



Photos by Brad Bolno

# Cecily Tynan

By Ronald Sklar

*Channel 6 meteorologist, Cecily Tynan, is known to the entire Delaware Valley as a dependable go-to person for the daily forecast. Her eyes may be fixated on the skies, but she always has both feet on the ground, especially these days with her new son, Luke. Though an accomplished and victorious marathon runner, Cecily now prefers to race home to be with her baby.*

In this interview with PhillyFit, she tells us how motherhood has influenced and enhanced her fitness lifestyle. She also reflects on how her life in the fast lane has not exactly slowed down, but has taken a different track.

**When I told my friends and family in Philadelphia that we were doing this interview together, they were comfortably familiar with you, and they knew that you recently had a baby. It seems that Philadelphians treat their local media people like friends and family. Do you find this to be true as well?**

Oh, definitely. People come up to me all the time and tell me they feel like I'm part of their family. I think it's because we are in their living room five days a week for years and years. I'm honored when that happens.

**You're so accomplished, even ranking eighth in the world as a duathlete! To what do you owe your incredible stamina and ambition?**

Well, right now most of my stamina and ambition is focused on keeping up with a crawling baby! Past athletic accomplishments probably are due to my "type-A" personality. For rankings, my husband, Greg, won the Duathlon World Championships in 2004, so I'm even more proud of him. We've both retired from multisport now. We're having too much fun being parents to devote as much time to training and racing.

**How has your fitness life changed after having a baby? What are the fitness chal-**

**lenges you now face, and how do you overcome them?**

Last year, even before Greg and I married and I got pregnant, I decided to take a break from serious training and competition. I had been training four hours in the morning before going to Channel 6 to start a full day at work. Sometimes I fit in more training during my dinner break. If I wasn't training, weekends I was flying to race somewhere in the US or abroad. It was like having another part-time job; a great experience, but last year I just got burned out. I started to enjoy running, biking and swimming for fun again. During my pregnancy, I enjoyed running and swimming and doing some "mommy yoga" tapes. (I wore a heart-rate monitor to make sure I wasn't pushing too hard). I found it empowering to stay in shape while pregnant; I wasn't just working out for my own benefit, but for a healthy baby.





Now that Luke, my son, is here I'm not training for any races, but running because that's what I love to do. I'm still running about an hour a day, six days per week. I usually push him in a baby jogger in a nearby park. Weekends have become a "family affair." One

day a week Greg pushes Luke and we do intervals or tempo runs in the park (if its cool enough, we take our dogs with us- they are fast runners.) On the weekend we usually put Luke in a backpack carrier and we take the dogs with us on a long hike. If Greg wants to compete in a running race, Luke and I will either go and watch or I'll race pushing the baby jogger if the race allows it. I don't care about running fast anymore. It's just nice to participate.

I try to sneak in some mat Pilates occasionally with Luke crawling over me. It's fun to include him in the routines: doing crunches with him on my belly, doing push-ups over him (he giggles when I kiss his face when I lower myself.) Sometimes it's a good little workout, but usually we just end up playing instead.

**What fitness advice do you recommend to other busy moms who want to stay fit while**

### **not neglecting attention to their children?**

Get a really good baby jogger. Luke loves going for runs, or walks. I talk to him about what we are seeing: birds, trees, dogs, etc. Then he usually falls asleep. I feel like it's good bonding time for us (and I get in a good workout, an added benefit!)

### **How can parents and their kids stay fit together?**

Running, walking, hiking are great outdoor activities parents and kids can do together. There are a lot of DVDs and videotapes of parent/baby workouts you can do. Now that Luke is crawling, I get on my hands and knees and play hide and seek and tag with him. That way he is being active too.

### **What is it about marathons that gives you a "rush?"**

Accomplishing something I didn't think I could do.

### **What aspects of marathons are the most difficult for you, both physically and mentally?**

The taper before the race when you scale back your running to nearly nothing and carbo load.

### **What type of person do you have to be in order train for and enter marathons?**

You need to be very hard working and goal oriented. You don't have to be superman/woman, go watch a marathon "regular people" from all walks of life cross that finish line! Anyone who wants to can do it.



### Which specific marathons are you most proud of?

The 2001 Walt Disney World International Marathon. I came in third for woman overall with a 2:54, my personal best.

### Do you ever plan to enter marathons again? If not, what are your future fitness-related plans?

Maybe, when my children are older, and I can do my long runs when they are in school. I think it would be fun to run a marathon with Luke one day when he is grown up; if that's something he wants to do with his Mom. But, honestly, my fitness-related plans are to just stay healthy and enjoy life with my family. I don't care if I ever win a race again. I found something much more important.

## fast facts

**Favorite Healthy Food:** Spinach Salad (had to give them up during the E-Coli scare)

**Favorite "Guilty Pleasure" Food:** Pretty much anything with peanut butter. I love to eat chocolate pudding with a spoonful of peanut butter. I eat sugar free pudding and natural peanut butter to try to make it less sinful.

**Favorite Type of Workout:** Quarter-mile intervals with my husband (and Luke in the jogging stroller.)

**Most Dreaded Type of Workout:** Tempo runs with my husband (and Luke in the jogging stroller.)

**Favorite Form of Relaxation:** A long, deep-tissue massage

**Favorite Type of Music:** Sting and Barry White

**Baby's Favorite Toy:** An activity table handed down to him from Anita Brikman's kids.

**Baby's First Word(s):** Hello (at 6 weeks.) This has been disputed by my friends and co-workers (must be jealous!)

**Dogs' Names:** Kiwi and Maddy

**Favorite Season:** Fall

**Favorite TV Show:** Lost

**Astrological Sign:** Pisces



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