

the colorado triathlete

**Widoff Wins
Ironman USA**

**Tim DeBoom
Goes 8:08
for 2nd at
Ironman
Austria**

**Kerstin
Rocks
Xterra**

**Pros Turn
Out for
Cheyenne
Mountain
Sprint in
The
Springs**



August-September 2000

www.coloradotriathlete.com

Tim DeBoom Goes 8:08 for Second at Ironman Austria

On July 23rd Tim DeBoom took second place at Ironman Austria, finishing only 1:39 behind winner Jurgen Zack of Germany. He set new p.r.'s in all three disciplines (47:44, 4:33:29, 2:43:59) for an amazing 8:08:55. Here are excerpts from an interview about his experience.

CTM: This was your first Ironman in Europe. Did you have any particular expectations?

Tim: More and more, with Ironmans outside of Hawaii, I'm expecting to win them. That's the goal, for myself. That's the main thing. I mean, it was a new experience going to Europe, but that was it....It was a beautiful, unbelievable place. I would have to say probably one of the best places I've ever been.

What was your experience in terms of the race organization, staff, and production?

It couldn't have been any better. Those guys were probably the best I've ever had. They even invited us just to stay over, come back for vacation.

This picture shows Nicole handing you your special needs bag. Tell us about that.

That was a really neat part of the race in that they allowed your family, in my case Nicole, hand me my special needs bags. The bike was three loops. You could have two special needs bags. And the run kind of was this figure eight thing so you passed through the special needs area four times, and you could pick up as many times as you needed. It was very handy knowing I was going to get what I needed with Nicole there."

How was it spending time with (race director) Mark Allen?

Mark is pretty far away from his racing days, you know, but it's fun to hang out with him and get to know him on a different level.

Tell us about your race.

The swim was a pretty typical swim for me, a wetsuit swim. ...Then I got on the bike. Getting into it I didn't feel great right from the beginning and I never have in an Ironman so I wasn't worried about that... There was a really hard 5K hill that you had to do three times, each loop of the bike, and the third time was pretty tough... He (Jurgen Zack) caught us at about 45K...It was discouraging to loose time to Jurgen all day on the bike...So I came in to transition knowing how far down I was...close to 15 minutes...and I took my time in the transition and just got out there to see what I could do. I had no real intention of just blasting it to try and catch Jurgen right off the bat. I took my time getting into it and, again, didn't feel good on the run. From the first couple of steps my legs were pretty sore. I passed Rainer (Muller) and Stefan (Holzner) and kind of

just got into a groove and started taking quite a bit of time out of Jurgen but still wasn't confident that I was going to catch him...I was fairly sick during the marathon. I had some stomach problems...I tried to pick it up with about 10K to go, because I knew I was only five minutes behind Jurgen, but I just couldn't make it. I finished about a minute and a half behind him.

How do these new p.r.'s make you feel heading into Kona?

You know, it doesn't say much because it's a different course. But I was glad with it because I know they made the course legal. There were some questions last year whether Austria was legal or not and they lengthened the course by quite a bit and went to great lengths to make sure the course was accurate. So I'm pretty happy with it considering the bike was tough. I mean, the run was flat, but it had some brutal little hill things in it that you had to go over a few times...It gave me confidence for Hawaii. My run is definitely coming around. My run training was a little different going in so I thought I had made the improvements and it helped. I feel like I can still make quite a bit of improvement in Hawaii.



August - September 2000 contents:

Kerstin and Ned Rock Xterra

Home state heroes use their advantages 10

Ironman USA

Cam Widoff Finally Wins One 12

Bearing Buffalo Springs

by Elizabeth Anderson 16

Macronutrients: Truth Be Told!

by Bob Seebohar 21

Beautiful Day for a Triathlon

Local pros turn out for Cheyenne Mountain
Triathlon in Colorado Springs 23

Photos this page: top: Cam Widoff on the
bike at IMUSA; center: Jenny Tobin heads
out of T1 at Xterra Keystone; bottom: fin-
ishing the bike leg at Cheyenne Mountain
all photos by K. McFarland



On the cover:
Kerstin Weule smiling
on the way to T2 ,
Cam Widoff takes the
victory stroll

departments:

Intervals Along The Way

Letter from the editor

by Kristen McFarland 4

Wind Sprints

ITU World Cups in Toronto and Cornerbrook
Xterras

Smedley's Summer

Nice Long Distance Worlds 6

Colorado Results

Ironman USA 15

Saturn Sprint 15

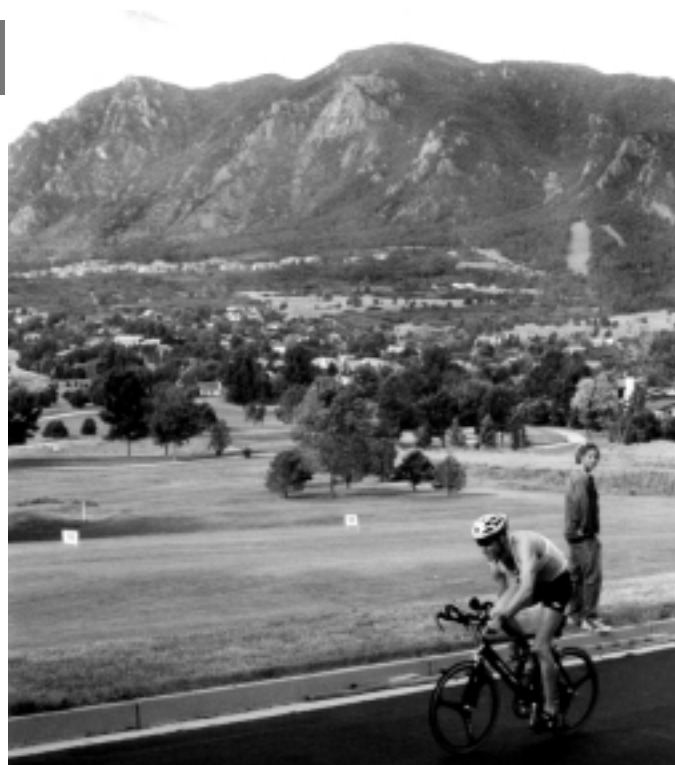
Xterra Keystone 17

Desert Sun 19

Cheyenne Mountain 22

Classifieds 9

Club Contacts 9



Intervals Along The Way

One down, ? To Go...

Our first anniversary is here and it's hard to believe it. Conversations with long-time



PHOTO BY TIMOTHY CARLSON / KONA '98

triathlon writer Timothy Carlson and USAT President Steve Locke at the '98 Hawaii Ironman were the original inspiration for this project. A year later the first issue was out, and now we've got a year's worth under our belts. Since the beginning the response has been overwhelming. Many thanks to the athletes who have been contributing writers: Adam Hodges, Nicole DeBoom, Neal Henderson, Tim DeBoom, Wes Hobson, Steve Roberts, and the wit and wisdom of the Extinguished Professor D. Meritus, our anonymous bard. This issue includes our first article by Collegiate National Champion Elizabeth Anderson, and look for a report from

Sydney in the next issue from Boulder's Siri Lindley, alternate on the U.S. Olympic Team.

If the saying is true that time flies when you're having fun, then I must be having the time of my life. What an exciting year. From big first-time wins and spectacular professional debuts to the wonderfully consistent power of C.U.'s team and our Xterra athletes, there has been so much good news to write about.

So here we are poised at the start of the first Olympic Triathlon and Colorado athletes are heavily represented on the U.S. Team. It is a momentous event and hopefully we'll receive good coverage by NBC, who has some experience with the sport. Kid's races have been added to many adult triathlons and stand alone events for kids are filling up, too. You can count on this trend to veritably explode with the right media exposure. It already has in Australia, where a kids-only race sold out at 1600 participants. Of course, down under the triathlon was the first Olympic event to sell out tickets.

At this point the amount of news for us to report will only grow. Share with us what you would like us to include. Send in stories of your adventures at far-off races or your experiences training right around the corner.

Come on along, it's going to be a great ride.

Kristen McFarland
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Managing Editor

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inside
transition



wind sprints...

Smedley's Summer

Mike Smedley (Colorado Springs) won a couple of races this summer. On June 25th he was first place at the San Jose International Triathlon, competing strong following his training for the Olympic Trials. This was an odd staged race with a 1K swim and 40K bike, then the age group race, then a 1K swim and a 10 K run. The half-kilometer extra distance in the water (over olympic distance) surely helped the outstanding swimmer take first over Olympic Team alternate Victor Plata. Female Olympic Team member Jenny Gutierrez (Greenwood Village) finished 4th.

In early August Mike was first at the old (19 years) Wilkes-Barre Triathlon in Lehman, Pennsylvania. Clocking the fastest run split of the day, 37:59 over 11K, gave him the win by 49 seconds (1:58:06) and the \$1250 first prize.

Xterra's

Kerstin Weule (Evergreen) and Ned Overend (Durango) have continued to compete in all of the Xterra Series races this summer, often joined by Boulder's Pat Brown, Wes Hobson, and Neal Henderson, the CU Triathlon Team coach.

At Hopkinton, Massachusetts on June 11, the series debuted a new venue: the state park that is the start

of the Boston Marathon. The 1.5K/17.5M/10K course was extremely muddy from recent rains and quite technical. Weule's chain broke early into the bike leg. Colorado Springs' Gail Laurence took advantage of her high level of fitness coming off of Olympic Trials two weeks earlier and took a 6th in 2:40:48. In a men's race loaded with the top series athletes, Overend was only able to pull off a 5th (2:06:58). Pat Brown finished behind him in 2:08:34. Wes Hobson, second out of the water, came in 10th (2:11:37).

