

the colorado triathlete

A full-page photograph of a triathlete, Nick Gady, running a marathon. He is wearing a white and red triathlon singlet, black shorts with a white number 512, a white cap, and sunglasses. He is running on a paved path. In the background, there are spectators, including a woman holding a camera and a man standing. A black dog is running alongside the triathlete on a leash. The background shows a building with a sign that reads "Boulder MS Triathlon".

**Nick Gady
Wins New
Harvest
Moon
Half
Ironman**

**Boulder MS
Triathlon**

**Marcel Vifian,
Tim DeBoom,
and Wes Hobson
Go 1-2-3 at
Pro Nationals,
Siri Lindley
2nd**

**Stories of Sydney
from Siri Lindley
and Ryan Bolton**

October-November 2000

www.coloradotriathlete.com

An Olympic Experience...

Interview With Ryan Bolton

What was it like to get to the San Diego processing center for all of the U.S. Olympic Team?

"It was kind of chaotic. Processing itself was like a twelve step process. When we got there we checked in and stayed on a military base, which was kind of interesting in itself. But we got up at 7 a.m. because you could start processing at 8 o'clock and it was first come first served, so we wanted to get there early....They gave you a shopping cart, and you walked through and they just started filling the cart...like outfits and uniforms... Then they had an alterations room, and a team photo room, and you had to sign all these banners. Then they had all this stuff you could sign up for, for over in Sydney. An example was AT&T. They had a hospitality restaurant that you could go to any time of the day from 6 a.m. until midnight. It was a buffet, free drinks, free food, and you could put people on your guest list...After that we went to the airport, took off and went to L.A., and that night we flew all the way to Sydney. So it was a really long day, a really long day."

So when you got to Sydney, did you first go to the athletes village?

"The security was overwhelming because when you got to the airport, we couldn't go outside until we had all this security with us, because we were the U.S. Team..... So we went through that whole process, and had to load our stuff up again and our stuff was taken to the Olympic Village and we got to

see where we were going to stay but we weren't moving in there yet. It was actually the first day that the Olympic Village was open, so it was kind of surreal because not very many people were there yet. It was a giant ghost town. The cafeteria was seriously about a square mile big and there were about a hundred people in it...So we had dinner there and we loaded our stuff up onto yet another truck and drove down to Wollongong, which is like an hour and a half to two hours south of Sydney right on the coast. That's where we stayed for our camp, for like a week and a half....

The triathlon community was really into us being there, and they had dinners for us and showed us around and took us on rides and runs, and we also swam at the university pool, which was a fifty meter pool. There were five fifty meter pools in a town the same size as Boulder. It was typical Australia. Swimming is a real big deal...

During our stay there we came up into Sydney the first time on a Sunday to go over the course. They actually closed the entire course down. It was pretty crazy, because when we went to the course on that day there was tons of media, of course, but also there were a couple of thousand people there just to watch us train....

Everywhere we went before the race we had security...They were kind of like Secret Service guys with the things in their ears...They saw us as being Americans as targets....

And the commentators were practicing that day also and were doing a mock race. It was funny listening to them because they would be saying really funny things like 'Oh Ryan Bolton, it appears that he's been eaten by a shark! But no! Here he comes out of the water missing a leg!!' ...

Then we went back to Wollongong but had to come up again on Wednesday for the pro meeting. It was a very standard pro meeting, kind of a lot of tension in the room...Got up on

Thursday morning and came back up to Sydney...We didn't move into the Village yet. We stayed downtown. It was really close to the course...On Sunday, after our race, we moved to the Olympic Village...They didn't want us in the village ahead of time...also it was quite a ways from the race course."

When did Joe (coach Joe Friel) get there?

"He came over on the same day that we came, but on a different flight, so he actually showed up in Wollongong on that first day when I got there....It was awesome to have him there because Michelle was the Olympic team coach, of course, but she 's not my coach. She was good at figuring out where stuff was and getting stuff done. Tim Yount was very good with that, too. It was good to have Joe there because he knows what 's affecting me and what's not affecting me, and what I need to do and what I don't need to do....He left the day after the race right away, because he, like you, had to be in Hawaii, and he had to get home first to take care of all his obligations....Having him there was invaluable.... He was partly the reason why I was there."

How long have you worked with Joe?

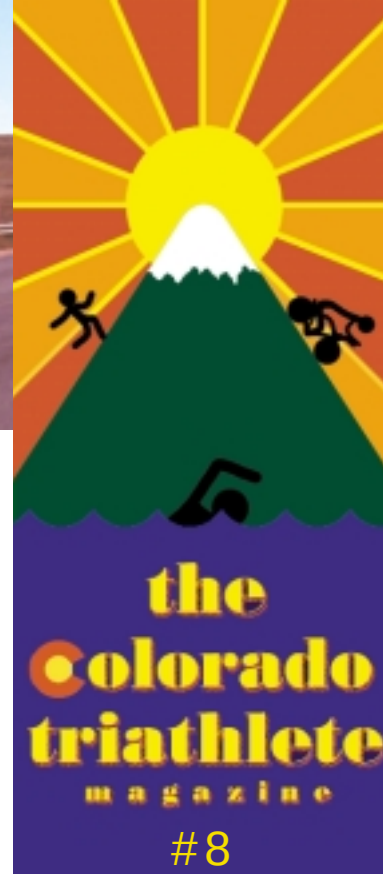
"Since the beginning of '98....He has worked out great for me. And I think he will for a long time to come."

So you are going to continue working with him?

"I think he will be, if anything, even more of a benefit to me now, moving up into longer distance racing. His specialty is cycling....I can honestly say that I cannot ride with those guys [Ironman specialists]

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on the back cover: photos
of the Boulder Peak Kids
Triathlon

Intervals Along The Way

The Gift: The Olympic Debut

The world-wide triathlon community has received an amazing gift. The gift was the Olympic debut of the sport. It was given by the dedicated athletes who trained for years and raced their hearts out, giving us an incredibly exciting competition in both the men's and women's events. It was given by NBC, who gave the new sport almost undue prominence by showing both races in prime time Saturday and Sunday evening slots in a country where the sport is still relatively obscure. And it was given by the local Sydney Olympic Organizing Committee, the ITU, and its local race organizing committee who located the event in such a spectacular and well-known venue that it couldn't help but be the center of attention for that first opening weekend of the games.

There was quite a group of athletes assembled for this monumental time. There were 48 women and 52 men. Certainly the elder statesman of the sport was Rob Barel of the Netherlands. At 42 years old he was 7 years older than the next oldest male competitor. After 18 years in triathlon he had competed in 261 races in 31 countries with 120 wins including Long Distance Worlds and the European Championships. How fitting that the Olympics were his final race before retirement. The oldest women were the famous Mouthon twins, Beatrice and Isabelle, of France, true veterans of the sport also.

So there I was glued to my television set as Sheila Taormina blazed through Sydney Harbor way out in front of the rest of the field. As she ran into T1 grinning from ear to ear, right arm high in the air waving to the enormous crowd, the cameras captured one of the most precious moments of the Olympic Games. Her unbridled joy at that instant was so evident and powerful that her smile is indelibly etched in my memory forever. She was a veritable poster child for Olympic Triathlon. I had inadvertently checked my email that morning. I meant to skip it and be in suspense for the tape-delayed broadcast, but I knew the outcome ahead of time after all. It didn't matter one bit. There was so much to watch and be excited about: the beautiful venue, challenging course, crowds lining the whole route (some estimates counted 300,000, and that doesn't include ticket holders in the stands!) and "our" girls gamely putting up one hell of a fight. The coverage was great. It had NBC's melodramatic Ironman stamp all over it, but this time it was more appropriate than ever. Lisa Lax, coordinator of NBC's Ironman broadcast, and the voice of Al Trautwig made the presentation comfortably familiar to longtime triathlon viewers.

The amount of coverage was a pleasant surprise, too. We had all hoped for some decent exposure, but didn't expect to see most of the race unfold start to finish. There was nearly an hour of time devoted to the women's race. The men's race had less total time and more interruptions, but it still was close to 40 minutes of air time. We can probably give a measure of thanks to Mike McCarley, NBC's p.r. man, who just happens to have left that same position at USA Triathlon earlier this year. It is good to have friends in high places.

Millions of Americans now know what triathlon is for the first time. Nothing else could have accomplished that. That's quite a gift.

Kristen McFarland
MS, ATC, CMT
Managing Editor



Above: Sheila Taormina, top right: Joanna Zeiger, bottom right: Jennifer Gutierrez; all photos at Olympic Trials, by K. McFarland

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Tales of Sydney....

The First Olympic Men's Triathlon

...by U.S Olympic Team
Alternate Siri Lindley



KRISTEN MCFARLAND

Siri Lindley on the podium at Olympic Trials after earning her spot as alternate.

It's 7am and I walk out my hotel door to go for my morning jog. I am amazed to see that the streets of Sydney are already abuzz. Some people extending their nights carousing into the day and most others on their way to getting prime viewing real estate for the first ever Men's Olympic Triathlon. Yes, thousands of people already in motion at this early hour. Eager to get in a good spot to witness this historical event. The day before the world was introduced to triathlon via the women's race. Now, even more people wanted to be a part of this great new spectacle.

By the time I had finished my run and had made it over to the Sydney Opera House, thousands of fans had secured their spots and begun the now famous cheer of "aussie, aussie, oi, oi, oi". The sounds of the crowd were deafening, the excitement contagious while the athletes all seemed serene and focused, the day of their dreams has arrived.

I had bought tickets to the Sydney Opera House stands,

myself and thousands of others. This spot overlooks the transition area and farm cove, the stage of the swim. There was a gigantic tv screen strategically placed in front of our seats where we could watch every piece of the action all over the course. I knew this would be two of the best hours of entertainment one could imagine. The race began, and we all held our breath, feeling sympathetically the nerves and excitement of the athletes. The swim was

like most other World Cup races, a long string of athletes. No one, even the fish-like Craig Walton, could break away. About 40 or so athletes exited the choppy water together. It was a race to the bikes, everyone keeping close eye on the expected players, those who could change the race, break away on the bike and be a danger.

Once on the bike, the pack formed. Craig Walton attempted a few breakaways with some other athletes including Simon Lessing and Joachim Willen from Sweden.



KRISTEN MCFARLAND / FILE PHOTO

Gold Medalist Simon Whitfield

Their great efforts however, only led to the pack working that much harder in pursuit and denying them their freedom each time. The pack of 40 was a sight to see. Going at fast speeds through the narrow streets of Sydney, one couldn't help but worry about the possibility of a crash.

Towards the end, Conrad Stoltz and World Champion Olivier Marceau broke away from the group. Their move went uncontested, with the pack deciding not to go after this threat. Surprisingly, the heroic efforts of the two rewarded them with a one minute lead coming off the bike. A good cushion for two athletes not well known for running strength. Marceau took off on the run, with Stoltz running hard but falling off the pace. The rest of the pack arrived with our Colorado based American crew. I yelled out words of encouragement, knowing our guys had a great shot at getting in the hunt if their natural talents permitted them to. All the favorites were in this pack: Lessing, Robertson, Gaag, etc. It was going to be a dog fight out there a dog fight at this point for

3rd place, unless they could first hunt down the top two.

As the run went on, Marceau and Stoltz were caught by Stephan Vucovich from Germany, Simon Whitfield from Canada and my training partner from the Czech Republic, Jan Rehula. The favorites and our American men were back a ways, feeling the results of a hard 40km ride.

