

the colorado triathlete



Tony DeBoom
Second at
Ironman
Florida:
Interview

Xterra
Championships

Pat Brown at the
Bays of Huatulco
Mexico Half Ironman

Winter 2002

www.coloradotriathlete.com

Last year while reading the latest triathlon magazine I came across an advertisement for the Mexico Half Ironman. The large ad showed Huatulco's beautiful white sandy beaches with crystal blue water, along with a substantial professional prize purse. Now I have been down to Mexico many times before for racing and vacation and have seen the brochures, but rarely did they come close to my lowest expectations. I was surprised and happy to report that Huatulco Mexico lived up to and beyond my highest expectations.



Racing Around the Beautiful Bays of Huatulco

Pat Brown places 4th at the Mexico Half Ironman

So this year when the race director called and invited me back down gain, I jumped at the chance.

Huatulco's bays (there are nine

of them) are located along the coast of Oaxaca, at the end of the Southern Sierra Madre Mountains.

Because of its geographic location,

the Huatulco Bays' topography is formed by gorgeous green mountains, meandering valleys and slopes and is quite rough and uneven. This makes for some great recreational activities such as mountain biking, repelling, white water rafting and of course, swimming, biking and running. Also due to its geographic location, the weather can be down right hot! When you put the topography and climate together, what you have is one challenging half ironman.

From a professional's point of view, there are clearly not enough half ironmans with a substantial prize purse out there for us to do. This is the one distance where the Olympic distance specialist can go head to head with the long course specialist and no one athlete is really at an advantage. You must race hard from the gun, but still you must race your own race at your own pace, much like in an ironman.

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Photography by Mario Herrera Glenn



WINTER 2002

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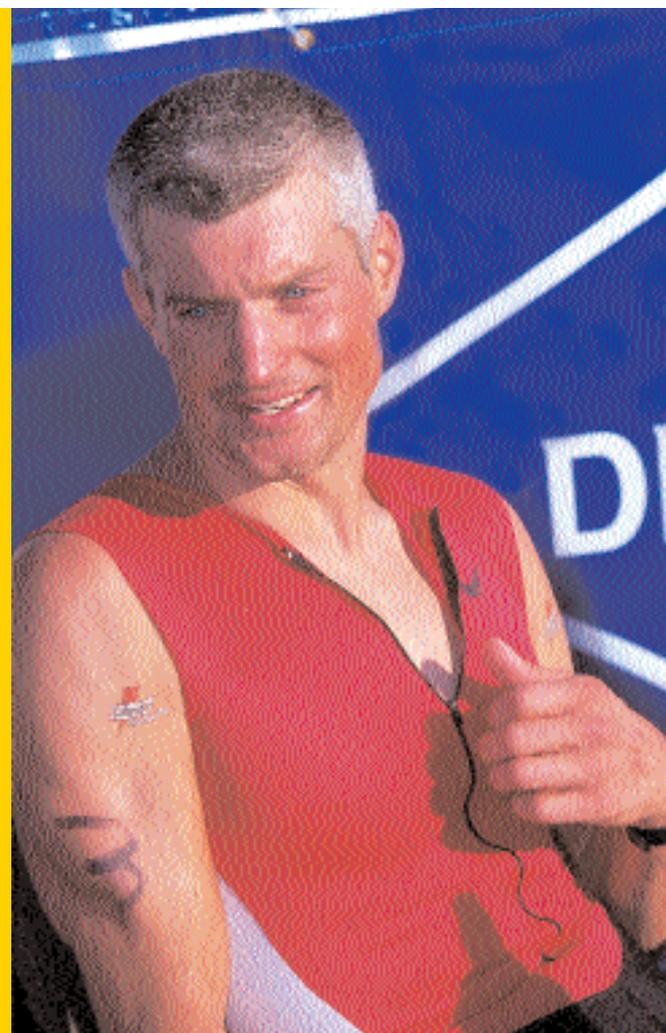
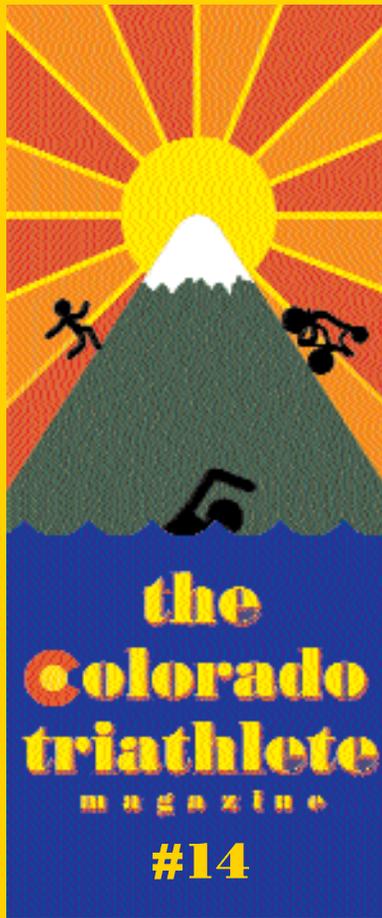
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On the Cover: Tony DeBoom on the bike at Ironman Florida and, above, giving interviews after the race.
Photography by Timothy Carlson, courtesy of Inside Triathlon magazine.

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K. MCFARLAND



Intervals Along The Way

Joyfully Overcoming Adversity

Triathletes sure are tough. An obvious statement, you say? Well, of course. Nothing exemplifies this statement more, however, than when a triathlete faces a physical challenge that threatens to take them out of the game, and end their racing days.

Karen Smyers has arguably had the most successful career of any female professional in the sport's history. She won the ITU World Championship twice (olympic distance), the U.S. Pro Nationals 7 times, and the ITU Long Distance World Championship. In 1995 she was so dominant that she took first at the Hawaii Ironman, the Pan Am Games, the ITU World Championships, and the U.S. Pro Nationals.

This powerhouse of a woman has had a few bumps along the way, though, to say the least. In '97 she had an accident that sliced her hamstring severely. She decided to have a baby during her rehabilitation, but had to have a Caesarean section after 48 hours of labor. Finally back in training for the Ironman in '98, she was hit by an eighteen-wheeler while on her bike and broke six ribs and separated her shoulder.

Her 1999 season was going well, she had some great results. Then during an ultrasound check of her collar bone, a mass was discovered around her thyroid gland and she was told that it could be cancer. This was only a month before the Hawaii Ironman. She raced anyway, and placed second! Then in her last event of the season, an ITU points race in Mexico, she was involved with a crash on the bike and broke her collar bone, DNF'ing for the very first time.

Karen was subsequently diagnosed with cancer, went through radiation and eventually had her thyroid removed. Despite all of this, she came back to win the pro nationals again this year, and place fifth in Hawaii.

One of the most amazing things about her story is that through all of these many ordeals, she continued to be so positive. Often considered the friendliest of

the pros, Karen is well known for her accessibility to the age-groupers, her easy-going attitude, and perpetual good nature. And this from someone with plenty to complain about.

Czech triathlete Jan Rehula won the bronze medal in the inaugural Olympic Triathlon in Sydney. Then in January he was out on a training ride when his seatpost broke and as he went down he was impaled in the back. He lost so much blood he almost died and spent a week in intensive care after surgery. During his hospitalization he regularly posted to the news groups about his progress and thanked everyone for all of their notes and calls of support. Not only has he recovered but he placed fifth at Ironman Switzerland in August and completed the Hawaii Ironman with a 2:56 marathon.

Here at home, Longmont's Jason Kaminski was almost killed by a hit-and-run driver while on a training ride. Left for dead with a broken skull, ribs, fibula, elbow, jaw, and right arm; punctured lung, torn knee ligaments, and severe nerve damage to his right arm and hand, he was discovered later by a school bus driver. Jason was barely back to work when he began making plans for his next Ironman race. The next year he finished Ironman USA in Lake Placid, coming in 514th (11:40:19) out of a field of nearly 1800. He didn't even miss a whole season of racing.

Triathletes have always been a source of inspiration, for their dedication and discipline as well as for their athletic accomplishments. When they manage to achieve so much the face of tremendous odds, they become true heroes.



