

# the colorado triathlete

**VICTORY AT LAST!**  
Tim DeBoom Wins  
Ironman World  
Championship

Nicole DeBoom  
1st in Boulder  
Peak

The New  
5430  
Tri

Midnight on Alii Drive:  
Tim and Nicole greet  
the final finishers

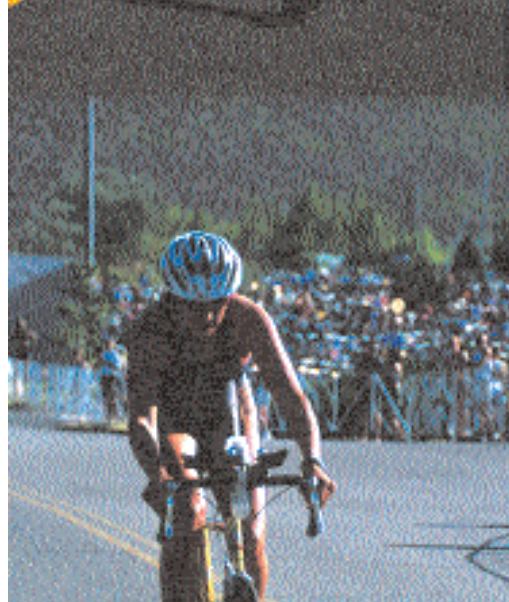
October-November 2001

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



**DANSKIN IN PICTURES**  
**BY COURTNEY STAPLETON**

top row: Tara Nagel, Susan Falsey,  
 and Lisa Boatright; second row:  
 CJ Hartman, Jennifer Cutierrez,  
 and Teri Dulhio; bottom left:  
 Monica Caplan  
 top 20 results on page 12



# October-November 2001

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photos this page: top left: Dennis Meeker runs in for the win at the 5430; right: Tim DeBoom wins the Hawaii Ironman; above: Cam Widoff working towards another top ten in Hawaii





loop of the two lap swim. Separating each loop in the shrunken reservoir—the water level was at an unusually low level due to recent draining—was a brief run across the beach. As the individual competitors began making their way to land after the second loop, the team swimmers started their race at 8:00am.

In the men's competition, Dave Ross of Denver led the way to shore in 52 minutes flat. Legendary triathlete and former Boulder mainstay Scott Molina fol-



lowed in 55:06. Then came Shawn Steen of Denver in 58:35, Neal Henderson of Boulder in 58:36, Robert Krause of Wilson, WY in 58:45 and Dennis Meeker of Boulder in 59:49.

## A Sunday at the Res

Meeker and Dittrich dominate the day at the inaugural 5430 Triathlon

Altitude. Mixed with 2.4 miles of swimming, 112 miles of biking, and 26.2 miles of running. As if that combination isn't tough enough in its own right. Add in heat. And a little wind. And did I mention heat?

On August 26th in Boulder, at 5430 feet above sea level, the weather can be hot and dry. And it was. Even the Boulder Reservoir looked painfully thirsty as the temperatures on the dusty roads around the half-drained lake rose well into the 90s. And in the midst of the summer heat, nearly 300 sun-drenched athletes—over 125 individuals and 50 relay teams—took on the first long-course triathlon to be staged in Boulder.

by Adam Hodges

The first woman out of the water was Wendy Mader of Fort Collins in 57:37 followed by Kelley Mattingly of Spokane, WA in 58:29 and Erika Leetmae of Arvada in 58:39.

According to many athletes, the hardest part of the swim wasn't actually the swimming but rather the long run through mud up to T1. Despite the muddy status of Boulder Reservoir, relay swimmer Lea Stenorson enjoyed the two-lap format.

"Running between laps...you could hear the crowds cheering. It was cool," said Stenorson.

And Stenorson added that the one advantage of the low water

level, which left a long exposed shoreline, was the lack of boats and the calmness of the water. Unfortunately, the shallowness of the water left many athletes scrambling over sharp rocks. According to the race medical director, Kristen McFarland, the first casualties in the medical tent



Top left: Men's winner Dennis Meeker; bottom left: Women's winner Leslie Benson Dittrich; above: 2nd place woman Kelley Mattingly of Spokane, Washington in T2

were due to cuts to feet.

Once out on the bike, athletes left the confines of Boulder



Reservoir and headed north along Highway 36, towards Carter Lake and the turn-around in Masonville. Cyclists were left with over half of the 112-mile bike to go at the turn-around. On the return to Boulder, detours took the athletes to Rabbit Mountain and into Lyons with the popular loops through Apple Valley to the north and Old Saint Vrain Road to the south, collectively known as the "fruit loops" by local riders.

A half dozen places back out of the reservoir, Meeker wasted no time getting down to business on the bike. Meeker was one of two athletes to break the five-hour mark for the bike leg by posting a dominating 4:49:59. The other individual under five hours was Mark Prinzel in 4:59:42. Although Meeker entered T1 with a commanding lead thanks to his decent swim and strong bike split, Prinzel entered the run with a handful of runners far ahead.

At age 41, Scott Molina, one of the famous Big Four that dominated the sport over a decade ago, showed that he still had some racing left in him. Molina raced in Ironman Brazil earlier this year and returned to his former home base of Boulder for the 5430 Triathlon. The Terminator—a nickname he earned while making his living in the sport—entered T1 in second place, just over seven minutes behind Meeker.

In the women's race, Leslie

Benson Dittrich, who exited the water ten minutes behind Mader had some work to do. Like Meeker, Dittrich put the hammer down and flew into the lead at mile 68.

Dittrich entered T1 with a nice cushion over Mattingly, Mader, Barb Hurt of Boulder, and Leetmae.

As any long-course triathlete knows, the marathon finale is where the final show-down takes place. It's where the action, and temperature, really begins to heat up. Meeker's lead was a nice margin, but with the 90 degree plus temperatures and the lack of shade on the roads around the reservoir, the race was not yet in the bag.

Twenty-six point two miles can be an eternity in those conditions, especially after a warm-up that entails a 2.4 mile swim and 112 mile bike. And for Meeker, it was to be his first attempt at running a marathon, much like Luc Van Lierde's inaugural Ironman performance at Hawaii. Could Meeker survive the brutal run unscathed to cap his first try at the distance with a win as Van Lierde did? And hold off the veteran Molina, an older but wiser Terminator?

Meeker flew through T2 and by the time Molina started the run, he was nearly ten minutes down. Molina headed out to face an old nemesis—not Meeker, but the heat. And he wasn't alone. The

brutal heat on the mentally and physically challenging marathon course would shake up the standings and present challenges to every athlete pounding the dirt of the three loop run.

On the first loop, Meeker passed the 10K mark near Monarch and 55th Street still with a commanding lead. With twenty miles left to run, he looked to be running in control.

Fourteen minutes later, Molina passed the same point appearing a bit more tired and sun-baked than the leader. A minute later, Romauld Lepers ran by looking strong and on the hunt for Molina. Six and a half minutes later, Henderson appeared, running controlled in the hot weather. A hard charging Mark Prinzel, whose specialty is fast marathons, followed a half-minute after.

A half-mile up the road, the



*Left: Scott Molina leaves T2; below: Race Director Beth Spiegel greets women's winner Leslie Benson Dittrich*



terrain begins to undulate. By 6.5 miles, Prinzel moved ahead of Henderson with eyes set on his next prey.

By mile 8, Lepers overtook

Molina. Lepers led the duo with Molina sticking to the shoulder of the Frenchman.

The athletes entered the main gates of Boulder Reservoir and at 8.7 miles they passed the staging area of the race, finish chute beckoning—but two more loops were required before each athlete would be eligible for crossing the line.

By 12.5 miles, Molina regained his position in second place. The heat lowered its boom on Lepers, who fell off the pace and struggled in third before eventually dropping out. Meanwhile, Prinzel, on a mission, had Lepers in his sights and was fast approaching.

In an effort to prevent being carried off to the medical tent and with hopes of simply making it to the finish line, Henderson had completely switched gears from race mode to stay-cool mode.

In the women's race, Dittrich continued to build upon her lead unchallenged.

Late into the run, the lead Meeker had off the bike plus the addition of time due to a strong run would prove more than adequate. At 9:14:47, Meeker broke the finishing tape as the winner of

been impossible without the plentiful aid on the course.

"The support from the volunteers was incredible," said Meeker.

Meeker, who began racing triathlons six years ago, was grateful to his swim coach, Monica Caplin, for helping him get to his current state of fitness. A manager at Christy Sports in Boulder, Meeker has a wait-and-see attitude about what races he will place on his future schedule.

"Right now, I'll just take it as it comes," said Meeker.

Meanwhile, out on the course, Prinzel was still motoring. In his mind, everybody but Meeker was catchable. At 9:33:28, Prinzel crossed the finish in second, having passed Molina on the final lap of the run.

Molina crossed just over a minute later in 9:34:39 for third.

Then came Tim Troha of Boulder in fourth with a time of 10:12:35.

The next athlete to cross the line was the women's overall winner, Leslie Benson Dittrich in 10:45:08. Dittrich, married to legendary German triathlete Wolfgang Dittrich, capped a rough three weeks with her victory.

Three weeks prior, she had a rough time at Ironman Switzerland in Zurich. Following that Ironman performance, she competed in a short course race, then returned to her home in Boulder. The 37-year old professional triathlete took solace in her performance at the 5430 Triathlon.

"Winning is always good," she

said.

Ready for a rest, she added, "I'm glad it's over. I'm going to take some time off. It's been three really ballistic weeks for me."

Local athletes Kevin Edwards of Boulder and Brian Hunter of Nederland were the next to finish, posting times of 10:45:38 and 10:53:23, respectively.

Edwards, who opted to do the 5430 Triathlon instead of traveling to Ironman Canada, praised the idea of being able to roll out of bed at home and compete in the event.

"Having course familiarity is nice," he added.

Hunter, who cartwheeled across the line—not once, but twice—was visibly pleased with the quality of the first year event and credited the hot weather with his strong performance.

"The hot run helped me," he said. "Lots of people died on the first lap."

Hunter used his experience in nine previous Ironmans to get to the finish line.

The second place woman, Kelly Mattingly, finished in 11:02. Originally from Spokane, WA, Mattingly is a student at Montana State in Bozeman. She spent the summer working and training in Aspen, which helped her adequately prepare for the elevation in Boulder and her first iron-distance race.

Finishing third in the women's race was Wendy Mader of Fort Collins in 11:26:06, followed by Barb Hurt in fourth with a time of 11:42:30. Erika Leetmae rounded out the top five with her 11:56:18 performance.



25-29 Age Group winner Neal Henderson starts another lap

the first 5430 Triathlon—his first marathon and first iron-distance race under his belt.

"The run was brutal—hot and dry," said Meeker, relieved to be done with the race.

