

## Thrash the Mile!

As many of you know, this weekend's meet is not just another mile this year....we are coming together to honor and support a very special member of the Dynamo Family, Maria Thrash. Maria grew up swimming at Dynamo, swam at Clemson University and then came back to coach at the age group level. More recently, Maria is the founder of our Dynamo Masters program and co-founder of Dynamo Multisport. Maria's impact at Dynamo is immeasurable. She is an inspiration to all with her passion for swimming and her unparalleled work ethic both as an athlete and coach. It is particularly appropriate that we honor her with an event that requires such heart and grit because that is Maria's very essence. She is the toughest and most fearless person many of us know. Every day she is teaching people around her how to battle and show perseverance in the face of adversity.

This past spring, Maria's mother Betty Thrash, was diagnosed with breast cancer and shortly after Maria was diagnosed with breast cancer in June. Maria was with her mother every step of the way as she battled through two surgeries and radiation treatment. Weeks later, Maria fought through four surgeries of her own and now both ladies are doing very well!!! Maria experienced first-hand how devastating it was for other cancer patients to have to keep battling through despite bad news. She considers it a blessing that her mother's doctor forced her to get a mammogram at 79 and Maria herself was being treated for another illness when the same doctor mandated she get a mammogram. Maria and her mom fought a very aggressive cancer but feel lucky to have caught it in the early stages. Maria is very appreciative for all the support her family and friends have provided during her battle.

This weekend, our Dynamo swimmers will be racing in pink caps to honor Coach Maria, her mother, Betty and all others who are battling cancer. If you would like to donate to the cause, we will have donations forms available at both meets. Donations of any amount are welcome. Donations of \$50 or more will earn you a Pink Dynamo Cap and "Thrash the Mile" t-shirt. Donations can be made out to Dynamo Swim Club and will be going to Northside Women's Cancer Center.

### **Online Donations**

Online Donations may be made [here](#)! If you donate \$50 or more please email [trippc@dynamoswimclub.com](mailto:trippc@dynamoswimclub.com) with your t-shirt size!

*Good Luck to our athletes this weekend! As Coach Maria and Coach Jason would say, "You got this bud."*