

the colorado triathlete



**Tim DeBoom 3rd
at Ironman World
Championships**

**Susan Bartholomew
and Doug Friman
First at Ixtapa**

**USTS Wrap-up:
Plata Takes
Oceanside and
Nicole DeBoom
Ends Series in
Second Place**

**Xterra:
Overend Wins
Championship,
Weule Wins
Series**

**December 1999-January 2000
www.coloradotriathlete.com**

Coloradans in Kona: Teri Duthie (Boulder) sprints through T1, Eric Peterson (Colorado Springs) climbs up Palani towards the Queen K, Jim Harkness (Steamboat Springs) heads into the finish chute, Eric Schwartz crosses the line; Waiting for the parade to start: Scott Below, Bryan Chapman, Paul Karlsson, Scott Binder (with Kelly and Joey) Photos: far left two, Kristen McFarland, remainder by Jamie Janover





Ironman Hawaii

DeBoom Top American Again at Ironman World Championships

by Kristen McFarland.....	17
Age Groupers Race Hawaii.....	2
Work Week in Kona.....	4
Colorado Results.....	16

US Triathlon Series Wraps Up In California

Victor Plata wins championship race and Nicole DeBoom finishes second in pro standings.....11

Down in the Sinkhole

Clermont hosts the 9th annual Great Floridian Ironman distance triathlon
by Professor D. Meritus.....10

Susan Bartholomew and Doug Friman Take First at Ixtapa ITU Regional Race.....6

Xterra World Championships

Durango's Overend wins Maui, Kerstin Weule second, and wins Xterra Series 7



contents
December
1999-
January
2000

DEPARTMENTS:

Intervals Along The Way

Letter from the editor
by Kristen McFarland.....5

Around The Mountains

Carving Out a New Name For Himself
by Melissa Emmer Mangum.....12

Wind Sprints

ITU Cancun, St. Martin's, Noosa
USOC Honors Kemper
World Duathlon Championships.....6

Ah, Wilderness!

Triathletes try Boulder's new marathon and half marathon
by Professor D. Meritus.....8

Colorado Results:

Age Group Nationals.....	15
Ironman Florida.....	14
Great Floridian.....	10
Hawaii Ironman World Championships.....	16
Xterra Maui.....	7

**Open Forum,
Mail,
Bulletin
Board,
and
Classified's
information.....9
Club Contact
List.....11**



Workin' It

Area tri-business people at Ironman Hawaii

As usual this year, the Hawaii Ironman did not only have a large contingent of athletes and their friends and family from Colorado. It also drew quite a few triathlon industry folks from the state. Saucony's

Dan Schorr was certainly pleased to have his star player, Luc Van Lierde, come up with the big win. *Inside Triathlon* editor Tim Carlson (Lafayette) was reporter and photographer on the scene of course, and *IT*'s special events coordinator Lorraine Gruber organized the magazine's Science of Speed seminar and expo booth. Dave Scott (Boulder) was there to host the seminar, as well as be available for various media interviews and Saucony functions. Nederland's Ray Browning (1990 Ironman Canada winner) conducted an outstanding lecture at the annual Ironman Sports Medicine Conference on bike fit and the many orthopedic issues that can arise from and/or be solved by it. *The Colorado Triathlete* magazine photographer Jamie Janover (Boulder) was there to capture the moments

McFarland (Nederland) working with several triathletes as a massage therapist and attending the Sports Medicine Conference. Schwinn sent Ironman

Marketing Representative Ginger Whalen, also of Nederland.

Ironman week in Kona is a busy one. There are many events to attend and cover, and plans to make for race day. In a way it has the excitement and feel of some sort of international long-distance triathlon convention. And even if there is a lot of work to get done, it's still Hawaii right? ☆

Photos from top: CTM photographer Jamie Janover takes a vacation day at the southern most point of the U.S., the bottom tip of the Big Island; *Inside Triathlon*'s Tim Carlson works the finish line; CTM editor Kristen McFarland as DeBoom comes in first American again; Dave Scott gets interviewed by Mark Allen during the swim leg; Saucony's Dan Schorr greets a victorious Luc Van Lierde. Photos : Jamie Janover, except Tim Carlson and Scott/Allen photos by K. McFarland



The Colorado Triathlete

www.coloradotriathlete.com

1906 13th St., Suite 206
Boulder, Colorado 80302

303.443.3371

888.443.3371

kmcfarland@
coloradotriathlete.com

Our Staff:

Managing Editor

Kristen McFarland

Photographic Editor

Frank Crawford

Advertising Director

Nicole DeBoom

Contributing Writers:

Nicole DeBoom

Wes Hobson

Neal Henderson

Timothy DeBoom

Melissa Emmer

Professor D. Meritus

Contributing Photographers:

Jamie Janover

Kristen McFarland

Larry Higgins

Web Site Development:

Tridigital Consulting:

Sherry Smith, principal

Courtney Elmendorf, designer

We welcome and encourage submissions of all kinds! (Electronic is preferred.) Contact us at the address shown above.

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Intervals Along The Way

The Millenium of Diversity

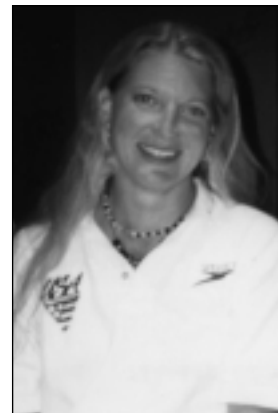
For the sport of triathlon, entering the new millenium has an additional special significance, as the year 2000 also represents the debut of the event at the Olympics in Sydney. There has been, and will continue to be, a great deal of controversy, politics, and power brokering surrounding the initiation into the international Olympic program. But despite all of the negatives, you can be sure that at least a majority of the best short-distance triathletes in the world will be assembled there on the Opera House steps in September to take the plunge. And if everything goes well, some of us will start dreaming of the addition of an ironman distance race as well,.....some-time. Hey, Track and Field has a 10K and a marathon, right?

This inclusion of triathlon is important on a number of levels. Millions of people around the world will learn what triathlon is for the very first time. If history repeats itself in the usual fashion, several young future Olympians will witness the coverage and embark on a journey that will bring them to that same stage in 2016 or 2020. Just think of that. More collegiate teams will start. More races will spring up. More sponsors will sit up and take notice. There is a chance that these are pipe dreams, but probably not. This wave has been building for 25 years, and it is about to crest and crash upon the shores of the sporting world.

Where we stand now, at the

beginning of a new year, century, and millenium, there are a multiplicity of distances, formats, and series to contend with. The World Triathlon Corporation Ironman races doubled their number of participants last year, the US Triathlon Series is enjoying a strong resurgence, the Xterra Off-road Triathlon Series is growing phenomenally, and the ITU is leading the way into the Olympics. All are different. All are thriving. There are those who would like to standardize everything, for both good and bad reasons, but diversity is the way of the world and it is only getting more so. In every walk of life we are finding that people are unique and excel at and enjoy a wide variety of endeavors. We accept this as a given in all the other aspects of our lives. Should triathlon be any different?