Meeker was quick to acknowledge that his effort would have



## 5430 Triathlon Results

### Aug. 25th, 2001 2.4m/112m/26.2m

Men: Overall	Age	City State	Total	Swim	Bike	Run
1 Dennis Meeker	30	Boulder CO	9:14:48	59:49	4:49:59	3:23:06
2 Mark Prinzel	37	Boulder CO	9:33:28	1:10:51	4:59:42	3:19:47
3 Scott Molina	41	Christchurch NZ	9:34:39	55:06	5:01:32	3:32:09
Women: Overall						
1 Leslie Dittrich	36	Boulder CO	10:45:08	1:07:43	5:26:16	4:08:18
2 Kelley Mattingly	21	Spokane WA	11:02:45	58:29	5:42:02	4:17:59
3 Wendy Mader	28	Fort Collins CO	11:26:06	57:37	6:09:55	4:14:59
Men: Under 20						
1 Serge Korepin	19	Setauket NY	15:46:20	1:06:36	8:01:32	6:27:33
Men: 20-24						
1 Tim Troha	23	Boulder CO	10:12:35	1:10:00	5:27:13	3:32:58
2 Patrick Clarke	24	Aurora NE	11:01:59	1:20:59	5:47:20	3:50:27
3 Shawn Steen	23	Denver CO	11:35:09	58:35	5:44:29	4:48:05
Women: 20-24						
1 Kelley Mattingly	21	Spokane WA	11:02:45	58:29	5:42:02	4:17:59
2 Pamela Welch	24	Denver CO	13:55:11	1:19:42	7:02:52	5:23:02
Men: 25-29						
1 Neal Henderson	29	Boulder CO	11:08:46	58:36	5:04:14	5:02:59
2 Jonathan Gear	28	Leesburg VA	11:29:28	1:07:25	5:34:55	4:40:45
3 Jason Bortz	26	Edwards CO	11:55:57	1:07:48	5:51:16	4:51:44
Women: 25-29						
1 Wendy Mader	28	Fort Collins CO	11:26:06	57:37	6:09:55	4:14:59
2 Kirsten McCay-Smith	28	Fort Collins CO	12:14:28	1:10:23	6:23:36	4:36:47
3 Debra Whitney	26	Boulder CO	12:39:06	1:01:28	6:39:25	4:48:40
Men: 30-34						
1 Dennis Meeker	30	Boulder CO	9:14:48	59:49	4:49:59	3:23:06
2 Brian Thelen	32	Boulder CO	11:01:57	1:13:36	5:40:53	3:58:52
3 Scott Burgoz	31	Highlands Ranch CO	11:12:08	1:07:45	5:36:27	4:20:32
Women: 30-34						
1 Barbekka Hurtt	31	Boulder CO	11:42:18	1:12:57	5:58:55	4:22:09
2 Erika Leetmae	30	Arvada CO	11:56:18	58:39	6:09:03	4:42:32
3 Shannon Kerth	31	Highlands Ranch CO	12:18:44	1:06:47	6:46:54	4:21:34
Men: 35-39						
1 Mark Prinzel	37	Boulder CO	9:33:28	1:10:51	4:59:42	3:19:47
2 Brian Hunter	35	Nederland CO	10:53:23	1:04:25	5:30:32	4:15:44
3 Timothy Heiman	36	Boulder CO	11:09:06	1:03:00	5:30:18	4:31:17
Women: 35-39						
1 Leslie Dittrich	36	Boulder CO	10:45:08	1:07:43	5:26:16	4:08:18
2 Tracy Tutag	37	Vail CO	13:04:24	1:08:52	6:24:21	5:20:46
3 Janet Green	38	Asheville NC	14:11:44	1:25:50	7:42:23	4:52:39
Men: 40-44						
1 Scott Molina	41	Christchurch NZ	9:34:39	55:06	5:01:32	3:32:09
2 Kevin Edwards	44	Boulder CO	10:45:38	1:06:52	5:18:47	4:16:25
3 Steve Pollock	41	Boulder CO	11:20:45	1:09:44	5:38:35	4:25:47
Women: 40-44						
1 Lynn O'Donnell	42	Boulder CO	12:17:56	1:07:11	6:06:53	4:59:07
2 Karen Factor	41	Santa Fe NM	12:55:27	1:24:20	6:20:02	5:05:45
3 Jean Apker	41	Omaha, NE	13:19:21	1:04:27	6:01:49	6:05:43
Men: 45 - 49						
1 Thomas Lang	49	Niwot CO	11:28:41	1:07:33	5:21:57	4:53:54
2 Jerry Collette	47	Malone NY	13:44:09	1:14:12	6:19:40	6:03:53
3 Steven Keller	49	Denver CO	13:54:06	1:31:03	6:41:04	5:32:51
Women: 45 - 49						
1 Becky Hearty	49	Boulder CO	15:01:47	1:30:57	7:29:51	5:49:54
2 Susan Bird	46	Vail CO	15:12:15	1:20:50	7:38:06	6:03:15
Men: 50 - 54						
1 Richard Davidson	53	Okmulgee OK	12:58:41	1:27:54	6:38:00	4:36:59
2 Philip Newbold	53	South Bend IN	13:37:33	1:29:27	6:28:45	5:28:16
3 Geoff Morneau	50	Denver CO	14:09:46	1:08:05	6:30:46	6:11:04
Women: 50 - 54						
1 Diane Ridgway	52	Arvada CO	12:01:33	1:33:51	6:10:10	4:13:08
2 LaRee Morris	53	Morrison CO	16:43:28	1:32:41	8:38:58	6:19:30
Men: 55 - 59						
1 Raymond Hogler	57	Fort Collins CO	13:35:16	1:21:28	6:26:15	5:37:32
2 James Green	56	Asheville NC	15:11:19	1:07:51	6:52:35	6:58:30
Men: 65 - 69						
1 Richard Friedmann	65	Lakewood CO	16:48:39	1:50:45	8:23:53	6:24:09
Relay: Men						
1 Boulder Running Co. #2	Boulder CO		8:34:15	59:06	4:41:18	2:52:15
2 Three Thumbs UP	Denver CO		9:56:03	1:19:03	5:14:09	3:21:05
3 Wyoming Wanderers	Cheyenne WY		10:11:06	1:09:13	5:36:45	3:23:32
Relay: Women						
1 Mush Gush	Fort Collins CO		10:13:32	1:04:21	5:28:37	3:38:54
2 The Mighty Moms	Lakewood CO		10:56:24	1:13:38	5:46:50	3:54:15
3 Speedy, Sexy, & Sassy!	Boulder CO		11:19:12	1:02:02	6:21:30	3:54:04
Relay: Coed						
1 Boulder Running Co. #1	Boulder CO		8:58:42	1:09:38	4:57:18	2:50:04
2 Fast Women and Old Men	Boulder CO		9:08:31	57:13	5:08:52	3:00:41
3 Ironman Refugees	Fort Collins CO		9:19:26	55:19	5:05:03	3:17:16



### Volunteers make a race work

Organizing any triathlon is an awfully big job, but managing an ironman distance race is certainly the toughest. An ironman distance race takes at least three volunteers for each participant. Add to that a first year race, and the task is particularly daunting.

Thankfully Boulder is home to hundreds of amateur and professional triathletes, many triathlon-oriented businesses, and a great group of supporters. Thanks to all of the volunteers who came out, especially the Boulder Triathlon Club and the folks of Boulder County Amateur Radio Emergency Services; and the sponsors:

Zoot Sports, The Boulder Running Company, King Soopers, Boulder Community Hospital, Gatorade, CarBoom, and Pridemark.



*Top: Race Director Beth Spiegel and right hand man Eric Schwartz; above: Loraine Gruber and Gordon Selkirk man the finish line until midnight; below: the 5430 medical staff*



# Intervals Along The Way

## *Triathlon as a Reflection of the Whole*

After our nation was so brutally and senselessly attacked in September, the triathlon community responded, in its way, not unlike many other communities that were affected. To a degree triathlon was a reflection of the nation as a whole, a microcosm of our country.

At first we began to find out about the triathletes who were lost. A New York triathlon website reported that two triathletes worked for the devastated Cantor Fitzgerald brokerage. Don Spampinato and Timothy Coughlin both left a wife and three boys behind. Stories of the life of masters swimmer and triathlete Doug Irgang were told. One of the firefighters who died was a triathlete. We were counting our dead.

Then the messages of sorrow and condolence began pouring in from other countries' triathlon federations and athletes over the newsgroups on the web. Foreign athletes and officials sent letters of dismay and disbelief that such a thing could happen. Les McDonald, president of the International Triathlon Union, not generally known as a warm and caring individual, sent a letter to Steve Locke and Mike Highfield of USAT that they posted to *Triathlon Digest*:

"Dear Mike - dear Steve, please convey to the athletes, the officials, race organizers, sponsors and volunteers in our family of Triathlon, Duathlon and its related multi-sports, the heartfelt sadness and sympathy of the Triathlon community and family worldwide.

"As great an act of treachery as was ever perpetrated"- Robert Burns 1780

Yours very sincerely,

Les McDonald, President,

International Triathlon Union (ITU)"

In the beginning, some races were cancelled. The Dannon Duathlon in Naperville, Illinois, scheduled for ESPN broadcast, was cancelled. Danskin Orlando was cancelled. Triathlons in New York and New Jersey were cancelled. But then some race directors began to heed the calls to return to normal life, to go on with our activities and not let these terrorists change our world so much.

Triathletes are known for their individuality, their fierce independence, and even defiance. In a sense, the idealistic vision of triathlon closely resembles the romanticized concept of the "American way." Because of this, the initial reaction that spread through the sport was met with strength rather than retreat. When the attack happened, most of the Team USA duathletes were assembled in Europe for the World Championships in Venray and Rimini under the direction of the ever-steady Tim Yount. Nerves were

on edge in official circles. The U.S. Olympic Committee and the ITU did not want the athletes to travel or even race in their U.S.A. uniforms, fearing for their safety. The athletes would have none of that. They instead wore their uniforms proudly and wore black arm bands of mourning, and marked their arms with black marker rings in the race. Canada, Great Britain, and Australia joined them in this.

USAT sent a disaster relief fund donation. Six thousand dollars were sent in memory of the, at least, three triathletes who were lost. Power Bar sent 20,000 bars for the rescue workers. Expressions of grief were being transformed into those of pulling together and going on.

Then thoughts turned to the upcoming Ironman. The World Triathlon Corporation decided that the race would be held. A memorial ceremony would be held before the race. It would be the first international sporting event held in the United States after the attacks.

For a couple of years now there has been so much talk of when an American would finally win the Ironman again. An American had not won since Mark Allen in 1995, and folks wondered who could be up to the task. *Triathlete* magazine's recent cover shot of Tim DeBoom was emblazoned with the words, "Can an American Win Hawaii?" This was published before September.

There were at least a dozen reasons why Tim was a favorite this year. His experience, talent, and perseverance had been leading him there for a long time. But in the days following 9/11 I began thinking about how fitting it would be for an American to win this year especially. At first I held my tongue. I did not want to seem somehow callous during such a time of national loss. But the last day Tim was in the office before he headed out to Kona I finally spoke up.

"There's now another reason why you're going to win this year," I said.

And in a way so typical of him, very measured and often understated, he simply said, "I know."



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

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

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.....	www.goenm.com/swim/intropage.htm
<b>Vail Triathlon Club</b> .....	970.748.7504
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*If your club is not listed, please contact us!*



# wind sprints...

## Pro Nationals in NYC

Nearly a thousand age group athletes turned out to race in the new New York City Triathlon that served as this year's U.S. Elite Championships as well. Several of the top pros from Colorado headed east to race on the course that is very similar to that of the Goodwill Games a couple of years ago, with its run in Central Park and the swim leg in the Hudson River. There were barges for the swim start and exit, but the going got a little dicey as the strong current swept a couple of age groupers under the exit barge and even had a few of the pros scared. The 1500 meter swim only lasted around 12 minutes for the best swimmers, a 30% boost just from the speed of the water.

