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**Ironman USA Lake Placid
Supporters' Guide**

2008



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"PEOPLE ASK ME why I ride my bike for six hours a day; what is the pleasure? The answer is that I don't do it for the pleasure. I do it for the pain. In my most painful moments on the bike, I am at my most self-aware and self-defining. There is a point in every race when a rider encounters the real opponent and realizes that it's ... himself. You might say pain is my chosen way of exploring the human heart.

That pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it subsides. And when it does, something else takes its place, and that thing might be called a greater space for happiness. We have unrealized capacities that only emerge in crisis – capacities for enduring, for living, for hoping, for caring, for enjoying. Each time we overcome pain, I believe that we grow."

Lance Armstrong

"Back in the saddle", Forbes, 12/3/2001

Profuse thanks to Jen Dvoretz who spent uncounted hours, akin to an Ironman, laying out and putting together this guide, for which she and her husband will receive nothing more than dinner from me at a nice restaurant. If you like Jen's work you can contact her at jleg23@hotmail.com. —IA



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From the **TRILIFE COACHES**

TRILIFE COACHING provides a motivational, multifaceted, step-by-step athletic learning environment. Through personal and on-line coaching, we focus on helping athletes maximize their performance and create a healthy lifestyle that balances family, work and athletic passions.

As competitive athletes themselves, the TriLife coaches have a passion for the sport of triathlon and a desire to share their knowledge and experience. Decades of training, racing, coaching and mentoring experience have taught them many lessons, leading to the belief that every athlete is a unique individual with different abilities, goals, experience, commitment, needs and lifestyle constraints. Consequently, there is no best single training program that works for everyone. TriLife coaches closely monitor their athletes, recognizing an individual's specific conditions and needs and to customize their training plan.

Great coaching will make your triathlon lifestyle more pleasurable and your goals achievable.



Head Coach Ross Galitsky

Credentials: Endurance athlete since age of 6. Professional coach for almost 10 years.

Experience: Eastern European sports development swimming program; 20 years of endurance sports racing (including ironman and ultra distances); guided and improved hundreds of athletes.

Specialty: Intellectualizing and studying simple things like running, cycling, levels of effort and pain, and athletic motivation.

"The miracle isn't that I finished... The miracle is that I had the courage to start."

—Anonymous.

Thank you for being here, and for supporting your athletes during many months of their Ironman quest. Even more of your support will be needed this weekend, both for your athlete and for their TriLife teammates. Sunday will be long day for you and for the athletes... But their day will start with uncertainties and fears, and as it unfolds, it will test their abilities, preparations, limitations, and luck. They will experience great and terrible moments, learn from them, and will hopefully succeed by overcoming all challenges on the way to the finish line.

This weekend will let you glimpse into your athlete's motivation and mentality. Do not question their motives or abilities, be patient with them, celebrate a choice your relative or friend made over a year ago, and recognize their sacrifices and commitment. Enjoy the surrounding beauty of the Adirondacks, activities and sights it offers, and observe the spectacle of self-obsessed celebration of human endurance.



Head Coach Scott Willett

Credentials: See below

Experience: 25+ years of suffering and surviving swim-bike-run events

Specialty: Swim-Bike-Run, and in that order!

Greetings TriLife Support Team –

To the outsider, TriLife athletes and others training for an ironman may appear to be members of a crazy cult. The bizarre diet (GU's, Cliff Bars, Accelerade...), the altered states after hours of worship ("bonking" after a 6 hour ride), the ritualistic behaviors (the Tuesday evening core strength sessions) and finally the team uniforms... Event weekend, will emphatically answer your question of "why?"

On race day, you will see why your athlete has dedicated a year of energy and passion to conquer the Ironman Lake Placid challenge. As a friend or family member, you may have marveled at the time and effort that your athlete has invested. The result? They come to the start line a different person. While the miles of swimming, cycling and running have toned their physique, the most impressive changes are in their psyche. Self-confidence and a "can do" attitude are the direct results of all the challenges overcome in training. Long after the finish line has been crossed, it is these strengths of character that will define their paths in this world.

As a TriLife coach, I am proud to have had the opportunity to work with such a dedicated and motivated group of athletes. Coaches have pushed them hard. They have pushed themselves and their teammates to test their limits. Most importantly, they have provided support for each other and learned what it is like to train as a part of a team. I am proud to have your athlete as a part of the TriLife IronTeam2008.

Enjoy the spectacle that is Ironman Lake Placid.



Head Coach George Vafiades

Credentials: BS Anatomy & Physiology, USAT certified, USA cycling certified, Personal Trainer

Experience: Numerous Ironman distances... relentless pursuit to master the art of suffering

Specialty: "Jack of all trades..." see experience

Countless laps in the pool, endless loops of central park, hill repeats, lamp post pick-ups, OAB,GWB,L OEB,DWS,TOG,SS,TT,ETC!! You have all earned the right to suffer. You have all gained my respect and admiration for toeing the start line. Now go out and execute what you have trained for... OWN IT!



Assistant Coach Dennis Ball

Credentials: Former Gymnast of 9 years and Gymnastics Coach for 4. TriLife AC program 07-08

Experience: 4 Half Ironman races. Ironman Austria 07, Lake Placid Ironman 08

Day Job: Dog Walker/Student Working on a degree in Nutrition and Exercise Science

Good luck to the athletes – it has been an incredible journey getting here. To the supporters thank you for being here and supporting the TriLife athletes.



Head Coach Earl Walton

Credentials: USAT Level One Coach, ASCA Level 2 Coach, Head Half Ironman Coach, Ironman Swim Specialist.

Experience: 20 years of coaching at the youth, age group, college and elite athlete levels. 5 Years of TriLife Coaching.

Specialty: Swimming — Talking

This is your day. This is your prize. As a great big thank you for all of the hard work you have done over the past ten months – you get the grand prize – you get 2.4 miles of swimming, 112 miles of biking and 26.2 miles of running. This is the reward. You will treat your body and your mind to a great big helping of Lake Placid. You WILL cross the finish line and say "I am an ironman". Well Done TriLife – the tradition lives on!

CONTACT INFORMATION

For athlete emergencies and other urgent matters, you can contact the coaches at the following numbers:

Scott Willet: 917-747-0315

Ross Galitsky: 917-797-7768

Earl Walton: 917-848-8412

George Vafiades: 917-362-3909



Cycling Coach Dave Jordan

Credentials: Personal Trainer and Cycling Coach since 1990. Spin Instructor since 1994, NSCA and USA Cycling Certifications since 1996.

Experience: I grew up teething on a weight pin as the son of a physiology professor, and super athletic and competitive siblings. Downhill skiing was my first sporting love, as well as ice hockey. BMX was my first experience in cycling from 1979-1985; Multisport/ Duathlon since 1987; Road racing, including track, mountain, and cyclocross since 1987. 8 State Championships, 3 Masters National Championship Medals, Elite Amateur Racing in Belgium and France, as well as representing the US National Team 3 times. Professional Cycling League, NCL 1993-1995. Category 1 Road and 2 Track. Age Group Winner Central Park Biathlon and 3rd Overall.

Specialty: Cycling: I work with athletes from training wheels to Tour de France, Olympics and Ironman Champions; In Bike Fitting, Performance Testing and designing specific training protocols to optimize every athletes potential.

Everyone brings their own life experience, hopes and aspirations to the start line. We can only race as well as we have prepared. "The Will to Win means Nothing Without the Will to Prepare", a quote from a Kenyan runner. Tri Life gives every athlete the opportunity and support to prepare to their own best potential and abilities. I am inspired by every single athlete and coach that I have met through Tri Life.



Assistant Coach Sarah Riley

Credentials: 3x Trilife Ironman Athlete ('05-'07); NCAA Division I Swimmer & Team Captain; USMS All American; Asphalt Green Sponsored Athlete
Experience: I completed the "Coaches Challenge" as a college freshman in '93 swimming 65 miles in 6 days. In those days my life as an endurance athlete began. Over the past 10 years I have done many open water endurance swims, Ironman and 1/2 Ironman races, and marathons.
Day Job: Credit Surveillance Analyst

This weekend represents the culmination of 10 months of training for the athletes. The journey has held blood, sweat, tears, wind, rain, snow, mechanical break downs and physiological break downs. All of these elements together coil up inside each athlete to prepare them for what is to come on race day. Each and every one of them has felt the thrill of personal breakthrough as well as the agony of defeat along the way. Race day will be no different.

The experience along the way will be different for each athlete, but the result will be the same. They WILL be an IRONMAN. Help them on this journey, help them to keep moving on. Don't underestimate the power of the phrase "GO TRILIFE" & add a little more cowbell to help them feel great and be great. YOU will be the highlight of their day, each and every one of you that makes up the extended Trilife family. I guarantee it.

To the athletes: I haven't shared as many moments with you this season as I would have liked to, but it doesn't make me any less excited for your potential and what you are about to accomplish on the race course. Feel great with every catch & pull, with every pedal stroke, every step of the way. Enjoy the day as much as possible and remember that the toughest moments are your most defining.



Assistant Coach Renee Gerardo

Credentials: 20+ years throwing myself around a dance studio, BFA in Dance, working towards Master's Degree in Exercise Physiology, Authentic Pilates Instructor for 8 years
Experience: Numerous triathlons including Half IMs and Lake Placid IM 2007.
Day Job: Helping people to realize their true potential through triathlon and exercise. Trying to shove my brain full of lots of scientific stuff. Changing the world one core at a time!

To future Iron People: Today is your day. Remember that this is YOUR RACE, not anybody else's. You have every single thing you need to cross that finish line. And in the words of a certain fashion forward individual, "MAKE IT WORK"

To future Iron People's amazing supporters: Drink a lot of water and don't underestimate the power of the cowbell! Thank you SO much for being here!



Assistant Coach Adam Lake

Credentials: Trilife groupie and I bought a new bike
Experience: Several years of multi-sport suffering
Specialty: NYC Firefighter and firefighter fitness trainer



Assistant Coach Charlee Garden

Credentials: See Below
Experience: Ironman Lake Placid '05, Ironman Lake Placid '06, JFK 50 mile ultra-marathon '07. I love being an AC, because it's a chance for me to share what I've learned and help someone else on their journey to becoming a strong athlete. My favorite coaching moments include watching someone hit a 10:15 split, when they thought their top speed was 11:30.
Day Job: Management Consultant: I work with businesses and leaders in transition, combining my expertise in both business and psychology.

There is more to Ironman than today's race or crossing the finish line. As you watch the athletes some will make it look easy, some will show the suffering on their face, some will do both, even in the same moment. All will move forward... relentless forward progress. Each athlete has the ability and determination to keep moving forward, no matter what the circumstances - For me that is the magic and awe of this sport. Enjoy watching it unfold...

To the athletes: It's been a true honor to share this season with you. Whether you are going for a personal development break-through, or a fitness breakthrough... you have my full support and intention all day. Enjoy the discovery of new ground...

YOU VS YOU message on fire dept fitness wall. Through the friendly competition over the last ten months Trilife athletes have pushed themselves further than they thought possible. Now as the cannon goes off at 7am it comes down to YOU VS YOU.

You have all put in long, hard and sometimes tedious training hours for this moment. Your commitment is awe inspiring. Enjoy your suffering!

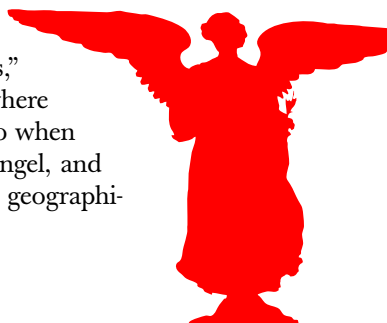
What is **TRILIFE?**

SUPPORT TEAM 101

While out on the course on Sunday, you will undoubtedly be asked questions like, “Who are all these TriLife People?” and “What does that angel mean?” or maybe “How do I get in on that action next year?” We put together a short primer so that you’ll be able to answer those questions with ease...



TriLifers will be easy to spot for two reasons! First, look for the red and orange stripes, on our uniforms. Second, you’ll see an angel, which represents the angel that watches over us from Bethesda Fountain in Central Park. Designed by Emma Stebbins in 1815, the statue, called “Angel of the Waters,” stands for purity, health and peace... And she is where most of us met for the first time ten months ago when we started training with Ross and Scott. The Angel, and the park where she stands guard, are central – geographically and symbolically – to TriLife.



Who:

- 5 coaches
- 5 Assistant Coaches
- 33 team members
- 25 to “it’s impolite to ask”
- 19 women and 14 men
- 21 first time Ironman participants
- 3 From Down Under (if you include South Africa)
- 2 From the Pacific Rim
- A few from Florida
- 1 from Texas
- 1 from Oregon
- A bunch of New Yorkers
- ...and even a few from New Jersey.

What:

- 42 Weeks of training
- 5 Training Camps in New Paltz
- 562 hours of training (at least!)
- 2 Big BRicks on 9W and River Road
- 1 training camp in Lake Placid...

Where:

- NYC!!
- Loeb Boathouse
- Bethesda Fountain
- Central Park Bridal Paths and Reservoir
- West End GWB and Hundreds of Miles on 9W
- Mountain (No) Rest Road
- Lenape Lane
- Tupper Lake
- Aphalt Green
- Coney Island

Why:

- Type “A” personalities.
- A great challenge.
- An Excuse to dress and act like superheros.
- ...and Ross and Scott said we could do it!



THE CULT OF IRONMAN A short history

In the mid-1970's, U.S. Navy Commander John Collins and his family were transferred to Honolulu, after a stint in San Diego. While living on the West Coast, he participated in a variety of athletic events put on by San Diego Track Club, including – unusual for that time – bike-swim-run-swim-run races. The Island of Oahu, with its natural amenities for outdoor sports, has an active athletic community. And being landlocked on an island, such community is condensed and vocal, with many athletes knowing each other, competing and comparing their accomplishments. John Collins, while listening to such arguments between his friends at the awards ceremony for the Oahu Perimeter Relay running race in 1977, proposed to settle dispute by suggesting a “combination” race. He conceives an event that combines characteristics and distances of the popular Oahu races – the 2.4 mile Waikiki Roughwater Swim, 115 mile Around the Oahu Bike Race, and 26.2 mile Honolulu Marathon. The next year, the Iron Man challenge was actually organized by John Collins and his wife Judy. Held in February 1978, 15 people started and 12 finished with Gordon Haller winning at 11:46:58. The race cost \$3.

This exotic endurance challenge returned the next year and started to grow. In 1979, Sport Illustrated ran a 10-page article on the race written by Barry McDermott (who witnesses the race while on assignment to cover a golf tournament), creating a huge advertisement for endurance sports junkies everywhere. In 1980, one of the triathlon “gods”, Dave Scott, won his first Hawaii Ironman with a time of 9:24:33 (out of 106 men and 2 women) while being filmed by ABC’s “Wide World of Sports.” Then, in 1981, race supervisor Valerie Silk moved the race from Oahu to the Big Island.



1982 saw a quantum leap in the race’s history, achieved by a very, very slow crawl. As TV cameras at the finish line focused on the approaching woman’s leader, Julie Moss, she stumbled and collapsed. She started crawling toward the finish, creating an unforgettable image of human perseverance and spirit. Julie Moss crossed the finish line in the second place (just seconds after Kathleen McCartney, who was unaware of the historic event unfolding just inches away and became the winner “whose name no one remembers”). Julie Moss’ crawl has inspired thousands to participate in triathlons, while also creating the Ironman mantra “just finishing is a victory.” That same year, another “triathlon god”, Scott Tinley, won his first Ironman in 9:19:41 passing Dave Scott in the marathon.

Soon, race organizers established a cutoff time and qualification system to restrict entry to the event and the first mainland Ironman distance race, Ricoh Ironman, was held in LA. By 1984, Hawaii Ironman grew to an amazing 1,000 athletes and Dave Scott won his fourth Ironman in 8:54:20, becoming the first person to break the 9-hour barrier. By 1986, prize money was awarded (an anonymous donor provided \$100,000). Paula Newby-Fraser became the first woman ever to break 9-hour mark in 8:55:28.

The Ironman Corporation expanded greatly the number of Ironman branded events in the late 1990’s, with events held in many countries around the world. Competition grew, both in numbers of participants and in level of performance. In 1997, Luc VanLierde goes deep under 8 hours (7:50:27) at Ironman Europe. And in the US, the first Ironman USA – a championship event – was held in Lake Placid in 1999. Since then, the Lake Placid race has become an incredible success, with all its racing entry spots selling out within 48 hours.

IRONMAN IS... Compiled by Heather Maloy and Philip Clark

- ▶ Going out for burgers when your company provides soup and salad for lunch (or if you're Nathan, having a burger on your salad.)
- ▶ Continuing to thoroughly enjoy your meal as your teammate graphically explains his/her GI issues.
- ▶ Explaining that your workout at 5:00 means AM not PM, and "Yes, the marathon is still 26.2 miles" and "Yes, it's 140.6 miles....all in one day."
- ▶ Watching the sun rise over the valley while the rest of the world is soundly sleeping snug in a warm bed. And knowing you're the lucky one.
- ▶ Your definition of reality TV is the Weather Channel.
- ▶ Eating dinner standing in your kitchen, while you stretch... more than twice a week.
- ▶ Wishing excel had a better system to calculate hours, minutes and seconds....and the ability to calculate pace!
- ▶ Hoping that your IT department doesn't check your internet history and find the searches on saddle sores, black toenails and cures ingrown hair.
- ▶ Perfecting the logistics of a nap in your office bathroom stall.
- ▶ Being lost without your training plan. Really. Lost.
- ▶ Learning anatomy and physiology through your own injuries.
- ▶ HR, BPM, MPH, ITB, MTP, WTP, IM, HIM, PSI don't make you say, "What?!"
- ▶ Getting teary as you imagine your cheering section on race day.
- ▶ Getting tearier as you imagine your teammates cheering for you on your last lap of Mirror Lake Drive.
- ▶ Constant fear of having to explain the mysterious trail of white powder which now covers your kitchen, your car and your luggage. Officer, I swear, it's Cytomax.
- ▶ Ziplocs. Ziplocs. More Ziplocs.
- ▶ Quick – how many calories are in a Gu? A scoop of Metabolol? A slice of wheat bread? If you answered any of them, you have an eating disorder. It's called Ironman training.
- ▶ The discomfort on your co-workers face as she tosses your PT Massage ball around, asking "What's this?" and you explain – "Oh, a massage ball" deciding to hold back the part, "I've been sitting on it to ease the pain in my butt...."
- ▶ For newbies, the fear of the unknown. For veterans, the fear of "knowing."
- ▶ Being asked every Monday, so how many miles did you run this weekend?
- ▶ Joseph's Amazing Technicolor Dreamcoat doesn't hold a candle to the rainbow effect of the suntan lines on your legs and shoulders. (And the permanent race number tattooed on your bicep!)
- ▶ NO CHEESY BREAD. NO CHEESE DANISH.
- ▶ Asking, "What's next?"
- ▶ Not going out on Friday or Saturday night.
- ▶ Skimping on expenses like eating out, clothes, movies, and travel so you can spend it on workout clothes, nutrition, a new bike, shoes, etc.
- ▶ Having a kitchen so full of gu, cytomax, hammer gel, carbo pro, cliff bars, and endurolytes it looks like a Vitamin Shoppe.
- ▶ Knowing that sometimes, you only show up to work because it supports your triathlon habit.
- ▶ Taking your bike with you on business trips, because it just wouldn't do to miss that key workout.
- ▶ Making aloe vera a part of your normal morning routine.
- ▶ Finding it totally normal to run from uptown to downtown in order to get to work. And upon arriving at work in spandex, not having your coworkers ask "what are you doing?" but rather, "how's training going?"