Photos: Jan Rahula (left) and Karen Smyers (right) cross the finish line at the Ironman World Championship, photos by Kristen McFarland

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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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Northern Colorado Triathlon Club.	970.225.0212
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.	www.recreation.du.edu/adultprograms/adult_frameset.htm
.	www.goenm.com/swim/intropage.htm
Vail Triathlon Club	970.748.7504
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Women's Triathlon Club of Boulder.	303.554.8857
Beth Davis.	emdavis@indra.com

If your club is not listed, please contact us!



wind sprints.

Celebration and Benefit

There were quite a few folks around here that wanted to have a local celebration to honor Tim DeBoom's victory at the Ironman World Championship. Triathlete Chuck Kipp contacted Nicole DeBoom and convinced her to organize one with him. They enlisted the help of Mark Sunderland, president of the Boulder Triathlon Club, and sponsors like Bell Helmets, *Inside Triathlon* magazine, Rudy Project, Polar Bottles, and Profile Designs.

Tim's reaction to the idea was



The DeBooms after the press conference in Kona

that it had to be a party for Siri Lindley too, for she had won the olympic distance world championship this year and is also from right here in Boulder. It also had to be a benefit, and he chose the Wilderness Society as the benefactor.

A huge array of items were donated to be auctioned off at a silent auction, from signed equipment to a one-on-one training ride with Siri or Tim. Denver Broncos owner Pat Bowlen donated four tickets to a Broncos game and a Mike Shanahan signed football to the auction. It turns out Bowlen did the Hawaii Ironman in the early eighties. What do you know?

The event was at the West End Tavern on Pearl Street in Boulder. The place was packed beyond capacity with triathletes from

beginners to seasoned pros, and families and friends. Other special attendees included running legend Frank Shorter and current cycling hot shot Christian Vande Velde. Steve Locke, director of USAT, drove up from Colorado Springs and presented Siri Lindley with the International Triathlon Union's highest annual award, The President's Cup, and showed off to the crowd a large photo portrait (by Timothy Carlson) of Tim and Siri that is now hanging in the new USAT National Training Center in Clermont, Florida and in the USAT offices in Colorado Springs.

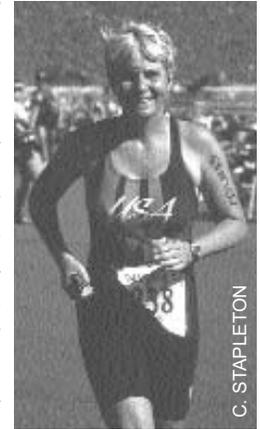
There were a few dozen Nick and Willie's pizzas and a big cake that was topped with an amazingly accurate sugar reproduction of *Inside Triathlon's* cover with Tim crossing the finish line last October. The benefit was a big success, raising over \$2000 for the Wilderness Society. And from the grins on Tim and Siri's faces all evening, you could tell that the celebration of their victories was a success as well.

Awards and Nominations

The end of the season brought a plethora of accolades to Colorado Triathletes. As one would expect, Siri Lindley and Tim DeBoom both received athlete of the year honors in their distance categories from both of the national triathlon magazines, and Siri received *Inside Triathlon's* Person of the Year award. They were both also nominated for the U.S. Olympic Committee's Sportsman and Sportswoman of the Year award. The prestigious worldwide Women's Sports Foundation nominated Siri as one of only ten women for its annual award. She was in the company of such superstars as Jennifer Capriati, Michelle Kwan, and Annika Sorenstam.

USAT nominated 3 Coloradoans

for the International Olympic Committee's International Year of the Volunteer Award recognizing outstanding volunteers in sport. Founding Women's Commission member and long-time coach Celleste Callahan received the honor, as did both husband and wife Brad Leonard and Susan Falsey. They have both served USAT and its predecessor, Tri Fed USA, for 20 years, most recently by creating USAT's multi-faceted website and database systems.



Falsey in the Danskin Triathlon

In addition, 10 amateur Colorado triathletes and duathletes won All-American honors from *Inside Triathlon*.

Fernandez Defends Ultraman Title

Monica Fernandez won her second women's title in a row and placed tenth overall in the gruelling three day long Ultraman Triathlon on the Big Island of Hawaii. Monica completed the 10K (6.2 miles) swim in 2:59:10, the 261.4 mile bike segment in 14:44:30 and the 52.4 mile double marathon in 10:12:50, for an overall time of 27:56:54. *Fernandez in Boulder*



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The Mission of the CU Triathlon Team 2002: Win Back Nationals!

by Bettina Younge, Ph.D.

University of Colorado

Triathlon Team Head Coach

April 20, 2002: Memphis, Tennessee is the new location for Collegiate Nationals, and CU is getting ready to rock the town. While we will miss Wildflower, it will be a great experience to go to nationals without worrying about missing final exams during that time. The race in Memphis – hosted by the same event staff as the Memphis in May Triathlon – will be open only to collegiate athletes. The Collegiate Nationals has grown tremendously over the last few years, with more than 500 athletes competing last year. The promoter is expecting more than 600 athletes from across the U.S. in 2002. Sixty of these athletes will be travelling to Memphis from Boulder. And, after finishing second last year, the CU Buffs are aiming to win more than one national championship title this year.

As in recent years, a number of national championship competitions are at stake: Overall Team, Overall Men's Team, Overall Women's Team, and Overall Male and Female Individuals. Determining the Overall Male and Female Individuals is simple: the fastest person wins. To determine the best Overall Men's and Women's Teams, the times of the fastest three males and fastest three female finishers of each school are added together, and the team with the fastest combined time wins. Similarly, the Overall Team will be the fastest combined time of the top three men and too three women.

Since nationals don't coincide with final exams this year, the team will have time to use a more affordable mode of transportation – the bus. We'll leave on Wednesday evening, April 17, for our 16-hour journey to Memphis. With a scheduled breakfast stop and a quick run to loosen up the legs, we expect to arrive in Memphis on Thursday afternoon in time to set up tents at the campgrounds, put together bikes, and take a test ride. Friday will go by quickly. The team will register, preview the course, and try out wetsuits in a lake swim (a first for many of the competitors). Saturday is the big event: the race will take the athletes through the usual Olympic distance – 1.5-km swim, 40-km bike, and a 10-km run. The athletes will start in waves of 60 to 80 competitors and will first brave the cold waters of Patriot Lake. The mostly flat, 40-km bike – three loops of 8 miles – winds through the city streets around Shelby Farms. The final leg – the run –

will be one 10-km loop on paved paths. The race will start with an "elite wave" – each school is allowed to designate their top athlete (or in our case – one of our top athletes!) to race in that wave – which should make for some fast finishes.

What national championships are the Buffs targeting? It's no time for modesty. This year, CU has the potential to sweep all of the categories! In the Male Individual category, Chris Valenti, who recently spent two weeks training with the national team, will be a tough athlete to beat. With an increasingly faster swim, an outstanding bike, and an even faster run, he will be accelerating all the way to the finish line. Chris is our pick for national champion in the men's competition, and he will be competing in the elite wave. Backing Chris will be Lucas Llado and Keith Jackson, who both placed in the top 30 last year, along with Kai Costanzo, Andy Feeny, Bill Baker, Blake Ottersberg, and Armando Galarrago. We are also excited to see some of our strong freshman compete in their first Collegiate National Championships – keep your eyes open for Justin Caskey, JP Henry, and Davin Anderson. These competitors will combine their strengths to put in a strong bid for the win in the Men's Team competition.

The women's competition should prove to be equally exciting. Kerrie Wlad, our top finisher from last year, has logged an even better training season

than last year and will represent the Buffs in the elite wave. We'll also have a surprise in store: a "secret weapon" in one of the later waves. Sara Tarkington, who several years ago won Junior Nationals and represented the U.S. in two Junior World Championship competitions, recently returned to triathlons after running with the CU Buffs Cross Country and track teams for two years. Other schools will have their work cut out for them trying to beat Kerrie and Sara. The main competition will come from Florida's Sara McLarty, an old nemesis of Tarkington's. The women's team will be rounded out by "old-timers" Amber Rydholm, Erin Huck, and Molly Nickerson – all three have been top team scorers for CU. Sunny Gilbert and freshman Jaime Sisler, who have shown great potential, are new additions to the team. Needless to say, the women's team has the strength and depth to lead the pack this year. Combined, the men's and women's team will be tough to beat for the team championship title.

We would like to thank our sponsors for their support in our quest: Boulder Center of Sports Medicine, Smartwool, Rudy Project, Louis Garneau, Runner's Choice, Aegis, Mickey C's Bagels, Atlas Snowshoes, Total Trainer, and Zipp Weaponry.