USAT National Resident Team member Hunter Kemper (Florida /Colorado Springs) took the win. Other Colorado pro finishers included:

Abe Rogers (Boulder) 7th, Michael Smedley (Colorado Springs) 8th, Wes Hobson (Boulder) 12th, Paul Fritzche (Boulder) 20th, Pat Brown (Boulder) 24th, and USAT Resident Team member Desiree Ficker (Colorado Springs) 9th place woman.

## Susan Williams 1st in Mexico

New mom Susan Bartholomew Williams (Littleton) won the Ixtapa Triathlon in grand style in September. She came in with a two

minute lead over second place and two and a half ahead of her pal Jenny Gutierrez (Greenwood Village). Susan won the olympic distance ITU points race in 1999 as well. She barely missed a beat after the birth of her daughter this past winter. She has raced very strong in triathlons all season, and even finished **Williams** fourth place in the grueling Pike's Peak Ascent half marathon.

## Olympics: Athens 2004

The International Olympic Committee has confirmed triathlon's inclusion in the next summer olympiad. International Triathlon Union officials had asked the IOC to increase the men's and women's fields but the request was denied and the totals will remain at 50 each.

Olympic organizers feel that the games have reached a maximum manageable limit with about 10,000 athletes, and their support staff, participating in each summer Olympics. Athens will be the first Olympic Games in over forty years that has not added events. No new sports or subset events in existing sports were approved. That makes triathlon one of the very last events added for the foreseeable future.

## Monster Challenge

Dave McGillivray, the acclaimed race director of the Boston Marathon, has tried his hand at triathlon this year with the Monster Challenge (sponsored by

monster.com) in Boston. It featured a two lap swim in Boston Harbor and a bike along the Charles River.

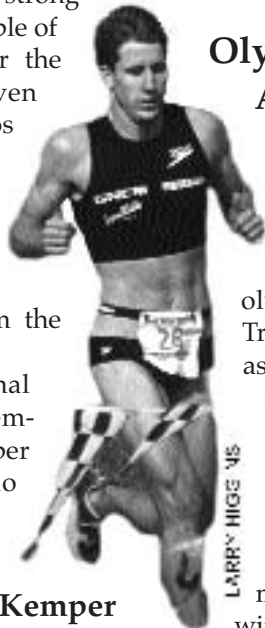


For an interesting twist, the transition area was indoors, in the World Trade Center. The distance was olympic for the pros, who vied for a \$25,000 purse and ITU points. The age groupers

did a sprint distance. Entry for the 600 amateurs consisted of raising \$500 each in pledges for a local AIDS organization. Boulder's Abe Rogers and Nick Cady finished 13th (1:47:20) and 19th (1:48:41) respectively. Colorado Springs USAT Resident Team member Desiree Ficker placed 15th, clocking 2:03:08.

## Goodwill Games

The hottest invitation in this year's triathlon world was one to the Goodwill Games in Brisbane, Australia. Only 25 men and 25 women were tapped to compete for \$200,000 in prize money. That is the biggest purse for an olympic distance event in the history of the sport. On top of that, every athlete's full travel expenses are paid by the organizing committee. The field turned out to be a truly astounding list of nearly all of the very best ITU racers in the world, most of them having also attended the World Championships in July.



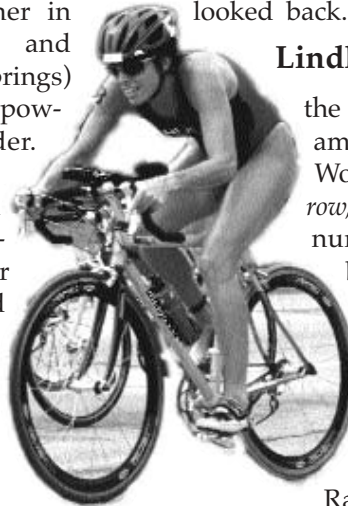
Siri Lindley (Boulder) ran a 35:17 10K, the fastest of the day, but it was only enough to get her in fourth. Michael Smedley and Hunter Kemper (Colorado Springs) had a tough time against the powerhouses from down under. Hunter placed 16th and Michael came in behind him at 17th, but a full four minutes back. Olympian Jennifer Gutierrez (Greenwood Village) didn't fare much better, finishing 19th.

## Siri Wins Two More World Cups

Lindley probably wasn't too disappointed with her 4th at the Goodwill Games, because she had just won two more World Cup events in the two weekends preceding that race, in Tiszaujvaros, Hungary and Lausanne, Switzerland.

A year ago she had just won the first ITU World Cup of her career at Lausanne, against the

eventual Olympic Gold medalist Brigitte McMahon. She never looked back. She now has



**Lindley** been at the top of the podium in an amazing seven World Cups in a row, and is ranked number one in both the ITU international standings and the independent Profile Multisport Rankings that include a broader range of events.

### Jamba Juice Los Angeles Triathlon September, 9 1.5K/40K/10K

- |                               |         |
|-------------------------------|---------|
| 12. Hunter Kemper Co Spgs     | 1:50:50 |
| 17. Abe Rogers Boulder        | 1:52:28 |
| 23. Andy Johnson Boulder      | 1:56:00 |
| 33. Jimmy Archer Boulder      | 2:00:41 |
| 15. Desiree Ficker Co Springs | 2:10:08 |

### ITU Long-distance Duathlon World Championships, Venray, The Netherlands, Sept. 9, 2001 15K/60K/7.5K Colorado Competitors:

- |                     |         |
|---------------------|---------|
| 32. Geoff Cooper    | 3:08:26 |
| 35. Andy Ames       | 3:09:38 |
| 33. Carol Whipple   | 3:57:05 |
| 46. Barbara Kostner | 4:16:13 |

### Mrs. T's Chicago Triathlon Aug. 26, 2001 1.5K/40K/10K

- |                            |         |
|----------------------------|---------|
| 6. Tony DeBoom Boulder     | 1:51:33 |
| 9. Nicholas Cady Boulder   | 1:54:01 |
| 10. Abe Rogers Boulder     | 1:55:12 |
| 18. Paul Fritzsche Boulder | 1:58:14 |
| 6. Teri Duthie Boulder     | 2:09:10 |

- ### Lawrence Memorial Hospital Triathlon (Sept. 23, O.D.), Kansas
- |                                  |         |
|----------------------------------|---------|
| 2. Wes Hobson Boulder            | 1:57:18 |
| 3. Andy Johnson Boulder          | 2:01:19 |
| 4. Ric Rosenkranz Boulder        | 2:02:09 |
| 2. Gail Laurence Manitou Springs | 2:20:48 |

### DANSKIN WOMEN'S TRIATHLON DENVER, COLORADO AUGUST 5, 2001 CHERRY CREEK STATE PARK .5M/12M/3.1M

- |                              |          |
|------------------------------|----------|
| 1 DUTHIE, TERI               | 01:02:40 |
| 2 GUTIERREZ, JENNIFER        | 01:04:31 |
| 3 CAPLAN, MONICA             | 01:05:17 |
| 4 WHITE, GIOVANNA            | 01:05:45 |
| 5 TURTLE-WILLIAMS, CAROLANNE | 01:06:07 |
| 6 DAVIS, LORI                | 01:08:05 |
| 7 LANTZ, ANN                 | 01:08:58 |
| 8 HOOGSTRATE, SARA           | 01:09:51 |
| 9 HEISDORFFER, TRISH         | 01:10:18 |
| 10 LEADER, KRISTINE          | 01:10:43 |
| 11 DEACON, LORI              | 01:11:13 |
| 12 POPELAR, STEPH            | 01:11:14 |
| 13 NICKEL, PAULA             | 01:11:17 |
| 14 RYDHOLM, AMBER            | 01:11:20 |
| 15 BRETZ, HEATHER            | 01:11:31 |
| 16 STOUT, AIMEE              | 01:11:31 |
| 17 WOODCOCK, CHARLIE         | 01:12:10 |
| 18 D'ANGELO, KAT             | 01:12:12 |
| 19 LEHMAN, CINDI             | 01:12:34 |
| 20 THAYER, MICHELLE          | 01:12:40 |

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# U.S.A. Triathlon Age Group Nationals

Coloradoans continued to show their strength in triathlon at the amateur championships in Coeur d'Alene, Idaho on September 1st. The second championships this year, this olympic distance race was to qualify for the World Championships in Cancun in 2002. Of the 774 athletes competing, the top six in each group get to

represent the U.S. The highlighted names below are the competitors who won that honor. Notable finishers were Joseph Fogarty of Colorado Springs and Monica Caplan of Boulder, who both came in fourth overall in their gender, with Joseph winning his age group and Monica placing second. Boulder's Paul Martin won his

physically challenged division.

ESPN featured the race on its Saturday morning "Running and Racing" show.

The event will be Age Group Nationals again next year, qualifying athletes for the World Championships in Queenstown, New Zealand.