Experiencing the **COURSE**

Ironman USA Lake Placid

While you, the great Trilife Support Team, are waiting around Lake Placid trying to catch a glimpse of a Trilifer as they zoom by, you can read this article and try and imagine where they are what they are doing when out of sight. They certainly should not be out of mind.

This article is written by an athlete that has successfully completed the course last year and who, while in training this year, has become very familiar with the details of the course and what the athletes may encounter while out there.

The race is a standard Ironman distance race – 2.4 mile swim, followed by a 112 mile bike ride, followed by a 26.2 mile run (a standard marathon).

The race starts at 7 AM with every athlete in the water of Mirror Lake ready to go. That's right, athletes will be treading water in the place that we think is most advantageous to our swimming ability. The swim is in a counter clockwise direction and is marked by buoys and an underwater cable. Since traveling along the cable requires little if any sighting

A two-time Ironman athlete provides insight into this grueling test of endurance and will.

BY IWAN AXT

above the water, many swimmers will try and get on top of this line. Naturally, this where the swim may seem more like a boxing match than a swim as the athletes try and maintain visual contact with the line.

Other athletes will take a different approach literally and figuratively, as some will start much wider to avoid being swum over or hit and kicked by others. They may use the buoys or other swimmers to gauge the course and gradually move towards the line as the field thins out near the far end of the lake where the athletes will make their first left-hand turn.

The goal here while swimming is to get into a nice relaxed rhythm that does not tax the body and legs. You don't want to get on the bike with tight lats or tired legs. One thing an athlete might try is drafting – getting just in behind a swimmer ahead of you. Believe it or not, you save a lot of energy if you can draft off of someone! The only danger is that you still need to be vigilant about navigation in case the person you're drafting is headed for the hills.

By the time the athletes have finished their first loop – remember to look for them as they exit the water, the athlete water density may have thinned out as swimmers of different ability either end up in front or in back. Because of this, this loop should be easier both physically and mentally as athletes are on their way to completing one part of this long day.

There is a two hour twenty minute time limit (9:20 AM) for completing the swim. All of the Trilifers should be able to make this cut off, however getting out later does factor into the ability of the athlete to complete the first loop bike cut off, which is at six hour and thirty minutes after the race start (1:30 PM). That means if an athlete were to exit the water just before the swim cut off, they would only have around four hours and ten minutes to complete the 56 mile loop.

Once done with the swim, the athletes will head over to the transition area in the Olympic Speed Skating Oval. Before they get there, they may get some assistance getting their wetsuits off from ‘strippers’. No, not the kind you are thinking of! They are volunteers that help with removal of wetsuits. You’ll be able to see the athletes as they run on wobbly legs to the transition area. Most of the athletes will be mentally going through a checklist of all they need to do to prepare themselves for the bike ride in T1, the first transition area.

What do the athletes do in T1? Suffice it to say that the logistics of the race are almost as daunting as the training and the race itself so the preparation of each of the transition areas as well as the activities therein are very important to a successful race. They will be putting on their gear for the bike ride, most importantly their helmet and shoes. They will put on

Suffice it to say that the logistics of the race are almost as daunting as the training and the race itself

a race jersey if not wearing one already, and may change their shorts. They may also put on sunscreen, and depending on the weather a jacket or arm warmers. They may also apply lubrication to sensitive body parts. They may take a drink or even take in some calories since breakfast was several hours ago. They may even towel off. All of their materials will be stored by race number on racks and with luck a race volunteer will hand the bag to them as they enter the transition area. This same bag will be used to store their swim gear for retrieval after the race.

Finally, they athletes will get their bikes and head out to the bike course only mounting their bike once past the ‘mount line’ near the left rear corner of the Olympic Oval. The clock does not stop while you are in transition, so there is time pressure to do everything efficiently and correctly before you get on your bike.

Like the swim course, the bike course consists of two loops -- 56 miles each. Unlike the swim course, the course is not flat. Not at all.

Leaving the backside of the Oval, the athletes will be biking on some small streets and emerging onto route 73 near “Lisa G’S” where they will take a right and head out of town. If you go there, you may be able to see them as they head out of town. The athletes however, will be trying to get their heart rates settled down after their long swim because they want to start taking in calories. This may take them a while to do so, because of the course profile. After a nice flat area to a down hill, the athletes will be starting a climb near the ski jumps (a great place for chalking words of encouragement on the pavement!). Incidentally, up to this point the run course and the bike course are almost the same.





Then some rollers start with a gradual upward trend. If the athlete is lucky or can manage it, they may be able to stomach a drink or some food at around mile 4 or 5 (60 or 61 on the second loop), where the rolling hills are a little less steep.

Nutrition is a very important factor to manage for an Ironman triathlete. Without the fuel to get through the bike ride or the run, you simply can not finish the race. We have been trained to take in most of our fuel required for the race on the bike since it is the part of the race that is most amenable to digestion. Many Trilifers will be taking in a full liquid diet of what is called an Ironman Cocktail. This is a high calorie drink made up of a mixture of different sports drink powders.

How many calories will they try and consume on the bike? Upwards of 2 to 2.5 times their bodyweight in calories per hour. For a 185 pound athlete capable of riding the first loop in 3 hours (just about 18.7 miles per hour) this means taking in between 1100 and 1400 calories in that time period.

Not all athletes will go with a liquid diet, they may be taking in gels or a combination of gels and liquid, or they may even be taking in some solid food. The point is that they must start to ingest calories and liquid as soon as they are able to so to power them through this race. This is so important, that many of the athletes will use a timer that will go off every 15-20 minutes to remind them to eat. Naturally, the timer may go off at an inopportune moment, like a steep up or down hill, and the athlete will have to catch up on their feeding.

So, hopefully, by mile 7 (63 on loop #2) where there is a short steep climb, the athlete will have consumed something because after that, there is

The bike course is challenging not only because of its profile but because of the varried weather on the far reaches of the course.

some more climbing along a beautiful stretch of road. The mountains on either side are steep and on the athlete's left is a beautiful cascade near mile 8, and a series of deep mountain pools. Athletes will gladly take all the rewards this course offers, such as these sights.

Around mile 9-10 (loop #2 65-66) the bottom falls out. There is a steep decent into the town of Keen. This decent is almost 6 miles long and athletes will reach speeds in excess of 40 miles per hour. Since many will be white knuckling it at this point, drinking and eating may not be an option though mile 11 (67) has a relatively flat part where some may manage a drink. Others will shift into their highest gear and try and go as fast as they can through this whole section. Some have managed 49+ at the fastest point near mile 13 (69).

At mile 15 (71), in Keene, the athletes will make a hard left turn onto route 9N – the 'Buffet Zone'. Here, although most, if not all, of their speed has been scrubbed off after the big descent, the athletes are treated to a relatively flat section, with a few short climbs that runs along a river in a beautiful Adirondack valley. This is a perfect place to get the heart rate down and ingest those calories.

Patient, and some say smarter, athletes will be the smaller chain ring for most of their first loop because it will take less effort pedaling and enable the heart rate to settle down. This technique will also save their legs for the next loop and the run. On this section however, some conservative athletes may do an easy spin in their big chain ring as long as they can maintain a high cadence with little effort and low heart rate. In any event the athletes can really enjoy this section as they watch the scenery and the competitors while take it easy and fuel up.

This idyllic section lasts for about 6 miles as they ride to the small town of Upper Jay. There they will make a right turn past a firehouse onto the section that will take them to the town of Jay. This section is also nice and contains only a few negligible climbs. The scenery is nice here as well as the river is now running along the athlete's right hand side as you travel along the river valley. In the distance, verdant mountains loom.

Four miles later, near mile 24 (80), the athletes enter the small town of Jay. The stay is brief however as they make a left turn onto route 86 for the start of what some think the hardest, if not least favorite, part of the course a 5 mile ascent into Wilmington. The climb is initially daunting and unremittingly steep. Many will be in their smallest chain ring in front, and will most certainly be in their easiest rear cog.

There is little opportunity to eat or drink here and, on a sunny day, the road is very exposed to the rising sun which is beaming onto the athlete's back from the east. Mentally challenging, the athletes will be trying to stay focused on a good high cadence and trying not to burn out their quadriceps in this section. Those that hammer up this section will most certainly pay later in the day.

There is a brief down hill section that leads to yet another climb after two miles. So, just as the athletes may think it is over the climbing starts again. While the scenery is nice – not spectacular, many athletes will notice a church nearby that may or may not have apropos spiritual advice on its billboard. Trilife supporters however, may wish to leave some inspirational messages in chalk along this section of road the night before.

After a mile or so more there is a short downhill and flat that leads up to the beginning of

Nutrition and hydration are continually assessed throughout the bike.

the Out and Back section (OAB) near mile 30 (86). Athletes will make a right onto Hazelton road for an approximate 12 mile round trip. This is a very weird section of the course. Some say it seems easier in than out, while others feel the opposite.

The section has an initial flat then steep decent followed by some down hill rollers, near the end of the Out, the athletes must regain all of their lost elevation and then some. Still, athletes may find it possible to eat in between the descent and climb. Thankfully near the end of the Out there is a forest section that provides the athletes with some cover from the sun. Unfortunately, on the way Back this cover is short lived as the athletes break into some open farm country – there is even a small airfield in this section.

One note about the climb on the way Back: the section is exposed and goes through a sandy 'beach' area. Athletes generally won't take notice of it on the way in, however on the way Back they are climbing, and the exposed area and sand combine to make this section a natural oven which they will definitely notice if the sun is out. Support team members that can manage it, may want to plant some inspirational signs here as well.

Having finished the Out and Back, athletes turn back on to route 86 at around mile 42 (98). A mile later, near the Mountain Brook Lodge, the athletes make a left hand turn, continuing their course on route 86. Here is where the course really gets hard. This is the start of a 12 mile climb back to Lake Placid. The athletes are going to climb around 1000 feet over this distance – about a 4.7% grade, with shorter steep sections in between. To make matters that much harder, there is often a constant wind blowing from the south into the athletes. It is





not uncommon for athletes who have been riding at 20 MPH throughout most of the sections of the course, to drop to below 14 MPH average and below 5 MPH on the steeper sections.

The section is not without beauty however, as the athletes will be passing carved chasms along the highway with a river running along the right that is a common fly fishing area. Whiteface mountain provides a backdrop as the athletes take in the scenery and try and disjoin their weariness from their body. Mentally, this section is as taxing as physically and looking at the scenery may help get the athlete into a relaxed yet focused mental state.

At around mile 50 (106) the athletes will pass the first of a series of steeper named hills – Don Cherry. I have no idea why it is named this, however this signals to the athletes, that there are more ascents ahead. At mile 52 (108), the athletes pass the end of the run Out and Back. It is relatively flat here. It almost feels as if it is down hill, but it's not. At mile 53 (109) the athletes encounter the cherries proper – Little Cherry and Big Cherry.

With that, at mile 54 (110), the last of the named hills is upon the athlete – the Bears; Mama Bear, Baby Bear, and Papa Bear. Baby bear is not as tall as either of the others and provides temporary respite for the athletes until tackling the short but steep Papa Bear. At the crest of Papa Bear, is the Cobble Mountain Lodge. Fond memories of training camps past are sure to flood into the Trilife athletes brain, much as the lactic acid is flooding into their quads.

It might be a good idea to provide some inspiration along this entire section of the course – especially in the area of the Cherries and Bears! There is very little area to rest and to

eat, so any pick me up would probably be helpful to them.

The athletes make a right turn at the Lodge onto Northwood road for the last section back to the Olympic Oval. Before they get there, however, there is one little hill that feels like a wall at mile 55 (111). After this the athletes wind their way to Lake Placid Club Drive, right next to Mirror Lake and the swim exit.

Here, on the first loop, the athletes get a chance to ask for their Special Needs bag. What is in that? Well, anything that the athlete might need or want. Most importantly, nutrition for the loop ahead. The athlete may have clothing – jacket, socks, bike repair stuff – tires, tubes, CO2, body repair stuff – lubrication, sunscreen, bandages, or a special treat to keep them inspired – a cookie, brownie, pastrami sandwich, or even a bacon cheese burger. Whatever the athlete might want or need to keep them going in the last loop of the bike ride could be in the Special Needs bag.

This is a great area to see your favorite athlete as many will be slowing down or stopping for special needs. Also, the Brewery has a barbeque going nearby so you can suck down a beer and eat a burger while cheering on your athletes.

After stocking up the athletes make their way through town to the back of the Oval to start the loop again. You can catch them here as well, as they make their way on main street past the announcer to the Oval. Once there, the athletes do the whole thing again.

What are they thinking about the second time through? The same things – nutrition, cadence, effort. Granted, some will most likely be saying, “Well, I won’t be climbing that hill again today. I can go for broke!” How-

Though difficult, the course is filled with beautiful vistas and scenery.

ever, the smart athlete will still be working on their nutrition and spinning in a gear that will move them forward quickly while saving their legs for the run.

Those that managed to fuel up on the first loop, remained conservative and patient, and were well prepared for the race will consider releasing the hounds where appropriate. They may start using their larger chain ring more and really open it up during the down hills and selected flats. These athletes will see their efforts pay off relative to the people that went out too hard early as they begin to pass them on these sections. If the conservative strategy pays off their legs will also be fresher for the trying sections in Wilmington and during the last 12 miles of the course.

With luck and skill, these athletes, your athletes, will do the second loop slightly faster than the first loop. Although, no matter when they come into the Run transition – T2, they will most likely be ready to get off their bike to trade the pain of the saddle for the pain of the run. All athletes must be in T2 and off the bike by 5:30 – ten and a half hours after race start.

T2 is much like T1 though usually it takes less time. Here the athletes are dropping off their bikes and biking gear and changing into running gear. Most notably, they will be changing their shoes, however they may choose to change clothing here as well. Lubrication, sunscreen, and nutrition are always under consideration.

As they exit from the front of the Oval, making a right turn, you will have a good opportunity to see them as they begin the last 26.2 miles of the race. Many will not be running so much as hobbling, as it takes some time for legs to recover after a long bike ride.

Fast, efficient transitions can save athletes valuable time

During the run, the athlete may be suffering; however, the most important things to focus on at this point would most likely be the same as on the bike section – nutrition, hydration, and cadence. The recommendation is to take in the same caloric level as on the bike, however this is usually not possible due to the jarring stressful nature of running. Many athletes will continue to take in calories, in fact they must, but at a greatly reduced rate. They will get their calories, mainly from gels, or the food offered at the aid stations. They will need to hydrate properly regardless of the temperature, and you may spot them walking through the aid stations in order to maximize their hydration and energy consumption efficiency.

The Lake Placid run course is a double double Out and Back course (athletes will actually pass the same point up to 4 times) that will test the efficiency and mental toughness of the runner. Right off the bat, after just about a mile, the athletes run down a steep hill called IGA hill that will load their muscles eccentrically and make them not want to run. At the top of that hill, there is a gas station that makes an excellent viewing location. Sit there and you can see your athlete pass 4 times and still have time to make it to the finish line to see them finish.

Naturally, after a down hill, there is an uphill past hotels and the outskirts of town that goes past the horse grounds at mile one. The road goes downhill and is referred to as Ski Jump Hill. Ski Jump hill continues to the bridge at the bottom of the hill, which will be familiar to the athletes, as they biked pass this point twice earlier in the day. The downhill to the bridge at mile 2 (9, 15, 21) is not so bad and the athlete may actually be loosened up to the point where they can enjoy it here. However, they must





climb this hill twice at mile 9 and 21 ensuring that this hill will be daunting indeed.

After the bridge the athletes make a left and continue on River Road which is mostly flat with some minor rolling hills. The section is quite pleasant with farm land and the Ausable river running along the road. The section of road between miles 2 to 5 (5 to 8, 15 to 18, and 18 to 21) is relatively flat. Here, stronger runners may try and make up some time by going a little faster remembering that on their way back into town they need to go up both Ski Jump hill and IGA hill. On their way out River Road, however, there is a shaded pine forest near the end of the trip out at mile 5.25 (18.25) which may seem like a reward for their efforts.

This section is another section where the support team may want to consider planting signs or chalking the road as there is usually a paucity of spectators there.

On the way back to town, IGA Hill, mile 12 to 13 (23 to 24) is tough! Many athletes will be walking up this section. Others may have promised themselves not to and will be running at a pace barely faster than a walk. After the steepest part of the hill, past the gas station, the climb continues to the Oval where on the first time through the athletes will make a right onto Lake Placid Club Drive, next to Mirror Lake.

The athletes will run past the Brewery and head for the run Special Needs Bags. Again, these bags contain whatever the athlete may need to help them complete the last 13 miles of the race. Once past special needs, they will continue on Lake Placid Club Drive for another mile before turning around and heading back to IGA Hill. Unfortunately, the road has

a decidedly upward cant on the way out. At least on the way back it is downhill.

After the out and back, the runners are at the Oval to start the circuit again. This is where the race starts for most athletes and where it may break some athletes. Fatigue, dehydration, lack of nutrition, and the weather have taken their tolls on the athletes. Many will be struggling at this point and will need to dig deep to generate forward movement for the last agonizing miles. Many will be doing a run/walk routine, some will just be walking.

It is during this last section where the athletes will be struggling mentally and physically most. Focused on the finish, they will most certainly appreciate any and all encouragement that the supporters have to offer. When the athletes make that final turn off of Lake Placid Club Drive, most will find a reserve of energy and dignity to propel them at a running pace across the finish line.

Having finished the race in under 17 hours, the maximum allowed since the course will close at midnight, those Trilifers that have the energy will stick around, cheering, until their last teammate crosses the finish line. This extra effort in showing support of their teammates is not insanity, but dancing to the music.

Most will find a reserve of energy and dignity to propel them at a running pace across the finish line.





Support Team **GUIDE TO IRON WEEK**

HOW TO CHEER FOR AND SUPPORT YOUR TRILIFE ATHLETE

First, one thing is certain, the athletes have trained for this day and you have not. There are some specific things mentioned throughout this guide, which you must pay attention to. The essentials – food, water, cover, money, identification, and a mobile phone. It can be a long day for you – up to 17 hours, so please be prepared for a long day. We do not want you to be a victim of the course!

The rule was stated elsewhere in the guide and it is repeated here because you must adhere to it. There is no outside help allowed for the athletes. Do not risk athlete disqualification by helping – giving a drink or food, holding a bike or a bag, or doing anything that directly aids the athlete. Anything else you do is fair.

The basic rationale behind a race-day support team is they are able to give the athlete a perk at certain times throughout the day. How's that? Consider that when an athlete sees you they naturally want to look good, so their form gets better, they become more efficient, and they

From chalking to cowbells to pots and pans — it doesn't matter how you support the athletes, just that you DO it!

BY IWAN AXT

find some energy. While this lasts only briefly, imagine a little boost from a support team member spread out all over the course. Add up these boosts and the athlete may be getting a boost for the majority of the race.

Trilife has a great support team because we have so many of you out there. Remember the rule – if the athlete is wearing Trilife and moving forward a support team member must cheer for them. In the spirit of sportsmanship and good taste, cheer for others as well (but save your most energetic cheers for the Trilife athletes).

How to cheer? Yell, scream, ring a cowbell, bang a stick against a pot, wave your rally towel, wear a rainbow wig or feather boa, beat a drum, show your bum – do anything to make the athlete know you are there and supporting them.

