

# the colorado triathlete

**CU Takes  
Ninth National  
Championship**

**Colorado Athletes  
Power Through Ralph's  
California Half Ironman**

**The DeBooms  
Conquer The  
World's Toughest Half**



**Summer 2004**

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



FINISH

3:55.12



# Florida Half Ironman

photography by Courtney Johnson

top row: Monica Caplan, Simon Lessing,  
Michael Lovato; bottom row:

Michael Lovato, Simon Lessing, Amanda Gillam

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Photos: top: A.J. Johnson and Amanda Gillam race at Ralph's (Courtney Johnson); above: the swim start at the World's Toughest Half (Michael Kirby)

# The Top 5 Reasons The World's Toughest Half Lived Up to its Name

by Nicole DeBoom

photography by Michael Kirby



rain in the forecast, but it kept missing Auburn, so everyone just assumed race day would be the same. Boy were we wrong. We woke up race morning to rain and a 39 degree windchill. It was immediately decided (in the DeBoom camp) that we would not warm up. I suddenly became a complainer, whining about the cold. If it was 39 degrees at home, I would either take the day off or bundle up in all my warmest winter gear. Of course neither option was viable, so I had to suck it up and face the day as best I could.

The World's Toughest Half was held on Saturday, April 17 in and around Auburn, CA. Tim and I showed up the Thursday before the race to take stock of the area and prepare ourselves for what was sure to be a terrific workout if nothing else. What we found was that the race truly lived up to its name.

## 1) The Weather:

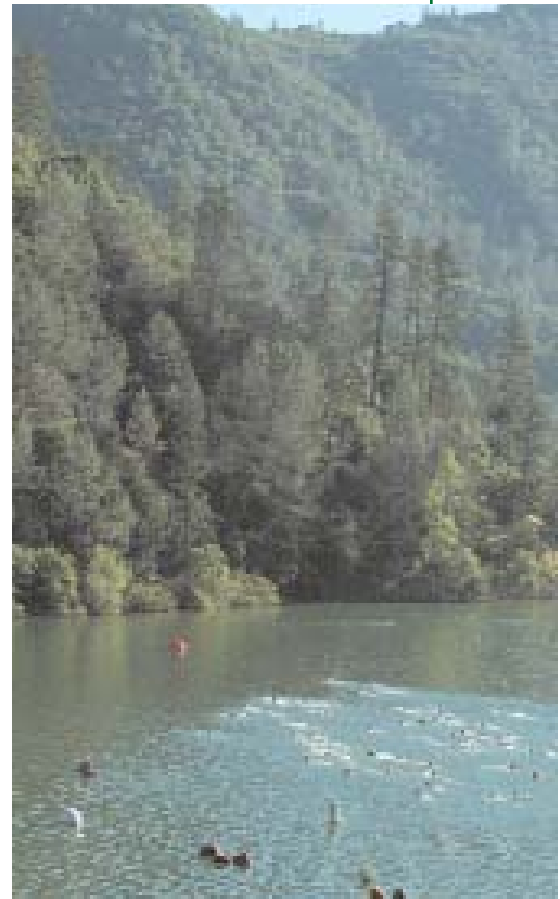
Up until the day before we arrived in town, Auburn was experiencing gorgeous weather. I'm talking mid-80s, sunny, happy days. When we showed up, the tables turned. There had been

## 2) The Water:

I have never been so cold in my life. Maybe that's an exaggeration, but not by much. The water temperature was 55 degrees. For any-



one who doesn't know, that is brain and body-n u m b i n g cold. I wore 3 swimcaps and instead of making me warmer, they just squeezed my head too tight! I almost stopped to irrationally try to pull them down into my wet-suit, but realized that stop-



ping could be worse than the flailing I was managing to do. Anytime water is this cold, all I can think is "I'm cold. I'm cold. I'm cold. I'm freezing. I'm cold. I can't feel my hands. Are my feet still attached to my legs? I'm cold. When will this end? It's cold in here. I'm cold. I wish I had peed in my wetsuit one more time! I'm cold." When I finally exited the water, I couldn't feel the following:

- Face
- Feet
- Hands

This led to an interesting transition during which I attempted to take off my wetsuit, put on a bike jersey, socks, gloves and bike shoes, all with unfunctioning fingers. It wasn't fast and it certainly wasn't pretty. I looked over to see Tim take off on his bike with his hands crammed into his gloves and the fingers hanging limply down. Looks like we were all in the same boat. We could have used lobster mitts on a day like that.

### 3) The Bike:

It's obvious that the swim, while gorgeous, was not very fun. The bike, while gorgeous, was also not very fun, again due to the cold factor. It would have been great had I not been afraid of heights and

actually able to look down at the views as I was riding a long! Instead, I was very focused on the middle of the road, staying upright and thinking about what I might eat after the race was over (That is my happy place!). The bike course consisted of a very steep, very



difficult 3 mile climb, followed by another steep, difficult 13 mile climb. Then we descended 10 miles to the bottom of a ravine and turned around (frostbitten) to climb back up. The bike finished with a little off-road adventure

down an alleyway into the 2nd transition.

### 4) The Run:

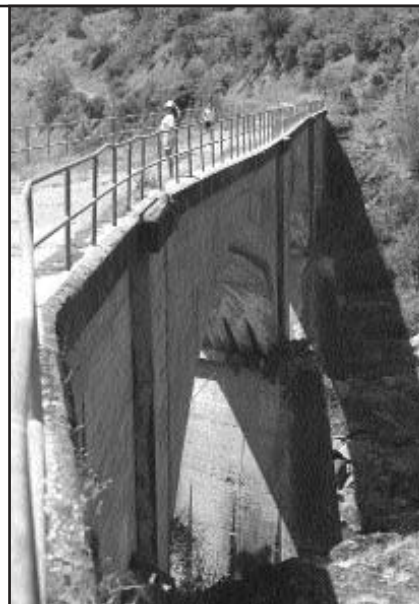
This was by far the best part of the race. Mainly because about halfway through, I finally started to feel my feet again! Tim estimates that he regained feeling in his feet somewhere around mile 6 of the run. This was interesting because the first few miles were downhill, rocky and a definite ankle-turning hazard. Slamming numb feet onto rocky terrain is probably not the nicest thing we could do to our bodies. The run was approximately 90% off-road (or dirt roads) and it definitely had the entire 1500 vertical feet of climbing that it boasted on the website. The great part about a tough run is that many

men suddenly become wimpy babies. While I didn't have much luck passing men on the bike, I was able to run by a few tired, cramping, and I'm sure discouraged guys on the run. I can only imagine they were not happy to have a woman run by. Take that!

### 5) The Competition:

This is the kind of race that brings all types. People who would normally not be a threat, suddenly become a threat because this race is about toughness, not top-end speed. The people who know the

course have a definite advantage. Whenever there is a long, twisty, mountain descent on the bike, it is ideal to practice it beforehand. We drove the bike course but instead of increasing my confidence for the descent, I was probably more nerv-



ous knowing about all the drop-offs. I'm talking "Certain death if careless" kind of drop-offs! And we all know how much longer a course seems when you drive it. Anyway, this race had quite a few "wild card" athletes. The men's field was stacked with multiple top-5 Ironman race finishers and the women's field had a woman who won Ironman Malaysia earlier this year. No race win is ever a given. You have to be on top of your game to cross the line first. In a race like World's Toughest Half,



that meant full concentration the entire day. Fortunately it paid off!

So I know it doesn't sound like it from my description above, but I LOVED THIS RACE! I loved

Auburn, I loved Brad Kearns for making it happen, I loved the pizza and doughnuts we ate afterward, I loved spending time with Tim. It was a great weekend, brutal as hell, but well worth it, and I know I feel like a better, stronger person for surviving it. ✨

Overall Place	Div. Place	Swim	Bike	Run	Total	
1	Tim DeBoom	1	21:20.5	2:48:29.5	1:19:02	4:28:52.0
10	Nicole DeBoom	1	21:41.9	3:09:50.8	1:32:22	5:03:56.0

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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.

# TRIATHLON CLUBS AROUND THE STATE

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**BikeSource Multi-Sport Triathlon Club** . . . . .alfino@uswest.net  
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**Boulder County Fit Multi-Sport Club** . . . suchsland@comcast.net

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P.O.Box 3691, Boulder, CO 80307. . . . .www.teambtc.org

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We raise money for the Lance Armstrong Foundation  
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**Tri Altitude Multi-Sport Club** . . . . .303.471.0512  
Peggy Dursthoff-Gordon . . . . . Tricoach1@aol.com

9345 S. Wolfe St., Highlands Ranch, CO 80126

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Sunny Gilbert, coach . . . . .www.colorado.edu/studentgroups/triteam

**University of Denver Multisport Team** . . . . .triathlon-sport@du.edu  
Dave Ross .www.recreation.du.edu/adultprograms/adult\_frameset.htm  
. . . . . www.goenm.com/swim/intropage.htm

**Vail Triathlon Club.** . . . . .970.748.7504  
Dan Timm . . . . .dtimm@destinationhotels.com. . . . .www.vailtriclub.com

C/O Aria Spa and Club, 1300 Westhaven Drive, Vail, Co 81657

**West Elk Triathlon Club in Gunnison Valley**  
(Crested Butte and Gunnison) . . . . .www.westelktri.com

*If your club is not listed, please contact us!*

## Susan Bartholomew Williams Earns Spot on U.S. Olympic Team

Susan Bartholomew Williams of Littleton was the last member of our U.S. Olympic Triathlon Team to be selected for this year's Summer Olympics, in Athens, Greece.

Susan has been racing for our U.S. National Team at the elite international world cup level for over seven years. She was working hard towards earning a spot on the team that was headed to Sydney in 2000. However, just a few days before the trials were held in Irving, Texas, she learned she was pregnant with her first child. It is dangerous to let one's heart rate get too high during pregnancy, so she had to hold back and let others lead the race. She named her daughter Sydney in honor of that sacrifice.