NAME	AGE	SEX	OVERALL TIME	DIV PLACE	SWIM TIME	TRAN TIME	BIKE TIME	TRAN TIME	RUN TIME	CITY
<b>4. Joseph Fogarty</b>	30	M	1:59:10	1	0:21:51	0:51	1:01:10	0:47	0:34:31	Co Springs,
14. <b>Chris Peeters</b>	34	M	2:01:18	2	0:23:01	1:09	1:01:45	0:46	0:34:37	Co Springs,
29. Greg Woods	24	M	2:03:10	9	0:21:37	0:44	1:01:25	0:47	0:38:37	Aspen,
41. James Webber	33	M	2:04:48	9	0:20:07	0:57	1:04:32	0:47	0:38:25	Co Springs,
43. Ryan Ignatz	22	M	2:04:51	10	0:25:19	0:45	1:02:23	0:39	0:35:44	Estes Park,
53. Kenneth Ruterbories	32	M	2:06:06	14	0:23:51	0:56	1:03:48	0:36	0:36:55	Denver,
63. Christopher Valenti	22	M	2:06:31	12	0:26:22	1:03	1:04:56	0:45	0:33:24	Boulder,
70. Rich Ruhser	34	M	2:07:17	18	0:21:49	1:06	1:02:34	0:51	0:40:57	Denver,
78. <b>Blake Ottersberg</b>	19	M	2:07:51	6						Pueblo,
79. Tim Sandell	36	M	2:08:01	8	0:24:09	0:48	1:04:27	0:49	0:37:48	Co Springs,
94. Chris Richardson	29	M	2:08:58	22	0:24:25	1:08	1:05:06	0:52	0:37:26	Denver,
121. Charlie Wertheim	38	M	2:11:06	14	0:27:48	1:35	1:05:04	1:01	0:35:38	Glenwood Spgs,
124. Woody Noleen	45	M	2:11:16	8	0:24:58	1:02	1:05:06	0:51	0:39:19	Co Springs,
129. Andrew Feeny	24	M	2:11:43	18	0:20:52	1:03	1:05:35	0:56	0:43:17	Boulder,
131. Charles Hugo	39	M	2:11:48	16	0:24:06	1:26	1:04:28	1:00	0:40:48	Denver,
135. <b>Monica Caplan</b>	25	F	2:12:01	2	0:19:55	1:00	1:10:04	0:47	0:40:14	Boulder,
147. William Baker	35	M	2:12:52	19	0:24:35	1:26	1:05:12	0:48	0:40:51	Boulder,
162. Robert Wood	32	M	2:13:38	33	0:25:47	1:15	1:07:01	0:53	0:38:42	Boulder,
188. Michael Orendorff	49	M	2:15:11	11	0:26:12	1:12	1:07:19	0:52	0:39:35	Pueblo,
189. Baron Herdelin-Doherty	41	M	2:15:21	23	0:25:25	0:53	1:09:25	0:46	0:38:51	Co Springs,
251. <b>Sara Rosenkranz</b>	31	F	2:19:25	4	0:24:31	1:03	1:10:36	1:03	0:42:12	Co Springs,
287. Camilla Stock	25	F	2:21:30	11	0:27:29	1:14	1:11:55	0:56	0:39:56	Co Springs,
289. <b>Giovanna White</b>	23	F	2:21:32	6	0:23:56	0:58	1:14:56	0:47	0:40:54	Boulder,
293. Neal McLaughlin	41	M	2:21:47	31	0:28:56	1:20	1:10:17	0:46	0:40:28	Highlands Ranch,
298. Dennis Coombs	49	M	2:21:56	21	0:27:57	1:38	1:11:05	0:58	0:40:17	Longmont,
302. Bob Jackson	41	M	2:22:03	34	0:26:45	1:35	1:09:19	1:05	0:43:18	Louisville,
303. Jose Garcia	30	M	2:22:07	54	0:29:20	1:05	1:06:54	1:02	0:43:45	Boulder,
317. <b>Paul Martin</b>	34	M	2:23:00	1	0:30:37	1:04	1:07:10	1:59	0:42:09	Boulder,
329. Karen Melliar-Smith	27	F	2:23:32	16	0:23:53	1:17	1:15:45	0:56	0:41:41	Denver,
354. <b>Susan Griffin-Kaklikian</b>	46	F	2:25:11	3	0:24:08	1:15	1:14:24	0:54	0:44:30	Castle Rock,
362. Sara Hoogstrate	32	F	2:25:22	16	0:25:10	1:27	1:12:33	1:04	0:45:08	Denver,
377. <b>Caroline Smith</b>	42	F	2:26:39	6	0:29:21	1:35	1:11:30	0:52	0:43:21	Highlands Ranch,
378. Nell Miller	23	F	2:26:42	10	0:22:28	1:18	1:20:31	1:02	0:41:23	Boulder
442. Dave Sutton	35	M	2:30:07	45	0:31:43	1:11	1:12:32	0:55	0:43:46	Longmont
462. David Stock	26	M	2:31:14	65	0:28:09	1:14	1:16:06	1:01	0:44:43	Co Springs,
489. Kris Skiles	48	F	2:33:08	9	0:28:18	1:58	1:12:29	1:15	0:49:08	Boulder,
694. Rita Sharp	53	F	2:58:57	15	0:32:57	1:38	1:19:20	1:47	1:03:15	Boulder,
702. Celeste Callahan	59	F	3:00:43	8	0:37:31	2:13	1:25:13	1:46	0:53:59	Denver,
713. Steven Locke	54	M	3:03:15	36	0:37:58	1:58	1:22:41	1:37	0:59:01	Co Springs
737. <b>Susie Wasson</b>	35	F	3:09:21	2	0:31:38	1:34	1:35:02	2:31	0:58:35	Arvada
749. <b>Ken Whitney</b>	71	M	3:17:22	3	0:46:06	4:24	1:30:13	3:38	0:53:00	Greeley

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Saturday September 8th was a race director's nightmare. Just 24 hours before the start of the 2nd edition of the Harvest Moon Triathlon, the foothills west of Denver were covered in 8 inches of snow.

Meanwhile the Aurora Reservoir just east of town was getting hit with waves after wave of cold heavy rains. The forecast called for clear skies on race day, but these were the same weathermen who are wrong 9 times out of 10.

As shivering volunteers scrambled to set up the course and stock the aid stations for Sunday's race, the rain continued to fall. Things did not look good, which may explain why more than 10 percent of the 400 athletes registered for the sold-out race requested refunds after suddenly becoming "injured" in the last few days before the event.

Well, the weathermen were right on this one - Sunday morning dawned cold and dry, but the weather gods had one last trick up their sleeve. High winds the night before had obliterated the swim course, and left buoys scattered all across the reservoir on race morning.

Attempts to reposition the large orange buoys proved futile, as the winds on the lake were strong enough to drag the 60 pound anchors some 100 to 200 meters in just 5 minutes time. With a water temperature in the 80 foot deep lake at just 58 degrees, race organizers decided that it would be too dangerous to have 400 swimmers chasing the moving buoys all

over the lake.

The decision was made shortly before the start to move the swim to the marina area, where the buoys would be sheltered from



## *Widoff Wins in the Wind at the Harvest Moon Half-Ironman*

the wind. As a bonus, the water was approximately 10-

12 degrees warmer in the 15 foot deep cove, however it also meant shortening the course to approximately 800-1000 meters which drew cheers from most of the athletes assembled. In fact, with the air temperature still in the thirties, many of them were wearing their race sweatshirts right up to the start.

As the athletes charged up the beach following the abbreviated swim, the first order of business was to grab a warm jacket for the 56 mile bike loop.

Their shivers were short lived, however, as the rolling hills of the first 15 miles were enough to warm up even the coldest rider. By the time the racers hit the flat farmlands in the middle of the bike course, the day had turned beautiful, (although it was still quite windy) and this must have been what Cameron Widoff was waiting for.

Widoff charged into the lead half-way through the bike course making the most of this Ironman tune-up race. As he made the deceptively long final climb to

the transition area, he had 3:27 on Buffalo Springs Lake 1/2 Ironman winner Michael Lovato and another 17 seconds on defending champion Nick Cady.

Like Cady and Lovato, Boulder's Sara Tarkington finished the bike several minutes down on the leaders. Amanda Gillam, and Argentinean Barbara Buenohora looked untouchable, but the 20 year old Tarkington was easily the fastest pure runner in the field.

The Harvest Moon run course follows the asphalt path that twists and rolls around the lake - a route totally closed to vehicles with aid stations at each mile staffed by enthusiastic volunteers from the Eaglecrest High School track and cross country teams. Perhaps it was their cheers that pushed Widoff to a stellar 1:16:40 run split.

"The view was absolutely incredible, especially out on the dam," Widoff remarked after the race. On a day that was remarkably clear, "I could see from Pikes Peak to the south all the way to Longs - it was so amazing that I almost stopped out on the dam just to look. I had to tell myself that I was in a race, and keep running."

For his efforts, Widoff took home the \$150 first place prize, while the Texan, Lovato, struggled through a difficult high altitude run to take second place and \$125. The returning champion Cady earned \$100 for his third place finish.

For Tarkington, 13.1 miles was plenty of time to make up the deficit on the early leaders. Her 1:32:02 run split was faster than many of the top men in the field, and gave her a comfortable 1 minute cushion over second place Buenohora. Maryland's Amanda Gillam put together an impressive high altitude performance to take third place.

*by Darrin Eismann*

In the accompanying duathlon, it was a great day for the out-of-staters, as Kansas' Hector Rios and Arizona's Katie Blackett led from the first step of the opening 5K run. Both continued to expand their leads on the 56 mile bike course, cheered on by the Bennett High School Junior Class who were manning the aid stations to raise money for their prom.

Both athletes ran uncontested over the final 13.1 mile run to take home the \$100 first place prize and set new course records in the process with Rios timed in 4:07:35 and Blackett in 4:30:51.

2000 duathlon winner Vince Leubbers, also of Kansas, recovered from a summer-long injury just weeks before the race, but still managed to take second place, albeit 10 minutes slower than his time from last year, while Golden's Rob Gilbert, who raced the tri in 2000, took third place in the du this time around.

On the women's side, Ann Marie Welch, of Boulder, took second place with Vickie Leubbers, of Kansas, grabbing the third place cash.

Following the race, each finisher took home a custom race medal and all participants were treated to an awesome post-race bar-b-que in the brand new pavilion at the Aurora Reservoir. Age group award winners received Hind jackets, watches, and gift certificates from Excel Sports in Boulder, while the club championship trophy went to the Boulder Triathlon Club.

The 2002 Harvest Moon Triathlon and Duathlon are scheduled for September 8th. Information will be available at [www.racingunderground.com](http://www.racingunderground.com).

*Darrin Eismann is the race director for the Harvest Moon Half Ironman and several other triathlons, duathlons, and winter races in the Rocky Mountain region. Check out his website, [racingunderground.com](http://racingunderground.com), for more information. He is also a regular contributor to *Inside Triathlon* magazine.*

# Harvest Moon Half Ironman

1.2m/56m/13.1m

September 9, 2001

Gender rank/ overall rank	Name	City	State	Age/ Gender	Total Time
<b>TRIATHLON TOP 20 MEN</b>					
1/1	Widoff Cam	Boulder	CO	31 M	3:43:53
2/2	Lovato Michael	Austin	TX	27 M	3:51:29
3/3	Cady Nicholas	Boulder	CO	23 M	3:56:54
4/4	Cleveland Shane	El Paso	TX	37 M	4:03:00
5/5	Middaugh Josiah	Vail	CO	23 M	4:03:10
6/6	Prinzel Mark	Boulder	CO	37 M	4:04:45
7/7	Mutti Juan	Argentina		34 M	4:07:08
8/8	Peeters Chris	Colo Sprs	CO	34 M	4:09:12
9/9	Kirkland Nathan	Boulder	CO	26 M	4:14:34
10/10	Billings James	Vail	CO	25 M	4:17:27
11/11	Lacy Darren	Minturn	CO	28 M	4:17:51
12/12	Galarraga Armando	Boulder	CO	28 M	4:21:06
13/13	Leader Kenny	Niwot	CO	42 M	4:21:16
14/15	Johnson Andrew	Boulder	CO	24 M	4:23:00
15/16	Pieck Martin	Los Alamos	NM	34 M	4:23:39
16/17	Becker John	Littleton	CO	33 M	4:25:47
17/18	Ianacone Garrett	Ft. Collins	CO	25 M	4:25:54
18/19	Edwards Kevin	Boulder	CO	44 M	4:26:26
19/21	Brown Robert	Colo Sprs	CO	27 M	4:27:20
20/24	Fallon Michael	Louisville	CO	32 M	4:30:49
<b>TRIATHLON TOP 20 WOMEN</b>					
1/20	Tarkington Sara	Boulder	CO	20 F	4:26:29
2/22	Buenohora Barbara	Argentina		24 F	4:27:33
3/23	Gilliam Amanda	Baltimore	MD	29 F	4:30:22
4/52	Bertine Kathryn	Tucson	AZ	26 F	4:49:33
5/68	Orris Christy	Boulder	CO	31 F	4:54:55
6/75	Van Pelt Rachael	Westminster	CO	31 F	4:58:33
7/76	Michelle Thayer	Littleton	CO	31 F	4:59:03
8/ 80	Hudjera Stacey	Littleton	CO	32 F	4:59:42
9/86	M-Smith Karen	Denver	CO	27 F	5:03:44
10/88	Paster Lianne	Boulder	CO	32 F	5:04:41
11/93	Daly Adrienne	El Paso	TX	31 F	5:06:05
12/94	Kammerer Audra	Golden	CO	31 F	5:06:21
13/101	Ridgway Diane	Arvada	CO	52 F	5:07:50
14/103	Kneeland Mary	Ft. Collins	CO	27 F	5:08:29
15/107	Cahow Claire	Evergreen	CO	40 F	5:09:25
16/115	Louden Janice	Louisville	CO	43 F	5:13:05
17/117	Skiles Kris	Boulder	CO	48 F	5:13:28
18/118	Cruikshank Courtney	Ft Collins	CO	25 F	5:13:37
19/119	Cooke Coleen	Ft. Collins	CO	29 F	5:13:39
20/122	Kirkland Jari	Breckenridge	CO	25 F	5:13:48
<b>TRIATHLON TEAM COMPETITION</b>					
1/14	Barrow/E/W Team	Loveland	CO	T	4:22:35
2/37	Till/Bower/Til Team	Pueblo West	CO	T	4:40:22
3/60	God Squad Team	Thornton	CO	T	4:53:08
<b>DUATHLON (5K run/56M bike/13.1M run)TOP MEN</b>					
1/1	Rios Hector	Wichita	KS	34 M	4:07:35
2/2	Luebbers Vince	Wichita	KS	44 M	4:21:04
3/3	Gilbert Robert	Golden	CO	35 M	4:27:53
<b>DUATHLON TOP WOMEN</b>					
1/4	Blackett Katie	Tucson	AZ	24 F	4:30:51
2/11	Welch Ann Marie	Boulder	CO	31 F	4:50:51
3/18	Luebbers Vickie	Wichita	KS	43 F	5:06:04