The following weekend the 4th race of the 10 race series was in Richmond, Virginia, and Kerstin, Ned, and Pat were there. This time it was Pat's turn for bad luck as he flat-ted twice and pulled out. Kerstin made up for the previous week's misfortune with a dominating win (2:36:23), a full seven minutes ahead of the second woman (Jody Purcell-point leader of the series). Ned Overend finished fourth (2:13:13).

Weule prevailed again (2:52:28) in the Rochester, Michigan Xterra on July 16th. First out of the water, Kerstin was passed on the first loop of the bike but regained the lead on the next time around. Wes Hobson turned in both the second fastest swim and run splits for a 5th overall (2:29:39) that moved him up 10 places in the series points standings.

Nice International

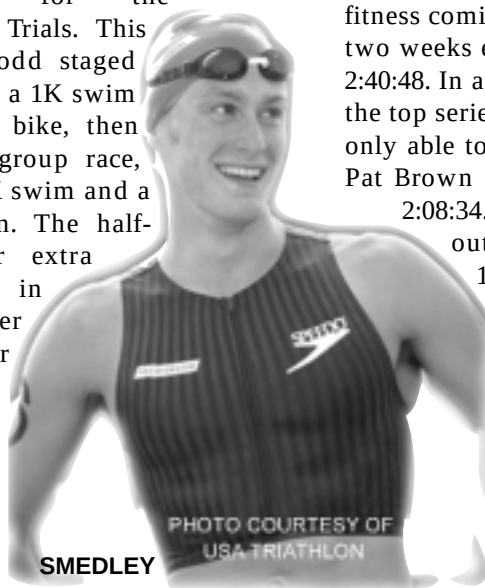
The long running (19 years) Nice

International Triathlon was designated the ITU Long Distance World Championships this year. The well-loved race is on the French Riviera and has a very challenging mountainous bike course. Longer than a half ironman, which has normally been the length of the long distance championship, the race is 4K/120K/30K.

American pros were conspicuously absent this year, but Cam Widoff (Boulder) headed to the Continent to test himself against the Europeans. He finished a very respectable 8th in 6:31:30, nine minutes behind the winner. (Peter Sandvang of Denmark). "The 8th at Nice gave me confidence," Widoff said later in the summer after his win at Ironman USA.

Toronto World Cup

Most of Colorado's pro ITU world cup triathletes headed up to Canada in early July for an inaugural race with a \$100,000 prize purse. Yet another summer Olympic bid city, Toronto is vying for the 2008 games and the bid committee was a title sponsor (along with Pizza Hut). They hope that their prowess in pulling off an international event will help their cause. The swim was held in cold Lake Ontario and the bike was nine



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loops on a 4.2K car race course. The four loop run turned out to be a couple of hundred meters short, which was an unfortunate error considering that the race was the first ITU World Cup race since the horrible mistake of an 8.5K run occurred at World Championships.

The best short course athletes in the world provided intense competition. U.S. Olympic Team member Jenny Gutierrez (Greenwood Village) came out of the water fast and managed to get into the small three-woman lead pack. A strong run kept her there and she finished in third. Siri Lindley was in the chase pack but clocked a fast enough run split to pull up to 6th.

Michael Smedley (Colorado Springs) and Olympic Team members Ryan Bolton and Hunter Kemper (also Colorado Springs) all were in the lead group on the bike but couldn't quite keep pace with the leaders on the run. Smedley faded quickly down through the field to come in 18th, but Bolton and Kemper hung on for a 6th and 8th place, respectively, and some prize money.

The following weekend Ryan headed east to Newfoundland for the Cornerbrook ITU World Cup on July 30th. He placed 11th

there.

Edmonton Triathlon

Two new pros from Boulder also went to Canada in July, trying out the ITU scene. The points race in Alberta was on July 16th and will be the race course for the 2001 ITU World Championships. Being the following weekend after the Toronto race, it had many of the top competitors there as well, so the field was very challenging. Andy Johnson (see article on page 23 about Cheyenne Mountain) finished 13th (1:57:35) and Paul Fritzche 16th (2:01:15).

Half Vineman

The 1999 Collegiate National Champions Nick Cady and Teri Duthie have been making a foray into the professional ranks this summer. The two, who have recently returned to Boulder after trying out California briefly, raced the Half Vineman on July 9th. Both earned a very respectable top ten finish with Nick coming in 6th (4:10:23) and Teri in 8th (4:43:13). Beth Anderson, this year's Collegiate Champion, placed 5th in her age group with a 4:40:50 that would have put her in the top ten pro women. Next year she plans to make the switch also.





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2000 Dannon Duathlon Series, May 21st, New Orleans 2M/10M/2M

1 Kimberly Bruckner	29 Boulder	11:40	0:39	23:55	0:28	2 12:13	48:54
6 Cindy Hazen	35 Littleton	12:14	0:44	27:24	0:38	5 12:56	53:54
8 Andrew Holton	32 Aurora	10:13	0:24	24:04	0:20	7 11:23	46:21

2000 Dannon Duathlon Series, June 11th, Alpharetta, Georgia 5K/30K/5K

8 Cindy Hazen	35 Littleton	19:11	0:41	52:30	0:50	20:32	1:33:42
8 Andrew Holton	32 Aurora	16:43	0:25	46:32	0:28	17:46	1:21:52

2000 Apple Duathlon, Sartell, Minnesota 10K/40K/5K USA Triathlon National Duathlon Championship

gp.	place	o.all	group				
6	1	M35	Andy Ames, 37, Boulder	33:15	1:04:09	18:45	1:57:15
24	8	M20	Ryan Ignatz, 22, Boulder	37:59		20:13	2:04:12
122	17	M20	Courtney Guck, 21, Greeley	43:14	1:16:14	23:58	2:24:39
51	10	W40	Carol Whipple, 42, Lakewood	49:43	1:26:30	28:19	2:41:33
214	4	M65	Brad Leonard, 66, Copper Mtn	57:18	1:20:55	31:45	2:53:54
79	6	W50	Susan Falsey, 51, Copper Mtn	57:20	1:35:35	33:51	3:11:53

Danskin Women's Triathlon August 6, 2000 Denver, Colorado .75K/20K/5K Top 100

1 DEACON, LORI 01:05:58	51 LEVY, SARAH 01:17:22
2 OLYMPIAN, TEAM 01:06:08	52 ARHTUR, MISSY 01:17:27
3 HARPER, HOLLI 01:07:39	53 THOMPSON, JULIE 01:17:28
4 VAN ORDEN, SUSAN 01:08:00	54 FITZGERALD, FARLEIGH 01:17:34
5 CLAY ROCKS, TEAM 01:09:00	55 THOMPSON, TRACI 01:17:36
6 POPELAR, STEPH 01:09:53	56 SWAIN, ELIZABETH 01:17:38
7 D'ANGELO, KAT 01:10:00	57 MORRISON, MARY 01:17:48
8 HEISDORFFER, TRISH 01:10:18	58 DESENFANTS, CHRISTINE 01:17:50
9 SMITH, CAROLINE 01:10:21	59 FEFFER, MARY ANN 01:17:50
10 MEYER, SYDNEY 01:10:29	60 MORRIS, BELLE 01:18:01
11 FISK, BETH 01:10:34	61 PATRICK, DIXIE 01:18:09
12 RYAN, MONICA 01:10:57	62 HUGHES, GERALDINE 01:18:13
13 LEADER, KRISTINE 01:10:58	63 GILLESPIE, MEGAN 01:18:20
14 LEHMAN, CINDI 01:11:09	64 HOAGLAND, EMILY 01:18:21
15 THAYER, MICHELLE 01:11:21	65 SENOUR, ELLEEN 01:18:23
16 MISFITS, TEAM 01:11:27	66 MERKOWITZ, BEVIN 01:18:27
17 MAURER, RENEE 01:12:03	67 FRENCH, TENLEY 01:18:32
18 SKILES, KRIS 01:12:06	68 VALENTA, MC 01:18:35
19 LANTZ, ANN 01:12:42	69 GOLDIN-DUBIOS, DENISE 01:18:42
20 LAMOTT, JENNY 01:12:49	70 BLOOM, ABBY 01:18:46
21 SMITH, KATHLEEN 01:12:55	71 WASHNOCK, JULIE 01:18:46
22 ALFINO, KATHY 01:12:56	72 TWARK, CLAIRE 01:18:50
23 BAKER, KATIE 01:13:05	73 DONNELLY, LAURIE 01:18:59
24 PETERSON, KRISTEN 01:13:39	74 BARNABY, PAULA 01:19:05
25 BURGERS, SONYA 01:14:06	75 HULL, KATHY 01:19:12
26 OEINCK, JASMINE 01:14:14	76 HULET, ANN 01:19:17
27 SWENSON, JENNI 01:14:16	77 CRAWFORD, CAROLYN 01:19:22
28 YOUNGE, BETTINA 01:14:17	78 MARSHALL, BARBARA 01:19:23
29 JOHNSON, FRANCES 01:14:23	79 WOOD, JEAN 01:19:29
30 WINSOR, BRIDGET 01:15:03	80 BOUCK, LYNN 01:19:38
31 PUZAK, MARLEEN 01:15:09	81 SALONE, DAPHNE 01:19:43
32 WEBB, ABIGAIL 01:15:11	82 ROARK, DARLENE 01:19:45
33 HARMON, KIMMAN 01:15:16	83 HARRINGTON, ERIN 01:19:54
34 HOOGSTRATE, SARA 01:15:21	84 WENTZ, COLLEEN 01:19:54
35 HOPP, MARIA 01:15:25	85 KING, JAALA 01:19:58
36 MILLS, MARY ANNE 01:15:40	86 WILSON, TINA 01:20:17
37 CHARLES, KAREN 01:15:50	87 CASTLE, ANDREA 01:20:19
38 MCGUIRE, MARKETA 01:16:13	88 CASEY, KATHLEEN 01:20:20
39 BETTRIDGE, JENNIFER 01:16:15	89 MARSCHNER, SUSANNE 01:20:23
40 MEEKS, PATTI 01:16:15	90 LOVE, SANDY 01:20:33
41 YODER, REBECCA 01:16:25	91 MCKERCHER, MARNIE 01:20:34
42 DAVIS, CARLA 01:16:27	92 MAYER, DIANE 01:20:40
43 HAMM, CARRIE 01:16:27	93 TEXTER, DIANE 01:20:41
44 LOUGHRAN, BARBARA 01:16:33	94 BURRELL, CHERYL 01:20:46
45 KROEPSCH, ADRIANNE 01:16:46	95 REIN, WENDY 01:20:48
46 TROEGER, SUSAN 01:16:52	96 PETERS, PAMELA 01:20:51
47 SECKINGER, LEANNE 01:17:07	97 BUTLER, NAN 01:21:00
48 PLUMMER, AMY 01:17:08	98 GARCIA, CHRISTINE 01:21:02
49 HAGADORN, HEATHER 01:17:11	99 CHAPMAN, MOLLY 01:21:04
50 SEDBROOK, WENDY 01:17:16	100 BRICKELL, DESIREE 01:21:07