She did not give up her dream, however, and the additional four years of hard training have paid off and she will be headed to Athens in August.

This year she has been working with former world champion and Boulder resident Siri Lindley as her coach. Lindley will also be going to Athens as a commentator for NBC not only for the triathlon, but also for field hockey, which she competed in at the collegiate level.

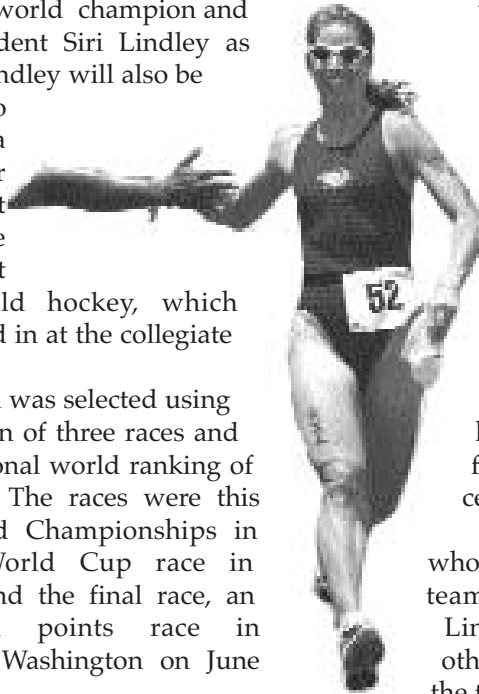
The team was selected using a combination of three races and the international world ranking of the athletes. The races were this year's World Championships in Spain, a World Cup race in Honolulu, and the final race, an international points race in Bellingham, Washington on June 13th.

Susan was in a very tight battle with Laura Reback, of Florida for

the final slot, and it came down to which of the two crossed the finish line first in Bellingham. Susan came in third, Reback fifth.

"This was a dream race for me. It really hasn't sunk in yet," Williams said. "Now I will just train a little harder for the next few weeks and will celebrate a little bit."

Sheila Taormina, who was on the 2000 team, and Barb Lindquist are the other two women on the team.



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Early May is a lovely time to visit the Caribbean. It's especially nice if you're escaping a northern climate, in search of balmy weather, coastal breezes, and a laid-back, charming attitude. On May 2nd, over eight-hundred triathletes descended upon the United States Virgin Island of St. Croix to do just that.

Amongst the many, I made my way to the former Dutch colony, intent on seeing an end to the streak of bad-luck races I had experienced in years past. Having struggled to finish the bike ride one spoke shy of a full wheel in 2002, and overcoming a pesky flat tire while racing in 2003, I felt confident this was my year to turn the tables on my STX jinx.

In one of the Ironman Qualifier Guides, I read that the temperatures in the low eighties were tempered by coastal breezes. It almost sounded pleasant. Whoever wrote that description has clearly never been to St. Croix, or if he has, he's never RACED in St. Croix. A more appropriate description follows: temperatures are in the mid- to upper-eighties with HIGH humidity. The standard HOWLING winds will help cool you a bit, provided it is in your face. You will otherwise suffer oppressive tropical conditions similar to those found in Hawaii.

Another description of the race warns of the dreaded Beast: a six-hundred-foot climb over three-fourths of a mile, with an average grade of fourteen percent. Make no mistake about it: this climb is TOUGH. This climb is so tough that you will be glad you brought an easier gear, and you will be glad you used it. However, the primary reason you will be glad you used it will become evi-



COURTNEY JOHNSON

dent to you once you arrive on the second half of the bike course: a WINDY, hilly, long stretch of roads that take you across the island's South Shore and back around to transition.

Having completed the descriptive, information-rich section of this race report, I will promptly transition to the gory detail section.

Just prior to the start, one of my competitors turned to me and tried to pump me full of confidence by uttering the following words: "You slow guys just stay back, and let us fight for position. You just stay out of the way." Assuming he meant only the worst, I determined to exit that very swim within seconds of His Humbleness. We were pell-mell from the get-go, and my plan seemed to be slipping away, as I found myself on the feet of swimmer who had just been dropped. I was not to be gotten, however, so I launched myself past him, and to the nearest set of fluttering feet. About twenty-eight minutes later, I found that those feet belonged to the pre-race strategist himself. Ah, some early redemption.

In a desperate attempt to flush the stinging salt water out of my burning right eye (my goggles had leaked significantly during the swim), I grabbed the first cup of water to come my way in transition. Unfortunately for me, the water did nothing to cleanse my lens, but rather it burned me worse, as if it were Gatorade. Next time I'll clarify before I accept a volunteer's offering.

Completing the remainder of my ill-fated transition (I had lost my timing chip as well), I jumped on my bike and pedalled after the leaders.

Not too long after making my way through the Hot Corner, a tight section that weaves through old town Christiansted, I managed to move myself into sixth place, a position I maintained for the remainder of the bike portion. Content to be moving up in the field, I tackled the Beast with vigor and enthusiasm. My plan was to turn on the afterburners after descending the backside of the Beast, and to gradually

bring myself into closer contact with the frontrunners. However, in spite of my efforts to build my pace, I found that I was slowing; in fact, I was losing time.

Never quite certain what caused me to lose steam, I shrugged it off, and prepared for a strong run. Generally speaking, the locals of St. Croix come out in full force to cheer for the scantily clad psychos, as we parade up and down, and about the island. This year was no exception, as downtown was full of screaming supporters. Electrified, I began my run.

Unfortunately, my "electricity" was waning, and I again found myself losing steam, and therefore more time to the leaders. I pulled a few tricks out of my hat, in hopes of returning my body to its normal form, but to no avail. It seemed I was steadily shutting down. Nevertheless, I plugged along, aware that more false moves at this stage could cost me some of the hard-fought places I had gained on the bike. It wasn't long before I saw one of those very places slip right by me, in form of a legendary warrior of days gone by: Christian Bustos. As I muttered a feeble "bien hecho" to my stalker, I concluded that his days gone by seemed to be back.

I attempted to cut my losses, as I attempted to go with Bustos. Once again I found a brief burst of energy; one that disappeared as quickly as it had come. I was fading away, and I was fading quickly. After a few brief glances over my shoulder, I determined that I could safely cruise the finishing stretch, handing out as many high-fives as I could muster. Admittedly, I was disappointed to have struggled as I had, but I was nevertheless excited to be met by the throngs of hollering spectators.

Holding on for seventh place, I managed to notch my highest finish in the Islands, and in doing so I had also escaped the dreaded bad-luck mechanicals that have plagued me in the past. And looking forward to next year, I know that I can always expect a warm (hot and humid) welcome to the breezy (windy), laid-back Islands, mon.



Welcome to the Islands, Mon! The St. Croix Triathlon

by Michael Lovato



# Wes Words

by Wes Hebson

## *Developing Force on the Bike*

While you are designing your triathlon training plan, consider this mantra; maintain your strengths while working on your weaknesses. This may sound simple, but it is rarely carried out since most people train in the discipline they enjoy most, not the discipline they need to work on most. If they like to swim, then they swim more, neglecting the area they should be concentrating on most to improve their triathlon time for next season, their weakness. For this article, we will concentrate on how to improve your bike performance.

Being more specific, I want to provide you with ideas for developing one of the two major shortcomings triathletes have with the bike, developing force. After endurance, the most fundamental fitness component for the cyclist to develop is force, or the ability to produce a forceful muscle contraction. Being specific to force, I use the motto "hills make you strong for the flats, but flats don't make you strong for the hills." Force training on the bike is even more important if you are not lifting weights throughout your base and build phases.

Force is the ability to overcome resistance such as a rider applying power on the pedals. If you develop force on the bike, you will not only be a faster rider, but you will also be able to ride longer and push

bigger gears. Improving your force will make you a more powerful rider; thus a faster rider, provided you do not lose leg speed. For example, if you pedal at a cadence of 90 rpm with a 53x17 gear, then you improve your force to be able to push a 53x16 with the same cadence, your speed will jump from 35.6 km/h to 37.8 km/h. That can be a lot of places improved in an international distance triathlon!

The idea behind force training is not to improve the force a fiber can generate, but to recruit more fibers when pedalling. In order to achieve this, bodybuilders lift heavy weights very slowly to induce a near maximum contraction for a relatively long time. For triathletes, the same principle is applied, but it relates to the specificity of cycling. The best way to generate a near maximum contraction for a long period is to push very big gears at a slow cadence. While staying seated in the saddle when climbing, you will be able to develop even more muscular contraction.

As you start training again after a rest period, depending on the length of your rest period, you want to allow several weeks to build your endurance. During this time, athletes should do rides in their small change ring only to get their muscles and tendons used to the cycling motion. After this time period, you should begin introducing force sessions. At some combi-

nation of force and low cadence such as a cadence between 55-60rpm, the bike transforms from a mode of transportation to a most effective strength training tool for the cyclist. Sport specific strength work such as force sessions on the bike is most advantageous for the constrained cyclist who doesn't have time for weight lifting sessions. Some of my favorite sessions to give triathletes are:

**Big Gear / Low Heart Rate:** Do 3-4 X 5:00 in big gear while maintaining a heart rate in zone 2 (of 5). Sit during the intervals as that best develops the fibers. As with your training, progress the intervals up to 6 X 5:00 depending on your fitness level and the amount of these sessions you have done previously. The objective is to tax the muscle fibers, not the heart; thus keeping the heart rate relatively low. This session is also a good indicator to see how disciplined you are when cycling with a group. Don't feel like you have to keep up with others, do your planned session now so that you will beat the others come race day! As you get into the build phase of training, this session will progress to taxing both the muscles fibers and heart rate such as: 4-5 X 6:00 in a biggest gear possible with a cadence of 75-80 reps per minute (rpm) on a flat to rolling course. Do each interval to exhaustion with five minutes easy spinning recovery.

**The 3, 3, 3:** Warm up 20:00. On a climb (preferably long), do a continuous 3:00 stand in big gear, 3:00 sit big gear, 3:00 easy spin in small gear. Don't let your heart rate get above zone 3 at any time. Do this up to 6 times through for a total of 54:00, depending on length of the ride. Keep your cadence at 65-70 rpm with the exception of the easy spinning segment. Again, build to 6 times through. Also, as the season

progresses, the intensity will increase.

