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**Ironman Lake Placid  
Supporters' Guide**

2010



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# 2010

## Ironman Lake Placid Supporters' Guide

"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](mailto:jleg23@hotmail.com).

Thanks also to Bob Cowin for contributing some of his photos. [bobcowin@cowin-tech.com](mailto:bobcowin@cowin-tech.com) —IA



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# From the **TRILIFE COACHES**

**TRILIFE COACHING** provides a motivational, multifaceted, step-by-step athletic learning environment. 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.

If you are interested in completing an Ironman or half Ironman, contact Earl Walton at earl@trilife.org.



## Head Coach Ross Galitsky

**Credentials:** Endurance athlete for over 40 years. Professional coach for over 10 years.

**Experience:** State developmental swimming program in Soviet Union since age of five; over 20 years of endurance sports racing (including multiple ironman and ultra distances); guided hundreds of athletes as a coach and mentor.

**Specialty:** Studying mechanics of running and cycling, athletic motivation, environmental effects on "human machine", and attempting to explain such complex issues in the simplest terms.

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

—Anonymous

Thank you all for supporting your athlete during many months of their Ironman quest. Just a little more of your support is 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 more uncertainties and fears, and as their day unfolds, it will test their preparations, limitations, abilities and even luck. They will experience great and terrible moments, and will hopefully succeed by overcoming all challenges on the way to the finish line.

This weekend will allow you to glimpse deeply into your athlete's motivation and mentality. Do not question their motives or abilities or performance... 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 while observing the spectacle and celebration of human endurance.



## Head Coach Scott Willett

**Credentials:** See below

**Experience:** 30+ years of suffering, surviving and even thriving in 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 the question of why your athlete has dedicated a year of energy and passion to conquer the Ironman Lake Placid challenge.

The result of all this time and effort? 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. You will see that Ironman is so much more than the 140.6 miles covered between the start and finish line.

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 IronTeam.

Enjoy the spectacle that is Ironman Lake Placid.



## Head Coach Earl Walton

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

**Experience:** 20 years of swim and triathlon coaching. 2 years raising a son. You tell me which is more valuable to the coaching?

**Specialty:** Swim

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!



## 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,GW B,LOEB,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!



## Cycling Coach Nina Strika

**Credentials:** 10+ Years Professional Cycling Coach.

**Experience:** Cat1, 2001 National Time Trial Champion, 2003 NY Times Trial Champion, 2003 Empire State Games Champion.

**Specialty:** Race strategy and Psychology. Nina believes that cycling is an art that requires as much attention to finesse and grace as it does to endurance and power. She uses her background as an elite cyclist and psychotherapist in her coaching.

Good luck athletes. Be opportunistic and aggressive.



## Assistant Coach Dennis Ball

**Credentials:** Former Gymnast of 9 years and Gymnastics Coach for 4. USAT Level 1 Certified Coach.

Head Coach for The North Face Running Club 2010  
**Experience:** USAT ranked All American 2010. Ironman Austria 07, Ironman Lake Placid 08, many Half Ironman races, and many ultra marathon races

**Day Job:** Dog walker, coach, and full time 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.



## Assistant Coach Renée Gerardo

**Credentials:** M.A. Exercise Physiology, Certified USAT Level 1 Triathlon Coach, USA Cycling Level 3 Coach, Pilates Instructor

**Experience:** Ironman and 70.3 racing including 70.3 World Championships, Head Coach North Face Endurance Challenge, NYC Marathon

**Day Job:** See above—Generally do everything I can to get you FAST and STRONG and HAPPY:)

In the words of the great Jimmy McElroy, “If you can dream it you can do it.” Have faith in your training as your coaches have faith in you. The hay is in the barn so to speak so time to show yourself what you are made of and GO!!!!



## Assistant Coach Adam Lake

**Credentials:** USAT triathlon coach, crossfit L1 coach, trilife groupie, and I bought new race wheels. Working towards a degree in strength and conditioning.