PHOTO: JUDY MARTIN



Kristen McFarland
MS, ATC, CMT
Managing Editor

Race volunteer overheard in Kona on race morning:
"How many triathletes does it take to change a light bulb?"
"Only one, but they need three volunteers to direct traffic."

wind sprints

Bruckners DU It Again at Worlds

Boulder's premier duathlon family put in a couple of stellar performances, as usual, as they placed one (women's) - two (men's) in the last race of the Dannon series in Naperville, Illinois in September and then were off to this year's World Duathlon Championships held in Huntersville, North Carolina on October 16th. It was the first world's held in the US in six years. Andy Bruckner was the first-placed American and 10th overall with a time of 1:45:49, and his older sister Kim finished in 12th place (second American) with a 2:02:26. Eric Schwartz, founder of duathlon.com, came in 60th in the elite division (1:57:55). Two age group medals were won by Boulder residents. Andrew Ames won a silver medal in the 35-39 division (1:42:22) and Betty Skip won the 70-74 gold medal (3:44:08). The race consisted of a 10K run, 40K bike, and 5K run.

Kemper Honored

The United States Olympic Committee has named Hunter Kemper the male Triathlete of the Year. Kemper, a member of the national resident team based in Colorado Springs, had a stellar year including wins at the 1999 Pro National Championships (Mrs. T's in Chicago) and the ITU North American Regional Championships, a silver medal at the Pan Am Games, and top American at the ITU World Championships (8th).

Cancun World Cup Race Draws 7 Colorado Pros

The bulk of the US men's team from Colorado turned out for the ITU's showcase race on the Yucatan peninsula on October 10th. The site was host to the 1995 ITU World Championships and has put in a bid to do so again in the future. In a hotly competitive race for big ITU points in the home stretch towards olympic trials, the first 60 men exited the water within 60 seconds of each other. Colorado results are listed below:

7. Nick Radkewich 1:48:40
23. Hunter Kemper 1:50:19

24. Tony DeBoom 1:50:25
37. Joshua Dapice 1:51:40
39. Wes Hobson 1:51:49
49. Michael Smedley 1:53:15
10. Susan Bartholomew 2:00:28

Marcel Vifian wins Grand Chase Regional ITU

Marcel Vifian, recently having moved to Boulder from Colorado Springs after a year on the resident team, won the St. Martin's race put on by the "Friendly Island Triathlon Association" on November 7th. With ITU points and a total elite prize purse of \$10,000, it drew a good field of international athletes. Age group winners received 4 nights at the Oyster

Bartholomew, Friman Victorious at Ixtapa, Mexico ITU Regional Points Race

Susan Bartholomew of Littleton and Doug Friman of Colorado Springs cashed in on the last opportunity to win ITU points this year in Ixtapa, Mexico on November 13th. After an early season of recovering from a frightening pulmonary embolism (a blood clot in the lung), Bartholomew continued on her roll of top placings in the late season races with a big win in Mexico. She had finished second just one week before at the ITU race in St. Martin's, and 10th three weeks before that at the more competitive World Cup race in Cancun. This places her 18th in the ITU international rankings and fourth among the US women on the ITU circuit.

Friman, completing his second year of training as a resident in the Springs, had never won a race as a professional. However, he has done well in enough ITU races to be ranked 100th in the world after this regional race win. Considering that he missed several points races at the beginning of the season because of a knee injury, this win confirms for him as well as Susan that they are back to one hundred percent.

1. Susan Bartholomew 2:03:01

1. Doug Friman 1:51:05

4. Victor Plata 1:53:00

5. Wes Hobson 1:53:03

*Congratulations to
newlywed triathletes
Susan Bartholomew
and Tim Williams of
Littleton*

Bay Beach Resort on the island, a nice enticement to return to the race the following year.

1. Marcel Vifian 1:58:55
7. Michael Smedley 2:00:41
12. Wes Hobson 2:02:54
- 2.Susan Bartholomew 2:06:42

Lindley races well at Noosa, to stay in Australia for the winter season

The final race of the 1999 ITU World Cup Series was held in Queensland, Australia on November 7th. The Noosa Festival is a truly amazing week of multi-sport with many different events including an aquathlon (run, swim, run). There were more than 6000 athletes attending. Siri Lindley of Boulder placed a strong 4th (1:56:40) and Jill Newman (Colorado Springs) came in 7th (1:58:16). Victor Plata, Nick Radkewich, and Joshua Dapice (all Colorado Springs) finished 20th (1:47:40), 28th (1:48:58), and 31st (1:50:49), respectively. Lindley will be remaining in Australia to compete in the fast-paced Formula One Series and to prepare for the first of two qualifiers for the US Olympic Triathlon Team, which will be held in Sydney in April.

XTERRA SUCCESSES FOR OVEREND AND WEULE

The Xterra Off-road Triathlon World Championships were held on Maui, Hawaii, on Halloween, but the competition wasn't too scary for Durango's Ned Overend or Evergreen's Kerstin Weule who both specialize in the mountain bike version of the sport. The 44-year-old Overend won the race for the second year in a row and ended the series in fourth place. Weule, who dominated the series with eight wins, was unable to take the championship, but handily completed the series in first for the big \$10,000 prize.

Other Colorado pros competing in the series include Pat Brown, closing it out at 12th place, and Glynde Mangum in 17th. Dillon's Danelle Ballangee races in six events to come in 12th in the final standings.

Of special note is University of Colorado Triathlon Team member Kerry Barnholt. The 25-29 age-grouper won the overall amateur women's division, ninth including the pros.

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XTERRA WORLD CHAMPIONSHIPS OCTOBER 31, 1999, MAUI, HAWAII

1.Ned Overend	Pro	2:32:50
14.Pat Brown	Pro	2:47:52
25.Steve Senier	Pro	2:56:08
26. Kevin Carter	Pro	2:57:01
38.Neal Henderson	25 29	3:05:58
41.Kerstin Weule	Pro	3:06:27
64.Andrew Adamowski	25-29	3:18:48
67.Eric Black	35 - 39	3:19:48
77.Jeff Cormack	20 - 24	3:21:57
79.Kerry Barnholt	25 - 29	3:22:31
82.Danelle Ballangee	Pro	3:22:50
Mark Gavach	35-39	3:24:04
Ken Lotze	45-49	3:32:36
Andrew Bielecki	40-44	3:43:40
Whit Smith	30-34	3:57:15
Richard Wall	50-54	4:02:29
Paul Martin	32/PC	4:12:04
Chris Carpenter	25 -29	4:19:42

RESULTS FROM www.xterra.net

The first Boulder marathon in twenty years, the Boulder Backroads Marathon and 1/2 Marathon, took place on Sunday, Sept. 26 at the Boulder Reservoir, thanks mainly to the efforts of Leslie Kinder. Among the 1518 entrants (1110 in the half and 408 in the full) were several dozen triathletes trying to hone their running skills. Some of the triathletes could be identified by the Speedos they sported ("to keep their parts together" as one triathlete remarked).

It was a cold morning start at 8:00 A.M. and the first leg was a 1 mile loop to the boat marina and back, a stately procession as the runners defrosted. The course then headed North over mostly dirt roads with the first six miles common to both the full and half-marathoners. Slower runners could see the leaders zipping back on the other side of the road. The marathoners split east at Oxford Road and headed for the primordial backroads which few suspected of existing. This is a land of spitting llamas and horses eagerly awaiting their massages. The only appreciable extent of hard-paved road and frantic cars was the loop around the antenna fields, a two mile stretch of Nelson Road past the spot where a triathlete was killed in a race some dozen years ago. The marathon route eventually rejoined the half-marathon route and wound its way back to the Rez for the post race rites of survival.