**Rep It:** Warm-up 10:00. There are no prescribed zones as the heart rate is not important. In your big chain ring and a gear giving you a cadence of 50-60 rpm, every 3:00 do 15-20 revolutions of MAX EFFORT. Complete 6-10. Cool down 5-10:00. This can be done with other force workouts depending on the length of the ride.

**Force Build:** Warm-up 10:00. Maintain 70 rpm throughout as you do 8-12 X :30/ at a rate of perceived effort (rpe) of 15 out of 20, then for :30 shift to a bigger gear at an rpe of 17 with a recovery of 1:30. During recovery of all of these sessions, try to maintain a cadence of 100 rpm or more to stimulate your fast twitch fibers.

**Indoor Force: Hills:** Raise the front wheel of the floor 4-6 inches. Warm up 10:00, then in zone 4-5 effort with an rpe of 16-19, do 6:00, 5:00 and 4:00 while attacking the last :30 with an all-out effort. Recovery is half of the interval

time. Raising the front wheel helps simulate your position while climbing a hill. Again, the intensity progresses as you become more fit.

Unless you are the equivalent of a pro calibre cyclist/triathlete and you don't have training hills in your area, most likely you will be able to do these sessions on flats at the prescribed cadence. If you can't create enough resistance to generate a high load on the muscles to achieve the big gear cadence prescribed, then either obtain a bigger front chain ring such as a 54 tooth or a smaller rear cog such as an 11. You can also do these sessions into the wind. This will remind you that the wind is your friend!!!

Do not attempt any of these sessions if you have knee problems such as patella or ITB (iliotibial band) issues. When doing these sets, focus on maintaining proper form. Avoid excessive upper body movement. Concentrate on efficient pedal stroke technique from what you learn with your isolated leg and dominant leg training drills


(another topic). Don't fall into the realm of mashing the big gears. Developing force will make you a more powerful rider, and therefore a faster rider. It will also make you more economical on the bike, as at a given intensity, you will need a lower percentage of your maximal strength. Eventually, because the bike leg of the triathlon will be easier, you will have more energy when running off the bike, and indirectly, your improved bike strength will also be beneficial to your run.

*Wes Hobson has competed in over 220 triathlons, from sprint- to Ironman-distance. He garnered 35 first places, 60 top-three finishes and 96 top-five finishes during his 12-year professional career that also included being selected "Triathlete of the Year" by the USOC. Wes co-authored Swim, Bike, Run, and created three triathlon and cycling related films. Wes coaches multisport athletes and single-sport athletes. He can be reached at:*

*whperformance@aol.com.*

*To purchase any of his films or book, visit: [www.weshobsonperformance.com](http://www.weshobsonperformance.com).*

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# COLORADO TRIATHLON AND DUATHLON CALENDAR

## July 8

Stroke and Stride  
1.5K swim / 5K run  
Boulder, CO  
www.5430tri.com/ss

## July 10

Monument Triathlon  
1/3 mile swim/ 15.2 mile bike/  
3.1 mile run  
Monument, CO  
719-632-3933  
www.monumenttriathlon.com

## July 10

Cabbage Head Duathlon  
Wiggins, CO  
Racing Underground  
www.racingunderground.com  
970-247-7503

## July 11

Race the Rockies  
Sprint Tri Series #2  
swim 750 meters/ bike 14.9 miles/  
run 3.1 miles  
Estes Park, CO  
www.triraceusa.com

## July 11

Colorado Women's Tri  
swim 750 meters/ bike 12.4 miles/  
run 3.1 miles  
Longmont, CO  
www.coloradowomenstri.com

## July 15

Stroke and Stride  
1.5K swim / 5K run  
Boulder, CO  
www.5430tri.com/ss

## July 17

Table Mountain Triathlon  
ITU 23-and-Under Draft Legal Race  
Golden, CO  
www.tablemountaintriathlon.com

## July 18

Table Mountain Triathlon  
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## & Kids Triathlon :

10&under:  
100yd swim / 3mile bike / .6 mile run  
11-14:  
200yd swim 6 mile bike / 1.2 mile run  
(Sean Wendt: riptideswm@aol.com)  
Golden, CO  
www.tablemountaintriathlon.com

## July 18

Danskis Triathlon  
1/2 m Swim / 12 mile Bike /  
3.1 mile Run  
Denver, CO  
www.danskin.com/triathlon

## July 18

XTERRA OffRoad Triathlon  
Central U.S. Championships  
1K swim / 26K MTB /  
10K trail run (Also: trail running &  
mountain bike races)  
Keystone, CO www.xterraplanet.com  
info@xterraplanet.com  
877-751-8880

## July 18

5430 Half Iron Triathlon  
1.2 mile swim / 56 mile bike /  
13.1 mile run  
Boulder, CO  
Barry Siff  
barrysiff@comcast.net  
www.5430tri.com

## July 22

Stroke and Stride  
1.5K swim / 5K run  
Boulder, CO  
www.5430tri.com/ss

## July 24

High Altitude Duathlon  
7k Run / 65K Bike / 10K Run  
"Nation's Highest Duathlon"  
(10,152 ft!)  
Leadville, CO  
www.highalitudeduathlon.com

## July 24

Fall Frenzy Kids triathlon  
Parker Rec Center  
www.fallfrenzy.com

## July 25

Iron Kids Triathlon  
ages 7-14  
Louisville, CO  
Louisville Rec Center  
303-494-1634  
www.ironkids.com

## July 25

Fort Collins Triathlon & Duathlon  
3K run / 13 mile bike / 5K run or  
450 yd swim / 13 mile bike / 5K run  
Fort Collins, CO  
970-224-2582

## July 25

My Way or the Tri Way Triathlon  
800 yd swim / 15 mile bike /  
4 mile run  
IN ANY ORDER YOU CHOOSE!  
Aurora, CO  
Alexia Bregman,  
Tri-Way Productions  
720-934-2345  
abregman@comcast.net  
www.thetriway.com

## July 25

The Crested Butte Bank  
Trails Triathlon  
Xterra Off-Road Triathlon  
Nissan Xterra Point Series Event  
1K swim / 24K MTB / 9K Trail Run  
Crested Butte, CO (Skyland)  
Tina Frerichs or Ashley Burt  
970-349-0170  
triathlon@crestedbuttebank.com

## July 29

Stroke and Stride  
1.5K swim / 5K run  
Boulder, CO  
www.5430tri.com/ss

## July 31

Rocky Mountain State Games  
Swim 400 meters/ Bike 15.2 miles/  
Run 3.1 miles  
Fort Carson, CO  
Doug Martin  
719-634-7333  
info@thesportscorp.org  
www.thesportscorp.org

Some common race distances:

sprint distance (half olympic distance)= 750 meter swim, 20 kilometer bike, 5 kilometer (3.1 mile) run

olympic distance = 1500 meter swim, 40 kilometer bike, 10 kilometer (6.2 mile) run

half ironman (occasionally called "long course")= 1.2 mile swim, 56 mile bike, 13.1 mile run

MTB = Mountain Bike

**August 5**

Stroke and Stride  
1.5K swim / 5K run  
Boulder, CO  
www.5430tri.com/ss

**August 7**

Pagosa Lakes Triathlon  
7.5 mile run / 15 mile MTB /  
.5 mile swim  
Pagosa Springs, CO  
Pagosa Lakes Rec Center  
970-731-2051  
plpoa@plpoa.com

**August 7**

Boulder Peak Kids Triathlon  
varying distances according to age  
Boulder, CO  
BPkidstri@yahoo.com  
www.fleetfeetboulder.com/BPkidstri  
303-939-8000

**August 8**

Boulder Peak Triathlon  
to Benefit Multiple Sclerosis  
1500m swim / 26 mile bike / 10K run  
Boulder, CO  
303-526-0038  
Fax: 303-678-0179  
www.boulderpeak.com

**August 8**

Tri for the Cure Women's Triathlon  
Benefits the Denver Chapter of the  
Susan G. Komen Breast Cancer  
Foundation.  
750 m Swim / 20k bike / 5k run  
(Warm water (73 degrees) and all  
courses are closed to traffic.)  
Cherry Creek State Park - Denver  
Pat Downing  
303-798-7028  
pddowning@aol.com  
www.triforthecure-denver.com

**August 12**

Stroke and Stride  
1.5K swim / 5K run  
Boulder, CO  
www.5430tri.com/ss

**August 14**

TRiDU Ops Multisport Race Series  
Adult Sprint and Youth  
(50yds / 10K / 1.5mi)  
Colorado Springs, CO  
Other dates: March 27, June 19,  
Aug 14, Sept 19, Oct 10  
Christina Semmens  
719-540-2828  
christina@triduops.com  
www.triduops.com

**August 14**

Fort Collins Club Kids' Triathlon  
Ages 4-12, Distances vary by age  
Ft. Collins, CO  
Andy or Laura Seidl  
970-213-2901  
alseidl@comcast.net

**August 21**

New Belgium Fat Tire Race  
swim 825 meters, MTB 11.5 miles,  
trail run 3.1 miles  
Fort Collins, Colorado  
admin@dcbadventures.com  
970-581-5254

**August 29**

Rattle Snake Tri Series  
& Duathlon Series  
500 meter swim / 12 mile bike / 5k run  
Aurora Reservoir  
Aurora, CO  
Jim Flint  
720-232-8669 eve/weekends  
Jim@rattlesnaketri.com  
www.RattleSnakeTri.com

**September 4**

Snow Mountain Ranch  
Mountain Bike Duathlon  
5K run / 15K bike / 5K run or  
10K run / 20K bike / 10K run  
Winter Park, CO  
Mark Birdseye  
303-443-4743

**September 5**

Windsor Triathlon  
750 yd. swim / 13 mile bike /  
3.1 mile run  
Windsor Lake  
www.windsortri.com