**Experience:** Several years of multi-sport suffering  
**Specialty:** NYC Firefighter, fighter trainer, personal trainer

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.

## AC Mike Farrell

**Credentials:** TNT & Trilife School of Hard Knocks  
**Experience:** 2-time IMLP finisher, Trilife athlete since 2004, 34 triathlons completed since 2004 (2 IM's, 26 half IM's, 1 Olympic, 5 sprints) including Clearwater World Championships (2007 & 2010), Philadelphia Marathon 2009, two road cycling time trials (2010).

**Areas of interest:** Swimming, biking and running in that specific order, one immediately after the other; human suffering.

The history of your last ten months comes done to this one day and you couldn't be more prepared for it. To a man and woman you have the great potential to be an IronMan. Every year I see some new and some old Trilifers (including me) of all different ages and abilities go through the training program and the system works every time. It's quite remarkable. Just remember to enjoy the

journey and not just the final destination. You'll look back on this experience with fond memories of the friends you made, crazy training in crazy weather, etc. Just remember to smile and zip up your jersey at the finish line... we have some proud sponsors that want to be a part of your fantastic photo :)

## AC Iwan Axt

**Credentials:** USAT and RRCA certifications pending, but is a certified Project Management Professional.

**Experience:** 3-time IMLP finisher, 2009 MDS, Trilife athlete since 2004, North Face Running Club Coach, TNT Off-Road Program Coach

**Areas of interest:** Data analysis and logistics, sports psychology, physiology, engineering and physics.

You've trained for this moment, but it won't be like anything you thought it would be, so if things turn south, remember; you're tougher than you realize and there's always something left—until you cross the finish line. Stay on plan, and have fun!

## AC Philip Kiracofe

**Experience:** Trilife athlete since inaugural team started in 2003; Ironman LP 2004 & 2010; NYC Marathon 2001; Marine Corps Marathon 2009; Escape from Alcatraz 2009

**Areas of interest:** Helping athletes perform well beyond their perceived limits; maximizing race performance by optimizing nutrition and executing on well-honed strategies. Mastering the Clydesdale category!

Ironman is a metaphor for life in so many ways. Viewed as a totality, it's overwhelming and practically inconceivable. But broken down into tiny, easily accomplished, component pieces, and then strung together successively, it can be accomplished by anyone with sufficient drive, passion, and self confidence. But if your day takes a different turn, then heed the words of Winston Churchill: "If you are going through hell, keep going."

## AC Rob Maldonado

**Experience:** 2005 Disney Marathon, 2006 Arizona Marathon, 2006 NYC Marathon; Ironman LP 2007. Trilife athlete since 2006

**Specialty:** Motivating the back of the pack.

You will see athletes from all over the world with fancy bikes, gear, sneakers and nutritional supplements... STAY AWAY from all of them. You've put the time and energy into your training and now it is time to reap the benefits. Whether your goal is to become an Ironman or set a new PR, you take one step towards that goal and it will take two steps towards you. Good luck!

## AC Bill Weiss

**Experience:** Triathlete (2-time IMLP finisher) and road racing cyclist (CRCA); multiple marathons, mountain bike races and mid-distance adventure races.

**Areas of interest:** Cycling: a student in the art of the paceline! Running: how to break 3 hours in the marathon. Swimming: how to swim.

Shaking off the nerves at my first IM start, I recalled the days in the snow, dark and cold that brought me to that point. Few, if any, are more prepared than you. Execute your plan, nothing new on race day (!) and I'll see you on the course. Best of luck to everyone. I'm very proud of you guys.

## AC Jacqui Lake

**Credentials:** Certified Personal Trainer, ACSM, ACE, AAHPF, since 1997

**Experience:** Multiple NYC marathons and half marathons, Ironman LP 2009, Ironman Switzerland 2010, Trilife athlete since 2005

**Areas of interest:** Sports psychology, teaching clients/team athletes how to connect their brains with their bodies to ensure a stronger athlete

If you listen to your coaches and stay focused throughout your training and race day, you should cross that finish line beaming.