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KERSTIN AND NED RUN AWAY WITH THEIR HOME STATE XTERRA

Colorado's Xterra champions were not going to let this one go to anyone else. Kerstin Weule of Evergreen and Ned Overend of Durango, two of the biggest powers in the series, chalked up wins towards their goal of winning the series points race at their home



state race. The Keystone Ski resort course base is over 9000 feet altitude and the top of the mountain bike course reached nearly 11,000 feet. This oxygen deprivation party only partly favored the

off his former pro mountain biker skills by gaining a four minute lead on second place finisher Mike Vine on the steep downhill section leading into T2. Vine was only able to make up half of the margin during the trail run. "If there was



one opportunity for me to win, this was it," said Overend. "This course really favors me."

Weule, a ski instructor at the resort during the winter, admitted that she knows the mountain well. "It's my favorite course," she said, "because I live here." She finished a full four and a half minutes ahead of Canadian Lorraine



two, who have been travelling around the country doing races all summer and so weren't quite as acclimatized as they might otherwise have been.



The fearless 44-year-old Overend showed

Photos this page: Kerstin Weule begins the run, fords the creek crossing at the last part of the run, grins post-race; Kerry Classen (4th place) careens down the mountain; CU Coach Neal Henderson (kneeling) (15th) kneels in front of team members Jeff Cormack and Lucas Llado; Facing page center row: Tinley goofing around for the cameras; Ned Overend at the finish; Sue Latshaw at T1; and bottom corner: Mike Vine (2nd) comes off the bike in second. All photos K. McFarland



Barrows. "I had a really bad start of the season," she added, although she had won two of the series so far. "That last one was a mental breakthrough." "It feels good to race well start to finish."



See results on page 17





The young lady singing the national anthem stood shrouded in a thick fog atop a platform on the pier jutting out into aptly named Mirror Lake. The hazy globe of the rising sun was barely visible through the cool mist as the race started. The fast two-loop swim ended with Tony DeBoom (Boulder) ninth out of the water (49:49) and Cam W i d o f f (Boulder) close behind (50:05).

The two were hungry for their first Ironman win. They had both seen their best Ironman performances in 1997. Widoff

finished 6th in Hawaii that year, and DeBoom had taken 4th at I r o n m a n S w i t z e r l a n d . Shorter course wins had sustained their motivation since then. Tony had two huge wins in '98 at St.

Anthony's and Mrs. T.'s, and Cam had multiple wins at the Boulder Peak and Wildflower.

Tony was having an amazing day on the bike. "Overall I felt really in control on the bike," he said. Having been warned of the grueling grades and con-



tinuously mountainous course, he had spent plenty of race preparation hours on the steepest canyons between Boulder and Estes Park at home. It payed off in spades, He blew away the field by eight minutes in the split ranks, and came into T2 12 minutes ahead of Cam Widoff who was second to

start the run. But soon what turned out to be a disastrous event for Tony's race happened. The right elbow rest of his aerobars spontaneously broke off. Shocked but not deterred from his mission, he did his best to stay aero and keep hammering.



Photos: top row: swim start; Tony DeBoom leading the bike and run; 60-65 age-group winner (by a half an hour) Paul Martin (Parker) heads out of T2; bottom row: Race Director Graham Fraser; Becky Hearty (Boulder); CU student (unknown); Cam Widoff leading on the last run loop; all photos by K. McFarland

WIDOFF WINS THE ISUZU IRONMAN® USA TRIATHLON LAKE PLACID

Dave Scott (Boulder), close behind in the TV van doing race commentary, picked up the part and brought it to an official B & L bike tech, who was able to stop Tony and replace it with about 30 miles left to go on the

breaths or lengthen his stride without severe pain, he tried various tactics to make the stitches go away, but to no avail. By mile three he was intermittently walking and the pain would still not sub-

side.

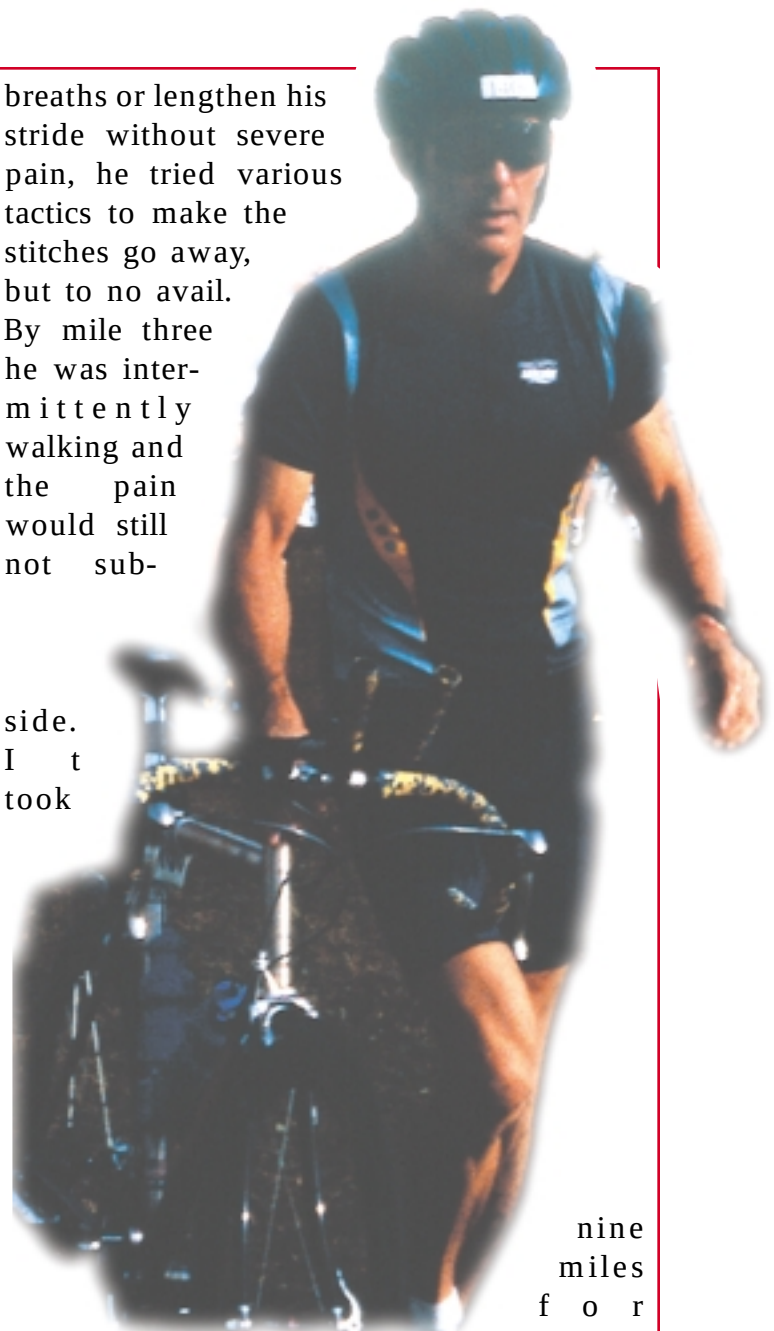
It took

bike. Without that minute stop for mechanical help he would have had a faster bike split than Thomas Hellriegel posted last year at the inaugural event.

The muscle tension required to maintain his body position without that arm rest for half the bike leg was to take a very heavy toll, however. Within the first mile and a half of the run side stitches developed on both sides of his torso. Unable to take deep

nine miles for Cam to catch him, but his slow pace made it inevitable.

Tony had impressed the crowd with his amazing ride and they rallied to keep him going. Strangers and friends alike cheered him on, encouraging him all the way to the finish line despite seeing 32 competitors pass him by. "I owe it





to the crowd," he said when it was all over. "They were great."

Widoff set off on the run with a steady pace and a steely-eyed focus. "You can't give a great athlete like Tony DeBoom more than 10 minutes," he said, but he had given him 12, and his only chance was for Tony to falter on the marathon. When that happened he was able to eventually overtake him and led the remaining 17 miles to finish a full 10 minutes in

front and claim the \$10,000 prize. Yet another American in the lead energized the crowd and the age groupers excited to have a domestic pro win this Ironman USA race. Practically every other athlete he passed on the way back in on the double out and back course cheered "way to go, Cam!" or some

other similar phrase. "It was an awesome day out the," he said. "The people, the support, the city of Lake Placid...it was really special."