**September 5**

Tri Glenwood Triathlon (19th Year)  
Sprint Distance  
pool swim in a  
405' by 100' warm pool  
Glenwood Springs, CO  
970-945-2208

**September 5**

Race the Rockies  
Sprint Tri Series #3  
Boulder, CO  
www.triraceusa.com

**September 12**

Harvest Moon Long Course Triathlon  
and Duathlon  
5K run / 56 mile bike / 13.1 mile run  
or  
1.2 mile swim / 56 mile bike /  
13.1 mile run

**Aurora, CO**

Racing Underground  
www.racingunderground.com  
970-247-7503

**September 12**

Fall Frenzy Tri/Du  
500yd swim / 13m bike / 5K run  
Duathlon distances:  
5K run / 13mile bike / 5K run.  
Race benefiting Kiwanis Club.  
Parker, CO  
info@fallfrenzy.com or  
director@fallfrenzy.com  
www.fallfrenzy.com  
888-851-3505

**September 19**

Boulder Divas Triathlon  
Flatirons Athletic Club  
Boulder, CO  
www.triusa.com

**September 19**

TRiDU Ops Multisport Race Series  
Adult Sprint Distance and Youth:  
50 yd. swim / 10K bike / 1.5 mile run  
Colorado Springs, CO  
Other dates: March 27, June 19,  
Aug 14, Sept 19, Oct 10  
Christina Semmens  
719-540-2828  
christina@triduops.com  
www.triduops.com

**September 26**

Fall Chill Triathlon  
olympic and sprint distances  
and duathlon  
Boyd Lake  
www.fallchill.com

**October 10**

The TPI.com Fall Tri  
500 yd. swim / 4.5 mile MTB /  
2.5 mile run  
Philip Hackbarth  
719-473-9829  
phil@thetpi.com  
www.theTPI.com

**October 10**

TRiDU Ops Multisport Race Series  
Adult Sprint Distance and Youth:  
(50 ydswim / 10K bike / 1.5 mile run)  
Colorado Springs, CO  
Other dates: March 27, June 19,  
Aug 14, Sept 19, Oct 10  
Christina Semmens  
719-540-2828  
christina@triduops.com  
www.triduops.com

# Sound Mind & Body

by Adam Hodges

*"A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding."*

— Steve Prefontaine

## The Poetics of Sport

Consider for a moment the race as a poem, and the athlete as poet. What would it mean to engage in a race as an artist creating a work of art?

The quote above from Steve Prefontaine is telling. If you have watched race footage of Pre, it is easy to see how he lived this concept every time he stepped onto the track to compete. His performances often encompassed an aesthetic of human experience writ large on the stage of a 400-meter oval.

The philosophers of antiquity had many things to say about poetics. Plato, in *The Republic*, regarded the poet as divinely inspired, but poetry as a seductive imitation removed from the truth of the world. His student, Aristotle, wrote in *Poetics* of the creative art behind such imitation; and conversely claimed that it is through poetry that we come closer to knowing the truth and the universal aspects of human experience.

Aristotle extended this notion of poetry to all forms of art, regardless of medium, mode or object of imitation. Modern concepts of poetry similarly affirm a view of art as a window into what it means to be human. And when we talk of poetry, we often use it in the broader sense conveyed by the original Greek word *poiesis*, meaning "making," to encompass any form of artistic creativity.

Sport, from this perspective,

could be viewed as a form of art where the medium is the race and the modes are swimming, biking, and running brought together to imitate the object, in Aristotle's vision, of people in action. The race can imitate, or make a microcosm of human experience--pain, joy, frustration, elation--and is capable of revealing truths to the athletes about themselves and the world.

In many ways, the race as an experience of the human condition is as true to the ideal as many of the genres explored by Aristotle. The race as a poem also fulfills the functions that Roman poet Horace wrote about in *Ars Poetica* (Poetic Arts) in the first century BCE: to please and to instruct. Sport practiced at its highest level brings pleasure to the spectator, and endurance events are certainly tools of learning for those involved. The prize of self-knowledge awaits every athlete who tests themselves on the multisport stage.

In his treatise, Aristotle inquired into the structure of the ideal poem, and paid close attention to the role form played in achieving the function of the aesthetic ideal.

As poet, the athlete adheres to principles of form. Correct form, whether in the water, on the bike

or on the run, leads to proper function. The overall structure of the athletic performance, with detail paid to each line and stanza, each transition and segment of the race, is key to composing the effort into a unitary work of art. And the composition as a *pièce de résistance* entails composure, that tranquil control of mind in the midst of speed and action. The race as a poem flows from the body like images onto paper and leaves behind the indelible mark of human capability.

What does it mean to race as an artist? We know what the resulting poetry looks like when we see it. The epic poem created by Mark Allen and Dave Scott on the roads of Kona in 1989 comes to mind, along with the Greg LeMond upset of Laurent Fignon in the final stage's time trial of the Tour de France that same year. Or Lance Armstrong's first Tour victory after cancer...and second, third, fourth, fifth...

Yet the true beauty of the poetics of sport is that every racer can become a poet of their own work of art, from pros at world championships to age groupers at local events. It just takes focus, preparation, and an artist's attention to detail.

As Pre said, "A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding."



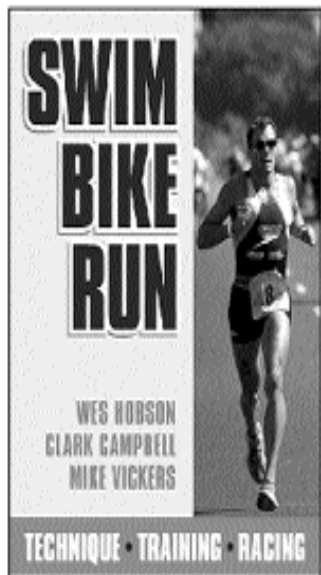
# Florida Half Ironman Triathlon

May 23, 2004      Walt Disney World, Orlando, Florida

OVRPLACE / TOTALTIME	NAME	CITY	DIV DIVPLACE	SWIM T1 BIKE T2 RUN
1 03:52:02	LESSING SIMON	BOULDER	MPRO 1/24	25:10 0:42 2:11:03 1:49 1:13:21
3 03:55:06	LOVATO MICHAEL	BOULDER	MPRO 3/24	25:45 0:29 2:10:38 1:50 1:16:26
15 04:11:59	PEETERS CHRISTOPHER	CO SPRI	M35-39 1/326	30:09 3:27 2:16:15 2:42 1:19:28
31 04:23:11	JOHNSON ANDREW	BOULDER	M25-29 2/116	30:36 2:59 2:23:13 1:55 1:24:30
65 04:36:16	GILLAM AMANDA	BOULDER	WPRO 9/18	31:41 0:53 2:31:28 2:07 1:30:08
81 04:40:11	CAPLAN MONICA	LONGMONT	WPRO 11/18	26:08 0:38 2:36:02 2:08 1:35:17
90 04:42:21	KOSKI KRAIG	LONGMONT	M35-39 19/326	38:42 4:01 2:22:14 2:25 1:35:00
112 04:47:02	FOMENKO ALEX	BOULDER	M40-44 11/251	31:11 3:23 2:27:47 3:17 1:41:26
126 04:48:41	HERD EDWIN	CASTLE ROCK	CLY40+ 1/56	34:11 4:01 2:27:47 2:42 1:40:02
130 04:48:56	LESINSKI MARK	EVERGREEN	M45-49 4/150	34:36 4:22 2:25:05 2:40 1:42:14
183 04:54:23	CIARAMITARO SHAWN	SILVERTHORNE	M30-34 36/237	41:59 1:33 2:36:42 2:24 1:31:47
184 04:54:48	SEEBOHAR BOB	LITTLETON	M30-34 37/237	41:59 4:36 2:29:02 2:28 1:36:44
227 04:59:48	FRANK STEVEN	BOULDER	M35-39 51/326	34:50 4:26 2:25:43 4:52 1:46:00
278 05:03:51	LEWIS BOBBY	GREELEY	M30-34 59/237	35:35 4:14 2:36:31 3:42 1:43:50
296 05:06:15	MOSKOFF ANNIE	FORT COLLINS	W25-29 3/55	35:15 3:55 2:42:30 2:45 1:41:52
404 05:15:44	HILGER KRISTIN	BOULDER	W18-24 4/21	35:52 4:23 2:42:14 2:37 1:50:39
499 05:23:41	HERZOG JODY	DENVER	M18-24 15/37	32:34 5:49 2:42:51 2:59 1:59:30
572 05:29:06	BRAUN INGRID	ASPEN	W30-34 21/105	32:51 5:04 2:46:35 3:28 2:01:11
590 05:30:08	RIDGWAY DIANE	ARVADA	W55-59 1/18	47:07 4:41 2:52:52 3:41 1:41:49
609 05:31:51	BOYLAN SCOTT	LITTLETON	M45-49 43/150	45:37 5:44 2:45:24 4:16 1:50:53
732 05:41:05	HENRY GARY	COLORADO SPRINGS	M35-39 156/326	45:35 4:46 2:42:21 4:21 2:04:05
785 05:45:17	CEFUS ERIC	DIVIDE	M35-39 163/326	38:26 4:22 2:54:00 3:26 2:05:04
819 05:47:32	LEIGH LAURA	LONGMONT	W25-29 15/55	53:06 5:22 2:58:56 3:42 1:46:28
877 05:50:27	HOLTON ANDREW	PINE	M35-39 181/326	37:31 3:05 2:34:25 2:30 2:32:57
892 05:51:48	PHILLIPS-HENRY KELLY	COLORADO SPRI NGS	W35-39 36/116	40:50 5:02 2:56:39 5:17 2:04:02
931 05:54:23	HOREJS BOB	ENGLEWOOD	M45-49 72/150	44:45 6:54 2:51:57 6:53 2:03:56
955 05:56:16	PANICCIA JOE	AURORA	M40-44 152/251	49:09 6:35 2:51:19 4:25 2:04:50
1038 06:01:08	WENZL LAUREN	NIWOT	W40-44 41/100	40:37 4:35 2:56:25 4:53 2:14:41
1039 06:01:15	COVERT JOHN	HIGHLANDS RANCH	M35-39 210/326	32:23 6:08 2:45:41 5:47 2:31:18
1040 06:01:17	MOKHTAR JAWAD	BOULDER	M35-39 211/326	46:34 5:59 2:51:06 3:57 2:13:43
1072 06:02:39	MILLER JEFFREY	BRECKENRIDGE	M30-34 157/237	39:28 7:00 3:04:33 8:10 2:03:30
1075 06:02:46	HERD BELINDA	CASTLE ROCK	W40-44 43/100	48:22 5:36 2:55:22 3:43 2:09:45
1077 06:02:54	ULBERT KIM	HIGHLANDS RANCH	W40-44 44/100	39:00 6:12 3:10:41 4:50 2:02:13
1184 06:14:05	FREDRICKS LAURA	FT. COLLINS	W18-24 11/21	35:45 4:26 2:56:21 3:26 2:34:09
1192 06:14:32	TOMLINSON SUSAN	GREELEY	ATH40+ 3/12	43:16 5:12 3:07:29 4:33 2:14:04
1261 06:19:59	TURLEY TOM	DENVER	M35-39 242/326	46:33 8:02 2:49:27 5:14 2:26:44
1342 06:27:05	KREBS MARK	BOULDER	M40-44 198/251	43:17 6:38 3:04:30 11:09 2:21:33
1457 06:37:27	SMITH ROGER	ENGLEWOOD	CLY40+ 29/56	43:29 7:28 2:41:41 5:32 2:59:19
1459 06:37:37	GUGIG ERNESTO	BOULDER	M30-34 197/237	45:08 6:18 3:14:59 3:15 2:27:58
1509 06:42:31	MILLER WENDY	BRECKENRIDGE	W30-34 76/105	52:34 6:09 3:20:00 6:05 2:17:45
1543 06:46:08	HOLTON LESLIE	PINE	W35-39 85/116	43:56 4:59 3:01:28 5:36 2:50:11
1626 06:59:13	KOSKI BROOK	LONGMONT	W40-44 77/100	49:12 14:15 3:10:39 6:26 2:38:43
1674 07:05:56	SEMMENS CHRISTINA	COLORADO SPRINGS	W35-39 97/116	41:51 5:55 3:22:28 5:29 2:50:15
1762 07:25:09	MOOTHART CHERYL	WESTMINSTER	W45-49 42/46	53:27 7:47 3:25:31 6:46 2:51:40
1774 07:28:00	GLANERT MICHAEL	GOLDEN	M45-49 139/150	46:42 8:46 3:02:42 8:32 3:21:21

