

the colorado triathlete

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TRIATHLON WORLD
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Siri Wins
Worlds

Bolton Second in
First Ironman

Keystone Xterra

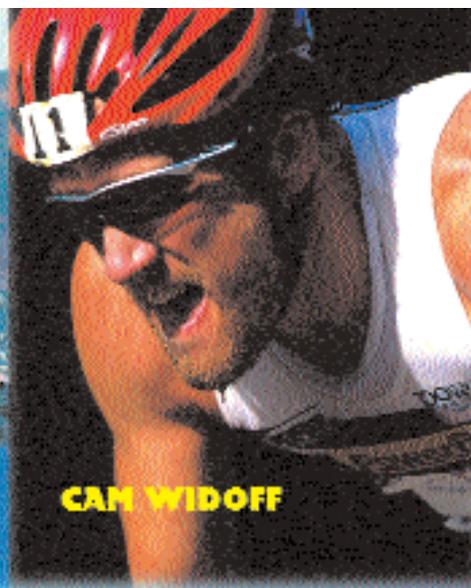
Blind Triathlete
Amelia Dickerson

August-September 2001

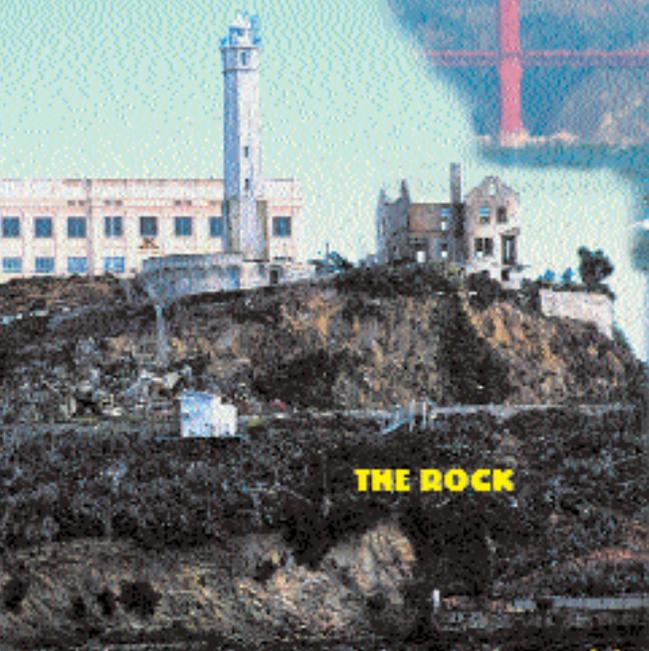
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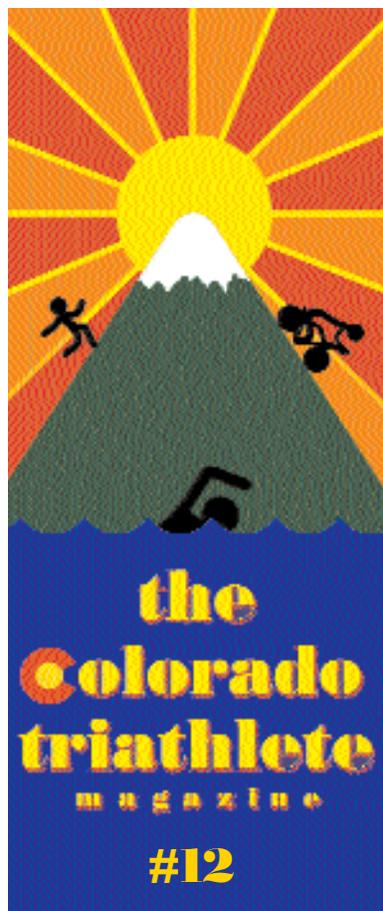
**ESCAPE FROM
ALCATRAZ
TRIATHLON**

**PHOTOS BY
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HOUGARD**

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SAN FRANCISCO BAY



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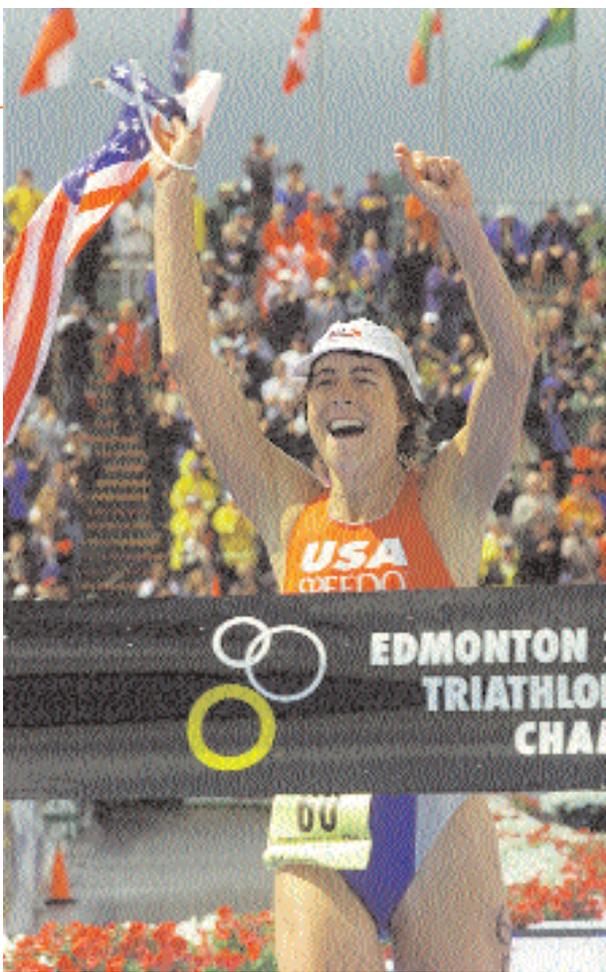
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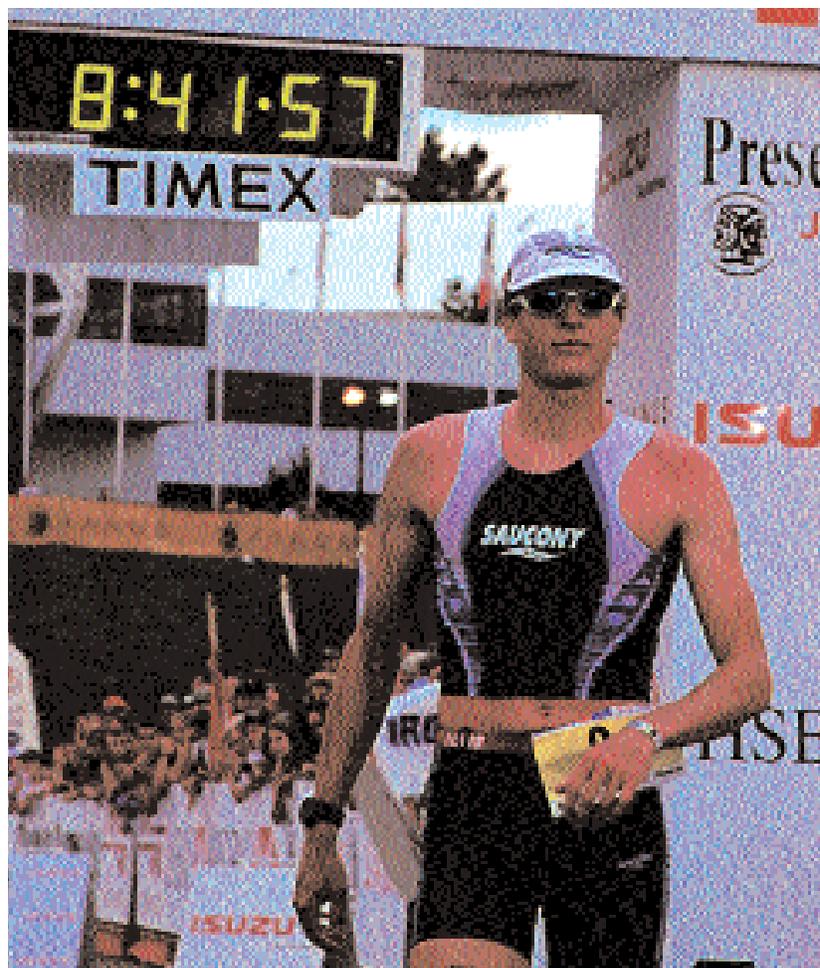
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by Larry Higgins back cover



**Above: Siri Lindley at the line in
Edmonton (Chilli/Allport/ Brian
Bahr); Below Ned Overend at
Xterra (Chris Accardo)**





The 2001 edition of Ironman USA saw many incredible efforts by both pros and age groupers alike. Two pro athletes made their sunning Ironman debuts, and age group records fell in almost every category. In the women's category two familiar faces battled through the last miles to stand atop the podium.

The 7:00 A.M. start had

Ironman trip was Boulder's Ryan Bolton as he exited the water in the top ten in 47:49. With his strong bike skills and obvious run speed, this was certainly a good sign. Defending champion, and fellow Boulderite Cam Widoff was within striking distance, only three minutes back of Bolton. Steve Larsen, the two time NORBA cross country champion, was a little back of the main contenders as he swam a 57:09. Also showing their swim power was Colorado's Monika Bunting and Beth Anderson, exiting the swim in 51:07 and 54:31 respectively. The bike course consisted of two loops of rolling to steep hills, with no real places to rest. To no one's surprise it was Steve Larsen posting the fastest split of the day, setting a new bike course record as he blazed through in 4:33:23. Trailing Larsen was Bolton, who was sticking to his plan on the bike.

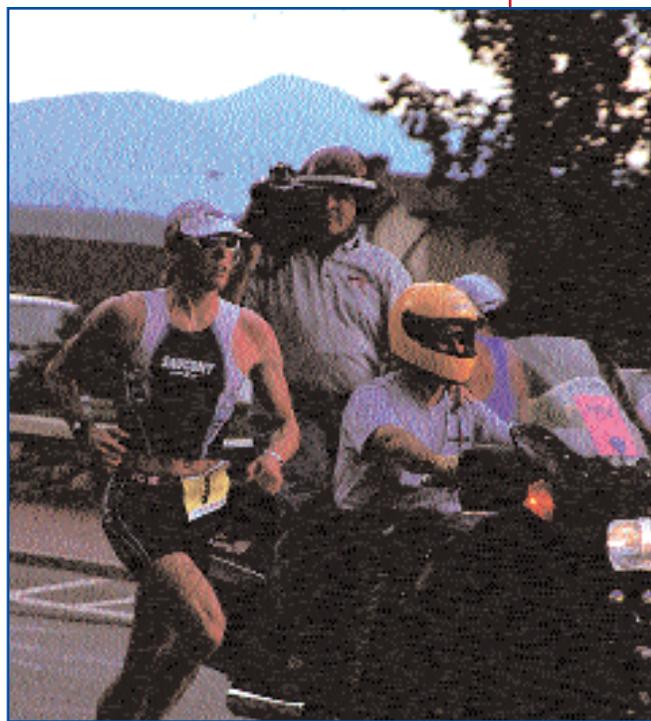
"I made sure to stay in the heart rate zones I was supposed to

IRONMAN USA

Bolton takes second in his first Ironman race

by A.J. Johnson
photos by Courtney Stapleton

1809 wetsuit-clad Ironmen and women, a record number of athletes for an Ironman event. The two loop swim had many familiar names up front, as well as some surprises thrown in. While Australian Jon Van Wisse swam under his own course record in 46:16. A little over a minute and a half back the second group had some big surprises in it. Joanna Zeiger had the fastest women's time and was out in 47:22, three and a half minutes up on second place Andrea Fisher. Age grouper Bill Reeves of Durham, N.C. battled with swim star Alec Rukosuev to finish in 47:19. Starting well on his first



Top left: a pleased Ryan Bolton finishes up; above: chasing Larsen on the run; left : Jim Harkness of Steamboat Springs places 30th overall.





stay in, I never went over that which is exactly what I wanted to do", he commented. The run specialist had some serious ground to cover, as Larsen had been on the run course for just over fifteen minutes by the time he headed out of T2. Coming in right behind Bolton was Austin, Tx. native James Bonney, who had the fourth fastest bike on the day. Widoff hit the run trailing Larsen by just under 23 minutes.

"I had been training real hard on the bike so I was just flat as a pancake on the bike, I had nothing on the bike," Widoff said, despite having the seventh fastest bike split. Many Coloradoan age groupers were ready for the rolling terrain. In fact, most said they were too eager and paid for it on the second lap.

"I think I went a little hard on the first lap and paid for it on the second," said Daniel Timm of Vail. Some did hold back and let the day come to them.

"I actually did really well on the first lap. I held back and then everyone started coming back to me after 100 miles," said Charlie Suthard of Boulder. Top bike times

for Coloradoans were 5:24:55 by Mark Lesinski of Evergreen and Nadine Kerr of Fort Collins posted a time of 6:00:08.

For the pro men it came down to the two who were making their first attempt at the Ironman distance. Larsen, having never run a marathon before, let alone after 114.4 miles of warm up.

