



## Just Tri It



Students in the Just Tri It Interim class got into the outdoor pool at the Willis Road YMCA on a 54-degree morning in April and their discomfort was soon audible.

“Oh my God, it’s so cold,” one could be heard saying.

Each had personal motivation for diving into the class. Some were athletes looking for a new challenge, while others were seeking time away from the sofa.

Triathlons have been part of Dawson Henis’ life since childhood. The senior business economics major from Myrtle Beach, South Carolina, watched his dad compete in Ironman competitions, and the family would take trips to different states where his dad competed.

“I promised my dad I would do an Ironman with him once I finished school and my football career, and that time has finally come. So, I took this course to begin preparing for that,” says Henis, who competed in youth triathlons in elementary school before focusing on football and soccer.

Ben Cartwright, associate professor of accounting, and Dr. Jeremy Morris, assistant professor of biology, are teaching the course for the first time this Interim. Cartwright has competed in eight triathlons since taking up the sport in 2014. Morris has been a non-

competitive runner and a rock climber for many years, and he focuses on meditation and yoga.

They came up with the idea for the Just Tri It course a few years ago during a conversation about exercise and the physiology of exercise. Cartwright is the triathlon expert for the class, and Morris has expertise in physiology and an interest in the biology of exercise.

[Read more.](#)

## Dr. English Chapman Flack visits with Terriers



Dr. English Chapman Flack '00, a pediatric cardiologist and assistant professor at Vanderbilt University Children's Hospital and medical director of Project ADAM, participated in a webinar with students. She discussed how she chose Wofford, her experiences at the college, medical school and her career. She's also a member of the college's Board of Trustees. The webinar was part of a series that's giving students an opportunity to connect with Wofford trustees and learn more about their careers. The series kicked off with Craig Melvin '01. Click the photo above to watch the Flack webinar. Then if you missed, it, watch a **recording of Melvin's webinar.**

## Terrier StartUp Challenge is in its 5<sup>th</sup> year



Students competing in the 2019 Terrier StartUp Challenge pitch their business concept to the competition's judges. The 2021 Terrier StartUp Challenge takes place virtually on Thursday, May 6.

Fourteen teams of Terriers with entrepreneurial spirits are preparing to pitch their ideas for businesses ranging from a digital payment and scheduling platform to connect the families of youth athletes with coaches for one-on-one training, to environmentally friendly interior design approaches, to a clothing resale app.

The fifth annual Terrier StartUp Challenge takes place Thursday, May 6 and will be held virtually. Each team will get three minutes to pitch their idea to three judges and compete for their share of \$10,000 in start-up funding. [Register for the event.](#)

Fans can vote for their favorite concept through the Office of Entrepreneurship & Innovation's Instagram account. The fan favorite will win a \$500 award.

"Watching students put in work for the event and seeing them present their finished pitch is a fun process," says Tyler Senecal, director of entrepreneurship and innovation in Wofford College's Office of Entrepreneurship & Innovation. "For most of our students, this is their first time pitching an idea for a new venture. It takes bravery and commitment to pitch in the Terrier StartUp Challenge. In just a matter of weeks, students go from having an initial idea to being able to pitch a compelling business opportunity. It's very cool to see them working through this process, I'm especially proud of everyone for how they've rallied during such a challenging time in our world."

[Read more.](#)

## 2021 Football Schedule Announced

Wofford has announced its 2021 football schedule, including the dates for Family Weekend and Homecoming. [View the schedule and mark your calendar.](#)

## Lifelong Learning

Registration for the summer term of Lifelong Learning begins Saturday, May 1, and lasts through May 26. Lifelong Learning's summer term is May 26-July 1. The term's catalog includes one-day events, four-week classes, in-person classes and classes via Zoom. [Find the complete list of classes and events.](#) Lifelong Learning is intended for adult students to enjoy extracurricular learning without worrying about grades or diplomas. Summer classes are open to members and non-members. Scholarships are available.

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