The support during the race was at top level, thanks to the efforts of the volunteers. For those bringing up

the rear, the support staff in the trucks boomed out the message "According to our extrapolations, you will not finish within the cutoff time." It is reassuring that these practioners of Norton Weiner's cybernetics could give prognostications which left the runner with the choice of inishing without water or being hauled ignominiously back in a support vehicle. (They later relented, gave out maps so the runners could practice their orienteering and left cups of water scattered randomly at some of the two mile intervals designated as watering holes.)

Most triathletes opted for the half-marathon. About two triathletes tried the marathon, among them Troy Theodos who finished 17th with a time of 3:10:15.

In the half-marathon, pro Cameron Widoff whizzed in fifth (1:15:37) and legend Dave Scott was 15th (1:18:53). Jinger Gottschall, headed for Ironman Hawaii just a few weeks later, completed the half-marathon together with about a dozen members of the CU Triathlon Team. A total of 1100 finished the half-marathon and 371 got through the marathon. A special reception was given to the last marathon finisher who was inundated with gifts - four race shirts, organically grown melons, boxes of fruit, enough bananas to give a chimpanzee an orgasm and unlimited magnetic therapy so the runner could degauss.

Next year, according to Leslie, the number of entrants will be capped so that sufficient support can be arranged well before the race. One obvious improvement would be to have the Boulder Philharmonic play Beethoven's Pastoral Symphony to start the race in the proper mood. Even if this does not come to pass, the event is bound to become a classic. Boulder was long waiting for this to happen.



Ah, Wilderness!
Triathletes race in the new Boulder
Marathon and Half-marathon
by Professor D. Meritus

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MAIL:

Letters to the Editor can be sent to 1906 13th St., Suite 206, Boulder, Colorado 80302, or emailed (preferable) to: letters@coloradotriathlete.com

Letters pertaining to general issues in triathlon will be published in the **Open Forum** column, letters concerning the magazine itself will be printed in the regular **Mail** section. All appropriate letters will be published. Submissions may be edited for grammar and spelling.

BULLETIN BOARD:

This section is available for free listings of group rides, folks looking for training partners, travel companions or car-pooling to races, general requests for help or information, etc. Basically anything non-commercial. Send submissions to the address above or email to: bulletinboard@coloradotriathlete.com.

CLASSIFIED ADS:

Classifieds are \$10 per issue for up to 2 column inches (3 column page like this one) for services offered or items for sale by individuals. Classifieds looking to buy items will be printed for free. Contact us at **classifieds@coloradotriathlete.com** or 303-443-3371 for more information.

**ALL POSTINGS
WILL BE ON
THE WEB SITE
AS WELL!**

OPEN FORUM

October

Another year has passed
And I'm in Kona again
Time to look forward
And to see where I've been

One more year gone
Just too hard to ignore
It's funny to feel
So at home on this shore

It'll soon be my birthday
How many years will that be?
Sure feel a lot older
Than this face lets you see

Swimming through the ocean
Clears the haze from my mind
With the waves crashing over me
There's something new that I find

If you let them just take you
Through their gentle rise and fall
You can slice right through them
With no effort at all

It's when you try too hard
That you start to feel their wrath
They'll push you around
And make you lose your path

It seems that how life is
Like swimming in the sea
Your perspective determines
How easy it will be

In so many ways
This is a magical place
An awesome setting
For an incredible race

Here you gather together
Lay your guts on the line
Burn every drop of energy
Success measured with time

But when the fanfare is over
And the cheering is done
It is only ourselves
That really know what we've won.

-K.M.



Is there something that you would like to speak out about?

Would you like to compliment or berate
a race director? NBC? An issue facing
triathlon today? We welcome your sub-
missions to our

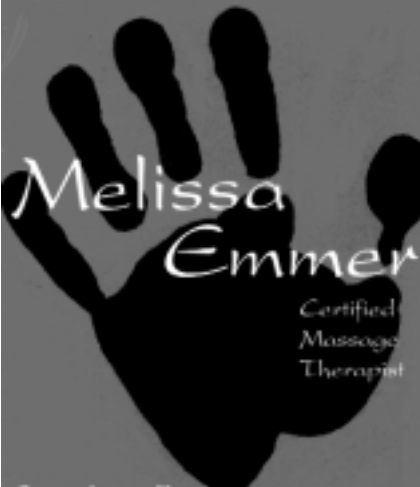
Open Forum Column.

Send your thoughts to:
openforum@coloradotriathlete.com,
or you can snail mail us at the address at
the top left of this page.

CORRECTIONS

In the October-November issue on
page 4, triathlete Steve Roberts is list-
ed as Rogers. Sorry Steve!

We would also like to apologize for
those missing from the Ironman USA
results listings.



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Down the future of the USA headquarters and center and outskirts of Disney World. Surprisingly, the course is touted to be one of the most difficult of the ironman distance races. Flat Florida is pock-eted with negative moun-tains called sinkholes where the land collapses into under-ground voids. The course goes relentlessly up and down these craters which, more often than not, are caul-drons of heat and humidity. This year the temperatures were relatively mild but the wind was its usual pesky pres-ence. No one has ever finished this race in under nine hours with the current record at 9:16:20.

The number of starters was a little over 600 with 26 Colorado entrants. Last year there was a record 1,100 partici-pants. This drop was attributed to the Ironman Florida race only two weeks and 300 miles away on a flat course. The defections to this new Ironman qualifier

caused consternation to race director Fred Sommer and his staff who heaped sundry imprecations on the traitors going to Panama City.

The swim part of the race was in the netherworld of Lake Minneola. This year it consisted of two loops (commer-cialism for the benefit of the spectators) around a rectangular course marked by unusual polyhedral shaped fluores-cent markers. A small sign on the shore read "Beware of Alligators, Snakes and other Vermin" but one spectator remarked that there were no snakes since they had been eaten by the alligators.

Few wanted elaboration as to the nature of the vermin. The bike course is in the

notori-ous hills forming sides of the sink-holes, culminat-ing with the dreaded Sugar Loaf hill. After the first fifty miles the course flat-tens somewhat and opens up to the winds. The route wends its way through homes with architec-ture of mortuary style. People, like lemmings to the sea, come here to die and go to the great Disney World in the sky. Fittingly enough, the Orlando region was host to the senior Olympics which would have its triathlon a few days after the Great Floridian. The run was a three looped course around Lake Minneola and begins with an unpleas-ant climb.

The winner of the race, as expected, was William Magagna (rhymes with lasagna) whose official time was 9:29:48. He alone was misdirected on the run course, did an extra mile and a half and cursed out the race officials by shouting "Gee Willikers". He was also penalized

six minutes for discard-ing equipment, whatev-er that means. Without these adversities, he would have established a course record of 9:07:33. One racer col-lided with a car which turned into his path. He doggedly climbed back on his bike and finished the race. Among the 20 Colorado finishers, Victor Selenow of Buena Vista was the fastest and 7th overall with a 10:20:20. Michelle Orgill from Castle Rock was 2nd in the 25-29 women's age group (12:53:54).

Finishers, electrifying

the air with frisson, were greeted by the usual group including catchers who

donned surgical gloves to receive the battered, sweaty and soggy bodies. A variety of comments were offered by the finishers as they crossed the finish line, such as:

"I'm going to puke."
"I'm perfect." (He was then carried to the medical tent.)
"I'm ready to go to Disney Land."
"I feel like shit."
"Don't tell me what to do." (After being asked if he needed help.)
"I feel great." (She also went to triage.)

Many finishers went to triage in Jenkin's auditorium which soon looked like a scene from a World War I battle-ground. All finishers received the customary finisher's medal although it have been here appropriate to award each a Mickey Mouse hat with ears.

