



# IN THE SPOTLIGHT



## Jim McCusker TRAINING FOR A TRI

Jim McCusker is serious about his fitness routine. The Morton resident's been part of the Community YMCA for many decades. In the 1970s and 80s, the Cardinal O'Hara grad was on the Lansdowne Y Swim Team. He then started playing basketball with the Ridley men's group. Jim has made staying in shape a major part of his daily routine. If you're an early riser, you'll see him riding his bicycle to the Ridley Y. Check out his amazing, rigorous schedule:

5AM: Ride bicycle 12 miles  
6AM: Wellness Center strength workout  
7AM: Go to work (He's a Biology Teacher at Ridley High School.)  
PM: Ride bicycle 12 more miles AND weight train, swim, or run

Pretty impressive for sure!

The father of two says he's training for his first triathlon - he's leaning toward the Bear, DE Tri.  
**YOU GOT THIS, JIM!**

He says this passion for fitness and healthy living has inspired and helped he and his son, Jimi, lose significant weight. Dad lost more than 100, and son's down 65 pounds. Jimi is a freshman biology major at St. Joseph's University. Sister, Joy, is a University of Delaware undergrad studying at Cornell University for her Masters. Mom, Gabrielle, is an avid exercise enthusiast too, and regularly enjoys the Y cycling classes. Jim and Gabrielle met in college at Villanova University. Gabrielle's parents, Dom & Joyce, are also Community Y members!

You can definitely say fitness runs in this family!