However, do not be disappointed if the athlete does not react as you expect for all of your gesticulations and cheering. During an Ironman

athletes are very concerned with energy conservation and giving a “high five” wastes energy, for example. Explain that to the children in the crowd. The athlete may smile wanly or not react at all to your most fervent cheering. Do not be disappointed. Trust that they know you are there, they hear you and see you and that your cheering is helping them.

Usually near the end of the race, you may get a reaction that is opposite of what you expect. A hand up, a scowl, or a request to “Stop ringing that *@&^% cowbell!” This is natural during an Ironman. Comply with the request and do not hold this reaction against the athlete. By late in the race, the athletes are in rarely seen territory and are going through a struggle that few can appreciate. Just continue to support them.

Most of your race-day cheering will be concentrated in an area close to the start, but that does not mean that you cannot support the Trilife athletes on the far reaches of the course.

Chalk is a long-standing tradition in races of all types. Get some and mark up the road the day before the race. Please do not use paint! Although the athlete will be moving quickly by your chalk markings, there are some things you can do to increase the possibility that the athlete will see your markings.

First, start off with at Trilife Logo (you don't have to be Rembrandt). All team members are attuned to the logo and will get a momentary

All team members are attuned to the logo and will get a momentary perk.

perk. Second, think about the line – where will the athlete be running or biking? Place your mark right smack in the middle of it. Third, use the athlete bib number and name. The athlete knows their number, but may not know their name at some point!

Where to chalk for the bike? Just outside of town near the Horse Show Grounds. Past the bridge on route 73 near the ski jumps. It is the first climb that the athlete will encounter in the day. Incidentally, the guardrail here makes an excellent spot to put a logo all of the names of the Trilife athletes. On Route 9N past Upper Jay near either of the rest areas. Anywhere on the climb from Jay to Wilmington. On or near the Bears or Cherries about 4 miles from town. Near the Cobble Mountain lodge on Route 86 or just past Cobble Mountain Lodge on Northwoods Drive.

Where to chalk for the run? Anywhere on Lake Placid Club (Mirror Lake) drive. IGA hill – both directions, but mostly in the UP direction. Ski Jump hill again mostly in the UP direction. On the small hills on River Road, near the run turn around.

As well as chalk, placards, and signs are a tradition at races. One of the race sponsors will have a tent set up where you can make these signs on the days prior to the race, but if you don't want to risk running out of materials (which they always do) bring some large white poster board, sticks, and markers up.

Same rules apply here for getting noticed – logo, number, name. Some supporters also get creative by enlarging a photo of the athlete, when 12 years old, dressed in wrestling gear, and placing that on the sign.

The best place for your signs during the bike is the sandy section on the Hazelton Road out and back. Most of Hazelton Road has a soft shoulder, so signs will be planted easily. Support team members can also add signs to trees on the way out of town.

On the run, the best place for signs is on River Road, on the flat section, just past the Red Barn. Remember it is an out and back section so put the signs in both directions. The trees along the shoulder on Ski Jump hill are also good places for signs.

The cheering is done and the race is over, now the athlete really needs your support. There is



very little in the way to describe how the athlete feels at the end of an Ironman. Consider that Coach Ross once asked this question of the Trilife Team. Among the responses of “Elated”, “Happy”, “Tired”, “Exhausted”, and “Relieved”, he heard the answer he was looking for; “You feel like you are dying”.

Strange, but true. Many athletes feel like they are dying or that they are going to die. This is purely a metaphysical thought since no one doing the race has actually experienced death. Don't worry. The athlete is not dying. They may be laughing. They may be crying. They may be laughing and crying at the same time. But they are certainly not dying.

Keep in mind that only one support team member is allowed in the athlete finisher area. If you meet your athlete there you must keep them moving. Do not let them sit down or lie down for some time after they have finished. Some weird human physiology is going on that requires the athlete ease into rest. Immediate stoppage can cause a sudden drop in blood pressure and fainting.

Instead of letting the athlete stop, get them working through their post race checklist while slowly walking around. Usually the athlete will have a post race bag that they want you to have at the ready when you meet them. The bag will contain, dry clothing, jacket, food, shoes, and anything else the athlete may need.

Many athletes will have a specific recovery drink prepared. They should start drinking that as soon as possible although it is not uncommon for the athlete to refuse to drink or eat after the race. Support team members must gently remind them to re-hydrate by taking in fluids. Recovery drinks, chicken broth, and soda are a great way to start the re-hydration process.

If they are up to it, the athlete should eat as well. They may have the post race cookie or meal in their post race bag. Offer it to them. In the athlete finisher area there will be plenty of food and drink. Again, encourage the athlete to take in some of each.

Finally, if your athlete ends up in the medical tent, do not freak out! It is a place where you can freak out – the sights of battered post-Ironman athletes is not pretty. Ending up in the tent is not a sign that things went badly, are going badly, or will go badly. It is just something



The cheering is done and the race is over, now the athlete really needs your support.

that happens to some athletes – professional and amateur alike.

Remember, the race organizers have done this all before and if the athlete needs to go into the tent, that is the best place for them. If your athlete is resisting, your gentle encouragement may be necessary. Conversely, if your athlete wants to go to the medical tent and medical staff refuse to take him or her, realize that although the athlete feels like they are dying, there probably is no medically relevant reason for them to be there. Gently encourage the athlete to continue post race activities without medical attention.

Once you leave the finisher area, we encourage you to cheer on others who are still out on the course – this helps with athlete acclimatization to the end of a very long journey.

Be aware that days and weeks after the may be strange for the athlete. Post race depression is not uncommon, especially after an Ironman. The athletes have worked hard for ten months only to have it culminate and be over in less than 17 hours.

They may feel like they have nothing to do – the regularity and security of Trilife training sessions are no longer part of their lives. They are bound to feel directionless. Give them time to adjust and support them as you have done throughout this process.

Your support may not have gotten the athlete to the starting line, but it definitely got them to the finish line.



TRILIFE SUPPORT TEAM VIEWING LOCATIONS

The dynamics of the sport of triathlon doesn't make it an easy sport to watch. First, you will endure 1800 people starting the swim hundreds of feet away all at the exact same time - and you will have no idea who is who! Then, as the athletes set off on their bikes, they will be moving quite fast – hopefully too fast for their supporters to recognize them and have any kind of meaningful exchange. Only on the run, with exhausted athletes moving at slower speeds does the race become more spectator-friendly – and that's when we'll really need you!!

Watching triathlon allows spectators to have an unusually close proximity to the athletes, both pros and age groupers alike. Ironman is a long race and it's hard to predict exactly when your athlete will pass your location. As disappointing as it might be if you miss them, don't stress – your athlete knows you're there and that's what matters!! We have selected the following sites to take advantage of the race course profile, proximity to the center of town, and smaller crowd density.

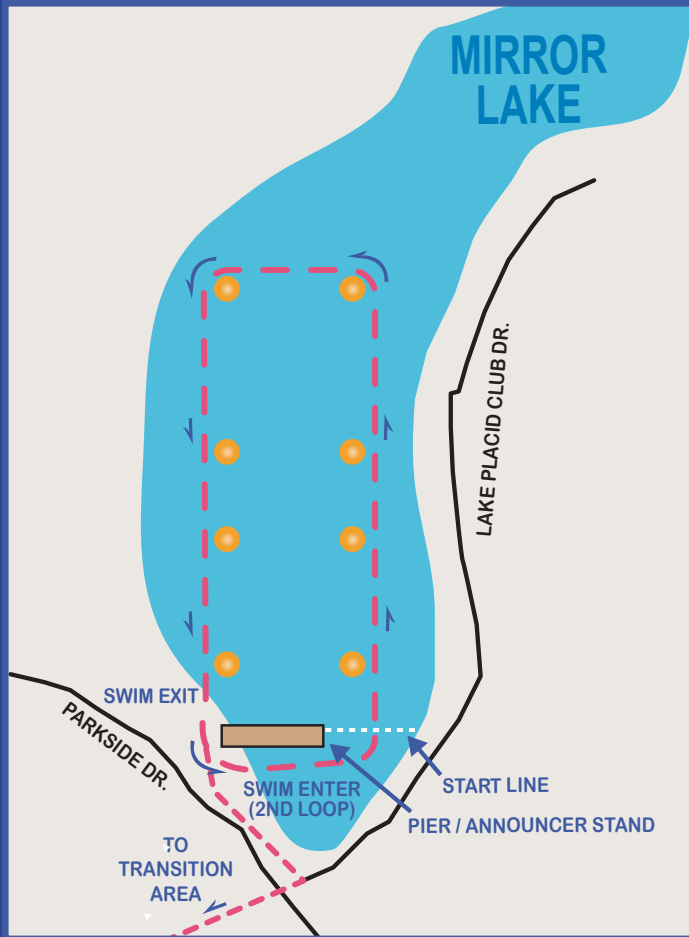
Logistics

Your day could be almost as long and challenging as it is for the racing athletes. Being on your feet all day, looking for familiar faces, cheering, starving, being hot or cold – it is an exhausting effort. Plan ahead to make yourself comfortable! Prepare for any potential local weather – cold, rain, sun, heat, and humidity. Wear comfortable clothes and shoes, carry water and snacks. Have adequate supply of film, batteries, or any other gear you may need (cellphone, sunscreen, sunglasses, hat, umbrella, towel or pillow to rest on, large garbage bag, and backpack to carry it in). And remember that we are all very thankful that you are here!!!

Pre-race

You can remain with your athlete throughout the pre-race ritual, including body marking in front of the High School Speed Skating Oval (corner of Main Street and Mirror Lake Drive), special Needs bag drop off, Port-O-Potty lines, and walk to the pre-race check in at Lake Placid Beach (entry at the Parkside Drive and Mirror Lake Drive). At this point, we suggest that you and other TriLife supporters move up Mirror Lake Drive, finding a good spot on the lakeshore opposite the Beach dock on the other side of the lake. (1) Most TriLife athletes will conclude their swim warm up with a pre-start rest in the water near that shore spot.





SWIM COURSE
 2.4 MILES
 (2 LOOPS)

graphics by matkindesign.com

Swim

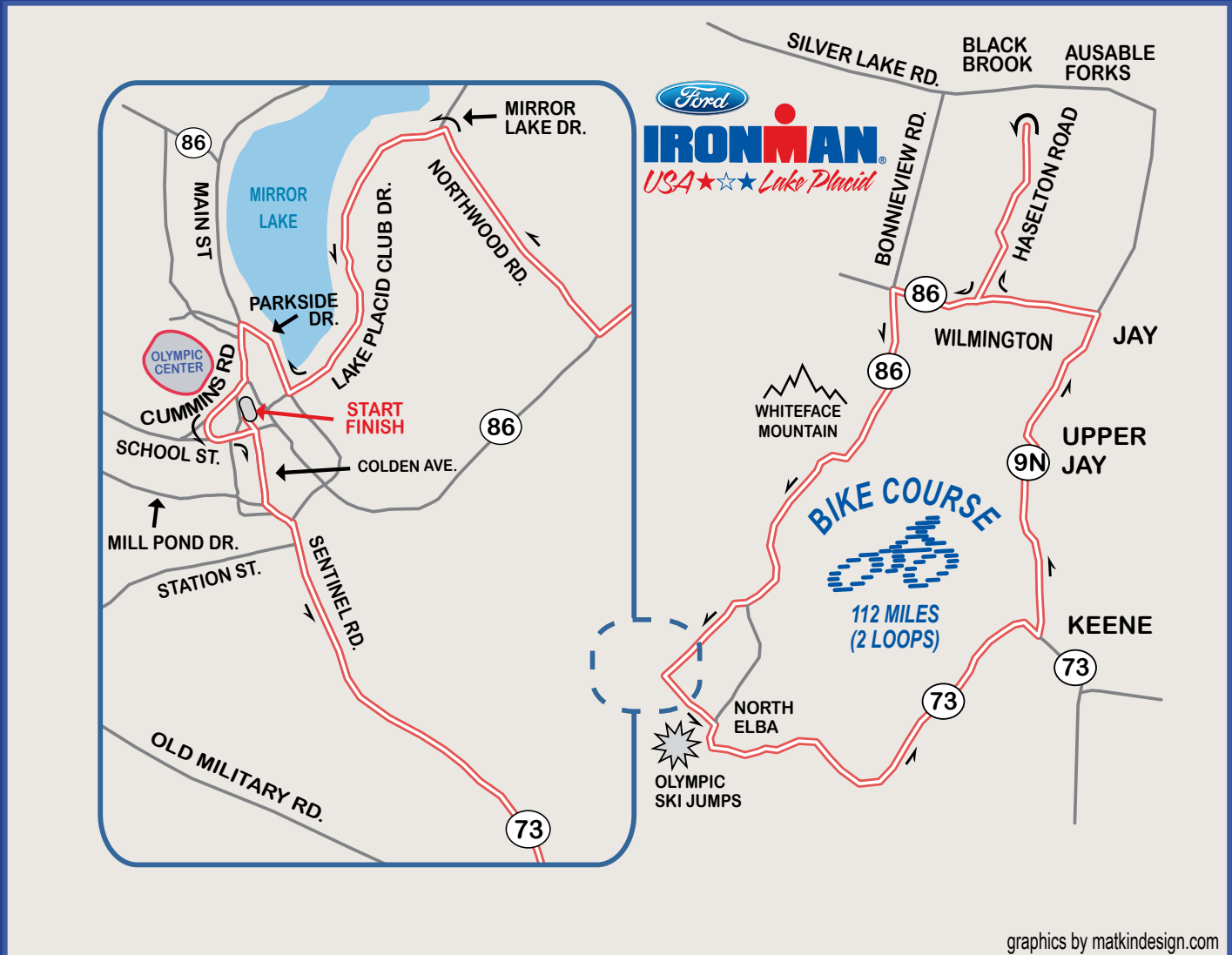
Being on the lakeshore road (Mirror Lake Drive) (1) or locations near the start beach (2) will allow you to see athletes swimming, and exiting the water for a short run on the beach before going for a second loop of the swim.



Transition 1

Athletes will be exiting the beach (some stopping to allow “strippers” to take their wetsuits off), and running on Mirror Lake Drive to the transition area in the Skating Oval. A deep throng of spectators is always formed near the Beach and on the both sides of this running “corridor”, making difficult to catch sight of the race. Being tall or getting a good spot in advance will allow you a very short glimpse of your athlete. An alternative location to glimpse and exchange couple of words is at the transition area exit (3) where athletes will be leaving Oval going out for a bike segment (above School Street, on the immediate left of Lake Placid High School).





graphics by matkindesign.com

Bike

Since athletes will be moving very fast on their first bike loop, and the course profile does not contain any speed-slowing hills near the town, viewing spots are not easy to suggest. Unless you are willing to travel miles out of town to the sections where cycling speed will be low (and motivation and support is very needed), the following venues are suggested as being the most accessible.

Corner of the Northwoods Road and Route 86 (4), located on the top of a series of hills which will slow down athletes and on a right turn toward the Mirror Lake Drive is couple of miles away from the Oval but is a good, uncrowded location. A good landmark is the Cobble Mountain Inn.

The Special Needs Bag station (5) on Mirror Lake Drive (a

quarter mile up the lakeshore from the transition area). Athletes will be slowing down and/or stopping to pick up and organize nutrition and other gear needed for the second bike loop,

“Hot Corner” (Main Street and Parkside Drive) is one of the loudest and most crowded spots (6). This location on a very sharp corner will slow down speeds, while being centrally located in Lake Placid.

Streets right behind the transition area (7) are another good section to observe your athlete.

Transition 2.

Athletes coming back from the second bike loop can be observed in all the previously mentioned locations, as well at the exit from transition area on the run segment.

Run

One of the most difficult parts of the course is at the corner of Main and School Streets (8), on the top of the IGA hill. Many runners will walk up this hill, so it'll be a great place to see how your athlete is doing.



Anywhere on the Mirror Lake Drive (9) where athletes will be running an almost 2 mile out-and-back segment, or on the Main Street between School and Mirror Lake Drive.

Basically, the farther away from the transition area you are willing to go, the less crowded it will be – and the more in need of your cheers your lonely athletes will be.

Finish

When it's time to meet your athlete at the finish line, head to the Mirror Lake section near the transition area, the bleachers at the finish line and behind the barriers in the Oval. You also may be able to wait and meet your athlete behind the finish line.



THINGS TO BRING WITH YOU TO THE RACE

Lawn chairs Probably the most comfortable way to spend the day waiting to see your athlete

Blanket, Towel or Pillow Alternatives to the lawn chair

Umbrella To stay out of the rain or sun

Appropriate clothing You'll need items for cool and warm weather

Rain Jacket or large garbage bag More protection from a rainy day

Sunglasses Shades for the sun

Hat Baseball cap, visor—whatever works!

Sunscreen No one wants a bad burn

Snacks It could be a long time between meals

Water You need to stay hydrated, too, just like your athlete!

Games for the kids They'll need some extra entertainment to make it through the long day.

Cellphone To stay in contact with your athlete and other spectators along the course

Backpack
To carry all this paraphernalia!



RACE WEEK AGENDA

Starting a couple of weeks prior to the race, athletes started their taper – decreasing the volume of their training to rest up for the event. In the days immediately prior to the race your athlete will attempt to rest and stay off his/her feet as much as possible. Athletes will try to relax in the stressful atmosphere of pre-race activities and internal doubts, so help them by not making too many plans and arrangements for events with family and friends.

In addition to “banking” rest via quality night sleep and naps, athletes will focus on their pre-race nutrition and hydration protocols. Pre-race night rarely provides good sleep, so nights two and three days prior to the race are the most important to the athletes. Allow for very early “lights out.” Nutrition-wise, healthy and good quality high-carbohydrate and protein meals with extra sodium should be supplemented by copious water intake.

On the days immediately prior to the race, athletes will need to handle assorted logistics – register, pick up race numbers and computerized timing chips, shop at the Race Expo and supermarket (for race day breakfast, and other supplies), and check in their bikes and gear bags into Transition Area.

RACE RULES (specific to supporters)

No Outside Aid

The main rule affecting your presence in the race and interaction with racers is “No outside aid” – athletes are not allowed to receive any form of assistance or equipment from any non-race personnel. This rule is enforced! In addition, accompanying your athlete (on foot, bike or vehicle) is considered to be pacing, a form of illegal assistance.

No Paint on the Roads

It is an Ironman tradition to write messages of encouragement to athletes around the race course. If you do this, please do not use paint!! The community of Lake Placid requests that you only use chalk!

