

Rebecca Kowalski

2022 Spotlight Recipient

Rebecca Kowalski is the Co-founder and President of the CMAK (Chase Michael-Anthony Kowalski) Sandy Hook Memorial foundation, founded after the passing of her son, Chase, in the Sandy Hook school tragedy on 12/14/12. The foundation offers grants to support the Race4Chase children's triathlon training program, which also hosts three USA Triathlon sanctioned events at the end of the 6-week training program. This started in 2014 with three programs and has grown to 29 in 3 states.

In 2014, while honoring the spirit of Chase who was a six-year-old winning triathlete, Rebecca was called out for not being a triathlete and asking children 6-12 to become triathletes; it was then that Rebecca's journey in sports began. She has since completed many 5k runs and sprint triathlons. She was a coach for an adult beginner triathlon support group and has had an amazing journey going from absolute beginner, to sharing acquired skills and knowledge as a coach.

The 2020 Pandemic put a temporary end to completing her ironman dream for Chase's 15th birthday and her 5-year anniversary of her first sprint triathlon. In September of 2020 she set out to complete the 70.3 distance while a friend completed 140.6 full distance triathlon. She finished what she started and kept training and unfortunately had a cycling accident and broke both wrists. Through the dedication of a personal trainer and physical therapist, she was able to regain mobility and strength and got back to her daily workout routines. As of October 16, 2022, she hopes to complete her first Ironman 70.3.