One contestant had a unique denoue-ment. After proving his reproductive prowess by finishing the race in a little over 16 hours, he fell on his knees and proposed marriage to his girlfriend who, alone among a gaggle of family members, was unaware of this planned finale.

This race will celebrate its tenth anniversary next year, is well organized and supported, serves as a plebeian alternative to the hoopla of Hawaii and has much to recommend itself, especial-ly if you like Disney World.



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Great Floridian Results: Oct. 23, 1999, Clermont, Florida, Ironman Distance

Victor Selenow	47	Buena Vista	10:20:20
Michael Travers	34	Denver	10:56:01
Brad Fawcett	31	Lakewood	11:35:45
Larry Herr	29	Co. Springs	12:18:06
Alec Rhodes	28	Denver	12:29:40
Oliver Bradford III	39	Denver	12:42:25
Christopher Martin	25	Boulder	12:46:19
Michelle Orgill	27	Castle Rock	12:53:54
Robert Irving	45	Aurora	12:58:11
David Schott	29	Snowmass Vill.	12:58:59
Steven Keller	47	Denver	13:18:12
Bart Dean	30	Denver	13:19:25
Edward Gaviria	37	Fort Collins	13:31:37
Thomas Marcus	39	Fort Collins	13:36:31
Jackson Sunahara III	30	Castle Rock	13:42:11
Mark Whiteside	34	Loveland	13:52:06
Celeste Callahan	57	Denver	13:54:20
Scott Heflen	34	Denver	14:38:12
Benjamin Linstid	23	Fort Collins	16:11:14
Emily Smith	25	Golden	16:13:06

The United States Triathlon Series ended its 12 race circuit with the National Championship race in Oceanside, California on October 10th. The 12 races included 4 olympic distance no-drafting races, 4 olympic distance draft legal races, and 4 sprint (half olympic distance) races with no prize money. The tour started again in 1998 after a 6 year absence and its return has been welcomed by many US and international pros. "It's all in the States and it's much cheaper to get to the races," said 1st-year pro Nicole DeBoom, who participated in 7 of the events, adding, "They're friendly races with a friendly atmosphere." The Bally Total Fitness and Isuzu sponsors teamed with Suacony/Quitana Roo to come up with a \$175,000 total prize purse, including two SUV's from Isuzu that went to the Series winners, those with the most total points after all the races. Nicole DeBoom finished in second overall.

The championship race favored the very strongest swimmers, as a Pacific storm had caused the surf to rise, greeting the athletes with 8 foot waves on race morning. Colorado Springs' Victor Plata had been a beach lifeguard in the past, and was not daunted by the swells at all as he took the

USTS FINISHES UP SERIES IN OCEANSIDE

VICTOR PLATA ENDS THE SEASON WITH A BIG WIN

lead early and went on to win the race with a nice kick in the last quarter mile to lose his closest competitor. After 9 second and third places this year, the victory was especially important. Nicole DeBoom came out of the water in 3rd place and ended up playing catch-up throughout the bike, breaking away from the chase pack at one point and forsaking the drafting advantage to move up to the leaders. The push paid off, as she finished in second in the race and ended the series in second as well.



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Tri Altitude Multi-Sport Club	303.471.0512
9345 S. Wolfe Street, Highlands Ranch, CO 80126	
Peggy Dursthoff-Gordon	
Tricoach1@aol.com	
Women's Triathlon Club of Boulder	303.554.8857
Beth Davis	
emdavis@indra.com	
University of Colorado Triathlon Team	303.449.8595
925 University Ave., Boulder, CO 80302	
Neil Henderson, coach	
henderna@colorado.edu	
Northern Colorado Triathlon Club	970.407.9763
Ft. Collins, Tony Dragon	
Bad Boys and Girls Tri Club	303.796.8581
South Denver Metro Area	
jimflint@den.galileo.com	
<i>If your club is not listed, please contact us!!</i>	

USTS NATIONAL CHAMPIONSHIP

OCEANSIDE, CALIFORNIA

OCTOBER 10TH, 1999

PRO WOMEN

2. NICOLE DEBOOM BOULDER 2:09:23

PRO MEN

1. VICTOR PLATA CO SPRINGS 1:52:57

4. RYAN BOLTON BOULDER 1:56:23

AGE GROUP ATHLETES

23/9 ALEXANDER DURST 29 BOULDER 2:16:46

65/11 ANDREW JOHNSON 22 BOULDER 2:26:17

142/1 PAUL MARTIN 32 BOULDER 2:40:15

195/8 RON RODMAN 54 WASCO 2:48:50

8/5 ANN MARIE WELCH 29 BOULDER 2:28:31

17/4 RORY GEITNER 24 LITTLETON 2:36:24

46/3 SUSIE WASSON 34 ARVADA 2:53:51

47/11 MICHELLE THAYER 29 LITTLETON 2:53:51

USTS SERIES

TOP TEN FINAL STANDINGS

2. VICTOR PLATA

7. TIM DEBOOM

2. NICOLE DEBOOM

Around The Mountains

by Melissa Emmer Mangum

Carving Out a New Name For Himself

There is a new triathlete in Boulder, Andy Johnson. Andy recently moved to Boulder from Portland, Oregon, where he had been working as an architect. He is a graduate of the University of Oregon, with a Bachelor of Architecture Degree. He now works for Arcadea Inc., an architectural firm in downtown Boulder, specializing in residential and retail architecture. Andy's interest lies with environmental issues in architecture and how these play out in today's changing and growing world.

Along with architecture he also works in the letter arts and

has his own business which he calls Symbol Design. His focus is in graphic design and in unique calligraphy that he refers to as "a true art

form." When asked about his greatest aspiration in life, he answers, "When I am 70 years old, I'd like to be carving letters into stone." If you would like to check out Andy's work, you can contact him at symboldesign@mindspring.com. He is hoping to have a website set up in the near future.

Andy and his girlfriend moved here together. She is pursuing a degree in Transpersonal Counseling Psychology at the Naropa Institute.

Andy, 29, grew up in Omaha, Nebraska where he is one of two children. His other sibling, Jennifer, is also competitive in the sport of triathlon and lives in Evergreen, Colorado.

Andy's background is in running. He was inspired by his father growing up and excelled in Cross-Country and Track and Field. While still in middle school at the age of 14, he competed at the high school level. He favors the 10K race distance, which made for an easy transition into the Olympic distance triathlon format. Andy not only grew up running but was involved in swimming as well. At the age of 15, Andy decided to compete in his first triathlon, a sprint distance race, and laughs as he remarks, "My mom even held my bike for me during it."

Up until three and a half years ago Andy pursued the three disciplines of triathlon separate from each other. He got interested in triathlon after he had an opportunity to visit his cousin who was stationed in the Peace Corps in Southern Africa. When Andy arrived he and his cousin purchased bikes and cycled throughout rural areas, from Zimbabwe to Kenya, for three months. "We were a novelty, these grungy Americans on bikes." He found the African people to be very friendly during their travels but also alludes to an incident in Mozambique where they were held at gunpoint. Obviously surviving, he remembers



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the trip as "overall a great adventure with good training time on the bike". He returned fifteen pounds lighter with an increased fitness level and ready for the challenging arena's within triathlon racing.

