

Write up distributed to over 6,500 GE Capital America employees across the country.


insideGE : Home - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home Search Favorites

Address http://cf.home.ge.com/portal/site/insidege Go Links

GE CAPITAL EDITION Christopher Kaplanis Logout NYSE: 09:34 ET, 26 Oct 2010 \$16.06 +0.00 Text Size A A A

 insideGE

GE Capital Home page

SEARCH: insideGE GE Org Directory

HOME NEWS & EVENTS HR & BENEFITS CAREER TOOLS & WEBSITES OUR COMPANY INTEGRITY

GE in Africa

Learn how GE's AAF employee initiative led to a massive shift in business strategy.

[→ READ MORE](#)

← 4 of 5 →

GE NEWS ▶

Jeff Immelt Gives 3Q Update

The CEO summarizes 3Q results and shares other business highlights.

[> Read More](#)

GE CAPITAL NEWS ▶

Spirit of Health: Employee Spotlight

Chris Kaplanis of Norwalk qualified for the Half Ironman World Championship and will be competing against more than 1,800 athletes.

[> Read More](#)

MY LINKS

FAVORITES Manage

Sorry, Your Favorites list is

GE Capital News

Bring your ideas to life

Upcoming Events

Nov 11:

Local intranet



News For You
Business News
GE News
Site & Regional News



OUR PEOPLE
Spirit of Health: Employee Spotlight

26 Oct 2010
Source: *Communications*

STORY LINKS

- [Provide Feedback](#)
- [Send to a Colleague](#)
- [Print this Story](#)
- [View Reader Comments \(1\)](#)

Click to add your rating to this story:

1 Helpful 0 Unhelpful

POPULAR STORIES

- [Introducing - Internet Explorer 8](#)
- [3,000 employees rally in Evendale for JSF Engine](#)
- [Want Office 2010 at home?](#)
- [BIG News for Jenbacher](#)
- [The helmet that saved me](#)

On November 13, 2010 Chris Kaplanis, Associate - Risk Analytics: Lending will head to Clearwater, Florida to compete against more than 1,800 domestic and international competitors in a 70.3 mile race made up of a 1.2 mile swim, 56 mile bike ride, and 13.1 mile run. Chris qualified for the Championship based on his time in the Syracuse, New York Half Ironman this past September:

- Swam the 1.2 miles in 35 minutes
- Biked the 56 mile ride in 2 hours and 40 minutes
- Ran the half marathon in one hour and 37 minutes
- Biked the 56 mile ride in 2 hours and 40 minutes
- Ran the half marathon in one hour and 37 minutes
- Completed the entire race in a total of 4 hours and 58 minutes

Just a few weeks away, it is critical for Chris to stay disciplined in his training for this competitive race. "I usually wake up at 5 a.m. and train before work. Depending on my workload, I try to train during lunch and if that's not possible I will work out again at the end of the day," said Chris.

Chris works out for a total of 2 - 3 hours each day during the week and saves his longer workouts that consist of 2 - 4 hour bike rides and two hours of running for the weekend. While Chris starts his day earlier than most, he has found himself more energized and alert than ever before. "By the time I come into work, my brain is fresh and I'm ready to go. If I get a chance to work out during lunch, I feel sharper for the second part of the day," he said. Not only does Chris find himself more focused, but he finds that exercise is the best way to relieve stress.

Qualifying for this race was a goal Chris had set for himself earlier on. "It's important to set realistic goals - and write them down on paper. When you see your goals in writing, you are held accountable," he said.

After the race in just a few weeks, Chris plans to take a break for the holidays. We wish him the best of luck. Feel free to share your comments to support Chris in the box below.

Click [here](#) to view Chris's (and those of ~100 other GECA employees) on our Spirit of Health site.