Bettina Younge, Ph.D. , is also the Junior Elite U.S. National Team Coach, a USCF Elite Coach, and a USAT Level II Coach.

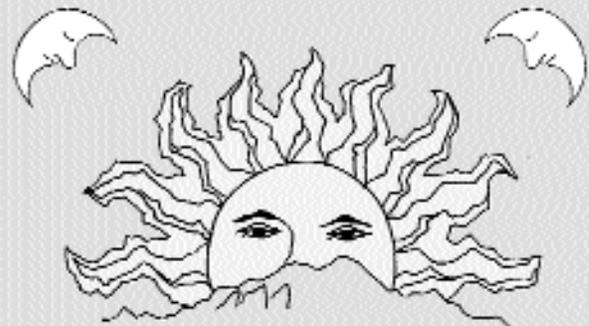
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Strength Training For Multisport Athletes

Most people immediately think of a big and overly muscled god or goddess when strength training is mentioned. This is unfortunate because strength training consists of many different types of exercises including (but not limited to) weight lifting, running and cycling uphill, plyometric exercises, and swimming with paddles. Strength is a very important component of endurance performance, and many multisport athletes spend too much time and energy focussing on endurance and don't pay enough attention to building and maintaining strength throughout their season. The goal of strength training is to increase force production. In a very basic sense, going fast is a product of work and time. In a race, we try to do a certain amount of work (usually 1-1.5K of swimming, 30K mountain biking, and 10-11K trail running for XTERRA racing) in the shortest period of time. In physics, work is simply force times distance. Since the distance of the race is the same for everyone, performance will be dictated by the average forces applied while swimming, cycling, and running. Pretty simple, eh?

Well, that may be an overly simplified view, but in reality it is pretty close. The fact that improving your force production will increase your velocity is universally accepted. Whether or not training with weights in a gym will make you faster is debatable. Strength training can also help you

avoid overuse injuries by increasing the integrity of your musculoskeletal system (bones, tendons, and muscles). Also, a stronger athlete will be less likely to sustain serious injuries in a fall while

running or a crash on the bike. One key factor to keep in mind is that your strength training needs to be specific to your sport(s). This article will focus specifically on weight lifting or resistance training, but keep in mind that other valuable types of strength training are part of a well-rounded training program. Two forms of resistance training have become quite popular recently – core training and functional training.

Core training focuses on the muscles involved with central stability – especially abdominal and back muscles. All properly designed resistance training programs should include several specific core exercises, but don't stop there! A strong key is necessary, but will not provide all of the strength that you will need out on the race course. Functional training uses activities that mimic actual sports movements while using some type of resistance. Use of cable machines to duplicate the underwater pull of your swim stroke, or staying seated while climbing up a hill in a bigger than normal would be examples of functional training. Also, plyometric drills

that over exaggerate your running stride are excellent functional strength training exercises.

Since endurance is still the most important aspect of your training, resistance training exercise should be considered a supplementary workout. If you spend too much energy on your strength workouts, your endurance workouts will suffer. You need to find a balance. For most endurance athletes, two strength training ses-

By Neal Henderson, MS CSCS

sions per week is enough. In these two sessions, you should perform exercises that will stress your entire body - not just your upper body or lower body. Split routines are great for body building, but are unnecessary for endurance athletes. Also, if you are adding resistance training workouts to your schedule try to add them after your endurance workout for that day. On the next page is a general periodization plan for endurance athletes.



Author Neal Henderson is a professional triathlete, NSCA Certified Strength and Conditioning Specialist, and is the coordinator of Sport Science at the Boulder Center for Sports Medicine. He can be reached at nhenderson@bch.org.

This article was adapted and reprinted, with permission, from an article Neal published on the XTERRAplanet.com website.

Above: Neal in T1 at the Xterra World Championships. Photo by Kristen McFarland.

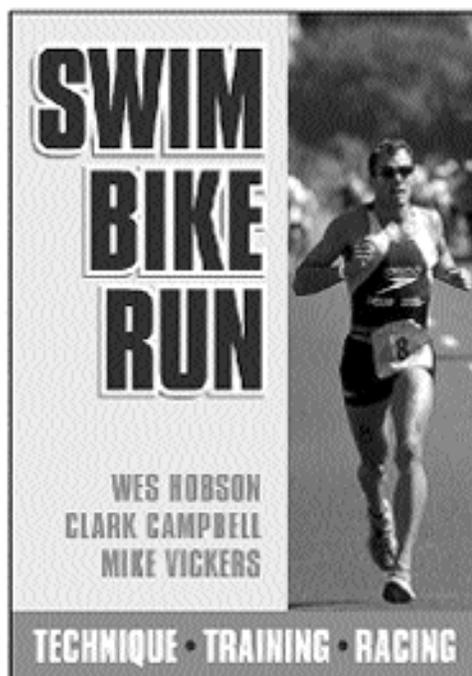
Below (right) is a very basic list of exercises. You should perform one exercise from each category during your workout (11 exercises total). Always use proper form when lifting weights. If you are not sure how to do an exercise properly, find an NSCA Certified Strength and Conditioning Specialist (CSCS) or other certified personal trainer.

General Periodization Plan	
Adaptation:	
Goal - Prepare your body for specific resistance training workouts (January)	
Frequency:	2 X / week
Sets:	1 - 2
Repetitions:	10-12 reps/set - not to failure
Rest Interval:	1:00
Base Phase:	
Goal – General strength (February / March)	
Frequency:	2 – 3 X / week
Sets:	2 - 3
Repetitions:	6 - 10 reps/set
Rest Interval:	2:00
Intensity:	
Goal - Power (April): Include plyometric and medicine ball exercises.	
Frequency:	2 X / week
Sets:	2 to 3
Repetitions:	4-8 reps/set, focus on form and speed.
Rest Interval:	3:00
Peaking:	
Goal – Muscular endurance (May)	
Frequency:	2 X / week
Sets:	2
Repetitions:	15 – 20
Rest Interval:	:30
Racing:	
Goal – Strength Maintenance (June-October)	
Frequency:	1-2 X / week
Sets:	1-2
Repetitions:	12-15
Rest Interval:	:30
Off-Season:	
Goal – Regeneration (Mental & Physical)	
No resistance training	

Category	Exercises
1. Compound leg	Leg Press Single Leg Press Squat
2. Balance Leg	Single Leg Squat Lunge - forward Lunge - rear
3. Quadriceps	Step-up Short-arc Leg extension (one leg at a time) Partial Squat
4. Hamstrings	Single leg curl Romanian Dead Lift Cable hamstring curl
5. Calves	Standing Heel Raises Seated Heel Raises Standing Single Heel Raises
6. Upper Body - Pulling	Seated Row Lat Pulldown (to the front, never behind your head) Rear dumbbell flys Dumbbell curls
7. Upper Body - Pushing	Dips Chest Press/Bench Press Pushups Tricep Extension
8. Abdominal	Resistance Crunch Hanging Leg raise (bend knees)
9. Low Back	Resisted Back Extension Roman Chair Extensions
10. Fitball - Abdominal	Praying Mantis Reverse Crunch Pike Ball Crunch
11. Fitball - Back	Bridging Bridged March Extensions Superman

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KRISTEN MCFARLAND

Xterra
World
Championships,
Maui

In early 2001, the XTERRA American Tour looked to be in jeopardy. After a successful tour in 2000 with 11 stops, all the XTERRA faithful were looking forward to another full season of racing. Unfortunately, contract talks and sponsorship of the series was up in the air. Team Unlimited, who put on the XTERRA series, pooled their resources to offer an abridged schedule of 3 regional championship races, culminating in a first ever XTERRA National Championship, and the famous XTERRA World Championship in Maui. Luckily, the anaemic series got a big boost from Nissan...though a little too late to schedule additional races. With so much at stake, each race mattered – a lot! A new concept introduced to the XTERRA Tour in 2001 was regional amateur qualifier races

aimed at qualifying athletes for each of the 3 Regional Championships – Richmond, Keystone, and Half Moon Bay. The first regional XTERRA Championship was held in Richmond, VA on June 24, 2001. In 2000, the 96-degree heat, stifling humidity, and challenge of the course took its toll on every racer. For 2001, my goal was simple – race strong from start to finish. On the way to Richmond, the airlines decided to throw a wrench into my plans for seamless travel. As we approached the East Coast, the captain came over the radio announcing that we were being diverted to an emergency airport because Dulles, our original destination, was having problems with storms and had closed their air traffic control tower. My travel fiasco resulted in only four hours of sleep on the floor of Norfolk Airport, followed by a 2-hour cab ride to Richmond on Saturday morning. Surprisingly, no one had taken my bike from the baggage claim where it sat unattended all night!