IRONWEEK SCHEDULE OF EVENTS 10th Annual Ford Ironman USA Lake Placid Triathlon

Wednesday, July 16, 2008		Sunday, July 20, 2008 Race Day!	
	Trilife athletes begin to arrive in Lake Placid. Personal time, mental preparation and last minute logistics and race plan review.	4:00 am – 5:00 am	Breakfast (first of the day)
		5:00 am	Transition area in the Speedskating Oval opens/ body marking begins on Main St. in front of oval.
Thursday, July 17, 2008		6:30 am	Transition area closes, all athletes to the swim start.
7:00 am – 10:00 am	Gatorade Bag Check-in, Mirror Lake. If athletes want to they can leave their gear, take a dip and get schwag each morning up to the race.	6:50 am	Pro Race starts
10:00 am – 4:00 pm	Athlete Registration/packet pick-up in the Lake Placid High School gymnasium.	7:00 am	Age-Group Race starts.
10:00 am – 4:30 pm	Ford Ironman USA Marketplace / Athlete Village open at the Olympic Speedskating Oval open. Café opens at 9:30 am.	7:10 am	Support team moves to locations allowing them to see athletes running to Transition Area or exiting TA on first bike loop.
Friday, July 18, 2008		9:20 am	Swim course closes
10:00 am – 4:00 pm	Athlete Registration/packet pick-up in the Lake Placid High School gymnasium.	9:30 am	Support team members should meet for breakfast the waiting begins in earnest.
10:00 am – 4:30 pm	Ford Ironman USA Marketplace / Athlete Village open at the Olympic Speedskating Oval open. Café opens at 9:30 am.	10:30 am (or sooner)	Support team moves to various bike locations to see athletes completing first or starting second bike loop.
11:00 am	Pre-race press conference and pro panel at the Ironman TV tent in the expo.	1:30 pm	1st lap of bike course must be completed.
2:00 pm	Ironman Kids fun run at the Mirror Lake public beach and town park.	2:00 pm (or sooner)	Support team moves to various locations on run course to see athletes during first and second loops. Mirror Lake Drive is popular location for second loop as it allows viewing of athlete before last mile-and-a-half of race and gives support team time to get to finish line before athlete.
5:30 – 7:30 pm	Ford Ironman USA Welcome Dinner at the Lake Placid Horse Show Grounds.	5:30 pm	2nd lap of bike course closes.
7:30 pm – 8:30 pm	Mandatory Athlete Meeting in the banquet tent at the Lake Placid Horse Show Grounds.	10:00 – 12 midnight	Ford Ironman finish party. Come out and cheer the final finishers. Sponsors will be throwing out great prizes to the crowd.
Saturday, July 19, 2008		12 midnight	Race ends. Dancing and celebrations all night long!
9:00 am	Coached Swim (0:15) at Mirror Lake	Monday, July 21, 2008	
9:30 am	Coached Team Meeting at Mirror Lake. Athlete Question and Answer.	9:00 am – 11:00 am	Ford Ironman World Championship Hawaii 2008 registration at the medical tent in the Olympic Speedskating Oval. Immediately following is Ford Ironman World Championship Hawaii rolldown. Any unclaimed qualifying spots are rolled down to the next person in that age group until it is accepted. Attendance is mandatory to qualify, absolutely no exceptions.
10:00 am – 11:30 am	Athlete One on One Meetings by appointment. Mirror Lake under the Trilife tent or Adam Lake's House; 154 Stevens Drive if severe inclement weather. Ten minutes for you to talk it all out.	9:00am – 11:00am	Ford Ironman USA Lake Placid 2009 Registration at the medical tent in the Olympic Speedskating Oval.
9:00 am – 11:00 am	2008 Ford Ironman USA participant registration for 2009 Ford Ironman USA in Lake Placid High School gymnasium.	10:00 am	Results books and Action Sports International photos available at the gymnasium in the Lake Placid High School.
10:00 am – 4:30 pm	Ford Ironman USA Marketplace / Athlete Village open at the Olympic Speedskating Oval open. Café opens at 9:30 am.	7:00 am – 3:00 pm	Finishers merchandise available at N.A. Sports Official Merchandise store at the Olympic Speedskating Oval.
10:00 am – 3:00 pm	Athlete Bike and Gear Check-in at the transition area.	5:30 pm	Philadelphia Insurance Awards Banquet at the Lake Placid Horse Show Grounds
12:00 pm	Trilife Support team meeting on Mirror Lake Drive Under the Trilife tent. Athletes should not attend! Athletes should be off of their feet by this time or checking in their gear!!!!	Tuesday, July 22, 2008	
			Support team gets their athlete back....until next time?

*NOTE: SCHEDULE SUBJECT TO CHANGE

**NOTE: There is NO race-day registration / packet pickup. You MUST register and pick up your packet on the specified days. Please plan your arrival to the area accordingly. Athlete specific items in Red. Support team items in Blue.

LAKE PLACID EATING GUIDE “...because in Ironman, eating is the 4th event”



Eat, drink, spectate...

The Lake Placid Pub & Brewery
14 Mirror Lake Drive, Lake Placid, NY 12946
518-523-3813

TriLifers love this place for its good food, good beer, and fun atmosphere. The upstairs deck is a great place to view the race since it overlooks both the swim and bike course. Downstairs, there's the “legendary P.J.O’Neill’s, a true Irish bar with the warm character of aged wood and brick”. There is also Pool, Darts, and Foosball. Children welcome.

Lisa G’s
444 Main Street (bottom of IGA hill), Lake Placid, NY 12946
518-523-2093

How could this Lisa G, not recommend Lisa G’s? It looks a bit “divey”, but the food is good and somewhat eclectic. On one side is the restaurant and the other is the bar. It’s a great place to kill 12 hours waiting for your athlete to pass by. If you never left Lisa G’s all day you could see your athlete 6 times.

A&W
RT 86, near Wilmington

A fast-food classic... at A&W you can enjoy a Kraut Dog and a root beer float while you watch the Ironmen round the corner from Wilmington and climb the next 10 miles back into Placid.

TriLife Post-8 Hour Training Day Favorites

Mr Mike’s Pizza
332 Main Street, Lake Placid
518-523-9770

Nothing fancy, but solid pizza and pasta, and plenty of it.

Eres Pizza
37 Main Street, Lake Placid
518-523-2997

Another pizza and pasta standard, and an editor’s favorite for pre-race carbo loading. But stay away if you live for salad - unless you like iceberg lettuce chunks.

Tail O’ the Pup
Route 86, Ray Brook, NY 12977
518-891-0777

A BBQ lovers delight this outdoor eatery with a campground feel, is a short drive west of Lake Placid down Route 86. It’s a great place to bring a big group with a big appetite. Try the BBQ Lover for BBQ Lovers or the New England Lobster Bake, it is a fan favorite.

Custard Mustard (it may have another name now, but it’s still there)
Route 86 Saranac Avenue (Across from Placid Planet Bikes)
 Despite the weird name, this drive-up ice cream joint has tasty treats for those who love traditional softcone fare.

Fine dining*

*Disclaimer: We haven’t eaten at these places... but they sound good...

Great Adirondack Steak & Seafood Co
34 Main Street, Lake Placid, NY 12946
518-523-1629

Fresh seafood and hand cut steaks in an authentic Adirondack antique atmosphere. Full kids’ menu. Fireplace. On premise 7-barrel microbrewery--tours available. Seating on a first come first serve basis. Logo souvenirs pint glasses and growlers (with or without beer) available.

Outdoor Dining, Cocktail Lounge, Take-Out Service, Vegetarian Entrees Available, Air Conditioned, Children’s Menu Available, Handicapped-Accessible, Fireplace, Credit Cards Accepted.

Veranda Restaurant
1 Olympic Drive, Lake Placid, NY 12946
518-523-3339

Since opening over a decade ago, Veranda Restaurant has developed a reputation as being one of the finest restaurants in the Adirondacks. Veranda offers both traditional American and French cuisine, prepared by world-class Chef Claude Gaucher of Dijon, France. Veranda Restaurant was proud to host President Clinton’s 54th birthday celebration on August 19, 2000. For reservations call 523-3339.

Hours: 5:30 - 9:30 p.m.

Groceries

“Nameless” Grocery Store
Rt. 86 Saranac Avenue (heading toward Saranac Lake)
 There’s a large grocery store on Rt. 86 leaving Lake Placid toward Saranac Lake.

THINGS TO DO WHILE NOT WATCHING THE RACE

or things to do while your athlete is stressing or racing...

Though Lake Placid is a town small in size, it's beautiful natural surroundings (including the highest mountains in New York state, crystal clear waterfalls, and serene lakes), hospitable locals, and rich history, make it a great town to visit. Whether you would like to experience culture, sports, adventure, or a heart-pounding ride in a bobsled, you can find it in the Lake Placid area.

Main Street offers shopping, an old-fashioned movie theater showing the latest films, and a walk along Mirror Lake, the lake that your Ironman athlete will be swimming 2.4 miles in.

If you're looking for **culture** try...

- Pendragon Theatre performing "Angels In America, Part Two: Perestroika" and "Arsenic and Old Lace" during Ironman week. 15 Brandy Brook Ave., Saranac Lake (518) 891-1854

- The Lake Placid Center for the Arts (518) 523-2512

<http://www.lakeplacidarts.org/>

- Adirondack Museum exhibits and programs telling the stories of how people have lived, worked, played and traveled in the Adirondack region since the early 1800s. (518) 352-7311

Route 30, between Lake George and Lake Placid, Blue Mountain Lake, NY



How about **golf**? The Lake Placid area offers beautiful courses including...

- Ausable Valley Golf Club (518) 647-8666

- Craig Wood Golf Course (518) 523-9811

- Lake Placid Club Golf Courses called "eight icons of American Resort golf", by Links magazine. (518) 523-2556

Maybe your Ironman athlete isn't the only one who likes **sports**...

- Ampersand Bay Boat Rental and Boat Club renting kayaks, motorboats, etc. (518) 891-3001

- Bear Cub Adventure Tours guided fly fishing, boat trips, kayak trips and more. (518) 523-4339

- Emerald Springs Ranch offers horseback riding (518) 891-3727

- Hudson River Rafting Company (518) 523-3706

Or go for a **hike**!

The Adirondack High Peak Wilderness Area offers 4,000 foot climbs on marked trails in New York's highest mountains. White-



face Mountain also has mountain biking, including scenic trails and a gondola lift for the daredevils! <http://www.whiteface.com/mtmbiking.htm>

Of course, you can't forget what LP is really known for- the 1932 and 1980 **Olympic Winter Games**, with 1980 being the year of the U.S. hockey team's "Miracle on Ice"...

- Lake Placid Winter Olympic Museum and Hall of Fame in the heart of Lake Placid, including video highlights, uniforms, and equipment. Daily, 10-5. (518) 523-1655

- LP Olympic Site Tour jumping complex and tower, bobsled and luge run, trolley tour, and Whiteface chairlift skiride. On Saturday at 1PM, watch some of the best skiers in the world practicing on the jumps at speeds of over 55 MPH!

- And don't forget that heart-pounding bobsled ride Wed-Sun 10am-12:30pm and 1:30-4:00pm. (518) 523-1655

Other fun things to do include

- scenic flights over the High Peaks (contact Adirondack Flying Service at 518-523-2473),

- visiting the Adirondack Craft Center (with over 300 Adirondack artisans- 518-523-2062)

- seeing over 700 feet of waterfalls in a self-guided tour along the base of Whiteface Mountain in Wilmington (518-946-2278), an area where your athlete will be biking!

In other words, have a great time during your visit to Lake Placid! Why should the Ironman participants get to have all of the fun?





GETTING THERE

By car:

From New York City and New Jersey: Take the NY State Thruway (I-87) north to the Adirondack Northway (Exit 24 in Albany). Follow 87 to Exit 30. Pick up Rt. 9 north and follow it for two miles to Rt. 73. Continue on 73 for 28 miles to Lake Placid area. From NYC: 5 hrs, Albany: 2.5 hrs.

From Boston, Springfield, Hartford: Take Massachusetts Turnpike (I-90) to Albany. Pick up I-787 north to Cohoes. Connect with Rte 7 west to I-87 north. Follow I-87 (Northway) to Exit 30, then use final directions above: "From New York City..." Drive time from Boston: 5 hrs.

From Buffalo, Rochester, Syracuse, West: Take I-90 (NY State Thruway) east to Exit 36 (Syracuse). Pick up I-81 north and follow to Watertown. Take Rte 3 and follow it east to Saranac Lake, then follow Rte 86 east to Lake Placid. Drive times: From Buffalo: 5.5 hrs; Rochester: 4.5 hrs; Syracuse: 3.5 hrs.

From Montreal: Take Rte 15 south to Champlain Crossing, connecting with I-87 south. Take Exit 34 west, following Rte 9N, then follow Rte 86 to the Whiteface Mountain/Lake Placid. Drive time: 2 hrs.

By air:

The Lake Placid is within 2-3 hours driving time of three major regional airports: Albany, NY, Burlington, VT, and Montreal, Quebec. Obviously, New York City metropolitan area airports are another alternative.

Local Adirondack Regional Airport (518-891-4600) located in Lake Clear, 16 miles from Lake Placid. Commercial flights available through Continental Express: 800-525-0280 or www.continental.com

By train:

Amtrak operates between New York City and Montreal. The closest local stop is in Westport, NY (40 miles from Lake Placid). For information call 1-800-888-8478. Other stops along Lake Champlain include Ticonderoga, Port Henry, and Port Kent. www.amtrak.com

By bus:

Adirondack Trailways has service between Lake Placid, Ticonderoga, Schroon Lake, Albany, and New York City and its suburbs. 800-225-6815. www.uma.org/Adirondack.htm

Local taxi and limo services.

Lake Placid Transportation 518-523-4468

Rick's Taxi 518-523-4741

Majestic Limousine 518-873-6590



Jenny's MEMORIES

Thoughts on the original TriLife team

In the summer of 2003 a group of people who had recently completed a race with Team in Training approached their coaches with a question – Can you train us to complete an Ironman? That is how the current form of Trilife started.

Jenny Hinshaw, a Hodgkin's Lymphoma survivor isn't certain who brought the idea up first. But she was certain of one thing – she did not want to be left out. She also wanted to do it with her friends and do it with people who were doing their first Ironman and the Team in Training coaches; Ross and Scott, seemed to offer her and her friends a means to that end.

Here are some of her memories of that first training team contrasted against today's program.

Then	Now
▶ Sleeping arrangements at New Paltz camp – Scott and Ross' houses – everywhere in their houses – the den, the basement...	▶ Super 8, or if you get banned form there, the Motel 87.
▶ Performing cooking, cleaning and shopping duties at the coaches house.	▶ Pulling into the Gilded Otter for a post camp meal and leaving the bed making to the maids.
▶ Cranks in the dungeon.....trainer sessions in Ross and Aubin's basement.	▶ SUNY New Paltz Multipurpose room.
▶ Chicken that smelled like a wet dog - compliments of the eponymous Jon "Wetdog" Scher.	▶ Red Rooster multicultural, dolphin-free, meals that smell like.....
▶ Ross, leading endless hours of core so athletes wouldn't or couldn't snack before dinner.	▶ George leading core sessions so we could snack before dinner.
▶ Jon Scher wearing pale green and silver bike bibs with tall white knee socks...while trying to pay attention to the bike route	▶ Long hair and pornstaches.
▶ Hours spent designing and voting on team uniform colors.	▶ Placing your order. (Thankfully, the 2004 team chose red)
▶ First-time Ironman Finishers	▶ First-time Ironman Finishers
	

Athlete **PROFILES**

Iwan Axt	31	Courtney Hehre	38	Heather Maloy	45
Dennis Ball	31	Lynne Hewett	39	Wendy-Lynn McClean	46
Amanda Betsold	32	Erica Hidalgo	39	Nathan Miller	46
Kristen Bowes	33	Lorri Jongeneel	40	Katie Morgan	47
Philip Clark	33	Philip Keny Kiracofe	40	Susan Myers	48
Connie Carpenter	34	Allyson Kutler	41	Gil Schorr	48
Michael Conlon	35	Jacqueline Lake	42	Keri Stone	49
Suzanne Countryman	35	Jake Leivent	42	Parks Strobridge	50
Emilio de Guia	36	Cynthia Lo	43	Bill Weiss	50
Deanne Draeger	36	Gerry Louw	44	Anne Williams	51
Alyson Gindi	37	Jim Maxfield	44		



Iwan Axt

Age: 42 **Age Group:** 40-44

Occupation: Engineer / Wanabe Astronaut

Hails from: New York, New York

Bike Brand & Make: Felt S-22

Bike Color / description: Black with White

Helmet Color: Silver / Blue

My distinguishing features: On Swim, panicked look; On Bike, quads; On Run, big smile.

Why the Ironman?: To quote Ross immediately after IMLP 2006, "That was not your best Ironman."

Words to the people: Thanks and much love to my mom and brother. Huge thanks to the support team, harem, and friends who have come out to Placid for no other reason than to watch an older guy race. If I was a sponsored athlete I would mention Thompson Acupuncture and Dr. Wm Martin. Profuse thanks to all of my coaches, without whom I would buy my speed instead of earning it. Finally, Scott, you are right, the third box is not as good, but you know, it ain't bad either!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:10	7:00 AM		
Transition 1	0:09	8:10 AM		
Bike	6:20	8:19 AM	11:47 AM	3:17 PM
Transition 2	0:05	2:39 PM		
Run	4:00	2:44 PM	6:07 PM	8:52 PM
Finish	11:44	6:52 PM		6:52 PM



POWER CHEER:
TODAY IS A GOOD DAY
TO DIE! HOKA HAI!

Dennis Ball

Age: 30 **Age Group:** 30-34

Occupation: Dog Walker/Student

Hails From: Marble, CO

Bike Brand & Make: Quintana Roo Caliente

Bike Color / Description: Black and Grey

Helmet Color: Grey

My distinguishing features: I will be wearing TriLife Red!!!

Why the Ironman?: Why not? I am always amazed at what the human body is capable of and I am always looking for ways to push my body to new limits.

Words to the people: Thank you to all the coaches for all of your words of wisdom and getting me this far. Thank you to all of the spectators.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:02:00	7:00 AM	7:31 AM	8:02 AM
Transition 1	0:08:00	8:02 AM		8:10 AM
Bike	5:45:00	8:10 AM	11:02 AM	1:55 PM
Transition 2	0:05:00	1:55 PM		2:00 PM
Run	3:25:00	2:00 PM	3:42 PM	5:25 PM
Finish	10:25:00			5:25:00 PM



POWER CHEER:
ANY KIND OF CHEERING
WILL DO



POWER CHEER:
**"C'MON AB!" "THE PERSON
 AHEAD OF YOU LOOKS SO
 MUCH WORSE." "PICK 'EM
 OFF!" ANYTHING EXCEPT
 "YOU'RE ALMOST THERE."**

Amanda Betsold

"AB," "Little One," or "Snowflake"

Age: 27 (or 28 according to USAT)

Age Group: F 25-29

Occupation: Online Advertising

Hails From: Virginia, Park Slope (Brooklyn), whichever TriLifer's couch I slept on last night

Bike Brand & Make: Kuota Kalibur

Bike Color / Description: Black & White

Helmet Color: TriLife Red (and white)

My distinguishing features: Sorry, no more long blonde hair. You'll just have to look for the bright orange nail polish. Hopefully a smile, even if it looks pained. And elbows out wide on the run, probably because I have a sexy wetsuit burn.

Why the Ironman?: Because it's there. Because "I think I can. I think I can."

Words to the people: Mom & Dad: Thanks for being there, even though you're not really sure what you've gotten in to and would rather be playing golf. **Coaches & ACs:** Wouldn't have been as prepared or confident without you. Now let's hope I took all that nutrition advice to heart so I don't have to listen to Scott sing "Waterloo" during this race. Renee, thanks for the wetsuit! **Teammates:** You'll all have your house keys back shortly. You made this possible for me by opening your hearts, doors and couches. You're my support crew and I can't wait to see the Sea of Red looking good and finishing strong. BW, C-Lo, PK, G&D-Louw, you're my NYC family and I expect more Bear Mtn. BBQs soon. Keri and Suz, I'm going to miss our Wednesday nights!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:05:00	7:00 AM	7:32 AM	8:05 AM
Transition 1	0:06:00	8:05 AM		8:11 AM
Bike	6:40:00	8:11 AM	11:31 AM	2:51 PM
Transition 2	0:05:00	2:51 PM		2:56 PM
Run	4:28:00	2:56 PM	5:10 PM	7:24 PM
Finish	12:24:00			7:24:00 PM



Kristen Bowes Burke, KB, KBB, or KFB

Age: 32 **Age Group:** F-30-34

Occupation: Another damn lawyer

Hails From: Lake Ronkonkoma, LI, NY
(try spelling that when you're 3)

Bike Brand & Make: Guru, Cron Alu

Bike Color / Description: Red, red and more red

Helmet Color: Silver aero helmet

My distinguishing features: blonde like everyone else...but as tan as an Irish person gets, as I am the only one who doesn't wear sunscreen

Why the Ironman?: I've loved torturing myself in various athletic endeavors since I was a little kid--this is the mother of all torture fests!