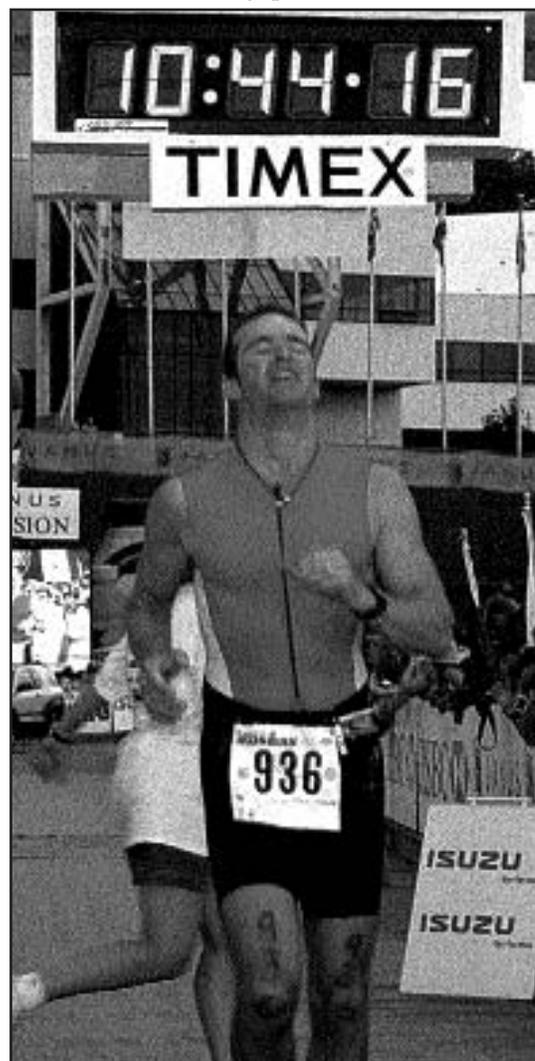
And Bolton, the short course speedster. Early on it looked as though Larsen would hang on easily, as he cruised through mile three in 6:35. But Bolton did start to eat into Larsen's lead early.

"On the second lap I know I wasn't making up as much time, and I knew he was still running strong. I was thinking that he might hit a wall at some point," Bolton said afterwards. No one could have predicted how strong Larsen would run. Ultimately he had the third fastest marathon split behind on Bolton and Widoff. Larsen was first across the line in a new course record of 8:33:11. While Bolton's top marathon time of 2:49:52 secured second, strongman Widoff used his quick run to take the last podium spot.

"I am right where I want to be. I really just enjoyed the day. Larsen had a great race, Ryan had a great race. For a first Ironman debut on a hard course like this it's good for them," Widoff said. He was also excited to see more American faces with him on the podium.

"I was really happy to see a couple American guys up there. It's good to see them hold on for the run."

In the women's race the bike leg would not be as decisive as it was for the men. Zeiger took her swim lead and looked to extend it on the first loop of the bike. Passing through the 50 mile mark Zeiger had a then minute lead on Fisher, Mary Ellen Powers and Julianna Nievergelt. Another two minutes back was Canadian Heather Fuhr who was trying to close the gap in order to be close



Above: Eric Orton of Denver; Right: Dan Timm of Vail

for the run.

Zeiger was first off the bike and out on the run, ahead of Powers by nearly three minutes. Fisher was in third coming out of T2, another minute back. It was Fuhr however that posed the biggest threat to Zeiger, overall lead. With the swift footed Canuck only seven minutes back the race was to be decided on the run.

Fuhr took the pace out hard in the first miles in an attempt to close ground quickly. At a 6:15 pace she was able to start reeling Zeiger in. But Zeiger was not about to let her lead slip away easily. It wasn't until over the halfway point that Fuhr was able to pull even with the leader. Fuhr did pull away from Zeiger to a maximum lead of three minutes. In a strong counter-

No one could have predicted how strong Larsen would run. Ultimately he had the third fastest marathon split behind on Bolton and Widoff.

attack during the last miles Zeiger picked up her pace and was closing and was closing in by 15 to 20 seconds a mile. Fuhr was able to hang on for the win with a time of 9:31:11, and a top marathon time of 3:01:28. The emotions of the win were evident as Fuhr broke into tears of joy.

"I know that Joanna, a very good runner and she was one of the people I was worried about having too much of a lead. I just had to go for it and I went for it and I did pay for it a little bit at the

end but luckily it was enough to hold her off," Fuhr said. Zeiger came through the tape two minutes later to take second, having run the second fastest women's marathon on the day. Stealing the last podium spot was Laura Drake, who biked to the second fastest split.

For age group athletes the hills on the bike made the rolling run course even more difficult. Posting the top men's marathon was



Jim Harkness of Evergreen, who covered the 26.2 miles in 3:12:32. Harkness was also the fastest man overall in a time of 9:47:45. For the women it was Tamara Harbison of Boulder setting the run pace as she posted a time of 3:56:13 and she was also the top woman in a time of 11:11:42.



Top: a grinning Cam Widoff crosses the line; right: Bolton breaks the tape; below: Greg Poliseo of Littleton on the run



IRONMAN USA Lake Placid, New York July 29, 2001

2.4/ 112/ 26.2 Colorado Results:

First Name	Last Name	Time	Place	City	State	Country	Category	Place	Category	Bib#
Ryan B.	Bolton	08:41:53	2	Boulder	CO	USA	2/34		MPRO	3
Cameron	Widoff	08:55:07	3	Boulder	CO	USA	3/34		MPRO	1
Jim	Harkness	09:47:45	30	Steamboat Sp	CO	USA	4/318		M30-34	714
Richard	Hager	10:11:49	74	Steamboat Sp	CO	USA	13/299		M35-39	790
Bill	Gamber	10:20:12	107	Steamboat Sp	CO	USA	23/299		M35-39	929
Andrew	Halperin	10:32:41	137	Niwot	CO	USA	33/318		M30-34	697
Martin	Fulk	10:36:10	148	Denver	CO	USA	17/282		M40-44	1092
Daniel	Timm	10:44:15	182	Vail	CO	USA	39/299		M35-39	936
Larry	Mckeogh	10:46:32	190	Boulder	CO	USA	45/318		M30-34	585
Mark	Lesinski	10:47:37	199	Evergreen	CO	USA	7/135		M45-49	1432
Bruce	Makinen	10:50:40	214	Fort Collins	CO	USA	46/299		M35-39	965
Eric	Orton	11:09:23	308	Denver	CO	USA	83/318		M30-34	671
Charlie	Suthard	11:11:28	320	Boulder	CO	USA	45/192		M25-29	332
Tamara	Harbison	11:11:42	322	Boulder	CO	USA	12/107		W30-34	1864
Andy	Coro	11:16:06	349	Fort Collins	CO	USA	44/282		M40-44	1099
Greg	Poliseo	11:21:47	385	Littleton	CO	USA	12/37		M18-24	152
Paul	Hahn	11:22:41	390	Avon	CO	USA	105/318		M30-34	512
Brendan	Mchugh	11:29:36	436	Boulder	CO	USA	24/135		M45-49	1510
Jason	Kaminski	11:40:19	514	Longmont	CO	USA	130/318		M30-34	471
Kyle	Lawton	11:40:29	517	Steamboat Sp	CO	USA	132/318		M30-34	500
Stefan	Tulich	11:44:21	546	Fort Collins	CO	USA	77/192		M25-29	341
James	Lawrence	11:52:47	600	Colorsprings	CO	USA	148/318		M30-34	593
Monika	Bunting	11:55:48	628	Boulder	CO	USA	18/85		W25-29	1743
Christopher	Smith	11:56:21	632	Golden	CO	USA	88/192		M25-29	230
Amy	Lawton	11:59:29	661	Steamboat Sp	CO	USA	21/85		W25-29	1734
Katie	Baker	12:03:38	691	Colorado Spri	CO	USA	23/85		W25-29	163
Heidi	Mckenna	12:13:11	748	Colorado Spr	CO	USA	35/107		W30-34	1868
Dennis	Mellon	12:14:21	753	Englewood	CO	USA	176/318		M30-34	458
Alexander	Kallen	12:17:18	766	Denver	CO	USA	177/318		M30-34	670
Larry	Feinman	12:20:47	792	Superior	CO	USA	140/299		M35-39	868
Paul	Grimm	12:21:56	801	Littleton	CO	USA	185/318		M30-34	530
Matt	Mcadams (CLY)	12:22:54	810	Golden	CO	USA	188/318		M30-34	454
Nadine	Kerr	12:25:55	838	Fort Collins	CO	USA	29/85		W25-29	1701
Maggy	Dunphy	12:31:31	867	Vail	CO	USA	34/76		W35-39	1931
Hudson	Maynard	12:32:46	878	Steamboat Sp	CO	USA	160/299		M35-39	862
Cory	Coulston	12:33:07	880	Lakewood	CO	USA	58/135		M45-49	1500
John	Garth	12:37:29	905	Eagle	CO	USA	145/282		M40-44	1226
Rick	Berry	12:45:12	950	Ft. Collins	CO	USA	64/135		M45-49	1437
Matthew	Ferguson	12:49:11	982	Golden	CO	USA	215/318		M30-34	535
Emily	Smith	12:58:28	1046	Golden	CO	USA	38/85		W25-29	1702
Richard	Santos	13:03:52	1079	Boulder	CO	USA	195/299		M35-39	810
Grant	Neptune	13:08:30	1099	Denver	CO	USA	202/299		M35-39	822
Marketa	Mcguire	13:08:35	1100	Broomfield	CO	USA	4/8		W18-24	1669
Jason	Turner	13:10:05	1107	Denver	CO	USA	131/192		M25-29	338
Kim	Kosciusko-Eggert	13:13:32	120	Creede	CO	USA	47/76		W35-39	1954
Michaela	Schnieder	13:23:43	1179	Vail	CO	USA	48/85		W25-29	1758
Nicholas	Dywan	13:26:52	1195	Loveland	CO	USA	192/282		M40-44	1244
Benjamin	Linstid	13:44:13	1282	Frederick	CO	USA	146/192		M25-29	165
Mary	Mccarty	14:25:44	1427	Boulder	CO	USA	77/107		W30-34	1786
Stafford	Grey	15:12:54	1539	Denver	CO	USA	119/135		M45-49	1392
Susie	Wasson (CLY)	15:19:29	1550	Arvada	CO	USA	66/76		W35-39	1877
Patrick M.	Garth	16:36:42	1645	Eagle	CO	USA	36/37		M18-24	123

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

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Sound Mind and Body

by Adam Hodges

Living the Active Life. . . .

Colorado ranks as the most active state. That comes as no surprise to triathletes reading this. Especially for those of us living in Boulder, could life be any other way?

I have been an athlete all my life...perhaps endurance junkie is more descript. Once I started down the road toward endurance sports as a kid, I became buried in the lifestyle. I have gone through various gradations of fitness, but have never been inactive, or completely sedentary. I would literally go bonkers if inactivity were forced upon me.

The fact that I rely on activity and endurance sports to maintain my health and peace of mind has often led me to wonder what life is like on the other side. What would life be like from the seat of a couch potato? Every once in a while, I'll pass the antithesis of the active life on a trail during the middle of a workout and momentarily look through their eyes at the wonder of movement and fitness that endurance athletes live by.

In reality, the majority of Americans go through life without swimming, biking or running. The closest many get to the experience of a long ride on wheels is driving to work and being stuck in rush hour. Many people run less in an entire lifetime than some of us in a single week. And wad-

ing into water over chest deep can be a frightful experience for a large part of the population.

It's hard for me to imagine life without stretching my legs on wide open spaces or filling my lungs full of rarified air on a mountain trail or swimming through clear ocean waters far from shore—simply roaming over large distances without the aid of an internal combustion engine.

The freedom of movement and physical activity has come to mean more to my being than just physical health, going beyond the physiological aspects to encompass mental necessity and spiritual sustenance.

It has been theorized that any hard-core endurance athlete must be escaping from something. To an extent, I don't doubt it. There are many things worthy of escaping in modern society and spending a day swimming, biking, and running can be a welcome relief from the realities of life's main responsibilities. On a smaller scale, I don't know any endurance athlete who doesn't use a workout from time to time as a coping mechanism to life's pressures. And in this regard, endurance activity sure beats the numerous less health-oriented escapes available and acts as a built-in pressure valve.

More importantly, however, the active life of an endurance ath-

lete provides more than an outlet from the world's headaches. The active life acts as an important map for proving what's possible.

The physical and mental demands of challenging activity provide important stimuli that positively affect other areas of life.

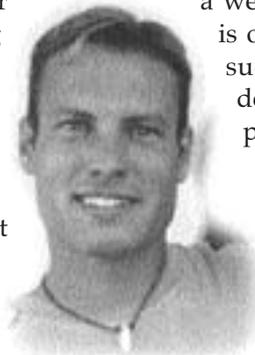
It is no coincidence that a well-tuned athlete is often an equally successful student, worker or parent.

And beyond the individual, the feats displayed by endurance athletes act as important models for the rest of society, providing a look into the expanding realm of human potential.

When you learn that your 70-year old neighbor finished an Ironman, it begins to shatter the paradigm that old age is automatically coupled with weight gain and bypass surgery.

And in a society where the amount of TV time logged by kids is increasing while the amount of outdoor playtime is decreasing, the model of an active life may be an important lifeline to the future.

The active life proves to all of us what it means to be human: To celebrate life by participating rather than watching.





You're at the pool's edge, ready for your first triathlon. You're prepared but nervous. You've never done any competitive swimming or cycling, but you were a pretty good runner in high school, so you're confident you'll finish. Still, you have a touch of those pre race butterflies. You place your feet carefully, toes just over the pool's edge, heart rate rising as you anticipate the start. As you crouch, ready, your focus aimed intently at the water, suddenly someone throws a blindfold over your eyes.

With little more than a cloudy, foggy sense of light, you realize all the rules have changed.

Too hard? Unfair?

Blind triathlete Amelia Dickerson of Greenwood Village, Colorado doesn't see it that way. Already a high school track and cross country competitor, Amelia, 18, has made her transition to triathlete guided by that cloudy, foggy sense of light, and a friend.

In her first tri, the YMCA Triathlon for Ordinary Mortals (May 12, Pueblo, CO), she did better than just try. She finished third in her age group, 49th overall in a field of almost 200 women.

How did she do it? Simple teamwork and refreshing common sense. In the pool she counts strokes, taking verbal cues from pool side to stay on line. At the end of each length of the 525 meter swim a ringing cow bell prompts

her for the wall. She rides tandem (20k) and runs (5k) with her long-time competitive partner, 49-year-old Jim Flint, also the family friend who nudged her into the sport with the same sort of subtle finesse he uses to synchronize his arm swing and running strides with hers.

As Regional Director of USAT Officials, Jim

says, "I would disqualify us." He means because of the tandem cycling. But it's good-natured concession, and he points out that USAT does have sanctioned events for the Physically Challenged. But a DQ wouldn't bother or stop Amelia. Winning isn't why she's racing. "Every time I go out I want to be better than the last time" she explains, energetically.