The race course in Richmond is like no other - a thoroughly urban affair consisting of a river swim (complete with an island crossing by foot), a bike through several metro county parks full of twisted single-track, and a challenging run including a

half-mile rock hopping section. To everyone's surprise, the weather in Richmond was pleasant – sunny, and in the upper 70s to low 80s. The water level in the James River was also agreeable, deep enough to actually swim – unlike the 1999 conditions where many racers walked and waded through much of the 1K swim. The 2001 Tour opener saw many new faces on the tour including Conrad Stoltz, a South African Olympian, French duathlon stud Nicolas LeBrun, and Steve Larsen, the 2000 NORBA National Champion and winner of the 2000 Half Moon Bay XTERRA. The usual cast of XTERRA regulars were present including Kerry Clausen, Michael Tobin, Mike Vine, Jimmy Riccetto, and Colorado athletes Ned Overend, Wes Hobson, Pat Brown, Jimmy Archer, Scott Schumaker, Grant Holicky and myself. The women in contention were Jody Mielke, Melanie McQuaid, Monique Merrill, and Colorado racers Kersten Wuele and first-timer Anke Erlank.

The no wetsuit swim went off without a hitch, including a mid-way 150-meter run across Belle Island.

XTERRA 2001: The bike course in Richmond

began with a short road section and bridge crossing before hitting the dirt. Early in the bike, racers encountered tight singletrack full of quick turns, slick roots, short power climbs and roller coaster descents. I felt smooth through the technical bike course, and began catching some of the normally faster racers. Halfway through the bike I caught Kiwi Bryan Rhodes, winner of the 2001 Ironman Malaysia. I asked if he was having a mechanical, but it was just his legs – they were both flat! Near the end of the bike course, I caught up with Scott Schumaker for the final 2 miles of highway riding into transition. I felt strong entering the run and pushed the pace for the first 2 miles, maintaining my top 15 position. As I moved through the

An Off-road Triathlon Odyssey

halfway point, I began to slow and lost a few positions. Toward the end of the run course there is a rock hopping section, which I had scouted out Saturday afternoon with Anke Erlank – a new racer on the XTERRA circuit with a solid cycling resume as a member of the Saturn Cycling team. I danced through this section, enjoying the fun of running through mud and muck, and hopping the occasional rock and log. My fun ended, though, with the final 2K of flat running toward the finish. My legs began to tie up, and I struggled to keep my pace. I came to the finish line in 2:17:59 – a time that in 2000 would have put me in 8th, but in 2001 only good enough for 18th place. Canadian Mike Vine took the overall win with Conrad Stoltz in second and Nicolas LeBrun taking third. Jody Mielke won for the women with Wuele close behind and McQuaid taking third place honors.

The next XTERRA was our "home" race of Keystone on July 29, 2001. I had ridden the course several times in the weeks leading up to the race, and was prepared to let everything hang out on the course. The 1K swim was in Keystone Lake (or should I say Keystone Duck Pond) which never gets above 60 degrees. Wetsuits are mandatory,

By the end of the swim, I was in 15th place, and determined to have a strong bike ride. I stumbled into transition with numb feet, hands, and face and slowly mounted my personal non-motorized lift. The bike course in Keystone climbs 2,400 feet through twisting single-track and jeep roads to the summit of the Keystone Mountain. I struggled through the early miles on steep jeep road, until we turned into the singletrack. I felt stronger as I climbed higher and higher. By the time I reached the peak, I was ready to begin the famous bomb down Keystone. The descent is exhilarating, culminating with Wild Thing - an intense and highly technical descent full of tight switchbacks and huge drop-offs. I flew down the early miles of the descent, putting my bike and myself on the edge of control. On at least 2 occasions, I had serious concern for my safety ...though I was able to regain control before encountering the ground or any of



the trees lining the course. Nearing the notorious Wild Thing, I caught Mike Pigg – one of my heroes and a legendary triathlete. He was obviously suffering in the altitude, and his technical riding was not quite up to par for the upcoming section. I passed Mike and continued to pick my way through the switchbacks. Soon, I entered the toughest section with two log drop-offs followed by a huge boulder. My butt hovered inches above the rear wheel as I leaned back and tried to ride the course clean. Most competitors get off their bikes – most for safety, but

some for speed. I decided to take the challenge and try to ride the course...I wasn't going to win, and didn't want to wimp out. I rolled over the first two drop-offs, and headed into the final big drop. I hesitated slightly and got kicked out to the right side of my projected landing. Luckily, I was able to clip out my right foot and straighten myself in one quick dab.

Safely, I arrived into transition minutes later and began the 10K Keystone run. Once again, I was in the top fifteen and was running as hard as I could. Nearing the 5K mark, I heard the footsteps and labored breathing of someone chasing me down. I put up a fight, but couldn't keep pace with my hunter. As I eased to the right side of the trail, Mike Pigg ran by – hurting for sure, but still pushing his body as hard as he could. If nothing else, Pigg is one the toughest guys around – one who doesn't quit on an off day or when he isn't feeling good.

Someone you can admire, just like Ned – who was hammer-

ing trying to chase down Mike Vine and Nicolas LeBrun. Soon after Pigg dropped me, I took a bad step and twisted my ankle on a rock stuck in the trail. I walked it off for a couple seconds, and resumed my limping run to the finish. 19th was my final place...still hunting for series points and a top 15 place! For the pro men, Vine again took the win, with LeBrun in second and Ned in third. For the women, Erlank held onto a big lead on the bike for her first XTERRA win, with Wuele taking second and Cameron Randolph in third.

The 2001 version in Half Moon

Neal Henderson looks back at the 2001 Xterra Series

full-suits are expected, and many competitors don a neoprene skull-cap under their race cap to keep their noggins warm. As the starting gun fired, I got stuck in a frenzied pack of flailing arms and legs. By the second buoy, a pack of faster swimmers had already separated, and I was in no man's land. Breaking water alone, I was too slow to catch the leaders and soon fell back to 2nd pack. I sat in with a couple of other swimmers for the next few minutes, but soon felt the hypoxic effects of the 9,000' elevation and dropped further back in the pack.

the trees lining the course. Nearing the notorious Wild Thing, I caught Mike Pigg – one of my heroes and a legendary triathlete. He was obviously suffering in the altitude, and his technical riding was not quite up to par for the upcoming section. I passed Mike and continued to pick my way through the switchbacks. Soon, I entered the toughest section with two log drop-offs followed by a huge boulder. My butt hovered inches above the rear wheel as I leaned back and tried to ride the course clean. Most competitors get off their bikes – most for safety, but

Bay had a revised bike course – one with less climbing than the 2000 version that saw mountain bike ace Steve Larsen crush a quality field. The swim began in the cold and murky waters of a protected cove in the Pacific Ocean. I had begun my taper for the 5430 Triathlon, which I would be racing 7 days later, and was excited to race at sea level. I felt a little sluggish though, and struggled through the 1500-Meter wetsuit swim. I arrived into transition much further behind my usual place, ready to tackle the hills of Half Moon. The smell of the eucalyptus tree leaves calmed me during the initial climbing. I soon found a rhythm and steadily climbed through the forest. I even kept pace with Ned Overend for a few minutes as he passed me on his way to the front. On the descent signaling the end of the first lap, I felt strong knowing that I had picked up a couple places. As I pushed through the second lap of the course, I began to slow slightly. My legs and lungs were fine, but I just couldn't push a harder gear...probably a byproduct of all the Ironman miles in my legs. I finished the bike in 18th place, preparing for the beautiful run along Half Moon Bay's shore and trails above the water. The sand of the beach felt soft as I passed through the early miles of the run course. Nearing the 3-mile mark, I turned onto the hard trail and tried to push the final 5K. To my surprise, I heard the quick steps and breathing of a female behind me as I pushed up a short hill. At the top I moved to the right to allow the women's leader to pass me. Anke Erlank was hammering, and she quickly strode away. Again, I tried to pick up my pace, but the long miles kept some of zing out of my legs and I shuffled along unable to respond. At the finish, I was in 20th place...once again outside of the points! Conrad Stoltz took his first XTERRA victory, with Kerry Clausen coming in second followed by Nicolas LeBrun. For the women, Melanie McQuaid and

Aussie Raeleigh Tennant followed Erlank.