Words to the people: "I firmly believe that any

man's finest hour, the greatest fulfillment of all that he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle-victorious." Ross and Scott, you made me the triathlete I am proud to say I am today--thanks for your wisdom, support, and endless NITPICKING!! Thanks to all coaches and AC's, my awesome teammates who have all come such a long, amazing way, and to the most amazing IRON husband anyone could ever dream of having -- for dealing with my crazy sh#* two years in a row! I love you! And THIS ONE is for UNCLE GENE, my hero, who will be with me in spirit every step of the race!!!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:12:00	7:00 AM	7:36 AM	8:12 AM
Transition 1	0:07:00	8:12 AM		8:19 AM
Bike	6:15:00	8:19 AM	11:26 AM	2:34 PM
Transition 2	0:03:00	2:34 PM		2:37 PM
Run	3:59:59	2:37 PM	4:36 PM	6:36 PM
Finish	11:36:59			6:36:59 PM



POWER CHEER:
HUNT DOWN VICTIMS KB!!!!

Philip Clark

Age: 25 **Age Group:** 25-29

Occupation: Stuffed Animal Stuffer

Hails From: Portland, Oregon!

Bike Brand & Make: Guru TriLite

Bike Color / Description: White with red lighting bolts. Says "carpe diem" on the side.

Helmet Color: Red, White, Black

My distinguishing features: Skinny as hell

Why the Ironman?: People have callings to do all different kinds of things. This is a piece of my destiny -- it's been a long time coming!

Words to the people: Thanks to my teammates

for being inspirational and always making me push myself just one notch harder. Thanks to Ross and Scott for having the highest of expectations of all of us. Your abundance of knowledge has been absolutely incredible to draw on -- I don't know how I would have done this without all your help. Thanks to my family for supporting me in this crazy endeavor. You guys haven't seen all the highs and the lows, but I know you've always had my back. Lastly, thanks to Shakirah for helping me every step of the way -- you don't have to race to be an Ironwoman!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:06:00	8:15 AM		8:21 AM
Bike	6:20:00	8:21 AM	11:31 AM	2:41 PM
Transition 2	0:05:00	2:41 PM		2:46 PM
Run	4:10:00	2:46 PM	4:51 PM	6:56 PM
Finish	11:56:00			6:56:00 PM



POWER CHEER:
YOU'RE A MACHINE!



POWER CHEER:
SHOULDERS BACK. DIG DEEP. WORK HARDER, RUMBLE!!!!

Connie Carpenter

Age: 48 **Age Group:** F45-49

Occupation: Computer Consultant

Hails From: originally from CT, now live in Hell's Kitchen, NYC

Bike Brand & Make: Litespeed Saber.

Bike Color / Description: Titanium with Pink Rumble Girl Accents. Goes by the name of "Tina."

Helmet Color: White with Pink

My distinguishing features: A grimace that everyone thinks is a big smile. Unless you see me getting off the bike at the end of loop 2 in one piece – then it is a real smile.

Why the Ironman?: Year 1 – "Because it is never too late to be what you might have been." – George Eliot. Year 2 – Revenge.

Words to the people: Thanks to my family from near and far for their support and patience, especially my brother John – I promise, no hospital trips this time!! Steph, Mo, Donna, Charlee and all the Rumble Girls (bookies and tennies too) – my gratitude for your friendship over the years (particularly through my recovery and another year of training) is immeasurable. I couldn't have done this without you. Thanks to the coaches for putting up with me and my evil twin for another year. To my teammates: From tire pulling and snow shoeing to the icy hills in New Paltz to heat waves and Coney Island waves you've all been great! Thanks to all my rabbits for making me work just a little harder! Rumble Everyone Rumble!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:35:00	7:00 AM	7:45 AM	8:35 AM
Transition 1	0:10:00	8:35 AM		8:45 AM
Bike	7:10:00	8:45 AM	12:20 PM	3:55 PM
Transition 2	0:10:00	3:55 PM		4:05 PM
Run	5:50:00	4:05 PM	7:00 PM	9:55 PM
Finish	14:55:00			9:55:00 PM



Michael Conlon

AKA Skinny

Age: 36 **Age Group:** M 35-39

Occupation: Physical Therapist

Hails From: New York City

Bike Brand & Make: GURU-Cronon Maroon and Black

Helmet Color: Gray/silver- possibly aero if I decide to get one.

My distinguishing features: The 'here we go again look'

Why the Ironman?: First two times through I just went through the motions of training.

Wanted to do it one more time with real training and real coaching. I hope that's what I did this time. If all goes well, it was all worth it.

Words to the people: This "stuff" is supposed to be fun so enjoy it. Enjoy every stroke on the swim, every RPM on the bike and every step on the run. Enjoy the crowds, acknowledge their support. Enjoy your teammates. Support them. Applaud them when they are up, encourage them when they are down. Focus and stay positive!!!



POWER CHEER:
IWAN IS AHEAD OF YOU!!!! OR, IWAN IS CATCHING YOU!!!!

Suzanne Countryman *SuzyQ*

Age: 37 **Age Group:** 35-39

Occupation: physical therapist

Hails From: Austin, Texas

Bike Brand & Make: Guru Carbonio

Bike Color / Description: black with yellow words and custom painted longhorn

Helmet Color: helmet

My distinguishing features: 5'3" blonde described as diesel

Why the Ironman?: It's become a big part of my life. This year is especially important to me as I wanted to train and race with a few of my closest friends for my last Ironman season. I am retiring

from long distance running to save my hips from needing to be replaced.

Words to the people: These athletes on this team are amazing, I'm so impressed by their talent and how far they've come. What more can you say about our coaches, except that they are the best you can find anywhere! To my friends and family, I owe a huge thanks for their patience and understanding and a even bigger apology for being so obsessed by this sport the past few years that I'm certain it seemed my priorities were completely backwards. I promise to call more often!



POWER CHEER:
NO PAIN, BABY, NO PAIN

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:04:00	7:00 AM	7:32 AM	8:04 AM
Transition 1	0:04:44	8:04 AM		8:08 AM
Bike	5:44:00	8:08 AM	11:00 AM	1:52 PM
Transition 2	0:02:44	1:52 PM		1:55 PM
Run	4:14:44	1:55 PM	4:02 PM	6:10 PM
Finish	11:10:12			6:10:12 PM



POWER CHEER:
M-I-H (ASK ME WHAT IT MEANS AT THE FINISH)

Emilio de Guia

Age: 34 **Age Group:** M35-39
Occupation: Clinical Research Consultant/Student, Nursing
Hails From: Born in the Philippines, raised in NJ
Bike Brand & Make: Guru Crono
Bike Color / Description: Black
Helmet Color: White
My distinguishing features: a large tattoo on the left calf & a BIG smile if you get my attention
Why the Ironman?: it sounded like a good idea 2 weeks prior to driving up to Lake Placid last year to sign up. at first my reason was to just do it, to set another major accomplishment in my life. now, i realize there's much more... it's self-discovery, self-awareness, body awareness, understanding the connection between

body and mind, confidence, strength building, endurance, mental toughness, positive outlook, acceptance of the highs and lows, discerning of the good and bad and living only in the good... and I can go on and on, but you need to be watching the race. :)

Words to the people: Big thanks to my family for being a major support, especially my nieces and nephew who are always there cheering their hearts out (or sleeping in the stroller). For your support I give you all mine, just finish faster than your uncle if you decide to do Ironman (no pressure). Special thanks to all the supporters cheering the athletes at the race. I wouldn't know what to do with myself for the 11+ hours I don't see that special someone come by. That's your Ironman. THANK YOU!!!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:04:00	8:15 AM		8:19 AM
Bike	7:00:00	8:19 AM	11:49 AM	3:19 PM
Transition 2	0:05:00	3:19 PM		3:24 PM
Run	4:45:00	3:24 PM	5:46 PM	8:09 PM
Finish	13:52	8:52 PM		8:52 PM



POWER CHEER:
"GERRY'S RIGHT BEHIND YOU."
"I WANNA BE SEDATED."

Deanne Draeger

Age: 40 **Age Group:** 40 - 44
Occupation: Aspiring Eccentric
Hails From: New York, NY
Bike Brand & Make: Specialized Tarmac
Bike Color / Description: Black
Helmet Color: Black
My distinguishing features: Irrational tenacity and immoderate appreciation of a good joke
Why the Ironman?: Because I can't think of

anything more unlikely for me to do.

Words to the people: To Family/Friends: Competing in this event is a challenge, but having to watch it for over half a day is truly the definition of endurance. Thank you for your support. To TriLife: Training for this day has been an amazingly well crafted and orchestrated adventure. Thank you Scott and Ross! Our team rocks! Best of luck and love you all.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:07:00	8:20 AM		8:27 AM
Bike	7:00:00	8:27 AM	11:57 AM	3:27 PM
Transition 2	0:05:00	3:27 PM		3:32 PM
Run	4:30:00	3:32 PM	5:47 PM	8:02 PM
Finish	13:02:00			8:02:00 PM

Alyson Gindi

Aly or GindEE

Age: 35 **Age Group:** W35-39

Occupation: Finance

Hails From: Woodmere, Long Island;
Currently live in Manhattan

Bike Brand & Make: Elite Razor Carbon
Custom

Bike Color / Description: White, Black Carbon, and Red Accents (Red Hearts!)

Helmet Color: Black

My distinguishing features: Hair in braids and a BIG smile

Why the Ironman?: I love the challenge, the training and pushing myself to new levels.

Also love just being out there during races... it's such an awesome feeling. I always thought the ironman was crazy...but then I realized it's

something I really want and can do.

Words to the people: Thanks to all my friends and family for supporting me during my training. I know I wasn't around a lot the past few months - so thanks for all the words of encouragement and understanding. A special shout-out and thanks to the Wonderfals - you guys truly inspire me. Thanks to all of the coaches - you've done a great job! To team SAA - I began this triathlon journey with you girls and wouldn't be here today without you - thanks for everything!! And a BIG thanks to my teammates - you have made this experience better than I ever thought it would be. It's been an amazing journey.



POWER CHEER:
GO ALY! GO GINDI! YOU GOT IT! LOOKING STRONG!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:22:00	7:00 AM	7:41 AM	8:22 AM
Transition 1	0:10:00	8:22 AM		8:32 AM
Bike	6:55:00	8:32 AM	11:59 AM	3:27 PM
Transition 2	0:05:00	3:27 PM		3:32 PM
Run	4:00:00	3:32 PM	5:32 PM	7:32 PM
Finish	12:32:00			7:32:00 PM





POWER CHEER:
JUST SING, SING ME A SONG, ANY SONG (WELL, I'M NOT UP ON MY 70'S TUNES), BUT 80'S, 90'S, 00'S THROW IT OUT THERE. IF YOU'RE AT A LOSS, "EYE OF THE TIGER", "LOSE YOURSELF", "STRONGER", ALL RESIDE ON MY IM MIX, WHICH I OF COURSE DON'T LISTEN TO WHILE WORKING OUT :-). WHEN IT IS LATE AND THERE ARE NO MORE SONGS TO BE SUNG...A NICE BIG "RADISH" WILL DO!!!

Courtney Hehre CJ

Age: 29 **Age Group:** 30-34

Occupation: Finance Staff

Hails From: Tri State Area

Bike Brand & Make: Orbea Ordu

Bike Color / Description: Darth Vader...enough said. Oh, he has a ruby red bottle cage though.

Helmet Color: White

My distinguishing features: Look of agony? Umm, not sure what it'll be...I have a fairly expressive face though. In the run, I'll be the girl hobbling.

Why the Ironman?: To take on a challenge that once seemed insurmountable, for me, at least. Then, the proverbial wrench cracked my foot, and now I say, "is there really such a thing if you set your mind to it". Today, the answer will be revealed...

Words to the people: I entered this in a quest for a challenge and hoped for a dignified finish. After my foot injury, however, everything changed.

Though I felt defeated, I continued the journey in the capacity I could and started a new quest... answering the question "what is the lesson?"

Two very important reminders surfaced. The first of which is fairly simple - you can't take anything for granted and you should be grateful for what you have. At no point in this training did I

ever feel lucky or grateful, but I know now that I am and I should be, for so many things...

The most important of which is my support network (both new and old)...I'll take on Verizon anytime ;-). So, I dedicate this to my friends and family, you are AMAZING! I could not have stuck to this without you. Collectively you changed my perspective completely and left me feeling like one of the luckiest people here. Thank you, thank you, thank you...

Special shout outs to those who made the trek here: Mom, your undying support, patience, and love have and will continue to get me through all life's challenges. To my best friend's, Stac and Logan, you being here means the world to me. Caroline, my weeks didn't start till Monday night; I can't imagine this experience without you. Allison - thanks for the hugs. Wayne - thanks for your excitement...both of you definitely kept me going on those rough week days! To Kyle and Craig, thanks for continually checking in and trying to keep my head in check. Marie, I hope I don't see you during the day ;-). To my coaches, wow, thanks for getting me through the ups and downs. Good Luck to my teammates...you deserve this day!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:17:00	7:00 AM	7:38 AM	8:17 AM
Transition 1	0:10:00	8:17 AM		8:27 AM
Bike	6:30:00	8:27 AM	11:42 AM	2:57 PM
Transition 2	0:10:00	2:57 PM		3:07 PM
Run	6:30:00	3:07 PM	6:22 PM	9:37 PM
Finish	14:37:00			9:37:00 PM



Lynne Hewett **Vegemite / Veggie**

Age: 43-Ahh where do the years go

Age group: W40-44

Occupation: ER-RN- gatekeeper for TriLife quick entry to ER

Hails From: LAND DOWNUNDER !!

Bike Brand & Make: Guru Crono

Bike Color / Description: red/black- vegemite sticker

Helmet Color: Red/Black/Silver

My distinguishing features: My 'here we go again facial expression'

Why the Ironman?: I'm a countrygirl and I love

the countryside around this race- if I have to swim,run and ride 141.6 miles to see it I will. My passion for this long distance race has always been a dream of mine to one day complete when I started racing triathlons back in 1989

Words to the people: Thankyou thankyou- to the coaches I only want hard core comments on race day- there will be plenty of supporters saying 'nice job'- 'keep going'. I want NEGATIVE- get your butt into gear- stop complaining comments- I work better and harder- your job as my coaches doesnt stop till I cross the line

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:17:00	7:00 AM	7:38 AM	8:17 AM
Transition 1	0:04:00	8:17 AM		8:21 AM
Bike	6:20:00	8:21 AM	11:31 AM	2:41 PM
Transition 2	0:03:00	2:41 PM		2:44 PM
Run	4:20:00	2:44 PM	4:54 PM	7:04 PM
Finish	12:04:00			7:04:00 PM



POWER CHEER:
RUN VEGEMITE RUN

Erica Hidalgo

Age: 26 **Age Group:** F 25-29

Occupation: Relationship Manager

Hails From: Downingtown, PA but now live in New York, NY

Bike Brand & Make: Quintana Roo aka Matilda Chang

Bike Color / Description: Black and Red

Helmet Color: White

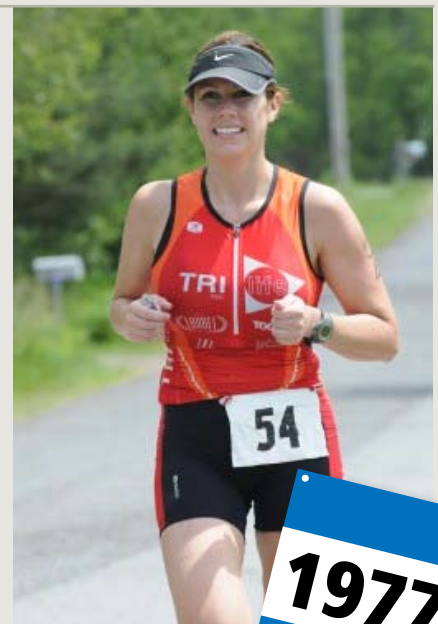
My distinguishing features: A big smile

Why the Ironman?: After my sister, Holly, and brother, Matt, ran the last 9 miles of my first marathon (my brother in bare feet) I was hooked, Ironman seemed like the next big challenge

Words to the people: Thank you to Team Hidalgo, for your love and support. Matt- I will miss you on race day but I know you will be there in spirit. My bff, Leslie, god only knows what I'd be without you. A special thanks to my father, my ultimate fan, Dad- without you, none of this would have ever been possible. Seeing you at the finish line will make it all worth it. I love you all so much! To my incredible coaches, especially Scott and Ross, and my inspirational teammates, thank you. This is OUR time, and I am honored to be a part of this family.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:07:00	8:10 AM		8:17 AM
Bike	7:00:00	8:17 AM	11:47 AM	3:17 PM
Transition 2	0:05:00	3:17 PM		3:22 PM
Run	4:45:00	3:22 PM	5:44 PM	8:07 PM
Finish	13:07:00			8:07:00 PM



POWER CHEER:
LOOKING GOOD, LOOKING STRONG (EVEN IF I AM NOT, PLEASE HUMOR ME)



POWER CHEER:
THREE PARTS AND ENJOY THE FINISH LINE! SWIM: WELCOME TO THE JUNGLE! BIKE: WE WILL ROCK U (CDN HOCKEY ANTHEM SUNG BY MY VBALL BOYZ) RUN: GIRLFRIEND... AND ANY OTHER RANDOM SONGS I MAKE UP TO AMUSE ME

Lorri Jongeneel

Age: 35 **Age Group:** 35 - 39

Occupation: Accountant /dreamer

Hails From: Vancouver, BC (Canada); currently residing UES Manhattan

Bike Brand & Make: guru crono

Bike Color / Description: diamond black/pink guru crono in may

Helmet Color: grey (may have changed)

My distinguishing features: two ponytails and a look of distress – finger waves due to lack of ability to speak while biking and running – the cdn unable to deal with extreme cold winters here in NYC – I bore easily.... so feel free to entertain me!

Why the Ironman?: Every year I try something

different. As it turns out, I always want more (adventures next?).

Words to the people: Thanx to everyone who put up with my absence at events and not being myself (oh - suzyQ;-) Special thanx to M&D coming from BC – T(BDA)nGreg for being supporters, G&G Jongeneel and Uncle P who are unflailing in their belief and encouragement, the west coast, cdn, french, tc, and sd contingents for the drinks and support, and to Dr. Scott and Dr. Pam for my body fNs!. D&G, Clo, PK, and Lynne – your kindness, support, and encouragement has been immense – good luck to ALL!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM
Transition 1	0:10:00	8:30 AM		8:40 AM
Bike	7:30:00	8:40 AM	12:25 PM	4:10 PM
Transition 2	0:05:00	4:10 PM		4:15 PM
Run	5:15:00	4:15 PM	6:52 PM	9:30 PM
Finish	14:30:00			9:30:00 PM



POWER CHEER:
IMPOSSIBLE IS NOTHING!