She kept her transitions simple on a cool, gray, windy Saturday--shorts, helmet, t-shirt, same shoes for the bike and the run--scoring splits of 13:18/44:56/25:54. Like many first-timers she admitted she worried, "I hope I survive the swim," before the race.

As a team Amelia and Jim are practiced improvisers. Jim got the cow bell idea the day of the race. Laughing at herself, Amelia tells of coming to the race with a pair of mismatched shoes, leaving the tether they normally use for the run tucked in a shoe at home on the couch 100 miles away. Jim, a Systems Engineer by trade,

rigged up another with climbing webbing scrounged from the back of his truck, and Amelia ran in the old sneakers she showed up in that morning. Their cycling leg in Pueblo was

only the second time they'd been on the secondhand mountain tandem. "I think we went around the block maybe once to try it out," Amelia confessed.

That spontaneity and a sense of humor has tempered the competitiveness of the team from the beginning. "I tease Amelia all the time. She loves it," Jim claims. Before her Pueblo start, he joked with her about the cow bell idea. "It wouldn't work if there were more than one blind swimmer," he realized, conjuring up a picture of every blind swimmer turning and

Setting Her Sights Higher

by **Wayne Shel Drake**

swimming the other direction every time he rang the cow bell. Jim teased her, "That would be a funny sight, like something out of Monty Python movie."

Once Jim showed up for a cross-country meet without his running shoes. Desperate, he took off for a nearby Runner's Roost. When he returned, now in his new running shoes, he found Amelia had started the race without him. She'd talked a girlfriend who'd come along to watch into running with her. Rather than bemoaning the missed race, Amelia giggles at

Jim's blunder. On that day she ran "just for the fun of it."

It's been that way with this team since the first difficult run of Amelia's blind life. "Anyone could do this," Jim says, encouragingly, referring both to Amelia as a blind competitor and to himself as a teammate. "You just have to go out and try things."

Amelia echoes Jim, "There's no reason anyone can't do this," she says. She points out that she's done most of her running with a variety of "guides," and she even runs without a tether on a couple of her favorite runs. In three years she's had only one mishap--a sprained ankle.

To the prospect that others, physically challenged or not, might be motivated to get out there and try it because they've seen or heard of her competing, Amelia's engaging enthusiasm is boosted a notch. "That would be cool," she says.

For now, a sanctioned PC event will have to wait. Amelia is a busy young woman. Honor student (3.75 GPA, including four AP courses), homecoming queen, and graduate of Cherry Creek High School, she'll travel to Oregon this summer to meet and work with her first seeing eye dog. In the Fall, she will attend Colorado College as a recipient of

the prestigious Boettcher Scholarship.

What will Amelia "tri" next? She's preparing for an event with an open water swim. "That will be interesting," she says with the same talent for humble understatement she displayed as her inspired, awed and admiring competitors congratulated her finish in Pueblo. A couple of CC track athletes she met in Pueblo have encouraged her to run for the college team. Someday she'd like to ride a bike across the United States.

Now and again someone who hasn't seen Amelia in action or just doesn't get it will ask why she does it. She says, "Sometimes people ask me why I do it and I say, 'Yeah, I'm blind, but I still have fun.' Why does anybody else do it? That's why I do it. I want to be better than I was the last time."

Jim Flint envisions Amelia as a potential world class ParaOlympics competitor. With drive like hers, it's easy to see why. ✨

"Sometimes people ask me why I do it and I say, 'Yeah, I'm blind, but I still have fun.' Why does anybody else do it? That's why I do it. I want to be better than I was the last time."

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wind sprints...

Half Vineman

Cam Widoff couldn't stop the rising mountain biker-turned-triathlete Steve Larsen at the 11th Half-Vineman in California on July 8th, but turned in a great 1:10:24 half-marathon for second place (3:57:45) four minutes clear of 3rd place Chris Legh of Australia. Boulder's tri couple Teri Duthie and Nicholas Cady had excellent performances with a 4th (4:39:31) and 5th (4:07:23) respectively. Cady even beat Boulder's Dave Scott, who had a very frustrating time changing a tire out on the course as he watched competitors go by. Scott will be returning to Kona for the first time since '96. It was good for him to get a race in, but surely disappointing for him to finish 8th.

Corner Brook

Not missing a beat after winning World Championships (see interview on page 20), Siri Lindley took her 6th ITU World Cup win (2:03:16) in a year at Cornerbrook on July 29th. One of the most loved races of all, the small and friendly town in Newfoundland hosts a big weekend of races capped off by the World Cup on a very challenging course. The half-million dollar budget festival weekend started in 1982 and has been a designated World Cup four times. Susan Williams, formerly Bartholomew, of Littleton, chose the race as one of her first forays back into elite racing after her first child, Sydney, was born last winter. She is clearly back in form recording an eighth place finish in a world class field that included the likes of Harrop, Montgomery, and Lindquist.

Rock and Roll Triathlon

Wes Hobson and Tony DeBoom headed out to Cleveland, the home of the Rock and Roll Hall of Fame, for a good \$15,000 purse olympic distance race put on by Pacific Sports. The race has been the U.S. pro championships and an ITU race before, and with its long established reputation drew 1380 age groupers. Wes led the bike, but Tony was not too far behind him. The two ran together for a loop, but were passed by Australian Marc Lees. Tony had a faster run than Wes by two minutes and took second behind Lees (Tony: 1:40:06). Wes was overtaken by Alec Rukosuev at the end, pushing him to fourth (1:50:01)

Carlsbad Triathlon

This short race is longer than a sprint distance but shorter than olympic distance, consisting of a 1 kilometer swim, a 25 kilometer bike, and a 5 kilometer run. The twenty-year-old race drew a powerful elite field with a good purse and great perks for the pros. Nicole and Tim DeBoom decided to go out for some 'in-race speed work'. Nicole was ecstatic to finish second behind Olympic silver medalist Michelle Jones with a 1:11:41, and Tim took fifth in 1:06:06.

Happy Birthday Inside Triathlon

Inside Triathlon, one of the two national triathlon magazines has turned fifteen years old. Started in 1986 by dedicated triathlete and coach Lew Kidder, it was originally

called *Triathlon Today*. Seven years later Boulder's Inside Communications, publisher of *Velo News*, bought it, brought it to Colorado, and changed its name. Last year the publication switched to a standard glossy magazine from its tabloid-sized newsprint format and subsequently became the fastest growing sports magazine in the country.

Tinman Triathlon

This years Tinman in Shreveport, Louisiana was also an ITU International points race and the U.S. pro qualifier for the world championships in Edmonton, Alberta, Canada. Olympian Jennifer Gutierrez of Greenwood Village came out of the water with the lead women and stayed with the first pack throughout the bike. She managed a fourth overall with a 2:01:25. Boulder's Teri Duthie was 12th in 2:14:53. Siri Lindley (Boulder also) had to drop out during the run, not able to push through a foot injury she had coming in to the race (see interview on page twenty).

In the men's race Boulder's Paul Fritzsche and Andy Johnson, who both have just recently started competing in ITU events, finished 16th (1:54:05) and 18th (1:54:25). Veteran ITU racer Abe Rogers, now of Boulder also, placed 22nd (1:56:58). Jimmy Archer was at the tail end of the elite division, finishing 48th (2:12:57).

Newman Retires from Pro Racing

Jill Newman (Colorado

Springs) has returned to the career she gave up for her years of racing as a member of the U.S. National Triathlon Team. She also served as an elite athlete rep on the USA Triathlon Board of Directors. After representing the U.S. in ITU races all over the globe, she is now practicing corporate and sports law. Her firm, Holme, Roberts, and Owen, represents the U.S. national governing bodies of numerous sports. She and her husband Dane, originally of New Zealand, had their first child, a boy, on June 20th.

BIG SKY DUATHLON
2.5 MILES/15 MILES/2.5 MILES
JUNE 16TH BENNETT, COLORADO

1. Inge McClory	Boulder	1:09:38
2. Kerrie Wlad	Longmont	1:11:25
3. Rachel Van Pelt	Westminster	1:15:21
1. Andy Ames	Boulder	1:01:20
2. Chris Valenti	Boulder	1:01:40
3. Romuald Lapers	Boulder (France)	1:01:43

JDS Uniphase
 Victoria International Triathlon
 (ITU Points Race)
 Victoria, British Columbia,
 Canada June 16th

8. Michael Smedley	Co. Springs	1:54:36
10. Andy Johnson	Boulder	1:55:13

United States Duathlon Championships
Dannon Duathlon, Carlsbad, California 10K/40K/5K

7. Rick Rosenkranz	(Colorado)	2:06:39
17. Eric Schwartz	Boulder	1:57:31

4. Desiree Ficker Colorado Springs 2:06:39

Desiree is on the resident team at the U.S. Olympic Training Center in Colorado Springs. Although fourth overall, she was second American, therefore winning the silver medal for the championships.

**This year we will be
 posting live race day
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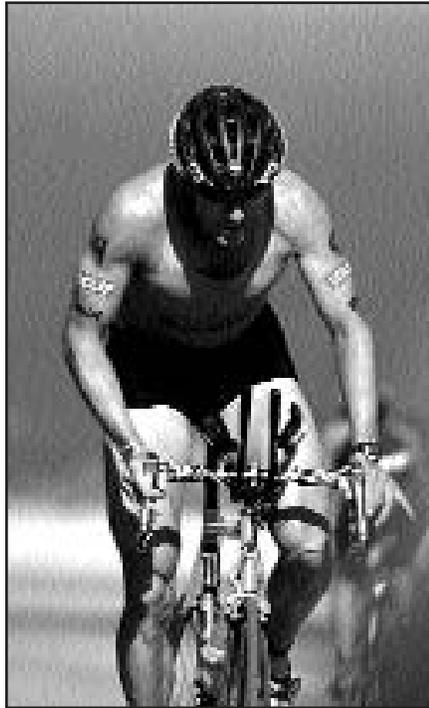


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ESCAPE FROM ALCATRAZ 2001

Wes Hobson was the top American finisher at the Lamasil AT Escape from Alcatraz Triathlon. After winning the race in 1999 he was disappointed with his result, but this year's race was heavily stacked with



international superstars including Olympians and Olympic medal winners.

"I did have a decent bike and run," he said, "which gives me confidence for the rest of the season."

The title sponsor of the race is also one of Wes's sponsors, and the Tuesday following the race he

was tapped to promote the race's television broadcast the next weekend. He was interviewed by 22 radio stations over five hours. Then on Wednesday flew to Boston to do television interviews with quarterback and fellow Alcatraz participant Doug Flutie.



Left: Wes Hobson; Right: the famous *Hornblower* swim start with the San Francisco skyline.

Photos by Daphne Hougard. See more great photos on the inside cover!

OA Rank	Class Rank	First Name	Last Name	City	Final Time	Class	Swim Time	Bike Time	Run Time	Age
8	8	Wesley	Hobson	Boulder	02:05:38	MPro	00:28:17	00:47:30	00:45:03	34
10	10	Cameron	Widoff	Boulder	02:07:18	MPro	00:30:09	00:47:45	00:44:03	31
19	19	Nicholas	Cady	Boulder	02:12:32	MPro	00:31:06	00:50:16	00:46:12	23
22	22	Scott	Schumaker	Boulder	02:13:33	MPro	00:28:20	00:51:40	00:48:26	31
39	3	James	Billings	Vail	02:22:03	M25-29	00:31:00	00:52:17	00:52:28	25
65	10	Teri	Duthie	Boulder	02:27:38	FPro	00:32:01	00:55:48	00:53:39	24
91	14	Kerstin	Weule	Evergreen	02:33:09	FPro	00:32:33	00:57:28	00:57:11	34
92	9	Jeremy	Alden	Denver	02:33:10	M25-29	00:31:34	00:55:14	00:59:37	25
262	62	Bob	Possehl	Denver	02:51:44	M30-34	00:38:20	01:01:36	01:00:44	32
290	8	Jim	Haack	Ft. Collins	02:53:31	M45-49	00:41:36	01:02:05	01:00:50	45
345	90	Sam	Dantzler	Lakewood	02:57:57	M30-34	00:36:55	01:05:20	01:05:38	31
437	74	Wes	Fleming	Aspen	03:03:46	M35-39	00:37:50	01:02:17	01:12:21	37
464	123	Timothy	Napier	Louisville	03:05:41	M30-34	00:47:09	01:05:51	01:02:08	34
538	87	Kevin	Smith	Denver	03:10:51	M25-29	00:52:41	01:07:38	01:01:17	28
589	22	Brian	Hall	Littleton	03:14:48	M20-24	00:40:08	01:06:59	01:15:06	23
617	176	Joe	Wilson	Highlands Ranch	03:15:56	M30-34	00:38:09	01:08:47	01:14:23	32
762	119	Michael	Carruth	Lakewood	03:26:52	M25-29	00:54:53	01:13:37	1:05:42	28
877	3	Nancy	Weninger	Larkspur	03:40:35	F50-54	00:54:18	01:16:31	01:17:15	53
935	7	Martha	Haack	Ft. Collins	03:51:47	F45-49	00:48:27	01:21:27	01:27:48	47
949	27	Seamus	Murphy	Ft. Collins	03:54:47	M20-24	00:55:21	01:19:35	01:29:17	23
950	237	James	Trowbridge	Denver	03:55:41	M30-34	00:42:46	01:18:42	01:34:22	34

Cheyenne Mountain Sprint Triathlon
June 24, 2001 750m/20k/5k
presented by The Total Performance Institute:
www.thetpi.com

