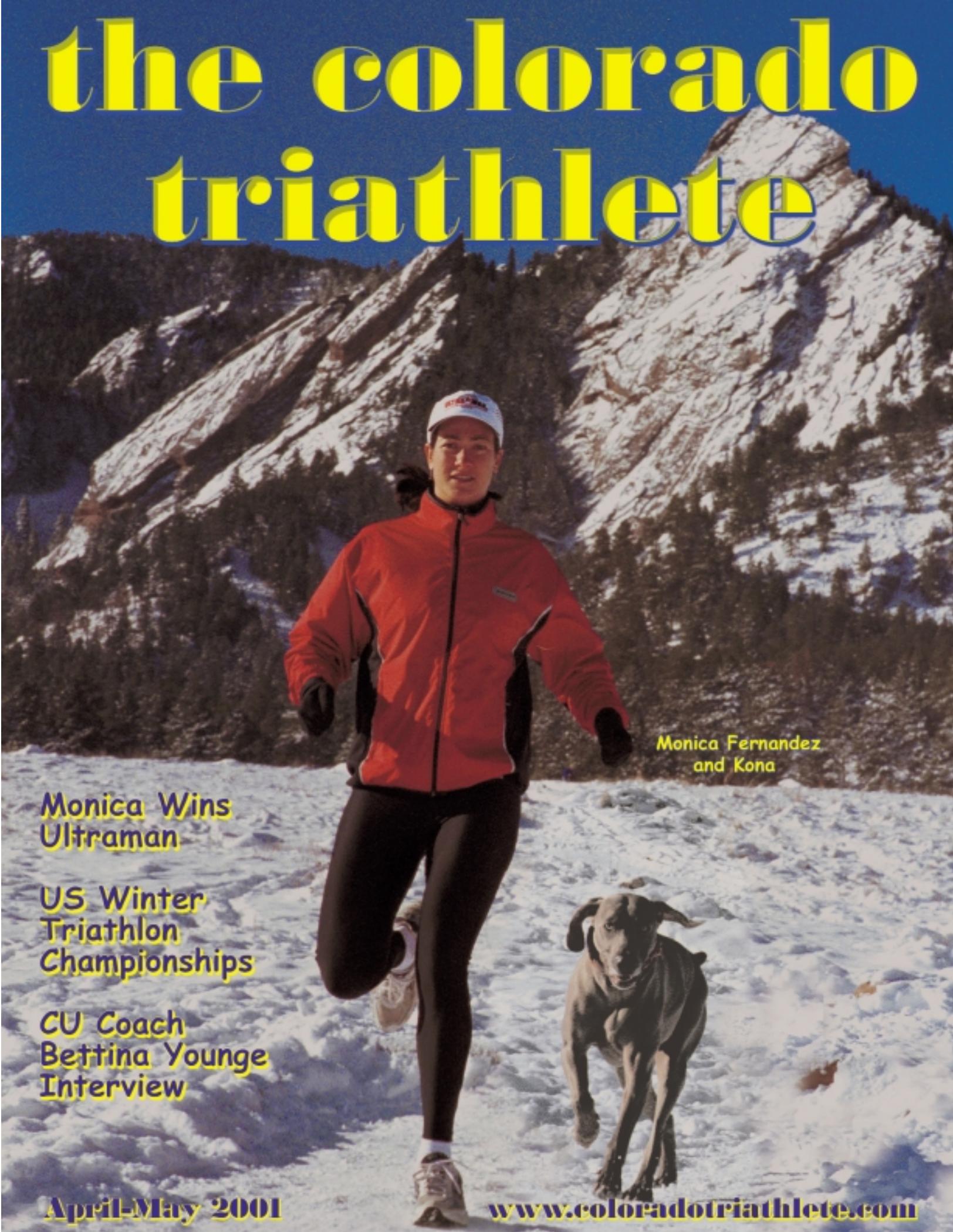


# the colorado triathlete

A woman in a red jacket and black leggings is running on a snowy mountain trail. A dog is running alongside her. The background shows a large, rocky mountain peak covered in snow under a clear blue sky.

Monica Fernandez  
and Kona

Monica Wins  
Ultraman

US Winter  
Triathlon  
Championships

CU Coach  
Bettina Younge  
Interview

April-May 2001

[www.coloradotriathlete.com](http://www.coloradotriathlete.com)



If you've completed four Ironmans—Hawaii '97, Germany '98, Hawaii '98, Lake Placid '00—and are no longer feeling challenged enough by the distance, what's next?

For Boulder resident and native Guatemalan Monica Fernandez, the answer is a three day endurance test over Thanksgiving weekend on the Big Island of Hawaii—the Ultraman.

It's only fitting that this evolution in the sport takes place near many familiar landmarks of the Hawaii Ironman. Despite the similarities of place and disciplines,



DAPHNE HOUGARD

the races are entities unto themselves. Is the Ultraman twice as hard as the Ironman? Is a victory at Ultraman twice as sweet? Just ask Monica Fernandez, this year's Ultraman champion.

After missing an Ironman spot this year, Fernandez, who likes "to challenge my mind and body," jumped at the opportunity to take her triathlon racing a step further. There is something appealing about going into a race and not knowing if you'll even get to the finish line at the end. That's what

attracted Fernandez to Ultraman and that test is what provided Fernandez with an experience she'll never forget and hopes to repeat again in the future.

DAY ONE—6:30 AM

Fernandez waded into the water near the familiar start of the Ironman, only the date was November 24 and the

toward Keauhou.

Ten kilometers—a common run distance. In the Ultraman, ten kilometers is the length of the swim.

Fernandez started the 10K swim knowing that it would be her strongest event. She was focused on a very doable goal time for her—two hours and forty-five minutes. The women's swim record stood at 2:53. Part of Fernandez's game plan was to exit the water in Keauhou Bay with the new record before starting the bike. Beyond that little bit of confidence she faced the unknown. In the Ultraman, making the cut-off times

THREE DAYS IN THE SUN: MONICA FERNANDEZ TAKES ON THE ULTRAMAN

full moon of October had passed. And the 1,500 athletes and concomitant spectators of Ironman were back at their respective homes, digesting Thanksgiving meals with bikes still packed in boxes.

BY ADAM HODGES

Instead of the snow of Colorado, Fernandez found herself in a land of never ending summer. Even November in Kona can get hot, especially if you're planning on running a double marathon. But that was still two days away.

each day and getting to the final finish line at the Old Kona Airport is never guaranteed. In fact, the odds are against it.

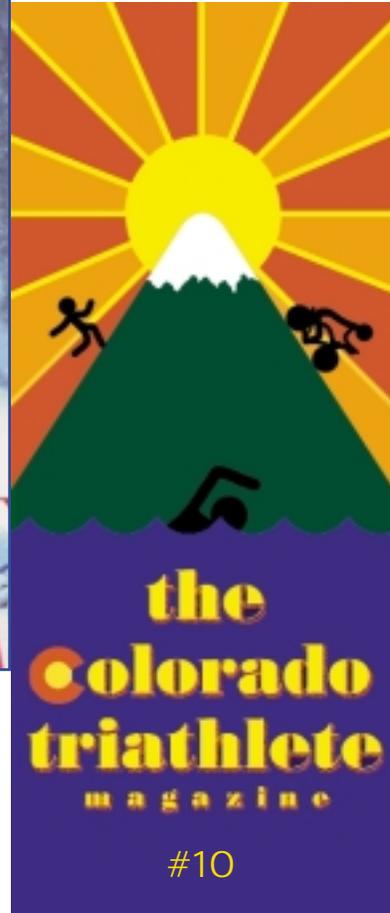
As Fernandez followed her pace kayak with husband Ran Netzer at the helm, she felt strong and was on the mark over the first five kilometers. Then she encountered the rock that wouldn't disappear. As if sucked into a swim flume, Fernandez knew she was swimming hard, but she wasn't

.....continued on page 19

The thirty-five swimmers, with support crews nearby, took their cue from the starter and embarked on a journey into the unknown via the coast of the Big Island. The swimmers headed south out of Kailua Bay



DAPHNE HOUGARD



**April-May 2001**



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**Photos this page:**  
 top: Gretchen Reeves at  
 T1 in the Winter Triathlon;  
 left: Monica Fernandez at  
 the Ultraman finish;  
 below: Ned Overend at  
 the Winter Triathlon



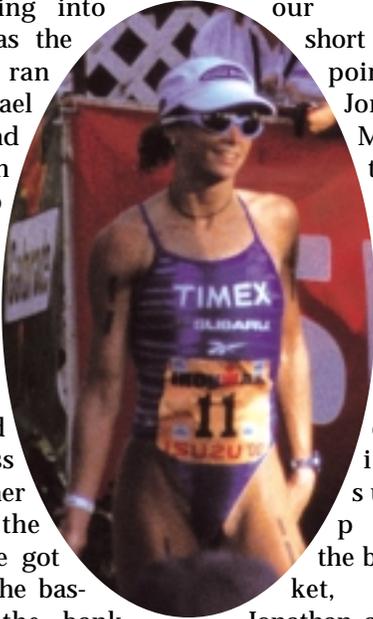
# Sound Mind and Body

by Adam Hodges

## What About the Ironwomen?

Last week I found myself in a pick-up game of basketball with a group of middle school students. We divided into a team of four against my team of three. The players were all boys except for one, a girl of average middle school height, which means no taller, but no shorter than most of the boys on the court.