Philip Kent Kiracofe

Age: 35 **Age Group:** CLY M35-39

Occupation: Adventure Capitalist

Hails From: Tallahassee, FL

Bike Brand & Make: Giant TCR

Bike Color / Description: Yellow

Helmet Color: Yellow/Black

My distinguishing features: 6'6" – dashing and debonair ;-)

Why the Ironman?: "Because it is there" – George Mallory (when asked why he wanted to climb Mt Everest). Probably the best explanation I have heard is "it's a line you have cross to understand." Ironman is much more than just a physical challenge, requiring strategy, nutritional

planning, mental (and intestinal) fortitude, and a hyper developed sense of humor

Words to the people: I personally want to thank the coaches for their vision (in founding and growing what has become one of the most highly regarded teams in the sport) and incredible patience as I struggled through the ups and downs of the season. Also want to thank my teammates, without whom I would not have ever had the motivation to carry on. At critical moments throughout the year, every one of you has offered me something priceless, and this season will live strong in my memories for decades. I am inspired by each of you, and honored to be part of this team.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:08:00	8:15 AM		8:23 AM
Bike	5:55:00	8:23 AM	11:20 AM	2:18 PM
Transition 2	0:05:00	2:18 PM		2:23 PM
Run	3:55:00	2:23 PM	4:20 PM	6:18 PM
Finish	11:18:00			6:18:00 PM

Allyson Kutler Kutz

Age: 35 **Age Group:** 35-39

Occupation: Creative Recruiter for Ogilvy

Hails From: New York (Born and raised in LI, but moved to Buffalo in HS)

Bike Brand & Make: Guru Crono

Bike Color / Description: White and Red, some black trimming

Helmet Color: White/Silver

My distinguishing features: ANY HAT – Mostly backwards, except when I breakout my Timberman visor

Why the Ironman?: It was just time. After many Olympics and Half IMs, I felt emotionally and physically ready for the next challenge. After watching IM last year, seeing the spirit and drive of the athletes, how could you just not sign up??

Well, at least that's how I felt...

Words to the people: Its been an honor and a privilege to be a part of such a great team, around athletes who are so driven & so strong. I have gained so much from all of you, so thank you for being a part of my life for the last 9 months. To the Coaches, you are all amazing people. You gave us the tools to use, the encouragement to push and the strength to never give up. Borat is my idol...he will always live on! Thank you to my Mom & Dad, who were far away but close to my heart, thank you to David, Ileana & the kids, who were always the 1st call to check in after a long workout and thank you to Sherri, who has been a part of my tri-life since the beginning. You are my biggest fan!



POWER CHEER:
GO KUTZ GO! DIG DEEP!
RUN LITTLE TONTO RUN!
YOU GO GIRL!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:06:00	8:20 AM		8:26 AM
Bike	6:30:00	8:26 AM	11:41 AM	2:56 PM
Transition 2	0:04:00	2:56 PM		3:00 PM
Run	4:15:00	3:00 PM	5:07 PM	7:15 PM
Finish	12:15:00			7:15:00 PM





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POWER CHEER:

**1,2,3,4,. UP & OVER,
UP & OVER. 11-1, 11-1.
1&2&3&4&5, 1&2&3&4&5.
EFF-ORT-LESS, EFF-ORT-LESS,
EFF-ORT-LESS**

*Ironman Zurich

Jacqueline Lake* Jac

Age: 43 **Age Group:** 40-44

Occupation: Personal Fitness Trainer

Hails From: Melbourne, Australia

Bike Brand & Make: Litespeed, Atlas. roadbike

Bike Color / Description: Red / Yellow. Ooh yuk, they call it tomato & ketchup

Helmet Color: white

My distinguishing features: I'm really small with a really big smile

Why the Ironman?: I am doing this in honour of my very close friend Cindy Sherwin who was not able to realise her dream of competing in the Ironman. She made me understand something that another friend recently articulated in a quote, (I am not sure by whom). If you stop doing what you THINK you WANT you might end up doing what you really LIKE. It was not my idea, it was the BIG IDEA of another good friend, thanks Mags.

Words to the people: Thanks to every one who knows they deserve thanks. First and foremost, thanks to all the coaches for taking me on at such a late stage especially when Ross' first encourag-

ing words were "Hmmm, so many issues but noting I can do about them now" after watching me run at my 1st New Paltz camp, and his recent stern words, "You need to show more confidence, you have the ability". Scott and Ross' mantras will stay with me throughout the course in Zurich. Thanks to Scott and Earl for taking on a drowning swimmer and making me feel like I am gliding through the water, not so speedy but I get there. Thanks to Dave for sometimes putting up with the not so sparkly and last but not least, even though I am over my crush on you, George for making our not so sparkly group work harder than all the other groups by having the "rabbits" chase each other up and over Harlem Hill. The ENTIRE TriLife team who made me feel welcome and were so full of encouragement throughout the season. All of my family and friends and clients who are cheering me on from afar. Jeffrey Lynford for being my #1 supporter through this and all my other crazy escapades. Seth Timen for suggesting I call Earl in the first place

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop	Actual times
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM	1:30:24
Transition 1	0:10:00	8:30 AM		8:40 AM	0:10:26
Bike	7:00:00	8:40 AM	12:10 PM	3:40 PM	7:02:18
Transition 2	0:10:00	3:40 PM		3:50 PM	0:08:59
Run	4:45:00	3:50 PM	6:12 PM	8:35 PM	4:43:45
Finish	13:35:00			8:35:00 PM	13:25:52



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POWER CHEER:

YOU BETTER FINISH YOU SOB

Jake Leivent

Age: 26 **Age Group:** 25-29

Occupation: Future Doctor

Hails From: The West Village

Bike Brand & Make: Cervelo P2C

Bike Color / Description: White, Black, Red

Helmet Color: Red, White

My distinguishing features: A hairy chest

Why the Ironman?: It seemed like a good idea when I signed up

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM
Transition 1	0:04:00	8:30 AM		8:34 AM
Bike	6:40:00	8:34 AM	11:54 AM	3:14 PM
Transition 2	0:03:00	3:14 PM		3:17 PM
Run	5:30:00	3:17 PM	6:02 PM	8:47 PM
Finish	13:47:00			8:47:00 PM

Cynthia Lo c Lo

Age: 28 **Age Group:** W25-29

Occupation: 2nd Ave subway construction inspector (It will be done by 2014!)

Hails From: Hong Kong, San Francisco, Berkeley, Phoenix...

Bike Brand & Make: Orbea, Ora

Bike Color / Description: Black & White

Helmet Color: Trilife Red with some white

My distinguishing features: swimming: look for the smallest right hand; running: white hat, no sunglasses

Why the Ironman?: Pain and Self-Discovery. I want to see how my concentration and focus by affected when I am in pain? Can I improve how my mind responds to pain? Can I keep going after being out there for 10 hours and still have to do a marathon? Most importantly, to understand and remember that negative self talk and low self confidence will not take me across

the finish line. I am constantly learning to be mentally tougher and not to let my negativity distort my perception and my judgment.

Words to the people: Thanks to the Lo's (A to F, grandma, and mom and dad), even though you guys have no idea what I am doing (hint to my fam': 1 mile = 1.609269 km). Thanks to Scott and Ross for believing in my abilities and strength. Thanks for my dear teammates (esp. AB and Bill, PK, Jac and "Hon", KB, G-Louw and D), I couldn't have done this without you guys. You guys are the most supportive people ever! Thanks to my friends Margaret, Sarah, Claudia (for the vegan cookies), Pam, Josh, and all my "vegan" brothers on TOA. Thanks to "si-toe max" and "bi-berry" GU. I hate you guys but without the artificial flavors/colors and preservatives, I would have bonked more than I had this season.



POWER CHEER:
BIKE: DROP YOUR HEELS, SPIN SPIN SPIN;
RUN: RUN TALL, RELAX YOUR SHOULDERS, FOCUS

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM
Transition 1	0:05:00	8:30 AM		8:35 AM
Bike	7:10:00	8:35 AM	12:10 PM	3:45 PM
Transition 2	0:05:00	3:45 PM		3:50 PM
Run	4:45:00	3:50 PM	6:12 PM	8:35 PM
Finish	13:35:00			8:35:00 PM





POWER CHEER:
RUN LIKE AN ANIMAL, HAMBASHEHA (GO FAST(ER))

Gerry Louw

Age: 21 **Age Group:** 45 - 49

Occupation: CIO / Raging carnivore / Tri-bum-in-the-works

Hails From: South Africa (now I am a Lowa-east-sida – New York)

Bike Brand & Make: Felt F4

Bike Color / Description: Black

Helmet Color: White

My distinguishing features: The only South African on the team, the heavy breather – and no, I am NOT in pain – I just look like that!

Why the Ironman?: Why? Because it is there, because just normal is so boring, and fun only starts once you are (way) over the edge – Go Big or stay at home! (Actually Ross made me

Words to the people: For my Mum and Dad he who inspired me and taught me: “If you are

going to do something, do it well” – your lives inspire me every day. For my kids, Frances, Robin, Lee – I wish you were here – this is for you: see this and know anything is possible – live large and go big!, and lastly for my wife and racing partner – you inspire, create, and enable the great things in my life, especially this - thank you for jumping into this crazy, great, extreme adventure with me, today your performance ahead of me will push me further than I thought possible – again. To the team – training with you the past 10 months has been truly one of THE greatest experiences in my life. To my secret rabbit in the team – you are toast! To our support crew – you are the BEST! thank you for putting up with us and our tri life the past 10 months. I love all of you very very much.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:45:00	7:00 AM	8:45 AM	8:45 AM
Transition 1	0:07:00	8:45 AM		8:52 AM
Bike	6:30:00	8:52 AM	12:07 PM	3:22 PM
Transition 2	0:05:00	3:22 PM		3:27 PM
Run	5:30:00	3:27 PM	6:12 PM	8:57 PM
Finish	13:57:00			8:57:00 PM



POWER CHEER:
ANY YELLING OR CHEERFUL SUPPORT WILL DO.

Jim Maxfield

Age: 28 **Age Group:** 25-29

Occupation: Student & Armadillo Tail Waxer

Bike Brand & Make: Guru Crono

Bike Color / Description: Black and Red

Helmet Color: Silver / Black / White

My distinguishing features: I'm 6' 5"

Why the Ironman?: IMLP is like the abusive

girlfriend that I keep coming back to...Hopefully I can even up the score this time around!
Words to the people: To the racers: Have fun and enjoy the experience (the good and the bad).
To the spectators: Bring some entertainment, it is a long day for you as well!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:04:00	8:10 AM		8:14 AM
Bike	5:52:00	8:14 AM	11:10 AM	2:06 PM
Transition 2	0:03:00	2:06 PM		2:09 PM
Run	3:50:00	2:09 PM	4:04 PM	5:59 PM
Finish	10:59:00			5:59:00 PM

Heather Maloy

Age: 30 **Age Group:** 30-34

Occupation: Finance

Hails From: Originally from Fort Lauderdale, FL but permanently planted in NYC

Bike Brand & Make: Kuota K-Factor

Bike Color / Description: The Black Beauty – black carbon with black accents, black aerobars... you get the picture....

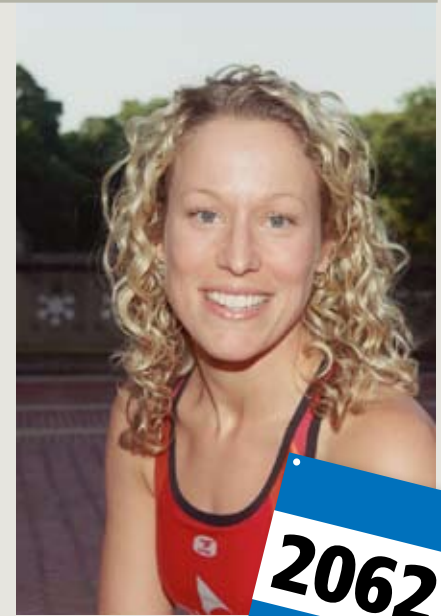
Helmet Color: Red and Black

My distinguishing features: Hopefully a giant smile! Lacking that, probably a mess of curly hair. (Are hairbrushes allowed in transition??) Sadly, my tutu and feather boa are not regulation TriLife colors....

Why the Ironman?: I really wanted an Ironman visor.

Words to the people: **To my family:** thank you for making the trek to be here. Sitting through dance recitals and chorus shows seem painless comparatively, no? I'm forever grateful for the roots and anxious to test out these wings...I hope they can cover 140.6!!! In just five years, this sport has taken me many miles, to beautiful places and allowed me to share them with the most beautiful, smart, supportive, inspiring Friendies and for that, I am constantly grateful. There is not a problem in the world that can't be solved by an early morning run/ride/drive in the company of friends. I look forward to the next leg of the journey with you girls! **To my Team:** Enjoy Life teammates – fire up

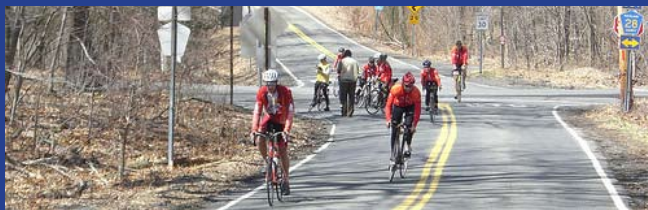
the grill and crack another cold one. I Can't. Wait. **Coaches:** thank you for exceeding every expectation. The past 10 months have secured you on the list of most patient, caring and hilarious people I've met. (But don't worry, I'll never tell!) **To my team:** thank you for allowing me to share this journey with you. Wishing you all the best today! **To my blonde trio:** Katie, Keri and Suzanne, thank you for the inspiration and encouragement. Even the darkest moments of this journey are bearable when shared with friends. I can't wait to see your smiling faces out there and will be sending love your way. Be smart, be safe and have fun. **Finally, my B-est Friend:** I've had ten months to think of what to say to you here and I've got nothing. The "I couldn't have done this without you" speech seems so obvious. Of course, there is "Thanks for doing the laundry and buying groceries" blah, blah, blah. How about, "Thanks for being quiet as a church mouse as you come in from late night Buckhunter games and for your willingness to fuel my constant craving for Wolensky's ribeye." Maybe I should say, "Thanks for pushing me out of bed at 4:30 am in thirty degree weather so I make it to practice on time" and definitely for "helping warm my frozen toes afterwards?" I guess what I am trying to say, is "Thank you. I love you. And please don't be mad when I want to do another one, okay?"



POWER CHEER:
I'LL TAKE ANY & ALL CHEERING I CAN GET, BUT PLEASE DON'T SAY "YOU'RE ALMOST THERE!" UNTIL I'M ABOUT TO HEAD INTO THE OVAL.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:08:00	8:20 AM		8:28 AM
Bike	7:13:00	8:28 AM	12:04 PM	3:41 PM
Transition 2	0:05:00	3:41 PM		3:46 PM
Run	4:45:00	3:46 PM	6:08 PM	8:31 PM
Finish	13:31:00			8:31:00 PM





**POWER CHEER:
THE WENDY!**

Wendy-Lynn McClean

The Wendy

Age: 36 **Age Group:** W35-39

Occupation: Project Manager of sorts

Hails From: Currently: Brooklyn, New York and technically the Jersey Shore.

Bike Brand & Make: Cannadale R600

Bike Color / Description: Red – The oldest, heaviest, clunkiest on the team

Helmet Color: Red

My distinguishing features: Look of horror/exhaustion on my face, especially on the end of bike and the entire run – and the only one in an old uniform

Why the Ironman?: I needed a new challenge, after a few half irons it was the natural progression. Typical type A, as my sister would say, I always need a new challenge.

Words to the people: Thank you to my

friends and family for making the trek from Lexington, Kentucky and Houston, Texas as well as NYC. It really means a lot to me to have friends and family around for this crazy adventure. Jim, I know if you were still with us you would be screaming the loudest of all. When I feel like I can't run anymore, I will think of you smiling. I owe Alan for letting me drag him into this great adventure (and helping me get faster on the swim) and Peter for always being the positive influence, believing in me more than I believe in myself. And a special thanks to the coaches, especially Ross who went beyond the call of duty to help me manage my health issues throughout this training. Ross, you dispensed the perfect balance of care, prodding and sarcasism.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:07:00	8:15 AM		8:22 AM
Bike	7:30:00	8:22 AM	12:07 PM	3:52 PM
Transition 2	0:05:00	3:52 PM		3:57 PM
Run	5:45:00	3:57 PM	6:49 PM	9:42 PM
Finish	14:42:00			9:42:00 PM



**POWER CHEER:
NEVER SAY YOU CAN'T**

Nathan Miller

Age: 29

Age Group: 30-34

Occupation: Hedge Fund Analyst

Hails From: New York, NY

Bike Brand & Make: Cervelo P3C

Bike Color / Description: White & Black

Helmet Color: White

My distinguishing features: Big Guy

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:18:00	7:00 AM	7:39 AM	8:18 AM
Transition 1	0:05:00	8:18 AM		8:23 AM
Bike	6:40:00	8:23 AM	11:43 AM	3:03 PM
Transition 2	0:03:00	3:03 PM		3:06 PM
Run	4:20:00	3:06 PM	5:16 PM	7:26 PM
Finish	12:26:00			7:26:00 PM

Katie Morgan

Age: 31 **Age Group:** Female 30 - 34

Occupation: Ahhh... None for the month of July. Pre 7/3 - HR Director; As of 8/4 P& C Insurance

Hails From: New York, New York

Bike Brand & Make: Guru Crono - Known to me as "Little Miss G... spot!"

Bike Color / Description: Blue and White

Helmet Color: White/Silver

My distinguishing features: If you can see it, my mom's initials on my bike ~ MMM. She will be with me the entire ride and will eternally be my inspiration. The look of searing determination (this is my day, I've worked hard for it and nothing is going to get in my way of crossing the finishline.

Why the Ironman?: Why not? I don't think I knew when I signed up for my first marathon in December '02 that IM would ever become a goal. Over the course of many, many miles I've realized that through challenges like this I grow as a person, learn something new about myself and experience and explore life. I love this stuff

and the person that has evolved out of endurance sports. With a little determination, some guts and passion anything is possible.

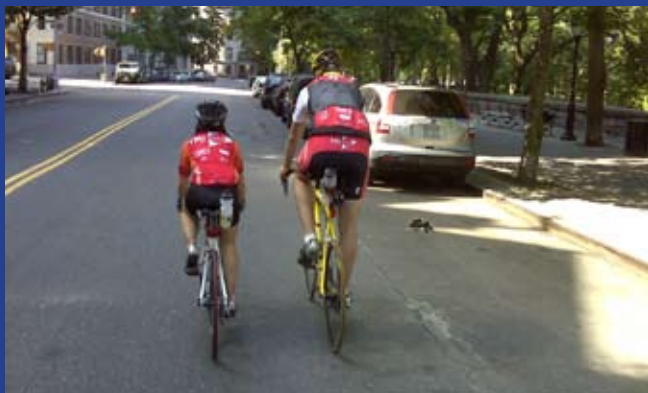
Words to the people: Dad, you have devoted your entire life to your children and for that I am eternally grateful. Through your unconditional love and relentless support, I know that you will be behind me 100% of the way no matter what goal I set for myself. Bell and Arge – it's sort of crazy to look at the different roads our lives will take this year... Sarah becoming a mother, RJ entering the PA State Police Academy and me crossing the finish line of my first Ironman. Each live event requiring a different kind of determination and desire but all being equally rewarding in their own way. Thank you for being here to support and cheer as I chase this daunting goal I've set for myself. Sue, Bill, Mark and Jill words can't express what it means to me to have you all here! Never would I have thought that through the marriage of my sister and your Mark would I also gain such wonderful, caring and devoted in-laws.