In 1996 Andy experienced his first personal breakthrough with his top 20 finish at the Hagg Lake Classic in Oregon. Since then he has claimed a total of nine victories, one of which came at the Rocky Mountain Regional Championships, qualifying him to compete in Montreal, Canada, at the 1999 ITU World Championships. Andy finished 11th in his age group (25-29) and was the third American across the line. Another one of this year's highlights included a 9th place overall finish (4th in his age group) at the USAT National Age Group Championships.

These impressive results, coupled with his desire to take on new challenges, have led Andy to compete as a professional in the year 2000. Andy has employed a coach, Nate Llerandi, a former US pro triathlete based in Louisville, Colorado. Nate has made a business coaching athletes. (You can contact, Nate, at: Llerandi3@aol.com). Andy is excited with the prospects of having a coach and is currently using a training schedule created specifically to his personal needs. His average training week is around twenty hours a week, and admits the "altitude" to be one of the toughest hurdles he has had to overcome since moving here from Oregon. He looks forward to the benefits all of this will bring him. He is pleasantly surprised with the regularity of sunny skies and Boulder's warm climate in comparison to the dreary wet days he has left behind in Portland.

Andy is aiming at his first race as a pro, which will take place at St. Anthony's in April. The rest of 2000's race schedule will evolve from there. Currently Andy is sponsored by Cliff bar. "Cliff bar is an excellent company", he says with enthusiasm. "Their ethical values and emphasis on all natural nutrition are important to me, and easy to be excited about."

Promotion wet-suits is another of his sponsors, which is a grass-roots company out of



Hood River, Oregon. He races on a bike that he won in a raffle that is made by Titanium sports (Sandvik) of Redmond, Washington.

Some of Andy's other interests are in cooking, sketching, and Nordic skiing and "anything that gets me out into the wilderness." He is also an aspiring wheel builder as he currently builds all his own wheels.

You may bump into Andy, hopefully not literally, at masters swim practice or out on a ride. He encourages you to introduce yourself as you may find yourself a new training

partner or rival. We wish Andy all the best as he prepares for the year 2000. We are excited to have him here training and in his prospects as a professional triathlete in the new millenium.

Best of luck Andy!!!



Contributing writer Melissa Emmer Mangum is a massage therapist in Boulder, works with the triathlete community, and is the wife of pro triathlete Glynde Mangum.

Photography by Jamie Janover

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Nov. 6, 1999, Pananma City Beach, Florida, RESULTS SOURCE : WWW.IRONMANFLORIDA.COM

PLACE	TIME	NAME	CITY	STATE	COUNTRY	CAT/PLACE	CAT	#	SWIM SPLITS		BIKE SPLITS		T2	CAT/PL	RUN SPLITS							
									CAT/PL	TIME /100M	T1	CAT/PL			TIME MPH	TIME	MIN/MI					
120	10:08:33	GOMEZ, JAMES	LAFAYETTE	CO USA		43/307	M30-34	527	122	468	1:06:58	1:46	6:40	62	182	5:15:15	21.3	5:39	31	101	3:34:02	8:11
207	10:26:47	TIMM, DANIEL	VAIL	CO USA		35/265	M35-39	736	113	649	1:10:00	1:51	6:23	39	224	5:17:51	21.1	6:38	41	195	3:45:57	8:38
208	10:26:48	SYKES, GREG	PAGOSA SPRIN	CO USA		36/265	M35-39	910	158	891	1:14:12	1:58	5:10	28	176	5:14:48	21.3	5:14	43	204	3:47:26	8:41
234	10:31:21	BECKER, JOHN	LITTLETON	CO USA		75/307	M30-34	528	48	199	1:02:22	1:39	6:56	71	228	5:18:12	21.1	5:05	84	317	3:58:49	9:07
274	10:37:59	FARRIS, WILLIAM	BAILEY	CO USA		54/265	M35-39	793	57	336	1:05:42	1:44	7:25	69	361	5:25:57	20.6	3:51	54	272	3:55:06	8:59
278	10:39:05	RICCI, MICHAEL	BOULDER	CO USA		83/307	M30-34	459	83	304	1:04:28	1:42	5:00	135	503	5:34:50	20.1	4:10	65	229	3:50:39	8:49
306	10:44:10	JOHNSON, ROBERT	PAGOSA SPRIN	CO USA		38/215	M40-44	1092	30	256	1:03:33	1:41	5:00	8	79	5:07:17	21.9	3:04	95	666	4:25:18	10:08
384	10:58:13	GUILLLOT, RON	DENVER	CO USA		109/307	M30-34	526	181	748	1:11:51	1:54	6:22	101	363	5:26:04	20.6	5:25	109	446	4:08:33	9:30
533	11:21:00	CONNORS, MATT	EDWARDS	CO USA		95/212	M25-29	184	77	359	1:05:57	1:45	7:15	113	634	5:42:11	19.6	6:39	89	569	4:18:59	9:54
547	11:23:27	KUSTER, BEN	LONGMONT	CO USA		106/265	M35-39	735	147	842	1:13:30	1:57	7:34	103	532	5:36:15	20.0	5:46	112	593	4:20:24	9:57
548	11:23:33	QUINTERO, CISCO	ERIE	CO USA		80/215	M40-44	1228	74	570	1:08:36	1:49	6:15	79	541	5:37:23	19.9	3:44	101	694	4:27:38	10:13
558	11:24:50	ORGILL, LARRY	CASTLE ROCK	CO USA		81/215	M40-44	1032	97	684	1:10:23	1:52	3:30	73	483	5:33:26	20.2	4:51	108	749	4:32:41	10:25
610	11:30:56	WILSON, BRUCE	BOULDER	CO USA		10/67	M50-54	1454	12	691	1:10:29	1:52	6:36	20	759	5:49:51	19.2	3:29	14	597	4:20:34	9:57
626	11:33:02	LEAHY, MIKE	COLORADO SPR	CO USA		11/67	M50-54	1853	5	542	1:08:12	1:48	5:24	7	302	5:22:29	20.8	4:57	35	971	4:52:02	11:09
643	11:35:55	GAVACH, MARK	BOULDER	CO USA		126/265	M35-39	794	50	302	1:04:22	1:42	7:59	130	659	5:43:23	19.6	5:28	139	778	4:34:45	10:30
647	11:36:11	FULLER, JIM	GREELEY	CO USA		40/111	M45-49	1327	16	436	1:06:33	1:46	7:53	65	1084	6:14:37	17.9	6:15	18	345	4:00:55	9:12
648	11:36:19	WEILAND, DANIEL	VAIL	CO USA		33/63	M18-24	132	55	1159	1:20:36	2:08	8:27	36	811	5:53:38	19.0	5:18	21	443	4:08:22	9:29
681	11:39:50	PFANNENSTIEL, DAN	ARVADA	CO USA		155/307	M30-34	733	124	476	1:07:08	1:46	7:46	181	741	5:48:53	19.3	3:59	160	742	4:32:06	10:24
682	11:39:50	KEITH, WAYNE	ENGLEWOOD	CO USA		136/265	M35-39	911	180	1012	1:16:44	2:02	7:28	126	642	5:42:35	19.6	4:52	127	701	4:28:13	10:15
687 CL	11:40:14	KIRWIN, STEPHEN	BOULDER	CO USA		156/307	M30-34	525	55	215	1:02:28	1:39	6:07	116	407	5:28:45	20.4	6:12	212	1015	4:56:44	11:20
729 CL	11:47:21	MCBRIDE, TODD	LOUISVILLE	CO USA		164/307	M30-34	663	206	907	1:14:28	1:58	7:33	185	776	5:50:59	19.1	5:50	150	706	4:28:32	10:15
739	11:49:56	KAISER, DENNIS	DILLON	CO USA		18/67	M50-54	1422	54	1368	1:28:19	2:20	5:36	11	544	5:37:28	19.9	4:23	27	770	4:34:13	10:28
749	11:50:48	LINDSLEY, BRIAN	BOULDER	CO USA		169/307	M30-34	461	53	209	1:02:24	1:39	6:26	100	347	5:25:13	20.7	7:59	226	1113	5:08:48	11:48
762	11:52:50	SEEBOHAR, BOB	FORT COLLINS	CO USA		122/212	M25-29	266	177	1210	1:21:58	2:10	7:12	147	942	6:03:01	18.5	4:51	84	531	4:15:50	9:46
824	12:04:33	WEISER, STEVEN	DENVER	CO USA		182/307	M30-34	462	212	938	1:15:03	1:59	11:43	224	1001	6:07:34	18.3	7:32	139	629	4:22:44	10:02
891	12:17:01	RINEHART, M. DUNCAN	BOULDER	CO USA		57/111	M45-49	1326	82	1249	1:23:28	2:12	7:49	49	806	5:53:22	19.0	7:10	56	889	4:45:15	10:54
936	12:25:40	HORTON, JOHN	BOULDER	CO USA		137/212	M25-29	265	203	1432	1:34:34	2:30	7:46	140	859	5:56:54	18.8	6:58	122	830	4:39:29	10:41
976	12:31:48	BUXMAN, ERIC	FORT COLLINS	CO USA		209/307	M30-34	395	200	876	1:14:03	1:57	8:16	245	1109	6:16:47	17.8	7:08	189	895	4:45:37	10:55
1049	12:48:51	LATIMER, JOHN P.	HIGHLANDS RA	CO USA		62/111	M45-49	1328	49	886	1:14:09	1:58	10:37	71	1165	6:24:04	17.5	10:14	61	946	4:49:48	11:04
1078	12:54:08	GARTH, JOHN	EAGLE	CO USA		159/215	M40-44	1091	151	1033	1:17:24	2:03	6:50	165	1107	6:16:34	17.8	9:18	157	1077	5:04:04	11:37
1153	13:16:07	ORGILL, MICHELLE	CASTLE ROCK	CO USA		30/38	W25-29	1537	25	1013	1:16:45	2:02	5:45	29	1254	6:34:14	17.0	5:44	28	1145	5:13:41	11:59
1192	13:29:58	COOKE, COLLEEN	FORT COLLINS	CO USA		32/38	W25-29	1533	29	1137	1:20:12	2:07	6:05	31	1280	6:37:59	16.9	5:55	31	1188	5:19:49	12:13
1395	14:46:57	BURKE, SUSAN	BOULDER	CO USA		27/31	W40-44	1705	29	1470	1:38:26	2:36	6:10	24	1402	6:59:34	16.0	7:53	26	1355	5:54:57	13:33