# 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...



### Who:

- 4 Head Coaches
- 3 Assistant Coaches
- 6 Apprentice Coaches
- 43 team members
- 27 years to “it’s impolite to ask”
- 19 men
- 24 women
- 27 first time Ironman participants
- 6 lawyers
- 2 teachers
- 3 from across the pond (UK)

### What:

- 44 weeks of training
- 5 training camps in New Paltz
- 528 hours of training (12 hours per week or more)
- 4576 miles
- 2 Hook Mt bricks (plus race!)
- 1 Lake Placid Training Camp

### Where:

- NYC!
- Central Park
- West Side Highway
- West end GWB and hundreds of miles on 9W
- Mountain (no) Rest Road
- New Paltz
- Bear Mountain
- Lake Placid
- Asphalt Green
- Coney Island

### Why:

- Type “A” Personalities
- A great challenge
- An excuse to dress and act like super heroes
- ... Ross and Scott said we could do it!

## YOU KNOW YOU'RE A LIFER WHEN...

- ▶ The vast majority of your emails are race announcements, offers from triathlon websites or messages from the TL listserv.
- ▶ Amazon.com wish list includes a new bike saddle, powertap, and running shoes.
- ▶ You can't walk into a bike shop without spending over \$50.
- ▶ The last time anyone saw you in 'regular' clothes was September 2009.
- ▶ You will pee nearly anywhere, preferably behind a tree.
- ▶ You have regular, involved conversations about choice of lube (and what to do when it doesn't work).
- ▶ Every time you have a chip / dip / cookie a Russian voice says "PWR" in your head.
- ▶ Most of your friends have completed a marathon or IM.
- ▶ You scout out swimming pools and running/biking routes before you choose vacation spots or take business trips.
- ▶ Actually, your vacations are usually destination races (Costa Rica 2011!!).
- ▶ At least one entire kitchen cabinet is completely filled with canisters of mysterious white powder. And another is just "cocktail" bottles.
- ▶ Waking up any later than 5am is "sleeping in."
- ▶ You are constantly washing bottles, doing laundry and applying A&D ointments, as if you have 6 kids.
- ▶ Your homepage is WeatherChannel.com.
- ▶ You eat dinner standing in your kitchen, while you stretch, more than twice a week.
- ▶ You have tried napping in your office bathroom stall.
- ▶ You know what HR, BPM, OAB, TT, K-F, WTP, IM, HIM, TL, LP, EZ, DWS, IMRP mean.
- ▶ You get teary when you imagine your cheering section on race day.
- ▶ You get downright emotional when you imagine your teammates cheering for you on your last lap of Mirror Lake Drive.
- ▶ Standard Monday morning question from your co-workers is "how far did you go this weekend?"
- ▶ You frequently refer to highway rest stops as aid stations.
- ▶ You have one or more bikes mounted on your wall. Hey, some would consider it art!
- ▶ 90% of the Facebook photos you've been tagged in over the past year feature you in TriLife or training gear.
- ▶ You know the Super 8 New Paltz staff by name, and vice versa.
- ▶ You now consider chlorine, tiger balm, and/or Thai oil your signature scents.
- ▶ Your day starts at roughly the same time that the hard-partying NYC night life scene is ending—usually somewhere in the 3 or 4 am hour.
- ▶ You've ever staked out the Stop-N-Shop produce section and grabbed a few extra plastic produce bags to use as waterproof foot liners for a winter run in the snow.
- ▶ You use Excel spreadsheets to track training data more often than you actually use them for work-related purposes.