OVERALL TOP TEN WOMEN AND MEN

TOTAL	NAME	AGE	SWIM	T1	BIKE/MPH	T2	RUN/PACE
1 1:07:27	Duthie Teri	24	9:56	1:06	35:01 21.3	0:42	20:44 6:41
2 1:07:56	Williams Susan	32	9:31	0:54	34:53 21.4	0:47	21:54 7:03
3 1:10:52	Tarkington Sara	20	11:56	1:08	36:33 20.4	0:42	20:34 6:38
4 1:11:41	Rosenkranz Sara	31	10:55	1:16	36:32 20.4	1:02	21:58 7:05
5 1:13:31	Nell Miller	23	10:23	1:33	38:31 19.4	1:01	22:04 7:07
6 1:13:32	Turtle Carolanne	27	9:54	1:26	37:21 20	1:10	23:43 7:38
7 1:13:44	Grabau Karen	36	13:11	1:59	37:50 19.7	0:59	19:47 6:22
8 1:13:55	Chaney Carrie	25	9:48	1:37	38:06 19.6	1:10	23:15 7:29
9 1:14:36	Lantz Ann	38	13:28	1:18	36:47 20.3	0:51	22:15 7:10
10 1:15:00	Prince Shannon	33	11:42	1:26			24:53 8:01
1 58:05	Kemper Hunter	25	8:55	0:36	30:51 24.2	0:34	17:11 5:32
3 58:58	Perdrizet Brent	24	9:38	0:49	30:46 24.2	0:36	17:11 5:32
2 58:46	Smedley Michael	27	8:49	0:37	31:00 24.1	0:34	17:49 5:44
4 59:59	Mackie Rory	20	9:40	0:36	31:00 24.1	0:35	18:09 5:51
5 1:00:07	Llerandi Nate	32	9:03	0:51	31:35 23.6	0:37	18:03 5:49
6 1:00:40	Fleishmann Brian	23	9:26	0:54	30:55 24.1	0:43	18:43 6:02
7 1:01:48	Cady Nicholas	23	10:40	0:38	31:59 23.3	0:35	17:59 5:48
8 1:01:51	Rosenkranz Ric	30	10:21	0:46	32:05 23.2	0:39	18:00 5:48
9 1:02:33	Johnson Andy	30	9:30	0:43	33:26 22.3	0:33	18:23 5:55
10 1:02:38	Sacco Nic	25	10:43	0:44	31:51 23.4	0:33	18:49 6:04

DIVISION RESULTS

TOTAL	NAME	AGE	SWIM	T1	BIKE/MPH	T2	RUN/PACE
Female Pro/Open							
1:07:27 1	Duthie Teri	24	9:56	1:06	35:01 21.3	0:42	20:44 6:41
1:07:56 2	Williams Susan	32	9:31	0:54	34:53 21.4	0:47	21:54 7:03
1:11:41 3	Rosenkranz Sara	31	10:55	1:16	36:32 20.4	1:02	21:58 7:05
Female 19&Under							
1:27:29 1	Twark Claire	15	16:31	1:21	43:34 17.1	1:08	24:57 8:02
1:28:54 2	Simpson Darcy	15	11:10	2:13	43:49 17	1:21	30:22 9:47
1:39:28 3	Rippy Brandy	19	13:49	3:04	50:28 14.8	1:07	31:01 9:59
Female 20-24							
1:10:52 1	Tarkington Sara	20	11:56	1:08	36:33 20.4	0:42	20:34 6:38
1:13:31 2	Nell Miller	23	10:23	1:33	38:31 19.4	1:01	22:04 7:07
1:16:11 3	Turtle Sara	24	11:09	2:26	38:44 19.3	1:19	22:34 7:16
Female 25-29							
1:15:11 1	Wlad Kerrie	29	14:16	1:04	38:02 19.6	1:06	20:45 6:41
1:15:33 2	Bretz Heather	29	13:25	1:13	36:31 20.4	0:56	23:30 7:34
1:17:34 3	Pape Andrea	27	12:39	1:45	38:33 19.3	1:06	23:33 7:35
Female 30-34							
1:15:00 1	Prince Shannon	33	11:42	1:26			24:53 8:01
1:15:26 2	McKenna Heidi	34	13:03	1:37	37:33 19.9	1:03	22:11 7:09
1:17:02 3	Woodcock Charlie	31	12:18	1:13	39:44 18.8	0:48	22:59 7:24
Female 35-39							
1:13:44 1	Grabau Karen	36	13:11	1:59	37:50 19.7	0:59	19:47 6:22
1:15:55 2	Heisdorffer Trish	37	10:55	1:34	36:20 20.5	1:08	26:00 8:22
1:19:11 3	Yoder Rebecca	36	13:43	1:17	37:16 20	0:47	26:10 8:26
Female 40-44							
1:17:35 1	Smith Caroline	42	13:27	1:08	38:08 19.6	0:48	24:07 7:46
1:17:53 2	Cummings Judyann	41	12:21	1:41	39:47 18.7	1:07	22:59 7:24
1:25:15 3	Nelson Dayna	40	14:11	1:52	42:15 17.6	1:31	25:28 8:12
Female 45-49							
1:15:28 1	Griffin-Kaklik Susan	46	11:35	1:16	38:00 19.6	0:56	23:42 7:38

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TOTAL	NAME	AGE	SWIM	T1	BIKE/MPH	T2	RUN/PACE	TOTAL	
1:25:59	2 Troeger Susan	48	15:29	2:26	41:13	18.1	1:13	25:40 8:16	
1:27:30	3 Bird Susan	46	13:51	2:01	43:10	17.3	1:39	26:51 8:39	
Female 50-54									
1:40:42	1 Russell Judith	54	15:18	3:15	48:06	15.5	1:37	32:28 10:27	
1:40:52	2 Burris Linda	53	16:36	3:45	44:35	16.7	2:04	33:54 10:55	
1:44:09	3 Schwartz Karen	50	14:30	4:14	44:51	16.6	3:19	37:17 12:00	
Female 55-59									
1:44:36	1 Fady Karen	58	17:11	3:17	49:49	15	1:54	32:27 10:27	
2:05:00	2 Thornton Louise	58	22:02	3:23	51:54	14.4	2:10	45:33 14:40	
AGE	NAME	SWIM	T1	BIKE	MPH	T2	RUN	PACE	TOTAL
Male Pro/Open									
1	25 Kemper Hunter	8:55	0:36	30:51	24.2	0:34	17:11	5:32	58:0
2	27 Smedley Michael	8:49	0:37	31:00	24.1	0:34	17:49	5:44	58:46
3	24 Perdrizet Brent	9:38	0:49	30:46	24.2	0:36	17:11	5:32	58:58
Male 19 & Under									
1	17 Seymour Matt	9:50	1:04	35:28	21	0:53	20:38	6:39	1:07:51
2	19 Wangerin Nathan	10:51	0:58	38:21	19.4	0:41	21:02	6:47	1:11:51
3	17 Taylor Thomas	9:49	1:42	39:04	19.1	1:18	21:48	7:01	1:13:39
Male 20-24									
1	24 Taylor Bryan	14:21	1:28	36:05	20.7	0:48	18:16	5:53	1:10:56
2	23 Steen Shawn	10:34	1:41	35:56	20.8	0:51	22:32	7:15	1:11:31
3	24 Eagan Matthew	12:02	1:00	35:31	21	0:44	22:45	7:20	1:12:01
Male 25-29									
1	29 Frydenlund Jeffrey	10:41	0:37	33:13	22.4	0:36	20:17	6:32	1:05:23
2	27 Garcia Cortino	11:20	1:02	33:52	22	0:52	20:53	6:44	1:07:58
3	25 Ianacone Garrett	11:16	1:30	34:40	21.5	0:47	21:34	6:57	1:09:46
Male 30-34									
1	31 Chesney Curt	11:06	1:34	31:21	23.8	0:59	20:39	6:39	1:05:37
2	32 Ruterbories Kenneth	11:26	1:12	33:00	22.6	0:48	19:50	6:23	1:06:14
3	30 Holt J.D.	11:26	1:00	34:23	21.7	0:43	20:31	6:36	1:08:00
Male 35-39									
1	39 Selkirk Gordon	11:01	1:56	34:21	21.7	1:12	20:29	6:36	1:08:57
2	35 Dunn Paul	13:08	2:19	32:47	22.7	1:11	19:47	6:22	1:09:10
3	36 Sandell Tim	10:53	1:10	36:14	20.6	0:55	20:18	6:32	1:09:28
Male 40-44									
1	41 Herdelin-Doher Baron	11:09	0:55	34:34	21.6	0:36	20:29	6:36	1:07:41
2	41 Dallam George	11:10	1:08	34:26	21.7	1:02	22:55	7:23	1:10:40
3	43 Crossen Timothy	13:00	1:23	33:42	22.1	0:59	21:45	7:00	1:10:47
Male 45-49									
1	49 Orendorff Michael	11:56	1:31	35:31	21	1:12	22:05	7:07	1:12:12
2	49 Coombs Dennis	12:17	1:46	36:30	20.4	1:44	21:54	7:03	1:14:08
3	46 Fretz Joseph	11:51	2:15	36:55	20.2	1:11	23:02	7:25	1:15:13
Male 50-54									
1	53 Perez Charley	13:38	2:05	35:56	20.8	1:35	19:27	6:16	1:12:39
2	50 McCreary Patrick	14:01	1:28	37:30	19.9	0:56	23:05	7:26	1:16:58
3	50 Lotze Ken	13:40	1:39	38:54	19.2	1:09	23:47	7:40	1:19:06
Male 55-59									
1	56 Wilson Bruce	12:54	2:07	39:10	19	1:06	24:49	8:00	1:20:05
2	55 Wick Barry	15:00	3:21	44:50	16.6	2:28	32:10	10:22	1:37:48
3	56 Edwards Morgan	14:45	4:12	49:26	15.1	2:05	35:50	11:33	1:46:16
Male 60-64									
1	61 Thornton George	13:55	2:24	43:57	17	1:45	33:51	10:54	1:35:51
2	63 Whitford Don	17:00	6:29	44:06	16.9	1:32	27:20	8:48	1:36:26
Male 65-69									
1	67 Sturtevant John	18:13	2:41	46:46	15.9	1:44	30:39	9:52	1:40:02
2	67 Leonard Brad	18:36	2:38	45:24	16.4	1:40	33:48	10:53	1:42:05
Male 70-74									
1	71 Welo Bob	19:39	3:54	50:31	14.8	1:24	33:25	10:46	1:48:52
Relays									
1	Jayson-Bruce-Kimbal	14:58	0:48	38:27	19.4	0:31	21:03	6:47	1:15:45
2	Mercier & Friends	15:46	0:38	37:43	19.8	0:37	21:41	6:59	1:16:25
3	Strecker/Aragon/Soistmann	12:29	0:49	40:27	18.4	0:39	27:56	9:00	1:22:18

Earlier Sunday morning, while the XTerra competitors enjoyed a rare chance to sleep in before their 10:30 start time, the sprint distance Microsupreme XT took place as a precursor to the main event at the Keystone XTerra Festival.

When I first saw the name of this race, I began pondering the meaning of the initials 'XT'.

An acronym, I thought. But for what? The first part of the race's name sounded like a good beer. But all I could conjure up for the XT is 'eXtra Tiny'. I'm sure there is a more logical and straightforward explanation. Perhaps it simply represents an abbreviation of XTerra, which is more likely. And symbolically, the Microsupreme XT is an abbreviation of the full XTerra, much like a Half-Ironman is a shorter version of a full Ironman.

At any rate, I liked the idea of getting in a workout before covering the main event. And I figured the sprint distance would be a fun way to jump back into the sport after three years away from triathlon racing. You can take the athlete away from competition, but you can't take the competitive spirit away from the athlete...or something like that. I looked forward to stringing all three together again.

I have spent the summer seeking out epic trail runs in the Rockies and have mainly relied on running over the past few years as my fitness staple. Swimming and biking have been sporadic. Having sold my road bike after my last race in 1998, the one consistent aspect of biking has been commuting around town. And I have gotten in the water enough to maintain a decent feel. I figured my general fitness would be good enough to attack the sprint course at Keystone and enjoy every moment of it.

I arrived early to set up my transition area and began my warm-up for the 8:00 race. A mellow run, some spinning on the bike, last minute checks in the transition area—entrances, exits, bike location—and I was ready to head down to the water.



Having also sold my wetsuit, I borrowed

PROVIDES PRECURSOR TO MAIN EVENT

one from a friend. Wetsuits were required for the cold lake and for some reason I thought I had borrowed a full-sleeved suit. When I arrived at the edge of the lake, I pulled up the wetsuit and realized there were no arms. And I was really looking forward to those sleeves!

Well, at least it had legs, I thought. And as I waded into the water, the temperature didn't seem too bad. The feared sub-55 degree water was a more balmy 60 degree plus. I swam out into the lake for a warm up and rediscovered the added buoyancy of a wetsuit.

The chill hit me as we listened to the pre-race directions and waited the last ten minutes before the precise 8:00 start time.

Not a moment too soon, the cannon sounded and the pack shot off with a jolt. I had lined up in a direct line to the first buoy and sprinted to the front, joined by three other swimmers who came in from the side. I got behind the feet of one guy until we went around the first buoy, then passed him as he began to lag. I settled into the line behind the other two around the second buoy, and then started to move around them to snag the lead. I passed the final guy before reaching the beach and exited the water in the lead with

him on my shoulder.

The one event I was trained for was running and I took advantage of the long run to T1 to secure the lead. Once in the transition, it all came back to me. Wetsuit off. Shoes on. Helmet buckled. Out of there!

The adrenaline rush of racing on a bike came back, a feeling I have missed. I cruised out the bike path to Jack Straw Road and calmed my breathing and heart rate on the first climb. With a glance back, I saw I had a nice lead, but the second guy was still too close for comfort.

In the past, biking was usually my strength, although technical mountain biking has always been a big weakness. A few years after beating out Scott Schumaker for an Ironman spot in a long-course race in Evergreen, he handed me my lunch in an off-road race there, pre-XTerra days. Mountain biking is a different ballgame and I hadn't even been road biking lately.

As I entered the first stretch of single track, my focus narrowed to the task at hand. The course wound up the mountain, zigzag-

Assistant Editor Adam Hodges takes first place in the sprint XTerra

ging back and forth across cleared ski runs and rocky wooded sections. With a quick glance down the slope every now and then, I caught a glimpse of the second man climbing up from below.