# Taking Care of Yourself

by Wes Hobson

## Mental Toughness - Visualization

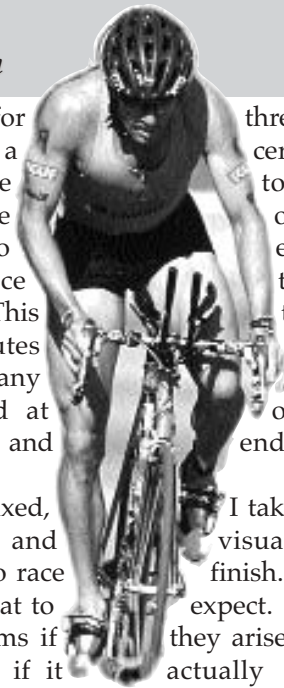
OK, during the past three months you have neglected work and let it pile up on your desk. It would be chivalrous of you to say that you did this to spend more time with your family. However, family time has also been sacrificed as you train for that type "A" triathlon race. You have followed a great training plan and your taper is going well. Since you have dedicated so much time to this endeavor, let's get you that extra edge, the mental edge. There is a motto that has been around for years stating, "Racing is 10% physical and 90% mental." It's a slight exaggeration, but there is sense to it. Do you have any training partners who kick your butt in training only to finish ten minutes behind you in a race? If so, they lack that mental toughness and preparation.

I visualize for any race and even certain training sessions. For me, the best way to visualize is to actually know the geographical area of the event. The earlier you see the area, the more time you can visualize. The most convenient time for me to visualize is right before bedtime. This may be hard for some because they might fall asleep. That's OK as long as you get your visualization in first. I like to relax the body by taking deep breaths and relaxing muscles.

After breathing in for I flex muscles in a my body for three onds. As I breathe muscles relax. I do cle group twice the entire body. This to seven minutes ing on how many groups are flexed at to start at the toes and face.

When relaxed, to the race site and race preparation to race how I feel and what to expect. I visualize how to fix problems if they arise. In doing so, I won't panic if it actually happens such as goggles breaking during the swim or getting a flat tire. It is also important to visualize the prefect race where your form is great, you feel great and you are racing at your optimum. The more you visualize, the more race day will seem automatic. You just put your body on autopilot.

(photo of Wes by Daphne Hougard)



three seconds, certain part of to five seconds. As I breathe out, I let the each muscle-throughout takes five depending on how many muscle once. I like end with the

I take my mind visualize from finish. I visualize expect. I visualize they arise. In doing actually happens such as goggles breaking during the swim or getting a flat tire. It is also important to visualize the prefect race where your form is great, you feel great and you are racing at your optimum. The more you visualize, the more race day will seem automatic. You just put your body on autopilot.

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no animal products  
no sugar

Ingredients: 100% certified organic unbleached white flour, water, non-hydrogenated soybean oil, aluminum-free baking powder, salt  
Mfg. for Stacey's P.O. Box 981, Boulder, CO 80306



**MOUNTAIN SUN**  
PUB & BREWERY

Fresh Food Reasonable Prices  
Friendly Atmosphere  
Locally Owned Business

+

Fresh Mountain Sun Ales Available To Go  
Monday-Saturday 11:30am to 1am  
Sunday 2pm to Midnight

1535 Pearl Street, Boulder, Colorado 80302  
303-546-0886

# Desert Sun Triathlon

## July 14, 2001 1.2M/56M/13.1M (half ironman)

Age	Name	City	St	1.2M SWIM	56M BIKE	13.1M RUN	TOTAL
<b>OVERALL WOMEN TOP 10</b>							
1	37 GRABAU KAREN	LITTLETON	CO	0:33:04	2:53:01	1:31:18	4:59:50
2	25 STOCK CAMILLA	CO SPRINGS	CO	0:31:05	2:52:22	1:38:31	5:03:47
3	25 DUTHIE TERI	BOULDER	CO	0:26:45	2:53:30	1:43:44	5:05:58
4	27 STOUT AIMEE	COLO SPGS	CO	0:31:01	2:56:03	1:48:47	5:18:07
5	27 ANDERSON KIRSTEN	BOULDER	CO	0:26:49	2:56:11	1:56:45	5:21:34
6	42 SMITH CAROLINE	HIGHLANDS RA	CO	0:35:07	2:53:07	1:53:33	5:23:57
7	31 IMGRUND REBECA	DENVER	CO	0:31:05	2:58:43	1:58:59	5:30:13
8	28 SULLIVAN JENNIFER	CO SPRINGS	CO	0:26:47	2:58:20	2:03:55	5:31:22
9	32 HUDJERA STACEY	LITTLETON	CO	0:34:02	2:55:59	2:01:28	5:34:28
10	30 VAN PELT RACHAEL	WESTMINSTER	CO	0:31:59	2:51:56	2:07:35	5:34:30
<b>OVERALL MEN TOP 10</b>							
1	23 CADY NICHOLAS	BOULDER	CO	0:26:45	2:24:52	1:25:54	4:18:55
2	32 LEPERS ROMUALD	BOULDER	CO	0:25:19	2:26:23	1:26:09	4:19:27
3	30 MEEKER DENNIS	BOULDER	CO	0:26:20	2:30:14	1:30:45	4:29:06
4	25 MURPHY BRENDAN	LITTLETON	CO	0:24:09	2:30:15	1:33:27	4:29:13
5	42 FOX ANDY	DENVER	CO	0:24:32	2:34:46	0:00:37	4:30:51
6	32 RUTERBORIES KENNETH	DENVER	CO	0:28:42	2:29:28	1:32:26	4:32:18
7	27 ERLNBUSCH MATTHEW	EUREKA	CA	0:28:50	2:29:28	1:32:35	4:32:31
8	30 DURST ALEXANDER	BOULDER	CO	0:28:11	2:31:05	1:32:39	4:33:25
9	26 KIRLAND NATHAN	BOULDER	CO	0:27:16	2:32:41	1:31:09	4:33:37
10	42 MC KELVY HAL	LAKWOOD	CO	0:27:01	2:31:22	1:34:33	4:34:59
<b>MALES - 15 to 19</b>				3 LINDA WIESEMAN SANTA FE NM 06:10:20			
1 NATHAN WANGERIN NORTHGLENN CO 05:10:54				<b>MALES - 40 to 44</b>			
<b>MALES - 20 to 24</b>				1 ANDY FOX DENVER CO 04:30:51			
1 JOHN LANGSTON CHEYENNE WY 04:47:32				2 HAL MC KELVY LAKWOOD CO 04:34:59			
2 SHAWN STEEN DENVER CO 04:48:30				3 BARON HERDELIN-DOHETY CO SPGS CO 04:52:50			
3 JACOB KELLY ENGLEWOOD CO 04:49:02				<b>FEMALES - 40 to 44</b>			
<b>FEMALES - 20 to 24</b>				1 CAROLINE SMITH HIGHL'S RNCH CO 05:23:57			
1 MOLLY NICKERSON BOULDER CO 05:50:20				2 CLAIRE CAHOW EVERGREEN CO 05:43:14			
2 PAMELA WELCH DENVER CO 06:10:15				3 DIANA HARDY SANTA FE NM 05:58:29			
3 ORA FRIED DENVER CO 07:22:19				<b>MALES - 45 to 49</b>			
<b>MALES - 25 to 29</b>				1 VICTOR SELENOW BUENA VISTA CO 04:55:15			
1 BRENDAN MURPHY LITTLETON CO 04:29:13				2 RICK HINMAN PARKER CO 05:19:28			
2 MATTHEW ERLNBUSCH EUREKA CA 04:32:31				3 ROBERT IRVING AURORA CO 05:29:43			
3 NATHAN KIRLAND BOULDER CO 04:33:37				<b>FEMALES - 45 to 49</b>			
<b>FEMALES - 25 to 29</b>				1 SUSAN BIRD VAIL CO 06:07:23			
1 CAMILLA STOCK CO SPRINGS CO 05:03:47				2 SUSAN SELENOW BUENA VISTA CO 06:39:31			
2 TERI DUTHIE BOULDER CO 05:05:58				3 GEORGIANA WEIMER GND JCT CO 06:44:18			
3 AIMEE STOUT COLO SPGS CO 05:18:07				<b>MALES - 50 to 54</b>			
<b>MALES - 30 to 34</b>				1 ROB LADEWIG COSPGS CO 05:18:17			
1 ROMUALD LEPERS BOULDER CO 04:19:27				2 RON DENT DURANGO CO 05:51:29			
2 DENNIS MEEKER BOULDER CO 04:29:06				3 ROGER MYERS LAKWOOD CO 06:09:46			
3 KENNETH RUTERBORIES DENVER CO 04:32:18				<b>FEMALES - 50 to 54</b>			
<b>FEMALES - 30 to 34</b>				1 DIANE RIDGWAY ARVADA CO 05:48:27			
1 REBECA IMGRUND DENVER CO 05:30:13				2 HEIDI HOFFMANN ASPEN CO 06:24:58			
2 STACEY HUDJERA LITTLETON CO 05:34:28				3 LINDA BURRIS DENVER CO 06:32:32			
3 RACHAEL VAN PELT WESTMINSTER CO 05:34:30				<b>MALES - 55 to 59</b>			
<b>MALES - 35 to 39</b>				1 BRUCE WILSON BOULDER CO 05:32:15			
1 DAVID SWIDERSKI LITTLETON CO 04:53:31				2 GENE PETERS PARK CITY UT 06:10:00			
2 TOM SOUVIGNIER ERIE CO 04:53:58				3 DANA DUTHIE COLO SPGS CO 06:20:31			
3 BEN KUSTER LONGMONT CO 04:59:49				<b>MALES - 65 to 69</b>			
<b>FEMALES - 35 to 39</b>				1 GEORGE JOHNSON AURORA CO 07:14:24			
2 SUZY COYKENDALL GUNNISON CO 05:36:56							