POWER CHEER:
FOR MY DAD: "GET THE LEAD OUT OF YOUR @SS!" **FOR LEE: "GO MOMO!"** **FOR ALLY: "LETS GO KATIE BAGS!"** **FOR THE REST OF THE MORGLE'S... WHO THE HELL KNOWS. I HAVE NO DOUBT IT WILL BE GOOD. IN MY HEAD: DON'T LOSE THE FOCUS!**

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:08:00	8:10 AM		8:18 AM
Bike	6:30:00	8:18 AM	11:33 AM	2:48 PM
Transition 2	0:05:00	2:48 PM		2:53 PM
Run	4:30:00	2:53 PM	5:08 PM	7:23 PM
Finish	12:23:00			7:23:00 PM





POWER CHEER:
DIG DEEP! STAY FOCUSED...
"GET DOWN ON IT" (SING IT!)

Susan Myers

"Sue" to the Duke crowd

Age: 34 **Age Group:** F 30-34
Occupation: Director, NY Office of the UN Foundation
Hails From: Sylvania, Ohio
Bike Brand & Make: Guru Chron'Alu
Bike Color / Description: Blue
Helmet Color: Black

My distinguishing features: A mix of smiles and intensity on my face during the swim and bike, and a somewhat pained look combined with lovely hunched over form during the run.

Why the Ironman?: I have fallen in love with triathlons, and decided now was the right time in life to take on the big one. There's nothing

like the rush I get from competition, and hope the Ironman provides the ultimate rush that will get me through much of the day.

Words to the people: A heartfelt thank you and appreciation to my parents for 34 years of strong support and for fostering the attitude I could take on anything, even seemingly impossible athletic feats. Thanks to Jeff, Georgia, the Tuchs and Meg for making the trip to cheer me on and to Gabriela and the rest of the Westchester '06 crew for the inevitable entertainment they will provide on the sidelines! And thanks to the whole TriLife team because I definitely wouldn't have made it this far on my own.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:12:00	7:00 AM	7:36 AM	8:12 AM
Transition 1	0:08:00	8:12 AM		8:20 AM
Bike	6:15:00	8:20 AM	11:27 AM	2:35 PM
Transition 2	0:05:00	2:35 PM		2:40 PM
Run	4:40:00	2:40 PM	5:00 PM	7:20 PM
Finish	12:20:00			7:20:00 PM



Gil Schorr

Age: 35
Age Group: 35-39
Occupation: Finance
Hails From: New Jersey / New York
Bike Brand & Make: Orbea Ordu
Bike Color / Description: Black, Blue, White

Helmet Color: Silver

Why the Ironman?: To see how far I can push myself mentally.

Words to the people: Thank you to everyone in my life for putting up with me as I trained for this!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:08:00	8:15 AM		8:23 AM
Bike	7:00:00	8:23 AM	11:53 AM	3:23 PM
Transition 2	0:06:00	3:23 PM		3:29 PM
Run	4:45:00	3:29 PM	5:51 PM	8:14 PM
Finish	13:14:00			8:14:00 PM

Keri Stone

Age: 30 **Age Group:** 30-34

Occupation: Advertising

Hails From: New York, NY

Bike Brand & Make: Quintana Roo Caliente

Bike Color / Description: Black, Yellow, Silver & White

Helmet Color: Red, Black & Silver

My distinguishing features: Blond hair and hopefully a huge smile on my face.

Why the Ironman?: Ironman has been a 10 month journey where I have been able to test my limits, overcome obstacles and learn just how strong I can be.

Words to the people: **To Jack:** Thank you for your unconditional support and patience throughout yet another long training season. All the little sacrifices you have made for my training have not gone unnoticed. Your confidence in me is what I will take to the start, think about in the tough moments and motivate me to finish strong. You are the best running partner, cheerleader, friend and fiance

I could ever ask for... Thank you for believing in me...I love you. **To my Parents:** Thank you for always being there for me on the sidelines throughout my entire athletic career. You have instilled in me the "I can do anything I put my mind to" attitude and for that I am truly grateful. **To my Friends:** I cherish every mile we have completed together over the 5+ years. Every step I take out there will be a reflection of our friendship and a reminder of how lucky we are. Heather, Katie and Suz... "I am so glad we did this!!" **To my Teammates:** I am so proud of all of you. Thanks for the memories, motivation and fun times (remember it doesn't have to be fun to be fun). This is OUR DAY! We have worked very hard for many months to get here...Enjoy it! To my Wednesday Night **Roomies:** thanks for making those 4:30 AM wake up calls bearable... (do I dare even say fun!) To my coaches and AC's... Thank you for pushing us to our limits and believing in us when we could not comprehend another mile.



POWER CHEER:
BELIEVE! DIG DEEP AND FOCUS! KERI... TAKE YOUR SALT TABLETS! FEET FAST... LEGS STRONG...YOU CAN DO THIS ALL DAY LONG!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:07:00	8:10 AM		8:17 AM
Bike	6:50:00	8:17 AM	11:42 AM	3:07 PM
Transition 2	0:04:00	3:07 PM		3:11 PM
Run	4:10:00	3:11 PM	5:16 PM	7:21 PM
Finish	12:21:00			7:21:00 PM





POWER CHEER:
THERE IS NO "T" IN CAN.....

Parks Strobridge

Age: 35 **Age Group:** 35-39
Occupation: Equities Sales Trade / Hand Model
Hails From: Strong Island, New York
Bike Brand & Make: Guru Crono
Bike Color / Description: Black and Silver
Helmet Color: Black / Yellow
My distinguishing features: Tri Life Uniform and my sexy shaved legs :o)
Why the Ironman?: What doesn't kill you makes you stronger. Life is about overcoming obstacles,

challenging fears and feeling alive. The Ironman epitomizes this. I also have loved training with my teammates

Words to the people: I want to thank my family, friends and teammates for being supportive and understanding during my long training days. This whole Tri Life experience has surpassed all expectations and the coaching staff has been unbelievable with their support, tips, drive and passion for us as athletes to succeed.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:04:00	8:15 AM		8:19 AM
Bike	5:55:00	8:19 AM	11:16 AM	2:14 PM
Transition 2	0:03:00	2:14 PM		2:17 PM
Run	3:30:00	2:17 PM	4:02 PM	5:47 PM
Finish	10:47:00			5:47:00 PM



Bill Weiss

"GQ" to some

Age: 33 **Age Group:** 30-35
Occupation: Art Director
Hails From: Philadelphia, PA
Bike Brand & Make: Elite T-Class
Bike Color / Description: Black & Orange
Helmet Color: Red, White & Black
My distinguishing features: Are you serious? I'm the guy with one eye. That's pretty distinguishing. But in case your vision is only as good as mine, I'm also alarmingly pale (despite several 100 mile rides without sunscreen).
Why the Ironman?: I don't like the idea of baby stepping my way from sprint to olympic to half. Pass or fail, let's just get ride in the Big Ring already.

Words to the people: Thanks for coming out and cheering us on. I know it's boring. I know it's hot. I know you'd rather be elsewhere and, right now, so would I. Jared & Ty: thank you both in particular for always showing up to my things and providing a little family representation. It doesn't go unnoticed. Lastly, a thank you to Ross, Scott and all my teammates and to a handful in particular who have become family: AB, C-Lo, G-Louw, D-Louw, Sir Edmund Kiracofe, and Lo-Jo. We've all gotten each other through some very rough winter mornings when the rest of Manhattan was sound asleep in warm beds. It never had to be fun to be fun.

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:03:00	8:20 AM		8:23 AM
Bike	6:20:00	8:23 AM	11:33 AM	2:43 PM
Transition 2	0:03:00	2:43 PM		2:46 PM
Run	4:00:00	2:46 PM	4:46 PM	6:46 PM
Finish	11:46:00			6:46:00 PM

Anne Williams

Age: 26 **Age Group:** W 25-29

Occupation: Equity Sales

Hails From: New York, NY (Born and Raised in Grand Rapids, MI)

Bike Brand & Make: Cervelo P2C

Bike Color / Description: White with Red, a little black and Clydesdale Zipp race wheels

Helmet Color: White aero helmet

My distinguishing features: Red sweaty face, a combo hang-ten/rockstar sign I make with my hand, my arms/elbows stick out while I run, my panther-like speed & agility and the Williams' butt (can't hide this thing in spandex).

Why the Ironman?: Because I never want to wonder if I could! Although it seemed crazy, the more triathlons I did, the more curious I got... and after spectating last year, I knew I "had" to do it at some point in my life ...and I'm healthy and able to find out now, so why not?! And because I love this stuff...the races, the training, the adrenaline, the very early mornings in an empty NYC, and the sense of accomplishment & chocolate milk when I'm done. :)

Words to the people: Thank you to the Coaches for seeing our potential and pushing us up and over those hills when we thought getting to the top was good enough. Thank

you to all of my teammates for making all of the long days fun when they weren't supposed to be fun, for keeping those OAB's 15 minutes rather than 14:55's, and for creating a world where racing an IM (and all that comes with it!) seems normal. My speed buddies – Katie and Kutz – those bikes and runs would have been even longer without you two! Thank you to my friends for the calls and emails to ask how training was going. I know you all think I'm crazy, but your interest meant a lot! Thank you to my parents, siblings and IronBabies for supporting my decision to do this and for making the trip from Michigan and Chicago to see the race!! It means more than you know! Thank you to Rob for your support and patience throughout a long training season, for pretending not to hear me when I would mention I didn't want to swim or wake up at 430am, for introducing me to chocolate milk and the hundreds you had waiting for me, for joining me on long workouts and camps, for keeping me laughing and for your constant confidence in me! Good luck to all!! We've had a great season...time to end it with Dignity! I can't wait to see everyone out there. For all the rookies, we only get a First Ironman once – Enjoy it!! :)



POWER CHEER:
KEEP MOVING! RELAX YOUR SHOULDERS...RELAX! PANTHER! RADISH! FROM ROSS: "DAMMIT ANNE!!" FROM DJ: "FROM START TO FINISH, FROM BOTTOM TO TOP, GETTING STRONGER!" RING THE COWBELL OR ANY CHEERING AND/OR SINGING WILL HELP!!

Estimated Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:05:00	8:15 AM		8:20 AM
Bike	6:40:00	8:20 AM	11:40 AM	3:00 PM
Transition 2	0:05:00	3:00 PM		3:05 PM
Run	4:30:00	3:05 PM	5:20 PM	7:35 PM
Finish	12:35:00			7:35:00 PM



In MEMORIAM

In April 2007 Cindy L. Sherwin, a Trilife athlete training for her first Ironman, suffered a cerebral aneurysm while riding her bicycle. A few days later, with family and friends at her side, she died much too

CELEBRATING LIFE IN THE FACE OF DEATH

"Death tugs at my ear and says, 'Live, I am coming.'"
 —Oliver Wendell Holmes



Two Mondays ago, Cindy Sherwin's life ended. She was riding her bicycle through New York City, training for the upcoming Ironman Triathlon in Lake Placid, N.Y., when she suffered an aneurism and became brain dead. Unable to save her, doctors at Roosevelt Hospital kept Cindy on life support so her brother — married two days earlier — could return from his honeymoon in the Maldives to say goodbye.

I first learned of this story when my wife hung up the phone, turned toward me and said, simply, "You won't believe this." Cindy was the daughter of one of my mother-in-law's closest friends. She was, at age 33, a model of vigor and health. Along with the five marathons and myriad triathlons she'd completed, Cindy worked as a personal trainer. Fitness was her life. Her passion. "The rabbi asked us to sit down and throw out words to describe her," says Elaine Schaller, Cindy's mom. "My thought was that she was a gift from an angel. She was my gift from an angel. 'Special' is too trite of an adjective for her."

My wife was right. I couldn't believe it. For the next few days, Cindy's death consumed my thoughts. One moment you're doing the Hora at your brother's wedding, the next you cease to exist.

Three days after Cindy was taken off life support, I switched on my computer and saw the headline **CARDINALS' HANCOCK KILLED IN CAR ACCIDENT**. Although major league baseball was my beat for nearly six years, I had never met Josh Hancock. Truth be told, I knew

almost nothing about the man. Was he a lefty or a righty? Was he married? Religious? A smart dresser? A Travis Tritt fan?

What I did know was that in the ensuing days and weeks, precise rites of passage were certain to unfold. The media would zero in on the Cardinals, pull players aside, ask in (understandably) semi-hushed tones, "How do you cope with something like this?" and "What will you remember about Josh?" Members of the team would respond, in (understandably) semi-hushed tones, "We're gonna do what Josh would have wanted, which is to continue to go out there and play hard." Shortly thereafter, the Cardinals equipment manager would affix a black patch with Hancock's uniform number to a sleeve, or maybe somewhere above the chest. There would be moments of silence, the unveiling of a mural or plaque. A month later, maybe two, Hancock's relatives would throw out the first pitch at Busch Stadium. They'd receive a standing ovation. "Josh is loving this up in heaven," Jim Edmonds or Braden Looper or Chris Carpenter would say. "I'm pretty sure he's smiling down on us right now."

I am by no means mocking such a routine. Death isn't a 6-4-3. It's complicated. Slippery. Dimensioned to the infinite degree. But as I was wandering the streets of Manhattan last week, perhaps crossing some of the same blocks that had comprised Cindy Sherwin's final journey, I stumbled upon something of a personal revelation. When those close to us pass, we immediately — often robotically — turn to ritual. Jews like myself sit shiva, tell some funny stories and eat cookies. Military personnel fire off shots into the air and play taps on the bugle. Baseball players wear patches and hang the deceased's jersey from an empty locker stall. It's all in the name

early at the age of 33. You'll notice that Trilife uniforms are emblazoned with Cindy's initials – not only to commemorate her, but also to remember the importance of living life to the fullest. The follow-

ing article, published a few weeks after Cindy's death, epitomizes the spirit of the Ironman athlete.

Jacqueline Lake is running Ironman Zurich in her honor.

of healing; of finding a way to understand why a Cindy Sherwin or Josh Hancock passed and – most important – to soothe the pain.

But maybe, just maybe, we shouldn't be in such a rush to soothe the pain. Cindy Sherwin is dead. Josh Hancock is dead. Soon enough, you and I will be dead, too. We will no longer possess thoughts or feelings or hurt or joy. We will be lifeless. Nothingness. Such is not hypothetical, but reality. Life ends.

I want to force myself to think about that, and then embrace what Cindy Sherwin and Josh Hancock no longer can. I want to order the Reese's Pieces Sundae with extra whipped cream. I want to lounge in the sun at Shea Stadium on a lazy August afternoon alongside my 3-year-old daughter and a gimantic (her word, not mine) box of Cracker Jacks. I want to run in the pouring rain and belt a karaoke version of "Sometimes When We Touch" and drive for layups in Paul Duer's driveway and wrap my arm around

She was my gift from an angel. 'Special' is too trite of an adjective for her.

my wife's shoulders as we watch the sun set from the bench in our front yard.

I am petrified of death. Beyond petrified. But do not soothe me. I demand to be reminded of my mortality every day. That existence is not permanent. That our time is fleeting and our hourglass easily breakable.

From my vantage point, that's the way we truly honor Cindy Sherwin and Josh Hancock and the many others who pass on too soon.

First, think of all the joyful, amazing, life-defining things they will forever miss out on.

Then, without delay, go do them.

Jeff Pearlman is a former Sports Illustrated senior writer and the author of "Love Me, Hate Me: Barry Bonds and the Making of an Antihero", now available in paperback. You can reach him at anngold22@gmail.com.

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REMEMBERING CINDY

Cindy Sherwin's family has set up a foundation to donate money to programs to support health and wellness. To contribute, send checks to:

Cindy Lynn Sherwin Memorial Foundation
C/O 182 Leets Island Rd
Guilford, CT 06437

On the web at: www.cindysherwin.org

TriLife ATHLETE ROSTER

On the following pages is a listing of athletes that went through the program over the last 5 years. Since the first season of the program, which started in October of 2004 and culminated in the race at Lake Placid (IMLP), the program has had 155 Iron-distance starts of which only 8 “Did Not Finish” (DNF) – a stunning 95% completion rate. The first year the completion rate was 100%.

Readers are cautioned to note that a DNF in the Ironman is not an implication of lack of preparation or will to complete. Behind each DNF there is a story probably painful and unique to each athlete. Consider the strength required to continue on, and in some cases come back to race the following year, after preparing for 10 months only to have your race end in a DNF.

IronTeam 2004	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Aaron, Marni	IMLP	*	2121	1564	14:27:44
Bermo, Ramon	IMLP		926	91	10:20:27
Chung, Gunil "Guy"	IMLP	*	744	1647	14:51:51
Davis, Lynne	IMLP	*	2038	1829	16:19:59
DeLano, Dave	IMLP	*	1788	1623	14:46:30
Duffy, Kristin	IMLP	*	1901	1294	13:30:10
Duffy, Shawn	IMLP	*	629	537	11:39:21
Gonella, Lisa	IMLP	*	1909	1385	13:45:39
Hinshaw, Jenny	IMLP	*	2069	1011	12:46:00
Jenkins, Kim	IMLP	*	2048	1459	13:57:22
Kelly, Kerri Ann	IMLP	*	1927	1599	14:37:16
Kiracofe, Philip	IMLP	*	418	877	12:26:44
Lombardi, Angelo	IMLP	*	356	1613	14:42:41
McCarthy, Stephen	IMLP	*	352	1254	13:22:54
Madson, Ethan	IMLP	*	308	1089	12:57:33
Maraziti, Michele	IMLP	*	1984	1696	15:13:38
McCarthy, Stephen	IMLP	*	352	1254	13:22:54
O'Connor, Ed	IMLP	*	845	1265	13:24:52
Santo Pietro, Cristiana	IMLP	*	1952	1695	15:13:38
Scher, Jonathan	IMLP	*	161	1669	15:00:48

Readers should also be aware that the list does not contain Trilife athletes who trained for all or part of the season but did not start their race. Only those athletes that cross the starting mat are included in the list. Like the Ironman, the Trilife program has people who do not finish for various reasons. . Life moves on while the athletes train and in some cases injuries and life takes its toll on athletes who sign up for the program. For these athletes remember the saying, "...the miracle is that I had the courage to start."

Finally, as is often done, an analogy has to be made between Ironman (Trilife) and life. How the race is a microcosm of one's life compressed into less than 17 hours. If this is true you can only manage a glimpse of that in the following pages.

Leukemia survivors (some fresh from treatment), breast cancer survivors, lawyers, doctors, engineers, firemen, businesspersons, persons of African, Asian, European, North American, and South American ancestry, parents, grandparents, young and old, can be found on our list of athletes. Each of them will tell you their life story – how they survived, suffered, cried, smiled, excelled and lived during their Ironman.

RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
W35-39	1:23:41	8:19	7:03:13	5:05	5:47:28
M35-39	1:06:36	5:20	5:31:54	3:01	3:29:37
M35-39	1:23:11	7:58	7:20:23	10:30	5:49:51
W35-39	1:31:07	14:33	8:39:03	5:24	5:49:54
M55-59	1:25:13	11:24	7:30:16	4:03	5:35:36
W25-29	1:13:03	7:21	6:49:39	5:51	5:14:17
M30-34	1:22:06	6:40	6:03:59	6:37	4:00:01
W25-29	1:08:16	8:35	7:12:12	8:58	5:07:39
W35-39	1:00:17	8:03	6:51:47	4:33	4:41:21
W35-39	1:29:20	10:35	7:17:09	9:54	4:50:27
W30-34	1:16:01	11:00	7:51:05	10:23	5:08:48
M30-34	1:22:09	12:01	6:22:13	5:48	4:24:35
M30-34	2:07:03	6:54	7:06:50	7:44	5:14:12
M30-34	1:14:43	8:34	7:06:16	6:57	4:46:26
M25-29	1:05:33	9:45	6:12:39	6:34	5:19:04
W30-34	1:27:18	11:02	7:56:30	10:55	5:27:55
M30-34	1:14:43	8:34	7:06:16	6:57	4:46:26
M35-39	1:19:14	11:35	6:55:46	10:10	4:48:09
W30-34	1:23:40	15:30	7:55:34	11:02	5:27:55
M25-29	1:18:44	16:01	7:52:09	12:18	5:21:38

Shiozawa, MaryAnne	IMLP	*	1953	1622	14:46:14
Steinbauer, David	IMLP	*	991	774	12:12:50
Steinbauer, Joanne	IMLP	*	1956	1145	13:05:01
Switzer, Chelsea	IMLP	*	1862	1738	15:28:53
Tuchman, Robert	IMLP	*	77	948	12:35:23
Villano, Michael	IMLP	*	673	1510	14:12:13
Walton, Earl	IMLP	*	392	393	11:19:48
Wallace III, Ken	IMLP	*	162	219	10:49:55
Wesolaski, Joe	IMLP	*	263	813	12:19:04
Williams, Betsy	IMLP	*	1904	1212	13:16:08
Conlon, Michael	IMLP	*	487	757	12:10:20



IronTeam 2005	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Allen, Jonathan	IMLP	*	545	922	12:54:11
Axt, Iwan	IMLP	*	958	979	13:03:29
Berkowitz, Eric	Brasil	*		867	14:29:23
Bulmer, Tamsyn	IMLP	*	1961	597	12:08:12
Campbell, Kat	IMLP	*	1805	439	11:46:47
Conlon, Michael	IMLP	*	487	757	12:10:20

W30-34	1:24:24	14:12	7:26:24	5:14	5:36:01
M35-39	1:04:07	6:48	6:26:24	5:01	4:30:31
W30-34	1:15:33	12:52	6:40:28	7:01	4:49:09
W25-29	1:11:29	10:32	7:54:30	6:22	6:06:01
M30-34	1:06:58	7:53	6:37:40	6:38	4:36:16
M30-34	1:21:29	12:03	7:34:25	7:52	4:56:25
M30-34	2:13:00	5:02	5:57:12	5:19	4:22:03
M25-29	1:00:44	5:45	5:39:40	2:32	4:01:16
M25-29	1:12:55	7:53	6:15:46	8:19	4:34:13
W25-29	1:04:22	7:17	6:46:43	6:12	5:07:36
M30-34	1:19:20	9:55	6:18:14	5:04	4:17:49



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
M30-34	1:09:36	8:35	6:41:18	7:47	4:46:56
M35-39	1:11:15	10:00	7:07:49	6:55	4:27:33
	01:26:12:1		06:50:22:1		06:12:49:3
W35-39	1:11:34	6:36	6:31:15	3:15	4:15:34
W25-29	1:02:11	5:21	6:26:08	5:26	4:07:43
M30-34	1:19:20	9:55	6:18:14	5:04	4:17:49

Di Iorio, Annette	IMLP	*	2040	1551	14:54:58
Delano, David	IMLP		1724	1556	14:55:58
Demilt, Amanda	IMLP	*	1856	1680	15:38:55
Dooley, Ronald	IMLP	*	895	587	12:06:45
Duffy, Kristin	Vineman			8	12:50:11
Duffy, Shawn	Vineman				DNF
Farrell, Michael	IMLP	*	405	395	11:38:17
Faucher, Nicole	IMLP				
Garden, Charlee	IMLP	*	2072	987	13:05:02
Gonella, Lisa	IMLP		1844	1630	15:22:19
Hinshaw, Jenny	IMLP		2010	1203	13:37:36
Komaroff, Bill	IMLP	*	957	343	11:29:10
Kudler, Michael	IMLP	*	801	900	12:50:34
Lake, Adam	IMLP	*	896	617	12:11:23
Lamerton, Walter	IMLP	*	259	1527	14:51:16
Leuchs, Valerie	IMLP	*	1769	1071	13:17:06
Madson, Ethan	Vineman			58	12:32:35
McCarthy, Stephen	Vineman			45	12:18:20
Monahan, Kenneth	IMLP	*	470	1169	13:32:38



W35-39	1:28:54	10:57	7:25:09	8:15	5:41:44
M55-59	1:25:28	10:55	7:43:28	5:02	5:31:07
W30-34	1:24:49	11:23	7:51:55	6:33	6:04:16
M35-39	1:00:05	6:44	6:07:21	6:09	4:46:27
	1:17:02	5:47	6:37:09	3:19	4:46:52
M30-34	1:26:12	6:35	6:02:38	6:01	3:56:54
W40-44	1:15:59	8:28	6:30:14	3:18	5:07:05
W30-34	1:06:52	8:49	7:44:23	8:25	6:13:53
W35-39	1:01:17	6:19	7:23:07	4:28	5:02:28
M35-39	1:13:27	6:46	6:15:10	2:23	3:51:24
M35-39	1:26:47	9:04	6:30:03	8:25	4:36:17
M35-39	1:00:40	6:54	6:11:37	5:42	4:46:33
M25-29	1:17:44	10:00	7:12:48	13:02	5:57:44
W25-29	1:08:30	8:15	6:59:37	5:21	4:55:26
	1:12:40	6:02	6:26:33	4:46	4:42
	1:17:11	2:39	6:26:59	4:04	4:27
M30-34	1:29:44	11:31	7:06:02	16:14	4:29:10





O'Mahony, Sile	IMLP	*	1962	1997	DNF
Pierce, Glenn	IMLP	*	1120	1003	13:08:25
Resurreccion, Mae	IMLP	*	2009	790	12:39:38
Riley, Sarah	Brasil	*		702	13:19:23
Rasch, Reggie	IMLP	*	630	777	12:37:57
Salazar, Catherine	IMLP	*	1788	1433	14:27:15
Schreiber, Victoria	IMLP	*	1934	1460	14:34:57
Steinbauer, David	Vineman			52	12:29:08
Steinbauer, Joanne	Vineman			14	13:25:59
Tuchman, Robert	IMLP		550	1432	14:27:15
Vafiades, George	IMLP	*	555	636	12:14:23
Villano, Michael	IMLP	*	637	1552	14:55:08
Vivares, Susana	IMLP	*	2038	1987	DNF
Ken Wallace	IMLP		179	127	10:43:34
Walton, Earl	IMLP		381	501	11:54:32
Wesolaski, Joe	Vineman			76	12:54:12
Williams, Betsy	IMLP		1843	820	12:43:17
Woods, Colleen	IMLP	*	1882	1610	15:14:17
Zipper, Adam	IMLP	*	466	742	12:32:50



W35-39	2:07:55				
M40-44	1:38:51	9:32	6:48:46	10:41	4:20:37
W35-39	1:21:47	5:51	6:36:36	3:44	4:31:43
07:21:54:4	04:49:05:8	586			
M35-39	1:21:46	9:12	6:25:00	5:00	4:37:01
W25-29	1:11:59	7:49	7:36:24	7:13	5:23:52
W30-34	1:39:44	8:17	7:49:41	7:51	4:49:26
	1:07:08	2:33:00	6:39:27	2:43	4:37:15
	1:17:08	3:35	6:52:50	3:50	5:08
M30-34	1:11:10	7:19	7:33:18	8:43	5:26:46
M30-34	1:10:44	8:45	6:14:16	5:06	4:35:34
M35-39	1:21:04	9:03	7:51:56	7:06	5:26:00
W35-39	1:51:52	7:52			
M25-29	57:40:00	4:58	5:48:01	2:38	3:50:18
M30-34	52:21:00	4:39	5:58:21	4:38	4:54:34
	1:26:21	6:02	6:24:17	5:22	4:52:08
W30-34	1:02:44	6:07	6:35:55	7:12	4:51:20
W30-34	1:35:58	7:49	8:04:18	8:15	5:17:59
M30-34	1:12:28	8:11	6:31:04	7:41	4:33:27

IronTeam 2006	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Alijaj, Esat	IMLP	*	761	880	12:26:04
Axt, Iwan	IMLP		1111	664	11:56:43
Bailey, Brandi	IMLP	*	2041	444	11:28:24
Caputo, John	IMLP				
Comroe, Larry	IMLP	*	1340	1750	14:54:09
Conlan, Betsy	IMLP	*	1963	1002	12:38:31
Countryman, Suzanne	IMLP		2141	579	11:46:05
Davis, Lynne	IMLP		2191	1961	16:10:01
Dellamora, Lisa	IMLP	*	2142	1320	13:26:04
Dundas, Amy	IMLP	*	1952	1152	12:56:37
Farrell, Michael	IMLP		484	372	11:19:37
Fergot, Gregg	IMLP		1338	162	10:38:25
Fleischer, Jason	IMLP	*	486	609	11:49:46
Fuquene, Sergio	IMLP	*	671	550	11:42:46
Garden, Charlee	IMLP		2274	890	12:26:43
Golden, Julie	IMLP	*	2079	1371	13:34:14
Goralski, Jennifer	IMLP	*	2100	1964	16:11:29
Grossman, Diane	IMLP	*	2165	1682	14:39:15



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
M35-39	1:28:00	10:05	6:15:24	6:21	4:26:15
M40-44	1:09:26	7:44	6:22:03	4:48	4:12:42
W30-34	1:08:52	6:44	6:09:33	3:30	3:59:48
M40-44	1:15:04	10:31	7:28:51	10:50	5:48:55
W25-29	1:23:26	6:29	6:35:45	3:26	4:29:26
W35-39	1:05:49	5:54	5:55:26	3:08	4:35
W35-39	1:29:34	13:30	8:29:40	9:40	5:47:39
W35-39	1:00:29	7:46	7:03:36	3:02	5:11:13
W25-29	1:29:59	11:41	6:45:14	6:08	4:23:36
M30-34	1:15:43	7:12	5:59:14	5:53	3:51:37
M40-44	1:12:02	4:39	5:35:27	2:03	3:44:16
M30-34	1:10:32	7:11	6:08:36	5:08	4:18:21
M35-39	1:19:20	8:59	5:58:53	6:36	4:08:59
W40-44	1:15:58	7:02	6:21:48	4:32	4:37:25
W30-34	1:26:41	6:48	6:49:22	5:25	5:06:00
W30-34	1:33:24	10:59	8:10:32	6:38	6:09:58
W35-39	1:12:46	7:58	7:31:42	5:17	5:41:32



Komaroff, Bill	IMLP		1110	256	10:57:12
La Forgia, Felicia	IMLP	*	2208	1668	14:34:57
Lake, Adam	IMLP		1027	2096	DNF
Mahon, Sally	IMLP	*	2294	2145	DNF
Mazur, Victoria	IMLP	*	2025	822	12:17:52
Nee, Kevin	IMLP	*	1190	411	11:24:48
Pacifico, Ryan	IMLP	*	170	705	12:02:45
Paeper, Eric	IMLP	*	1109	1228	13:10:48
Pierce, Glenn	IMLP		1258	840	12:20:08
Quinn, Terry	IMLP	*	552	1078	12:48:31
Rachaut, Renee	IMLP	*	1950	1295	13:22:16
Resurreccion, Mae	Brasil			587	12:00:43
Riley, Sarah	IMLP		2044	675	11:58:21
Rose, Ariana	IMLP	*	2042	817	12:17:37
Smith, Wade	IMLP	*	1339	1703	14:42:44
Spain, Stacey	IMLP	*	2024	1447	13:47:09
Stone, Kerry	IMLP	*	1983	1045	12:44:51
Timen, Seth	IMLP	*	210	468	11:32:08
Vivares, Susana	IMLP		2252	1944	16:00:23
Wagner, David	IMLP	*	420	296	11:05:07



M40-44	1:10:11	7:34	6:03:23	5:36	3:30:30
W35-39	1:21:17	8:07	7:23:00	5:19	5:37:14
M35-39	59:11:00	7:42	5:47:25		
W40-44	1:50:40	8:53			
W30-34	1:20:33	6:16	6:41:53	6:50	4:02:23
M40-44	1:08:44	7:52	5:59:11	9:24	3:59:40
M25-29	1:04:12	7:44	6:04:55	7:13	4:38:42
M40-44	1:11:02	11:33	6:39:33	6:28	5:02:13
M40-44	1:38:39	9:50	6:17:18	5:25	4:08:57
M30-34	1:10:59	10:17	6:54:53	6:13	4:26:11
W25-29	1:34:59	8:56	6:42:53	6:15	4:49:14
	1:21:53		6:18:41		4:20:08
W30-34	59:10:00	7:00	6:36:47	3:40	4:11:46
W30-34	1:08:57	7:55	6:13:06	4:12	4:43:29
M40-44	1:21:22	8:01	7:19:20	13:01	5:41:02
W30-34	1:11:54	11:12	6:45:04	6:21	5:32:41
W25-29	1:10:59	9:51	6:59:37	3:44	4:20:42
M25-29	1:10:22	7:21	5:59:25	4:06	4:10:56
W40-44	1:55:08	9:16	8:15:47	7:16	5:32:58
M30-34	1:03:17	9:40	5:45:45	5:50	4:00:37



IronTeam 2007	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Ball, Dennis	Austria	*	128	360	10:27:07
Bermo, Ramon	IMLP		1172	103	10:33:45
Bowes, Kristen	IMLP	*	92	587	12:04:33
Carpenter, Constance	IMLP	*	2465	2179	DNF
Cenedella, Jennifer	IMLP	*	2242	1788	15:07:16
Cohn, David	IMLP	*	311	551	11:59:55
Dean, Steven	IMLP	*	1389	817	12:37:38
DeNeve, Alexandra	IMLP	*	2244	960	12:55:33
Dellamora, Lisa	IMLP		2221	1166	13:26:54
Di Iorio, Annette	IMLP		2340	1734	14:54:47
Dolan, Tom	IMLP	*	482	452	11:47:26
Dooley, Ron	IMLP		1158	425	11:43:37
Fergot, Gregg	Germany		832	1224	11:32:26
Friedman, Dan	IMLP	*	67	2119	DNF
Gerardo, Renee	IMLP	*	2067	494	11:53:30
Laraja, Celeste	IMLP	*	2339	434	11:45:01
Maldonado, Rob	IMLP	*	1017	1319	13:47:48
Madson, Ethan	IMLP		498	1229	13:35:02
Maxfield, Clyde "Jim"	IMLP	*	282	631	12:11:47
Mazur, Victoria	IMLP		2097	2102	DNF
McCarthy, Stephen	IMLP		540	841	12:41:02
McPhee, Jaime	IMLP	*	2079	1952	15:59:02
Montieth, Michelle	IMLP	*	2192	1735	14:54:52
Miller, Nathan	IMLP	*	312	967	12:56:42
Mueller, Sean	IMLP	*	8	1920	15:51:38
Ngwube, Emeka	IMLP		1054	1090	13:16:15
Nova, Laura	IMLP	*	2150	1234	13:35:49

RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
	1:04:06	5:22	5:24:13	5:00	3:48:26
M40-44	1:07:30	6:54	5:37:25	2:10	3:39:48
W30-34	1:17:56	7:21	6:28:11	3:02	4:08:05
W45-49	1:31:45	10:03			
W35-39	1:05:45	7:22	7:33:22	6:22	6:14:28
M25-29	1:08:41	5:54	6:12:33	4:56	4:27:54
M40-44	1:17:45	7:09	6:53:10	4:47	4:14:49
W35-39	1:04:48	6:11	7:07:11	2:34	4:34:52
W35-39	1:05:36	7:46	7:15:01	3:43	4:54:51
W40-44	1:26:50	11:26	7:35:32	5:36	5:35:26
M30-34	1:09:58	8:00	6:09:23	5:11	4:14:55
M40-44	1:01:50	6:55	6:06:04	4:14	4:24:36
M40-44	1:50:52	3:48	5:38:35	1:44	3:57:27
M45-49	1:27:16	13:53	8:33:48	16:23	
W30-34	1:06:17	8:18	6:20:25	3:20	4:15:12
W40-44	1:08:56	5:37	6:23:39	3:41	4:03:09
M35-39	1:26:16	13:40	7:18:18	6:16	4:43:21
M30-34	1:18:37	10:28	6:34:59	4:52	5:26:08
M25-29	1:09:23	6:43	6:05:25	4:50	4:45:27
W30-34	1:22:16	5:52	7:04:52	9:19	
M30-34	1:14:10	8:11	6:38:34	4:38	4:35:30
W30-34	1:10:55	9:52	7:28:07	8:29	7:01:41
W35-39	1:21:06	10:17	7:53:33	7:22	5:22:36
M25-29	1:18:48	8:01	6:49:53	6:11	4:33:51
M30-34	1:17:55	14:34	7:34:00	11:59	6:33:12
M35-39	1:18:30	10:09	6:54:26	5:15	4:47:56
W30-34	1:16:16	9:00	7:21:28	6:05	4:43:01

O'Connor, Ed	IMLP		1057	1769	15:00:56
Paeper, Eric	IMLP		237	1195	13:30:33
Passer, Marc	IMLP	*	286	1271	13:40:02
Quinn, Terry	Vineman			156	14:20:32
Rauchut, Renee	Austria		2215	1913	14:59:54
Redler, Scott	IMLP	*	593	868	12:44:37
Riley, Sarah	Germany		284	1603	12:23:22
Rivera, Marisol	IMLP	*	2060	1532	14:16:04
Soloperto, Gina	Austria	*	2299	1914	14:59:55
Sherwin, Cindy	In Memorium	*			
Smith (Beam), Lauren	IMLP	*	2068	402	11:39:54
Spain, Stacey	IMCDA		135	1393	13:58:45
Takai, Peta	IMLP	*	2117	442	11:46:20
Thomas, Justin	IMCDA	*	590	557	11:59:05
Vafiades, George	IMCDA		50	532	11:56:34
Volpi Cohen, Jenna	IMCDA	*	144	452	11:48:35
Walton, Earl	IMCDA		685	135	10:38:09
Warlan, Michael	IMLP	*	391	377	11:35:56



M35-39	1:23:26	13:50	7:30:38	13:48	5:39:17
M40-44	1:10:27	9:58	6:53:37	8:57	5:07:35
M25-29	1:09:14	10:35	6:58:11	8:12	5:13:52
	1:17:06	3:56	7:06:59	6:06	5:46:23
	1:52:25	8:05	7:00:04	7:04	5:52:16
M30-34	1:16:43	10:15	6:42:48	7:10	4:27:43
W30-34	1:05:32	6:35	6:33:18	4:35	4:33:04
W30-34	1:23:57	10:45	7:27:20	5:48	5:08:16
	1:33:22	10:37	7:17:29	8:53	5:49:34
W30-34	58:15:00	5:34	6:29:36	4:15	4:02:16
W30-34	1:18:44	8:12	6:33:35	5:26	5:52:51
W30-34	1:15:32	7:03	6:15:44	4:08	4:03:56
M30-34	1:44:31	9:32	6:17:32	5:09	3:42:23
M35-39	1:20:38	8:36	5:56:23	4:00	4:26:59
W30-34	1:00:10	6:45	6:37:00	4:45	3:59:57
M30-34	9:42:00	4:38	5:54:21	2:58	3:38:33
M30-34	1:14:04	8:44	5:45:28	5:18	4:22:23