# TRAINING CAMPS



In addition to weekly team workouts, one of the key elements of TriLife is the training camp—there are five New Paltz camps built into the ten-month Ironman training program. These training camps take place in New Paltz, NY during selected weekends roughly every other month and offer a chance for the whole team to spend

two days testing their limits under the watchful eyes of the coaches. The last of the training camps occurs over Memorial Day weekend in Lake Placid. This gives the athletes a chance to experience the course under pseudo race conditions.

At the New Paltz camps, over the course of two days, team members bike and run together...and engage in team building activities designed to test individual limits—rock climbing, tire pulling, snow shoeing, gymnastics, tumbling, trampolining, riding unicycles, climbing ropes and anything that the coaches can think of.

## Accommodations

New Paltz is located about 80 miles outside of the city, in the beautiful Hudson Valley. It includes the Shawangunk mountain range, which the coaches take full advantage of for hill training on both the bike and the run! While the Mohonk Mountain House, located next to a lake in the beautiful crags of the Shawangunks, does provide ample accommodations, the team is usually relegated to the Super 8 or Motel 87 located adjacent to interstate 87.

## The Workouts!

Saturday afternoon usually consists of a long bike ride and short run in New Paltz, after an early morning swim in NYC, so the team typically drives up to camp immediately after the morning

swim. Workouts are “modified: based on the weather,” but in general unless safety is questionable, they go on as planned.

After jam-packed Saturday afternoon workouts, the team rushes back to the motels and drains the hot water from the whole building in a mad rush to shower before regrouping for a team dinner at a local restaurant that provides voluminous, if not questionable, quantities of hot food, salad and dessert.

Sunday mornings begin promptly at 5:45 a.m. and typically include a two hour trail run, followed by a core or “ABC” (agility, balance, coordination) session. The term “trail run” is used loosely within TriLife because it’s rarely just a run! Since a majority of training takes place during the winter and there is often snow on the ground, athletes rotate between snow shoeing (an excellent workout for the hip flexors), tire pulling (it’s exactly what it sounds like—we put ropes around our waists with tires attached and pull them up and down hills!), and running on icy hills using Yak-Traks (designed to grip the icy snow and keep the athlete upright!) as part of the trail run sessions.

## We ♥ Camp!

Despite grumblings about the cold, the heat, the long ride, the long run, the core session, the soreness, the tiredness, the missing articles of clothing, etc. that inevitably occurs from one or two or fifteen people throughout the weekend, most would agree, it’s always a little sad to pack up and leave at the end of a training camp. After all, to the average person, the concept of the Ironman is a little crazy. But within the TriLife group, everyone “gets it.” Everyone is waking up early, pushing their limits, sweating and working hard, because everyone is working towards that common goal—to go out and conquer that Ironman. And during the TriLife training camps, the coaches are preparing each athlete to do just that.





## 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 the dispute by suggesting a “combination” race. He conceived an event that combined 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 witnessed 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 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 greatly expanded 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.

## ROSS-ISMS / WILLETT-ISMS

Throughout the years the coaches have left their marks on the teams in a myriad of ways. As a testament to their training program, the athletes often find themselves thinking, usually while under duress, of the following sayings, mantras or isms.

### Ross:

- ▶ Toughen up buttercups
- ▶ You need to find arousal on race day.
- ▶ You have to face the demons in your closet.
- ▶ Find victims, not friends.
- ▶ Don't tell us what you did yesterday, tell us what you can do tomorrow.
- ▶ If capable, and inshallah.
- ▶ I am sure Scott is standing by to parcel out hugs and niceties to make you slackers feel better but I am not familiar with such human marshmallowness.
- ▶ As a rule of the thumb.
- ▶ If you feel great anytime you are practicing your sport, you are either a "fitness enthusiast" or a "checkers player."
- ▶ Fuh-cuss!
- ▶ Relax your face!
- ▶ The Danny Webster.
- ▶ Fight!
- ▶ We put an "oyster egg" in the training guide.
- ▶ It does not have to be fun to be fun.