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USA Triathlon Age Group Nationals, Colorado Results Sept. 25, 1999, St. Joseph, Missouri, Olympic Distance (Qualifier for 2000 World Championships)

NAME	AGE	TOWN	DIVISION/OVERALL	PLACE	TIME
1 ANDY JOHNSON	28	DENVER CO	3/9		2:03:25
2 DIRK BOUMA	31	DENVER CO	7/42		2:07:35
3 TIM WILLIAMS	37	LITTLETON CO	6/56		2:08:59
4 ANDREW FEENEY	22	BOULDER CO	17/68		2:10:25
5 CHRIS RICHARDSON	27	DENVER CO	22/78		2:11:18
6 GREG WOODS	22	BOULDER CO	21/79		2:11:19
7 KEVIN KONCZAK	30	BOULDER CO	16/93		2:12:40
8 COLE BLAIR	39	BOULDER CO	12/94		2:12:50
9 CHARLES HUGO	37	DENVER CO	14/102		2:13:37
10 ANDREW HALPERIN	32	NIWOT CO	19/107		2:14:00
11 MICHAEL ORENDORFF	48	PUEBLO CO	2/114		2:14:33
12 STEVE FROMMER	28	BOULDER CO	30/118		2:14:40
13 BLAKE OTTERSBERG	17	PUEBLO CO	6/131		2:15:33
14 CHRIS ACKERMAN	24	CO SPRINGS CO	33/143		2:16:15
15 MICHAEL RICCI	31	BOULDER CO	27/151		2:16:38
16 THOMAS BEAL	35	LITTLETON CO	26/201		2:18:34
17 RICH RUHSE	32	NORTHGLENN CO	37/206		2:18:39
18 LUKE BREEDLOVE	37	DENVER CO	28/214		2:18:58
19 BENJAMIN KNELLER	15	DURANGO CO	14/216		2:19:01
20 DAVID RAKITA	50	DURANGO CO	6/218		2:19:04
21 BOB BROWN	43	GOLDEN CO	24/222		2:19:09
22 PHILIP HACKBARTH	30	CO SPRINGS CO	39/223		2:19:09
23 ROBERT WOOD	30	BOULDER CO	43/244		2:20:39
24 ANN MARIE WELCH	29	LONGMONT CO	16/281		2:22:53
25 MARTIN FULK	38	DENVER CO	32/286		2:23:06
26 PHIL EVERITT	29	ARVADA CO	52/312		2:24:15
27 RYAN DORSEY-SPITZ	16	PUEBLO CO	17/333		2:25:14
28 SUSAN GRIFFIN-KAKLIKIAN	44	CASTLE ROCK	4/337		2:25:21
29 LINDA NELSON	39	LONGMONT CO	8/347		2:25:55
30 DAVE SUTTON	33	LOUISVILLE CO	54/361		2:26:21
31 GREGORY TANNER	31	DENVER CO	3/368		2:26:49
32 KAREN GRABAU	35	LITTLETON CO	10/376		2:27:35
33 MIKE LEAHY	50	CO SPRINGS CO	16/386		2:28:05
34 GARY SMITH	45	ENGLEWOOD CO	29/402		2:28:42
35 JONATHAN MODINE	31	BOULDER CO	56/408		2:29:32
36 CAMERON ELMENDORF	23	BOULDER CO	11/414		2:30:08
37 EDWARD HOLT	27	CO SPRINGS CO	59/416		2:30:27
38 MICHAEL CHESSNOE	58	DENVER CO	10/433		2:31:20
39 GUY SIGLEY	42	HIGHLANDS RANCH CO	50/448		2:32:23
40 STEVE A. ROBERTS	53	BOULDER CO	26/477		2:33:55
41 MICHAEL SCHLACTER	33	CO SPRINGS CO	62/506		2:36:13
42 TINA BURGHARDT	32	BOULDER CO	19/507		2:36:13
43 ROBIN WATERMAN	36	DENVER CO	21/508		2:36:15
44 ROGER MYERS	51	LAKEWOOD CO	32/509		2:36:15
45 MICHELLE SLOAN-HUFF	27	AURORA CO	30/527		2:37:07
46 LARA MAAS	30	CO SPRINGS CO	27/589		2:40:48
47 INGRID MILLHAUSER	33	CO SPRINGS CO	29/609		2:42:17
48 DAVID HOLLAND	31	BOULDER CO	69/627		2:44:03
49 LANCE JERGENSEN	31	FORT COLLINS CO	71/651		2:45:50
50 REBECA IMGRUND	29	DENVER CO	38/658		2:46:05
51 SUSIE WASSON	33	ARVADA CO	2/666		2:47:04
52 JEAN WOOD	52	LOUISVILLE CO	3/670		2:47:40
53 JENNA DORSEY-SPITZ	15	PUEBLO CO	13/691		2:49:43
54 RITA SHARP	51	BOULDER CO	5/713		2:51:34
55 PEGGY DURSTHOFF	39	HIGHLANDS RANCH	38/718		2:52:26
56 HEIDI HOFFMANN	51	ASPEN CO	6/749		2:56:22
57 BARBARA KOSTNER	51	LAKEWOOD CO	11/780		3:00:19
58 KARL MAHLE	64	BOULDER CO	18/782		3:00:27
59 BRAD LEONARD	65	COPPER MOUNTAIN CO	9/796		3:03:09
60 DAWN OBRECHT	50	GOLDEN CO	12/807		3:05:22
61 STEVEN LOCKE	52	CO SPRINGS CO	48/820		3:09:01
62 SUSAN FALSEY	51	COPPER MOUNTAIN CO	16/846		3:17:52
63 CATHY DAY	54	SUPERIOR CO	17/848		3:19:52
64 JAMES FLINT	48	ENGLEWOOD CO	51/852		3:25:35
65 MARY ANN WALLACE	55	CARBONDALE CO	11/870		3:59:02