After a few possessions, my team of three started falling into our roles. Jonathan was the short ball handler who ran the wings and hustled in the post. I played Michael Jordan in the post. Megan played Michael Jordan in the post. We got into a rhythm. I probably out-masted a team of NBA players. The teamwork was contagious as Jonathan put the ball into play and I dished off passes into Megan for her shots in the post. Anytime she got the ball within ten feet of the basket, it was money in the bank. Jonathan and I shot from outside and drove the lane just enough to keep the defense honest and allow Megan to keep working the basket.



**Ironwoman Lori Bowden,**  
*photo by Jamie Janover*

On defense, our star player out-hustled every member of the opposing team for the rebounds. As I watched Megan school the boys in basketball, I realized I was surreptitiously aiding in the most important lesson of the school day for these boys—debunking the myth that every male is unfortunately socialized to learn in childhood, the myth that women are less capable and somehow unequal. I smiled without bringing any attention to the lesson as I kept dishing assists to Megan and taking her passes after she cleared the boards.

I also wondered what the future would hold for Megan. Would she find the support and encouragement to continue in athletics, giving her the strength and self-esteem needed to play on an unequal field where men out-earn their female counterparts by an average of 30% and where a woman has to hustle twice as hard to achieve the same rank?

At the start of the new millennium, we still

haven't reached equality among the sexes—although the world of triathlon may offer a vision to those ends. In triathlon, we test our mettle on a stage where the best women in Ironman races show equal amounts of endurance, drive, and determination as the men. You don't have to go far down the list of race results before the names of female competitors start mixing in among the males.

Then why do we call the race an Ironman? What about the Ironwomen who have shaped our sport and have had to battle for equal prize money and equal coverage? We all know that the women, such as Julie Moss, Erin Baker, Paula Newby-Fraser, Lori Bowden, Wendy Ingrahm, Sian Welch, Karen Smyers, and the endless list of other female triathletes from professionals looking to make the Olympics to amateurs raising families and working full-time jobs, have worked equally as hard as their male counterparts and have played just as integral a role in shaping our sport.

I have yet to see an Ironman coverage on TV that pays as much attention to the female competitors as the males, unless they've collapsed on the ground and are crawling to the finish. I'll admit that I stopped watching the coverage a few years ago, though, having given up in frustration.

In the recent Sydney Olympics, we saw Michellie Jones, Brigitte McMahon, and the US women, Joanna Zeiger, Sheila Taormina, and Jennifer Gutierrez, put on a splendid display of sportswoman-ship and athleticism. Beyond the showcase of the first ever Olympic triathlon, we saw Darra Torres and Jenny Thompson in the pool, Marion Jones and Cathy Freeman on the track, to take a small sample from the slew of events that glimmer in the spotlight every four years. If only that type of coverage of women's sports took place more than two weeks out of every four years. During the typical week we turn on the TV to see men playing football, basketball, baseball, hockey, or arguing politics in Congress.

So how does triathlon fit into the bigger equation? I'm better at asking the questions than answering them, but I hope that Megan turns her basketball fitness into a love of endurance sports and will one day compete in an Ironwoman event during time off from a career where she earns an equal paycheck as her male counterparts and receives the same amount of coverage for her feat. Maybe if more young females could be exposed to the stories of our women triathletes, we could help shape a future society where the struggle for self-esteem and self-worth is a moot issue among adolescent girls, and boys grow up with Ironwomen as role models.

**Assistant Editor Adam Hodges is also our website developer.**



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We welcome and encourage submissions of all kinds related to triathlon, duathlon, and coaching (electronic is preferred). Contact us at the address above.

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This publication is dedicated to the memory of William J. D. Miller.

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# Los Debooms en Chile

Interview by Elizabeth Anderson

Warm temperatures, beautiful scenery, and a challenging course have attracted hundreds of triathletes to the Pucon Triathlon in Chile since 1986. From its origins as a sprint distance race, it has extended into a Half-ironman course with worldwide success. Following the participation of Mark Allen, the race has attracted many international athletes including Scott Tinley, Simon Lessing, Chris Legh, Peter Reid, Mike Pigg, Paul Huddle, Jimmy Richetello, Wes Hobson, Lori Bowden, Heather Fuhr, Paula Newby-Fraser, Sian Welch, and Wendy Ingrahm. This year, triathletes Nicole and Timothy DeBoom were among those athletes who traveled to Chile to compete in this exciting race. Here they talk to us about some of the aspects of their experience 'en Chile'.

**Did you both know that this race used to be a sprint distance race?**

N: Yes, this year was the first year it was a half ironman....So this year there was about three hundred that raced...

T: This year I think they did cap it. They were trying to see how the half-ironman would turn out. It was very well run. The race director was really accommodating to all the athletes and the volunteers were great. There were more volunteers than competitors- twice as many! There were about 600-700 volunteers.

**They all seemed pretty excited to be there, and see the athletes?**

T: [laughs].....Everyone was cheering for Mark Allen- even though he wasn't racing. Everywhere we went, "Mark Allen's in town ...Mark Allen is in town.... So he is the legendary athlete every-

one associates with this race or the sport even down in Chile.....

T: He's big down there....And Cristian Bustos....it was his retirement party.....

N: This race, at least this year, was kind of centered around him.

T: I've known Cristian for a while, I think that's part of the reason they invited me down there. They wanted his friends around him...It was his last race. Now he's in the cookie business..... No, he's like a movie star down there- I mean he can't even walk down the street without being recognized.

**So people are really into Triathlon down in Chile, I mean if Cristian Bustos is like a movie star?**

T: Oh definitely. They know triathlon very well. Matias is just as big. Matias Brain, he went to the Olympic Games representing Chile. He finished 7th at Pucon.

**So did most of the Chileans know who you were? How were you received?**

N: I think that Tim was recognized- they all knew who he was. Since it

[triathlon] is bigger there than it is in the states, people knew who we were.

**How did you both decide to add this race to your schedule this year?**

T: Actually I'd heard amazing things about this race. I had been asked a few years in a row to go to this race, but it included three different races and you would be there for at least three weeks. But this year- this was just the best location, the best race and everyone was telling me I should go....

N: It was the coolest opportunity- I am so glad we were able to go. Since we were invited there- Why not go? It was amazing- the smoking volcano, black sand beaches....It was great to be in a different culture, too. We would have lunch at 6:00 then at eight o'clock p.m.- the beaches were packed... I liked the later schedule.

**Did the race start later than usual?**

T: Nine a.m. We were eating dinner at midnight the night before the race.

N: We had Manjar.....(giggling)



JAMIE JANOVERI FILE PHOTO

[Manjar or dulce de leche as it is sometimes called, is a delectable caramel-like treat which people eat on toast, with dessert, or just straight out of the jar...Chileans eat this stuff -literally- for breakfast-lunch and dinner!]

**So- Manjar at midnight- a new pre-race strategy for you two..... Did you both have some specific goals or expectations in mind for this race?**

T: Expectations? Well, I think it was a great gauge to see where I was physically. A good indicator of how I felt - which was important for the race I have coming up in about eight weeks [ Ironman Australia].

N: It was a perfect early season race.....I was able to use this race to see where I was fitness wise. It was great because it forced me to do some early training and get back into things. I didn't expect to do as well as I did- so I was really happy with my race..

**Did the travel or climate affect your races?**

N: The travel wasn't that bad- we just slept a lot the first day we were there.....The heat wasn't that bad. I did not really feel it. It was about mid-eighties, there was plenty of water on the course so it wasn't really an issue.

**Not even coming from the 40 below zero temperatures that have been characteristic of Boulder this winter.....Can you talk about the course a bit?**

N: Okay let's start from the beginning. The swim was two loops-

T: -Chilly

N: It was pretty cold...then they made us get out and run in the sand between loops- probably about a quarter mile run....and the sand was extremely hot, so when we dove back in-my feet hurt so bad.... And when we finished we had to run up the sand again -and then over some rocks. So my feet were pretty beat-up by the time the race

had gotten under way...

**Wetsuits?**

T Full wetsuits...definitely...

Then, the bike was two loops as well, it climbed out of town and was

rolling from there, some good downhill sections on the way out, and a head wind. It was a rolling course- nothing terrible- but it wasn't flat.

N: Not like Hawaii or anything- but it had some little hills....

T: And the run.....probably the hardest half-marathon course I've ever seen in my life. It was three loops of ....[laughs].....The run went out on this peninsula of a National Park- two steps out of transition it's like ( Tim makes a angle with his hand that appears almost vertical - slight exaggeration?)

N: It was the hardest run I've ever done- I mean right out of transition....immediately . It was straight

up and straight down- the whole time. What percent grade would you say for the first hill Tim, ten?

T: At least. There was like a 2k reprieve through town...It was funny because I'd heard about the run course before. Tony ( DeBoom) had told me that the first part of the course (in years previous) was really, really hilly.....Then it flattened out a bit for the rest of the race. Well, we get there and they had obviously changed the course to make it the full 13 miles. They decided to make it a three loop course- of the first section of the old run..... I was really glad I didn't see the course before the race. I got done with the first loop and I tried

to warn Nicole when she was coming into transition....

N: And it was hot....They gave us water in bags. You break them over your self. I would call for coke and they kept giving me this electrolyte replacement drink that sounded like

"cola" so the language got a little lost..

T: The crowds were great. The way that the loops were set up was perfect because you could see the crowds and they could see you...