I reached the top and it was time to hustle down the mountain.

The descent was a nice break from the quad and lung-burning ascent, but I had to double my focus to keep my bike from jumping out of my hands as I flew over the rocky single track. Once on the road, I flipped it into the big chain ring and enjoyed the speed back to T2. My desire to pedal fast ran up against the technical demands of mountain biking. On

the way, I overshot a few corners but got back on track with no worries.

I entered T2 with the lead and once again the instincts came back. Bike racked. Helmet off. Running shoes on. Grab race belt. I left the transition and fumbled with the race belt. I finally got it on correctly and settled into a run pace.

The single track run became a full contact event. Bushes and low-lying tree branches lined the last section along the river. And I even surprised a few dogs and retired couples out for a Sunday stroll. I maneuvered around the obstacles and made my way to the last one—the river crossing. I splashed through and dashed up the pavement to break the tape at the finish line. Mission accomplished.

I never did figure out if XT stands for anything in particular. But it was great to be done with a morning workout and kick back to watch the stunning performances of the athletes competing in the full XTerra. If I ever figure out this mountain biking, maybe I'll have a go at Wild Thing someday.

-Adam Hodges



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*"On the day of victory,
 no one is tired"*
 -Anonymous

Microsupreme XT Results (down to top 10 women) .5K/13K/5K

1 Adam Hodges #685	30 - 34	:08:14	1:00:40	:21:00	1:29:54
2 Andrew Holton #560	30 - 34	:10:27	:59:06	:20:47	1:30:20
3 Dave Rose #686	25 - 29	:08:35	1:08:35	:22:25	1:39:35
4 Ken McDonald #595	30 - 34	:09:58	1:04:54	:25:15	1:40:07
5 Danny Whelan #651	15 - 19	:12:30	1:06:43	:21:00	1:40:13
6 Aaron Campbell #522	20 - 24	:13:56	1:01:28	:25:21	1:40:45
7 Glenn Armstrong #505	30 - 34	:10:16	1:08:11	:25:22	1:43:49
8 Dave Liechty #582	30 - 34	:10:33	1:06:09	:29:22	1:46:04
9 Brentt Ramsey #622	30 - 34	:09:30	1:08:42	:28:23	1:46:35
10 Warren Carroll #523	20 - 24	:11:55	1:10:48	:25:42	1:48:25
11 Bob Jackson #687	40 - 44	:11:13	1:12:17	:25:32	1:49:02
12 Nevada Montagu #606	30 - 34	:10:51	1:12:52	:25:38	1:49:21
13 Byron Boyle #520	15 - 19	:14:19	1:10:33	:24:37	1:49:29
14 David Anderson #683	40 - 44	:11:04	1:10:54	:27:34	1:49:32
15 Dave Sutton #688	35 - 39	:12:25	1:10:34	:26:43	1:49:42
16 Peter Tomitsch #646	30 - 34	:11:41	1:09:32	:28:58	1:50:11
17 Barry Stone #640	30 - 34	:12:05	1:10:27	:27:48	1:50:20
18 Mike Babcock #507	25 - 29	:11:18	1:13:36	:26:45	1:51:39
19 Brett Roberts #627	30 - 34	:11:43	1:13:07	:27:24	1:52:14
20 Wade Wilson #663	25 - 29	:09:48	1:11:27	:31:09	1:52:24
21 Judson Rogers #656	20 - 24	:14:33	1:10:53	:27:16	1:52:42
22 Julie Fager #542	30 - 34	1 :11:52	1:12:15	:28:52	1:52:59
23 Matt Christiansen #526	30 - 34	:08:54	1:21:15	:23:11	1:53:20
24 Aaron Rogers #564	30 - 34	:11:17	1:12:44	:30:08	1:54:09
25 Neil Christiansen #678	25 - 29	:15:34	1:13:33	:25:27	1:54:34
26 Richard Brewer #521	55 - 59	:12:12	1:14:22	:28:19	1:54:53
27 Steve Seigel #563	15 - 19	:11:10	1:18:37	:25:15	1:55:02
28 Sam Taylor #643	35 - 39	:09:45	1:18:04	:27:17	1:55:06
29 Melanie Barvitski #511	30 - 34	2 :11:36	1:16:30	:27:14	1:55:20
30 Jonathan Boord #518	25 - 29	:14:07	1:14:55	:26:24	1:55:26
31 Carl Meltzer #600	30 - 34	:10:23	1:14:24	:30:42	1:55:29
32 Joel Cervelloni #689	20 - 24	:14:14	1:13:50	:28:16	1:56:20
33 Travis Robinson #661	30 - 34	:14:00	1:12:32	:30:32	1:57:04
34 Dan McIntosh #667	15 - 19	:11:06	1:18:26	:27:44	1:57:16
35 Todd Tzeng #647	35 - 39	:12:29	1:14:24	:30:49	1:57:42
36 Heather Musmanno #609	25 - 29	3 :11:08	1:19:37	:27:23	1:58:08
37 Lisa Swift #642	25 - 29	4 :13:25	1:18:14	:27:15	1:58:54
38 Bret Hooper #562	30 - 34	:13:40	1:18:27	:26:50	1:58:57
39 Cynthia Meyers #610	30 - 34	5 :09:37	1:17:46	:31:39	1:59:02
40 Scott Anderson #501	25 - 29	:14:46	1:17:10	:28:01	1:59:57
41 Todd Alexander #500	40 - 44	:09:08	1:21:07	:29:50	2:00:05
42 Leigh Pezzicara #618	25 - 29	6 :11:45	1:19:44	:28:37	2:00:06
43 Joe Weaver #649	35 - 39	:10:02	1:22:22	:28:34	2:00:58
44 Alli Rainey #665	25 - 29	7 :12:09	1:22:54	:26:12	2:01:15
45 Michael Wilkerson #653	25 - 29	:13:11	1:16:53	:31:18	2:01:22
46 David Stadelmann #639	25 - 29	:14:51	1:15:09	:31:27	2:01:27
47 Jeremy Overholt #615	25 - 29	:13:15	1:23:07	:25:08	2:01:30
48 Mark Riemer #626	25 - 29	:18:53	1:16:35	:26:33	2:02:01
49 Clint Young #654	25 - 29	:12:45	1:18:29	:31:21	2:02:35
50 Jennifer Metz #601	40 - 44	8 :10:18	1:23:16	:29:35	2:03:09
51 Jason Riley #670	25 - 29	:13:06	1:20:39	:29:42	2:03:27
52 Megan O'Donnell #614	20 - 24	9 :13:45	1:24:20	:25:33	2:03:38
53 John Marosi #590	30 - 34	:10:39	1:26:15	:27:11	2:04:05
54 Sven Junkergard #571	25 - 29	:12:14	1:21:43	:30:34	2:04:31
55 Michael Klug #575	25 - 29	:09:02	1:19:04	:36:35	2:04:41
56 Kerry Whitford #652	30 - 34	10 :13:14	1:21:19	:30:31	2:05:04

Siri Wins Worlds

An interview with Boulder's newest World Champion

With a new attitude and a new coach, Siri Lindley has become almost unbeatable on the World Cup circuit, winning 6 of her last eight starts. Since barely missing a place on the U.S. Olympic Team for Sydney she has found an inner strength that has carried her to victory after victory. Two weeks before the World Championships in Edmonton she left all of the top ranked women in the world behind in the Toronto World Cup...

From the reports about Toronto, when you hit T2 you went out on the run and left everybody far behind. What were you feeling at that point in the race?

"I would say probably the most important part of that race for me, or the greatest part of that race, was when I came out of the water. Because for the first time in my career I achieved one of my major dreams which has been to be able to swim well enough to actually be able to come out

with those lead swimmers, you know, Barb Lindquist and Loretta Harrop and Nikki Hackett. So the fact that I had done that, I could have almost ended the race there and been the happiest girl around because that is something that I had been working so hard at for so long. So once I came out of the water with those guys I kind of knew that I was running pretty well in training and I knew that I would be fired up to get out on the run and do the very best that I could. So on the bike it was just a matter of staying up and not crashing like some of the others did. So by the time that I made it through the bike and got out on the run I think I was thinking 'Okay, I know I can do this. I just need to go out. And, in my head, what I wanted to accomplish was to have the fastest run of the day no matter whether I was winning the race or coming in last. I just wanted to know that I had the fastest run split of the day because I kind of wanted to prove to myself that my running was

on and that I would be ready for Worlds a couple weeks later knowing that I was running well. So I think when I did tear out of transition right after I got in there that was definitely my mission. Not to win the race, I wasn't even thinking about winning the race I was just thinking about running as fast as I was capable of running and having the best race that I was capable of on that day.

There have been several races last year and this year where you have had the fastest run split of the day. Were you thinking that you were in a position to win because you often have that fastest split?

"You know I'm sure that probably inside I knew that. But the way

that I've been trying to race this year is just taking all of the focus off of trying to win, but just keeping my main focus just doing the very best that I can every step of the way throughout the race. And knowing that, I think that I started feeling a bit more confident that if I were able to do that, I would have a great shot at winning the race, or having the fastest run. That's been kind of an important thing for me in every race, no matter what's happening and where I am coming off the bike. I have been really trying to get that fastest run split in every race just so that I can have that in the back of my memory. Just to know that, if I am in that situation, if I'm jumping off the bike at Worlds with twenty other women, that I can say to myself, 'Look, I should be the fastest one here, and this is what I have to do.' I would never go out and say to myself while I'm in a race, 'Siri, you've always the fastest run split you should beat all these women.' That's just not at all the way I think. It's more about that I know what I can do and it's a matter of doing the very best that I can. And if I can do that, no matter where I finish, I'll be happy with the effort that I put in. I guess in anything that's the most important thing. It's not the winning or the losing, it's the effort that you put in to something."

Since you have changed your focus off of thinking about the win, you have won most of your last World Cups. Do you think having that slightly different attitude has helped you in your racing?

"I think absolutely. Because I don't feel like I have any pressure on myself when I race now, which has been a huge change. And it's funny because a lot of people say that once you start winning the pressure is going to be incredibly intense. But really it has taken the pressure off myself because ever since even before I won my first World Cup race I had changed my philosophy of racing. Where as last year, say before Olympic Trials, I just wanted so desperately to make the Olympic Team and to do this and to do that, and it was all about this end that I was shooting for. After that kind of all fell apart and I didn't make the Olympic Team I went to train with my new coach and my new training partners my attitude just became, 'okay, I'm in this because I love this sport and I want to become the best



athlete and the best person that I'm capable of being through all this hard work.' I just want to be the best I can be. That's what it's been all about from the day I started with him and all throughout this season. That's so much less pressure than saying, 'I need win this race or I need to make to make this team or I need to get this ranking.' Once you put a label on something that you're trying to accomplish, a label like that, it just puts too much pressure on you and you can't perform as well."

You had an entry in to this Worlds because of what they are calling sort of a wild card entry because you had to drop out of the Shreveport race [the US qualifier for Worlds]. What happened at the Shreveport race?

"I was injured going in to the race. Unfortunately in the World Cup in Rennes, France, which I ended up winning, thank God, I had had a plantar fasciitis problem which really wasn't that big of a deal, except that it was pretty painful, but there was about a 400 meter run from the water to the transition area. It was a carpet over a bunch of rocks and I was running up the carpet and just jammed right on top of a rock that went straight through my plantar fascia and tore some of the fascia. So I made it through that race but for two weeks afterward I was unable to really walk at all and definitely not run. I had a problem on my hands and I was seeing a few doctors there. It was absolutely necessary for me to do the Shreveport race in order to make the World Championship Team. Of course I went and was totally determined to get through the race and do the best that I could and hopefully make the top six which would put me on the World Championship Team. It was horrible. A week before Shreveport I was trying to do some running so I didn't lose everything, and in doing that everything was being affected. My kick in the swim, I couldn't kick because I was getting knee stuff from compensating. So I



because at the time I was second that it wouldn't be a great thing if I wasn't racing. And thank God for that. I was absolutely thrilled that they allowed me to race. I had prepared myself for not racing, because I thought I'm not going to let myself get as devastated as I have in the past, like for the Olympics. It was kind of funny. Because I got a wildcard my number was 60. I was the very last number at the race. So my bike was miles down the transition area, and they were announcing all the people for the start of the race and I barely made the start because I was coming all the way

from behind. But it was cool. You come into a race number 60 and it kind of motivated me even that much more to prove that I should be there and it's good that they let me race. So that was definitely added incentive on the day of the race for sure."

At the Championships, did you feel like you had a good swim that day?

"Actually no. I felt like my swim was pretty crappy. Unfortunately the first lap of my swim was just horrible and I think I lost a bit of time. It was a tight swim, definitely a difficult course. The second lap I was able to catch up to where I was in the lead chase pack. Of course it would have been much nicer to come out with the front leaders again in that race. But it just didn't happen. And it ended up working out okay anyway. We biked really, really hard to try and catch up. And then they had the crash

up at the front, which obviously was horrible for those guys, but it ended up with us having a better shot at catching them earlier on in the race."

Did you catch them when they had the crash?

"No, it took us about a half a lap, or so to actually catch them. There were two girls, Kathleen Smet from Belgium and then two German girls,

Joelle Franzmann and Christiane Pilz and the four of us just absolutely put our heads down and hammered away knowing that we needed to capitalize on this opportunity. I was pretty bummed because some of my friends were in the crash, and that's always upsetting to see, but we were in the race and we thought now it's our chance to go catch them. So we really for the first two laps were just balls out just going as hard as we could. When we caught up to them and formed the whole first pack it was still pretty important to ride hard and be working really hard out there because we still had Carol Montgomery behind us and

Joelle Franzmann and Christiane Pilz and the four of us just absolutely put our heads down and hammered away knowing that we needed to capitalize on this opportunity. I was pretty bummed because some of my friends were in the crash, and that's always upsetting to see, but we were in the race and we thought now it's our chance to go catch them. So we really for the first two laps were just balls out just going as hard as we could. When we caught up to them and formed the whole first pack it was still pretty important to ride hard and be working really hard out there because we still had Carol Montgomery behind us and

**Photos courtesy of Sportsworld Media Group
Chilli/Allsport/Brian Bahr**

some of the other runners. You don't really want to get off the bike with those guys if you don't have to."

