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Physician Publication

## Surgeon-triathlete named a team physician for World Maccabiah Games

Fran Kirschner • Reader Submitted • June 25, 2009

Dr. Gerardo Goldberger, a board-certified orthopedic surgeon, a senior member of Advanced Orthopedics and Sports Medicine Institute, Freehold and Monroe Townships, has been named one of the team physicians for the World Maccabiah Games, being held in Israel this July.



**Dr. Gerardo Goldberger, an orthopedic surgeon at Advanced Orthopedics and Sports Medicine Institute, has been named a team physician for the World Maccabiah Games. He will also compete as a triathlete. (Gellman Images)**

Dr. Goldberger will also compete for Team USA as a triathlete. Dr. Goldberger also had the opportunity to work as a field physician at the 1996 Olympic Games and the 1994 Soccer World Cup.

Dr. Goldberger plans to arrive in Tel Aviv July 12, the day before the opening ceremonies (July 13). As one of the official team physicians, Dr. Goldberger will travel throughout Israel to where athletes are competing in various sports. On July 15, however, Dr. Goldberger will be joining other “Olympians” in Tiberias where he will participate as a member of the U.S. Triathlon team.

The triathlon, a multisport Olympic endurance race made up of swimming, biking, and running, includes a 1500 meter swim (just short of a mile), a 40 kilometer (25 mile) bike ride, and finally a 10 kilometer (6.2 mile) run. In an effort to bypass the temperature, which can range to more than 110 degrees, the race will begin around 6:00 a.m.

The swimming portion will take place in Lake Kinneret, also

known as the Sea of Galilee. The cycling course will be challenging, including a hill with an elevation of 600 feet. The foot race will take place on a fairly flat course.

“This is the second time I have participated as an athlete in the World Maccabiah Games,” says Dr. Goldberger. “The first time, when I was 17 years old, I competed as an athlete for Argentina. Now I will be going back to Israel as both a physician and as an athlete.”

Dr. Goldberger started racing in triathlons in 1986 as a way to keep in shape. “In college I was on the rowing team. One of my classmates at Rutgers invited me to run a triathlon as a way to keep in shape during the off-season. Since then, I have participated in multiple ironman races around the world, such as those in Switzerland, Austria, Chile, and Brazil, along with 120 races in the United States, including Coeur d'Alene and Lake Placid. I have also competed for Team USA and represented the United States at the 2007 Aquathlon World Championships held in Ixtapa, Mexico.”

Dr. Goldberger, who continues to train with his coach, Brian Shea of Tinton Falls, is a member of several local triathlon clubs. Among them are the Sandy Hookers and the Jersey Shore Triathlon Club. In addition, he participates in endurance sports and triathlon symposiums.

Dr. Goldberger also serves as the chairman of the Department of Orthopedics, CentraState Medical Center. He holds hospital privileges at Robert Wood Johnson University Hospital, CentraState Medical Center, and University Johnson Surgicenter. He is also a clinical examiner for the American Osteopathic Board of Orthopedic Surgery.