At the post-race interview he had high praises for DeBoom's blazing bike performance. "The hills may have played to our bene-



fit," he said, referring to the training rides they both had available back home in Colorado. "Americans are coming back on to the map. We're maturing into Ironman athletes." ✨

Photos this page:
top left: Art Hinman
(Highlands Ranch); Cam
Widoff breaks the tape; Dave
Scott interviews Widoff;
Paul Rapinz (Boulder)
all photos by K. McFarland





I R O N M A N U S A

JULY 30, LAKE PLACID, NEW YORK 2.4M/112M/26.2M

AG PL	TIME	LNAME	FNAME	CITY	SWIM	BIKE	RUN
1	8:46:05	WIDOFF, CAMERON		BOULDER	50:05:00	4:55:16	2:55:53
19	9:50:02	DEBOOM, TONY		BOULDER	49:49:00	4:44:22	4:10:50
10	10:00:47	RAPINZ, PAUL		BOULDER	00:58:52	05:33:17	03:23:18
8	10:01:27	CAVALLI, STEVE		BROOMFIELD	01:11:38	05:11:45	03:26:51
2	10:17:40	MCKELVY, HAL		LAKEWOOD	01:02:00	05:21:17	03:43:28
7	10:22:04	SELENOW, VICTOR		BUENA VISTA	01:00:41	05:23:14	03:50:20
18	10:30:45	SYKES, GREG		PAGOSA SPS	01:13:11	05:25:58	03:41:17
34	10:52:27	DART, RON		LITTLETON	01:11:05	05:36:49	03:49:45
58	10:54:22	BECKER, JOHN		LITTLETON	01:02:40	05:33:26	04:08:03
78	11:12:07	MELLINGER, TODD		FT COLLINS	01:03:25	05:51:42	04:08:22
91	11:18:18	ROSS, ROBERT		BOULDER	01:18:18	05:48:40	03:58:04
46	11:19:10	KNIGHT, ROGER		BOULDER	00:58:21	05:33:48	04:36:38
58	11:26:09	SEEBOHAR, BOB		FT COLLINS	01:17:47	05:51:31	04:05:39
47	11:29:00	JOHNSON, ROBERT		PAGOSA SPS	00:59:56	05:38:54	04:41:17
15	11:29:56	FERNANDEZ, MONICA		BOULDER	00:57:00	05:56:47	04:27:35
9	11:36:54	VAN SLOUN, RACHEL		AVON	01:10:55	05:55:32	04:17:34
70	11:37:54	MAKINEN, BRUCE		FT COLLINS	01:04:40	06:15:14	04:02:20
76	11:43:29	GARRITANO, MICHAEL		CONIFER	01:14:06	05:49:33	04:24:49
63	11:50:48	BUDERUS, JIM		LOUISVILLE	01:05:11	06:00:23	04:32:52
1	12:05:49	MARTIN, PAUL J		AURORA	01:17:27	06:08:54	04:18:52
148	12:19:20	FERGUSON, MATT		GOLDEN	01:00:20	06:04:09	05:03:49
113	12:23:26	HUNTER, WILLARD W.		FT COLLINS	01:05:16	06:18:14	04:44:34
35	12:35:07	MCKENNA, HEIDI		CO SPRINGS	01:07:17	06:54:20	04:19:48
110	12:39:58	KUHR, DEREK		DENVER	01:18:17	06:19:20	04:45:16
111	12:41:20	KNEE, DEREK		FT COLLINS	01:04:55	05:59:35	05:22:44
46	12:43:19	LYNN, STEVE		DENVER	01:04:54	06:22:43	04:58:14
5	12:54:57	VAN HORNE, BEATRIC		FT COLLINS	01:11:53	06:46:22	04:44:37
120	12:55:25	ZOGLMANN, MYRON		PARKER	01:10:37	06:37:19	04:44:44
211	13:35:54	MCQUILLAN, MARK		BOULDER	01:15:49	06:42:32	05:12:00
1	14:05:17	HOFFMANN, HEIDI		ASPEN	01:13:35	07:05:43	05:32:22
81	14:16:55	HINMAN, RICK		PARKER	01:04:55	06:17:01	06:19:04
213	15:02:05	BIANCO, ROBERTO		LOUISVILLE	01:38:58	07:34:24	05:30:50
23	15:16:32	HEARTY, BECKY A.		BOULDER	01:32:02	08:11:54	05:10:15
48	16:41:36	MORITZ, SHARON		DENVER	01:29:58	08:12:56	06:24:06

SATURN SPRINT TRIATHLON JULY 9, 2000 MONUMENT, COLORADO USA TRIATHLON REGIONAL SPRINT CHAMPIONSHIP (top placings)

Class	First	Last	BIB	SWIM	TRANS1	BIKE	TRANS2	RUN	FINAL	OARNK	CLRNK
FOA	JILL	NEWMAN	5	00:06:39	00:00:45	00:45:52	00:00:32	00:19:54	01:13:44	14	1
FOA	ANDRA	BOYLE	296	00:06:02	00:00:41	00:48:54	00:00:34	00:19:44	01:15:56	23	2
FOA	RORY	GEITNER	9	00:06:42	00:01:10	00:50:29	00:00:44	00:20:02	01:19:09	39	3
MOA	ANDY	JOHNSON	8	00:06:43	00:00:36	00:41:46	00:00:36	00:16:13	01:05:56	1	1
MOA	NEAL	HENDERSON	1	00:06:40	00:00:31	00:43:17	00:00:31	00:18:15	01:09:17	2	2
MOA	GREG	WOODS	390	00:06:31	00:00:29	00:43:32	00:00:30	00:18:20	01:09:24	3	3

Bearing Buffalo Springs

by Elizabeth Anderson

A strange phenomenon occurred at approximately mile 11 of the run at Buffalo Springs Half-Ironman: the remaining 2 miles suddenly swelled and extended into a ridiculously long and painful distance. The asphalt seemed to adopt an oddly viscous and sticky texture, my racing flats sinking slightly into the melting road which snaked around several curves in front of me. It seemed impossible that the momentous energy of the race could come to so painful a halt so late in day. We had all made it this far.....

The day began as hundreds of athletes walked purposefully through the quiet, dark morning, a huge moon still looming overhead. While we were busy arranging transition and readying ourselves for the day, the sun took advantage and began to steal upon the horizon. As the race began, the sun commenced its unmerciful business of the day, beginning with blinding those swimmers leading out the pack.

After swimming in the calm waters of Buffalo Springs Lake, the bike began as a tolerable experience, yet the fiery sun and the ruthless wind quickly caught up with us. In retrospect, it is almost humorous how there was a constant a headwind. After miles of a hot, dry, gusts in the face while riding in one direction, the wind would mysteriously switch directions just as one would come to a turn around. Hah....So much for a break....The forceful gusts demanded that we stay tucked neatly in aero-bars, coming up only to take more bottles or brace against the ruts and cracks of the worn road.

The run course starts out with a deceiving amount of shade in the first mile, winding around the water alongside some houses. Residents use their hoses to spray down the runners, shaking their heads slightly at the sight of us

laboring in the absurd heat, our farcical display of "athleticism". Even under the shade of the trees in the first mile, the temperature is vicious, and once we head out on to the highway.....the heat is just plain vile. Those first ten miles or so, I concentrated only on my breathing, attempting to ignore any pain I was feeling. I kept my eyes forward, the heat rising off the pavement blurring my vision of the distance ahead. Heading back, I suddenly found myself in the situation with which I began this account. With only 2 miles to go, I lost my concentration- that calm little spot inside my head vanished. I began noticing everything; the angry hotspots in my shoes, the blistering sun on my shoulders, and my extreme thirst. I tried desperately to regain my composure, telling myself that within minutes I would be able to take off those horrible, painful shoes and soak myself in the coolness of the lake. The quicker I ran- the faster this would all be over with, was the thought that finally pushed me in to the finish.

Afterwards, the athletes exchanged stories about the day, everyone commenting on the difficulty of the race, and the intensity of the heat. Dumping ice down their backs and gulping frosty water, the exhausted athletes all appeared haggard. The expression on their faces is one which I have seen at the finish of many races, and is an expression which I have a great appreciation for. Visible in weary eyes and tired faces is that look of accomplishment and pride. Seeing so many athletes with such a contented grin is one of the things I look forward most about the finish of a race.

Lubbock again next year? Sure, maybe next year it'll be a couple degrees hotter for us.....

Elizabeth Anderson is the current Collegiate National Women's Champion.

The Man Races Again

The Buffalo Springs Lake Half Ironman has always been a "favorite" Hawaii Ironman qualifying race for Colorado's triathletes intent on testing themselves in Kona. Held in Lubbock, Texas, it is always brutally hot (see story at left) and fairly imitates the baking lava fields of the Big Island. the event is in its 11th year and has a modest prize purse of about \$6000 for the pros, including primes.

This year's race was different, though, because among the athletes were Dave Scott (Boulder), Scott Molina, and Scott Tinley. All in their 40's, they were invited (convinced?) to compete as part of a special "legends" division by race director Mike Greer. (Mark Allen, the 4th of the group often called the Big Four, graciously declined.) It had been 12 years since all three were in a race together. Dave is 46 years old and hasn't raced since the '96 Hawaii Ironman when he passed a couple of dozen folks on the run to finish 5th. He has always stayed in excellent swimming form, however, and certainly keeps in decent running and cycling condition while training his group of athletes in Boulder. A bit of a step-up in his personal program and he was poised to blow his old compatriots away with a 4:25:56 finish, sixteen minutes ahead of Molina and twenty-three ahead of Tinley, who always just races to have a good time anymore anyway (see fun photo of him at Keystone on page 11). He placed 7th overall, and 5th pro, but wasn't taking that pro slot for Hawaii...not this time anyway.