N: Except there wasn't a lot of people on the hills which was good because usually people say "you look great" even though you are dying and you know it. Then the flatter part of the course it was through the central part of town.

T: It was a great little town, a resort town, and it was a mid-summer weekend so you had all these backpackers and campers coming through. Between the travelers and everyone else, I think there was about 10,000



Bustos at Boulder Peak '99. Cristian spent several summers training in Boulder.

people who watched parts of the race.

N: The streets were just packed with people. And then there were tons of people at the finish line. Then if you include the beach....there were even more people watching from there.

T: And you could see the volcano throughout the whole course...

**Was it smoking?**

N: Yes- you could see the smoke coming up. It's cap is still at a peak, you can see it's glowing lava at night....It's going to blow sometime soon....

**And that would be the end of this**

**race, huh? So Nicole, you finished second in a pretty strong women's field. Can you tell me a bit about the dynamics out on the course, could you see the other women, or was it hard to get an idea of how you were faring?**

N: With the field that was there-it was a good day. I swam with Wendy ( Ingraham) who is just about the strongest swimmer out there for long course racing, so it was good for me. So we came out of the water together, but then I didn't see anybody on the bike until the first turn-around, and then I just saw people after that and could gauge where they were...

**So you knew you had a pretty good lead?**

N: Yes, but it wasn't huge. I didn't want to push so hard that I would fall apart out there, so I kind of backed off at points. I knew Joanne King was nearby which would be a 'problem' later in the run, other than that I didn't see anybody that really concerned me at that point. During the run, again, I didn't see anybody until the first turn-around and then Joanne King was much closer than I thought she would be already...and Barbara Buenhora was right behind her. So I was thinking, 'well, if this run continues to be this hard I am going to be at least third.' But Joanne King passed me about thirty minutes into the run and then continued to put about two minutes per loop on me. Considering what good shape she is in, and what an amazing runner she is, I was pretty psyched with how I ran and the fact that I stayed strong and held off all those other girls....

**Tim, you had a third place finish, how was your race?**

T: Well, I didn't really know what level of fitness the other men would have at this point in the season. I expected Chris Legh to be really fit because he was doing Ironman New Zealand four weeks after that. I came out of the water with everyone and then those guys took off on the bike. I just didn't feel like I had the speed to go with them. I think I was stronger the second half of the bike because I definitely had the miles in my legs, but not the speed at that point. My run went well, I came off the bike and just thought 'let's see what happens.' I moved in to third and was catching Chris Legh pretty quickly because he came off the bike about eight minutes up and his lead in the end was only about two minutes. So I had a good run.... I think the race gave me a lot to focus on for the rest of the spring. I went into the race pretty tired, and afterwards I knew it was time to focus solely on preparation for an Ironman race, adding some more speed, more rest, etc.

**Rest is key? Alright....Do you think that you will both be going back next year to Pucon?**

T: If they have us, I think we'll go back- it was great.

N: I want to go back! All the athletes were fun to be around. There was also a big party at the end. We didn't go, but the disco party after the awards ceremony is supposedly fantastic, maybe next year we'll have to hit that.....

**Tim and Nicole DeBoom at the Disco Tech? I guess we'll have to wait and see folks.....**



Elizabeth Anderson is the 2000 National Collegiate Champion and won her age group at the 2000 Hawaii Ironman.



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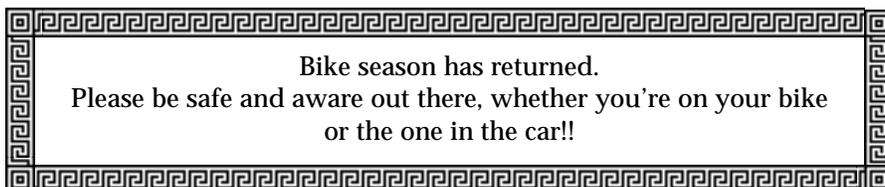
These words are quoted from the Draft Long Range Management Plan of 1994 for City of Boulder Open Space. Thanks to the dedication of FIDOS volunteers' efforts this never became a reality. Instead a privilege was created for responsible dog lovers known as "voice and sight". It means that your dog must be within your sight and under verbal control at all times. The work continues with every new land acquisition, and every proposed change of visitor usage. We are striving to create voice and sight areas in County of Boulder Open Space, where dogs presently must be on leash. Join us in being heard as the civil and equitable voice of responsible dog lovers on the Front Range. If you have a dog on the Front Range, you should belong to FIDOS.

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Bike season has returned.

Please be safe and aware out there, whether you're on your bike or the one in the car!!

# wind sprints...

## ***New USA Triathlon Head Coach to Colorado Springs***

Libby Burrell of Cape Town, South Africa was chosen as the new National Teams Program Director and arrived here in late February to start her new position. Burrell has been a professor of Kinesiology for 12 years at the University of the Western Cape, in Cape Town. She is a member of the International Triathlon Union Executive Board and was the South African National Teams Coach last year for the Olympics.

## ***Smedley in Formula 1***

Michael Smedley (Colorado Springs) went down under this winter for the KIA Formula 1 three race series in Australia. The "super sprint" format has the athletes compete in a 300 meter swim, 7K bike, and 2K run preliminary heat. Then the top ten finishers proceed to the second round of the same distance after only a ten minute rest. This year's races had ocean swims instead of the pool set-up of previous years. The second race in Manly Beach had such heavy surf that former world champion Emma Carney had to be pulled from the water. After placing 19th in the 3rd event in Queensland, Smedley came in 22nd in the elite, invitation-only series.

## ***European Winter Triathlons***

Jimmy Archer (Boulder) was the sole U.S. competitor in both the European Winter Triathlon Championships and the International Triathlon Union Winter Triathlon World Championships in March. He was also the only American to race the ITU Winter Triathlon World Championships last year, when he came in 21st. The regular Xterra racer placed 23rd in the European title event on the 18th. The course was Tyrol, Austria, and consisted of an 8.8 K run, a 16K mountain bike on snow, and an 8.6K cross country ski. His time was 1:37:27. The following weekend severe cold and snow greeted the competitors in Lenzerheide, Switzerland for the World Championship. This race was a 6.8K run, a 12K mountain bike, and a 10K cross country ski. Jimmy finished in 1:43:00 for 22nd.

## ***Bolton Wins His First Marathon***

Ryan Bolton raced the Desert Classic Marathon in Scottsdale, Arizona on February 19th. It was his first test of the distance, and coach Joe Friel "wanted me to see what it was like for me to run a full marathon at close to race type speeds," said Bolton. It seems to have been no problem, as he won the race with a

three mile lead over the next competitor. His finishing time was 2:26:03. "Joe actually told me to go out no faster than 5:45 mile pace for the first three miles," he said, "I was feeling good, so I gradually dropped the pace down to 5:30s by mile eight or so." "I realize that a marathon at the end of an Ironman will feel much different, but now I have the confidence to run hard at the end of an Ironman."

## ***Bartholomew Baby***

Susan Bartholomew Williams and Tim Williams of Littleton had their first child on January 12th. The 7 pound, 12 ounce baby girl they named Sydney Merisa Williams. Susan (pictured below) announced she was pregnant immediately after the Olympic Trials in Dallas last spring. She has been on the national team for five years.





## ***Duathlon***

The Dannon Duathlon Series kicked off on March 11th in Florida. the short distance race, 5K/30K/5K, was held in Grenelefe, near Orlando. Boulder's Eric Schwartz (pictured at left) was there, of course, and placed 9th in 1:20:39, four minutes behind the winner

Andy Ames of Boulder was named the USA Triathlon Male Age Group Duathlete of the Year. a special USAT committee voted on nominated candidates based on their results, distances, and the difficulty of competition in those races.72-year-old Betty Skip of Boulder received an Honorable Mention in the Female Grandmaster Duathlete division.

Powerman Alabama Irondale, Alabama  
March 25 10K/60K/5K  
7. Cam Widoff (Boulder) 2:31:06

McDowell Desert Classic Duathlon  
Phoenix, Arizona February 25 3.5K/22K/2.7K  
5. Pat Brown (Boulder) 1:29:54  
7. Eric Schwartz (Boulder) 1:30:14

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## Inside Triathlon Magazine Names 12 Coloradans All Americans

### TRIATHLON

Elizabeth Anderson	Boulder	20-24
Christopher Peeters	Colorado Springs	30-34
Holli Harper	Colorado Springs	40-44
Susan Griffin-Kaklikian	Castle Rock	45-49
Diane Ridgeway	Arvada	50-54
Jean Wood	Louisville	50-54
David Rakita	Durango	50-54
Dennis West	Denver	55-59
Richard Alexander	Loveland	65-69

### DUATHLON

Andy Ames	Boulder	35-39
Darrin Eisman	Boulder	35-39
Betty Skip	Boulder	70-74

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*-Anonymous*

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The dream started in 1997 when Dana Duthie was watching his daughter do the Ironman in Hawaii. "Seeing all those 60 and 70 year old guys walking around looking like Greek Gods made me want to suck up my gut just to stay on the same side of the street", he said. Not that Dana had completely slacked off since his fighter pilot days. He'd been doing some mountain biking and other activities to keep his 50+ year old body in shape. As he took on the idea of doing a triathlon himself, he found that motivation was the hard part. He needed some peer pressure or organization to give him the help he needed (not to mention swimming lessons). Living near Colorado Springs, with the headquarters of the sport (USA Triathlon) and the Olympic Training Center near-

by  
Suzanne Sneed

Triathlon Club was formed in May 2000.