RESULTS FROM WWW.CTFSOMMERSPORTS.COM

HAWAII IRONMAN WORLD CHAMPIONSHIPS

OCTOBER 23, 1999 COLORADO RESULTS

OFFICIAL RESULTS FROM IRONMANLIVE.COM

RACE NUMBER	NAME	AGE	CLASS	SWIM TIME	T1	BIKE TIME	MPH	T2	RUN TIME	PACE PER MILE	TOTAL TIME	FINAL (OA, CLASS)	SWIM, BIKE, & RUN RANKINGS
10	Timothy DeBoom	28	MPR	0:48:51	0:00:56	4:42:58	23.7	0:01:34	2:51:23	0:06:32	8:25:42	3 3	6 9 10
15	Cameron Widoff	30	MPR	0:52:46	0:01:31	4:53:14	22.9	0:01:58	2:56:57	0:06:45	8:46:26	17 17	42 23 19
434	Eric Schwartz	29	M25	1:10:28	0:05:36	5:27:03	20.5	0:04:00	2:58:16	0:06:48	9:45:23	168 37	884 421 23
473	Tim Sandell	34	M30	0:58:30	0:03:00	5:18:36	21	0:06:37	3:43:38	0:08:32	10:10:21	361 111	265 258 537
1535	Andrew Adamowski	25	M25	1:07:37	0:03:49	5:33:50	20.1	0:01:50	3:31:48	0:08:05	10:18:54	428 84	767 541 348
1365	Jeremy Burt	25	M25	1:06:26	0:04:08	5:35:50	20	0:03:31	3:33:15	0:08:08	10:23:10	463 91	708 576 370
534	Paul Rapinz	29	M25	1:02:47	0:02:04	5:31:33	20.2	0:02:46	3:47:46	0:08:41	10:26:56	496 95	514 492 588
1146	Steve Frommer	28	M25	1:03:18	0:03:00	6:05:45	18.3	0:02:43	3:14:06	0:07:24	10:28:52	508 97	531 931 107
332	John Swift	25	M25	1:03:50	0:01:56	5:34:25	20	0:03:10	3:45:43	0:08:36	10:29:04	514 100	557 552 560
1445	Leslie Bentson	35	FPR	1:09:54	0:01:49	5:33:58	20.1	0:01:33	3:41:58	0:08:28	10:29:12	515 30	860 544 508
1134	Bill Gamber	35	M35	1:05:50	0:03:53	5:54:12	18.9	0:01:57	3:29:38	0:08:00	10:35:30	549 93	684 835 312
1055	Jim Harkness	32	M30	1:06:55	0:04:07	5:54:46	18.9	0:03:17	3:26:26	0:07:52	10:35:31	550 142	730 839 258
427	Gordon Selkirk	37	M35	0:59:00	0:02:49	5:30:49	20.3	0:04:53	3:58:19	0:09:05	10:35:50	553 94	302 478 739
1430	Scott Binder	37	M35	1:00:19	0:03:36	5:22:55	20.8	0:04:35	4:10:21	0:09:33	10:41:46	602 105	357 351 877
1212	Kevin Edwards	42	M40	1:05:34	0:04:19	5:36:44	19.9	0:04:45	3:51:21	0:08:49	10:42:43	607 60	663 586 647
683	Frank Moore	50	M50	1:07:59	0:04:12	5:51:04	19.1	0:02:42	3:46:51	0:08:39	10:52:48	683 9	780 800 577
333	Diann Sweeney	33	F30	1:03:29	0:02:27	5:39:28	19.7	0:02:24	4:05:37	0:09:22	10:53:25	690 10	538 626 830
1221	Teri Duthie	23	F18	1:01:26	0:02:51	5:44:42	19.4	0:02:24	4:04:49	0:09:20	10:56:12	707 5	432 710 819
1357	Nicholas Cady	21	M18	0:55:31	0:02:50	6:09:34	18.1	0:03:38	3:44:40	0:08:34	10:56:13	708 35	131 970 549
304	Paul R Martin	32	PCH	1:09:09	0:03:35	5:46:46	19.3	0:02:37	4:20:42	0:09:57	11:22:49	841 1	827 742 973
1537	Susanne Achtenhagen	28	F25	1:02:06	0:02:51	6:18:35	17.7	0:06:15	3:56:52	0:09:02	11:26:39	856 20	478 1036 722
778	Andy Lull	26	M25	1:07:40	0:04:19	5:42:14	19.6	0:03:23	4:34:44	0:10:29	11:32:20	890 130	769 668 1053
1241	David Dornaus	25	M25	0:50:44	0:03:21	5:44:59	19.4	0:04:18	4:49:30	0:11:02	11:32:52	893 131	26 716 1122
73	Eric Peterson	27	M25	0:48:58	0:01:45	5:20:43	20.9	0:02:42	5:19:24	0:12:11	11:33:32	897 133	8 306 1235
1266	John Delmez	42	M40	1:11:03	0:04:27	6:02:42	18.5	0:04:47	4:18:58	0:09:53	11:41:57	937 110	915 905 953
1450	Scott Below	30	M30	1:12:59	0:04:52	6:05:24	18.3	0:03:41	4:29:49	0:10:17	11:56:45	986 201	1003 927 1021
646	Lisa Nelson	24	F18	1:18:18	0:03:09	6:21:47	17.6	0:03:09	4:10:54	0:09:34	11:57:17	991 12	1149 1059 879
1335	Bryan Chapman	33	M30	1:12:32	0:05:50	6:22:54	17.5	0:08:18	4:15:04	0:09:44	12:04:38	1009 202	985 1069 919
511	Diane Ridgway	50	F50	1:31:02	0:02:25	6:38:08	16.8	0:01:34	3:53:24	0:08:54	12:06:33	1013 1	1367 1167 664
621	Susan Obleski	37	F35	1:18:16	0:04:55	6:34:03	17	0:05:35	4:16:09	0:09:46	12:18:58	1047 29	1146 1141 929
820	Mike Leahy	50	M50	1:14:48	0:04:08	6:07:09	18.3	0:03:50	5:19:29	0:12:11	12:49:24	1132 41	1056 947 1236
1092	Jinger Gottschall	25	F25	1:08:21	0:03:30	6:15:49	17.8	0:07:17	5:26:13	0:12:27	13:01:10	1156 36	795 1016 1260
497	Freddie Rodriguez	35	M35	1:10:52	0:05:57	6:44:44	16.6	0:05:12	5:16:00	0:12:03	13:22:45	1206 203	906 1199 1228
579	Bob Peters	36	M35	1:10:20	0:06:59	6:55:58	16.1	0:13:08	4:56:47	0:11:19	13:23:12	1207 204	877 1240 1155
709	Beth Meyers	33	F30	1:07:29	0:04:04	6:47:04	16.5	0:04:39	5:23:14	0:12:20	13:26:30	1211 45	763 1208 1250
142	Paul Karlsson	36	M35	1:18:54	0:07:05	6:35:36	16.9	0:08:35	5:18:05	0:12:08	13:28:15	1214 206	1166 1150 1230
145	Steven Locke	52	M50	1:41:16	0:05:28	7:53:25	14.1	0:04:39	5:51:24	0:13:24	15:36:12	1356 56	1424 1397 1323