# HAWAII IRONMAN WORLD CHAMPIONSHIPS

OCTOBER 6, 2001

2.4 mile swim, 112 mile bike, 26.2 mile run

Colorado Finishers

ClassRank		NAME	CITY	AGE CLASS	SWIM	TRANS1	BIKE	TRANS2	RUN	FINAL
	Overall Rank									
1	1	TIMOTHY DEBOOM	LYONS	30 MPR	00:52:01	00:01:00	04:48:17	00:04:04	02:45:54	08:31:18
8	8	CAMERON WIDOFF	BOULDER	32 MPR	00:54:01	00:01:00	05:02:04	00:01:06	02:57:20	08:55:33
25	24	TIM LUCHINSKE	BOULDER	30 MPR	00:59:47	00:01:08	05:11:58	00:01:01	03:02:49	09:16:46
28	30	RYAN BOLTON	BOULDER	28 MPR	00:58:11	00:02:09	05:25:50	00:04:46	02:50:10	09:21:07
79	10	CHRIS PEETERS	CO SPGS	34M30	01:03:08	00:02:58	05:23:25	00:02:20	03:22:46	09:54:38
155	36	CURT CHESNEY	BOULDER	32M30	01:04:38	00:03:48	05:23:13	00:01:37	03:40:28	10:13:46
198	13	NICOLE DEBOOM	LYONS	29 FPR	00:54:1	00:01:36	05:46:243	00:02:15	03:38:42	10:23:10
233	65	KEVIN KONCZAK	BOULDER	32M30	01:04:17	00:03:03	05:39:382	00:02:59	03:39:56	10:29:53
326	97	ERIC SCHWARTZ	BOULDER	31M30	01:15:40	00:03:56	05:56:364	00:02:17	03:24:31	10:43:01
336	101	STEVE FROMMER	BOULDER	30M30	01:04:17	00:03:00	05:58:49	00:02:19	03:36:10	10:44:37
345	21	KENNY LEADER	NIWOT	42M40	00:59:10	00:02:17	05:36:02	00:01:52	04:06:10	10:45:34
390	117	JIM HARKNESS	STEAMBOAT SPGS	34M30	01:06:30	00:03:24	06:03:375	00:03:21	03:35:32	10:52:25
471	82	EDWARD MELANSON	DENVER	38M35	00:56:13	00:03:52	06:13:06	00:04:05	03:51:15	11:08:33
568	23	MARK LESINSKI	EVERGREEN	46M45	01:06:52	00:03:19	05:47:11	00:02:34	04:24:56	11:24:54
613	2	PAUL MARTIN	BOULDER	34MPC	01:12:42	00:02:08	06:04:10	00:03:38	04:08:54	11:31:34
656	29	KEN SIMBOSKI	NIWOT	7M45	01:15:37	00:02:54	06:08:37	00:04:12	04:07:51	11:39:13
679	82	CRAIG HOWIE	LONGMONT	25M25	01:14:42	00:04:05	06:26:02	00:03:09	03:56:11	11:44:10
709	135	TOM SOUVIGNIER	ERIE	35M35	01:03:15	00:04:17	06:26:16	00:05:04	04:09:41	11:48:36
778	45	CISCO QUINTERO	ERIE	45M45	01:20:031	00:03:34	06:39:35	00:02:51	03:54:37	12:00:42
793	149	DAVID KOONS	BOULDER	37M35	01:11:48	00:06:37	06:39:37	00:06:24	03:58:54	12:03:23
859	155	SCOTT CARUSO	LAKESWOOD	35M35	01:30:29	00:03:50	06:20:01	00:05:10	04:19:45	12:19:18
900	9	STEVE ROBERTS	BOULDER	56M55	01:15:04	00:03:38	06:33:22	00:04:51	04:32:51	12:29:47
939	1	DIANE RIDGWAY	ARVADA	52F50	01:37:07	00:02:34	06:59:07	00:02:07	03:56:21	12:37:18
940	15	MONICA RYAN	DENVER	40F40	01:17:26	00:03:44	06:48:14	00:03:49	04:24:21	12:37:36
1083	18	DENNIS WEST	DENVER	57M55	01:09:57	00:02:58	06:59:11	00:04:18	05:07:39	13:24:05
1093	52	CINDI LEHMAN	BOULDER	33F30	01:13:38	00:03:37	06:45:16	00:05:34	05:20:08	13:28:15
1101	5	CINDI TOEPEL	LITTLETON	50F50	01:44:09	00:06:12	06:53:43	00:05:55	04:42:15	13:32:16
1104	46	ROB LADEWIG	CO SPGS	52M50	01:36:16	00:05:29	07:10:19	00:04:13	04:38:00	13:34:20
1294	65	STEVEN LOCKE	CO SPGS	54M50	01:45:32	00:05:14	08:01:56	00:03:45	05:35:35	15:32:04
1295	7	ELLIOTT ROBINSON	ASPEN	65M65	01:48:33	00:06:26	08:06:34	00:05:35	05:25:58	15:33:07
1299	66	MIKE LEAHY	CO SPGS	52M50	01:19:05	00:03:50	07:29:311	00:07:36	06:34:50	15:34:53
1323	69	ROBERT RUSSELL	ENGLEWOOD	52M50	01:17:03	00:08:32	07:28:45	00:10:45	06:47:27	15:52:33
1333	112	TODD LANDIN	BOULDER	25M25	01:02:56	00:10:05	07:45:11	0 0:10:46	06:58:00	16:07:00