### Scott:

- ▶ I am Gumby.
- ▶ Light and Lean, Fleet of Feet.
- ▶ Catch, Kick, Pull.
- ▶ I'm a swimmer.
- ▶ I'm a runner.
- ▶ Friends empower you; Hills are my Friends.
- ▶ Choke-stroke.
- ▶ Totally Knackered!
- ▶ If you don't have a good time it's not worth your time!  
Or  
If it doesn't hurt, it ain't worth your time!





# 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, and 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 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 above the water, many swimmers will try and get on top of this line. Naturally, this is where the

**A three-time IMLP finisher provides insight into this grueling test of endurance and will.**

**BY IWAN AXT**

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 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 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 density may have thinned out as swimmers of different ability either end up in front or in back. Because of this, the second 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 wet suits off from ‘strippers’. No, not the kind you are thinking of! They are volunteers that help with removal of wet suits. 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 in T1, the first transition area, to prepare themselves for the bike ride.

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 a race jersey if not wearing one already, and may change their shorts. They may also put

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

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, the 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. It 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 man-



Photos, L & M: Bob Cowin



age 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 cannot 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 body weight 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 do 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 some more climbing along a beautiful stretch of road. The mountains on either side are steep

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

and on the athlete's left near mile 8 is a beautiful cascade 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 Keene. 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 beautiful 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.

**Note:** In 2010 the following section through the Out and Back has changed. Instead of turning in Jay at mile 24, the athletes continue on 9N towards Ausable Forks for an 11-mile trip before returning to Jay to do the climb to Wilmington. The course is very similar to and replaces the Hazelton Out and Back described below.

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

**N**utrition and hydration are continually assessed throughout the bike.

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 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 1.6% grade, with shorter steep sections in between. To make matters that much



Photo: L. Bobb Cowin





Photo: R. Bob Cowin

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 bodies. This section is just as taxing mentally 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—

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

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 there 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, CO<sub>2</sub>; 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 there 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!” However, the smart ath-



lete 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 take some time for legs to recover after a long bike ride.

During the run, the athlete may be suffering; however, the most important things to focus on

## Fast, efficient transitions can save athletes valuable time

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 then 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.



Photo, R: Bob Cowin



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

**F**irst, 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 little boosts from a support team members 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 conser-

vation 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.

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

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 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.

Support team members can 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 that happens to some athletes—professional and amateur alike.



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

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 don'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.

