

Spirit of Ethan Anderson Rhodig Award

Background:

Ethan Anderson Rhodig tragically passed away on June 14, 2020, while bike training for the Cornhusker State Games triathlon. He was 20 years old and a junior at Iowa State University studying mechanical engineering. Ethan was an avid cyclist, runner, swimmer, and all-around fitness fanatic. Attending High School in East Lyme, CT, Ethan was an inspiring leader and role model, making indelible marks as both a champion Foil Fencer and Crew Rower.

In 2019, Ethan began competing in sprint triathlons under the support and tutelage of his cousin Chad Anderson. Ethan's incredible work ethic and determination, coupled with his innate talent and drive, destined him for tremendous success. To honor Ethan's memory, his family is extremely proud to establish and sponsor the **Ethan A. Rhodig Memorial Triathlon** in June 2021.

Spirit Award Criteria

Awarded to one man and one woman participating in the triathlon embodying the following qualities:

1. Novice triathlon competitor (less than 3)
2. Demonstrate overcoming significant challenges
3. Demonstrate outstanding work ethic and drive for success
4. Self-determination and role model for others

Please submit nominations (1-2 pages max) to Lori Rhodig at loriandersonrhodig88@gmail.com by May 28, 2021 for consideration. Spirit Awards will be presented on site at the triathlon.