As the race really began to take shape, Vucovich took the lead. The leading trio remained in close contact, as anything could happen. The excitement in the crowd was contagious, the energy intense, everyone was loving the day, loving being apart of history. Each athlete was out there giving their all, being the best that they could be on this day, taking in the event and appreciating their place in it. It came down to a sprint to the finish with Canadian Whitfield taking charge and accelerating to the finish with amazing speed and determination. In tears at the finish, his dream had come true. Vucovich was second, Rehula third and all three the happiest people on earth at that moment. Our Americans, although not having their best performances all put in gallant efforts and gave it their all with the goods they possessed on the day. We cheered them in and praised them for all the great effort they have put in to get here. Proud to be an American, we waved our flags and welcomed them over the finish. A great day, that will go down in history and will remain a fond memory for all. ✨

U.S OLYMPIC TEAM RESULTS:

Women:

- 4. Joanna Zeiger 2:01:25**
- 6. Sheila Taormina 2:02:39**
- 13. Jennifer Gutierrez 2:03:38**
(Greenwood Village)

Men:

- 17. Hunter Kemper 1:50:05**
(Colorado Springs)
- 25. Ryan Bolton 1:50:52**
(Boulder)
- 40. Nick Radkewich 1:53:44**
(Colorado Springs)

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"On the day of victory, no one is tired"

-Anonymous

(continued from page 2..)

today. I need a year of miles, and Joe will help out with that....I like that type of training....In World Cup racing it's almost a passive part of the event."

So tell us about the race.

"I actually slept very well, which always helps....We got there and went through the standard warm-ups. The only thing that wasn't standard was that the course was already lined a few rows deep of people, so you could already tell how crazy and chaotic it was going to be. It's very typical to a standard World Cup race....The only thing that was different was that they introduced us and we had to walk in front of the grand stands, in front of the tv cameras, then out on to the pontoons. It was somewhat nerve racking but really not any more than a normal World Cup. In the Olympics it's kind of easy because you just know that no matter what happens you're just going to go hard. The Olympic Trials was actually a more nerve racking race because there were strategies to be played out....In the Olympics my philosophy was that if I'm behind on the bike and we're not making up any ground on the front pack I'm just going to go solo, go for it, try to catch them, because it's the Olympics. What have you got to lose? ..."

Did you talk to any of the other athletes about drafting strategies, like the Swiss ladies did?

"No. It's kind of unspoken. It's just like bike racing, guys in a group. I thought what would happen in the Olympic races is that everyone would want to get to the front pack and no one would become apathetic. In world cups often if you're in the second group sometimes people will become apathetic and people start not pulling....In the Olympics I was pretty sure that everyone *would* go hard and everyone did. We got on the bike and we started rotating and riding hard right away. And I was in the pack in not much time at all.

I had a decent swim... I had a real-

ly good start. We've been practicing dive starts. And I was kind of in the middle of the group but I was surrounded by really fast swimmers, so I got on really good feet fast...Craig Walton was about two people over from me...By 500 meters, which was the first buoy, right hand corner, I was in mid-pack... I knew I was in a safe area. If I just held on and stayed strong I would be in good shape....I got my goggles knocked off once, but in a normal world cup that can happen five times...I came out of the water, felt that I had a decent swim, I had a decent, not a great, transition, hopped on the bike, and got with a few guys right away. Actually I got with the guy who was second. He came up from behind me and he was riding really strong...By lap two and a half we were in the front group... By the time we got there it was probably 25 people. But by the time we got to the 6th lap it probably grew to 35 people... It was most of the field...

Unfortunately, on the last lap, probably a little more than half way through....there's a really short, steep grade, and I was sitting three or four rows back and the front guys just totally sat up...and the second row ran into the third row, the third row ran into me, and there were about six of us that ended up almost grinding to a halt and then falling over, because we were just on top of those people. I got road rash all over my right hand side and there were bikes piled up on top of me. By the time I got up and got back on my bike the pack was gone, and there were three of us left. My brake hoods were all messed up and I was totally bloody. The only person that I recognized, that I remember being around me, was Gilberto Gonzalez, which I thought was a bummer for him because I know he's a really good runner and I'm sure he was thinking the same thing as me. On the sixth lap of the bike I'm thinking 'okay I'm in the front of the front pack, my legs feel good, I got here pretty easily, I'm ready to run hard'...I just put my head down and went solo, hard. By the end, right at transition, I was catching the end of

the pack again...came into transition and put on the running shoes and started running and I was blown, pretty lactated. I was hurting from just going hard on the bike...Took off running and tried to get myself going and I was having a hard, hard time. But I was telling myself 'this is the Olympics, just keep on going hard'. On the first lap I really held steady ground, I wasn't making up any ground, which is frustrating, especially when you're a runner. And then on the second lap I started moving up, which was good. I started catching people. I think it was 'cause I was kind of getting my legs back under me. I probably passed five guys in the last mile. Crossing the finish line it was kind of a goofy feeling. I didn't know how to feel. I was like, 'I went down. I could have been there' but you never know if you could have been there. My legs on the run felt like hell, and I don't know if they would have felt that way if I wouldn't have wrecked. If they would have I would have maybe been in the top ten, but I wouldn't have been in the top three. All the what ifs start playing in your mind right away. But I was psyched, it was a crazy experience. On the run it was just deafening the entire way, with people screaming."

When you went to Sydney, what were your expectations for the race? "I think I would have been happy with a top ten finish...But really, as far as satisfaction goes, just being there was good....You realize that, hey, you are right there, and this is the highest level that there is. You realize that you have the potential to be that good."

It sounds like you don't have any disappointment.

"No. More perspective than disappointment...If you go into a race and you feel like you gave it what you can give it then you're going to be happy even if you get last place. I felt like I gave myself to the race...When I crossed the finish line I was happy and content. The most important thing is feeling good about what you put into it."



IRONMAN CANADA : COLORADO RESULTS

AUGUST 27TH, 2000

PENTICTON, BRITISH COLUMBIA

Place	Time	Name	City	Plc/Total	Cat	Swim	Bike	Run
66	09:55:11	ALVAREZ, GUY	FT. COLLINS	13/165	M25-29	1:00:33	5:15:24	3:33:07
69	09:55:56	ADAMOWSKI, ANDREW	EVERGREEN	15/165	M25-29	1:03:57	5:25:08	3:21:42
75	09:57:30	FOX, ANDY	DENVER	1/240	M40-44	50:47	5:26:43	3:34:05
87	10:03:25	ELFORD, CAMERON	BOULDER	18/291	M30-34	55:40	5:23:01	3:39:54
88	10:03:34	HUGO, CHARLES	DENVER	12/295	M35-39	57:38	5:19:17	3:38:13
148	10:25:27	DORNAUS, DAVID	CO SPRINGS	34/48	MPRO	51:46	5:34:45	3:51:16
172	10:30:37	HALPERIN, ANDREW	NIWOT	41/291	M30-34	1:02:17	5:38:00	3:45:59
192	10:35:23	DUTHIE, TERI	BOULDER	14/19	WPRO	54:57	5:29:20	4:06:48
202	10:38:16	SELKIRK, GORDON	BOULDER	42/295	M35-39	57:16	5:48:26	3:45:45
220	10:41:25	FROMMER, STEVE	BOULDER	44/165	M25-29	1:00:17	5:53:35	3:39:50
314	10:58:39	FEENEY, ANDREW	BOULDER	11/31	M18-24	56:14	5:51:21	4:03:23
321	11:00:30	ARMSTRONG, PAUL E.	FT COLLINS	81/291	M30-34	1:05:39	5:41:31	4:05:14
359	11:09:15	KEISLING, GRETCHEN	BOULDER	1/18	W18-24	57:45	5:56:33	4:08:41
445	11:23:51	D'ANGELO, KAT	BOULDER	12/127	W30-34	1:05:36	6:01:11	4:11:09
456	11:24:50	LETEY, GEORGE	BOULDER	71/165	M25-29	1:11:40	6:21:14	3:40:28
464	11:25:49	LUCKEY, STEPHEN	BOULDER	73/165	M25-29	1:03:20	5:56:11	4:15:19
465	11:26:00	MADER, WENDY	FT. COLLINS	12/63	W25-29	55:02	6:09:31	4:15:38
476	11:28:38	DALLAIN, ROBERT	AVON	27/157	M45-49	1:21:20	6:14:38	3:46:09
485	11:29:55	QUINTERO, CISCO	ERIE	60/240	M40-44	1:17:16	5:59:52	4:05:38
530	11:36:25	RUTKOWSKI, STEVE	AURORA	106/295	M35-39	1:02:03	6:08:51	4:19:47
562	11:41:35	BURGHARDT, TINA	BOULDER	24/127	W30-34	1:02:03	6:03:27	4:25:04
605	11:48:04	GREER, RICHARD	FT COLLINS	35/157	M45-49	1:05:52	5:53:29	4:33:01
618	11:51:19	GOTTSCHALL, JINGER	BOULDER	18/63	W25-29	1:09:31	6:07:49	4:23:29
692	12:01:52	THACKER, KIM	BOULDER	36/127	W30-34	1:06:31	6:10:05	4:34:57
714	12:05:57	WILSON, BRUCE	BOULDER	6/41	M55-59	1:12:11	6:22:11	4:23:44
737	12:10:06	HUGHES, GREG	FT COLLINS	149/295	M35-39	1:21:26	5:43:06	4:45:50
811	12:21:08	PETERS, BOB	DENVER	163/295	M35-39	1:06:34	6:23:41	4:28:07
828	12:23:37	FOX, ANNE	DENVER	20/69	W35-39	1:06:52	6:29:31	4:37:18
852	12:27:27	LEAHY, MIKE	CO SPRINGS	19/85	M50-54	1:08:35	6:15:30	4:51:40
924	12:42:33	MECKSTROTH, STEVE	ENGLEWOOD	131/240	M40-44	1:12:51	6:44:10	4:31:16
938	12:45:11	CALABRESE, MICHAEL	DENVER	201/291	M30-34	1:07:45	6:28:49	4:56:53
948	12:46:44	NICKERSON, MOLLY	BOULDER	11/18	W18-24	1:03:40	7:15:58	4:15:55
953	12:47:20	STEWART, WILLIAM	BOULDER	183/295	M35-39	1:20:35	6:58:24	4:14:34
1025	12:57:35	MAURER, RENEE	LAKEWOOD	35/63	W25-29	1:19:35	7:00:23	4:25:33
1033	12:59:35	FEBVRE, CHRISTOPHE	FT. COLLINS	215/291	M30-34	1:18:45	6:20:19	5:02:44
1050	13:04:36	MORRISON, MARY	DENVER	33/69	W35-39	1:27:38	7:10:52	4:13:28
1067	13:08:03	BAKEL, JOE	FT COLLINS	206/295	M35-39	54:48	7:00:55	4:58:12
1074	13:09:17	HART, STEVE	LITTLETON	223/291	M30-34	1:12:56	7:05:00	4:29:32
1098	13:15:17	OLSEN, TERRY	HIGHLANDS RANCH	78/157	M45-49	1:28:39	6:17:28	5:15:08
1142	13:28:20	MORLEY, TODD	WOODLAND PARK	216/295	M35-39	1:12:43	6:33:36	5:20:52
1155	13:30:15	GIL, MERCEDES	FT COLLINS	40/69	W35-39	1:35:08	7:35:36	4:00:02
1196	13:39:06	SPIEGEL, BETH	BOULDER	77/127	W30-34	1:13:18	7:20:27	4:49:05
1260	13:55:11	HOUGHTON, KEVIN	CO SPRINGS	136/165	M25-29	1:12:51	6:27:29	6:04:43
1350	14:22:29	SMITH, EMILY	GOLDEN	44/63	W25-29	1:28:53	7:33:55	5:11:36
1370	14:26:54	WEIMER, RICH	GRAND JUNCTION	26/41	M55-59	1:37:54	7:20:02	5:16:58
1416	14:42:13	BURRIS, LINDA	DENVER	7/12	W50-54	1:31:11	7:15:30	5:39:50
1473	15:02:07	WELTER, WILLIAM	CO SPRINGS	122/157	M45-49	1:17:43	6:45:40	6:41:25
1503	15:18:19	THORNTON, GEORGE	FT COLLINS	13/16	M60-64	1:10:51	7:25:27	6:28:38
1508	15:22:44	WEIMER, GEORGIANA	GRAND JUNCTION	23/33	W45-49	1:42:55	7:38:39	5:49:02
1535	15:37:28	VEROW, ANTHONY	DURANGO	267/295	M35-39	1:24:57	7:42:59	6:09:02
1563	15:53:17	LATIMER, JOHN	HIGHLANDS RANCH	130/157	M45-49	1:13:08	7:00:40	6:50:58

wind sprints...