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## Spring Chill Triathlon and Duathlon Boyd Lake May 2, 2004

*(The timing company for Spring Chill had software issues the day of the race. Thus, they had to use backup timing. Since all split times were recorded manually with the backup timing, some split times may not be accurate or are missing. Final times, and order of finishers, however, is accurate.)*

### Olympic Distance Top Ten Men and Women

Place	Name	Category	Swim	T1	Bike	T2	Run	Final
1	Framke Kirk	male	30-34	0:25:01	0:01:29	0:59:02	0:00:56	0:29:07 1:55:35
2	Greenslit Craig	male	30-34	0:27:03	0:01:42	0:58:29	0:00:00	0:30:14 1:57:28
3	Garcia Cortino	male	25-29	0:26:11	0:00:00	0:00:00	0:00:00	1:31:52 1:58:03
4	Howie Craig	male	25-29	0:00:00	0:00:00	0:00:00	0:00:00	1:59:21 1:59:21
5	Keil Jeff	male	30-34	0:00:00	0:00:00	0:00:00	0:00:00	1:59:44 1:59:44
6	Waite Cody	male	25-29	0:29:15	0:02:19	0:57:05	0:01:36	0:30:06 2:00:21
7	Dessart Kevin	male	35-39	0:25:30	0:01:13	0:59:08	0:00:00	0:35:25 2:01:16
8	Poston Scott	male	25-29	0:28:02	0:01:10	1:02:47	0:01:38	0:29:05 2:02:42
9	Welling Douglas	male	20-24	0:28:12	0:01:54	1:01:36	0:00:59	0:31:11 2:03:52
10	Fernandez Genaro	male	20-24	0:00:00	0:00:00	1:05:20	0:22:14	0:38:34 2:06:08
32	Mader Wendy	female	30-34	0:00:00	0:00:00	0:00:00	0:00:00	2:13:22 2:13:22
34	Lantz Ann	female	40-44	0:00:00	0:00:00	1:05:02	0:01:14	1:07:35 2:13:51
52	Walker Jill	female	25-29	0:31:17	0:01:45	0:00:00	0:00:00	1:46:53 2:19:55
54	Mccay-Smith Kirsten	female	30-34	0:28:12	0:01:35	1:09:55	0:01:01	0:39:42 2:20:25
66	O'Donnell Lynn	female	45-49	0:30:01	0:02:40	1:10:55	0:00:00	0:39:39 2:23:15
68	Wischmeyer Jenny	female	25-29	0:27:10	0:03:11	1:14:54	0:01:35	0:37:14 2:24:04
69	Crosby Marlo	female	30-34	0:35:38	0:02:45	1:07:36	0:01:35	0:36:55 2:24:29
73	Nash Rebecca	female	25-29	0:31:09	0:02:35	1:11:36	0:02:22	0:38:36 2:26:18
77	Shulman Deborah	female	45-49	0:30:37	0:03:17	1:12:56	0:02:17	0:38:21 2:27:28
81	Gregory Andrea	female	30-34	0:32:16	0:03:19	1:12:49	0:01:43	0:38:51 2:28:58

### Sprint Distance Top Ten Men and Women

1	Webber James	male	35-39	0:13:07	0:01:46	0:00:00	0:00:00	0:47:59 1:02:52
2	Rose Matthew	male	25-29	0:00:00	0:00:00	0:44:34	0:02:18	0:17:32 1:04:24
3	Gambescia Joey	male	30-34	0:00:00	0:00:00	0:59:06	0:01:06	0:05:20 1:05:32
4	Foster Michael	male	25-29	0:13:38	0:06:18	0:00:00	0:00:00	0:46:14 1:06:10
5	Swearingen Bill	male	30-34	0:15:48	0:01:13	0:00:00	0:00:00	0:49:31 1:06:32
6	Elmendorf Chad	male	30-34	0:15:34	0:01:31	0:31:20	0:01:26	0:17:05 1:06:56
7	Ricci Mike	male	35-39	0:00:00	0:00:00	0:39:52	0:01:41	0:26:01 1:07:34
8	Newton Jeff	male	35-39	0:15:29	0:01:31	0:47:29	0:00:55	0:02:57 1:08:21
10	Wason David	male	40-44	0:16:57	0:01:32	0:41:37	0:03:13	0:07:36 1:10:55
12	Biesecker Douglas	male	35-39	0:00:00	0:00:00	0:00:00	0:00:00	1:11:25 1:11:25
9	Friedman Amy	female	25-29	0:22:04	0:00:00	0:47:36	0:01:01	0:00:10 1:10:51
11	Watkins Jocelyn	female	20-24	0:00:00	0:00:00	0:23:31	0:01:03	0:46:21 1:10:55
18	Foster Erika	female	30-34	0:14:27	0:01:57	0:00:00	0:00:00	0:57:05 1:13:29
31	Hersh Karen	female	35-39	0:00:00	0:00:00	0:00:00	0:02:23	1:14:22 1:16:45
40	Baranyi Susan	female	25-29	0:00:00	0:00:00	0:39:13	0:01:34	0:38:21 1:19:08
42	Powers Elizabeth	female	20-24	0:00:00	0:00:00	0:00:00	0:00:00	1:19:26 1:19:26
49	Godfrey Jenna	female	20-24	0:18:18	0:02:30	0:00:00	0:01:17	0:58:43 1:20:48
51	Daigneault Rebecca	female	25-29	0:19:35	0:02:44	0:37:29	0:00:00	0:21:02 1:20:50
53	Bader Alicia	female	40-44	0:00:00	0:00:00	0:38:06	0:01:16	0:42:01 1:21:23
54	Vissering Natasha	female	30-34	0:00:00	0:00:00	0:33:50	0:06:25	0:41:09 1:21:24

### Duathlon Overall Top Ten

1	Jageman Jennifer	female	25-29	0:23:19	0:02:12	0:37:30	0:00:00	0:28:01 1:31:02
2	Mueller Dennis	male	20-24	0:20:05	0:00:32	0:00:00	0:00:00	1:12:23 1:33:00
3	Hill Casey	male	20-24	0:00:00	0:00:00	0:58:33	0:01:23	0:33:41 1:33:37
4	Adams Matt	male	30-34	0:00:00	0:00:00	1:01:04	0:01:31	0:32:14 1:34:49
5	Armstrong David	male	20-24	0:20:08	0:01:18	1:01:34	0:00:00	0:12:05 1:35:05
6	Stanley Robert	male	30-34	0:20:37	0:01:22	1:01:09	0:01:09	0:12:34 1:36:51
7	Crane Daniel	male	15-19	0:20:14	0:01:43	1:02:52	0:00:00	0:14:09 1:38:58
8	Summitt David	male	30-34	0:22:50	0:00:00	0:00:00	0:00:00	1:18:54 1:41:44
9	Zehnder Ralph	male	30-34	0:23:17	0:01:23	1:01:05	0:00:00	0:16:12 1:41:57
10	Keidel Jenna	female	15-19	0:21:41	0:00:00	0:00:00	0:01:02	1:23:36 1:46:19

# Barkin' Dog Duathlon (Mile High Duathlon Series #1)

5K run / 30K bike / 5K run

Keenesburg, CO May 8

## Top Ten Men and Women

(Transitions included in Bike Split)