***Congratulations to all finishers!***

# BOULDER PEAK TRIATHLON

AUGUST 12, 2001 1.5K/42K/10K

Class							Overall	Class							Overall
Rank	Name	Class	Swim	Bike	Run	Final	Rank	Rank	Name	Class	Swim	Bike	Run	Final	Rank
1	NICOLE DEBOOM	F PRO	00:20:23	01:08:17	00:39:32	02:09:53	35	1	CONRAD STOLTZ	M PRO	00:18:39	01:02:30	00:34:39	01:57:09	1
2	TERI DUTHIE	F PRO	00:20:45	01:08:47	00:39:24	02:10:37	42	2	TIMOTHY DEBOOM	M PRO	00:19:57	01:03:03	00:32:46	01:57:16	2
3	SUSAN WILLIAMS	F PRO	00:19:56	01:09:15	00:40:05	02:11:18	47	3	MARC LEES	M PRO	00:18:42	01:04:19	00:33:33	01:57:47	3
4	KERSTIN WEULE	F PRO	00:20:55	01:11:10	00:40:12	02:14:18	62	4	TIM LUCHINSKE	M PRO	00:21:46	01:00:36	00:33:50	01:58:14	4
5	MONICA CAPLAN	F PRO	00:19:11	01:13:24	00:41:48	02:15:58	70	5	CHUCKIE VEYLUPEK	M PRO	00:20:08	01:02:40	00:34:34	01:59:05	5
6	LORI BOWDEN	F PRO	00:23:31	01:12:34	00:38:08	02:16:18	74	6	NATE LLERANDI	M PRO	00:19:13	01:04:08	00:34:51	01:59:45	6
7	JOANNA LAWN	F PRO	00:23:14	01:12:08	00:40:13	02:17:51	89	7	ERIC ROSENKRANZ	M PRO	00:20:51	01:05:07	00:33:23	02:00:49	7
8	ELIZABETH ANDERSON	F PRO	00:21:52	01:13:53	00:43:04	02:21:20	120	8	JOSHUA RIX	M PRO	00:19:21	01:04:07	00:36:49	02:01:35	8
9	SAMANTHA DOMPIER	F Pro	00:21:47	01:18:14	00:39:13	02:21:42	124	9	BRYAN RHODES	M PRO	00:19:03	01:03:51	00:37:01	02:01:45	9
10	KARELLE DUBIEF	F Pro	00:22:49	01:16:48	00:40:57	02:22:37	133	10	NICK CADY	M PRO	00:20:23	01:05:07	00:35:30	02:02:27	10
11	GAIL LAURENCE	F PRO	00:21:07	01:17:39	00:43:21	02:23:56	143	11	ANDY JOHNSON	M PRO	00:20:44	01:05:13	00:35:01	02:03:00	11
12	SARA TARKINGTON	F PRO	00:24:44	01:19:11	00:39:22	02:25:00	159	12	ROMUALD LEPERS	M PRO	00:20:48	01:05:03	00:35:36	02:03:04	12
13	TRISH HEISDORFFER	F PRO	00:22:55	01:13:59	00:49:36	02:29:11	218	13	PAUL MATTHEWS	M PRO	00:20:49	01:05:02	00:36:55	02:04:47	14
14	KATE KELLY	F 14-19	00:31:04	01:34:28	00:47:17	02:56:28	657	14	TYLER JOHNSON	M Pro	00:21:55	01:06:59	00:34:09	02:05:03	15
15	MARY DISHMAN	F 14-19	00:25:08	01:33:00	00:52:45	02:57:04	671	15	JARED BERG	M PRO	00:20:59	01:04:52	00:37:34	02:05:36	16
16	AMY YACTOR	F 14-19	00:28:14	01:34:37	00:51:58	02:58:58	702	16	BRENDAN MURPHY	M PRO	00:19:59	01:09:08	00:35:12	02:05:50	17
17	NELL MILLER	F 20-24	00:21:44	01:18:23	00:43:08	02:26:28	180	17	CHRIS VALENTI	M PRO	00:22:12	01:07:26	00:34:21	02:06:07	18
18	AMBER RYDHOLM	F 20-24	00:23:52	01:18:23	00:43:24	02:28:02	200	18	DAVE MESSENHEIMER	M PRO	00:20:27	01:09:00	00:35:38	02:06:39	23
19	GRETCHEN KEISLING	F 20-24	00:22:36	01:16:56	00:47:01	02:28:56	215	19	NEAL HENDERSON	M PRO	00:21:02	01:05:17	00:38:51	02:06:49	24
20	CAROLANNE TURTLE	F 25-29	00:20:45	01:14:29	00:41:01	02:18:36	95	20	STEVE SENIER	M PRO	00:22:38	01:06:22	00:36:21	02:07:37	28
21	KAREN MELLIAR-SMITH	F 25-29	00:22:29	01:19:17	00:41:32	02:26:38	184	21	KALEY PARKINSON	M PRO	00:19:23	01:07:34	00:39:14	02:08:05	29
22	AIMEE STOUT	F 25-29	00:24:19	01:17:27	00:42:57	02:26:48	187	22	ALAN MORAN	M PRO	00:20:36	01:07:39	00:41:00	02:10:29	41
23	SARA ROSENKRANZ	F 30-34	00:23:23	01:11:23	00:42:40	02:19:30	106	23	MASON RICKARD	M PRO	00:22:28	01:08:08	00:41:06	02:14:05	60
24	ANN MARIE WELCH	F 30-34	00:26:50	01:14:31	00:41:12	02:24:45	155	24	MICHAEL TOBIN	M PRO	00:24:41	01:11:31	00:38:22	02:16:18	76
25	CHRISTY ORRIS	F 30-34	00:23:02	01:14:42	00:45:39	02:25:44	170	25	SEAN WENDT	M PRO	00:20:00	01:12:35	00:42:48	02:17:28	85
26	KRISTINE LEADER	F 35-39	00:26:45	01:13:33	00:40:57	02:24:31	151	26	DAVID KUENDIG	M PRO	00:18:01	01:10:29	00:48:05	02:18:09	90
27	ANN LANTZ	F 35-39	00:27:53	01:13:15	00:43:51	02:26:52	188	27	BLAKE OTTERBERG	M 14-19	00:20:17	01:08:08	00:40:06	02:10:23	40
28	TRACY JOHNSON	F 35-39	00:25:50	01:15:10	00:47:10	02:31:48	253	28	THOMAS TAYLOR	M 14-19	00:20:20	01:15:45	00:41:41	02:20:29	113
29	LYNN O'DONNELL	F 40-44	00:25:29	01:16:11	00:45:00	02:28:55	214	29	MATTHEW DREXEL	M 14-19	00:24:37	01:28:05	00:54:18	02:50:21	555
30	JUDYANN CUMMINGS	F 40-44	00:28:26	01:17:59	00:47:37	02:37:10	336	30	GREG WOODS	M 20-24	00:20:59	01:06:12	00:38:04	02:06:39	22
31	JANICE LOUDEN	F 40-44	00:30:42	01:20:56	00:48:55	02:43:10	432	31	RYAN IGNATZ	M 20-24	00:23:09	01:05:22	00:37:30	02:07:31	27
32	KRIS SKILES	F 45-49	00:25:48	01:14:55	00:51:00	02:34:53	302	32	CRAIG HOWIE	M 20-24	00:24:58	01:06:43	00:37:32	02:11:08	43
33	JUDY LANEY	F 45-49	00:25:37	01:21:59	00:50:05	02:40:12	383	33	JOSEPH FOGARTY	M 30-34	00:21:23	01:06:29	00:35:12	02:04:47	13
34	MARY ANNE MILLS	F 45-49	00:31:05	01:22:02	00:46:59	02:43:53	445	34	CHRIS PEETERS	M 30-34	00:23:05	01:06:45	00:35:03	02:06:37	21
35	JEAN WOOD	F 50-54	00:27:21	01:30:17	00:55:04	02:57:22	677	35	THOMAS MEISER	M 30-34	00:22:07	01:06:19	00:36:35	02:07:07	25
36	LINDA BURRIS	F 50-54	00:32:26	01:25:24	01:00:19	03:02:13	762	36	TIM SANDELL	M 35-39	00:22:26	01:07:15	00:37:54	02:09:07	34
37	SUSAN POLLOCK	F 50-54	00:39:13	01:28:03	00:55:10	03:06:19	820	37	BRETT ROSE	M 35-39	00:21:37	01:08:36	00:39:15	02:11:55	49
38	CELESTE CALLAHAN	F 55-59	00:36:02	01:29:49	00:59:21	03:09:27	854	38	DANNY MILLER	M 35-39	00:23:09	01:09:09	00:38:58	02:13:36	58
39	ANNE OAKLEY	F 55-59	00:30:31	01:41:12	01:04:29	03:20:29	979	39	SCOTT MOLINA	M 40-44	00:20:40	01:07:17	00:37:34	02:08:08	31
40	GONDA DRAGAN	F 55-59	00:39:18	01:44:47	01:10:02	03:39:57	1136	40	NANDY FOX	M 40-44	00:20:50	01:08:46	00:38:56	02:10:07	37
41	JUDY SMYTHE	F 60-64	00:41:01	01:51:20	01:13:20	03:51:09	1136	41	KENNY LEADER	M 40-44	00:21:38	01:09:18	00:41:07	02:14:06	61
42	LAURA BORGELT	F ATHENA	00:20:33	01:14:28	00:50:45	02:28:41	211	42	WOODY NOLEEN	M 45-49	00:23:17	01:13:13	00:40:22	02:18:48	98
43	THE FAST BLONDES	R FEMALE	00:22:07	01:13:50	00:38:53	02:16:18	75	43	CISCO QUINTERO	M 45-49	00:28:00	01:13:29	00:39:24	02:23:13	136
44	THE MISFITS	R FEMALE	00:27:36	01:33:07	00:42:17	02:44:43	452	44	GEORGE FRANKLIN	M 45-49	00:24:12	01:16:01	00:42:51	02:25:22	165
45	HOT CHICKS	R FEMALE	00:39:24	01:17:13	00:48:18	02:46:37	483	45	CHARLEY PEREZ	M 50-54	00:27:06	01:15:22	00:42:49	02:28:27	207
46	SPONSOR NAME HERE	R COED	00:22:52	01:08:36	00:34:38	02:08:06	30	46	NICK ALTHER	M 50-54	00:27:49	01:16:38	00:43:53	02:31:22	245
47	CLIF BAR INC	R COED	00:23:00	01:12:23	00:51:47	02:28:44	213	47	ROB LADEWIG	M 50-54	00:28:58	01:18:39	00:41:56	02:32:49	275
48	TEAM 269	R COED	00:29:39	01:16:11	00:43:22	02:30:49	237	48	BRUCE WILSON	M 55-59	00:26:41	01:19:33	00:45:43	02:35:03	303
49	PROPELLER-HEADED	R CORP	00:27:13	01:05:01	00:37:29	02:11:14	45	49	ROBIN MCGUIRE	M 55-59	00:31:36	01:24:25	00:48:15	02:47:40	502
50	XILINX COOLRUNNERS	R CORP	00:27:44	01:04:51	00:45:05	02:19:32	107	50	ROLAND MCLEAN	M 55-59	00:32:39	01:29:13	00:58:01	03:03:05	780
51	MERRILL LYNCH BEARS	R CORP	00:29:15	01:10:12	00:51:22	02:32:29	267	51	MICHAEL CHESSNOE	M 60-64	00:26:49	01:19:42	00:46:46	02:36:16	321
52	WHO ARE THOSE GUYS?	MASTERS	00:24:37	01:04:38	00:35:31	02:06:15	19	52	JOHNNY CHAPIN	M 60-64	00:31:45	01:23:27	00:50:20	02:49:23	536
53	FLIPPER FLAME&FLASH	MASTERS	00:21:47	01:06:39	00:36:37	02:06:30	20	53	HARVEY HOOGSTRATE	M 60-64	00:33:34	01:21:56	00:55:50	02:55:38	646
54	MO, LARRY AND CURLY	MASTERS	00:24:04	01:12:04	00:39:49	02:17:38	86	54	JOHN STURTEVANT	M 65-69	00:41:01	01:37:59	01:00:07	03:24:57	1024
55	3 GUYS W/O TANS	R MALE	00:31:26	01:06:47	00:38:21	02:18:29	94	55	AL VOSYLIVS	M 65-69	00:49:51	01:41:22	01:16:27	03:55:10	1150
56	WHEATRIDGE 89	R MALE	00:22:18	01:20:10	00:40:07	02:24:06	148	56	KEN WHITNEY	M 70+	00:41:18	01:32:08	00:56:36	03:17:35	960
57	ROAD RAGIN'	R MALE	00:26:33	01:16:25	00:40:43	02:25:15	162	57	HOWARD GARCIA	M 70+	00:42:52	01:52:11	01:11:45	03:54:43	1148
								58	IRVING WEISS	M 70+	00:52:35	02:01:47	01:24:22	04:34:32	1171
								59	GERALD PULS	M 70+	01:40:06	02:08:18	01:20:31	05:16:29	1174
								60	T. SCOTT FLEMING	M CLYD	00:23:38	01:11:53	00:41:43	02:20:00	110

# Nice Win for Nicole

This year's Boulder Peak Triathlon had arguably its best pro field ever as many of the best local athletes were joined by a few strong visiting international athletes. Many years the race is unable to draw very many from the cream of the local crop due to scheduling conflicts, sponsorship obligations, and other variables. Everything fell into place for this tenth anniversary edition, however, and the competition was world class.

The pro/elite open division started the first wave at 7 am in the half-full muddy Boulder Reservoir that was being drained out for the every-five-year inspection of the dam. As they exited the swim, Tim DeBoom was notably missing from the first group to head into T1. Then he appeared, running up the beach tugging on the neck of his wetsuit, complaining that the ill-fitting suit had been giving him fits in the swim.

Last year's winner Conrad Stoltz of South Africa, who has trained the last two summers in Colorado Springs, had a big lead



on the bike and came into the second transition before Tim DeBoom was even in sight. But Tim had planned on the day as a speed workout and flew out of T2 on a mission. The man most noted for



distance ran a 32:46 10K, a full two minutes faster than Stoltz. He almost was able to pull ahead of Stoltz but ran out of room in the end. The speedy Stoltz defended his title.

Nicole DeBoom hadn't done the race since 1996, when she wasn't a pro yet but raced the elite/open division. Her sixth place result that year was just out of the money, but was a good indicator of the success she would have when she began to race pro.

She had a good swim, finishing just behind Susan Bartholomew Williams and Monica Caplan. A fast transition and she quickly caught up to them. Taking the lead as she turned off Jay Road and on to U.S. 36, she was in the front before the famous Old Stage Road climb and kept the lead the rest of the race. Former Collegiate National Champion and up-and-coming pro Teri Duthie was shadowing her the whole race, but Nicole didn't know it until the run.

"On the bike I didn't know where anyone was at all," she said. "Only at the half-way point on the

run where I turned around could I see the people coming."

Teri finished a half of a minute behind, and Susan Williams behind her. Xterra star Kerstin Weule of Evergreen came in fourth.

"I need to train more on the aero-bars," said the off-road specialist.

Former Ironman World Champion Lori Bowden was in town for a camp and doing some training with her

friend Nicole. She decided to hop into the race for the heck of it. The distance specialist has always struggled with the swim and came out of the water well behind the rest of the elite field, but smiling.

"I had fun," she said. "It was hard. I haven't done an olympic distance race in three years, so I thought I would come do one at altitude!" she laughed.

Lori finished sixth, behind Monica Caplan.

-K.M. ✨

## photos:

left: Conrad Stoltz comes in for the win; opposite page:

1. Tri couple Nicholas Cady and Teri Duthie
2. Susan Bartholomew Williams
3. Andy Johnson and Nate Llerandi, student and coach
4. Nicole DeBoom in the chute
5. Tim DeBoom finishing second
6. Lori Bowden out of the water
7. Teri Duthie into T2
8. Balloons over bike check-in photos by Kristen McFarland



# Boulder Peak Triathlon & Duathlon



# VICTORY AT LAST!

## Tim DeBoom wins the Ironman World Championship

story and photos by Kristen McFarland



This year the field was deep at Ironman Hawaii, very deep. There were probably a dozen athletes who could have won the race and a few who had before. But the time had come for the patient Tim DeBoom. It was his ninth time here, and his seventh year as a pro.

Five days before the race he was nervous. He had never felt this good before Hawaii. Had he tapered too much? Had he peaked too early? But at 5:45 on Saturday morning he showed up to a hotel room near the pier and not a

bit of nervousness showed as he plopped down on the floor, smile on his face, to stretch out before heading down to the start. When the lead swimmers had disappeared into the distance the announcer on the loudspeaker took a break from his commentary and put on some music. It was Sting, one of Tim's favorite artists, singing "Brand New Day". It was a good sign. This day was going to be his.

It wasn't going to be easy, though. The winds out on the lava fields of the Queen K highway are famous, but they were steady and unrelenting this year and caused many to give up the fight before the run even started. The course was new and different this year, too, and started with a slow climb up Kuakini Highway to the southeast before turning north onto the Queen K. This spread out the athletes more than before, but also delayed when the competitors would get out into the wind. In the

past a few of the fastest pros could sometimes beat the wind a little, but not anymore. The short time difference with the new course prevented anyone from avoiding it.



Cam Widoff

Tim didn't go off the front this year like he had two years ago. He stayed up towards the front with most of the expected leaders, including brother Tony. An early drafting penalty threatened his confidence, though.

"It's quite a struggle on the bike to get through it and basically know you're three minutes behind everybody you're riding with," he said afterwards.

One of the big unknown quantities in this race was former national mountain biking champion Steve Larsen, who won the first ironman distance race he ever tried in Lake Placid this summer. Some were predicting that he would take the lead on the bike by the turn around at Hawi, but he was too far back after the swim for that.