Siri Wins Her First World Cup

Siri Lindley (Boulder) resoundingly proved her World Cup abilities by finishing second place at the Tiszaujvaros, Hungary ITU race (1:55:18) on August 6th and then winning the ITU Lausanne, Switzerland race the following weekend on August 12th. Placing ahead of Brigitte McMahon, Michellie Jones, and Magali Messmer, the three medalists at the Olympics a month later, Siri showed the triathlon world that her alternate position on the U.S. Olympic Team was perhaps detrimental to our chances of gaining a women's medal in Sydney.

Magali Messmer of Switzerland went off the front on the bike, which was a six loop course with a hill. Siri was in the lead pack behind her. On the 2nd lap of the run she took the lead and cruised to a victory 35 seconds ahead of McMahon and a minute in front of Michellie Jones.

Olympian Sheila Taormina Speaks to Nederland High School

U.S. Olympic Triathlon Team member and former swimming gold medalist (4 x 200 freestyle relay) Sheila Taormina visited Nederland to give an inspirational talk to students. Her twin brother, Steven, lives in the mountain town

up the canyon from Boulder.

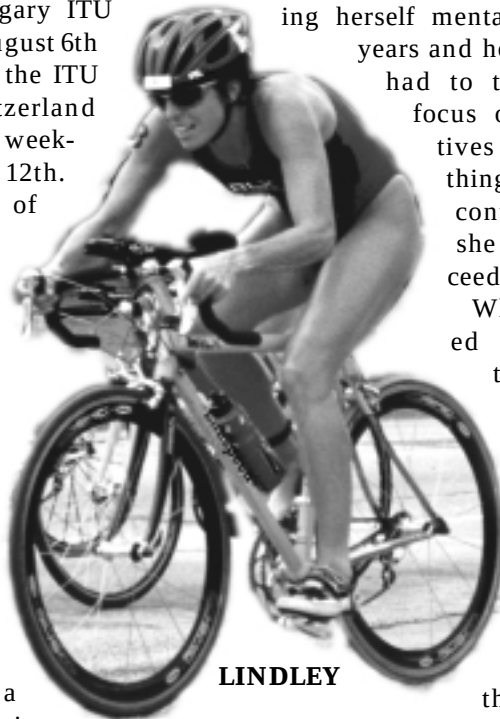
She told the students of how she had gone to three Olympic Trials, in '88, '92, and '96 before finally making the U.S. swimming team. She explained that she had been defeating herself mentally over the years and how her coach had to teach her to focus on the positives and the things she could control before she was to succeed.

When she started training for triathlon just a short year ago, Sheila had the internal confidence to know that she could learn to run even though she had no experience.

Her hard work landed her in first place at the U.S. Olympic Trials in Dallas last May. She led the swim leg of the Olympic women's race and finished a very strong 6th. She has plans to make the U.S. Team in 2004, which would be her third Olympic Games.

Paul Martin Named to U.S. Paralympic Team

Boulder's Paul Martin, a below-the-knee amputee, will participate in the paralympics in Sydney in Track Cycling. Paul has been a triathlete for years and is a two-time Ironman Hawaii finisher (11:22:49 in 1999). He has competed in the New York City Marathon as well.



LINDLEY

Seagate Triathlon, Sept. 17, 2000 Pacific Grove, CA 1.5K/40K/10K

- 3. Marcel Vifian (Boulder) 1:54:26
- 7. Andy Johnson (Boulder) 2:00:21

NATS Rye, New York Sept. 17, 2000 1.5K/27 mile/10K

- 3. Paul Fritzsche (Boulder) 1:34:05

NATS Madison, Wisconsin August 6, 2000 1.5K/40K/10K

- 2. Nick Radkewich (Co. Springs) 1:54:13
- 3. Gail Laurence (Manitou Springs) 2:06:04

DANNON DUATHLON SERIES

Huntersville, N.C., Aug. 12

2 m R/9 m B/2 m R/2 m B

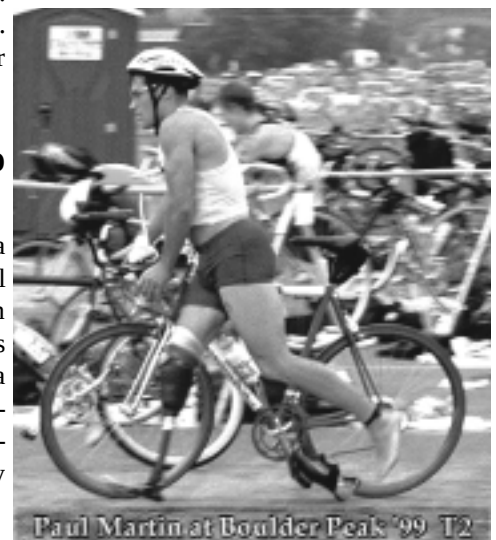
- 4. Eric Schwartz Boulder 1:14:21
- 9. Andrew Holton Aurora 1:23:50

Naperville, IL, September 17

5K R/ 30K B/ 5K R

- 4. Eric Schwartz Boulder 1:37:29
- 12. Andrew Holton Aurora 1:23:20
- 6. Cindy Hazen Littleton 1:37:29

(photos this page by K. Mcfarland)

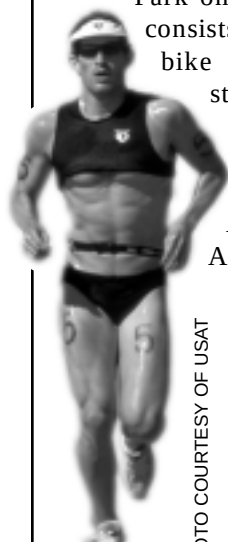


Paul Martin at Boulder Peak '99 T2

The Mrs. T's Chicago Triathlon was again the race designated as the U.S. Pro Championships this year.

The largest triathlon in the U.S., it draws over 6,000 athletes and has a huge expo. Located in picturesque Grant Park on the shore of Lake Michigan, the run consists of three laps through the park and the bike leg is through the downtown city streets.

Although the foreign pros dominated the men's race, taking the first four positions (Chris McCormack of Australia won) and Michellie Jones of Australia came in first for the 7th time, most of the best U.S. athletes were there, including a large Colorado contingent of pros. Marcel Vifian (Boulder), not well known but a representative of the U.S. at dozens of ITU races over the years, came into his own with the race of his career by placing top American and taking the Pro Champion title. Tim DeBoom (Boulder) was right behind him by



VIFIAN

PHOTO COURTESY OF USAT

COLORADO MEN SWEEP U.S. PRO CHAMPIONSHIPS

only a single second to take second. The two traded the lead on the run a few times. DeBoom's result was espe-

cially sweet in that he had not even rested for the event, preferring to keep on his training schedule in preparation for the Hawaii Ironman. Wes Hobson (Boulder) was 27 seconds back to finish 3rd in the U.S. standings.

Nick Radkewich (Colorado Springs) and Hunter Kemper (Colorado Springs), both leaving for Sydney following the race, were advised by coaches to not focus too much on the race and came in 8th and 9th Americans. Other Colorado men included Cam Widoff (Boulder, 15th), Paul Fritzsche (Boulder, 17th), and Kevin Carter (Colorado Springs, 18th).

On the women's side Boulder's Siri Lindley was edged out by Joanna Zeiger by only 9 seconds, taking second place. The '98 Pro Champion, Siri had the fastest run time of the day, a blazing 5:35 pace. Nicole DeBoom (Boulder) finished 8th U.S. woman and Gail Laurence (Manitou Springs) 13th American.



DEBOOM

JAMIE JANOVER

XTERRA SERIES ROLLS ON, GOES INTERNATIONAL

The famous Blackcomb Mountain of the Whistler Ski area in British Columbia provided a breathtaking and technical course for the first Xterra outside the United States. After the two loop swim in Lost Lake, Kerstin Weule (Evergreen) was the first woman into T1. She would go on to win by three and a half minutes to take her fourth victory in a row for the series. Ned Overend (Durango) clocked the second best bike split of the day but slipped to fourth overall on the run. Jimmy Archer (Boulder) and Pat Brown (Boulder) finished 6th and 7th, respectively.

The next weekend the athletes headed south, back into the States, to Hood River, Oregon. In this race Kerstin would have her 4 win streak broken by Jody Purcell of Australia, who was herself winning her fourth of the series. In the men's race Jimmy Archer and Pat Brown would finish together again, but a little farther back in 8th and 9th.

Xterra presented its second international event on September 3rd. The race was held at Exmoor Castle, West Somerset, England. Kerstin Weule was the only regular series pro in attendance and she blew away the women's field, winning by eight minutes.

The Half Moon Bay race in California brought out all of the regular Colorado contingent, with some great results. Kerstin won yet another one, her sixth, and Ned pulled off a second place finish.

The last race of the regular ten stop series was at San Dimas, in southern California near L.A. Kerstin had an unresolvable mechanical and could not complete the race. Wes Hobson, after a tenth the previous week in

Half Moon Bay, came in a strong 4th leading in to the series finale in Maui.

Whistler, British Columbia, Aug. 13 1.5K/30K/10K

4 Ned Overend	:23:36	1:18:23	:42:54	2:24:53
6 Jimmy Archer	:23:29	1:23:26	:40:41	2:27:36
7 Pat Brown	:21:13	1:22:51	:44:18	2:28:22
19 Neal Henderson	:21:40	1:32:37	:51:12	2:45:29
24(1) Kerstin Weule	:21:44	1:39:34	:51:14	2:52:32

Hood River, Oregon, Aug. 20 1.5K/30K/10K

8 Jimmy Archer	:25:19	1:35:01	:32:16	2:32:36
9 Pat Brown	:22:26	1:36:33	:34:50	2:33:49
15 Neal Henderson	:23:37	1:40:26	:35:47	2:39:50
25(2) Kerstin Weule	:23:04	1:53:25	:38:50	2:55:19

Exmoor, West Somerset, England, Sept. 3, 1.5/28/10

16(1) Kirsten Weule	:27:14	1:54:13	:54:16	3:15:43
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Half Moon Bay, CA, Sept. 17 1.5K/27K/10K

2 Ned Overend	:23:41	1:43:50	:33:02	2:40:33
4 Jimmy Archer	:22:41	1:49:51	:32:26	2:44:58
5 Pat Brown	:21:37	1:50:37	:35:54	2:48:08
10 Wes Hobson	:20:09	2:01:16	:35:38	2:57:03
18 Daniel Weiland(25 -29)		2:32:51	:37:31	3:10:22
25(1) Kerstin Weule	:23:20	2:16:42	:37:18	3:17:20
28 Neal Henderson	:23:22	2:14:38	:41:20	3:19:20

San Dimas, California, Sept. 24, 1.5K/30K/10K

4 Wes Hobson	:19:46	1:27:21	:36:21	2:23:28
6 Jimmy Archer	:24:13	1:25:01	:35:51	2:25:05
18 Neal Henderson	:22:33	1:35:44	:45:05	2:43:22



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Jamba Juice Bucks Bring Big Names to LA Triathlon

Veteran race director Jack Caress and the Pacific Sports Marketing staff worked for years to plan a world class triathlon in Los Angeles. They secured both the city and a national smoothie and juice franchise company as title sponsors for the first Jamba Juice City of Los Angeles Triathlon.

With the city as a lead sponsor the course was entirely inside the borders of L.A. and encompassed many of its most famous landmarks. The swim started on the sandy shore of Venice Beach, and the warm late summer Pacific waters were calm and required no wetsuits. The race route included Hollywood Boulevard and the Hollywood Walk of Fame. T2 was downtown and the run leg went up the hill to Dodger Stadium and returned downtown for the finish.

The impressive list of sponsors enabled Caress and company to put together a \$100,000 prize purse that

offered up \$20,000 for first, \$10,000 for second, and \$7,500 for third places. They also contracted with a local television station who signed a 4 year commitment to broadcast the event.