You passed Michellie [Jones] right before you even exited the fence of T2. Did you feel at the beginning of the race that she was your toughest competition or did you feel like maybe Nikki or Loretta was your toughest competition?

"That's interesting because in a sense I knew that if I were looking at other people I would have thought Loretta was going to be my major competition because she is my training partner and in training she was just on fire for the couple of weeks before that race. So I knew that

she was going to be the one to beat. But going in to every single race I try not to think about the people that I'm racing against. Instead I'm thinking my biggest competitor out there is going to be myself because I'm the only person that I have control over. It's no sense in me worrying about what somebody else is going to do on race day. I'm just going to worry about tackling my own weaknesses, whatever they may be mentally on that day."

Post-race you said that you weren't afraid to lay out all of what you had on the bike, and that you'd still be able to run fast. Was that a scary strategy for you or did you have that much confidence that you could kick on the whole bike and still run?

"My coach is the most incredible coach in the world, I think, and our training is probably the hardest training that you could ever imagine for this distance in triathlon. But as miserable and hard as it can be in



training, the greatest benefit of it for sure is that you get in a race and you know you can cover the distance and you know that you can go absolutely all out the entire way and survive it. It wasn't necessarily a confidence like, 'oh, I'm great and I can do this..' Its just knowing. I knew the fitness that I had worked so hard at achieving and I knew that I had that fitness at that point. In every single race in July and August that was something that gave me the confidence to know that at least I have a chance. There were races when we'd have a big pack of girls and a lot of people wouldn't be working and I would kind of go to the front. And I didn't care if I pulled for the whole entire race because I knew what I'd done so many times in training. I've done forty k time trials followed by an all out ten k run and I know that I can handle that. Normally in drafting races the race is actually easier than the training that we're doing. So I think its just a matter of knowing that I had done the work, that I'd felt that pain before."

You were named United States Olympic Committee Athlete of the Month for July. What significance does this have for you?

"It's funny, all these things. It's so amazing. My mom tonight just made this photo album up with all these pictures of all of my races and the wins and stuff like that. I kind of looked at it and I'm like, 'my God was this me? Did I do these things?' I don't think I've actually taken the time to think about what's happened over this season because I've been go, go, go. It

really hit me and got me kind of emotional to see because it was the first time that I really thought about what had happened and at the same time I thought about that as well [the award] and that's huge. Who would have ever dreamed that I would be accomplishing the things that I did this summer? I would never have believed that of myself. I know that's pretty lame, but I wouldn't have. So it's just the most amazing feeling in the world and I feel blessed in a way. Blessed that I have had the determination to follow this program and really stick my head in there and go for it and never give up. And my dreams have come true. It's incredible to actually see the rewards of all your hard work. I hope that everyone gets the opportunity at some point, the people that are working out there day after day and putting their heart and soul into it like I have, I hope that they can come up with an accomplishment of whatever sort that makes them feel the way that I do now because it's an incredible, fulfilling feeling."

Interestingly enough, so many of us who thought you would make it to Sydney, we're all thinking that perhaps the fates are pointing towards Athens [2004] instead. Are you looking towards Athens?

"I'm trying not to. Right now I'm kind of making every single race the most important race there is. I'll enter Cancun in November, and right now that is my main focus. I think I'm going to keep it that way all the way up until 2004. If on that day I make the Olympic Team and I get to go to Athens then I'll treat that race just as I have every other one this year. I'm not going to make the same mistake I made last year where I said I've got to make the Sydney Olympics, it's do or die, it means everything to me, and if I don't make it who knows I'll just die. The effects of that when it doesn't happen are just really devastating and I refuse to go through that again. If I can continue to work as hard as I have been and continue to perform and make things happen then hopefully that will just be a natural progression. I would certainly love to be there and would love to have a shot at representing my country and making them proud."

You already make us proud Siri.

-interview by Kristen McFarland

Worlds Qualifier...

A Chilly Affair

Lake Placid, New York.

The site of the 1980 Winter Olympics was selected for the qualifying race for the 2001 World Age Group Championships. Unfortunately, the weather was closer to winter than summer on June 2nd. The Wednesday before the race it actually snowed in the picturesque upstate New York town.



Author Steve Roberts at Ironman USA '99

After checking into the hotel Thursday, I heard a decision had been made by USA Triathlon to turn the race into a duathlon due to the water temperature in Mirror Lake....a brisk 55 degrees. I was

disappointed to hear this news. Not that I'm a great swimmer, but I usually do fairly well in my age group in the first leg of the race. With the first 6 finishers in each age group qualifying for the World's, the competition would be very tight for the spots.

At the race meeting Friday it was announced there would be a swim, but it would be shortened to 500 meters. Needless to say, the changes back and forth created some controversy. Some folks left their wetsuits home thinking the swim was cancelled. Mike Highfield, president of USA Triathlon, worked to solve the problem. By putting the competitors who had no wetsuits into later waves and soliciting athletes to loan their suits to others, a system was created to pass off suits from earlier waves to later waves.

Race morning was overcast, with the air temperature at 54 and the water 56 degrees. Wave starts were spread nicely, and the swim, while a bit shocking to the system, was over quite quickly. Transitions were a lit-

tle slow since people were donning various layers of tops, gloves, etc., not normally worn during races.

The bike course was generally downhill on the way out, with some climbing coming back into town. Fortunately, the roads had pretty much dried out after the overnight rains. With only a few turns, the course was fairly safe.

The run, while advertised as flat, seemed pretty hilly to me. The first half was mostly up with a mile and a half steady climb to the turn-around point. A return into town led to the finish line in the Olympic skating oval. Thankfully, it wasn't so cold that we needed to lace up our ice skates to cross the finish line.

Colorado competitors fared well with 10 individuals landing in the top six spots in their age groups to automatically qualify for the world championships in Edmonton. On a personal note, I managed to get the sixth spot in my age group, but a calf injury two weeks after the race will keep me home that weekend.

In regard to the race quality, USAT did a very good job under difficult circumstances. The one major mistake was the pre-mature communication on their web site that the swim was cancelled. But the final decision was the right one. All other organizational aspects of the race were first rate.

Lake Placid provides a great venue and with next years race scheduled for later in June, the weather should be more cooperative.

-Steve Roberts

COLORADO COMPETITORS

Blake Ottersberg *	15-19	1:50
Benjamin Kneller	15-19	1:58
William Kelsay	15-19	2:00
Brandon Rakita *	20-24	1:46
Ryan Ignatz *	20-24	1:47
Gregg Woods	20-24	1:51
Gregg Poliseo	20-24	1:53
Giovanna White *	20-24	2:06
Erin Huck	20-24	2:15
Monica Kaplan *	25-29	1:59
(second overall)		
Steve Fromer	30-34	1:59
Kim McCormack	30-34	2:11
Susan Griffin-Kaklik *	45-49	2:11
Kris Skiles	45-49	2:21
David Rakita *	50-54	2:04
Susan Falsey	50-54	3:11
Steve Roberts *	55-59	2:13
Celeste Callahan *	55-59	2:41
Brad Leonard *	65-69	2:52

*qualified for Worlds as one of top 6 in age group
Monica Caplan was 2nd overall.
Ryan Ignatz was 4th overall.

Ft. Morgan Elks Tinman Triathlon

June 9, 2001 (olympic distance +)

results at right 

Ft. Morgan Elks Half Ironman

June 9, 2001 results below 

MALES - OVERALL WINNER			
1	247 RIC ROSENKRANZ	COLO SPGS	04:23:23
FEMALES - OVERALL WINNERS			
1	244 CAROLANNE TURTLE	LITTLETON	05:00:21
FEMALES - 15 to 19			
1	107 MELISSA HINMAN	PARKER	06:23:47
MALES - 20 to 24			
1	141 ANDREW JOHNSON	BOULDER	04:58:52
2	137 SCOTT PINGER	ARVADA	06:32:17
3	128 GENCI SULA	DENVER	07:16:11
FEMALES - 20 to 24			
1	113 LAURIE MC DONOUGH	BOULDER	05:49:29
2	144 LOREN WEHMEYER	LONGMONT	06:07:53
3	139 KELLY FITZHARRIS	ASPEN	06:56:01
MALES - 25 to 29			
1	255 TROY THEODOS	BOULDER	04:35:10
2	224 NATHAN KIRLAND	BOULDER	04:45:47
3	201 ANDREW ADAMOWSKI	EVERGREEN	04:50:28
FEMALES - 25 to 29			
1	110 FRANCES JOHNSON	LITTLETON	05:48:55
2	142 KIRSTEN MC CAY-SMITH	FT COLLINGS	05:52:27
MALES - 30 to 34			
1	216 JIM HARKNESS	STEAMBOAT SPGS	04:31:04
2	249 JEFF JEWELL	SUPERIOR	04:34:32
3	225 NEIL KRAUSS	DENVER	04:57:40
FEMALES - 30 to 34			
1	228 ERIKA LEETMAE	DENVER	05:11:53
2	129 KAREN THORPE	SANTA FE NM	05:16:12
3	221 REBECA INGRUND	DENVER	05:22:33
MALES - 35 to 39			
1	214 RICH HAGER	STEAMBOAT SPGS	04:41:21
2	243 MICHAEL TRAVERS	COLO SPGS	04:45:54
3	573 DEAN FREASE	EVERGREEN	04:50:48
FEMALES - 35 to 39			
1	126 SUSIE WASSON	ARVADA	05:54:26
MALES - 40 to 44			
1	248 KEVIN EDWARDS	BOULDER	04:51:55
2	138 MYRON ZOGLMANN	PARKER	05:38:39
3	135 MARTY SHEA	DENVER	05:43:08
FEMALES - 40 to 44			
1	111 CHRIS MC KELVEY	CARBONDALE	06:38:26
2	106 BARB HEWITT	LAKEWOOD	07:05:17
MALES - 45 to 49			
1	212 JIM FULLER	GREELEY	05:04:33
2	258 CISCO QUINTERO	ERIE	05:05:09
3	219 RICK HINMAN	PARKER	05:18:17
FEMALES - 45 to 49			
MALES - 50 to 54			
1	232 AL MARVIN	DENVER	05:25:53
2	118 ROGER MYERS	LAKEWOOD	06:32:53
FEMALES - 50 to 54			
1	117 LA REE MORRIS	MORRISON	07:44:12
MALES - 55 to 59			
1	235 BRUCE WILSON	BOULDER	05:33:58
2	146 DENNIS WEST	DENVER	05:44:11
MALES - 60 to 64			
1	147 RICHARD FRIEDMANN	LAKEWOOD	07:46:31
MALES - NO AGE GROUP GIVEN			
1	227 KYLE LAWTON	STEAMBOAT SPGS	04:59:50
2	211 ROBBIN FORSYTH	BOULDER	05:03:15
3	133 DAREN MORRISON	GUNNISON	05:55:07

MALES - OVERALL WINNER			
1	563 ROMUALD LEPERS	BOULDER	02:10:24
FEMALES - OVERALL WINNER			
1	505 SARA ROSENKRANZ	COLO SPGS	02:30:19
MALES - 15 to 19			
1	528 CHAD SEYMOUR	LITTLETON	02:19:29
2	530 THOMAS TAYLOR	FARMINGTON/NM	02:36:10
FEMALES - 15 to 19			
1	404 ELIZABETH KUDNER	BOULDER	03:22:34
MALES - 20 to 24			
1	556 PAUL FRITZSCHE	BOULDER	02:11:41
2	561 JOSIAH MIDDAGH	VAIL	02:19:45
3	564 JASON MC DONALD	AURORA	02:22:11
FEMALES - 20 to 24			
1	559 SARA TURTLE	LITTLETON	02:33:09
2	455 NELL MILLER	BOULDER	02:36:02
3	427 ABBIE KALEMBA	FT COLLINS	02:51:34
MALES - 25 to 29			
1	565 JARED BERG	BOULDER	02:12:22
2	468 JIMMY ARCHER	BOULDER	02:14:05
3	549 BRENDAN MURPHY	LITTLETON	02:15:02
FEMALES - 25 to 29			
1	517 WENDY MADER	FT COLLINS	02:34:02
2	474 KELLI KIDD	BROOMFIELD	02:43:07
3	532 NADIA VOTTERO	BOULDER	02:56:47
MALES - 30 to 34			
1	562 JOSEPH FOGARTY	COLO SPGS	02:14:39
2	567 CURT CHESNEY	BOULDER	02:19:00
3	550 KENNETH RUTERBORIES	DENVER	02:19:38
FEMALES - 30 to 34			
1	426 SARA HOOGSTRATE	DENVER	02:39:50
2	458 STEPH POPELAR	LAKEWOOD	02:42:02
3	514 TAMARA HARBISON	BOULDER	02:42:27
MALES - 35 to 39			
1	552 DANIEL MILLER	BOULDER	02:20:06
2	554 SCOTT BINDER	ALBUQUERQUE /NM	02:26:11
3	358 ANDY AMES	BOULDER	02:27:48
FEMALES - 35 to 39			
1	259 KAREN GRABAU		02:39:36
2	539 TRISH HEISDORFFER	WESTMINSTER	02:47:08
3	408 PAULA NICKEL	FT COLLINS	02:47:34
MALES - 40 to 44			
1	537 ANDY FOX	DENVER	02:17:15
2	516 KENNY LEADER	NIWOT	02:23:35
3	535 JOHN DELMEZ	HIGHLANDS RANCH	02:24:45
FEMALES - 40 to 44			
1	442 SUSAN VAN ORDEN	DENVER	02:36:08
2	527 MONICA RYAN	DENVER	02:38:52
3	412 MARLEEN PUZAK	DENVER	03:01:04
MALES - 45 to 49			
1	523 WOODY NOLEEN	COLD SPGS	02:22:56
2	501 GALEN CLASSEN	DENVER	02:45:08
3	441 JOSE VALDES, JR	WINDSOR	02:45:35
MALES - 50 to 54			
1	437 CLIFFORD LOEB	FT COLLINS	02:50:21
2	321 JIM SHVIRAGA	LOUISVILLE	03:47:04
FEMALES - 50 to 54			
1	415 JEAN WOOD	LOUISVILLE	03:08:18
2	417 HEIDI HOFFMANN	ASPEN	03:16:32
3	362 LOUISE SHORTER	BOULDER	03:20:34
MALES - 55 to 59			
1	510 MICHAEL CHESNOE	DENVER	02:50:37
2	310 JIM FINLEY	MASONVILLE	03:15:53
MALES - 60 to 64			
1	333 JOHNNY CHAPIN	BOULDER	02:59:38
2	466 GEORGE THORNTON	FT COLLINS	03:30:02
3	425 JOHN DOW	BOULDER	03:34:41
MALES - 65 to 69			
1	553 RICHARD ALEXANDER	LOVELAND	02:55:45
2	405 KARL MAHLE	BOULDER	03:22:44
3	338 JOHN STURTEVANT	SALIDA	03:44:56

TROUBLES AT TINMAN

BY A.J. JOHNSON

On June 9th athletes showed up to test their fitness in the Fort Morgan Tinman and 1/2 Ironman Triathlons. Located just a few hours drive from Denver, Boulder, or Greeley, Fort Morgan was well located to attract some of Colorado's best triathletes. Despite the cancellation of last year's race, this year race officials were able to offer the 1/2 Ironman distance for the first time, in addition to the 1k swim, 50k bike and 10k run Tinman.