7 From Colorado Pick Up Hawaii
Ironman World Championship
Slots at the
Buffalo Springs Lake Half Ironman
June 25, 2000 Lubbock, Texas

Elizabeth Anderson	23 BOULDER	4:58:06
Chris Peeters	33 CO SPRINGS	4:26:31
Mark Prinzel	36 SUPERIOR	4:38:31
Andy Fox	41 DENVER	4:41:13
Holli Harper	40 CO SPRINGS	5:13:34
Dennis West	55 DENVER	5:36:53
Paul Martin	60 AURORA	6:03:11

1K/26K/10K

17

136 Tanya Sells #207 30 - 34 21 :22:07 2:04:04 1:00:24 3:26:35
 137 Keith Rile #253 30 - 34 :21:19 2:07:49 :57:30 3:26:38
 138 Samuel Turney #229 30 - 34 :21:11 2:05:55 1:00:22 3:27:28
 139 Anne Shepherd #210 25 - 29 22 :24:03 1:50:10 1:14:07 3:28:20
 140 Bill Richmond #198 0 - 34 :24:02 1:57:51 1:06:32 3:28:25
 141 David Anderson #52 40 - 44 :22:33 2:00:22 1:05:35 3:28:30
 142 Todd Barson #260 30 - 34 :24:53 1:59:47 1:05:20 3:30:00
 143 Deidre Matthews #247 30 - 34 23 :29:41 1:57:31 1:04:17 3:31:29
 144 Mike Blair #61 5 - 29 :14:59 2:07:20 1:09:12 3:31:31
 145 Mary McCarty #167 30 - 34 24 :19:28 1:58:38 1:13:28 3:31:34
 146 Hiroko Shimada #211 5 - 29 25 :34:25 1:59:59 :57:25 3:31:49
 147 Jay Irwin #125 30 - 34 :23:51 1:55:48 1:12:14 3:31:53
 148 Clayton Clester #73 35 - 39 :20:24 1:57:44 1:14:05 3:32:13
 149 Brian Hill #111 20 - 24 :20:41 1:57:46 1:14:06 3:32:33
 150 Mike Huovila #123 25 - 29 :20:45 2:03:40 1:08:15 3:32:40
 151 Skip Thurman #264 35 - 39 :21:45 2:11:45 :59:14 3:32:44
 152 David Howell #118 40 - 44 :24:08 2:04:22 1:04:55 3:33:25
 153 Pam Buderus #65 35 - 39 26 :17:58 2:12:13 1:03:44 3:33:55
 154 Steve Katz #135 50 - 54 :17:50 2:15:34 1:00:53 3:34:17
 155 Chris Spence #215 30 - 34 :17:15 2:26:09 :51:32 3:34:56
 156 Kevin Bernard #256 25 - 29 :20:32 2:06:26 1:08:11 3:35:09
 157 Robert Hopper #117 30 - 34 :24:43 1:59:10 1:12:01 3:35:54
 158 Tom Wells #236 40 - 44 :34:26 1:47:27 1:14:04 3:35:57
 159 Katie Baker #54 20 - 24 27 :18:32 2:13:33 1:04:11 3:36:16
 160 Graham Frank #93 20 - 24 :17:47 1:53:25 1:25:11 3:36:23
 161 Missy Mandery #161 30 - 34 28 :20:54 2:15:18 1:00:12 3:36:24
 162 Fred Krumbhaar #146 30 - 34 :21:04 2:12:34 1:02:56 3:36:34
 163 Maggy Dunphy #87 35 - 39 29 :25:38 2:03:52 1:08:15 3:37:45
 164 Mindy Gehrs #97 25 - 29 30 :15:52 2:20:39 1:03:24 3:39:55
 165 Chris Barker #56 30 - 34 :25:30 1:58:14 1:16:21 3:40:05
 166 Mark Goldberg #98 35 - 39 :21:04 2:10:22 1:09:12 3:40:38
 167 Tammy Heffron #108 25 - 29 31 :25:53 2:06:06 1:09:32 3:41:31
 168 Todd Landin #148 20 - 24 :15:52 2:07:27 1:20:15 3:43:34
 169 Steve Wheeler #238 0 - 24 :37:28 1:58:10 1:10:23 3:46:01
 170 Shawn Kramer #144 25 - 29 :21:26 2:16:57 1:08:13 3:46:36
 171 Matthew Keyser #270 30 - 34 :23:23 2:17:34 1:06:13 3:47:10
 172 Chris Brockbank #64 35 - 39 :30:57 2:01:35 1:15:19 3:47:51
 173 Peter Cooper #76 35 - 39 :17:38 2:15:21 1:16:43 3:49:42

174 Toshiko Noda #179
 175 Tonya Tipotsch #225
 176 Heidi Crider #78
 177 Marleen Puzak #192
 178 Paul Karlsson #134
 179 Tracy Long #158
 180 Steve Elliott #89
 181 Becky Smith #214
 182 Karen Kerr #258
 183 Bob Sztukowski #222
 184 Daphne Salone #204
 185 Charles George #269
 186 Liz Adams #50
 187 Justin Harman #105
 188 Tanya Stein #219
 189 George Learned #152
 190 Brian McCarrie #166
 191 Pete Szuch #255
 192 Robert Martinich #163
 193 William Iaia #250
 194 Teodoro Ramos #195
 195 Randy Jacobs #126
 196 Eric Wiener #240
 197 JoAnne Carilli #68
 198 Kathleen Placchi #184
 199 Christopher King #139
 200 Joshua Steinmann #220
 201 Greg Ernest #257
 202 Peter Dorsa #83
 203 Sally Hill #112
 204 Jim Johnson #127
 205 Mary Mathews #165
 206 Charles Riley #268
 207 Sheila Cooper #77
 208 Riley Cooper #75
 209 John Seminara #208
 210 Jason Elliott #262

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 35 - 39 :21:05 2:21:59 1:14:00 3:57:04
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 35 - 39 :22:54 2:23:22 1:14:08 4:00:24
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Desert Sun Half Ironman