The race was September 10th, a week before the Olympic Triathlons. Most of the short-distance heavyweights in the triathlon world who were not at the Olympics were there. The Australians Chris McCormack, Greg Bennett, Chris Hill swept the men's field. Wyoming's Barb Lindquist, who had been heavily favored for a U.S. Olympic Team spot but had a DNF at the Dallas trials, took the women's race. Coloradans Wes Hobson (11th-1:48:35), new pro Andy Johnson (26th-1:54:21), Kevin Carter (31st-1:55:09), and Tony DeBoom (45th-2:00:17) all went out with high hopes of taking a piece of the pie, but had trouble competing in such a powerful field.

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The Boulder Peak Triathlon—a perennial must-do event for Colorado triathletes—changed its name for the 2000 edition on July 30th at the Boulder Reservoir. And a Boulder Peak Triathlon by any other name would still be the same... The same challenging course. The same deep field. The same amount of fun.

Boulder triathlete

C i s c o

Quintero

summed

up the

popularity

event, "The

Triathlon is

the highlight of the

year for the Boulder triathlon community."

This year, the event drew 1,350 competitors and 250 volunteers. "By far, this was the smoothest race in years," said race director and co-founder Paul Karlsson. Karlsson and Dave Jensen started the race in 1992 to fill a conspicuous void in the Colorado triathlon scene. The training grounds of Boulder, arguably a city with a per capita record of world class endurance athletes, did not host a major triathlon. Running had the Bolder Boulder. Cycling in previous years had the Red Zinger Classic and Coors Classic. But until 1992, triathlon lacked the equivalent.

The goals for the race in 1992 were twofold—to fill a field of 1500 competitors and to become an Ironman qualifier. After several years of attracting top level competition and providing a quality, challenging event, Karlsson achieved both goals.

In October of 1999, Karlsson married Robbie and the goals for the race gained a new focus. The name change to this year's Boulder MS Triathlon reflects his commitment to raise money for the fight against multiple sclerosis and to make people more aware of the disease. The inspiration comes from his wife, Robbie, who deals with her own battle against MS.

This year, the race raised \$7,000 for the Multiple Sclerosis Society. After paying off expenses from previous years, the event is now debt free and aims to contribute significantly more towards MS in coming years. As for the name, well... Boulder Peak is firmly ensconced in the psyche of the triathlon community. Next year, the race will again be

called the Boulder Peak Triathlon (not that anyone ever stopped calling it that.) Officially, the name will be the Boulder Peak Triathlon and Duathlon to Benefit the National Multiple Sclerosis Society.

While 90% of the turnout this year consisted of Coloradoans, the race also drew competitors from 38 states and nine countries including Hong Kong,

International Field Heats Up Boulder MS Triathlon



**Top local
(and top
U.S.)
finisher
Wes Hobson**

FILE PHOTO

Argentina, and Japan. "We were very happy with the turnout," said Karlsson. "The pro field was super deep." Karlsson attributes this to the race's location in Boulder and the infamous bike leg that climbs over Old Stage Road. Mike Pigg, who holds several Boulder Peak victories, considers the bike course one of his favorites. Conrad Stolz, a member of the South African Olympic Team, posted a time of 1:56:58 to win this year's men's triathlon. Second place went to Marc Lees, a Formula One racer, who also took both the swim prime (first out of the water in 18:40) and the bike prime (first to the top of Old Stage.) Local favorite Wes Hobson claimed third overall. The tough men's field also included Ken Glah in 4th place, last year's winner Kevin Carter in 5th place, and Mike Pigg in 6th place.

The women's triathlon shaped up to be a tough contest as well. Haruna Hosoya, a member of Japan's Olympic Team, claimed victory with a time of 2:11:00. Colorado's Kirstin Weule finished second and was the first to charge to the top of Old Stage for the bike prime. Jennifer Gutierrez, also from Colorado and a member of the United States Olympic Team, took third overall after snatch-

ing the swim prime in 20:29. Andra Boyle finished fourth overall and the former collegiate champion from CU, Teri Duthie, took fifth.

In the duathlon, Boulder's Eric Schwartz claimed the men's title in 1:39:42. Chris Tolonen and Andrew Holton took second and third, respectively. The women's duathlon saw a battle for the top spot as Inge Schuermans-McClory edged out Sue Latshaw for the victory in a time of 1:52:43. Kerrie Wlad took third.

Athletes were treated to great race conditions—a water temperature of 72 degrees and the only day in the two weeks surrounding the race not to rise above 90 degrees. Nevertheless, the exposed run made things hot and athletes used 2,000 pounds of ice at the aid stations!

As for the future of the Boulder Peak Triathlon, Karlsson said he aims to keep enough prize money to bring back the pros, but wants to keep the emphasis on providing a quality race for the age groupers. In the works for next year is possible designation of Boulder Peak as the national team championships.



Boulder MS Triathlon July 30, 2000

Boulder, Colorado 1.5K/ 40K/ 10K

Top 15 Results (Overall)

MEN:	
1 STOLTZ, CONRAD	01:56:58
2 LEES, MARC	01:58:46
3 HOBSON, WESLEY	01:59:23
4 GLAH, KEN	02:01:24
5 CARTER, KEVIN	02:01:44
6 PIGG, MIKE	02:01:49
7 BERG, JARED	02:03:20
8 STRUCKMAN, TODD	02:04:18
9 CAROTHERS, JIM	02:04:45
10 CADY, NICHOLAS	02:06:51
11 NAKAGOME, HIDEO	02:07:17
12 DORNAUS, DAVID	02:07:40
13 PEETERS, CHRIS	02:07:58
14 HENDERSON, NEAL	02:08:08
15 FOX, ANDY	02:08:51

WOMEN:	
1 HOSOYA, HARUNA	02:11:00
2 WEULE, KERSTIN	02:13:45
3 GUTIERREZ, JENNIFER	02:14:32
4 BOYLE, ANDRA	02:15:11
5 DUTHIE, TERI	02:17:14
6 ANDERSON, ELIZABETH	02:18:00
7 HARDY, ALLISON	02:18:38
8 TURTLE, CAROLANNE	02:21:59
9 GRABAU, KAREN	02:22:57
10 MOUNDAY, AMBER	02:23:57
11 BROEDER, REBECCA	02:24:14
12 GEITNER, RORY	02:24:20
13 BRETZ, HEATHER	02:24:38
14 HOSOYA, MISAKI	02:24:53
15 WALTERS, TERRI	02:27:40