Fondly called P2TC, the Club has grown to over 130 members. Up until now most members have competed as individuals in just about every triathlon around. There are many age-group competitors who consistently see their names in the top ranks. The club is now looking forward to competing more on a team/club level. Dana uses the Mad Dogs of St. Pete as an example of where he would like to see P2TC go. "They are a huge club that takes over every event they compete in. They have a good time, do organized training and socializing, and succeed." Not to say that beginners are

P2  
Triathlon  
Club Makes It's  
Mark

not welcome in the P2 Tri Club. Just the opposite – the club members understand that it's the new people in the sport who need the support group the most. There are many training events that incorporate all levels of skill. Last year the club hosted two triathlon events at the Air Force Academy. They were a great introduction for those who have never competed. This year the club also wants to focus on the female contingent and support participation in events like the Danskin Women's Triathlon (which benefits breast cancer research).

This winter the club members have the opportunity to take training/conditioning instruction from the 2000 Olympic Triathlon coach, Michelle Blessing. She, along

with Dave Dornaus, Assistant Olympic Swim Coach, have set up tiered training programs for athletes of all abilities, with camps and clinics to be offered through the year. Other training activities included running clinics sponsored by Colorado Running Company, one of the club's sponsors; and informal runs, bikes and swims conducted by the club's members. Each summer groups go to Chatfield Reservoir and practice open water swimming, and transition training (swim to bike to run).

Long-range goals for the club include sponsoring the sport in local high schools to get some in-state competition going that could eventually end up competing in the high school championships in California. There are also hopes to sponsor and run a major race. With the help of sponsors like Voler (who printed the bike jerseys), Axio (the designers of the P2TC logo and shirt design), Rudy Project (who gives great deals on awesome glasses), Mammoth Multisports & Cyclery (who cater to the triathlete), and Colorado Running Company, the club is off to a great start. There are also fun and social activities to

round out the training. There have already been biking/lunches, running/breakfasts, a Hash Run, a Thanksgiving Pie Trot, Christmas party, pre and post-competition parties and BBQs, and group outings like the premier of a Triathlon movie in Denver.

The P2 Tri Club has regular meetings the first Monday of each month. There are speakers on training, health, fitness testing, etc. The January meeting incorporated a flat repair clinic with members bringing their tires along for practice. Meetings are normally held in the Olympic training Center, in Colorado Springs at 7:00 PM. For more information, contact Dana Duthie at 719-481-2337, email him at d2donala@pikespeaktriclub.org, or visit their website at WWW.pikespeaktriclub.org, where you will have access to a great race calendar and links to other important sites.

The P2 Tri Club members and officers welcome you to attend a meeting, or join them at an event. Living in the Triathlon Mecca, their goal is to make a mark in the sport of Triathlon. And, let's not forget the final goal: Change the name of Pikes Peak to P2!

Photos: opposite page: Team members at the Turkey Pie Trot; below: members man the tent at the Monument Sprint Triathlon



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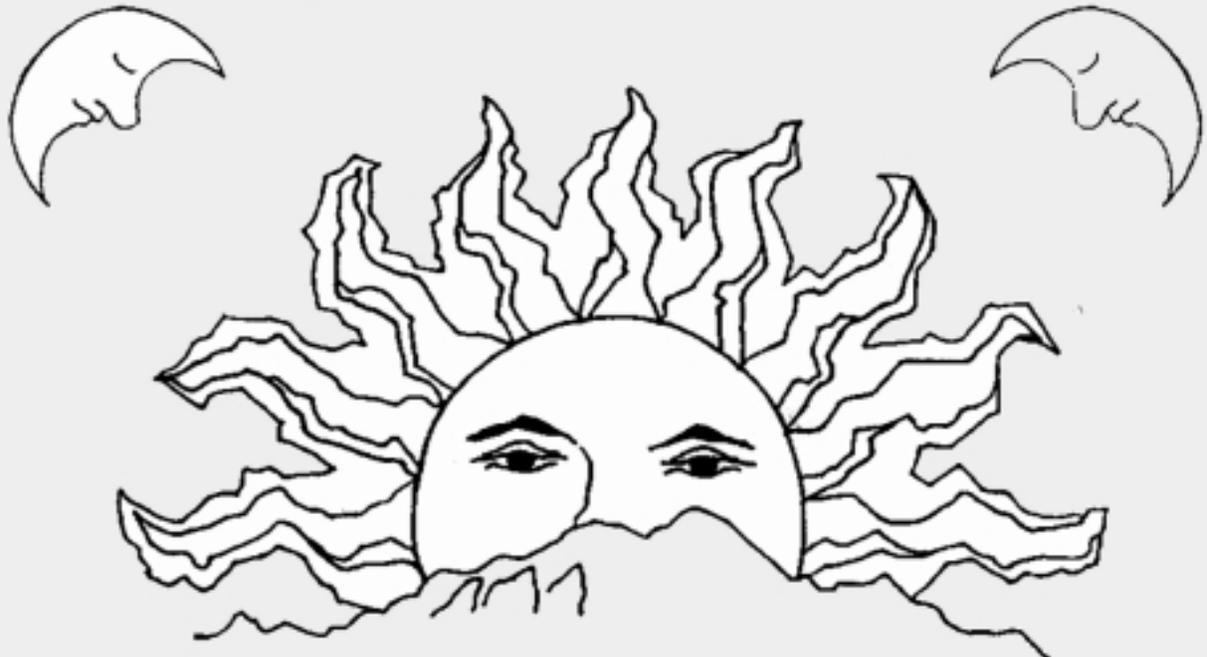


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**10K Run, 20K Bike, 10K Ski February 3, 2001**

Plc	Bib#	Name	City	St	Age	S	Total Time	10K Run	20K Bike	10K Ski
1	30	Overend Ned	Durango	CO	45	M	1 2:15:31	2 44:09	1 58:06	1 33:16
2	17	Kloser Michael	Vail	CO	40	M	2 2:17:49	3 44:09	2 58:34	2 35:06
3	22	Bolton Ryan	Boulder	CO	27	M	3 2:19:56	1 43:34	3 59:13	6 37:09
4	32	Nystad Trond			30	M	4 2:26:52	6 45:04	5 1:05:12	5 36:36
5	42	Weiland Daniel	Vail	CO	25	M	5 2:27:04	5 44:46	6 1:06:19	4 35:59
6	39	Brown Pat	Boulder	CO	29	M	6 2:29:06	4 44:19	4 1:03:31	9 41:16
7	37	Bollig Russel			37	M	7 2:34:16	8 47:32	10 1:11:15	3 35:29
8	33	Berg Jared	Boulder	CO	26	M	8 2:37:06	11 50:48	7 1:06:53	7 39:25
9	18	Archer Jimmy	Boulder	CO	28	M	9 2:40:02	9 49:19	8 1:09:15	10 41:28
10	45	McDonald Jason	Aurora	CO	24	M	10 2:44:59	20 53:22	11 1:12:08	8 39:29
11	13	Geer Drew	Boulder	CO	40	M	11 2:49:55	13 51:34	18 1:15:30	13 42:51
12	34	Henderson Neil	Boulder	CO	27	M	12 2:53:27	17 52:43	13 1:13:11	20 47:33
13	36	Holicky Grant			27	M	13 2:53:47	19 53:17	26 1:18:02	12 42:28
14	49	Schmitt Carl	Rollinsville	CO	30	M	14 2:54:29	10 50:15	20 1:16:35	21 47:39
15	14	Weber David	Longmont	CO	33	M	15 2:54:45	12 51:13	17 1:15:25	23 48:07
16	38	Reeves Gretchen			29	F	16 2:54:50	36 1:00:45	9 1:10:45	14 43:20
17	5	Yeh Kenny	Salt Lake City	UT	32	M	17 2:55:25	14 52:00	23 1:17:22	18 46:03
18	26	Bruckner Kimberly	Boulder	CO	30	F	18 2:56:31	25 55:01	12 1:12:26	25 49:04
19	20	Tomlin Daniel	Boulder	CO	38	M	19 2:58:24	23 54:45	24 1:17:42	17 45:57
20	9	Farkouh Nick	Breckenridge	CO	31	M	20 2:59:45	22 54:34	30 1:19:38	15 45:33
21	2	Schymik Henning	Golden	CO	23	M	21 3:00:20	21 53:35	22 1:17:05	26 49:40
22	25	Thomas Melissa	Lakewood	CO	31	F	22 3:00:20	31 57:53	15 1:14:30	22 47:57
23	21	Hogan Mike	Louisville	CO	36	M	23 3:02:05	24 54:54	21 1:16:55	27 50:16
24	29	Lesinki Mark	Evergreen	CO	45	M	24 3:02:15	29 57:14	28 1:19:27	16 45:34
25	3	Marvin Al	Boulder	CO	52	M	25 3:02:57	35 1:00:44	19 1:15:51	19 46:22
26	11	Kelly Bruce	Leadville	CO	48	M	26 3:03:22	15 52:22	31 1:19:38	31 51:22
27	15	Miller Dan	Boulder	CO	38	M	27 3:04:37	18 52:58	14 1:13:24	35 58:15
28	23	Barrows Lorraine	Laramie	WY	37	F	28 3:05:55	27 55:32	32 1:22:15	24 48:08
29	51	Fulk Martin	Denver	CO	39	M	29 3:06:00	16 52:34	33 1:22:37	29 50:49
30	12	Leader Kenny	Niwot	CO	41	M	30 3:07:45	28 56:31	37 1:28:55	11 42:19
31	16	Holton Andrew	Centennial	CO	33	M	31 3:08:19	7 47:09	25 1:17:54	38 1:03:16
32	31	Kalengher Dave	Evergreen	CO	34	M	32 3:16:13	37 1:02:57	34 1:22:37	28 50:39
33	10	Corbett Philip	Winter Park	CO	24	M	33 3:21:38	41 1:08:03	35 1:22:44	30 50:51
34	43	Glick Matt	Boulder	CO	30	M	34 3:22:07	34 1:00:42	27 1:19:25	37 1:02:00
35	7	Phinney John	Boulder	CO	41	M	35 3:28:01	32 57:55	40 1:32:29	34 57:37
36	1	Cross Brian	Lakewood	CO	42	M	36 3:29:18	30 57:30	16 1:15:23	44 1:16:25
37	27	Gustafson Kristin	Longmont	CO	28	F	37 3:33:03	38 1:03:28	41 1:33:22	33 56:13
38	40	Seidman Larry	Co Springs	CO	37	M	38 3:33:59	26 55:17	39 1:31:17	39 1:07:25
39	41	Simons Allan	Denver	CO	24	M	39 3:35:49	33 58:41	29 1:19:29	45 1:17:39
40	48	Cole Rebecca	Rollinsville	CO	30	F	40 3:38:30	40 1:07:19	42 1:38:01	32 53:10
41	19	Love Andrew	Fort Collins	CO	30	M	41 3:45:35	45 1:17:53	36 1:26:42	36 1:01:00
42	24	Schrage Caroline	Breckenridge	CO	30	F	42 3:50:03	39 1:07:10	38 1:30:36	41 1:12:17
43	35	Walker Trevor			29	M	43 4:02:20			47 1:21:34
44	44	Geiger Kristin	Lakewood	CO	33	F	44 4:18:30	43 1:11:11	44 1:53:36	42 1:13:43
45	6	Chapin Johnny	Boulder	CO	59	M	45 4:20:13	42 1:10:02	43 1:50:26	46 1:19:45
46	47	Shorter Louise	Boulder	CO	51	F	46 4:41:01	46 1:20:14	46 2:12:51	40 1:07:56
47	46	Dow John	Boulder	CO	60	M	47 4:41:19	44 1:15:17	45 2:09:56	43 1:16:06