Grand Junction, Colorado, July 16th, 2000

USA Triathlon Regional Long Course Championship

JASON	EVANSTON	WY	4:23:42	10	SCOTT	HAYASHI	BOULDER	CO	5:44:42
MARK	BOULDER	CO	4:33:29	2	FRANCES	JOHNSON	LITTLETON	CO	5:44:57
HENRY	AVON	CO	4:36:38	23	JOHN	MIDDLEBROOK	LOVELAND	CO	5:45:55
CHRIS	DENVER	CO	4:43:27	2	MARY	TAYLOR	DENVER	CO	5:46:16
KEVIN J	DENVER	CO	4:43:54	3	RACHAEL	VAN PELT	WESTMINSTER	CO	5:46:26
CHARLES	DENVER	CO	4:46:04	9	JODY	EVANS	SALT LAKE CITY	UT	5:46:28
ANDREW	EVERGREEN	CO	4:52:42	11	ANDREW	SLAYTON	DENVER	CO	5:47:39
MARTIN	LOS ALAMOS	NM	4:53:56	5	DENNIS	GOURNIC	LITTLETON	CO	5:47:45
CHRIS	BOULDER	CO	4:56:34	4	MERCEDES	GIL	FORT COLLINS	CO	5:48:09
PAUL	FT COLLINS	CO	4:56:52	10	ROBERT	BUSH	NORTHGLENN	CO	5:48:12
ARMSTRONG	SLC	UT	4:57:22	12	MATTHEW	STACHOWSKE	BOULDER	CO	5:48:50
GRABAU	LITTLETON	CO	5:03:08	13	MIKE	KEFFELER	LONGMONT	CO	5:49:06
GAVACH	BOULDER	CO	5:03:46	13	GORDON	GALLAGHER	GRAND JUNCT	CO	5:50:04
LUCKEY	AURORA	CO	5:06:31	12	SEAN	WENDT	ARVADA	CO	5:51:05
FEWELL	BOULDER	CO	5:08:45	5	ANNIE	FOX	DENVER	CO	5:51:52
EDWARDS	LITTLETON	CO	5:10:21	6	TOM	POLITZER	GOLDEN	CO	5:52:17
MURPHY	DENVER	CO	5:10:51	1	BRUCE	WILSON	BOULDER	CO	5:52:19
TRAVERS	SALT LAKE CITY	UT	5:12:37	13	ALEX	WEBBER	COLO SPRINGS	CO	5:52:21
PIERCE	ENGLEWOOD	CO	5:11:09	14	JAMES	PALMER	SCOTTSBLUFF	NE	5:52:22
PEREZ	HIGHLANDS RA	CO	5:12:50	4	GREG	WERNER	BOULDER	CO	5:52:28
KIM	DENVER	CO	5:15:12	15	CHRIS	CLEVENGER	BOULDER	CO	5:53:01
BETHKE	AVON	CO	5:15:40	1	DALE	CLEVENGER	BOULDER	CO	5:53:02
CONNORS	COLO SPRINGS	CO	5:16:28	6	ROBERT	IRVING	AURORA	CO	5:53:42
HACKBARTH	EL PRADP	NM	5:17:04	16	BERNARD	ACEVEDO	FORT COLLINS	CO	5:54:00
SCHURMAN	CHEYENE	WY	5:18:54	5	RENEE	MAURER	LAKEWOOD	CO	5:55:02
LANGSTON	SLC	UT	5:20:57	24	MOLLY	BARKER	HUNTERSVILLE	NC	5:55:22
WRAY	PARKER	CO	5:21:07	7	MARK	ERICKSON	PHOENIX	AZ	5:55:32
MATTICKS	SLC	UT	5:22:51	7	CORY	COULSTON	LAKEWOOD	CO	5:55:56
HOWE	FORT COLLINS	CO	5:23:04	6	KELLY	OLSON	MOAB	UT	5:56:36
HUGHES	LOS ALAMOS	NM	5:24:11	15	ROBBIN	FORSYTH	BOULDER	CO	5:57:48
DERKACS	SLC	UT	5:24:25	8	WARREN	STADLER	SLC	UT	5:58:22
PAULSON	GOLDEN	CO	5:24:50	25	BRUCE	MILLER	COLO SPGS	CO	5:58:41
HOLLINGS	GRAND JCT	UT	5:26:07	26	CHRIS	STEVENS	DENVER	CO	6:01:06
SCHYMIK	GREELEY	CO	5:26:25	16	DEAN	DISCHLER	FT COLLINS	CO	6:01:20
HUSTER	BAILEY	CO	5:27:40	2	RON	DENT	DURANGO	CO	6:01:45
FULLER	LONGMONT	CO	5:28:39	8	WILLIAM	WELTER	COLO SPRINGS	CO	6:01:51
FARRIS	DENVER	CO	5:29:50	6	NANCY	PRICE	LITTLETON	CO	6:02:10
WASON	LAKEWOOD	CO	5:30:44	9	OLIVER F	MORRISON	DENVER	CO	6:02:25
WATERWOMAN	DENVER	CO	5:32:22	7	MARY	MORRISON	DENVER	CO	6:03:52
LOTZE	OGDEN	UT	5:32:55	27	DAVID	GELLATLY	VAIL	CO	6:06:09
KIRKLAND	GREELEY	CO	5:33:06	17	PAUL	ELLIOTT	ARVADA	CO	6:06:33
DALLOW	DENVER	CO	5:33:26	28	TROY	MECKSTROTH	GOLDEN	CO	6:07:38
GAMBESCIA	MOAB	CO	5:33:39	10	KRISTIN	PETERSEN	CO SPRINGS	CO	6:08:15
VETETO	BOULDER	CO	5:34:11	17	STEVE	CHU	ENGLEWOOD	CO	6:08:29
GOTT SCHALL	DENVER	CO	5:34:59	29	EUGENE	YOUNG	DENVER	CO	6:08:50
LYNN	LITTLETON	CO	5:35:55	18	BILL	GLENN	BOULDER	CO	6:11:17
HOPP	BOULDER	CO	5:37:48	30	KELLY	ALFINO	MIDVALE	UT	6:14:01
WALKER	FIRECREST	WA	5:38:23	2	PETER S	WEINBRANDT	HIGHLAND	CO	6:14:45
RANDELMAN	LARKSPUR	CA	5:39:05	18	DICK	KRAMER	JACKSON	WY	6:15:51
CHAPPELL	SCOTTSBLUFF	NE	5:40:46	11	SHAWN	OSZUST	BOULDER	CO	6:16:13
HOLSHCER	LITTLETON	CO	5:40:49	9	JOHN	STANCHAK	LOVELAND	CO	6:16:34
MOHR	VAIL	CO	5:41:24	3	RICK	BERRY	FT COLLINS	CO	6:17:40
HALL	LITTLETON	CO	5:42:36	10	TODD	WILLIAMSON	LOVELAND	CO	6:18:29
HART	LONGMONT	CO	5:43:04	3	TOM	MC'ELHINNEY	EVANS	CO	6:18:31
MAGILL	AURORA	CO	5:43:45	11	STEVEN	KELLER	DENVER	CO	6:19:00
RUTKOWSKI	DENVER	CO	5:44:10	3	BARBI	BURESH	DENVER	CO	6:21:32
GRIMM	DENVER	CO	5:44:24	31	MIKE	PEARCE	LARAMIE	WY	6:21:42
FULK	BOULDER	CO		4	SHEILA	VAN CUYK	DENVER	CO	
O'BRIEN	COLO SPRINGS	CO		12	TIM	AALBERG	BOULDER	CO	
LARSEN	DENVER	CO		32	TODD	MORLEY	WOODLAND PK	CO	
DE LA BARRE	DENVER	CO		13	NEIL	JOHNSON	DURANGO	CO	
NEPTUNE									

Desert Sun Half Ironman (continued):

8	NICKY KAY	MICHAEL	AURORA	6:22:13
5	RYAN	PATERSON	ENGLEWOOD	6:23:53
6	TIMOTHY	ROY	FT COLLINS	6:23:54
12	TIM	STOKLOSA	LAKEWOOD	6:24:36
5	JOANNA	WOLSFELD	DENVER	6:25:39
33	ROB	HOLLAWELL	HIGHLANDS RA	6:27:36
4	ADAM	BOOK	LOVELAND	6:28:37
1	ELLEN	IVES	SALT LAKE CITY UT	6:28:59
19	S. BROOKS	CROSBY	LOUISVILLE	6:29:14
20	SCOTT	SORENSEN	MURRAY	6:29:30
19	SCOTT	OLMER	WESTMINSTER	6:30:46
21	BRIAN	SCHWARTZ	FT COLLINS	6:30:55
6	SUSIE	WASSON	ARVADA	6:32:09
22	RANDALL	PREBLE	DENVER	6:32:32
2	SUSAN	BIRD	VAIL	6:36:11
14	CHIP	WOODLAND	VAIL	6:38:04
9	EMILY	SMITH	GOLDEN	6:38:31
3	RICH	WEIMER	GRAND JCT	6:38:43
23	TIM	MILLER	GRAND JCT	6:40:12
20	MARCUS K	GIRON	THRONTON	6:42:02
21	C J	KING	BOULDER	6:42:41
15	DENNIS J	BREMSE	COLO SPGS	6:43:33
22	JEFF	GRANT	DENVER	6:43:44
16	BORIS	KRIVORUK	LITTLETON	6:44:28
1	BETH	BERRY	FARMINGTON	6:46:35
23	MARCUS	CHEN	DENVER	6:46:40
10	KIRSTEN	LAITY	CLEARFIELD	6:48:09
24	JEFF	BILLINGSLEY	DENVER	6:49:51
34	PAUL	KARLSSON	LAKEWOOD	6:50:55
11	BARRIE	WILLIAMS	DENVER	6:51:40
12	ERIKA	VAN METER	ASPEN	6:53:12
24	JOHN	WOODHULL	DENVER	6:53:38
7	LISA	BAADSVIK	WHISTLER	6:56:14
25	GREGG	SHOULTZ	SLC	6:57:25
13	HOLLY	TERRY	BOULDER	6:57:27
1	AMBER	BELT	TEMPE	6:57:50
17	GENE	STEWART	COLO SPRINGS	6:58:18
1	LINDA	BURRIS	DENVER	6:58:42
8	LISA	LEDET	DENVER	7:02:00
14	DANIELLE	MUWANGA	DENVER	7:03:12
26	KEVIN L	ST CLAIR	LAKEWOOD	7:04:50
25	SCOTT	HEFLEN	DENVER	7:05:34
3	STEVEN	CALHOUN	LAKEWOOD	7:10:24
35	BOBBY	WEIMER	GRAND JCT	7:15:15
27	MATTHEW	HERNANDEZ	LITTLETON	7:15:27
36	DAVE	BUSHONG	DENVER	7:16:16
2	REBECCA	KEELER	WHISTLER	7:21:07
8	KATHLEEN	ZURAWSKI	BOULDER	7:22:04
37	MICHAEL	LEVIAN	ARVADA	7:22:14
2	MARILYN	DOHM	GRAND JCT	7:27:28
4	PAM	BECKER	EVERGREEN	7:28:55
2	SALLY	SHUCKIES	COLO SPRINGS	7:32:04
3	CHRIS	GOADE	POCATELLO	7:33:33
26	STEPHEN	MC KELVEY	CARBONDALE	7:35:21
27	SCOTT	GIBSON	NEWPORT BEA	7:39:17
7	DAVID	O'SULLIVAN	DENVER	7:47:05
9	CRISTINA	RICHARDSON	COLO SPGS	7:53:37
4	NANCY	GIBSON	NEWPORT BEA	8:01:17
10	AMY	VOHS	LITTLETON	8:04:33
13	JOHN	HULSTROM	LITTLETON	8:04:35
11	TRACI	NORTON	GLENWOOD SP	8:08:30
12	ANGELA	OLIVER	CASTLE ROCK	8:09:01
		CHAMBLISS	LAKEWOOD	8:17:08



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 -Anonymous



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This first in a series of articles on nutrition is meant to lay the groundwork for future articles by educating our readers about the basic functions and fates of the macronutrients: carbohydrates, proteins and fats. Some of it may be new, while some of it you may have heard before. Be assured that the information that will follow is based on sound, nutritional science. Enjoy!

Carbohydrates. The

ultimate source of
energy for our
bodies.
Each

gram of carbohydrate provides 4 calories but carbohydrates are stored in low amounts in the body. In fact, the normal person can only store approximately 2000 calories of carbohydrates in their muscles, liver and blood (albeit blood is the transporter but remember, it transports glucose so there will always be a certain amount of carbohydrates stored there.). Hence the reason for constant replenishment of carbohydrates during training and racing.