In September came the first XTERRA National Championships in Lake Tahoe - a beautiful venue for a race. The events of September 11, 2001 had cast a shadow over everyone's feelings, but we were athletes – proud of America and prepared to crown a new National Champion and XTERRA America Tour Champion. The water of Lake Tahoe was perfectly clear and made for an excellent start to a great race. Early in the swim, I got nailed in the face and dropped off the pace of the first pack. I fell back to the second pack, and kept pace with the women's leader, Aussie Raleigh Tennant. I exited the swim in 19th place, and began the bike feeling strong. It had been nearly 3 weeks since the 5430 Triathlon, and my legs had only on Tuesday of that week begun to feel revived. Any time you lose more than 10 pounds during a race, it'll take some time before your body returns to normal. I was hoping that my legs were back, and the course in Tahoe surely tested them!

The early part of the bike course climbed steeply through beautiful forest with stunning views of Lake Tahoe. Luckily, I had pre-ridden the course with fellow Colorado athletes Jimmy Archer, Steve Senier, and Grant Holicky on Friday. Several times we stopped to enjoy the views. During this pre-ride, one of the most memorable scenes of the 2001 tour revealed itself to me. Approaching a small lake at the top of the famed Flume trail, I crested a hill, and with a blazing sunset for a backdrop, watched a lone bald eagle fly off silently into the distance. I stood there for a few minutes, amazed at what I had seen. Unfortunately, during the race, I didn't have a chance to enjoy the view. I pushed the climb and prepared for the loose descent. As I hammered through the beginning of the descent I made a slight error – almost breaking my foot in the process. After hitting a log with my



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right foot I stopped briefly, worried that my toes were actually broken. They were numb from the impact but all them seemed to be pointing the same direction, so I clipped back in and continued on. Fueled by the adrenaline of my near catastrophe I passed several racers – including Marc Lees, a world cup stud out of Australia who was giving XTERRA a go. Apparently he didn't have much downhill experience, and slowly picked his way down the course.

Pulling into transition, I carefully put on my running shoes, trying not to irritate my already sore toes. The run began with a vertical scramble up a dusty hill, where many competitors were seen pulling on shrubs and tree branches to keep themselves from falling down! The run course wound through the TV show Bonanza's famed ranch. We ran up and down through familiar sites from the show, including the livery, stables, and right next to the town center. It was a surreal setting for an amazing race. I continued to hobble through the run, feeling my toes swelling every step of the way. In the end, I was 25th and far behind race and series winner Stoltz. Behind the South African champion were Americans Kerry Clausen and Ned Overend. For the women, Anke Erlank repeated Conrad's feat by winning the race and the tour championships, followed by Raeleigh Tennant and Jenny Tobin.

The 2001 edition of the XTERRA ended with the ever-challenging World Championship in Maui in October. The swim course consists of two triangular loops in the warm Pacific Ocean separated by a short beach run. I felt great in the water after lining up behind Ironman competitors Wendy Ingram and Cameron Widoff. I stayed in their draft until the first buoy where the masses came together. At the end of the second lap, I still felt relaxed and strong preparing for the brutal Maui bike course. The first couple miles consist of rolling paved road before

turning onto a wide dirt road climbing the craggy slopes of Haleakala - a 10,000 foot dormant volcano! My legs quickly erupted with burning sensation of lactic acid as the trail grew steeper. Similar to the previous year, drought had left the course dry - with huge dust bowls of fine red silt. The descents were treacherous with loose, sharp lava rock and the ever-present danger of kiave thorns...several inches long and strong enough to penetrate tires. In Maui, if you survive the bike without any flats or other mechanical problems, you will probably do well. Such was the case for me, where I didn't feel stellar, but made it to transition safely...and just behind XTERRA virgin Chris McCormack, who was getting his first taste of off-road racing. If I had been able to run with McCormack I would have slipped into the top twenty. Instead, I pushed through the 11K run full of deep sand, dense tropical forest, lava rock, and grass trails to finish in 30th place. Pros Conrad Stoltz and Anke Erlank held their late season form and both won despite this being their first attempts at the Maui course! For the women, Cheri Touchette exorcised some demons from her 2000 race and finished second while Kersten Wuele toughed it out to a third place finish. For the men, Kerry Clausen ran to a second place finish while the always entertaining Jimmy Riccetello took third. Colorado athletes Ned Overend, Pat Brown, Jimmy Archer, and Wes Hobson took the evens, coming in 4th, 6th, 8th, and 10th place respectively. Boulder resident Cameron Widoff "fresh" off an 8th place at Ironman finished in 26th place to take top honors in the Hawaiian Airlines Double for lowest combined Ironman and XTERRA time. The official write-up for each XTERRA race usually concludes with a phrase like "this was the toughest course yet". In Maui, that is the truth...without any doubts!



NISSAN XTERRA WORLD CHAMPIONSHIP

1.5K SWIM / 30K MOUNTAIN BIKE / 11K TRAIL RUN

Overall Plc	Name	Division	Female Place	Swim	Bike	Run	Overall	
1	Conrad Stoltz #45	Pro		:19:44	1:28:49	:40:15	2:28:48	Co. Springs/South Africa
4	Ned Overend #4	Pro		:22:21	1:32:55	:42:49	2:38:05	Durango, Colorado
6	Pat Brown #7	Pro		:20:32	1:38:36	:42:24	2:41:32	Boulder, Colorado
8	Jimmy Archer #5	Pro		:22:34	1:40:51	:41:04	2:44:29	Boulder, Colorado
10	Wes Hobson #3	Pro		:19:41	1:45:31	:43:05	2:48:17	Boulder, Colorado
30	Cameron Widoff #55	Pro		:20:00	1:55:59	:42:58	2:58:57	Boulder, Colorado
33	Anke Erlank #74	Pro	1	:25:48	1:48:06	:47:05	3:00:59	Louisville/South Africa
41	Mike Volk #307	35 - 39		:21:16	1:53:23	:50:51	3:05:30	Telluride, Colorado
43	Neal Henderson #30	Pro		:21:42	1:54:30	:50:36	3:06:48	Boulder, Colorado
47	Mark Gavach #169	35 - 39		:24:18	1:55:11	:48:26	3:07:55	Boulder, Colorado
55	Kerstin Weule #60	Pro	3	:22:53	2:02:40	:47:04	3:12:37	Evergreen, Colorado
59	Monique Merrill #81	Pro	4	:25:06	1:58:18	:50:17	3:13:41	Breckenridge, Colorado
65	Grant Holicky #23	Pro		:21:35	2:02:30	:51:10	3:15:15	Boulder, Colorado
69	Josiah Middaugh #23	20 - 24		:24:11	2:03:33	:47:51	3:15:35	Vail, Colorado
120	Rob Noyes #247	45 - 49		:26:11	2:13:14	:53:22	3:32:47	Breckenridge, Colorado
150	Whit Smith #277	35 - 39		:30:49	1:59:34	1:11:57	3:42:20	Denver, Colorado
159	Dave Kaleugher #208	30 - 34		:34:06	2:15:27	:55:33	3:45:06	Evergreen, Colorado
173	Jessica Burwell #331	25 - 29	27	:32:55	2:20:43	:55:14	3:48:52	Durango, Colorado
187	Richard Wall #310	50 - 54		:35:55	2:15:59	1:01:28	3:53:22	Co. Springs, Colorado
199	Kevin Deighan #150	40 - 44		:30:01	2:38:55	:49:03	3:57:59	Vail, Colorado
209	Don Nelson #243	30 - 34		:26:27	2:21:36	1:13:50	4:01:53	Denver, Colorado
210	Cristina Begy #72	Pro	45	:38:40	2:15:39	1:07:34	4:01:53	Denver, Colorado

Official Overall Results by: JTL Timing Systems - (808) 325-0287

The Xterra swim start at Maui, Hawaii



2002 SCHEDULE

January 20	XTERRA Perisher Blue	Jindabyne, NSW	Australia
April 1	XTERRA Victoria	Anglesea, VIC	Australia
April 13	XTERRA Saipan Championship	Saipan	Northern Marianas
April 20	XTERRA Australia Championship	Pentrieth, NSW	Australia
June 22-23	Nissan Xterra East Championship	Richmond, VA	United States
June 29	XTERRA Czech Republic	Hluboka nad Vitavou	Czech Republic
July 20	XTERRA Netherlands	Kijkduin/The Hague	Netherlands
July 27-28	Nissan Xterra Central Championship	Keystone, CO	United States
August 3	XTERRA Shinshiro	Shinshir	Japan
Aug 17-18	Nissan Xterra West Championship	Half Moon Bay, CA	United States
Aug 24-25	XTERRA Shiobara	Hunter Mountain	Japan
Aug 31-Sep 1	XTERRA Great Britain Championship		United Kingdom
Sept 14	XTERRA Germany	Titsee, Newstadt	Germany
Sept 21-22	Nissan Xterra USA Championship	Lake Tahoe, NV	United States
October 27	Nissan Xterra World Championship	Maui, HI	United States

Pat Brown.