Place Number	Name	City	St	Age S SP	Total Time	R1/Rank	Bike/Rank	R2/Rank
1	700	Vifian Marcel	Co. Springs	CO	35 M EL	1:18:51	1 16:51 4 44:25	1 17:35
2	679	Middaugh Josiah	Vail	CO	25 M EL	1:19:22	2 17:19 3 43:58	3 18:05
3	474	Phillips John	Co. Springs	CO	27 M EL	1:19:37	7 18:02 1 41:52	12 19:43
4	503	Garcia Cortino	Fort Collins	CO	29 M EL	1:21:52	3 17:26 6 46:10	4 18:16
5	590	Hallberg Jim	Denver	CO	26 M EL	1:23:03	4 17:29 8 46:53	5 18:41
6	579	Doyle Peter	Aurora	CO	39 M	1:24:39	5 17:42 15 48:13	6 18:44
7	621	Mengering Glenn	Longmont	CO	32 M	1:24:44	24 18:52 5 45:34	22 20:18
8	645	Murphy Paul	Ft. Collins	CO	35 M	1:25:19	18 18:45 7 46:16	23 20:18
9	695	Jordan John	Lakewood	CO	33 M	1:25:55	21 18:47 13 47:39	9 19:29
10	550	Gilbert Robert	Golden	CO	38 M	1:26:35	8 18:13 32 50:34	2 17:48
34	671	Krause Lindsay	Denver	CO	26 F EL	1:32:43	35 19:43 49 52:49	19 20:11
40	658	Isom Lisa	Vail	CO	32 F EL	1:34:47	50 20:42 41 52:05	47 22:00
45	663	Friedman Amy	Louisville	CO	28 F EL	1:35:26	39 19:50 67 54:49	32 20:47
49	635	Smith Shannon	Denver	CO	31 F	1:36:38	53 20:55 52 52:57	56 22:46
58	660	Moskoff Annie	Ft. Collins	CO	27 F	1:38:44	88 22:45 62 54:09	44 21:50
59	815	Edwards Laurie	Boulder	CO	34 F EL	1:38:46	36 19:45 93 58:06	35 20:55
63	523	Lee Jennifer	Ft. Collins	CO	31 F EL	1:39:36	49 20:32 83 56:44	52 22:20
92	548	Ridgway Diane	Arvada	CO	55 F	1:45:28	83 22:31 107 1:00:03	57 22:54
100	807	Gianola Michelle	Ft. Collins	CO	28 F	1:48:34	106 23:41 102 59:24	97 25:29
101	613	Sommers Nicole	Denver	CO	28 F	1:48:38	92 23:00 116 1:01:23	76 24:15

## Blaster Blast Triathlon

April 24 500 yd / 7.5 mi / 2 mi  
Colorado School of Mines Golden, CO

Name	Sex	Swim	Bike	Run	Final Place	Name	Sex	Swim	Bike	Run	Final Place
<b>Women:</b>											
Lantz Ann F	F	09:16.5	29:08.5	14:07.0	52:32.0 1	Van Wijk Kasper	M	13:21.0	29:40.0	13:21.0	56:22.0 7
Gret Adriene	F	10:52.9	31:50.1	16:27.0	59:10.0 2	Young Lucas	M	09:20.2	31:39.8	15:45.0	56:45.0 8
Hambright Sara L	F	10:48.1	41:01.9	18:34.0	10:24.0 3	Mason Mike	M	10:13.0	33:29.0	13:42.0	57:24.0 9
Jeffery Kira Beth	F	14:12.0	#####	24:35.0	13:35.0 4	Stecher Mark S	M	12:04.0	28:49.0	16:37.0	57:30.0 10
Simpson Carly A	F	11:45.0	43:05.0	19:20.0	14:10.0 5	Bergman David M	M	12:40.0	#####	23:46.0	59:36.0 11
Sutton Brynne K	F	17:48.0	#####	55:48.0	31:48.0 6	Serven Ross J	M	08:14.2	34:23.8	17:04.9	59:42.9 12
Ortiz Cheray N	F	19:17.0	#####	52:32.0	28:32.0 7	Zadler Brian J	M	14:45.0	#####	25:11.0	01:01.0 13
Settje Erin L	F	43:57.0	#####	51:36.0	51:36.0 8	Sargent Neal	M	12:02.0	34:58.0	15:25.0	02:25.0 14
<b>Men:</b>											
Gvet Alex	M	07:49.3	26:53.7	13:37.0	48:20.0 1	Sutton Christian J	M	12:20.0	33:50.0	17:15.0	03:25.0 15
Jay Luke	M	09:12.2	27:41.8	12:10.0	49:04.0 2	Sheehan Joesph P	M	12:07.0	36:33.0	15:35.0	04:15.0 16
Pacheco Steven L	M	10:37.0	29:40.0	12:13.0	52:30.0 3	Pachelli Vince P	M	15:02.0	#####	29:30.0	05:20.0 17
Tingle Kyle	M	07:14.4	31:57.6	14:20.0	53:32.0 4	Sherburne Matt P	M	12:15.0	#####	29:40.0	05:40.0 18
Arellano Jason T	M	09:03.4	28:59.6	15:37.0	53:40.0 5	White Douglas C	M	09:46.2	43:21.8	15:03.0	08:11.0 19
Thelen Nick	M	10:42.0	29:33.0	14:29.0	54:44.0 6	Hicks John R	M	16:46.0	#####	32:20.0	08:20.0 20
						Adam Ludmila	M	14:40.0	#####	44:27.0	20:27.0 21





# HOW TO PREPARE FOR RACE DAY

Race day has arrived. You have trained religiously, your body is ready to go, but have you prepared for what will happen on race day? Without proper preparation you may not perform at your best. The following guidelines will help you in your preparation: race day preparation begins a week or so before the race with an inspection of all of your equipment; a couple of days (or at the latest one day) before the race you pack your race bag; on race morning you go through your "pre-race ritual"; and finally on race day you get to show off!

Let's start with your equipment! You must check ALL aspects of your equipment.

For the swim, make sure your goggles fit properly and the elastic is strong. Bringing a back-up pair of goggles is always a good idea. If you plan to wear a wetsuit for the

## BY MATT EAGAN

swim thoroughly inspect the suit for any tears or scratches – more importantly, be sure to practice swimming in your wetsuit and transitioning out of it prior to the race!

The most complicated one to check will be your bicycle. AT LEAST three days before the race thoroughly clean and inspect your bike. Make sure the drivetrain (chain, front chainring, rear cogs) are cleaned and lubed, the brakes work properly, the bike shifts without problems, the frame has no cracks in it, and the tires are free of debris and are not worn thin. If you feel unsure about what to do, take your bike into your local shop for a tune up. (Sometimes you may

need to schedule an appointment 10-14 days in advance.) Also check that your cleats are not worn down or chipped.

Σ By now it's really too late to do anything about your running shoes. If you find that the soles of your running shoes are starting to wear out, slowly start breaking a new set of shoes – this is usually done best gradually at least several weeks prior to your race. (Expect to change your shoes every 3-6 months!)

After checking your equipment, it is now time to put together your race bag. Use a bag that is easy to carry (backpack, shoulder pack) and that won't take a lot of room in the transition zone. Refer to the checklist provided below to make sure you have everything. Go over the checklist at least two days before the event to ensure that you have everything - you don't want to find out the evening before the race that you have no gels. Also, if you want to use something on race day, make sure that you have used it in your training at some point in time: for example, make sure that the energy drink will not cause stomach irritation. Race day is not the day to test out new things!

On race day morning plan to be at the race site at least one and a half hours prior to the start of the race (and that's cutting it close!). You will need lots of time to get a good position on the transition rack, set up your transition area, get "body marked" with your race numbers, go through a warm up, go to the bathroom, go to the bathroom, and go to the bathroom. The bathroom lines itself will often eat up 15minutes of your time! A good

## RACE DAY CHECKLIST

### PAPER WORK AND BASICS

**RACE CONFIRMATION**

**(IF APPLICABLE)**

**USAT LICENSE**

**(IF YOU HAVE ONE)**

**PICTURE ID**

**RACE UNIFORM - THIS COULD**

**BE YOUR SWIM SUIT ONLY;**

**MAYBE CYCLING SHORTS**

**AND/OR RUNNING SHORTS**

**SUNSCREEN**

### SWIM

**GOGGLES (WITH A SPARE PAIR)**

**SWIM CAP**

**WETSUIT (IF YOU HAVE ONE)**

**BODY GLIDE (HELPS IF YOUR**

**WETSUIT CHAFES)**

**TRANSITION TOWEL (FOR THE**

**GROUND)**

### BIKE

**BIKE FITTED WITH TWO WATER**

**BOTTLE CAGES (AND AERO-**

**BARS) OPTIONAL)**

**WATER BOTTLES FILLED WITH**

**AN ENERGY DRINK**

**HELMET**

**CYCLING SHOES**

**SUNGLASSES**

**ENERGY GELS OR**

**ENERGY BARS**

**EQUIPMENT**

**SPARES TUBES**

**TIRE LEVERS**

**PUMP OR CO2 CARTRIDGES**

### RUN

**RUNNING SHOES**

**RACE BELT WITH**

**NUMBER ATTACHED**

**OR SAFETY PINS (THEY'LL**

**HAVE THOSE THERE, TOO)**

**RUNNING HAT (OPTIONAL)**

**SOCKS (OPTIONAL)**

warm-up could include a short 10 minute jog with a few accelerations, maybe a brief bike if you have time (or bike the day before the day of the race and make sure everything works well), and then at least a 10 minute swim before the start of your race.

For the start of the swim, position yourself in your wave by your swimming ability. If you are confident in your swimming ability, you should find a spot towards the front; the more doubtful you are about the race (maybe even making it through the entire swim), the further back you may want to start. There is no shame in letting everyone take off and then start 10 seconds later to make you feel more at ease in the water! Now the gun goes off, it's time to reap the benefits of all your training!