Transition times before and after the bike leg are included in that split time.

Thanks to [racingunderground.com](http://racingunderground.com) for these results.

# wildflower dreams

by megan clute

**When I hear the gun go off, my heart immediately leaps into my throat.**

**W**I have been trying to join the University of Colorado's National Championship Triathlon Team since the winter of 1999. However, I was not successful. Intimidated by the hundred-dollar gear, the thousand dollar bikes, and the million dollar muscles, I did not attend one practice. By the summer of 2000, I became tired of running with myself (plus if you talk to yourself, you receive many strange looks). I needed some training partners. Since I had already been to several triathlon meetings, I braved the first one again in the fall of 2000. After seeing the WILDFLOWER slide show for the 2nd time my heart began to race and my mind began to wonder of what the future could hold.

**Intense and determined, I can feel adrenaline coursing through my body as I starve for a breath of air while my arms and legs are swept about by the rough current.**

**I**I have to admit the first couple of practices were a bit intense and a little overwhelming. I felt out of my league with my boyfriend's mountain bike. In addition to the chaos of trying to perform three sports in one week, my study schedule was not the most flexible to accomplish this endeavor. However, I managed to participate and finish my first sprint triathlon at CSU. I could not ascertain the "high" I received from one Sunday morning. I remember the pain I felt after a cross-country race, but after a triathlon there is too much pride to feel pain. This sense of pride and accomplishment made me crave more. My adrenaline levels increased with every thought of WILDFLOWER in my future.

**Laughter creeps into my mind as I realize how insane I am swimming in a cold, deep, dark lake.**

**L**I have always sought a challenge. Throughout my high school and college careers I have been challenging my mind and my body. As a hopeful medical school student, I know the discipline and determination to achieve this goal. I carry these qualities not only in my education, but also on the playing field (pool, street and track rather). I began running in high school and was fortunate enough to run in several state competitions and place well. Luck struck twice when I made the CU cross-country team and ran two hard years for them. However, some would think here is where my luck ran out. When the coach did not desire me on his team, I thought my luck did run out. But after participating on the triathlon team for only a semester now, I realize it was one of the best things that could have happened to me. His decision not only gave me a new opportunity but it let me achieve something I never thought I could do.

**Donning a helmet on my wet throbbing head, I gear up to pursue a mountain.**

**D**While I have been fortunate in many aspects of my life, obtaining funds has always been a mountain very hard to summit. However, I find myself capable of supporting my lifestyle by accepting the responsibilities of multiple jobs. Having worked in multiple positions I have had the opportunity to come into contact with a variety of unique individuals. Working at Alfalfa's as a cashier supervisor I learned to communicate and organize a team of cashiers through very busy times. These jobs prove to have endearing qualities that helped me acquire communication skills and reemphasize the importance of teamwork. As a student research assistant at the University of Colorado Health Sciences Center I have learned how to pay close attention to detail. This aspect of both my research jobs is required in order to do the job well. Developing a skill such as swimming and cycling takes these sorts of qualities. Without precision and accuracy stemming from my research jobs, learning how to do these sports would be a very tough mountain indeed. Currently I work at Registered Physical Therapists Associates. Despite the minimal monetary benefits, this opportunity has provided me further physiological education and the chance to sit with people and learn where they come from and who they are.

**Feeling the ride, the wind on my face, I hear the cheers of the crowd and of my fellow teammates.**

**F**I can state without a doubt that the CU triathlon team is the best team on campus. Having come from an extremely intense NCAA environment, I appreciate the varying levels of ability. I love being a part of a team that does not discriminate. It is both relieving and reassuring to be associated with an all-welcoming team. The camping trip proved to be a very enduring time. With the wind chill at -70oF, members of the team huddle together to prevent each other from freezing (not quite but very close). This adventure will certainly go down as one of the best experiences of my college career. Though, I have only spent a little time with the triathlon team so far, I have already met people I will never forget to cheer on.

**Wings and legs on fire, I finally site the transition area...relief encompasses me, two down one to go.**

**L**As previously stated, I tried to get involved with the triathlon team my junior year. I went to several of the spring meetings and heard of the famous meet called WILDFLOWER. The meetings motivated me beyond belief, but by the time I attended another meeting my chance to go was gone. Disappointed, I vowed I would go next year. The time to register for the year 2001 came. At first I was indecisive to sign-up due to financial constraints. I made up my mind that I just couldn't afford to attend. Fortunately, my enthusiasm to race with the team would not die. I realized this year might be my last chance to go to WILDFLOWER as a member of the

University of Colorado Triathlon Team. Determined to make this happen, I signed up, knowing I will do whatever it takes to get there. Now there is only WILDFLOWER to go.

**O**nce on my feet, I felt a certain comforting calm that gave me the confidence to finish. Now that I have committed to participating, I feel sense of relief. Knowing that I am training towards a goal brings comfort. This comfort brings a strong motivation to train the best I can so I can do the best I can. Furthermore, I am eager to become friends with my fellow teammates and share with them a great adventure.

**W**ondering to myself as I pound out the mileage, is there anything else more fun? Some would say "triathloning" is an extremely tough sport. Not to discredit their opinion in anyway, I find "triathloning" a very tough sport yet so fulfilling that it seems almost easy. Everyday I train in one sport or two that I have already loved or have come to love. Having the ability and the opportunity to do a sport as this can not be surpassed. This is how I have fun.

**E**xtraordinary euphoria overwhelms me as I see the finish line, heart pounding, lungs heaving; I take my last step across the line and finish.

**R**eally I seem to have said everything, except maybe one thing...GO CU!!!

After another successful season in 2000 with their fifth consecutive win at Wildflower, the CU Triathletes are again preparing for Nationals. The CU Triathlon Team continues to grow and this year 77 Buffaloes will be competing in the 2001 Collegiate Championships! With a cap of about 500 entrants in the race, the yellow uniform of the Buffs should be hard to miss. There will be a number of familiar faces around, though all of the top finishers from last year have graduated or, to the relief of their competitors, will be reckoning with exams instead – once again, Nationals is falling during finals week...

Yet, the men's team promises to be as strong as ever: Ryan Ignatz will lead the fairly young group as the top returning Buff from last year. Backing him up will be returning members Kai Costanzo, Andy Feeny, Armando Galarraga, Keith Jackson, Lucas Llado, and Tim Smith, and new members Bill Baker, Blake Ottersberg, and Lance Panigutti. As members of the Junior National Team, Blake and Lance will also be competing in St. Petersburg at the Worlds Qualifier one week before Collegiate Nationals. (They promised that they'd have the entire Junior National Team in Buff uniform by next year...)

The women's team is rebuilding this year – lead by returning members Kerrie Wlad and Erin Huck, Farleigh Fitzgerald, Susan Einberger and Pam Tracy hope to improve their times from previous years, while new members Amber Hofsted, Molly Rusch, and Megan Clute will make their race debut. Erin also hopes to qualify for the Junior Elite Squad for Worlds in St. Petersburg the week before the Collegiate Championships.