..continued from page 2

One way to describe the Mexico Half Ironman is to say that it has the qualities of Wildflower, Lubbock, and Kona combined into one fantastic course. The 1.2 mile swim took place in the clear warm waters of the Chahue Bay. The 56 mile bike would take competitors around a three loop course which consists of many vistas overlooking the breathtaking nine Bays of Huatulco. In order to get to those vistas you must work for it. That's right, the course had some hills. Each loop consisted of four good climbs and when you considered you had to do each loop three times, you had some tired legs by the time you hit the run. The 13.1 mile run was an out and back course, with a substantial hill in the middle. It was great for the competitors to be able to see where their other competition was.

At 7 am athletes from 8 differ-

ent countries plunged into the Bay of Chahue, just one of the nine pristine Bay of Huatulco. Kerry Classen went straight to the front and was joined by Marc Lees (Aus) and Javier Rosas (Mex). The three would exit the swim with a 1:30 lead over fellow American Chris Lieto and I. Canadian Teresa Macel was the first women to exit the water followed by Wendy Ingraham and Beth Zinkand.

Once on the bike Classen was able to drop Lees and Rosas and kept a 2-minute lead on Lieto and me throughout the 56k hilly and windy bike. Just like in the men's race, Macel held on to a comfortable 2-minute lead over Zinkand and Laurie Hug, and the race was hers to loose coming into T2.

The 21k run is known for being slow and very hot. Classen was able to hold on to his lead and win the race improving on his fourth place finish last year. Lees put together a great run and passed

both Lieto and I to finish second. Lieto had a breakthrough race to finish in 3rd. I had an off day and ended up 4th while Mexico's number one ranked triathlete Rosas finished 5th.

At mile six Zinkand made her move, she caught and passed Macel easily winning her second Mexico Half Ironman. Macel showed that she is a threat in both long and short course triathlons by bravely hanging onto second place. Fellow Canadian Lori Lynn Leach finished in third followed by Americans Mary Uhl, Jeanne Anne Krizman and Wendy Ingraham.

The Mexico Half Ironman also served as a qualifier for Ironman Canada, Lake Placid and Wisconsin. The race is one of the best-run races in the world and course is one of the toughest. For more information on next years race go to www.halfironmanmexico.com.

Pat Brown is a professional triathlete living in Boulder.

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FLORIDA'S SUCCESS

An interview with Tony DeBoom
by Elizabeth Anderson

Starting out the 2001 season with a strong second-place finish at Ironman California, Boulder's Tony DeBoom was in for a longer race season than he had planned. After his impressive race in May, he began to focus the rest of the racing and training of the season towards one important day: Hawaii. Unfortunately, the race did not go according to plan and Tony was forced to abandon the challenge of Kona. After facing such a disappointment, most athletes would call it a season and go on home to put the feet up. Tony, however, was not willing to let the season slip away without a fight. Just five weeks after Hawaii, Tony raced Ironman Florida and came away with an exceptional second place finish, as well as some valuable insights into his season and his career.

I caught up with Tony in his Boulder home where he lives with his wife Eliza, and his three dogs Thor, Doc, and Brick.

Tony could you tell us about your decision to race Ironman Florida this year?

"Florida was not in the game plan this year...by November of this year I had been planning on relaxing at home. Hawaii kind of threw a wrench into those plans. It was not the race I had expected to have. After the DNF there, I decided to take a week and see how I felt....see if I felt capable of gearing

up for another race...which I did. I did a couple of rides when I got home and felt pretty good so I decided to get ready for Florida."

If I could regress for a moment, your DNF in Hawaii was obviously indicative of a very difficult race for you. Would you give some insight as to what had happened?

"When you get to a certain level racing, finishing Hawaii is not the goal any more, but I think it should be. Sometimes I can forget that- but it should still be the first goal in racing Hawaii. I think that this year I was meant to learn a few lessons over in Hawaii before I could count on doing well over there. I actually was sure that I had learned them all before, but one thing that I realised this year is that you have to have a kind of peace in your life before you can expect to do well in race. For the three weeks before the race, I had some pretty stressful situations taking place, which were really difficult and distracting.

Another really important real-

ization I had was that my wife Eliza and I need to approach these events as a team. It used to be that I would worry only about myself and what I needed to do to prepare for a race, but now we realize that it is about how the two of us best prepare for an event together."

Can you tell me about your preparation for Florida? Obviously most of the training previous to Florida was not, in fact, geared towards Florida but rather for Hawaii, but can you give some description of you the adjustments or changes you had to make in the weeks leading up to Florida?

"In Florida I felt like my race



TIMOTHY CARLSON

A very special thank you to photographer Timothy Carlson and Inside Triathlon magazine for all of the great Ironman Florida photos.

went pretty well. I did feel like my fitness had dropped in the five weeks between Hawaii and Florida, though in those five weeks it became apparent that I could definitely taper more for Hawaii. I think that I didn't feel great in Hawaii- and once things started going bad in Hawaii, I wasn't able to control my emotions like you need to in order to survive, and I think a lot of that had to do with the fact that I was not rested enough. I realised after Florida, having done well down there, that I do benefit from more of a taper. In the weeks leading up to Florida, I wasn't training a whole lot. I was just trying to stay sharp but also relaxed.

It was a tough thing to do- after putting all your energy and focus into one race such as Hawaii, and then turning around several weeks later and trying to give it one hundred percent was difficult. I went into the race very relaxed, I did not have really high expectations."

So do you think that feeling less pressure helped you to perform as well as you did in Florida?

"Well, I had placed less pressure on myself, yet there was a lot of pressure from other sources. I felt like I needed to prove that my race in California this year was not a fluke, yet I wasn't sure where exactly my fitness was at this time in the season."

Can you take us through the different parts of the day, starting with the atmosphere at the beginning of the race?

"The race started extra early. They had the pros start at 6:25, an entire 35 minutes ahead of the age-groupers. It was a really early start. I was so afraid to miss the start, I had to sleep

with the lights on, which really annoyed Eliza (laughs). No, but I had to get up at like 3:30 to get ready and get down there. We went down to the beach for the race start and it felt a little weird

because all the age-groupers were not there. It felt really small."

How did you feel in the swim?