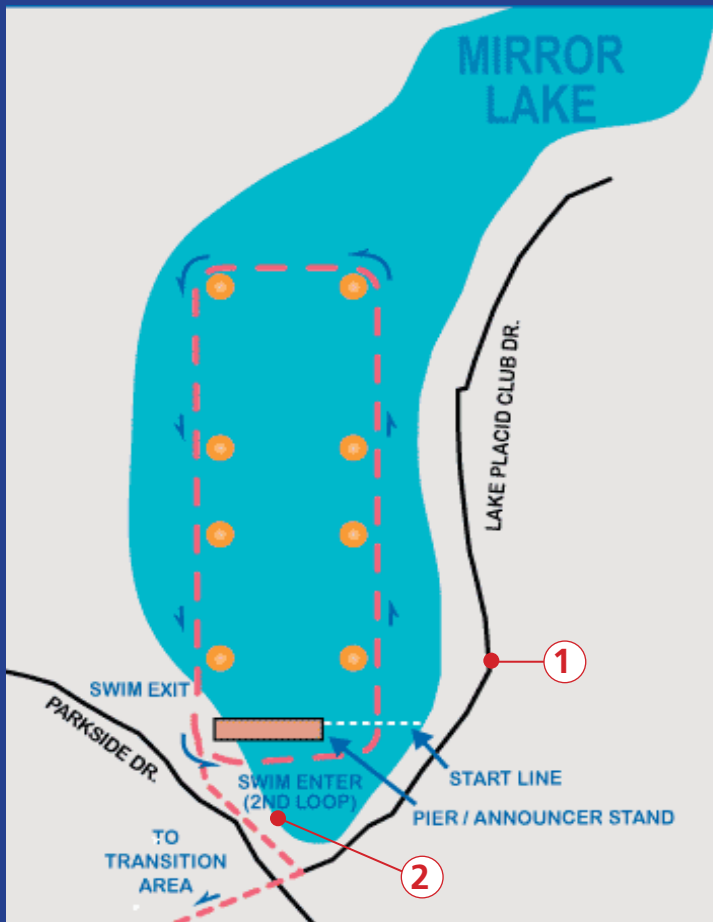
### Logistics

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. Most TriLife athletes will conclude their swim warm up with a pre-start rest in the water near that shore spot.





  
**IRONMAN**<sup>®</sup>  
 ★☆☆ *Lake Placid*  
**SWIM COURSE**  
**2.4 MILES (2 LOOPS)**

graphics by matkindesign.com

## Swim

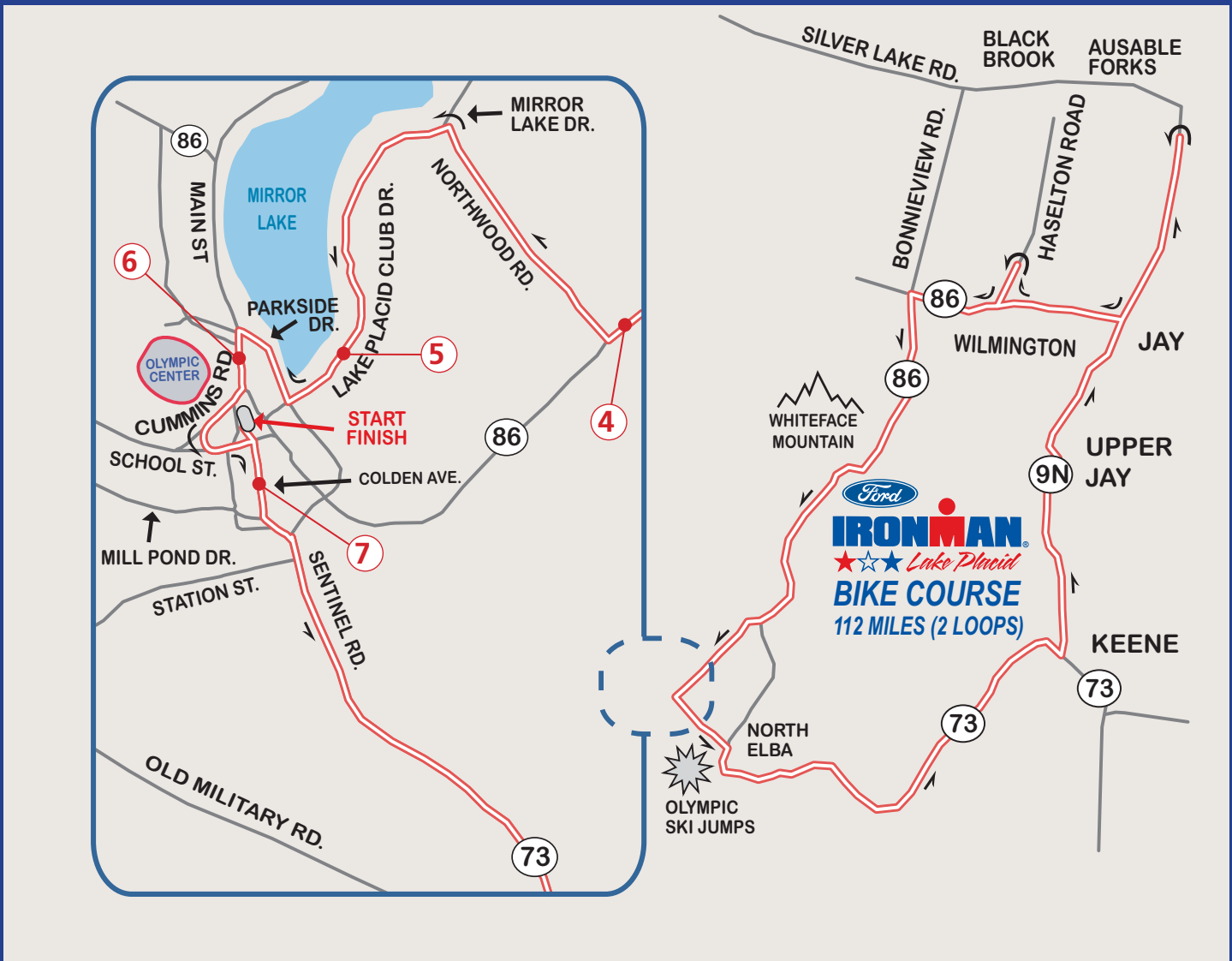
Being on the lakeshore road (Mirror Lake Drive) (1) or locations near the start beach (2) will allow you to see athletes swimming, and exiting the water for a short run on the beach before going for a second loop of the swim.