The race was cancelled last year due to the fact that there was a conflict between an irrigation company and the state of Colorado. The two sides could not come to an agreement about the lake, and that dispute lead to race



officials not getting a date that they could use the lake until it was too late. Officials felt that they could not go all the necessary work to promote and hold a strong race. This year however, race director Larry Worth was given a date early enough to get the race going, and even expand the race. "It's about

Photos:
Top right and above: Author A.J. Johnson; right: Jimmy Archer

the best we've had in a couple of years", Worth commented on this years event.

As it seems with most races, the start was delayed. With 1/2 Ironman contestants leaving first in two separate waves, things finally got started after an initial 30 minute delay. Unfortunately, successive waves were delayed

even longer. At the last minute swim course safety officials decided that it was unsafe to start the next wave until the last swimmer from the previous wave had reached the half way point. This proved to be a real problem for the middle to final waves. Some of those waves ran up to an hour late. Considering that pre race nutrition can often make or break your day this was truly problematic. Adding to the swim debacle was the difficulty in navigating the course. While buoys were set up, they were hardly visible in the early morning glare. The only instructions swimmers received was to keep the buoys on your right and to take a right at " that buoy out there". The markers in the water were a little more than three feet and placed very far apart making for a tough first leg. As Paul Fritzsche, second overall in the Tinman put it, " a combination of sun glare and drift-

ed buoys made the course difficult to follow." Additionally the length of the course had to be questioned. The 1/2 Ironman distance saw a top time of 34ldj minutes, while the Tinman had a top time of dkk. Given these times one can only assume that both courses were long. After completing the challenge of the swim it was on to a fair bike course. With no real hills to speak of there was really no place to make a big move. However the constant rolling terrain would prove the course to be deceptively difficult. The course was a point to point affair starting from Jackson Lake and ending in Fort Morgan. Tinman athletes raced for 31k while the half iron competitors raced the standard 56 miles. With no real shade to speak of and water stations few and far between hydration became an issue. Half Iron



If you didn't get the water bottle hand off perfectly, it was entirely possible to go right on through without any fluids. Additionally the aid stations had only water, no sports drink, gels or bars. With Allsport drinks as a sponsor it was hard to believe it was not available to any athlete on the course.





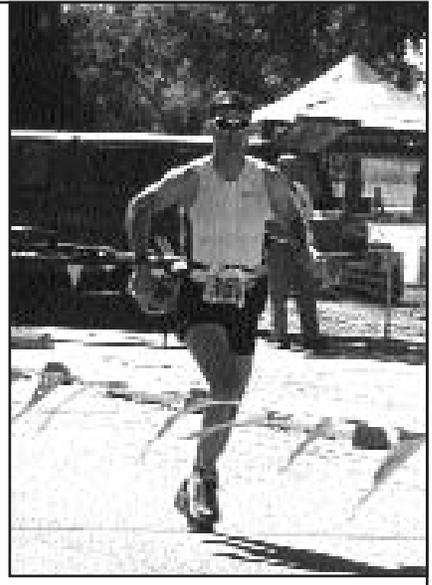
low, but in general was decently marked. The real problem was determining who your competitors were. With two different races happening on the same course you had to ask which event a person was competing in. Determining who you had to chase and who you could let go was impossible without asking. Some marking on the calf to indicate which event the person was competing in would have made a world of difference. Fortunately congestion was not an issue. Most athletes I spoke with had no problems getting around other athletes. Most likely this was due to the large time gaps in between start times.

racers had only three stations to pick up fluids. The aid stations consisted of three to four people handing out water bottles. If you didn't get the water bottle hand off perfectly, it was entirely possible to go right on through without any fluids. Additionally the aid stations had only water, no sports drink, gels or bars. With Allsport drinks as a sponsor it was hard to believe it was not available to any athlete on the course. The bike course was at times difficult to fol-



Getting on the run course things were tough from the start. Being a point to point bike, racers had to leave their run gear in a bag to be taken to Fort Morgan, where the bike course would end. The logistics of first getting the gear to the site and then handing the correct bag to the correct athlete were difficult. During the pre race meeting any explanation of how T2 would work immediately inspired more questions and confusion. Athletes did not know if they had to call out numbers, would they have to search for their bags, or ultimately would their bag even be there? Despite all of the confusion on the athlete's part most transitions went smoothly. While some had bags waiting for them, others did have to quickly search for the right gear. Fortunately no one had to run barefoot.

The course itself was



Top right: Ryan Haug; top left : Sarah Goldfine; bottom right: Grant Helicky; bottom left: Kyle Boschen

simple but brutal. A simple out and back 10k for the Tinmen and Tinwomen and 13.1 miles for half iron competitors that ended where the bike began. The course was mostly flat, with no shade. Again, it was the lack of aid stations that hurt the course's quality. The stations were too far apart, only one





appointed to discover that the water stations were too sparse and barley had anything left by the time we passed by them," said Paul Fritzsche. Poor aid stations are tough enough, but add in heat and a lack of shade and the final leg can become extremely difficult.

Upon crossing the finish line racers ironically got the food and drink they were looking for on the course. There was plenty of fruit and Allsport to be had, apparently organizers had saved it all for the end. The award ceremony was complicated by a number of mis-timings. At one point a woman was recorded as

had Allsport, there was no food, and the cups were the size of those you get at the dentist. One had to grab two cups to get any decent amount of water and most had to stop at the stations to get adequate liquids. Also, due to the fact that Half Iron competitors had a further turn around point some of the final stations were close to bare by the time they reached them. This was also a problem for some of the elite racers because they had started so far behind other racers. " I was dis-

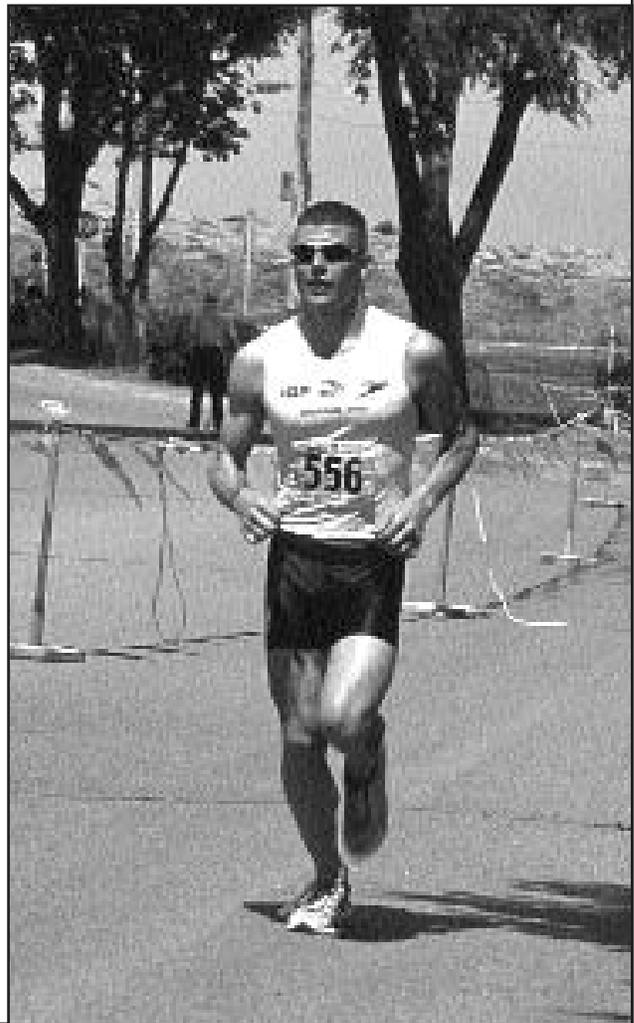
a sub 18 minute 10k, while one man had run a 45 minute half marathon. By the time it was all cleared up, most athletes had left. Choosing to get home rather than wait to accept their award.

The awards were actually very nice. The top three in each category received an engraved silver travelling mug. Also on the bright side, all athletes did get their swim gear back as it had to be transported from the swim start to the finish line.

So what do athletes take away from this race? It was a tough, solid

race that has great potential. With it's proximity and challenging course it has the ability to attract many athletes from around the state. However, to capitalize on that potential some improvements have to happen. Obviously aid stations need to be more abundant and have better items available, detailed maps of the course need to be available to every athlete in their race pack, and organization of the pre and post race activities needs to be improved. This was the first time that both a half iron distance and a shorter distance race had been run together for this event. By making some simple changes race directors could turn this race into a Colorado favorite. 

Top left: Karen Grabau; bottom left: Grant Iancone; Bottom right: Paul Fritzsche





July 29, 2001 Keystone, Colorado
1K/ 26K/ 10K Off Road Triathlon
pro and top age group results

Pro Men

1	Mike Vine	:13:40	01:10:40	00:40:21	2:04:41
2	Nicholas Lebrun	:15:01	01:10:26	00:39:45	2:05:12
3	Ned Overend	:14:45	01:09:29	00:43:06	2:07:20
4	Conrad Stoltz	:13:05	01:13:29	00:41:37	2:08:11
5	Michael Tobin	:15:22	01:12:35	00:40:34	2:08:31
6	Seth Wealing	:13:04	01:18:16	00:42:12	2:13:32
7	Dave Harrison	:15:37	01:14:45	00:43:15	2:13:37
8	Pat Brown	:13:43	01:15:44	00:44:32	2:13:59
9	Wesley Hobson	:12:38	01:18:35	00:43:01	2:14:14
10	Justin Thomas	:16:10	01:15:31	00:43:01	2:14:42
11	Dave Bonetti	:15:32	01:17:02	00:43:49	2:16:23
12	Jimmy Archer	:14:40	01:19:35	00:42:30	2:16:45
13	Scott Schumaker	:12:53	01:19:14	00:47:17	2:19:24
14	Brian Hughes	:17:57	01:18:56	00:43:52	2:20:45
15	Ben. Zanbrana	:19:18	01:15:39	00:48:56	2:23:53
16	Mike Pigg	:13:46	01:24:18	00:46:57	2:25:01
17	Mason Rickard	:15:49	01:21:38	00:48:22	2:25:49
18	Nathanael Ross	:16:58	01:20:54	00:49:42	2:27:34
19	Neal Henderson	:14:02	01:22:35	00:53:25	2:30:02
20	Jared Berg	:14:02	01:27:56	00:48:28	2:30:26
21	Steve Senier	:14:44	01:28:53	00:50:59	2:34:36
22	John Koenig	:13:44	01:30:12	00:50:41	2:34:37
23	Chris Mahannah	:25:54	02:03:39	00:51:51	3:21:24

Pro Women

1	Anke Erlank	:15:39	01:24:12	00:48:17	2:28:08
2	Kerstin Weule	:14:45	01:28:19	00:47:38	2:30:42
3	Cameron Randolph	:13:39	01:28:45	00:49:56	2:32:20
4	Monique Merrill	:16:36	01:25:13	00:51:21	2:33:10
5	Melissa Thomas	:18:11	01:23:44	00:52:53	2:34:48
6	Cheri Touchette	:14:48	01:32:30	00:50:47	2:38:05
7	Jenny Tobin	:16:04	01:37:27	00:46:01	2:39:32
8	Kerry Barnholt	:17:17	01:25:58	00:57:20	2:40:35
9	Jodi Mielke	:14:40	01:37:11	00:49:50	2:41:41
10	Lesley Tomlinson	:22:23	01:28:34	00:51:49	2:42:46
11	Karen Masson	:18:43	01:33:03	00:52:46	2:44:32
12	Melanie McQuaid	:15:28	01:32:14	00:57:51	2:45:33
13	Lorraine Barrows	:15:13	01:39:07	00:51:17	2:45:37
14	K. Zambrana	:23:30	01:31:41	00:52:25	2:47:36
15	Raeleigh Tennant	:13:53	01:41:14	00:54:34	2:49:41
16	Heather Szabo	:24:55	01:35:23	00:53:31	2:53:49
17	Tory Valentine	:16:19	01:43:20	00:57:23	2:57:02
18	Linda Gabor	:17:08	01:44:11	00:57:32	2:58:51
19	Katrin Tobin	:18:20	01:49:20	00:56:48	3:04:28
20	Candy Angle	:14:51	01:50:56	01:05:40	3:11:27