The Collegiate National Championships will take place at Wildflower on May 6. This year a record-number of collegiate triathletes will be fighting over the individual and team championships. In the last couple of years, CU's Buffs won both the men's and women's

**In Pursuit of another National Championship:  
Overview of the CU Tri Team in 2001  
by Coach Bettina Young**

title in 1999 (Nick Cady and Teri Duthie), then again the women's title in 2000 (Elizabeth

Anderson). All three athletes have gone on to become Pros – you could find Elizabeth prominently displayed on the cover of Inside Triathlon in January 2000. The winning team is determined by the top 3 male and top 3 female finishing times – the team with the lowest sum of those six times is the National Champion. CU has claimed that title for the last 5 consecutive years!

In preparation for Nationals, the athletes train with the team six days a week, then supplement the team sessions with their individual workouts. The team workouts consist of swims on Monday (technique, drills, and open water simulations), and Wednesday (endurance and speed); runs on Tuesday (track workouts) and Sunday (long runs); and rides on Thursday (intervals) and Sunday (endurance). Trying to make everything fit in with their usual course load of 15 credit hours is often a challenge, but they are committed – not often do you see 35 students running (in snow) at the track at 7am! Because many members have also never done a triathlon, we have planned several practice triathlons building up to Olympic Distance three weeks prior to Wildflower; some Buffs will be at the Hoff & Leigh Winter Triathlon in Colorado Springs, others will go down to Mexico for the Rocky Point Triathlon.

One of the remaining biggest challenges has been raising enough money to make the trip to Nationals affordable for everyone. (Because Wildflower is during finals week, the entire team has to fly.) We would like to specifically thank our sponsors for their support of the CU Triathlon Team: the Boulder Center for Sports Medicine, Louisville Cyclery, PowerBar, Runners Choice, Rudy Project, Mickey C's Bagels, Total Trainer, and Atlas Snowshoes.

**To find out more about the CU Triathlon Team, visit [www.colorado.edu/StudentGroups/triteam/](http://www.colorado.edu/StudentGroups/triteam/)**

# ***Interview with Bettina Younge, Head Coach of the University of Colorado Triathlon Team***

***by Adam Hodges***

**First off, could you talk a bit about your background in multisport—I see on your coaching resume that you raced as a professional cyclist and competed in swimming, cycling, cross country and track in college. Where did you go to school and did your interest in triathlons stem from a background in the individual sports or vice versa?**

I got into sports my senior year in high school when my family moved to the US from Germany. I joined the CC, swim, and track teams at my high school, then continued competing (CC, track) at Case Western Reserve University. We were a pretty small division 3 school and had a total of five women on the track team! It allowed for lots of diversity though. I must have competed in most events at least once – 100, 200, 400, 800, mile, 100 & 400 hurdles, long jump, high jump, javelin, shot put... My senior year, I bought a touring bike thinking that some day I would like to try a triathlon. After graduating, I went to Stanford for grad school and joined the cycling team. I thought it would be a good way to get prepared for a tri, but when I qualified for Nationals my first year, I postponed my triathlon ambitions. I stayed with cycling and was National Champion (Team

Time Trial) and Collegiate All-American the next two years. After finishing my PhD, I raced full-time for a few years, then "finally" ended up competing in triathlons when I retired from bike racing.

**As an athlete yourself, what races are you focusing on this season?**

As first and foremost a coach, I need to work my own goals around those of my athletes. The only race that I have committed to for selfish reasons is the Escape from Alcatraz – I did it last year and had a blast.

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the

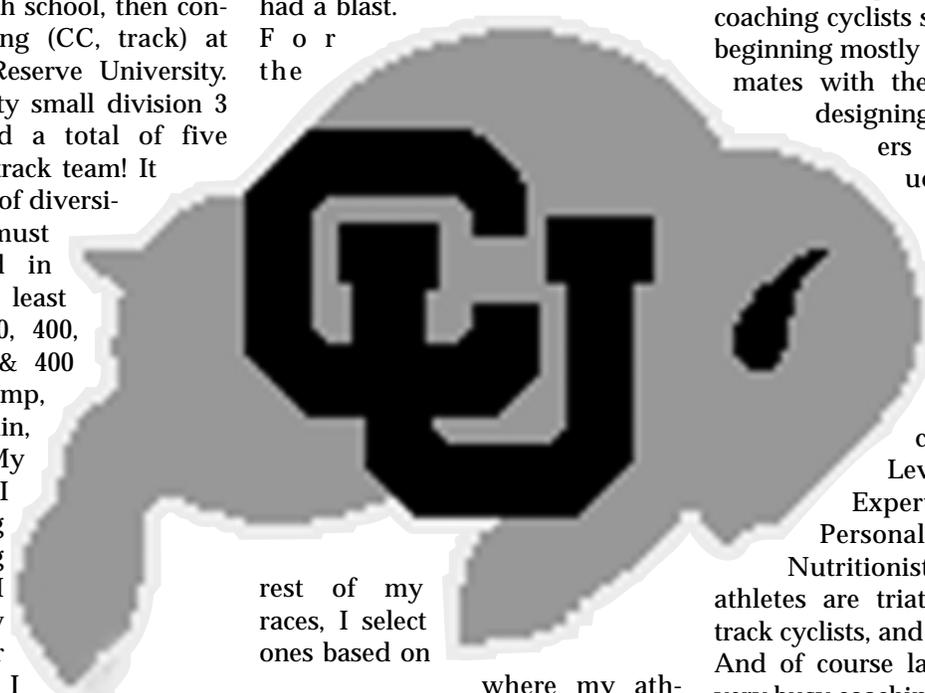
rest of my races, I select ones based on

where my athletes are going. This year, I'm traveling to a number of races with some of my individual athletes and the CU Tri Team, such as the Hoff&Leigh Winter Triathlon, Cherry Creek Time Trial Series, Rocky Point, and Wildflower (I'll do the Long Course the day before the

Collegiate National Championships). It also means that I really don't set any particular performance goals but get to focus on my athletes before, during, and after the races. I love doing the races (I think once you are a competitor you are always one), but I won't, for example, stress about arriving at WF six hours before race start. Starting in June I'll be managing teams, though I hope to fit at least a couple of races depending on my schedule.

**When did you get involved in coaching? And how has that involvement evolved over the years?**

My first coaching job was as the Assistant Coach for the Stanford cycling team. I was in charge of recruiting riders (two of them went to Olympics '00) and leading team workouts. I enjoyed pretty much all aspects of coaching and it seemed natural to pursue it. It also helps that I am a bit of a perfectionist and very organized (maybe it's my German background J). I have been coaching cyclists since then – in the beginning mostly helping out teammates with their training, later designing training for others as well. I continued to educate myself as a coach and decided to pursue coaching as a full-time career after I retired from bike racing. I'm now certified as USAT Level II Coach, USCF Expert Coach, and Personal Trainer and Nutritionist. My individual athletes are triathletes, road and track cyclists, and a mountain biker. And of course lately, I have been very busy coaching the CU tri team. I'm very happy to have gotten the coaching position with them: It is a great experience to be working with student-athletes who not only need to stay on top of their schoolwork and training, but who are the driving force ensuring the existence of their team (whether that's organiza-



tion, fund-raising...).

**Tell us about your role with Total Trainer. How do you use the training software as an athlete? As a coach?**

I'm the Director of Coaching for Total Trainer and responsible for designing the overall features of the program. I listen to what athletes and coaches need in an advanced training program like Total Trainer and work with the software developers to make sure that program meets the needs of the athlete and is easy to use. Total Trainer is an invaluable tool for planning and evaluating my own training and the training of my athletes. As an athlete, I can log my training, analyze my performance, and keep track of my heart rate zones, nutrition, benchmark testing, event planning, etc... As a coach, I am able to review each of my athlete's logs using the built-in exchange and synchronization functions. This allows me to develop a unique, detailed training plan for each athlete and review their progress. I can recognize how they are responding to a given training cycle and adapt their plan accordingly. As a coach you need to pay a lot of attention to detail and daily feedback in order to come up with a training plan that is right for that athlete. Total Trainer makes this possible.

**You took over the role of head coach of the CU triathlon team last fall. The team has essentially dominated the collegiate championships at the Wildflower triathlon throughout its history—the Buffs have won six national championships since 1994, including the last five years in a row. Each year, the Buffs seem to better their previous course record. What was it like coming into a program like that and how do you coach a program with such a large number of athletes and a variety of levels?**

Neal Henderson and Rick Ellison did a great job with the team in previous years. I was also amazed by how well organized the club is and I can't thank the officers and assistant coaches enough for all

the great work they are doing with the team.

As in previous years, the team continues to grow – this year, we have 136 members on the team – about 90 of them will be going to Wildflower! The athletes' ability levels vary greatly: several members of the team are pros or on the verge of turning pro, some are on the Junior National Team, many others have never done a triathlon before. We also have a sizeable group of members who are preparing for the Half-Ironman and Ironman distances. I tried to meet with every athlete individually when I first joined the team so I would be able to get to know them, know about their athletic background and their goals.

We offer six team workouts every week: Monday swim, Tuesday run, Wednesday swim, Thursday ride, Saturday ride, and Sunday run. Each workout is designed to challenge the athletes, no matter what their ability level, by varying time/distance and intensity. In the fall, we focused a lot on the beginning triathletes teaching the basics and building a base. With the spring semester, the intensity of many of the workouts has picked up and I'm seeing some healthy competition within the team during the workouts. One of the biggest benefits of being on a team is having training partners!

