

## Loyal for a Cause

Written by Karen V. Contino

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MetroWest resident Loyal Pyczynski (left) attends Hands to Love's Hand Camp held March 2012 in Star

W hen Hector Torres, head coach of the Central Florida Tri

Loyal, who was born with a congenital amputation of his left hand at the wrist, was busily trying to get ba

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“As a triathlete coach, I work with all levels of athletes,” said Hector, founder of Tri Peak Athlete LLC. “I’ve

“Growing up watching the Ironman competitions, I was always interested, but I never thought it was some

And give it a shot he did. He completed his first Ironman competition November 2009 in Florida. In October

“There is an unbelievable sense of accomplishment to completing an Ironman competition,” he said. “It i

In 2011, Loyal competed in the Accenture USA Paratriathlon National Championship held in New York,

Advanced Cycles bicycle shop in South Orlando was happy to sponsor Loyal and provide him a top-of-t

“A lot of people think the most difficult part of the completion for someone without a hand would be swim

Loyal hopes to again compete in the 2012 Paratriathlon World Championship that will be held in Auckla

“I know he is destined for greatness,” Hector said. “That’s how confident I am in his talent.”



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Loyal Pyczynski of MetroWest represents the U.S. at the 2011 Dextro Energy Triathlon ITU World Cham

Growing up the oldest of two siblings in Central Florida, Loyal always has loved sports. Skilled in playing

“Playing sports was one of the only times I felt I belonged,” Loyal said.

“I was just another athlete, just trying to do well. I always felt very self-conscious when I wasn’t playing a

Today, Loyal is a program manager for Rockwell Collins in Cummings Research Park. He heads a team

Loyal passionately volunteers his time with the Challenged Athletes Foundation that is based in San Die

“Words can’t explain it,” Cassie said, about his time with Hands to Love.

“There were tears in my eyes to see him — for these children to look up to him. He’s just like them, and

“He is a wonderful role model,” agreed Hands to Love co-founder Ruthie Dell.

“He is very genuine, a ‘what you see is what you get’ kind of person. He doesn’t make any excuses. I’m

“Anything is possible,” Loyal said. “What it really comes down to is those who choose to have the determ