

Meet Noris Roche

Ocala Triathletes Club Member

Noris Roche (Age Grouper 55-59) was born and raised in Panama. In 1983 (after visiting the United States twice previously) she left her young son and daughter with her parents and headed to America. "It was a tough decision, but I was a single mother and I needed to create a better future for them." Noris arrived in New York with \$100 and a dream. She stayed with a friend that she went to college with in Panama. They've now been friends over 40 years.

She took a job as a nanny due to the language barrier. She worked hard for many years and ended up in Princeton, New Jersey where she started going to school. She took a job as an office administrator. It took her eight years to complete her USA residency and lots of money in attorney fees, but alas, she was finally able to bring her children to America.

She became a US citizen in 2001 and moved to Florida in 1992. Her children are now adults and have graduated. Her daughter is in Hawaii and her son in Florida. She has three grandchildren from her son.

In January 1987 (at 27 years of age) during a regular check-up a doctor found a lump between her vocal cords and thyroid. It was cancer and doctors completed a thyroidectomy to remove the left lobe. In 2005 a shadow on her neck was found again and this time, at Shands Hospital in Gainesville, they did a complete thyroidectomy. She completed radiation and has since been cancer free.

IN HER OWN WORDS.....

How she got started

I started cycling first. I meet a very nice group of cyclists; one of them was Jessica Chicas who had completed her first Ironman. When I heard her story I follow that race and I said to myself maybe I can do it! I have done 4 century rides.

Favorite Race So Far

St. Anthony's Olympic

Funny Story related to Triathlon

On one of my first race in Clermont I was completing the sprint and on my bike portion I needed to complete two loops, I did one and thought I finished. I was so nervous I went into transition and I was advised I needed to get out and get the other loop completed.

Race Nutrition and Bikes

I just started using Infinit Nutrition and I have a Cannondale Synapse. This is my first and only bike. I'd like to upgrade but I need more information.

Best Triathlon Tip

Enjoy the race, Smile, Be Happy!

Her Motivation

My motivation is the outdoors, my health, meeting wonderful people and creating new friends for life. I

found that triathlon is a family of great people with great courage and happiness. I am blessed to meet so many wonderful people in my life. I enjoy every day as if it was my last day. Life has not been easy but had giving me a good experience, and strength to continue this journey and I pray to the Lord that I can accomplish my goals.

Biggest Accomplishment

Completing my first half marathon. I never thought I could do that.

Something We Might Not Know about Noris

I was raised by my aunt and husband who I call my parents today. My mom left me when I was six months old.

I used to sing in school. I had a very beautiful voice. I won first place in high school singing. My voice is not good anymore after the surgery on my thyroid, so no more singing. I am a Zumba instructor and have been for the last 10 years.

I am blessed because throughout my life I have meet so many wonderful people that have made my life so beautiful. I have wonderful friends everywhere I go. I thank the Lord for the courage I gained.

What's up Next/Bucket List Race

August Half Ironman in September 2017 (First half distance)

If God permits, a full Ironman (TBD) and a marathon in December with her daughter in Hawaii!

Just to continue this journey of swimming, cycling and running. It's a lot of fun!