"The gun went. We started out

IRONMAN FLORIDA

COLORADO RESULTS

2.4 MILES/112 MILES/26.2 MILES

First Name	Last Name	Total Time	OA Place	City	Cat	Category Place
Tony	DeBoom	08:28:02	2	Boulder	2/38	M30-34
Kevin J.	Konczak	09:25:52	26	Boulder	4/340	M30-34
Kevin	Dessart	09:39:23	45	Co Springs	7/340	M30-34
Samuel	Turney	09:59:58	109	Boulder	25/340	M30-34
Andrew	Halperin	10:15:46	165	Niwot	40/340	M30-34
Scott	Glenn	10:18:29	180	Boulder	44/340	M30-34
Rafael	Pacheco	10:26:45	217	Westminster	42/329	M35-39
Ric R.	Rosenkranz	10:36:23	277	Co Springs	30/38	M30-34
Scott A.	De Moss	10:41:40	305	Boulder	40/190	M25-29
Kyle	Boschen	10:46:07	332	Denver	81/340	M30-34
Kersten	Anderson	10:47:44	343	Boulder	5/62	W25-29
Audra	Kammerer	10:53:21	375	Golden	9/81	W30-34
Jason	Bortz	11:00:29	427	Edwards	59/190	M25-29
Steve	Roberts	11:03:15	442	Boulder	5/36	M55-59
Matthew	Owen	11:13:49	501	Monument	119/340	M30-34
Larry	Orgill	11:17:39	528	Castle Rock	81/260	M40-44
Rick	Hinman	11:27:15	576	Parker	42/142	M45-49
Bill	Young	11:31:20	606	Boulder	117/329	M35-39
John	Latimer	11:38:22	645	High's Rnch	44/142	M45-49
Thomas C.	Flaherty	11:39:19	650	Boulder	106/260	M40-44
Guy	Babbitt	11:49:58	716	Co Springs	137/329	M35-39
Scott	Whitehouse	11:53:17	736	Denver	143/329	M35-39
Beatrice	Van Horne	11:54:00	747	Ft Collins	1/14	W50-54
Peter	Harsch	11:57:52	779	Boulder	179/340	M30-34
Steve	Lynn	12:07:46	834	Denver	55/142	M45-49
Mary Anne	Mills	12:10:38	859	Denver	14/39	W45-49
Lisa	Floyd	12:14:41	876	Boulder	28/81	W30-34
Jeffrey	Gardner	12:33:45	1003	Golden	220/340	M30-34
Steven	Schott	12:35:50	1014	Boulder	222/340	M30-34
Timothy	Sells	12:43:13	1058	Lafayette	215/329	M35-39
Nancy	Waggoner	12:47:09	1087	Aurora	28/61	W35-39
Christopher	Bohannon	12:49:20	1098	Boulder	13/34	M18-24
Clyde	Waggoner	12:50:59	1107	Aurora	82/142	M45-49
Steven	Dean	12:59:36	1160	Ft Collins	247/340	M30-34
William	Welter	13:02:39	1172	Co Springs	91/142	M45-49
Benedictus	Kok	13:28:39	1261	Vail	149/190	M25-29
Jason	Edwards	14:04:38	1397	Lakewood	267/329	M35-39
Jamie	Miller	14:45:56	1513	Lafayette	171/190	M25-29
Kristi	Mileski	15:26:27	1597	Denver	71/81	W30-34
Michael	Shannon	16:37:51	1705	Lakewood	315/329	M35-39
Susan	Dickson	16:48:22	1717	Grd Junctio	38/39	W45-49

pretty easy. It was Spencer Smith and I leading, with Alec Rusevic right with us. On the second lap, it got a little choppy and those guys got a bit ahead. My goal on the swim was really to conserve my legs so I didn't want to hurt myself to stay right with them. I let them get a little bit ahead. I think I was a minute back, but I got out of the water feeling really comfortable and right where I wanted to be."

It's a long day out there. You knew that a minute on the swim wasn't going to hurt you.

"Exactly. I felt really good starting out on the bike. I was pushing the pace a bit. I heard that Spencer's lead had grown to about five minutes. I think that is where it pretty much stayed for most of the bike."

Any highs or lows out on the bike?

"Not really, I felt a little bit flat actually. I kind of expected this because of such a long taper. I did a bit of experimenting on the bike, with nutrition and position, just tried to fool around a little bit at this race. Considering how I felt, my bike split wasn't bad. I knew that there were a couple of guys

behind me towards the end. I rode very comfortably into transition, just wanting to conserve for the run, so those guys actually went out on the run a bit before me."

There were a few guys including Spencer Smith, and Oliver Bernhard, who were a bit ahead of you. Coming out of transition, were you feeling okay about where you were? How were you feeling over-all?

"I felt lousy the first 10K or so. Oliver, who I knew was one of the best runners in the sport, grew a lead of about 1 minute or so. I really wanted to stay with him and see if we could maybe catch Spencer together. After a while, I really started to feel my stride. On one of the turn arounds, I realised that Oliver was not gaining on me, but had actually started to come back to me a bit which really gave me some more confidence. One of the things that I have learned in Hawaii and that I used at this moment in Florida, was that if you start feeling weak at all on the run, you need to eat. That is when you have to grab anything you can get your hands on at the aid stations. I just tried to eat and drink as much as possible to replenish everything I was depleting. I probably ate more during the marathon in

Florida than I ever have in any other race."

Did you catch Oliver Bernhard?

"At about mile 11 or so, I did catch him. This was very motivating because as I said before, he has quite a background in running. I knew that as I went by him, I had to be as strong as possible, and I immediately put about 20 seconds on him. Eliza saw me after that and looked pretty surprised...She had seen me limping out of transition looking pretty bad and here I was running along in second feeling good. Just seeing my wife look so happy also really motivated me for the second half. People were giving me splits on Spencer's lead which I think at one point was about 8 minutes, but they were saying that he was starting to fade and that his lead was shrinking. At the end of the run, I came in and crossed the finish line feeling satisfied. I was very pleased with my marathon, that it was back down around 2:49. This really proved to me that I have what it takes at the end of these races to challenge for the win.

In California an 8:27 was great and I thought that was really fast. Now I realize my expectations have changed because after Florida that same time was satisfactory but not great. I know that I am capable of so much more."

Any thoughts on which races you might do next year?

"Well, I actually thought about racing New Zealand. My wife and I think it would be fun to go down for a race. I definitely wouldn't be peaking for it, it would just be good to go down and see where I'm at. I would like to race Cam Brown if I had the opportunity. Other than that, the season is really wide open for me."

So you are thinking long course again?



The Panama City, Florida course is on the northern Gulf Coast and passes through southern pine forests and over inland canals like this one.



"I am thinking long-course but I definitely have a different plan as far as training goes. I realize that I have learned so much in only one year about long course racing and I know that if I want to challenge for the title in Hawaii that I need to continue to focus on that. I also think that there some talented short course guys that are stepping up and I really need to keep my speed up. Even if it is just keeping in touch with them on the swim. It will be important. So I think that I will be doing plenty of short course races, all with the intention of working towards my long course racing."

There you have it folks. It is evident that Tony's confidence and experience will play a large role in his success in the upcoming years. One of the most notable things in speaking with Tony about his career is his apparent effort for-self improvement and his quest for knowledge within his sport. It is so often the opposite: as athletes become more and more successful, they are less likely to recognize the lessons they are learning and use them advantageously. Tony, however, seems to be taking full advantage of the challenges he's faced, using them to strengthen his talents and successes- all of which we will no doubt see more of in the years to come.

Tony's pro career highlights include wins at St. Anthony's (which was the Pan Am Games trials) and Mrs. T's. His top Ironman finishes so far are a fourth place in Switzerland, and his second place finishes at Ironman California and Ironman Florida in 2001.

Below: Tony and his wife, Eliza (from Kona), at midnight at the finish line of the Hawaii Ironman last October. *Photo by Kristen McFarland.*



X TERRA WORLD CHAMPIONSHIPS

STORY AND PHOTOS BY KRISTEN MCFARLAND

South Africans Dominate

This year's Xterra World Championship was won on the bike leg in both the men's and the women's races, as Conrad Stoltz and Anke Erlank of South Africa clocked splits over three minutes faster than their nearest competitor.

After a good swim and a quick transition, Stoltz took the lead on the famous climb up the crusty dry side of the volcano. He was at T2 all alone and then proceeded to put in the fastest run (40:15 over a rough 11K) to win the race by over eight minutes. Just like last year, when Kerstin Weule won despite a flat, Anke suffered a flat tire. She had such a commanding lead, however, that even the time lost changing her tire was not enough to lose her lead.

Stoltz, who has been living and training in Colorado Springs, and Anke Erlank, who has relocated to Louisville (outside of Boulder) finished the Nissan Xterra Series of 4 races on the mainland in the lead to win the \$10,000 series points prize going into the World Championship race. They both won the last race of the series, in Lake Tahoe, Nevada, at the end of September. Erlank rides for the Saturn-Timex cycling team.

Kerstin Weule fights through injury

Despite being the defending champion from last year, Kerstin Weule (Evergreen) was not at all disappointed with her third place

result. Battling a back injury since May, Weule almost cancelled her plans to race here at the off-road world championship.

"We just decided Monday to come, because it got really, really bad last week. So I'm actually super happy to be top three. The time was not very good. It was terrible, but it doesn't matter. Top three for me under the circumstances, is fine."