TRI-GLENWOOD TRIATHLON

SEPTEMBER 10, 2000 GLENWOOD SPRINGS, COLORADO

.5 MILE / 15 MILE / 5 MILE

Women 15 - 17				Women 18 - 24				Women 25 - 29				Women 30 - 34				Women 35 - 39				Women 40 - 44				Women 45 - 49				Women 50 - 54				Women 55 - 59				Women 55 - 59				Men 15 - 17				Men 18 - 24				Men 25 - 29				Men 30 - 34				Men 35 - 39				Men 40 - 44				Men 45 - 49				Men 50 - 54				Men 55 - 59				Men 60 - 64				Men 65 - 69				Men 70 - 74				Men 75 - 79				Men 80 - 84				Men 85 - 89				Men 90 - 94				Men 95 - 99				Men 100 - 104				Men 105 - 109				Men 110 - 114				Men 115 - 119				Men 120 - 124				Men 125 - 129				Men 130 - 134				Men 135 - 139				Men 140 - 144				Men 145 - 149				Men 150 - 154				Men 155 - 159				Men 160 - 164				Men 165 - 169				Men 170 - 174				Men 175 - 179				Men 180 - 184				Men 185 - 189				Men 190 - 194				Men 195 - 199				Men 200 - 204				Men 205 - 209				Men 210 - 214				Men 215 - 219				Men 220 - 224				Men 225 - 229				Men 230 - 234				Men 235 - 239				Men 240 - 244				Men 245 - 249				Men 250 - 254				Men 255 - 259				Men 260 - 264				Men 265 - 269				Men 270 - 274				Men 275 - 279				Men 280 - 284				Men 285 - 289				Men 290 - 294				Men 295 - 299				Men 300 - 304				Men 305 - 309				Men 310 - 314				Men 315 - 319				Men 320 - 324				Men 325 - 329				Men 330 - 334				Men 335 - 339				Men 340 - 344				Men 345 - 349				Men 350 - 354				Men 355 - 359				Men 360 - 364				Men 365 - 369				Men 370 - 374				Men 375 - 379				Men 380 - 384				Men 385 - 389				Men 390 - 394				Men 395 - 399				Men 400 - 404				Men 405 - 409				Men 410 - 414				Men 415 - 419				Men 420 - 424				Men 425 - 429				Men 430 - 434				Men 435 - 439				Men 440 - 444				Men 445 - 449				Men 450 - 454				Men 455 - 459				Men 460 - 464				Men 465 - 469				Men 470 - 474				Men 475 - 479				Men 480 - 484				Men 485 - 489				Men 490 - 494				Men 495 - 499				Men 500 - 504				Men 505 - 509				Men 510 - 514				Men 515 - 519				Men 520 - 524				Men 525 - 529				Men 530 - 534				Men 535 - 539				Men 540 - 544				Men 545 - 549				Men 550 - 554				Men 555 - 559				Men 560 - 564				Men 565 - 569				Men 570 - 574				Men 575 - 579				Men 580 - 584				Men 585 - 589				Men 590 - 594				Men 595 - 599				Men 600 - 604				Men 605 - 609				Men 610 - 614				Men 615 - 619				Men 620 - 624				Men 625 - 629				Men 630 - 634				Men 635 - 639				Men 640 - 644				Men 645 - 649				Men 650 - 654				Men 655 - 659				Men 660 - 664				Men 665 - 669				Men 670 - 674				Men 675 - 679				Men 680 - 684				Men 685 - 689				Men 690 - 694				Men 695 - 699				Men 700 - 704				Men 705 - 709				Men 710 - 714				Men 715 - 719				Men 720 - 724				Men 725 - 729				Men 730 - 734				Men 735 - 739				Men 740 - 744				Men 745 - 749				Men 750 - 754				Men 755 - 759				Men 760 - 764				Men 765 - 769				Men 770 - 774				Men 775 - 779				Men 780 - 784				Men 785 - 789				Men 790 - 794				Men 795 - 799				Men 800 - 804				Men 805 - 809				Men 810 - 814				Men 815 - 819				Men 820 - 824				Men 825 - 829				Men 830 - 834				Men 835 - 839				Men 840 - 844				Men 845 - 849				Men 850 - 854				Men 855 - 859				Men 860 - 864				Men 865 - 869				Men 870 - 874				Men 875 - 879				Men 880 - 884				Men 885 - 889				Men 890 - 894				Men 895 - 899				Men 900 - 904				Men 905 - 909				Men 910 - 914				Men 915 - 919				Men 920 - 924				Men 925 - 929				Men 930 - 934				Men 935 - 939				Men 940 - 944				Men 945 - 949				Men 950 - 954				Men 955 - 959				Men 960 - 964				Men 965 - 969				Men 970 - 974				Men 975 - 979				Men 980 - 984				Men 985 - 989				Men 990 - 994				Men 995 - 999				Men 1000 - 1004				Men 1005 - 1009				Men 1010 - 1014				Men 1015 - 1019				Men 1020 - 1024				Men 1025 - 1029				Men 1030 - 1034				Men 1035 - 1039				Men 1040 - 1044				Men 1045 - 1049				Men 1050 - 1054				Men 1055 - 1059				Men 1060 - 1064				Men 1065 - 1069				Men 1070 - 1074				Men 1075 - 1079				Men 1080 - 1084				Men 1085 - 1089				Men 1090 - 1094				Men 1095 - 1099				Men 1100 - 1104				Men 1105 - 1109				Men 1110 - 1114				Men 1115 - 1119				Men 1120 - 1124				Men 1125 - 1129				Men 1130 - 1134				Men 1135 - 1139				Men 1140 - 1144				Men 1145 - 1149				Men 1150 - 1154				Men 1155 - 1159				Men 1160 - 1164				Men 1165 - 1169				Men 1170 - 1174				Men 1175 - 1179				Men 1180 - 1184				Men 1185 - 1189				Men 1190 - 1194				Men 1195 - 1199				Men 1200 - 1204				Men 1205 - 1209				Men 1210 - 1214				Men 1215 - 1219				Men 1220 - 1224				Men 1225 - 1229				Men 1230 - 1234				Men 1235 - 1239				Men 1240 - 1244				Men 1245 - 1249				Men 1250 - 1254				Men 1255 - 1259				Men 1260 - 1264				Men 1265 - 1269				Men 1270 - 1274				Men 1275 - 1279				Men 1280 - 1284				Men 1285 - 1289				Men 1290 - 1294				Men 1295 - 1299				Men 1300 - 1304				Men 1305 - 1309				Men 1310 - 1314				Men 1315 - 1319				Men 1320 - 1324				Men 1325 - 1329				Men 1330 - 1334				Men 1335 - 1339				Men 1340 - 1344				Men 1345 - 1349				Men 1350 - 1354				Men 1355 - 1359				Men 1360 - 1364				Men 1365 - 1369				Men 1370 - 1374				Men 1375 - 1379				Men 1380 - 1384				Men 1385 - 1389				Men 1390 - 1394				Men 1395 - 1399				Men 1400 - 1404				Men 1405 - 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2 DOYLE, JANET HECK	0:16:31	0:48:28	0:41:47	1:46:46					
3 LUNDIN, CINDY	0:15:21	0:45:28	0:46:51	1:47:40					
4 CASNER, LINDA BETH	0:14:36	0:48:49	0:44:50	1:48:15					
5 REINISCH, NANCY	0:17:33	0:52:43	0:45:30	1:55:46					
6 WEIMER, GEORGIANA	0:18:44	0:48:09	0:50:35	1:57:28					
7 MUNDY, VALERIE	0:21:39	0:49:35	0:46:21	1:57:35					
8 GREENBLATT, CLAIRE	0:19:08	0:49:58	0:49:38	1:58:44					
9 KERN, NANCY	0:19:58	0:51:55	0:46:53	1:58:46					
10 DICKEY, LYNN	0:17:07	0:57:28	0:45:50	2:00:25					
11 WOHLTZ, SHERRY	0:22:07	0:56:39	0:44:13	2:02:59					
12 MAMOS, NANCY	0:19:51	0:54:38	0:50:46	2:05:15					
13 CONNIFEY, KATIE	0:17:49	0:58:11	0:50:55	2:06:55					
14 DILLEY, LINDA	0:17:19	0:58:53	0:57:46	2:13:58					
15 HARTMAN, CJ	0:19:23	0:56:33	1:02:10	2:18:06					
16 O'CARROLL, M	0:18:03	1:00:01	1:09:09	2:27:13					
17 SACKS, JANET	0:24:01	1:07:30	1:23:31	2:55:02					
Women 50 - 54									
Swim	Bike	Run	Total						
1 COEN, BETTIE	0:21:08	0:46:59	0:39:26	1:47:33					
2 PARISH, BARBARA	0:17:34	0:54:05	0:44:56	1:56:35					
3 JONES, TERRI	0:17:44	0:50:47	0:49:48	1:58:19					
4 YOUNG, LYDIA	0:16:11	0:52:27	0:59:09	2:07:47					
5 CAVANAUGH, CLARE	0:16:28	0:59:22	0:57:25	2:13:15					
6 TURTLE, NANCY	0:19:25	0:58:24	0:55:33	2:13:22					
7 LAWS, SUSAN	0:23:53	0:59:57	0:50:59	2:14:49					
8 PLONKEY, LESLIE	0:21:53	0:57:27	0:57:53	2:17:13					
9 CANFIELD, DEBORAH	0:23:32	1:08:00	1:06:20	2:37:52					
10 LARKIN, SUSAN	0:30:00	1:20:58	1:11:12	3:02:10					
Women 55 - 59									
Swim	Bike	Run	Total						
1 HARDIN, SHIRLEY	0:19:51	0:59:06	0:51:27	2:10:24					
2 CONWAY, KACEY	0:18:27	0:58:22	0:53:52	2:10:41					
3 NUCKOLS, MAUREEN	0:19:02	0:58:57	1:02:58	2:20:57					
4 OLSON-LOCKE, ANN	0:20:00	1:01:11	1:02:31	2:23:42					
Men 15 - 17									
Swim	Bike	Run	Total						
1 SALMEN, CHAS	0:13:27	0:47:12	0:33:35	1:34:14					
2 SALMEN, MARCO	0:13:26	0:47:47	0:33:15	1:34:28					
3 JAY, STEVE	0:12:03	0:51:10	0:38:14	1:41:27					
4 BEVINS, JOE	0:18:06	0:52:41	0:51:53	2:02:40					
5 TREBESH, CLINT	0:21:35	0:59:44	0:46:32	2:07:51					
Men 18 - 24									
Swim	Bike	Run	Total						
1 McDONALD, JASON	0:12:35	0:38:54	0:37:34	1:29:03					
2 DREXEL, MATT	0:11:51	0:45:08	0:38:01	1:35:00					
3 CRUZ, MARCOS	0:19:41	0:43:06	0:36:07	1:38:54					
4 WHITE, CASHIN	0:12:01	0:49:35	0:39:34	1:41:10					
5 TURTLE, PAUL	0:12:18	0:46:50	0:45:26	1:44:34					
6 ZABEL, ANDY	0:16:35	0:53:30	0:40:18	1:50:23					
Men 25 - 29									
Swim	Bike	Run	Total						
1 MOORE, J.P.	0:12:41	0:46:26	0:35:58	1:35:05					
2 BUCK, DAVE	0:18:44	0:44:38	0:33:50	1:37:12					
3 LOEHING, LANCE	0:17:29	0:44:18	0:37:18	1:39:05					
4 COOLEY, DAN	0:12:10	0:44:11	0:43:38	1:39:59					
5 ANDERSON, TIM	0:15:55	0:48:31	0:44:35	1:49:01					
6 FOJTS, BRAD	0:18:44	0:53:18	0:38:18	1:50:20					
7 ANDERSON, CLARKE	0:19:02	1:02:15	0:51:55	2:13:12					
8 THOMPSON, BRETT	0:20:40	0:54:37	0:59:56	2:15:13					
9 KLOPP, SHANE	0:20:54	1:07:41	0:49:04	2:17:39					
10 HOYT, JEFFREY	0:23:42	1:04:09	0:56:19	2:24:10					

TRI-GLENWOOD RESULTS (continued)

11 GALLAGHER, RYAN	P0:30:00	1:08:27	0:56:19	2:34:46
Men 30 - 34	Swim	Bike	Run	Total
1 BOUMA, DIRK	0:11:23	0:38:17	0:29:51	1:19:31
2 SCHAAL, AARON	0:14:15	0:41:27	0:39:17	1:34:59
3 WOLF, DAN	0:16:07	0:46:29	0:41:32	1:44:08
4 ROBERTSON, BRUCE	0:16:03	0:47:25	0:48:06	1:51:34
5 COTTAM, DALE W	0:19:28	0:49:14	0:43:14	1:51:56
6 MAY, MICHAEL J	0:16:06	0:52:34	0:48:15	1:56:55
7 KOERNER, TIM	0:19:52	1:01:31	0:50:03	2:11:26
8 REES, TY	0:23:44	1:11:12	1:03:33	2:38:29
Men 35 - 39	Swim	Bike	Run	Total
1 WERTHEIM, CHARLIE	0:12:54	0:36:47	0:30:47	1:20:28
2 BAX, KEVIN	0:15:23	0:40:55	0:30:10	1:26:28
3 BURKE, COREY	0:12:39	0:40:15	0:36:53	1:29:47
4 MIDDLEBROOK, JOHN	0:17:40	0:45:38	0:37:48	1:41:06
5 RHATIGAN, ROB	0:16:28	0:49:17	0:37:42	1:43:27
6 OLSON, DAN	0:23:26	0:51:59	0:42:11	1:57:36
7 HENNEFELD, ROGER	0:18:08	0:49:56	0:50:37	1:58:41
8 ROPER, STEVE	0:21:20	1:02:50	0:41:58	2:06:08
9 KHOROUZAN, TONY	0:18:57	1:07:05	0:52:03	2:18:05
Men 40 - 44	Swim	Bike	Run	Total
1 BARNES, BRAD	0:13:36	0:38:32	0:38:12	1:30:20
2 VANDERVLIT, BOB	0:15:06	0:39:05	0:38:38	1:32:49
3 HELSTAD, BRYAN	0:14:43	0:41:53	0:37:23	1:33:59
4 FISCHER, MARK	0:15:21	0:40:51	0:39:17	1:35:29
5 WELLS, TOM	0:16:46	0:41:57	0:38:06	1:36:49
6 SWIRBUL, BRICK	0:13:06	0:46:02	0:40:16	1:39:24
7 GUTHRIE, LOYE	0:14:55	0:45:42	0:41:42	1:42:19
8 JAY, HOWARD	0:10:40	0:47:12	0:44:43	1:42:35
9 THORSEN, ROBERT P	0:17:34	0:48:01	0:43:42	1:49:17
10 SAARELA, GREGORY	0:17:30	0:48:46	0:45:31	1:51:47
11 JOINER, THOMAS S	0:15:25	0:48:03	0:49:08	1:52:36
12 ZINN, ERIC JON	0:15:15	0:53:46	0:45:21	1:54:22
13 HUFNAGEL, DAVID	0:16:04	0:50:27	0:48:53	1:55:24
14 HICKS, JOHN	0:22:32	0:55:22	0:42:44	2:00:38
15 BENSON, BOB G	0:16:18	0:51:02	0:53:42	2:01:02
16 BEVINS, BILL	0:18:33	0:52:51	0:51:31	2:02:55
17 BALL, TOM	0:14:41	0:53:20	0:56:23	2:04:24
18 LOSASSO, MARK	0:22:00	0:54:32	0:53:37	2:10:09
19 MCKERCHER, TOD	0:16:19	1:11:45	0:44:42	2:12:46
20 SCOTT, MICHAEL D.	0:21:52	1:18:25	0:50:06	2:30:23
Men 45 - 49	Swim	Bike	Run	Total
1 BETHKE, THOMAS	0:14:52	0:39:56	0:34:38	1:29:26
2 CLASSEN, GALEN	0:14:21	0:39:34	0:38:12	1:32:07
3 SENZ, CHARLIE	0:13:52	0:42:40	0:43:32	1:40:04
4 KROHE, RICK	0:18:56	0:44:53	0:39:48	1:43:37
5 BRADLEY, MICHAEL P	0:17:56	0:46:22	0:39:49	1:44:07
6 SWIGERT, BILL	0:16:47	0:46:40	0:41:46	1:45:13
7 MITCHELL, SCOTT	0:15:19	0:49:39	0:41:43	1:46:41
8 SALMEN, PAUL	0:16:58	0:51:48	0:45:29	1:54:15
9 NORTON, JOHN S.	0:17:06	0:51:35	0:46:02	1:54:43
10 SACKS, IRA	0:18:32	0:54:16	0:47:51	2:00:39
11 CAVANAUGH, TOM	0:17:39	0:58:25	0:56:45	2:12:49
Men 50 - 54	Swim	Bike	Run	Total
1 MCGUIRE, ROBIN	0:13:55	0:43:10	0:39:36	1:36:41
2 MYERS, DEAN	0:14:40	0:43:19	0:42:39	1:40:38
3 KNOPINSKI, JOE	0:14:59	0:47:01	0:43:47	1:45:47
4 ZABEL, GARRY	0:14:00	0:48:50	0:43:00	1:45:50
5 MYERS, ROGER	0:14:31	0:45:20	0:47:13	1:47:04
6 GREEN, PATRICK	0:20:34	0:54:20	0:44:09	1:59:03
7 ARTES, FRED	0:19:19	0:50:44	0:51:25	2:01:28
Men 55 - 59	Swim	Bike	Run	Total
1 BREWER, RICHARD	0:14:51	0:45:02	0:40:04	1:39:57
2 BROWN, JOE	0:16:28	0:45:55	0:38:08	1:40:31
3 FORKNER, DON	0:18:35	0:47:43	0:39:12	1:45:30
4 WEIMER, RICH	0:18:06	0:46:29	0:46:00	1:50:35
5 LANGE, SONNY	0:17:23	0:46:15	0:50:43	1:54:21
6 PHILLIPS, CRAIG	0:22:08	0:56:32	0:51:15	2:09:55
7 KLITZ, KEN	0:21:46	1:03:11	0:47:19	2:12:16
Men 60 - 64	Swim	Bike	Run	Total
1 WHITFORD, DON	0:19:52	0:48:38	0:43:12	1:51:42
2 HARDIN, JOHN	0:18:42	0:57:34	0:47:14	2:03:30
Men 65 - 69	Swim	Bike	Run	Total
1 STURTEVANT, JOHN	0:20:59	0:55:14	0:48:05	2:04:18
Men 70 - 74	Swim	Bike	Run	Total
1 PULS, GERALD E	0:30:00	1:08:49	1:12:57	2:51:46



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NINE COLORADANS QUALIFY FOR WORLD CHAMPIONSHIPS AT AGE GROUP NATIONALS

St. Joseph, Missouri hosted the Mrs. T's Pierogies Triathlon National Age Group Championship on September 9th. St. Joseph is on the Missouri River north of Kansas City. The swim was in Lake Contrary, an oxbow lake, and the bike course was through the city and completely closed to traffic for the race.