**How is this year's team looking in preparation for Wildflower? Tell us little bit about the training they have done, especially during a cold winter, to prepare to race against strong**

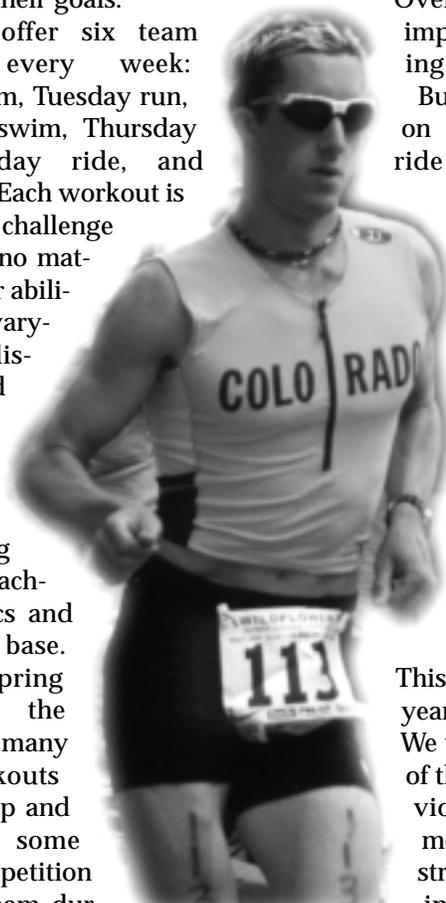
**teams from California and Arizona that may have a bit of an advantage training for the early season race.**

I am really pleased with the training that the team has done this year. We developed a good base in the fall semester, then touched back on base training for a few weeks after Christmas break to prepare everyone for the increased intensity and to avoid injuries. During late January, February, and part of March, the team did Lactate Threshold training (I usually plan training in 4 week mesocycles, with the fourth week as a rest week). Because Wildflower is a hilly course, I also planned in one VO2max cycle for March/April, before the team starts tapering.

Overall, I have been impressed with the training commitment of the Buffs whether the run is on a snowy track or the ride on wet roads at 35degrees. I think that this determination to participate in a workout no matter what the conditions shows that we are strong and ready to take on the "warm-weather teams."

**What do you feel are the team's strengths going into another national championship defense?**

This will be an interesting year for us at Wildflower. We will return without any of the top scorers from previous years, yet, our men's team may even be stronger than it has been in previous years. We have an incredible pool of talented athletes who are strong in all three disciplines and I expect will push each other during the entire race. It may well be that for the men it becomes a team event, even though it's non-drafting, because their training partners are near. Our women's team is showing



Ryan Ignatz at 2000 Wildflower. Photo by Courtney Stapleton

promising performances, though it is a bit of a rebuilding year for them.

**What top athletes are returning this year for CU? What athletes, both for the women and men, should we be watching this year?**

Regrettably, we lost our top three men and top three women from previous years either to graduation, turning pro, or the overlapping final exams. The women's team will be lead by Kerrie Wlad and Erin Huck, who were ranked 7th and 8th amongst the CU women at WF'00. Other top athletes to watch out for are Amber Hofsted, Megan Clute, Julie Durham, and Molly Rusch. The men's team will be lead by Ryan Ignatz, Assistant Cycling Coach, who was the 4th finisher among the CU men at WF'00, and Andy Feeney, Assistant Swim Coach, who competed at WF in '99. They will find strong teammates in returning members Lucas Llado (6th among the CU men in '00), Armando Galarraga (8th), Bryan Taylor (12th). Other Buffs to look out for are Blake Ottersberg and Lance Panigutti (both members of the Junior National Team), Keith Jackson, Tim Smith, Kai Costanzo, Jeff Cormack, Bill Baker, and Jose Garcia.

**The logistics of traveling to California for Wildflower can be a huge obstacle, especially since the race is in the middle of final exams this year. How has this**

**affected things and what kind of support has the team received from the school?**

It truly is a huge obstacle. First of all, several of our top athletes can't even go to the National Championships this year due to their finals schedule. It also makes everything incredibly expensive because we need to fly rather than drive. So we have spent a fair amount of time this year with fund raising, but even so the athletes still have to come up with a significant portion of the expenses themselves.

The other difficult factor is timing: It is a four hour drive to WF from the San Francisco airport, but because finals are scheduled even for Saturday, we are flying out on Friday afternoon, arriving at the campsites hopefully by 11pm. That gives the athletes one day to prepare for the race, put their bikes together, and check out the race course. After the race, we have 1-2hrs to pack up and load everyone in the bus to get to the airport on time Sunday evening!

**How many athletes will be competing for CU in this year's collegiate championships?**

We are taking a total of 88 Buffs to Wildflower! 76 athletes will be competing in the collegiate championship, another 12 athletes (including Pros Terri Duthie and Nick Cady) will be competing in the Long Course.

**What teams will CU have**

**to look out for?**

This year, the team competition should heat up from previous years - many of our competitors have grown exponentially. Our biggest competitor and rival will be Cal Poly SLO which is returning with a strong men's and women's contingent this year. Because there is very little competition prior to Nationals, it's hard for me to predict the strengths of the other teams except for basing them on last year's results and this year's returning athletes.

**Although Wildflower is the national collegiate championship and the main focus of the season for the team as a whole, it's timing at the beginning of May really makes it more of a season opener for most athletes. Over the past several years as the program has grown, more support has evolved for team members during their summer seasons. What are some other races throughout the summer that are key events for the team or members of the team?**

Keep your eyes open for the Buffs at Boulder Peak, Lubbock, the 5430 Triathlon, Age Group Nationals (and Worlds), some of the XTERRA races, Ironman Canada, as well as the many regional races throughout Colorado and the western region.

**Thanks and good luck at nationals!**





JAMIE JANOVER

## ULTRAMAN

(.....continued from page 2)

gaining any distance. The rock remained fixed below her and Netzer yelled encouragement. Things weren't supposed to get so hard so soon.

Eleven years ago, a 22 year old Fernandez lived in Guatemala City and was an avid smoker, not a triathlete. She had tried five times to quit her two-pack a day habit, but it was swimming that finally helped her make the break from cigarettes. At the time, her brother-in-law was doing triathlons and encouraged her to get into the pool. Swimming came naturally for Fernandez and she improved rapidly with the help of a coach. At first, she would finish a swim workout and light up a cigarette. Eventually she was able to nix that post-swim detriment to her training.

The impetus for the next step came from her swim coach who convinced her to run around the block one day. The next day she ran two laps and her coach brought her a real pair of running shoes to help her along. Her coach then suggested that she try a triathlon.

Her first race was a sprint distance triathlon in Guatemala. She borrowed a bike and walked

the entire run course, a fate the older and exceptionally fit Fernandez hoped to avoid at Ultraman.

In the water at Ultraman, the struggling Fernandez finally overcame the rock from hell, although the cost was a growing sense of frustration. All she knew over the last half of the swim was that she was horribly off pace and she feared giving up so much time in her strongest event.

Fernandez exited the Pacific with a 10K swim time of 3:28:09, nearly forty-five minutes slower than her predicted time. There would be no record for Fernandez. But what she feared was a huge forfeit of time on her part dissolved when she found out her effort relative to the other competitors. In reality, Fernandez wasn't alone in the swim flume. Everyone struggled. Currents can play wicked mind tricks on an Ultraman swimmer. But it's all part of the game.

Fernandez was still in good shape. She emerged out of the ocean as the first woman and fourth person overall.

### DAY ONE—10:00 AM

Out of the water, one leg down, Fernandez and the others started the first of two bike legs—a 90 mile ride full of climbs. Could there be any place more challenging

to ride than an island formed by a volcano, full of ups and downs and changes in climates?

Fernandez rolled south on Highway 11 through the town of Captain Cook, named after Captain James Cook, the first westerner to arrive in Hawaii. Down the mountainside from the town is Kealakekua Bay where Cook first arrived on January 17, 1779. If only Cook could have taken swim lessons from Fernandez. Upon a return to the bay on February 14, 1779, Cook was killed by an angry mob, unable to make a short swim out to a boat that was waiting for him.

Fernandez had other things to worry about, though—like getting through this bike leg and making the day's twelve hour cut-off time. She continued around the southern tip of the island, through the town of Naalehu, and then the long climb up the slope of Kilauea Volcano, through the Kau Desert. Once the racers made it up to Volcanoes National Park at 4,000 feet above sea level, they had another descent to the coast before climbing again to the finish line in the town of Volcano.

Flip a coin. You'd have the same odds as the thirty-five starters did of getting to the end of the first bike leg before the cut-off time. Given the slow swim times, the bikers had even less time to work with. Only seventeen competitors made the twelve hour deadline.

Fernandez made it. With a bike time of 6:25:30 and a total combined time after the first day of 9:53:39, she established herself as the first woman, fifth person overall.

### DAY TWO—6:30 AM

In the tropics, the day is twelve hours long, with slight variations, no matter the time of year. As the sun rose on November 25, the cyclists headed to the start of the second bike leg—a 171.4 mile stretch from Volcano, around the windward side of the island, along the Hamakua Coast, and to the town of Hawi on the northwestern

ULTRAMAN...  
tip of the Big Island.

From the start in Volcano, the ride starts out with a fun descent into Hilo. However, fun wasn't what Fernandez was thinking ten minutes into the bike when she flatted. Every competitor must have a support crew. A crew consists of at least two people and a van. The race provides each van with a cell phone to aid in communication between crews and race officials. In the Ultraman, an athlete's support crew is their lifeline, providing food, water, and equipment. Fernandez had her support crew nearby and she was able to quickly change her tubular and put on more clothes for the descent into Hilo.