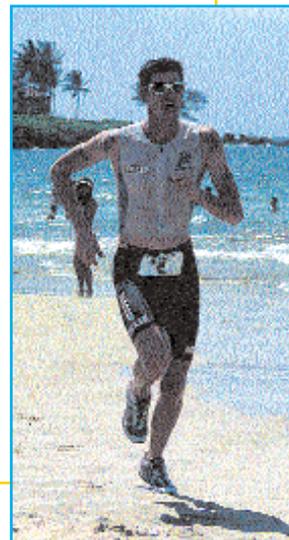
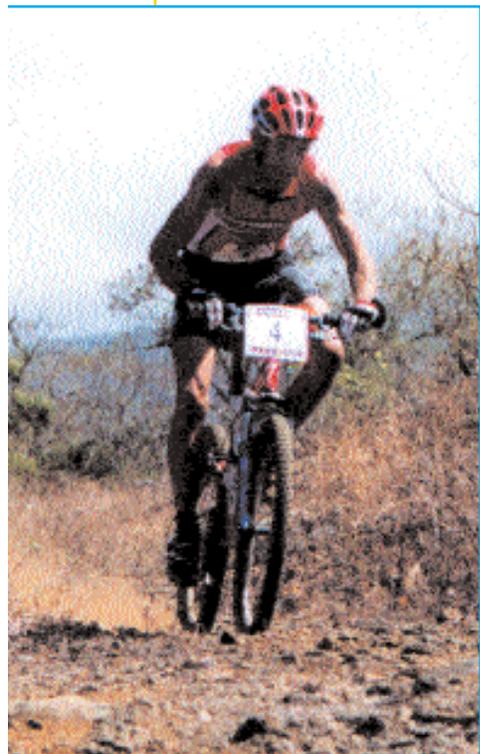
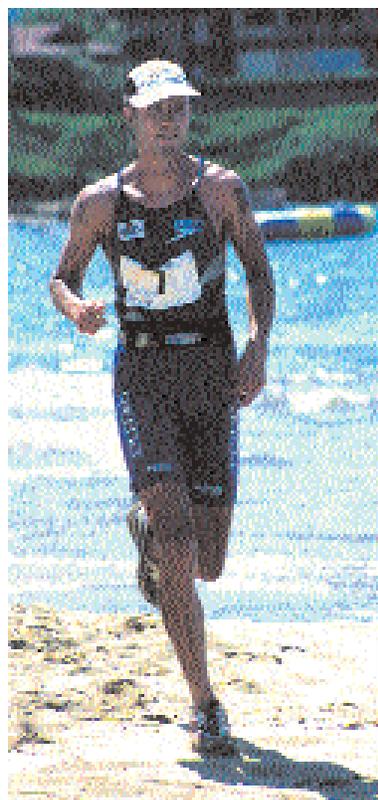
The back problems bothered her throughout the morning. However, she managed a strong run. After going through the second transition in seventh, Kerstin pulled up to third. She is very unsure of what her plans will be for next season if this injury does not heal.

"It could very well have been my last race today."

Monique Merrill, of Breckenridge, came in a minute behind Kerstin for fourth.

Overend struggles to 4th

Two time champion Ned Overend of Durango didn't feel on



Photos: this page: top left: Pat Brown (Boulder), top right: Conrad Stoltz (South Africa/Colorado Springs), bottom left: Ned Overend (Durango), bottom right: Jimmy Archer (Boulder); facing page: top: Anke Erlank (South Africa/Louisville), bottom: Kerstin Weule (Evergreen)



for the event, but had a good result anyway. After a third at Keystone and a third at Lake Tahoe, he ended the series in third in the points race.

"I wasn't riding strong enough. I was fourth, and I was disappointed in the race. But now that it's over I realize that that's about as good as I was going to do....I did manage to climb up to just behind second place. I caught the second place guy on the bike. But I really needed to go by him with a pretty good lead in order to hold that position on the run. So I only lost one place in the run."

Pat Brown climbs up the ranks

"Every year I just move up a few places," said a happy Pat Brown after finishing 6th. He was very determined to continue that trend.

"I rode on a flat for the last two miles of the bike. I was in fifth, and then I got the flat. Then Andrew Noble, from Australia, caught me and we came into the transition area together."

Just one person passed him on the run.

Jimmy Archer (Boulder), who had finished the points series in 6th, one spot ahead of Pat, couldn't beat him in this race, crossing the line 3 minutes behind him for an 8th.

Wes Hobson, who had his best finish here in '98 (2nd), was competing the last time as a professional and had high hopes for his "goodbye" race. He ran under the arch 10th with new baby Makenna in his arms, happy and yet disappointed in his result.

"I know it's right after today. I came into this race feeling good and I just got dropped at the beginning of the climb. That shouldn't happen. I'm usually the one that's leading the climb."

At that point he actually felt like quitting, and he has only DNF'ed a few times in his long career. Then he noticed that others weren't really catching him from behind, so he tried to keep his pace thinking, "This is my last race, I gotta finish."

Entering T2 in 16th place, "I just started picking people off," he said. "The last quarter mile I passed 2 people on the beach here."

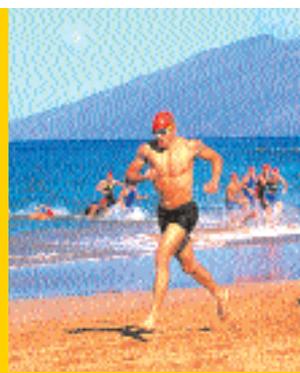


Widoff wins the "Double"

Cam Widoff (Boulder) came in 30th, and much to his surprise, won the "Double", a \$2500 prize. That is the award for the participant who finishes highest in the Xterra and the Ironman World Championship the preceding weekend on the Big Island. Cam placed 8th, his second best finish there ever. "I came over to support my brother (who was racing)...I have been over here for like two or three years with him." He had heard that Steve Larsen and some other top pros from Ironman were coming over and he had not planned on racing competitively. "I didn't bring anything," he said. Riding on Peter Cain's bike and wearing Wendy Ingraham's helmet he put together the equipment to race. "I had a lot of fun."



**HOBSON
RETIRES
FROM
PRO
RACING**



After 12 years as a successful professional triathlete and nearly twenty years in the sport, Wes Hobson has raced his last pro race. "Finishing tenth today is all the more reason it feels right."

Despite his frustration with this last race, Wes has won races throughout his career,

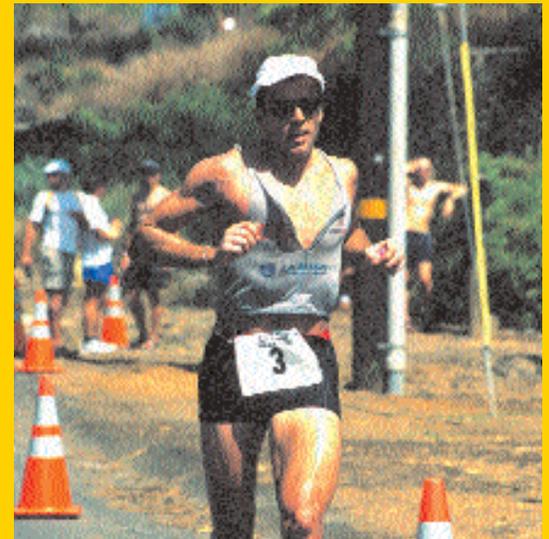


and has competed in venues all over the world. From winning the U.S. Triathlon Series back in '92, to his win at Escape from Alcatraz in '99, he has been in the top ranks of olympic distance triathlon all these years.

Wes also has served the sport, as elite athlete representative for two years on the USAT Board of Directors.

During the last two years he has begun making the transition from active pro to being part of the sport as a businessman. He collaborated on and co-produced the movie *Triathlon: Through the Eyes of the Elite* with Endurance Films and has a newly published book, *Swim, Bike, Run*. He has plans to do some coaching and perhaps direct some training camps.

Besides these various endeavours, he plans to enjoy taking care of his brand new baby, Makenna (above), and spending more time with his wife, Jenn.





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Xterra:

- 1: Conrad Stoltz
 - 2: Ned Overend
 - 3: Paul Martin
 - 4: Cameron Randolph
 - 5: Pat Brown
 - 6. Monique Merrill
 - 7. Kerstin Weule
- all photos by
Kristen McFarland

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