At rest, our bodies utilize carbohydrates for approximately 35% of our energy needs (60% from fat and 2-5% from protein). As we begin to exercise lightly, say our long slow training days, our bodies utilize about 40% carbohydrates (55% fat and 2-5% protein). Intervals, or high intensity sprint-type exercise, utilize 95% carbohydrates (3% fat and 2% protein). The intensity that most of us race at, and train at if you are in an intensity cycle, utilizes 70% carbohydrates (15% fat and 5-8% protein).

So you see, as triathletes, carbohydrates are the MOST important macronutrient you could consume. Yes there are times when we are not racing or training at high intensity when you may say you do not need as many carbo's (and you may be right-remember to listen to your

body) but remember one very important point-carbohydrates promote their own oxidation while fats do not. When you consume carbohydrates your body will utilize them for energy or store them as glycogen. Conversely, consuming fat will not help you oxidize fat better. It will simply add to your fat stores and could become a detriment to your health.

I would be lying if I told you that carbohydrates do not turn into fat. Overconsumption of any macronutrient (especially fat) can. What

most people do not realize is that it would take a very high, even excessive, carbohydrate diet (about 85-90%) over years to become over fat. Carbohydrates are not the culprit for becoming over fat-overconsumption of food is!

Protein. Contrary to popular belief, protein does NOT build muscle. Having 4 calories per gram, protein provides your muscles the amino acids they need to resynthesize. You could sit on the couch for a month consuming a protein supplement drink and eating a high protein diet and you would not build muscle (you may put on some serious weight though). Protein also does NOT get stored in the body as protein. It gives its amino acids to the muscles (and DNA) that need repair and then forms a very toxic substance with the rest. This toxic substance, ammonia, is escorted to a very efficient metabolic cycle (the Urea Cycle) where it goes through many biochemical changes and eventually is excreted.

As endurance athletes, our muscles will break down some protein (in longer events). These proteins are usually made up mostly of branch chain amino acids (leucine, isoleucine and valine). These will provide your body with some energy although this process is less efficient and it takes longer than burning carbohydrates. Supplementing

the diet with protein powder or amino acids is usually not necessary if you are not a vegetarian. If you are a vegetarian, it takes a little more know-how to get the right proteins, but it is possible.

Fat. With more than two times the amount of calories per gram than carbohydrates or protein (9), fat could potentially provide us with a large amount of energy-if we were to

always
exercise at
low intensity. On
average, our bodies

have approximately 80,000 calories stored as fat! Sounds promising for the endurance athlete, doesn't it? Remember though, at higher intensity exercise, our bodies only utilize 3-15% energy from fat. At most we derive 60% of our energy from fat-and that is at rest. It is not necessary to consume more fat in your diet to achieve better performance. Most of us have enough fat stores in our bodies and consuming excess could introduce health problems.

Fat is essential for body processes such as body insulation, internal organ protection, nerve transmission and probably most importantly, metabolizing fat soluble vitamins (A, D, E, K). A diet too low in fat could potentially cause health problems also. How low is too low? The American Heart Association recommends less than 30% of your total calories from fat. I would say 20-30% would be a safe range.

Remember, every individual is different and just like exercise, you must find what food and what combinations work best for you. Listen to your body and remember to include a variety of foods into your eating plan.

"Train hard. Eat smart."

Bob Seebogar, MS, CSCS, and USA Triathlon Certified Level II Coach is the head multisport coach at Peak to Peak Training Systems based out of Fort Collins.

Macronutrients: Truth Be Told!

CHEYENNE MOUNTAIN SPRINT TRIATHLON

COLORADO SPRINGS, COUNTRY CLUB OF COLORADO

JUNE 18, 2000 .75K/20K/5K

F0119 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	1 CAROLINE SMITH	1:19:39.6	14:56	41:17	29.1	23:28	7:34
1 DARCY SIMPSON	1:23:16.7	11:45	44:51	26.8	26:42	8:36	2 ALICE CHILDERS	1:23:50.3	13:11	46:02	26.1	24:39	7:56
2 PAMELA TRACY	1:23:52.0	11:56					3 MARYANN FEFER	1:26:58.5	14:16	48:41	24.7	24:03	7:45
3 JENNA DORSEY-SPITZ	1:24:24.5	14:06	47:56	25.0	22:24	7:13	4 CAROL GANNON	1:31:03.5	16:09	50:10	23.9	24:46	7:59
4 ELDA MORALES	1:28:44.9	14:30	48:40	24.7	25:36	8:15	5 BARBARA HEWITT	1:33:30.8	18:28	47:03	25.5	28:00	9:01
5 SHANNON LEIGH	1:33:29.1	10:07	59:10	20.3	24:14	7:48							
M0119 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	M4044 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
1 BUCKY SCHAFER	1:11:46.6	12:21	40:37	29.6	18:50	6:04	1 WOODY NOLEEN	1:09:14.2	10:57	38:28	31.2	19:51	6:24
2 BOBBY KYSELA	1:15:26.8	9:56	42:03	28.5	23:29	7:34	2 BOB OLIVER	1:11:03.6	10:13	39:43	30.2	21:09	6:49
3 CHRISTOPHER PEOPLES	1:16:13.6	11:22	44:07	27.2	20:46	6:41	3 TIMOTHY CROSSEN	1:11:11.2	12:58	36:45	32.7	21:30	6:55
4 MATT DREXEL	1:17:43.7	10:33	44:41	26.9	22:31	7:15	4 JEREMY HAEFNER	1:11:32.4	11:50	40:00	30.0	19:44	6:21
5 DUSTIN SIMPSON	1:22:22.6	11:50	43:30	27.6	27:04	8:43	5 BOB BROWN	1:11:37.4	11:16	39:51	30.1	20:32	6:37
F2024 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	F4549 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
1 SARA TURTLE	1:15:57.3	11:47	42:52	28.0	21:20	6:52	1 SUSAN GRIFFIN-KAKLIKIAN	1:13:36.7	12:39	38:56	30.8	22:03	7:06
2 KATIE BAKER	1:19:38.7	13:16	42:57	28.0	23:27	7:33	2 KRIS SKILES	1:21:25.9	11:49	44:27	27.0	25:10	8:06
3 ABIGAIL WEBBT	1:20:10.6	11:51	44:17	27.1	24:04	7:45	3 JUDY LANEY	1:22:30.3	12:57	44:12	27.2	25:23	8:10
4 KRISTYN BORGER	1:23:17.8	13:26					4 DIANE CRIDENND	1:25:52.7	14:56	45:36	26.3	25:22	8:10
5 ALISON KASUBOSKE	1:26:31.5	11:42	48:59	24.5	25:52	8:20	5 PAULA BARNABY	1:30:38.0	16:12	47:38	25.2	26:49	8:38
M2024 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	M4549 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
1 GREG WOODS	1:06:10.2	10:34	35:53	33.5	19:45	6:22	1 JOSEPH FRETZ	1:14:26.9	11:48	40:59	29.3	21:41	6:59
2 JERRY LEENT	1:10:34.8	10:58	38:33	31.1	21:05	6:48	2 PATRICK MCCREARY	1:14:58.3	14:08	39:22	30.5	21:30	6:55
3 JASON MCDONALD	1:11:46.0	11:08	38:11	31.4	22:28	7:14	3 KEN LOTZE	1:16:31.1	13:01	40:43	29.5	22:49	7:21
4 JEREMY ALDEN	1:12:32.2	10:30	39:04	30.7	23:00	7:24	4 GARY SMITH			1:18:09.2	13:27		
5 JIM HALLBERG	1:13:23.9	13:46					5 ROBERT IRVING	1:19:57.9	15:51	41:54	28.7	22:14	7:10
F2529 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	F5054 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
1 CAROLANNE TURTLE	1:11:39.3	9:56	40:46	29.4	20:59	6:45	1 CARLA DEVAUGHN	1:25:28.4	15:39	44:29	27.0	25:22	8:10
2 RORY GEITNER	1:13:50.1	10:54	40:59	29.3	21:59	7:05	2 DAWN OBRECHT	1:30:16.2	12:46	48:49	24.6	28:43	9:15
3 LORI DEACON	1:16:32.6	10:39	42:59	27.9	22:56	7:23	3 ANN VITTT	1:44:33.0	16:35	57:45	20.8	30:14	9:44
4 LISA WITTT	1:17:59.5	14:04	43:05	27.9	20:52	6:43	4 SUSAN FALSEY	1:49:13.9	18:35	1:03:12	19.0	27:28	8:51
5 KRISTIN PETERSEN	1:18:09.9	14:45	42:15	28.4	21:11	6:50	5 THERESE-MARIE O'SULLIVAN	2:30:46.8	23:52	1:08:24	17.5	58:32	18:51
M2529 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	M5054 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
1 MARC LEES	0:59:06.5	8:44	33:11	36.2	17:13	5:33	1 FRANK MOORE	1:09:41.0	12:03	37:28	32.0	20:11	6:30
2 ANDY JOHNSON	1:01:34.6				17:23	5:36	2 BILL PUTNAM	1:25:09.6	14:10	45:39	26.3	25:22	8:10
3 MICHAEL SMEDLEY	1:02:13.9	9:02					3 LARRY SCHWARTZ	1:25:46.6	14:21	48:08	24.9	23:19	7:31
4 JOSEPH FOGARTY	1:04:21.2	10:52	35:50	33.5	17:41	5:42	4 ROB LADEWIE	1:27:07.9	20:04	46:03	26.1	21:02	6:47
5 KEVIN DOHERTY	1:04:42.0	9:33	35:33	33.8	19:37	6:19	5 WOLFGANG DWORZAK	1:29:31.1	15:48	47:13	25.4	26:32	8:33
F3034 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	F5559 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
1 JILL NEWMAN	1:09:03.3	10:36	38:00	31.6	20:29	6:36	1 KAREN FADYT	1:39:56.8	16:50	55:46	21.5	27:22	8:49
2 SUSAN BARTHOLOMEW	1:09:17.6	9:46	38:35	31.1	20:58	6:45	2 MARY GRAYT	1:50:57.4	20:05	59:54	20.0	31:00	9:59
3 TERRI WALTERS	1:17:05.6	10:36	43:58	27.3	22:33	7:16	3 GENE STORTZ	2:02:31.7	19:58	1:04:00	18.8	38:35	12:26
4 LARA MAAST	1:18:13.8	12:24	42:54	28.0	22:57	7:24							
5 MICHELLE THAYER	1:18:49.5	14:33	41:27	29.0	22:51	7:22	F6098 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
M3034 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	1 DIANNE RISSMAN	2:13:59.0	25:19	1:07:26	17.8	41:15	13:17
1 ANDREW HALPERIN	1:07:18.1	11:06	35:14	34.1	21:00	6:46	M6098 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
2 KENNETH RUTERBORIES	1:08:21.1	10:51	37:47	31.8	19:45	6:22	1 RICHARD ALEXANDER	1:24:55.0	16:41	43:22	27.7	24:53	8:01
3 ROBERT WOOD	1:09:27.2	11:15	38:34	31.1	19:40	6:20	2 DON WHITFORD	1:31:29.3	16:13	49:30	24.3	25:48	8:19
4 NEAL OSELAND	1:11:49.1	13:51	38:28	31.2	19:32	6:17	3 BRAD LEONARD	1:33:39.4	17:01	47:58	25.0	28:42	9:15
5 GREGOR TANNER	1:12:25.6	10:27	40:26	29.7	21:34	6:57	4 CURT ORMOND	1:49:04.6	17:56	56:54	21.1	34:16	11:02
F3539 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE	5 JOHN STURTEVANT	1:50:48.2	19:14	1:02:57	19.1	28:39	9:14
1 KAREN GRABAU	1:17:19.3	13:02	43:50	27.4	20:29	6:36	F9999 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
2 REBECCA YODER	1:21:17.3	14:25	42:25	28.3	24:29	7:53	1 CINDY MCKNIGHT	1:56:13.6	20:22	1:10:37	17.0	25:16	8:08
3 SUZY COYKENDALL	1:22:48.1	12:05	45:46	26.2	24:59	8:03	M9999 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE
4 KRISTEN PETERSON	1:25:13.4	13:14	48:48	24.6	23:13	7:29	1 PHIL ZARACA	1:45:53.4	23:16	56:13	21.4	26:26	8:31
5 AMY CASSIDY	1:37:01.3	15:04	52:49	22.7	29:10	9:24	Results produced by CSB Services, Inc., Colorado Springs Colorado						
M3539 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE							
1 TIM WILLIAMS	1:07:44.4	19:01	29:07	41.2	19:38	6:19							
2 DEAN FREASE	1:09:35.5	12:12	37:49	31.7	19:36	6:19							
3 THOMAS BEALT	1:11:08.7	11:33	39:50	30.1	19:47	6:22							
4 DUPLICATE CHIP MORRISON	1:12:48.3	12:29	41:08	29.2	19:13	6:11							
5 LARRY SEIDMAN	1:13:10.7	12:05	41:14	29.1	19:53	6:24							
F4044 AGE GROUP:	TOTL TIME	SWIM	BIKE	MPH	RUN	PACE							