The top 6 male and female finishers in each five-year age category qualified to go to the 2001 world championships to compete in the amateur

division. The world championships will be held in Edmonton, Alberta, Canada on July 23rd, 2001. Although the ITU World Championships for pros is draft-legal, the amateur race is not.

Athletes qualify to compete at Nationals by placing in the top 3 of their age group or the top 25% overall in any USA Triathlon sanctioned event. There will be over 740 sanctioned races in the U.S. this year. Alternatively, placing in the top 5 in

their age group or the top 33% overall at a regional championship race will qualify the triathlete for the Championship.

810 athletes competed in the race. There will be a second qualifier on June 3rd, 2001, in Lake Placid, New York.

For more information contact USA Triathlon or log on to www.usa-triathlon.org.



NAME	CITY	DIVISION	SWIM	TR1	BIKE	MPH	TR2	RUN	PACE	TIME	OVERALL/DIVISION
JOSEPH FOGARTY	CO SPRINGS	M2529	20:28	1:33	1:07:17	22.1	0:50	36:05	5:50	2:06:10	12/ 4
CHRISTOPHER PEETERS	CO SPRINGS	M3034	22:03	1:33	1:06:32	22.4	0:47	36:29	5:53	2:07:22	17/ 1
GREG WOODS	ASPEN	M2024	20:50	1:36	1:05:51	22.6	0:43	39:46	6:25	2:08:44	30/10
RYAN IGNATZ	BOULDER	M2024	24:40	1:36	1:05:56	22.6	0:38	38:55	6:17	2:11:44	48/ 12
KEVIN KONCZAK	BOULDER	M3034	23:03	1:36	1:09:46	21.3	0:42	36:44	5:56	2:11:49	49/ 9
RICH RUHSE	NORTHGLENN	M3034	20:47	1:48	1:09:26	21.4	0:55	42:16	6:49	2:15:10	71/12
ANDREW JOHNSON	BOULDER	M2024	22:17	1:34	1:11:18	20.9	0:42	41:54	6:46	2:17:43	98/ 22
CURT CHESNEY	BOULDER	M3034	23:39	1:39	1:07:25	22.1	0:56	44:12	7:08	2:17:48	100/ 15
CHRIS RICHARDSON	DENVER	M2529	23:02	1:41	1:12:45	20.5	0:51	40:41	6:34	2:18:59	117/ 27
ALEXANDER DURST	BOULDER	M2529	22:30	1:36	1:13:18	20.3	0:42	41:30	6:42	2:19:33	126/28
BENJAMIN KNELLER	DURANGO	MJUN	20:24	1:33	1:14:08	20.1	0:44	44:06	7:07	2:20:54	141/9
DAVID RAKITA	DURANGO	M5054	24:07	1:50	1:14:24	20.0	0:40	42:30	6:52	2:23:28	174/ 5
GREG TANNER	DENVER	C2039	22:06	1:43	1:14:34	20.0	0:50	44:25	7:10	2:23:36	177/ 3
TEDDY HOLT	CO SPRINGS	M2529	24:16	2:03	1:15:18	19.8	0:46	44:56	7:15	2:27:17	220/40
MICHAEL SEELEY	DENVER	M5054	25:03	2:16	1:16:23	19.5	1:25	43:35	7:02	2:28:41	243/10
TERRI WALTERS	CO SPRINGS	F3034	20:51	2:03	1:21:11	18.3	0:51	44:35	7:12	2:29:29	254/10
MONICA CAPLAN	BOULDER	F2024	19:41	1:48	1:20:22	18.5	0:41	50:13	8:06	2:32:43	293/ 5
LORI DEACON	DENVER	F3034	21:21	2:00	1:18:51	18.9	0:52	50:46	8:12	2:33:49	307/16
SUSAN GRIFFIN-K	CASTLE ROCK	F4549	22:02	1:54	1:21:00	18.4	0:56	48:41	7:52	2:34:32	317/4
CAMERON ELMENDORF	BOULDER	F2024	24:09	1:59	1:21:44	18.2	1:05	46:13	7:28	2:35:09	319/ 7
REBECA IMGRUND	DENVER	F3034	23:39	1:48	1:24:01	17.7	0:55	46:46	7:33	2:37:08	354/20
MICHAEL CHESSNOE	DENVER	M5559	25:32	2:57	1:20:26	18.5	1:30	46:46	7:33	2:37:09	355/ 13
RICHARD ALEXANDER	LOVELAND	M6569	31:25	3:10	1:14:33	20.0	1:07	47:25	7:39	2:37:38	363/1
HEIDI MCKENNA	CO SPRINGS	F3034	25:54	1:52	1:24:09	17.7	0:52	45:08	7:17	2:37:54	366/21
ERIN HUCK	BOULDER	FJUN	27:50	2:21	1:20:37	18.5	1:04	47:42	7:42	2:39:32	392/ 3
JON MELLBERG	DENVER	M3034	24:49	1:51	1:23:47	17.8	0:54	48:42	7:52	2:40:01	400/46
LARA MAAS	CO SPRINGS	F3034	25:12	2:11	1:21:34	18.2	1:45	51:56	8:23	2:42:37	438/27
BLAKE OTTERSBERG	PUEBLO	MJUN	19:23	1:55	1:11:33	20.8	0:35	1:10:11	11:20	2:43:35	448/26
LINDSAY SIMPSON	STEAMBOAT SPRING	F2024	29:40	1:46	1:22:00	18.1	1:09	50:00	8:04	2:44:35	460/14
KRIS SKILES	BOULDER	F4549	24:34	3:10	1:19:51	18.6	1:35	59:26	9:36	2:48:33	500/13
SUSIE WASSON	ARVADA	A2039	24:52	2:01	1:32:01	16.2	1:05	49:44	8:02	2:49:41	508/ 2
EVE ZIDEL	CO SPRINGS	F2529	28:55	1:55	1:27:47	17.0	1:24	55:32	8:58	2:55:32	549/30
DAWN OBRECHT	GOLDEN	F5054	24:53	2:59	1:31:57	16.2	1:22	57:14	9:14	2:58:24	570/ 8
PAMELA TRACY	BOULDER	FJUN	24:28	2:28	1:36:48	15.4	1:02	54:35	8:49	2:59:19	573/ 9
BARBARA KOSTNER	LAKEWOOD	F5054	31:32	2:14	1:25:23	17.4	1:15	1:00:36	9:47	3:00:58	584/12
HEIDI HOFFMANN	ASPEN	F5054	28:29	2:32	1:34:31	15.7	0:11	1:05:08	10:31	3:10:48	625/16
CATHY DAY	SUPERIOR	F5559	35:58	2:53	1:40:46	14.8	1:23	1:03:23	10:14	3:24:21	667/10

86	273	Holt	JD	CoSprings	CO	29	M	86	5:25:40	9	30:30	13	2:29:38	175	2:25:32
87	429	Whiteside	Mark	Loveland	CO	35	M	87	5:25:49	6	30:06	114	2:50:19	113	2:05:24
88	238	Van Pelt	Rachel	Westminster	CO	30	F	88	5:25:50	80	36:22	127	2:53:19	77	1:56:09
89	296	Johnson	Frances	Littleton	CO	26	F	89	5:26:11	163	42:41	141	2:55:42	47	1:47:48
90	336	Snow	Gary	Littleton	CO	25	M	90	5:26:47	45	34:09	41	2:37:52	148	2:14:46
91	221	Kneeland	Mary	Ft. Collins	CO	26	F	91	5:28:20	106	37:44	100	2:48:12	106	2:02:24
92	235	Mandery	Missy	Anavada	CO	30	F	92	5:29:05	82	36:31	144	2:56:23	78	1:56:11
93	264	Kelly	Michael	Boulder	CO	24	M	93	5:29:18	123	39:16	77	2:44:43	111	2:05:19
94	359	Boschen	Kyle	Denver	CO	32	M	94	5:30:03	109	38:06	115	2:50:30	100	2:01:27
95	411	Young	Bill	Boulder	CO	36	M	95	5:30:37	129	39:39	86	2:45:38	112	2:05:20
96	380	Novak	John	Denver	CO	30	M	96	5:31:01	219	49:07	88	2:45:56	73	1:55:58
97	395	Stevens	Chris	Denver	CO	38	M	97	5:31:11	111	38:12	65	2:42:53	131	2:10:06
98	477	Wilson	Bruce	Boulder	CO	55	M	98	5:31:12	95	36:57	135	2:54:17	93	1:59:58
99	280	Tulich	Stefan	Ft. Collins	CO	28	M	99	5:31:19	64	35:18	111	2:49:36	115	2:06:25
100	379	Turney	Samuel	Boulder	CO	30	M	100	5:31:53	154	41:48	108	2:49:10	97	2:00:55
101	389	Sandler	Michael	Ft. Collins	CO	30	M	101	5:32:05	208	47:36	58	2:40:43	107	2:03:46
102	500	Grimm	Paul	Denver	CO	31	M	102	5:33:26	216	48:35	126	2:52:46	58	1:52:05
103	283	Werner	Gregory	Golden	CO	28	M	103	5:34:01	150	41:29	64	2:42:43	129	2:09:49
104	426	Arens	James	Westminster	CO	35	M	104	5:34:12	218	48:49	79	2:44:58	95	2:00:25
105	450	Church	Robert	Cedar Crest	NM	41	M	105	5:34:26	148	41:20	131	2:53:50	86	1:59:16
106	222	Poteat	Kristin	Parker	CO	25	F	106	5:34:43	108	38:05	150	2:57:07	89	1:59:31
107	244	Clark	Juli	Boulder	CO	36	F	107	5:34:49	185	44:45	175	3:02:44	45	1:47:20
108	430	Furr	Ronald	Englewood	CO	44	M	108	5:35:08	5	28:47	62	2:42:12	170	2:24:09
109	405	Hopp	David	Littleton	CO	37	M	109	5:35:13	131	39:47	92	2:46:56	121	2:08:30
110	491	Team	GoGirls	Ft. Collins	CO	F	110	5:36:15	118	38:59	171	3:01:54	71	1:55:22	
111	407	Bradley	David	Vail	CO	37	M	111	5:36:18	184	44:24	116	2:50:35	98	2:01:19
112	434	Politzer	Tom	Golden	CO	44	M	112	5:36:40	170	43:10	90	2:46:46	116	2:06:44
113	484	Team	Blue	CoSprings	CO	F	113	5:37:49	87	36:41	195	3:08:30	60	1:52:38	
114	375	Burgoz	Scott	Highlands Ranch	CO	31	M	114	5:38:18	81	36:23	105	2:48:47	141	2:13:08
115	245	Coykendall	Suzy	Gunnison	CO	36	F	115	5:39:05	22	31:55	151	2:57:17	130	2:09:53
116	396	Bertrand	Robert	Nederland	CO	38	M	116	5:39:17	97	37:14	132	2:54:05	119	2:07:58
117	366	Miller	Skip	Park City	UT	31	M	117	5:39:56	7	30:22	82	2:45:13	172	2:24:21
118	413	Lasher	Jeffery	Englewood	CO	36	M	118	5:39:59	26	32:32	48	2:38:37	187	2:28:50
119	417	Szulkowski	Bob	Evergreen	CO	36	M	119	5:40:03	134	39:57	102	2:48:39	137	2:11:27
120	263	Taylor	Thomas	Farmington	NM	16	M	120	5:40:09	4	27:32	140	2:55:34	152	2:17:03
121	492	Millhauser	Ingrid	CoSprings	CO	33	F	121	5:40:17	62	35:00	83	2:45:30	159	2:19:47
122	461	Coulston	Cory	Lakewood	CO	47	M	122	5:40:43	136	40:06	95	2:47:28	142	2:13:09
123	464	McElhinney	Tom	Evans	CO	47	M	123	5:40:53	55	34:42	99	2:48:08	155	2:18:03
124	376	Billingsley	Brad	Lafayette	CO	31	M	124	5:41:06	132	39:51	124	2:52:03	124	2:09:12
125	368	Sunahara III	Jackson	Castle Rock	CO	31	M	125	5:41:10	52	34:41	179	3:04:38	102	2:01:51
126	406	Rouse	James	Indian Hills	CO	37	M	126	5:41:20	135	40:00	1	2:16:15	215	2:45:05
127	274	Sunderland	Mark	Boulder	CO	29	M	127	5:41:45	165	42:47	71	2:44:15	147	2:14:43
128	454	Bradford, III	Oliver	Denver	CO	40	M	128	5:42:43	117	38:54	130	2:53:42	132	2:10:07
129	349	Wendt	Sean	Anavada	CO	33	M	129	5:42:46					143	2:13:40
130	240	Esp	Laura	Billings	MT	38	F	130	5:43:12					82	1:57:58
131	518	Gregory	Bruce	Greenwd Village	CO	36	M	131	5:43:25	207	47:33	143	2:56:09	91	1:59:43
132	427	Tucker	John	Park City	UT	35	M	132	5:43:35	61	34:56	94	2:47:22	163	2:21:17
133	480	Team	Triple S	CoSprings	CO	F	133	5:44:17	76	36:08	49	2:38:51	188	2:29:18	
134	458	Morneau	Geoffry	Denver	CO	49	M	134	5:44:22	41	33:41	196	3:08:54	101	2:01:47
135	341	Keefe	Michael	Englewood	CO	34	M	135	5:44:28	56	34:44	101	2:48:33	162	2:21:11