Farther down the road, the scenario repeated itself. Only this time, Fernandez's crew was out of sight. She rode another five miles on the leaking tubular and found a mechanic from another van to help her switch wheels. The new, smaller wheel wasn't calibrated for her computer and Fernandez could no longer tell what her speed was or how much distance she was gaining. A few women had passed her during the troubles and she redoubled her efforts to gain lost ground.

At 100 miles, Fernandez found herself along the Hamakua Coast with no energy. She bonked hard and again couldn't find her support crew. They were held up in Hilo buying ice, gas, and a light for her bike in case the day lasted longer than hoped for. She received some aid from the crew of an Australian competitor to tie her over for a while. She and the Aussie traded positions as they biked toward Hawi, careful not to get too close in the non-drafting race but close enough to share the camaraderie.

Once her support crew showed up, she was able to stop, eat a turkey

and cheese sandwich, and take an ibuprofen and a salt tablet. She started feeling better, as if returning

make up for the disappointing swim conditions.

But Fernandez went into the Ultraman knowing that she would have to face her weakest event on the third and final day. After 6.2 miles of swimming and 261.4 miles of biking came the double marathon.



DAPHNE HOUGARD

Guatemala City isn't exactly the center of the triathlon world. It's safe to say it rests far on the periphery. Growing up, Fernandez was always involved in sports, but never really trained for anything. Exercise wasn't emphasized. And the focus was on soccer. Soccer receives all the money and attention in Central America.

After Fernandez started getting involved in triathlons, she ran up against the difficulties of training in a congested and polluted environment. She had to bike between 5:00 and 7:30 AM otherwise get run over by cars. That meant she would get up at 4:00 to prepare and get to the start of her workout. "It was very hard to train," she says. "Especially at the longer distances."

Last September, she and Netzer moved to Boulder and since then Fernandez has taken her training to a new level. Dave Scott coaches Fernandez in swimming and biking and coordinates her triathlon schedule. For run-specific

coaching, Fernandez works with Janet Runyon, an accomplished triathlete. Fernandez's energy spurred her past several competitors. The wind along the last segment was relatively calm and Fernandez arrived in Hawi with a time of 8:55 for the 171.4 mile ride, good for a new record. Perhaps the island gods were smiling on her perseverance and wanted to

make up for the disappointing swim conditions.



DAPHNE HOUGARD



DAPHNE HOUGARD

ultra-runner and coach.

Fernandez went to Runyon last summer for help through several knee problems. She was able to overcome the injuries, but that meant slowly building up her mileage. The longest run Fernandez did in preparation for Ultraman was merely three hours long. And since she and coach Runyon realized that Fernandez could face the possibility of walking large segments of the Ultraman run, they specifically trained walking, too. On the days Fernandez wasn't running, she would go out for hour and a half walks.

Of course, this was in addition to her swim and bike training which, surprisingly, mirrored the typical preparation for an Ironman distance race—and not much more. But then again, there is only so much time in a week and there is a limit to the body's ability to recover and go out again for more.

Fernandez did add one day

a week where she swam a full 10,000 meters. This usually involved back-to-back Masters workouts. Her longest bike ride was six hours. To add to it all was doing the long bikes in the late fall as the days got shorter and colder. To deal with the climate change from Boulder to Hawaii at the end of November, Fernandez would rely on her comfortableness in heat she gained from living most of her life in Guatemala.

**DAY THREE—6:00 AM**

An earlier start on the final day would give the runners more daylight for the final leg—a double marathon. Yes,

that's 26.2 miles times two, which equals a challenging 52.4 miles from Hawi through the lava fields to the finish at the Old Kona Airport.

The run begins with eighteen miles downhill from Hawi to Kawaihae. Just ask any Ironman cyclist how welcome that stretch is before hitting the brutal winds and heat along the Queen K Highway.

Fernandez had never run a marathon outside an Ironman and had never run a distance farther than 26.2 miles. Worried about the run, she started out conservatively with the goal of saving her energy for the mentally tough second part. She was the last of the runners at the beginning, but little by little started passing others. She didn't let herself count miles during the first half of the run. That would have to wait until the second

marathon. Her split for the first marathon was 4:25. One marathon down, another to go.

The hills came during the second marathon. Pacers were allowed and Kim McCormick, a member of Fernandez's support crew, ran with her for a two hour stretch. For the last twenty miles, the bike mechanic who had helped her the day before found a local runner to pace her. Fernandez joked a bit during the first half of the run, but by the second half, she was all business. The pacer made sure Fernandez conserved her energy and stayed focused on running. And run she did. Even as she suffered in the final miles, she continued to run. "My mind was tired, my body exhausted, and my ankle hurt," she said. "The closer to the finish, the harder it got."

Despite the pain of the last three days, especially those arduous miles on the run, Fernandez approached the finish line with a Guatemalan flag in hand and jumped across the line to a victory surely as sweet as any.

With a run time of 9:19:01, Fernandez finished her first Ultraman with a total time of 27:28:09 and a big smile. Plans for more in the future have already entered her mind. And unless Fernandez gets an early season qualifying slot for the Hawaii Ironman next year, you will probably find her training through the summer for another go at the Ultraman.



DAPHNE HOUGARD

**THE TEAM:** (left to right): pace runner Johnny Kunitake, husband Ran Netzer, Monica, and Kim Thaker

# U.S. National Winter Triathlon Championships



by Scott Schumaker

The forecast for the US Winter Triathlon Championships at Snow Mountain Ranch called for light snow with no accumulation likely. Hah! As the nine AM start time approached, six inches of white stuff layered the course and the blizzard showed no signs of relenting. For the competitors attacking the 10K run, 20K mountain bike,

10K skate ski course, the new snow turned an already challenging course into an adventure in staying upright. Runners did the best they could to follow in each other's footsteps, occasionally stumbling through holes of powder. Mountain bikers cartwheeled off their bikes,

creating mini snow tornadoes before they came to rest. By the time the racers hit the skate ski they were exhausted.

"The ski leg was like doing a mile of butterfly at then end of a summer triathlon. The race as a whole was one of hardest and most frustrating things I've ever done. It was epic," says pro triathlete Pat Brown, who suffered from a snow-caked cleat problem throughout the bike leg.

Pro cyclist/duathlete, Kimberly Bruckner adds, "It was an awesome experience and a great way to be training on what otherwise would have just been a cold and miserable day."

For Bruckner, this "training" day meant being the first woman into the run-to-bike transition with a thirty-second lead over XTERRA star Lorraine Barrows. Barrows closed the gap in the transition area but a fight with pneumonia in the days leading up to the race caused her to fade badly during the mountain bike. Top mountain biker, Gretchen Reeves, on the other hand, was slicing through the powder and would regain two of the five minutes she lost to Bruckner's 55:01 run split with a 1:10:45 bike

leg. Reeves then used superior skate skiing ability to hunt Bruckner down and pass her with



three kilometers to go. By finishing the ski in 43:20. Reeves' winning time was 2:54:50. Bruckner was next to cross the line in 2:56:31 and Melissa Thomas was third in 3:00:20.

On the men's side, age and experience ruled the day, which is the nice way of saying that the older guys kicked



split and the lead with Mike Kloser close behind. "I pulled out a 30-second lead on Kloser. I think my tire setup was hooking up a little better and I was going all out because I was worried that he was a better skier," says Overend. "But the soft conditions on

the ski course favored my lack of technique. The faster the conditions the better for a real skier like Kloser, but, a slog through deep snow with your heart rate jammed through the roof, veins bulging in your forehead, and slobbering all over yourself from effort, that's my specialty." "The Lung" snatched the fastest ski split by two minutes (33:16) and skated home to add another championship title to his name in 2:15:31.



the younger guys' butts. Olympian Ryan Bolton hit 43:34 for the 10K run and lead mountain bike legend Ned Overend, adventure racer Mike Kloser, and Pat Brown by thirty-five seconds going into

the second leg. "I thought Pat, who has a ski background and is on a mountain bike all the time, and some of the dudes who could really ski, would rock everyone," says Bolton. Bzzzzt! That would be wrong.

Overend's two-wheeled prowess (58:06) gave him the fastest bike



Kloser finished second in 2:17:49, while Bolton hung in for third at 2:19:56.

Finally, the race organizers, Mountain Quest Adventures, would like to thank Zoot Sports, Salomon, and adidas for their support and sponsorship of the race. Be on the look out for a three-race, US winter triathlon series coming in 2002.

The full Winter Triathlon results are on page 17



Photos (these 2 pages) by Larry Higgins

opposite page: the start; left: winner Gretchen Reeves; right: Pat Brown (Boulder); this page: top left: Daniel Weiland (Vail); top right: winner Ned Overend (Durango) leads Carl Schmitt (Rollinsville); center: Ryan Bolton (Boulder); transition area; bottom left: Kimberly Bruckner (Boulder); bottom right: Michael Kloser (Vail).





Back cover photography by  
Scott Schumaker, courtesy of . . .



1: Ned Overend and Ryan Bolton, 2: Norwegian Trond Nystad,  
3: Gretchen Reeves, 4: Kimberly Bruckner leads Lorraine  
Barrows, 5: Jared Berg, 6: Kimberly Bruckner, 7: Pat Brown