During the swim, you may at times make body contact with another competitor, but don't worry, that's normal. Stay relaxed and continue to swim. If you need to gather your composure, swim off to the side, and take a few deep breaths. (You can even hold on to a kayak as you don't move forward while you are holding on. Just raise one arm and someone will be right there.) To swim faster and more energy-efficient, you may try drafting off another racer. Near the end of the swim begin kicking slightly more to give your legs more blood: it will help you for the transition to your bike.

Try to be efficient in the transition zone – you can already take off your swim cap and goggles (unzip your wetsuit if you are using one) as you are running to your bike. Change into your cycling shoes, put on your helmet and start running with your bike to the bike exit – once you hit the mount line, you can get on your bike and off you go.

While on the bike and on the run, make sure to maintain a steady pace. It is particularly important though, that you do not go out too hard at the beginning of each leg. Race your race, and do not worry about what other racers are doing. And no matter what, stay relaxed during the race. Also, keep your head up – there will be a lot of racers and you want to be safe and courteous! When you come back from the ride (hopefully you have been drinking and eaten a gel), get off your bike at the dismount line, run it over to your rack spot and take off your helmet. Quickly change your shoes and you are ready to tackle the last leg of the triathlon. Most likely, it'll be hot, so keep drinking on the run! The best thing about the Danskin triathlon is being amongst all your fellow competitors: everyone has worked hard to make it to the event, no matter what speed you are running, jogging or walking. Enjoy every minute of it!

Good luck!!




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# UNIVERSITY OF COLORADO TRIATHLON TEAM WINS COLLEGIATE NATIONAL CHAMPIONSHIP (AGAIN!)

When we arrived in Lake Havesu City, AZ for the 2004 National Collegiate Triathlon Championships, the wind was blowing up sand storms and the temperatures were soaring in the mid-90s. We had left Boulder just as a snow storm was blowing in and the abrupt change in weather was alternatively shocking, welcome, and worrisome. We warned everyone that hydrating was the key and no matter how bad your cycling tan lines, it was not a good idea to sunbathe the day before the race.

The morning of the race dawned serene and clear and still. In a cloudless sky, we were up before the sun had cleared the Sierra Madres and the temp was already a comfortable 75 degrees, promising a hot day as the race got underway. Resplendent in our Ironman Wetsuits, we started the

swim in a narrow channel of Lake Havesu, swimming an out and back course that went under the famous London Bridge. The swim start was tough with everyone vying for position within the tight waterway. The bike proved to be a tough one with tight corners, steep up and downhills, long lonely stretches, and dangerous highway crossings. Everything we were ready for, including the 100m, 13% grade uphill that fell near the middle of the out-and-back ride. The coordinators did a fabulous job making sure that traffic was under control and water was readily available for the competitors. Onto the run, where even flat was an understatement. It was fast and open with a finish along Lake Havesu that was the perfect backdrop for the finish line.

In the men's race, Micah Howard was out of the water first for CU but was quickly joined by Ryan Ignatz in their pursuit of the leaders two minutes ahead out on the bike course. Travis Macy made quick use of his powerful lungs quick K2 bike to put himself into the race. Out onto the run course, Travis displayed for everybody why he used to compete for the nationally ranked CU Cross Country team as he ran his way to the top of the men's field. Ryan, continued to move up within the ranks, striding his way to the finish line. Kirk Nelson used his steady abilities to round out the CU scoring.

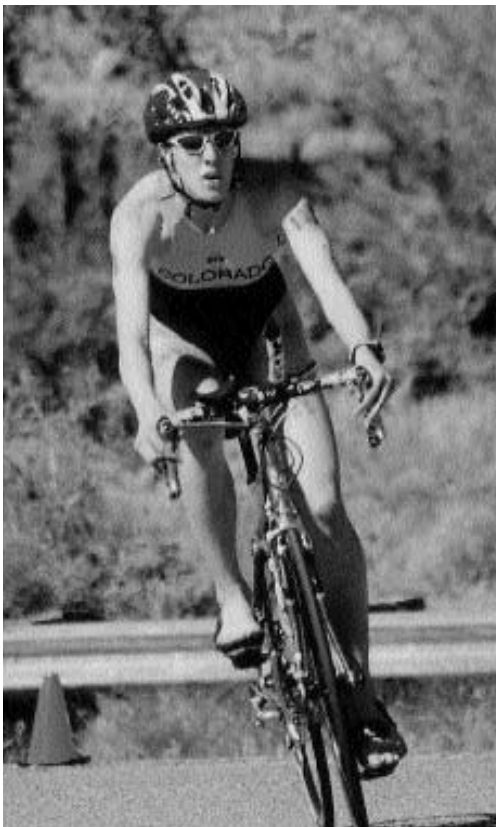
For the women, freshman and triathlon newbie, Melissa Maxey headed out of the water first for CU, followed quickly by Sunny Gilbert and

Rachel Klein. Out onto the bike portion of the race over three minutes behind the leaders, Sunny set about weaving her way through the field to catch the leaders. Freshman Alexandra Forest was also on the move, using her skills as a cyclist to regain ground in the field. Out onto the run in 5th place, Sunny, a former member of MU's track team pounded her way into a solid third place. Cindy, a marathoner and running specialist, made good to finish strong after suffering from a virus the previous week. Alex, also a strong runner continued her assault on the field to aid the women.

In the end, Travis Macy broke into the top 10 of a very competitive field with a smoking bike and run leg, followed by teammates, Ryan Ignatz (13th) and Kirk Nelson (17th) to round out the men's scoring. Sunny Gilbert cruised to third place for the women, coming from behind with a 20.9 mph bike ride, leading Cindy Copeland (12th) and Alex Forest (25th) through the most competitive field that these championships has ever seen. Sunny also qualified for the World University Games Triathlon to be held in Palma de Mallorca, Spain on July 3, 2004.

When the heat cooled off and the blazing sun had sunk below the level of the lake, the University of Colorado was once again declared the National Collegiate Champions for the third time in a row and the ninth time overall, ahead of University of California, Berkley and University of Montana. The women again dominated the field in first and the men finished an extraordinary second to seal the victory.

- by Sunny Gilbert  
(photo of Sunny by Nicole Gibson)