It was a relatively temperate day on the Big Island as the final Hawaii Ironman World Championship of the century

ter than before."

With a fast swim and a very quick transition, DeBoom headed up Palani Hill and out onto

split. "The race started off great."

Once on the road to Hawi, DeBoom maintained a lead ranging from one to nearly five minutes at one point. "I kept looking back and kept thinking they would catch me," he said. But it was not to happen until he was almost back to town, past the airport, when Peter Sandvag of Denmark surged. Then Tim's strategy was to "find out who it was

that passed me [and] make a judgement call at that point. If Lothar [Leder] had passed me I would have done everything

possible to stay with him." He hadn't realized that Leder had been disqualified for 2 penalties at that point, but had seen one of them happen. "I saw him draft off the [tv] van. It was very blatant." Widoff, who saw the large contingent of pros behind DeBoom as he

was approaching the Hawi turnaround, commented, "that chase group behind Tim was awfully tight." For his own part,

MISSION ACCOMPLISHED:

TIM DEBOOM ACHIEVES BOTH A TOP 5 FINISH
AND FIRST AMERICAN AT THE
HAWAII IRONMAN WORLD CHAMPIONSHIPS

by Kristen McFarland, Photography by Jamie Janover

ended with a record 1422 finishers. It was a good day for Coloradans also as 37 of 38 starters completed the race, with two winning their divisions and Tim DeBoom coming in the top American for the second year in a row and taking a big leap forward into third place overall.

After a week of heavy rains, everyone was relieved to see the sun on race morning. "It was a great day," said Boulder's Cam Widoff, "very favorable conditions."

Tim DeBoom had high expectations "to do better than the year before, definitely move up from 10th place," he said, adding, "and to finish, that's always the real goal. I knew the competition was going to be bet-

the Queen K Highway with a good lead. "I was a little surprised that I was out 1st. I didn't really expect it. I expected to be riding with one of the better swimmers." Age grouper Eric Peterson of Colorado Springs clocked an awesome 48:58 swim to come out of the water 8th and

start the bike leg along side the pros with a big smile on

his face (see center photo on inside front cover).

Widoff got a bit "stuck behind a

couple of guys on the swim," and then finally was

able to move around them but "wasn't able to close the gap" between himself and the leaders.

Collegiate National Champion Nick Cady "swam faster than I was hoping," recording a 55:31

CONGRATULATIONS
TO ALL COLORADO'S
IRONMAN WORLD
CHAMPIONSHIP
PARTICIPANTS!

**Tim DeBoom climbs Palani Hill
and begins four and a half
hours of leading the race.**





Above: Peter Reid pulls up to Tim DeBoom. Below: Tim's oldest brother, Todd (no, that's not Tony!) runs along side for a moment at the Energy Lab

Widoff's "bike was strong. I felt strong. But I felt out of touch with the lead group." Nick Cady was to encounter trouble on the



bike. "I wasn't going to let my race start until the marathon," he said of his pre-race plan, "but when I flew by Fernanda Keller I got too cocky" and the hard fast push resulted in his back muscles seizing up in spasm. "I had to get off the bike at about mile 70 and stretch for 20 minutes. Teri passed me then and that was a lot of motivation to get back on," he said, referring to Teri Duthie, his girlfriend and the female Collegiate National Champion.

By the time the pros started the marathon, some welcome cloud cover was creeping over the mountain and increased as the afternoon wore on. DeBoom was right on

Sandvag's heels coming out of the transition area, but within a few miles the eventual winner, Luc Van Lierde of Belgium, passed them both on a steep short downhill stretch. Sandvag faded quickly, though, and DeBoom passed him and held second position for about a third of the run until his friend Peter Reid, of Canada, pulled up beside him just before

Palani Road. Tim made a little joke but then Peter said, "don't talk, save your energy," and then, "get on my feet and let's go." They ran together a short distance but then DeBoom "didn't want to run his pace at the time," and had to let Peter go. Reid



Cam Widoff (left) heads towards the Queen K with German Matthias Klumpp close behind.

finished three minutes ahead of DeBoom, but fended off the tv commentator's questions for a



Perennial top pro Ken Glah of Pennsylvania spent most of the summer training in Boulder this year. Glah finished 16th.

few minutes in favor of leading the cheers for his pal as Tim came down the finish chute. The volume of the crowd's roar was more than that for the winner, clearly revealing the nationalist sentiments of the home crowd for the top American finisher who led nearly half the race. It



was a PR by 13 minutes for DeBoom (8:25:42) who, in his usual reserved fashion, commented that he was "very satisfied" and that it was "a good step for me." His goals for next year? "Well, I still have 2 places to move up."

Out on the course, Cam

Widoff was running an excellent marathon (2:56:57) to pull up into 17th place.

"In general my race went really well," he said, and was "happy with my day."

Eric Schwartz, Boulder's founder of the popular

duathlon.com website, really showed his duathlon leanings with his 884th place in the swim but 23rd fastest

marathon of the day for a 37th place finish overall, beating half the pro men's field. Nick Cady, still struggling with his back on the run, caught up to girlfriend Teri Duthie about halfway through and crossed the line along side of her. But what was for

Nick

"Well, I still have two places to move up" -Tim DeBoom, when asked of his goals for next year.

"just one of those days," was Teri's best (of 3) Hawaii time (10:56:12) and netted her a fifth place age group trophy. Boulder's Paul Martin won the physically challenged division handily by close to an hour. 50-year-old ultra-runner Diane Ridgway of Arvada took 1st in her age group with a

12:06:33.

Boulder Peak race director

Paul Karlsson had completed three other Ironman distance races but it was his first Hawaii

Ironman. "Alii Drive was the second biggest rush of my life," he said, "You see, I got married two weeks before!" He and his new wife Robbi honeymooned in the Hawaiian Islands. Double congratulations are in order.



Photos this page (clockwise from bottom left): Peter and Tim celebrate; a hug from Tim's wife, Nicole; entering the finish chute; Reid cheers his friend across the line; Cam Widoff finishes 17th. (top right and bottom left photos: Kristen McFarland)



Memories of Kona: the famous crooked smile rides back into town; Rick Hoyt says “charge on, Dad!”; first sun on race morning; iron shoulders; T1 ready for action; up in the banyon tree on Alii Drive; fit for a ring; “the med tent is that way!”; munchkin cheering section; Bill Bell racks up another IM finish; getting centered; photography by Jamie Janover