15-19 Men

1	Logan Wealing	:14:56	01:25:27	00:44:16	2:24:39
2	Clayton Barrows	:14:07	01:20:27	00:56:57	2:31:31
3	Bucky Schafer	:17:29	01:27:55	00:46:52	2:32:16

20-24 Men

1	Josiah Middaugh	:15:27	01:19:18	00:42:39	2:17:24
2	Andrew Feeney	:14:02	01:24:19	00:49:26	2:27:47

3	Lucas Llado	:14:43	01:26:43	00:52:20	2:33:46
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25-29 Men

1	Daniel Weiland	:18:26	01:21:14	00:44:40	2:24:20
2	Jack Swift	:16:02	: :	02:17:06	2:33:08
3	Anthony Johnson	:17:10	01:27:23	00:51:37	2:36:10

30-34 Men

1	Doug Agne	:15:25	01:22:37	00:45:03	2:23:05
2	Michael Fallon	:19:24	01:25:18	00:53:15	2:37:57
3	Ed Oliver	:18:49	01:27:20	00:55:09	2:41:18

35-39 Men

1	Mike Volk	:14:32	01:22:02	00:48:10	2:24:44
2	Todd Murray	:17:09	01:27:13	00:48:42	2:33:04
3	Peter Doyle	:18:15	01:30:48	00:45:32	2:34:35

40-44 Men

1	Farley Marlowe	:17:22	01:33:33	00:46:50	2:37:45
2	Tim Henney	:18:02	01:32:07	00:50:21	2:40:30
3	Kevin Deighan	:20:51	01:42:54	00:46:47	2:50:32

45-49 Men

1	Rob Noyes	:16:44	01:37:31	00:56:47	2:51:02
2	Peter Dann	:18:07	01:43:14	00:53:09	2:54:30
3	Galen Classen	:18:53	01:49:19	00:57:10	3:05:22

50-54 Men

1	Kent Robison	:18:48	01:42:44	00:57:12	2:58:44
2	Allan Marvin	:20:13	01:43:52	01:00:29	3:04:34
3	Ken Lotze	:18:33	01:55:05	00:56:36	3:10:14

Challenged

1	Paul Martin	:18:13	01:55:44	01:02:44	3:16:41
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20-24 Women

1	Jari Kirkland	:15:59	01:43:05	00:55:34	2:54:38
2	Cristen Recknagel	:16:46	01:46:17	01:01:20	3:04:23
3	Jamie Dvorak	:13:57	01:54:41	01:01:03	3:09:41

25-29 Women

1	Kelly Schalk	:19:09	01:41:10	00:46:47	2:47:06
2	Jessica Burwell	:21:38	01:41:19	00:54:19	2:57:16
3	Kerrie Wlad	:19:23	01:48:28	00:51:59	2:59:50

30-34 Women

1	Serena Warner	:17:08	01:46:35	00:51:28	2:55:11
2	Sarah Fuld	:19:27	01:45:46	00:54:56	3:00:09
3	Eve Stephenson	:19:15	01:46:38	00:57:58	3:03:51

35-39 Women

1	Paula Maresh	:21:00	01:46:22	00:59:26	3:06:48
2	Jill Miller	:18:29	01:48:45	01:14:08	3:21:22
3	Liz Adams	:19:09	02:22:38	01:17:59	3:59:46

40-44 Women

1	Marleen Puzak	:18:01	02:27:30	00:59:12	3:44:43
2	Kendra Cowhey	:24:32	02:13:58	01:10:59	3:49:29
3	Kathleen Placchi	:23:34	02:28:02	01:20:15	4:11:51

45-49 Women

1	Jean Farmer	:23:38	02:51:55	01:22:49	4:38:22
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50-54 Women

1	Libby Harrow	:23:09	02:33:34	01:24:39	4:21:22
2	Barbara Kostner	:24:11	02:49:17	01:20:38	4:34:06



High and dry in the Rockies, athletes meted out strong doses of competition and suffered at the hands of arguably the most challenging XTerra course on the circuit. One might expect the altitude to lessen its grip on the locals, but Colorado athletes hurt just as much as the lowlanders at

the XTerra Central Championship in Keystone on July 29.

"That was one hard race," said an exasperated

Pat Brown (Boulder) with his race face on

Wes Hobson after finishing. Hobson started off the day by posting the fastest swim split, 12:38, on the two-lap course around Keystone Lake.

Hobson led Kerry Classen and Scott Schumaker out of the water. A minute behind, Mike Vine of British Columbia hit land ready to

rumble. And everyone's mountain biking nemesis, Ned Overend of Durango came ashore just over two minutes back, followed shortly by France's Nicholas LeBrun.

With thoughts of the climb up Keystone Mountain via rocky single track, swimmers made the long dash from the swim exit up to T1 to put their knobby tires to the test.

Colorado's favorite pair of lungs, Ned Overend, wasted no time in exerting his dominance on the bike. At the summit, Overend owned the lead and rode it back down the mountain into T2, clocking 1:09:29 for the fastest split by nearly a minute.

"I got some time on the climb," said Overend. "Then Vine took some

back on the downhill."

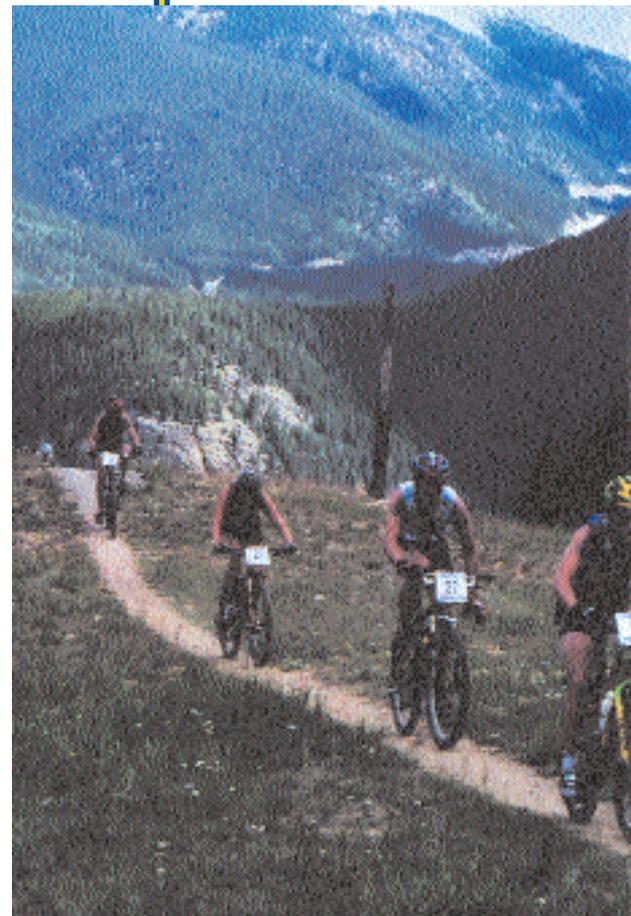
Vine let it all hang out while chasing Overend down the mountain. After successfully staying in his pedals through

Wild Thing, Vine entered T2 with the third fastest bike split of the day, nineteen seconds behind Overend.

Meanwhile, LeBrun was on a mission as he rode the second fastest bike split to take back ground on the leaders. Down 1:42 when he entered T2, LeBrun headed out on the run struggling to make his lungs draw in enough

XTerra Keystone Hosts Tough Competition on Tough Course

By Adam Hodges
Photos by Chris Accardo



oxygen in the altitude air to match the strength of his legs.

With Overend, Vine and LeBrun securely onto the run





course, Conrad Stoltz and Michael Tobin were next to arrive into T2.

first two miles of the run.

By the last two miles, a hard charging LeBrun had caught Overend and had his sights on Vine.

"I just tried to hold a steady pace for the run," said Vine. "Nicholas was bearing down on me at the end."

Fortunately for Vine, the end soon came and he wrapped up the Central Championship in Keystone the same way he did the Eastern Championship a month ago in Richmond, VA. His 2:04:41 victory put him atop the 2001 XTerra points series with a perfect score.

Second overall, LeBrun finished the day with the fastest run split, 39:45, and also climbed to second in the series standings.

Overend held off Stoltz and Tobin for third to claim a podium spot for his home state.

"I came here hoping to win," said Overend. "But I'm not disappointed. These guys are good. I thought Nicholas might catch Mike the way he was running. I had a fast bike, but not fast enough."

Seth Wealing, Dave Harrison, Pat Brown, Wes Hobson and Justin Thomas rounded out the top ten in the race where the winning time was nearly four minutes faster than last year's, making Vine's 2:04:41 the new mark to beat on the Keystone XTerra course.

Meanwhile, the women were engaged in their own battle on the trails, gunning for a new course record of their own.

Former world champion Cameron

Randolph blasted the swim with the lead men and exited the water in 13:39. Raleigh Tennant of Australia and Brigitte Lacy of Colorado Springs conceded less than twenty seconds to Randolph and quickly followed her up the 200-meter path into T1.

A minute later, Colorado favorite Kerstin Weule of Evergreen came ashore looking for a fourth victory at Keystone.



South Africa's Anke Erlank left the water two minutes down, but eager to ride. Further back, Colorado's Monique Merrill and pro mountain biker Melissa Thomas of Denver shed wetsuits for mountain bikes and got to work on the climb to the 11,640-foot summit of Keystone Mountain.

Buoyed by her lead out of the water, Randolph worked to keep at bay the slew of pursuers hammering up the single track behind her. At the summit, Erlank, Weule and pro mountain biker Melanie

Top left: Ned Overend (Durango) passes Conrad Stoltz.; Bottom: Kerstin Weule (Evergreen) has to settle for second behind South Africa's Anke Erlank (right)

Vine, whose strength usually consists of biking, brought his running legs to Keystone. Adequately recovered from the oxygen debt he suffered during the opening swim, Vine quickly erased Overend's lead during the





McQuaid from Canada were all ready to pounce like mountain lions on Randolph's tenuous lead.

On the wild descent, the mountain bike specialists took control and rearranged the ordering. Erlank, taking advantage of her recent training in Boulder, moved securely into first. A few minutes later, a relentless Thomas, riding the fastest bike split of the day, 1:23:44, entered T2 followed by Merrill, Randolph and Weule.

Erlank claimed victory and a new course record in 2:28:08. Weule, last year's XTerra world champion, took second only a few minutes off Erlank's finish and well under her old Keystone course record of 2:36:55 set in 1999.

R a n d o l p h rounded out third followed by Merrill, Thomas, Cheri Touchette, Tobin, Kerry Barnholt, Jodi Mielke and Lesley Tomlinson in the top ten.

Weule's performance was enough to secure her position at the top of the points series while Erlank moved to second in the standings. Weule will be gunning for yet another world championship in Maui on October 14.

In the amateur competition, Josiah Middaugh of Vail posted a 2:17:24 to claim first in the race.

"It was a tough course," said Middaugh. But despite the challenging terrain, he improved upon last year's performance by twenty minutes.

Middaugh is hoping to make the trip to Maui to experience the world championships first-hand.

Kelly Schalk ran to the fastest overall time for the amateur women and Jari Kirkland from Breckenridge followed next as the first Coloradoan.

Kirkland will compete in Maui for the second year in a row. And she'll be even more prepared for the technical mountain biking this year. Kirkland has spent the summer racing for



Top left: Coach Neal Henderson (Boulder); Top right: Pat Brown beats pal Wes Hobson (both Boulder) across the creek; Bottom left: winner Mike Vine; right: Scott Schumaker (Boulder)

After waking up feeling horrible, a struggling Weule continued to battle on the run whose difficulty only added to her misery. Still, Weule gave chase and ran down all but Erlank with her 47:38 run split, second fastest behind Jenny Tobin's 46:01.

a local mountain bike team to hone her skills and will attempt Montezuma's Revenge, a 24-hour mountain bike race the week after XTerra Keystone in the same neck of the woods.

The 2001 Nissan XTerra U S A Championship Race Series continues with the West Championship in Half Moon Bay, CA on August 19 and the USA Championship in Lake Tahoe on September 23. The XTerra World Championship will take place in Maui on October 14. Look for a legion of Colorado athletes led by Kerstin Weule and Ned Overend to take on the race in Hawaii.



Cheyenne Mountain Sprint Triathlon

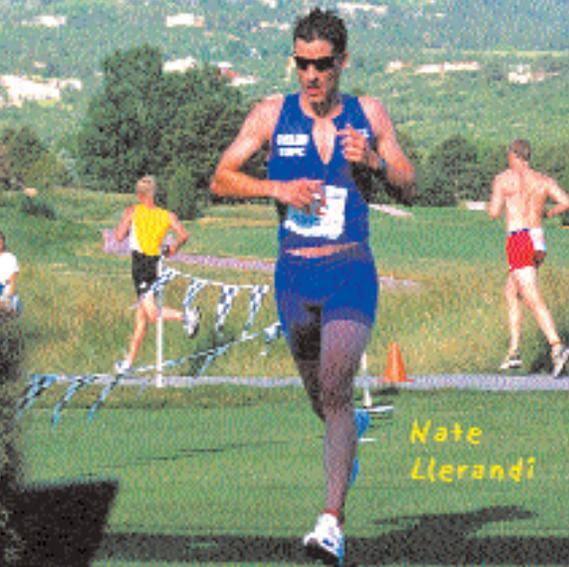
photography by Larry Higgins



Nicholas
Cady



Hunter
Kemper



Nate
Llerandi



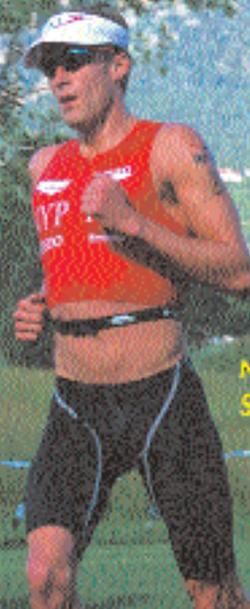
Susan
Bartholomew
Williams



Nicholas
Cady



Teri Duthie



Michael
Smedley