136	243	Bertrand	Sandy	Nederland	CO	36	F	136	5:44:34	201	46:29	164	2:59:32	84	1:58:33
137	223	Morris	Belle	Boulder	CO	34	F	137	5:44:47					122	2:08:34
138	255	Dursthoff	Peggy	Highlands Ranch	CO	40	F	138	5:45:19	59	34:51	139	2:55:32	149	2:14:56
139	495	Long	Tracy	Denver	CO	32	F	139	5:45:56	33	33:02	194	3:08:29	108	2:04:25
140	451	Vernon	Curtis	Ft. Collins	CO	41	M	140	5:46:11	190	45:29	104	2:48:44	138	2:11:58
141	467	Stoklosa	Timothy	Lakewood	CO	45	M	141	5:46:13	107	37:56	63	2:42:29	179	2:25:48
142	345	Fouque	Guillaume	Broomfield	CO	34	M	142	5:46:56	83	36:32	174	3:02:41	118	2:07:43
143	497	Mathaus	Alfredo	CoSprings	CO	39	M	143	5:47:15	98	37:14	157	2:58:45	135	2:11:16
144	479	Team	Rapide	Boulder	CO	F	144	5:47:46	162	42:38	200	3:11:21	64	1:53:47	
145	353	Hunter	Tom	Littleton	CO	32	M	145	5:48:04					198	2:35:56
146	519	Crit	Team	Boulder	CO	F	146	5:48:39	215	48:27	169	3:00:44	88	1:59:28	
147	385	Chu	Eugene	Denver	CO	30	M	147	5:48:40	236	52:05	53	2:39:27	154	2:17:08
148	272	Prete	Tony	Boulder	CO	29	M	148	5:48:48	166	42:58	123	2:51:42	146	2:14:08
149	335	Lang	Gordon	Boulder	CO	25	M	149	5:49:18	142	40:43	122	2:51:31	153	2:17:04
150	369	Schmidt	Derek	Denver	CO	31	M	150	5:49:41	101	37:27	85	2:45:35	181	2:26:39
151	490	Team	SANZ	Englewood	CO	M	151	5:50:24	179	44:02	182	3:05:42	96	2:00:40	
152	208	Kirkland	Jari	Breckenridge	CO	24	F	152	5:50:35	13	30:53	106	2:48:49	190	2:30:53
153	224	Sclar	Carrie	Evergreen	CO	33	F	153	5:51:21	103	37:30	173	3:02:39	134	2:11:12
154	470	Marks	Bruce	Greenwood Village	CO	53	M	154	5:52:46					66	1:54:23
155	334	Taylor	Tyson	Denver	CO	25	M	155	5:52:59	21	31:48	193	3:08:24	140	2:12:47
156	466	Schiff	Michael	Menlo Park	CA	45	M	156	5:55:54	48	34:21	152	2:57:40	169	2:23:53
157	249	Adams	Liz	Denver	CO	36	F	157	5:56:13	100	37:26	163	2:59:24	157	2:19:23
158	390	Fusai	Scott	Longmont	CO	39	M	158	5:56:19	141	40:32	149	2:56:53	156	2:18:54
159	344	Inwin	Jay	Littleton	CO	34	M	159	5:56:45	200	46:21	97	2:47:51	165	2:22:33
160	381	Schwartz	Brian	Ft. Collins	CO	30	M	160	5:56:55	187	45:11	205	3:13:09	85	1:58:35
161	271	Billingsley	Jeff	Denver	CO	29	M	161	5:57:40	227	50:32	137	2:54:33	139	2:12:35
162	343	Ronn	Magnus	Boulder	CO	34	M	162	5:57:58	160	42:11	112	2:50:03	178	2:25:44
163	394	Mentzel	Gregg	Gillette	WY	38	M	163	5:58:13	161	42:32	160	2:59:02	151	2:16:39
164	294	Khatib	Nader	Boulder	CO	26	M	164	5:58:38	152	41:33	120	2:51:17	180	2:25:48
165	209	McDonoug	Laurie	Boulder	CO	24	F	165	6:00:03	102	37:27	206	3:13:36	123	2:09:00
166	231	Brazelton	Katie	Lakewood	CO	31	F	166	6:01:40	225	50:22	212	3:17:51	62	1:53:27
167	446	laia III	William	Highlands Ranch	CO	41	M	167	6:01:53	115	38:39	156	2:58:29	173	2:24:45
168	455	Gaffer	Steve	CoSprings	CO	40	M	168	6:02:11	99	37:16	138	2:55:06	189	2:29:49
169	372	Hudjera	Stacey	Littleton	CO	31	M	169	6:02:23	237	52:43	155	2:58:21	136	2:11:19
170	408	Ray	Chuck	Denver	CO	36	M	170	6:03:06	214	48:16	180	3:05:10	127	2:09:40
171	425	Strebe	Glenn	CoSprings	CO	35	M	171	6:03:41	182	44:16	162	2:59:23	161	2:20:02
172	420	Barnes-Kelley	Ron	Lander	WY	35	M	172	6:04:37	205	47:25	121	2:51:29	177	2:25:43
173	456	Huber	Doug	Ft. Collins	CO	40	M	173	6:04:41	244	1:03:09	96	2:47:31	145	2:14:01
174	225	Loughran	Barbara	Denver	CO	33	F	174	6:05:43	195	45:50	184	3:05:57	144	2:13:56
175	227	Rowe	Jennifer	Englewood	CO	33	F	175	6:07:31	223	50:03	192	3:08:00	125	2:09:28
176	501	Paris	Linda	Durango	CO	37	F	176	6:07:35	155	41:49	166	3:00:14	176	2:25:32
177	393	Zapala	Eric	Boulder	CO	38	M	177	6:09:13	173	35:56	190	3:07:52	174	2:25:25
178	475	Schwartz	Merrill	Piedmont	CA	58	M	178	6:09:58	230	51:10	161	2:59:03	158	2:19:45
179	275	Chalfont	Charles	Fountain	CO	29	M	179	6:12:06	167	43:02	167	3:00:26	185	2:28:38
180	297	Truhe	Eric	Denver	CO	25	M	180	6:13:04	145	41:15	197	3:09:22	164	2:22:27
181	481	Team	Enfuego	Denver	CO	F	181	6:13:13	157	42:00	220	3:23:13	120	2:08:00	
182	360	Richmond	Bill	Highlands Ranch	CO	32	M	182	6:13:27	199	46:19	133	2:54:06	194	2:33:02
183	520	Reinig	Karl	Denver	CO	43	M	183	6:13:37	175	35:54	186	3:06:17	160	2:29:47
184	220	Chelley	Brooke	Denver	CO	27	F	184	6:13:47	72	43:39	186	3:06:17	168	2:23:51
185	289	Setzke	David	Boulder	CO	27	M	185	6:14:12	137	40:07	154	2:58:17	197	2:35:48

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Harvest Moon results continued...