## Transition 1

Athletes will be exiting the beach (some stopping to allow “strippers” to take their wet suits 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).





## 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 South Main 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 (Lake Placid Club Drive) (9) where athletes will be running an almost 2 mile out-and-back segment, or on the Main Street between South Main Street 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 12th Annual Ford Ironman Lake Placid Triathlon

Wednesday, July 21, 2010		Sunday, July 25, 2010 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 5:00 am	Breakfast (first of the day) Transition area in the Speed skating Oval opens/ body marking begins on Main St. in front of oval.
Thursday, July 22, 2010		6:30 am 6:50 am 7:00 am 7:10 am	Transition area closes, all athletes to the swim start. Pro Race starts Age-Group Race starts. Support team moves to locations allowing them to see athletes running to Transition Area or exiting TA on first bike loop.
10:00 am—4:00 pm	Athlete Registration/packet pick-up in the Lake Placid High School gymnasium.	9:20 am 9:30 am	Swim course closes 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 Speed skating Oval open.	10:30 am (or sooner)	Support team moves to various bike locations to see athletes completing first or starting second bike loop. 1st lap of bike course must be completed.
Friday, July 23, 2010		1:30 pm 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.
10:00 am—4:00 pm	Athlete Registration/packet pick-up in the Lake Placid High School gymnasium.	5:30 pm 10:00—12 midnight	2nd lap of bike course closes. Ford Ironman finish party. Come out and cheer the final finishers. Sponsors will be throwing out great prizes to the crowd.
10:00 am—4:30 pm	Ford Ironman USA Marketplace / Athlete Village open at the Olympic Speed skating Oval open.	12 midnight	Race ends. Dancing and celebrations all night long!
11:00 am	Pre-race press conference and pro panel at the Ironman TV tent in the expo.	Monday, July 26, 2010	
2:00 pm	Ironman Kids fun run at the Mirror Lake public beach and town park.	9:00 am—11:00 am	Ford Ironman World Championship Hawaii 2010 registration at the LPHS Gym. 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.
5:30—7:30 pm	Ford Ironman USA Welcome Dinner at the Lake Placid Horse Show Grounds.	9:00am—11:00am	Ford Ironman USA Lake Placid 2011 Registration at the medical tent in the LPHS Gym.
7:30 pm—8:30 pm	Mandatory Athlete Meeting in the banquet tent at the Lake Placid Horse Show Grounds.	10:00 am	Results books and Action Sports International photos available at the gymnasium in the Lake Placid High School.
Saturday, July 24, 2010		7:00 am—3:00 pm	Finishers merchandise available at N.A. Sports Official Merchandise store at the Olympic Speed skating Oval.
9:00 am 9:30 am	Coached Swim (0:15) at Mirror Lake Coached Team Meeting at Mirror Lake. Athlete Question and Answer.	12:30 pm	Philadelphia Insurance Awards Banquet at the Lake Placid Horse Show Grounds
10:00 am—12:00 pm	Athlete One on One Meetings by appointment. Mirror Lake under the TriLife tent.	6:00 pm	TriLife dinner at Tail o' the Pup
9:00 am—11:00 am	2010 Ford Ironman USA participant registration for 2011 Ford Ironman USA in Lake Placid High School gymnasium.	Tuesday, July 27, 2010	
10:00 am—4:30 pm	Ford Ironman USA Marketplace / Athlete Village open at the Olympic Speed skating Oval open. Café opens at 9:30 am.		Support team gets their athlete back....until next time?
10:00 am—3:00 pm 12:00 pm	Athlete Bike and Gear Check-in at the transition area. 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!!!!		

