



**Dr. Fred Silverblatt**, an infectious disease specialist at South County Health, recorded an overall time of 6:50:41, earning second place behind the age group leader in the Aquabike World Championships held July in Denmark. [PHOTO COURTESY SOUTH COUNTY HOSPITAL]

## At 81, Dr. Fredric Silverblatt tests his mettle in Aquabike World Championships

ERIC DICKERVITZ

Infectious disease specialist, **FREDRIC SILVERBLATT, MD**, took some time away from his practice at South County Health this July. At 81 years of age, he's spent 48 of those years practicing medicine and a vacation is well deserved. But rest and relaxation wasn't part of his vacation plans. Instead, he joined the athletes crowding the starting line at the International Triathlon Union (ITU) Aquabike World Championships in Fyn, Denmark.

"I qualified for the US Triathlon team in November in Miami during the national championships," Dr. Silverblatt said before leaving for Denmark.

His finish time in the qualifying race was 4:57:44.

Dr. Silverblatt, a seasoned veteran of marathons and triathlons, participated in the aquabike event at the Denmark competition. That event consists of a 3k (1.9 mi.) swim and a 120k (75 mi.) bike race.

"I've developed arthritis in my knees," Dr. Silverblatt said. "This year I decided that in order to continue racing I would switch to the aquabike event."

Among the field of participants, Dr. Silverblatt was one of four registered competitors in the male 80–84 age group, and one of two in that group representing the United States. One competitor from Germany decided not to compete and the other U.S. athlete dropped out half way through the bike leg.

Racing in cool and windy conditions, Dr. Silverblatt recorded an overall time of 6:50:41, earning second place behind the age group leader, Garth Barfoot, a New Zealand racing legend, with a time of 6:30:42.

"I've been training since the beginning of the year. Since April I've been in high gear doing daily workouts in the pool, in my basement, on my bike, or at the gym doing weight training," he said. "I've had to get up at five in the morning or do my workouts after finishing my clinical duties in the evening."

His long workouts – 2 to 3 hour-long bike rides and an hour-and-a-half swim – were saved for weekends.

Over the years, Dr. Silverblatt has run in over 30 marathons (26.2 miles). At the age of 70 he ran his first triathlon, competing in eight half Iron Man races (1.2-mile swim, 56-mile bike and 13.1-mile run), including finishing 3rd in the World Championships at Mt. Tremblant in 2014, and three full Ironman races (2.4-mile swim, 112-mile bike and 26.2-mile run). In 2012, he finished on the podium at the Ironman World Championships in Kona, Hawaii.

"I'm excited to represent the USA in this race," he said before leaving for the July 14 competition. "I'm proud to have 'USA' on my racing bib." ❖

*Eric Dickervitz is a media relations specialist at South County Health.*