karliner from Mamaroneck have exciting news to share...

Sam Karliner, FFTA's own IRONMAN and Board Member, completed the 2013 IRONMAN Triathlon in Lake Placid this past weekend. Sam not only completed it in his own record time, he surpassed his expectations and finished almost two hours earlier than his first IRONMAN in 2012. 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. We continued our support into the late evening hours and for the last finishers after midnight.

A little rain did not dampen the day - with cheering fans and friends along the many miles Sam flew thru the 2.4 miles of water in 1:19, smoked 112 miles of biking in 6:31, and finished with a relaxing 26.2 miles on foot crossing the finish line before dusk!!!

Sam chose to dedicate this 2013 race, IRONMAN Lake Placid on July 28, 2013 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 \$3,600 for FFTA. The link is still open at <http://IRONMAN.kintera.org/faf/donorReg/donorPledge.asp?ievent=1045080&supid=356058243>. Please consider a donation to honor Sam and his amazing accomplishment.

Sam and Jill Karliner adopted their twin sons, Elliott and Jacob, 18 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 be called an IRONMAN finisher!!

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

www.ForeverFamiliesThroughAdoption.org • adopt@ForeverFamiliesThroughAdoption.org

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