OVERALL TOP FIVE WINNERS IN BOLD FACE TYPE
RESULTS FROM:
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Local Pros Turn Out for Cheyenne Mountain Sprint ...but the visitor is victorious



You couldn't have asked for a more perfect morning. Bright sunny skies and mild temperatures greeted the start of the race, and the morning sun lit up the mountain back drop with a deep orange glow. The Country Club of Colorado was the setting for the 2nd Cheyenne Mountain Sprint Triathlon and its lush green lawns provided comfy footing for the barefooted athletes during the first transition. The crisp, clear lake was very cold, but a few hardy souls went without wetsuits for the swim portion. Perhaps they were new triathletes who had not yet acquired one, or they were very optimistic about the water temperature for this race the weekend before the official start of summer.

Veteran pros and beginners alike showed up for this event run by coach, pro triathlete, and elite runner Lisa Rainsberger. the investment firm NYPPE (New York Private Placement Exchange) was the title sponsor for the race and also sponsors a few of the local pros in atten-

Jill Newman, Mike Smedley, and Susan Bartholomew (from just up the road in Littleton) all raced after having just returned from the Olympic Trials. Australian pro Mark Lees, training in Colorado for the summer, added some foreign competition.

Lees was the first out of the water with Andy Johnson (Boulder) right behind him followed by Mike Smedley. And that is how the rest of the race



turned out, with the three less than a minute each behind the next. Many in the crowd of spectators were heard inquiring who this new pro, Andy Johnson, was, and eyebrows raised as he beat Smedley to the finish line.

On the women's side Susan Bartholomew had a minute lead in front of Jill Newman on the swim, but Jill had a half a minute better splits than Susan on the bike and run. Jill edged out Susan by only 14 seconds for the win. About three months pregnant on race day, Susan will probably not be racing again for at least a year. Sisters Carolanne and Sara Turtle finished 3rd and 6th overall, respectively, and both won their age groups.

For more information about next year's race check out Rainsberger's business website, The Total Performance Institute at www.thetpi.com



Photos this page:

Susan Bartholomew,

Mike Smedley (center),

Mark Lees, Andy Johnson,

Jill Newman

Back cover:

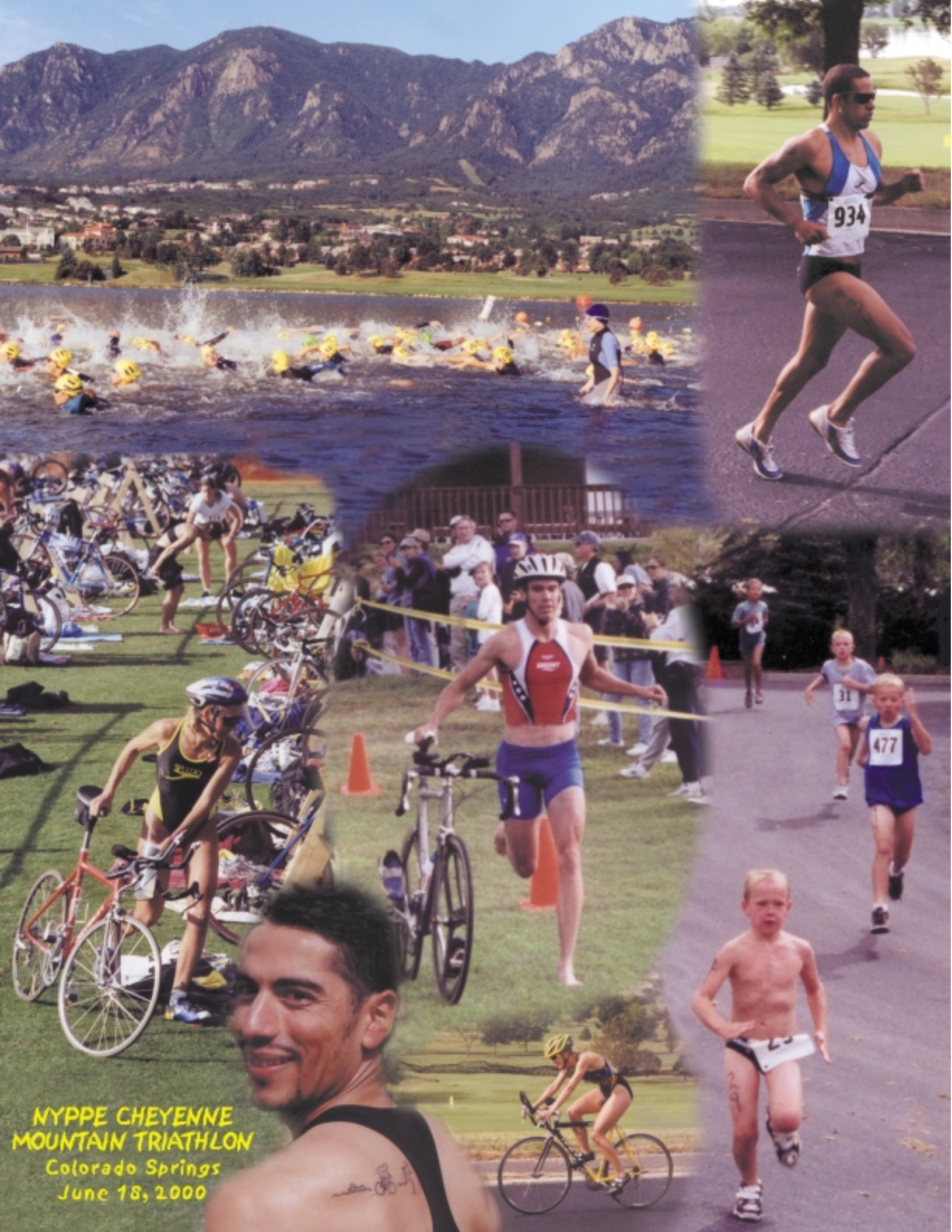
Andy Johnson (center),

Gerald Romero

(Colorado Springs) shows

off his tri tattoo

all photos by K. McFarland



**NYPPE CHEYENNE
MOUNTAIN TRIATHLON**
Colorado Springs
June 18, 2000