### The parade of DNF's

The strong winds and even stronger competition took a very heavy toll on the pro field this year. Former champions and top contenders either couldn't even finish the bike or couldn't run after they had. Defending champion Peter Reid went down. Luc Van Lierde couldn't go on the run either. Previous top ten finishers like Olympian Joanna Zeiger, German powerhouse cyclist Jugen Zack and Briton Spencer Smith dropped out. Local favorites Dave Scott (pictured at left) and Tony DeBoom (above) DNFed too. Hoping for his first top ten finish in Kona this year, Tony struggled with back pain and nausea and quit about mile 14 on the run. Dave gave up on the bike around Hawi. It was a very tough year.



Tim battles the lava fields





Ryan Bolton

Take the lead he did, though, around Waikoloa on the way back. Tim, Peter Reid, Normann Stadler, and Thomas Hellriegel were the only ones who could even attempt to go with him, but he steadily pulled away and got to T2 five minutes ahead of all of them. Tim was second into transition but had to wait for three minutes due to the drafting penalty.

Once on the run he picked off Norman and Thomas pretty quickly, and Peter was fading and would shortly quit the race. All that was left was Steve Larsen. Larsen had given his legs to Queen K,

though, and kept slowing as Tim picked up the pace. Before the Energy Lab Tim had the lead and was so focused he never really even knew how far ahead he had gone until after he finished the race and was waiting for second place Cameron Brown of New Zealand to cross the line. His 2:45:54 marathon brought him in with a fifteen minute margin, two and a half miles ahead of the rest.

DeBoom enjoyed the new ride and run course because he felt like the spectators gave him a big boost and you passed more of them with this new route. In this year of so much pro-American sentiment, the crowd was really with him.

"Today was just unbelievable in terms of the support out there. Everywhere I looked it wasn't 'Go Tim' it was 'Go USA.' I even felt like some of the foreign athletes and fans were cheering for the USA." Thomas Hellriegel of Germany even crossed the finish line with an American flag.

The second American finisher was Boulder's consistent Cam Widoff, finishing his 11th Hawaii Ironman and third top ten finisher. He gave it everything he had on the run, collapsed at the finish line, and was carried off by the medical crew.

Nicole DeBoom was Colorado's top female finisher in 13th place. When Mark Allen won the Ironman for the first time, his wife Julie Moss stopped racing to greet him at the finish line, and Nicole wanted to do

the same. But she finally decided she should probably go ahead and finish, too. tim would want her to.

Last year's amateur champion Tim Luchinske of Boulder had a very impressive professional debut this year with a sixteenth place finish.

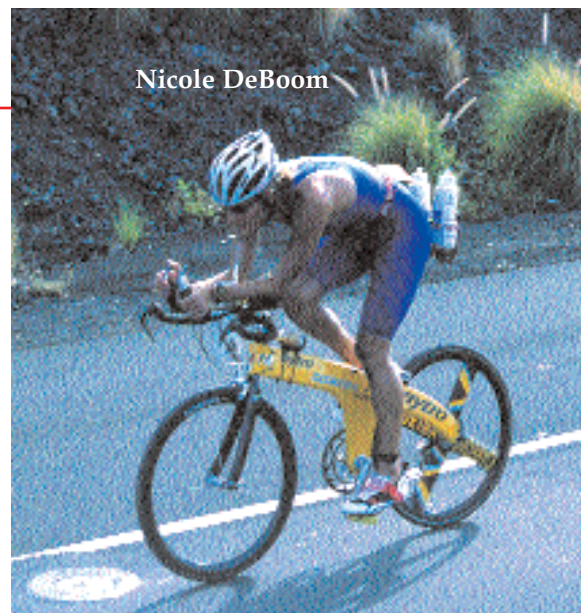
A newcomer to the Ironman fray was former Olympian Ryan Bolton, also of Boulder. He had a rough swim, getting kicked in the eye and doing the backstroke a couple of times just to get recentered. The slower swim brought him to the bike leg in the midst of a lot of traffic and he found himself buried amongst the top women and age group men. He got a "failure to drop back" penalty call going up Kuakini. Dealing with all of the congestion was challenging. He struggled in the wind on the bike all day.

Ryan's strength is his run, though, and he warmed into a pace that would have him pass over a hundred people before his 30th place finish. His run split was second only to that of Tim DeBoom.

"I was psyched," he said of his first Hawaii Ironman. "Obviously the race didn't go optimally, but it probably never does. It was a good learning experience, and ultimately my goal was to cross the finish line feeling good. It gives me a perspective about what it's going to be like. I wasn't like my normal self out there but its necessary to go through the motions."

Triathlon writer Dan Empfield has great hopes for Ryan in the future. "Three years from now the Hawaii Ironman will come down to the final miles, and the dual for the win will be between Ryan Bolton and Rasmus Henning (another great runner)," he said.

The top age group finisher from Colorado was Dr. Chris Peeters of Colorado Springs, who finished with a 9:54:38 in 79th place. ✨



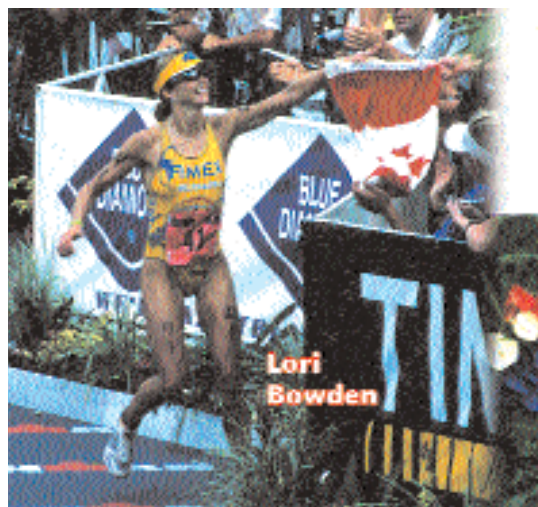
Nicole DeBoom



DeBoom on the run



Chris Peeters



Lori Bowden



Curt Chesney



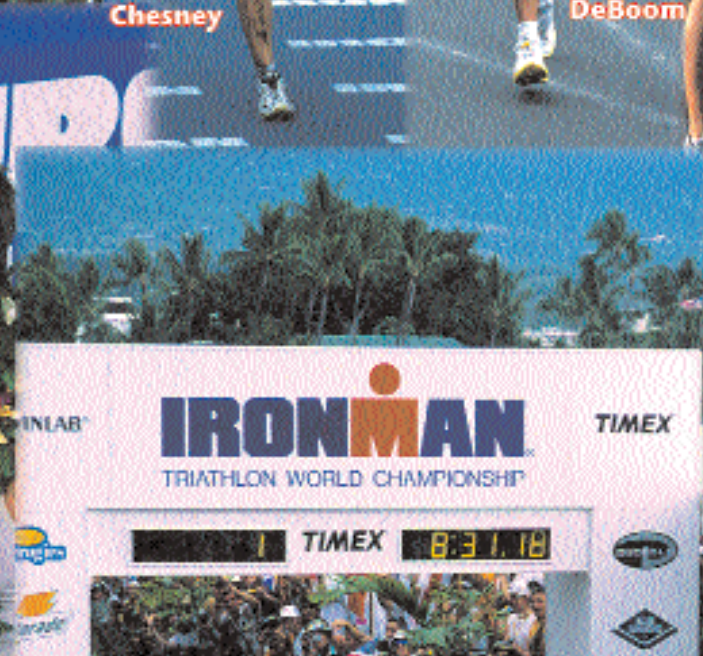
Nicole DeBoom



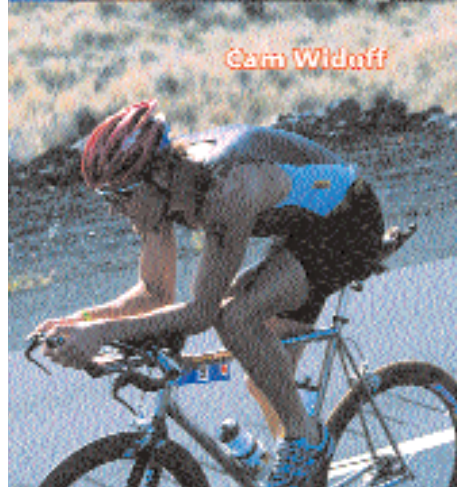
Ryan Bolton



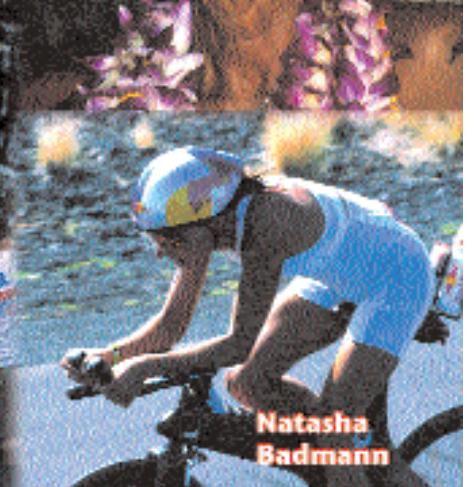
Greg Welch interviews Tim



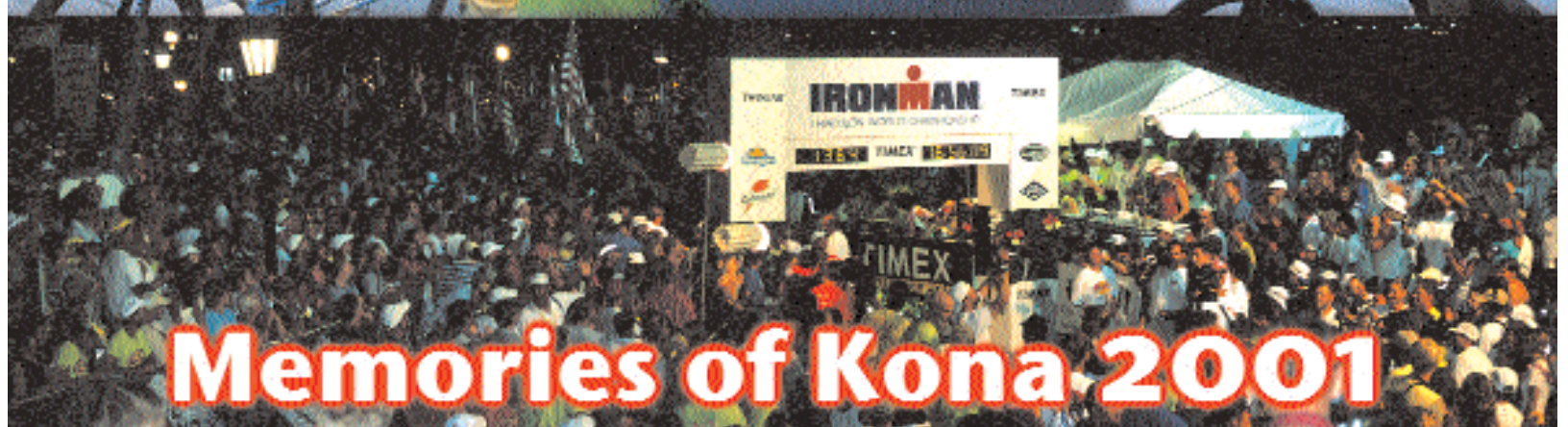
Sister Madmms Buder



Cam Widuff



Natasha Badmann



# Memories of Kona 2001