# Ralph's California Half Ironman

## Colorado Results Saturday, April 3rd, 2004

OAPLACE	TIME	NAME	CITY	DIV.	DIV.PLACE	SWIM	BIKE	RUN
5	04:11:10	LOVATO MICHEAL	BOULDER	MPRO	5/29	24:58	2:23:51	1:18:12
28	04:33:15	HOLA TIM	HIGHLANDS RANCH	M25-29	1/167	25:30	2:35:55	1:23:39
46	04:35:56	RONCO WILL	BOULDER	MPRO	20/29	29:40	2:33:34	1:27:59
49	04:36:39	JOHNSON AJ	HIGHLANDS RANCH	M25-29	2/167	28:06	2:37:30	1:27:15
64	04:39:16	CAPLAN MONICA	BOULDER	WPRO	3/22	25:09	2:43:21	1:26:52
71	04:40:54	DEBOOM NICOLE	LYONS	WPRO	5/22	25:10	2:40:44	1:31:04
78	04:42:32	MCKELVY HAL	LAKWOOD	M40-44	6/227	28:29	2:34:25	1:33:19
86	04:43:05	GILLAM AMANDA	BOULDER	WPRO	6/22	28:36	2:43:15	1:27:11
130	04:49:58	KOCH KEVIN	GRAND JUNCTION	M25-29	15/167	39:04	2:39:45	1:26:13
133	04:50:08	LESINSKI MARK	EVERGREEN	M45-49	1/129	30:47	2:37:24	1:35:53
169	04:54:33	FOMENKO ALEX	LAFFAYETTE	M35-39	39/321	27:54	2:42:54	1:38:40
188	04:55:57	HOLTON ANDREW	PINE	M35-39	46/321	34:28	2:38:42	1:38:36
237	05:01:15	NOGIC DOMINIK	COLORADO SPRINGS	M18-24	14/51	36:18	2:42:00	1:33:27
267	05:03:40	PERRY MICHAEL	BOULDER	M25-29	34/167	32:19	2:54:16	1:31:48
271	05:04:17	READER EMILY	HIGHLANDS RANCH	W30-34	4/125	32:11	2:50:27	1:35:42
346	05:09:49	KERTH SHANNON	LITTLETON	W30-34	8/125	29:04	2:54:14	1:40:14
399	05:13:17	THAYER MICHELLE	LITTLETON	W30-34	14/125	32:08	2:52:40	1:42:37
411	05:13:39	WOLD RODERICK	BROOMFIELD	M35-39	93/321	29:12	2:53:27	1:43:19
416	05:13:56	MAZZA PHILIP	BROOMFIELD	M30-34	90/317	32:06	2:51:29	1:42:32
423	05:14:05	BRANNON SEAN	LITTLETON	M40-44	49/227	33:41	2:52:09	1:36:42
425	05:14:08	MELLIAR-SMITH KAREN	DENVER	W25-29	5/86	27:57	2:59:55	1:41:26
428	05:14:26	MCMAHON DAVID	COLORADO SPRINGS	M30-34	95/317	32:28	2:55:16	1:35:30
432	05:14:46	SHERWOOD JULES	SNOWMASS VILLAGE	M25-29	52/167	40:34	2:49:54	1:37:03
447	05:15:50	REINSCH KEVIN	GOLDEN	M35-39	98/321	31:14	2:43:19	1:54:44
475	05:17:08	ONEILL CINDY	MANITOU SPRINGS	W40-44	6/68	35:32	2:54:58	1:35:33
492	05:18:17	EVANS RANDY	BOULDER	M40-44	56/227	42:24	2:45:20	1:44:14
551	05:22:03	UCCELLO STEVE	HIGHLANDS RANCH	M35-39	121/321	34:51	2:57:15	1:43:52
557	05:22:40	ROBERTS STEVE	BOULDER	M55-59	4/30	32:19	2:49:42	1:53:56
609	05:26:04	ROUSH BLAKE	GRAND JUNCTION	M40-44	72/227	37:41	2:48:01	1:50:47
776	05:37:00	POLITZER TOM	GOLDEN	M45-49	37/129	37:56	2:53:50	1:54:15
803	05:38:50	RIDGWAY DIANE	ARVADA	W55-59	1/3	43:11	3:03:40	1:44:29
858	05:43:23	HOETZER GRETA	BOULDER	W30-34	37/125	33:03	3:03:37	1:58:49
976	05:50:46	HASKINS SCOTT	GREELEY	M45-49	59/129	38:48	2:57:06	2:02:43
991	05:51:37	MCCAY-SMITH KIRSTEN	FORT COLLINS	W30-34	45/125	32:38	3:10:18	2:02:32
1016	05:52:56	CLIFFORD KATIE	MORRISON	W25-29	38/86	33:18	3:12:00	1:56:42
1035	05:54:13	SANKOFF JEFFREY	DENVER	M35-39	197/321	38:05	3:11:43	1:57:43
1083	05:57:50	MCDERMOTT PAUL	COLORADO SPRINGS	M40-44	142/227	36:49	3:05:22	1:56:17
1094	05:58:43	HOLA NIKKI	HIGHLANDS RAN	W30-34	51/125	38:04	3:17:31	1:55:40
1119	06:00:14	VOSS LYNN	LONGMONT	CLY39-	21/47	38:45	3:06:04	2:07:09
1144	06:01:47	HERBERT CHERYL	COLORADO SPRINGS	W30-34	55/125	41:52	3:11:40	1:59:43
1149	06:02:13	COOK MARK	CARBONDALE	M55-59	14/30	39:47	2:58:47	2:13:53
1191	06:05:54	FRANKS CHRIS	DENVER	M25-29	124/167	37:25	3:05:53	2:12:34
1192	06:05:55	ANDERSON JOSEPH	GREENWOOD VILLAGE	M18-24	31/51	46:29	3:07:37	2:00:53
1202	06:06:38	DIREZZA MARC	ARVADA	M30-34	232/317	44:39	3:14:14	1:59:00
1224	06:08:01	WASSERMAN MICHAEL	ENGLEWOOD	M40-44	154/227	37:53	3:10:51	2:12:27
1239	06:09:18	FRY WILL	COLORADO SPRINGS	CLY40+	21/39	31:28	3:08:50	2:19:44
1305	06:14:06	HEMBORG TRAVIS	FRISCO	M30-34	248/317	32:46	3:00:31	2:27:47
1356	06:18:24	ROWE JENNIFER	DENVER	W35-39	63/101	45:41	3:26:24	1:56:15
1364	06:19:13	GROSS MICHELLE	DENVER	ATH40+	3/10	40:25	3:18:52	2:11:26
1368	06:19:20	RAMEY CHRISTOPHER	DENVER	M25-29	130/167	30:25	3:19:40	2:22:01
1476	06:29:40	JONES REAGAN	AVON	M30-34	272/317	37:57	3:31:37	2:09:46
1477	06:29:42	CLARK ERICA	EDWARDS	W25-29	59/86	30:40	3:25:03	2:24:32
1492	06:31:24	DIGNAM PETE	HIGHLANDS RANCH	CLY40+	25/39	37:18	3:19:44	2:25:17
1518	06:34:31	GAUNA FERNANDO	ENGLEWOOD	M35-39	266/321	45:36	3:19:49	2:14:12
1524	06:35:19	PATRICK CARL	SUPERIOR	M35-39	268/321	35:25	3:16:34	2:31:58
1529	06:36:09	KOHLHARDT KEITH	FORT COLLINS	M35-39	270/321	41:40	3:23:17	2:17:43
1597	06:46:28	FRANKLIN JAMIE	LIVERMORE	M40-44	197/227	50:20	3:23:27	2:19:32
1601	06:46:48	WOLFE KAREN	AVON	W35-39	75/101	41:43	3:30:41	2:26:19
1618	06:49:09	MILLER MICHELE	LAFFAYETTE	W25-29	71/86	48:16	3:28:17	2:22:49
1661	06:54:06	HOWARD KENDRICK	LITTLETON	M35-39	290/321	50:34	3:22:27	2:25:14
1703	06:59:01	MCKELVY HILDA	LAKWOOD	W40-44	58/68	37:17	3:23:47	2:41:48
1736	07:07:51	HOLTON LESLIE	PINE	W35-39	87/101	42:32	3:33:05	2:41:08
1814	07:34:28	DIREZZA CANDACE	ARVADA	W30-34	110/125	38:41	4:06:35	2:34:45
1841	07:45:55	HAMILTON-VOSS DEBORAH	NIWOT	W35-39	94/101	39:23	4:11:04	2:42:07
1897	10:01:07	COWDREY DENNIS	GRAND JUNCTION	M50-54	66/68	1:07:36	4:48:37	3:42:58



story and photos by Courtney Johnson

# Colorado Powers Through at Ralph's California Half Ironman

d'Alene and a ninth place finish at Hawaii, finished in 4:11:10. Michael excited the water 18th and biked his way to fifth. He held on the run and ended up fifth. His biggest mistake of the day was that he neglected his nutrition on the bike.

"I neglected my nutrition and it lead to a serious bonk on the run. I faded pretty badly and ended with that slow-down, blurry, molasses running that always leaves a bit of a sour taste in my mouth. And all that said, it wasn't that long ago that I would bonk in a race like this and finish fifteenth or worse. To still finish in the top-five indicates that I am on the right path."

Will Ronco, also a pro from Boulder, finished 46th in 4:35:56.

In the women's race Boulder native Monica Caplan was first out of the water for the women in 25:09. Extremely happy with her swim, Nicole DeBoom from Lyons followed only one second behind. "Ralph's is so early in the season so

With the close of the 2004 Ralph's Half Ironman, plans for 2005 are under way including moving the race to early March. 2004's highlights for Ralph's included last minute entry Michelle Jones sweeping away Heather Fuhr's reigning title, the over five minute separation between the second and

third place men, and auto racer Tony Kanaan finishing his first half Ironman in under six hours.

The men's race was won by Francois Chabaud in 4:01:04 who passed second place finisher Luke Bell on the bike. Michael Lovato, of Boulder, who had an impressive 2003 with a win at Ironman Coeur





things can be hit or miss. Surprisingly, I had the best swim of my pro career. It felt effortless and so short. Usually the swim takes forever," said Nicole.

Boulder's Amanda Gillam came out of the water in 16th. "I had no idea I came out of the water 16th," recalls Amanda. "What I did realize, was that I had an exceptional swim. I didn't think I was capable of swimming with Heather Fuhr and Heather Gollnick."

Nicole passed Monica early on the bike and lead for most of it. "The bike was solid", said Nicole. "I tried to hold back so I wouldn't die the second half on all those hills. Even with that conservative approach, I could tell that my

fitness wasn't quite there after about two hours of riding."

Amanda Gillam also felt a lack of fitness on the bike. "When I realized I came out of the water with Gollnick and Fuhr, I jumped on my bike as quickly as possible and I had a good bike leg. This past winter, I swam and ran a lot but neglected my bike a bit. I had been riding four days a week this winter and I felt the lack of bike fitness with about ten miles to go."

Monica Caplan passed Nicole back during the run and went on to place third in 4:39:16. Nicole struggled on the run and ended up fifth in 4:40:54. "Within the first half mile of the run, I knew I would struggle out there," she recalls. "I just didn't have enough running in my legs yet this season. It never felt good, never smooth and never comfortable."

Amanda Gillam was sixth overall in 4:43:05. In 2003, she was 10th and she commented on the big difference between this year and last. "This year I wasn't nervous like last year. Last year, I was so nervous the week before that I could barely eat. My stomach was doing flip-flops just thinking about the race. I couldn't eat the morning of the race last year. I also had a hard time getting my nutrition down during the race. I am a lot more confident now when I am racing, because I have a year of racing professionally under my belt



and Dave Scott in my corner. Fortunately my confidence showed this year at Ralph's."

Being the first race of the season wasn't the only challenge out there, especially for Denver resident Dr. Jeff Sankoff. While ascending the first hill, his rear hub broke. He remembered thinking of calling it a day but was overcome by the thought "I didn't come all this way to DNF!" Jeff walked back to the start where Les from Inside Out Sports loaned him a wheel. Back on the bike and twenty miles in, a guy in front of him fishtailed his rear wheel and fell off the side of his bike. Jeff stopped to help stabilize the man's neck till the ambu-




lance arrived. Jeff did finally make it to the finish line that day. Jeff is training for Ironman Canada, racing and raising money for Team in Training in honor of two friends with Leukemia.

With all the ups and downs of the day, perhaps the best part was the awards ceremony. Colorado was represented well in many age groups, the men's 25-29 standing out. First place went to Tim Hola from Highlands Ranch who lead the age group from start to finish in 4:33:15. Second place went to A.J. Johnson also from Highlands Ranch who was eighth out of the water, passing 6 guys on the bike and in transition to finish in 4:36:39.

Tim, who qualified for Hawaii in Florida, was happy to turn to A.J. offer the Hawaii spot, which A.J. gladly accepted. "It's

nice to have the spot early in the year. I spent hours on the computer trying to find places to stay for my wife, my family and myself. A lot of places are already booked. Aside from that, I am excited to be going to Hawaii for the first time. And now, I can go to the Florida half and just have fun with my family!"

Other notable Colorado finishes were Mark Lesinski from Evergreen who was first and earned the Hawaii spot in the male 45-49 age group, Diane Ridgeway from Arvada who won the women's 55-59 age group and qualified for Hawaii, Karen Melliar Smith of Denver who was fifth in the women's 25-29 age group, Michelle Gross of Denver who was third in the 40+ Athena category and Steve Roberts of Boulder who was fourth in the male 55- 



*Photos: page 22: Monica Caplan, Tim Hola; opposite page: top left: Amanda Gillam, right: Nicole DeBoom, bottom: Monica Caplan; this page: top: Will Ronco, bottom right: Michael Lovato, below: A.J. Johnson and Tim Hola*



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