186	391 Harris	Paul	Nederland	CO	39 M	186 6:14:50	120	39:11	129 2:53:33	212 2:42:06
187	351 Hoffstetter	John	ColSprings	CO	33 M	187 6:15:29	204	46:35	168 3:00:42	183 2:28:12
188	278 Duthie	Chad	CoSprings	CO	28 M	188 6:16:01	75	36:05	158 2:58:49	210 2:41:07
189	384 Lewis	Bobby	Greeley	CO	30 F	189 6:18:14	126	39:30	185 3:06:12	193 2:32:32
190	444 Banowsky	Bill	Littleton	CO	42 M	190 6:18:35	173	43:18	147 2:56:40	206 2:38:37
191	487 Team	T3	Greeley	CO	F	191 6:18:41	221	49:36	172 3:02:11	182 2:26:54
192	258 Selenow	Susan	Buena Vista	CO	48 F	192 6:20:03	188	45:17	199 3:10:34	171 2:24:12
193	215 Siconolfi	Lisa	Denver	CO	29 F	193 6:22:05	110	38:07	189 3:07:29	199 2:36:29
194	469 Horejs	Bob	Englewood	CO	45 M	194 6:22:51				192 2:32:26
195	494 Sourbier	Thierry	Boulder	CO	25 M	195 6:24:02	183	44:17	176 3:03:12	200 2:36:33
196	211 Noda	Toshiko	Boulder	CO	24 F	196 6:24:22	114	38:31	165 2:59:58	217 2:45:53
197	465 Dalton	Timothy	Denver	CO	46 M	197 6:24:59	130	39:41	183 3:05:53	207 2:39:25
198	219 Potter	Mabs	Boulder	CO	27 F	198 6:26:47	186	45:09	204 3:12:56	186 2:28:42
199	414 Bergmann	Jon	Aurora	CO	36 M	199 6:27:07	38	33:35	201 3:12:14	211 2:41:18
200	383 Krol	Watse	Denver	CO	30 M	200 6:28:33	119	39:08	87 2:45:44	233 3:03:41
201	488 Team	Tennis Tnat	Greeley	CO	F	201 6:31:33	189	45:19	226 3:29:56	150 2:16:18
202	217 Terry	Holly	Boulder	CO	29 F	202 6:31:40	139	40:23	237 3:41:45	126 2:09:32
203	442 Cardenas	Victor	Galveston	TX	42 M	203 6:32:02	70	35:50	217 3:22:00	196 2:34:12
204	290 Chen	Marcus	Denver	CO	27 M	204 6:32:51	224	50:21	145 2:56:29	218 2:46:01
205	452 Maruna	Dean	Erie	CO	40 M	205 6:33:09	212	48:11	187 3:07:07	203 2:37:51
206	423 Jelinek	Jay	Lakewood	CO	35 M	206 6:35:09	245	1:03:15	177 3:03:26	184 2:28:28
207	254 McAtee	Lynne	Nederland	CO	40 F	207 6:36:51	191	45:31	211 3:17:11	195 2:34:09
208	459 Flint	James	Englewood	CO	49 M	208 6:37:20	238	54:33	181 3:05:32	201 2:37:15
209	291 Moran	Todd	Denver	CO	27 M	209 6:38:12	222	49:58	107 2:48:57	229 2:59:17
210	295 Storey	Dan	Ft. Collins	CO	26 M	210 6:42:17	28	32:42	202 3:12:19	226 2:57:16
211	447 Atkinson	Raymond	Boulder	CO	41 M	211 6:42:31	209	47:37	203 3:12:30	213 2:42:24
212	234 Barnes-Kelley	Camilla	Lander	WY	30 F	212 6:42:36	242	58:28	216 3:21:14	166 2:22:54
213	281 Norton	Stephen	Arvada	CO	28 M	213 6:43:41	143	40:45	188 3:07:08	223 2:55:48
214	299 Uttecht	Allyn	Longmont	CO	25 M	214 6:44:14	211	48:07	159 2:58:52	225 2:57:15
215	260 Wood	Jean	Louisville	CO	53 F	215 6:44:27	105	37:33	222 3:23:59	214 2:42:55
216	333 Spalding	Aaron	Denver	CO	25 M	216 6:45:05	158	42:04	198 3:09:28	222 2:53:33
217	282 Cupp	Casey	Denver	CO	28 M	217 6:45:07	213	48:13	214 3:18:23	205 2:38:31
218	367 Mokhtar	Jawad	Boulder	CO	31 M	218 6:46:19	202	46:31	142 2:56:01	234 3:03:47
219	257 Maleike	Corinna	Thornton	CO	40 F	219 6:46:40	84	36:33	227 3:30:00	208 2:40:07
220	493 Shannon	Michael	Lakewood	CO	35 M	220 6:51:13	232	51:32	170 3:01:47	227 2:57:54
221	230 Goertz	Kelley	Denver	CO	31 F	221 6:52:33	246	1:04:24	224 3:24:53	167 2:23:16
222	253 Hewitt	Barb	Lakewood	CO	41 F	222 6:52:54	174	43:38	229 3:31:15	204 2:38:01
223	293 Martin	Nick	Aurora	CO	27 M	223 6:53:30	229	50:45	218 3:22:25	209 2:40:20
224	233 Linares	Alicia	Denver	CO	30 F	224 6:54:17	217	48:39	234 3:34:43	191 2:30:55
225	392 Bianco	Roberto	Louisville	CO	39 M	225 6:55:10	233	51:35	207 3:13:42	219 2:49:53
226	252 Kennedy	Summer	Boulder	CO	44 F	226 6:55:34	177	43:49	233 3:34:30	202 2:37:15
227	517 Stimpert	Craig	El Paso	IL	36 M	227 7:00:22	234	51:36	210 3:16:18	221 2:52:28
228	239 Hargrave	Eileen	Denver	CO	39 F	228 7:01:58	94	36:56	223 3:24:08	231 3:00:54
229	448 Greenwood	Riley	Valley Center	KS	41 M	229 7:04:06	228	50:43	191 3:07:52	235 3:05:31
230	522 Vlcek	George	Golden	CO	40 M	230 7:09:54	169	43:07	228 3:30:04	224 2:56:43
231	436 Dorsa	Peter	New Castle	CO	44 M	231 7:11:06	171	43:12	209 3:15:07	236 3:12:47
232	499 St. John	Mary Ann	Golden	CO	42 F	232 7:21:38	235	51:50	230 3:31:22	228 2:58:26
233	463 Borries	Buzz	CoSprings	CO	47 M	233 7:24:30	138	40:19	219 3:22:35	238 3:21:36
234	259 Gilden	Jane	Denver	CO	46 F	234 7:26:00	243	1:01:43	221 3:23:24	230 3:00:53
235	361 McCarrie	Brian	CoSprings	CO	32 M	235 7:32:01	194	45:49	215 3:19:10	241 3:27:02
236	228 Holton	Leslie	Aurora	CO	32 F	236 7:35:42	180	44:04	225 3:27:28	240 3:24:10
237	502 David	Chinda	Lincoln	NE	44 F	237 7:37:28	231	51:26	238 3:42:39	232 3:03:23
238	213 Hendrickson	Angela	Arvada	CO	23 F	238 7:39:29	220	49:27	240 3:58:04	220 2:51:58
239	262 Gray	Mary	Denver	CO	55 F	239 7:39:51	193	45:44	231 3:31:38	239 3:22:29
240	268 Pinegar	Scott	Arvada	CO	22 M	240 7:42:21	248	1:19:56	235 3:36:51	216 2:45:34
241	226 Chambliss	Angela	Lakewood	CO	33 F	241 8:04:40	226	50:27	239 3:54:20	237 3:19:53



September 10th dawned cool, a hint of the coming fall, yet with the promise of another hot summer day to test triathletes. The sun, swollen like a harvest moon, crept above the bare hills east of Aurora Reservoir as three hundred triathletes and duathletes prepared for a morning of hills, wind, and sun. The triathletes faced a 1.2 mile swim, 56 mile bike, 13.1 mile run. The duathletes swapped the swim for a 5K run.

At 7:30, the first wave of triathletes dove into 70 degree water to start a slightly long swim. The first green cap from wave one exited the water in 29:45, but Nick Cady, who started in the second wave three minutes back,

exited shortly thereafter in a time of 27:28.

Denver's Edward Melanson, who started way back in the fourth wave, claimed the fastest swim split of the day in 27:07. The first woman to hit

land was Breckenridge triathlete Jari Kirkland, a former collegiate swimmer and X-Terra competitor competing in her first half-ironman event. Kirkland swam a time of 30:53.

Meanwhile, the duathletes started their 5K prologue to determine the pecking order going into the bike. Short distance specialist from Boulder, Andy Ames, showed his 5K talent against Wichita duathlete Vince Luebbens before enter-

ing T1. Paula Nickel, a triathlete from Fort Collins who hasn't been spending much time in the water, separated herself from her main competitors Jennifer Arnold and Cindi Toepel.

Someone unfamiliar with the farmland near Aurora Reservoir might mistakenly assume it to be flat, an easy place to bike. Mistakenly. The exposed terrain on the plains east of Denver might lack the large elevation swings that make the vistas of the

Rockies to the west so inspiring, but the high plains certainly don't lack rolling hills. Or wind.

A strong wind blew from the southwest and pushed the cyclists out of T1 as they left the gates of Aurora Reservoir and headed east along Quincy Road. At the end of Quincy road, the cyclists turned around and were greeted with a two and a half mile stretch back to Watkins Road and their first real taste of the wind that would haunt the bike course on the return to T2. By the turn north onto Watkins Road, Nick Cady had made his way around the rest of wave one and started hunting down the duathletes. Meanwhile, Troy Theodos, coming off a 5th overall performance at the Vineman Ironman four weeks before, searched for his legs.

The undulating terrain of Watkins road led the athletes north to I-70, which paved the way to the sunflower fields of eastern Colorado. Big chain rings and small cogs were a must along this fast stretch with an upper speed limit of



75 mph. The cyclists exited I-70 in Bennett where the temperature sign on the bank read 79 degrees. The sun was rising, though, and a treeless run awaited the cyclists.

Heading into the wind along Highway 36, Cady caught up with duathletes Ames and Luebbens. The three were separated by mere seconds until they turned south on Watkins Road to find the path back to the reservoir littered with climbs. Along Watkins



Howling at the Harvest Moon By Adam Hodges



Road, Luebbens hammered into the wind and broke the group. Ames suffered and thought about "riding back to the transition area and calling it a day." Cady, who decided the day before during a training run to sign up for the race, tried to bridge the distance between Aimes and Luebbens. Meanwhile, Theodos had found his legs and began to move up on the leaders.

In the women's race, triathletes Karen Grabau and Robin Waterwoman, and duathlete Paula Nickel waged their own battles against the course.

At T2, duathlete Luebbens showed himself first. Triathletes Cady and Theodos soon followed. On a slightly short, albeit challenging course, Theodos logged a bike split of 2:20:21, the fastest among the leaders.



Cady headed out onto the exposed run looking for a positive note on which to end his season after a disappointing DQ from Ironman Canada two weeks before. In Penticton, Cady returned to the bike-run transition to find his running gear confiscated by race officials after he was hit with a questionable center line violation (on a narrow country road with no painted "center line.") But in Aurora, a short drive from his home in Boulder, Cady would not be denied an opportunity to suffer through the hot, dry run around the reservoir.

After returning to T2, duathlete Ames felt better and decided to give the 13.1 mile run a shot. For Ames, a quick runner, this

crossed the final hills and clenched the victory in a time of 4:27:03. Edward Melanson, a 37 year old triathlete from Colorado, moved up



means catching people and putting distance on those behind him. Ames caught triathlete Theodos by the run turnaround and Cady at mile ten. However, the gap between Ames and



Luebbens was too great and Luebbens cruised in for the duathlon victory in a time of 4:11:56. Ames crossed the finish line second in 4:16:23. Third place in the duathlon went to Robert Schumacher in a time of 4:40:54.

In the triathlon, Cady

from his starting position in the fourth wave to grab second overall in a time of 4:28:07. Troy Theodos came in third with a time of 4:31:27.

The women triathletes battled through the hot temperatures which had risen into the mid 80's by the run. Karen Grabau won the triathlon in a stellar time of 4:49:14 followed by Robin Waterwoman who finished under the five hour mark in 4 : 5 9 : 3 8 .

Boulder's Cindi Lehman finished third in 5:14:25. Lehman considered the race to be "my redemption after a tough



season. All three legs were pretty even for me today and I felt really good on the run."

In the women's duathlon, Paula Nickel ran to victory in 4:51:53. Nickel, a Fort Collins triathlete taking a break from swim training in order to meet her busy schedule as mom, said, "The bike was windy and never flat. Hard."

Jennifer Arnold took second in the duathlon in 5:11:00, followed by Cindi Toepel in 5:12:49.

And the most important winner of the day was the Harvest

Moon Half-Ironman. The first-year race filled a void in the Front Range. It's timing at the beginning of September allowed many athletes to use it as a finale to a summer of racing, while area Ironman qualifiers used it as a tune-up for Kona.

Paul Rapinz from Boulder, who finished 5th overall and qualified for the Hawaii Ironman this year at Ironman USA in Lake Placid, said the day was "good training for Hawaii. The wind was punishing

and the hills and heat were ideal preparation." Rapinz, who will be racing in Kona for his second year in a row, added that race director "Darrin [Eisman] always puts on good events. It was a great day."

And first year pro Nick Cady was happy to end his season with a win. After starting off the season and his pro career with a 10th place finish at the Wildflower Half-Ironman in May, Cady looks to focus more

on short course races next year. The Harvest Moon also saw scores of athletes competing at the distance for the first time. Winner of the women's 20-24 age group, Jari

Kirkland, found that "the swim and the bike were easy but the run was harder than I could have

imagined." Kirkland will travel to Maui in October to compete in the X-Terra World Championships. And ultrarunner Alex Wolfe from Nederland found the toughest part



of his first half-ironman to be the first three minutes of the swim. "Once I got away from the crowd

and started swimming, I felt fine," said Wolfe. Wolfe skate skis throughout the snow season and hopes to get into next year's Ironman Canada.

"Our goal was to put on a quality, fun event while keeping fees low — I believe we've

succeeded," said Harvest Moon race director Eisman.



PHOTOS THIS PAGE:

Top right: Women's winner Karen Grabau (36, Littleton); Center: Troy Theodus (Boulder, 3rd place overall), part of Team Irongirls (Denver), and Armando Galarraga (Boulder), Bottom: Team Friends (2nd place team, Boulder)

FULL RESULTS START ON PAGE 18



Boulder Peak Kids Triathlon

Photos courtesy of Mark Slupe of the Colorado Daily

Photos courtesy of Mark Slupe of the Colorado Daily