**Athlete specific items in Red. Support team items in Blue.**

\*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.

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



## Eat, drink, spectate

### Milano North (Italian)

2490 Main Street, Lake Placid 12946  
518-523-3003

“Northern Italian bistro features a dynamic open kitchen design, wood-fire oven pizzas and freshly-prepared homemade pastas and entrees using only the finest of ingredients. Located in the heart of Lake Placid village, Milano North offers a warm and contemporary Adirondack ambience.”

### Nicola's

2617 Main Street, Lake Placid 12946 (close to the Oval)  
518-523-5853

### Ashley's Café

2726 Main Street, Lake Placid 12946 (across the street from High Peaks Cycling)  
518-523-2540

“Homey eatery, great for breakfast and lunch.”

### Downtown Diner

2728 Main Street, Lake Placid 12946  
518-523-3709

“Great little diner, on the hill just below the Olympic Oval. Friendly people, lots of locals, great food.”

### Brown Dog Café & Wine Bar

3 Main Street, Lake Placid 12946  
518-523-3036

“Rated #1 restaurant in Lake Placid by Trip Advisor.”

## Fine dining\*

### Lake Placid Club Boathouse

654 Mirror Lake Drive, Lake Placid  
518-523-4822

“A perfect Adirondack evening begins at the Lake Placid Club Boat House on the pristine shores of Mirror Lake. The diverse menu is sure to please all featuring seafood, steaks, pasta dishes & savory items from the grill. The Lake Placid Club Boat House provides a truly memorable dining experience with spectacular sunsets, overlooking the lake and the Mackenzie mountain range.

## TriLife Post-8 Hour Training day Favorites

### Dancing Bears

2384 Saranac Avenue, Lake Placid 12946  
518-523-3619

“Featuring incredible views of Mirror Lake, the result is a welcoming American-style restaurant that presents a uniquely different experience for locals and visitors alike.” Patio section has great views of the lake and Main Street.

### Custard Mustard

Route 86 Saranac Avenue (across from Placid Planet Bikes)

We can neither confirm nor deny the name, but there is a great drive-up ice cream shop in this location, with tasty treats for those who love traditional soft serve.

## Groceries

### Price Chopper (Open 24 hours)

1930 Saranac Avenue, Lake Placid  
518-523-2790

Large grocery store on Rt. 86 leaving Lake Placid toward Saranac Lake

### RiteAid

2140 Saranac Avenue, Lake Placid  
518-523-5305

## Quick Picks on Main Street

### Soulshine Bagel (2526 Main Street)

“The bagels are “heavenly.” Amongst the scones, muffins, quiches, croissants, sandwiches and soups, anyone can find something to eat at Soulshine Bagel that will both nourish the body and lift the spirit.”

### Bluesberry Bakery (2436 Main Street)

“Specializing in traditional Austrian and French pastries made daily on site, this bakery offers treats such as Napoleons, eclairs, tarts, a variety of cakes, assorted cheesecakes, home baked pies, and a variety of breakfast pastries.”

### Stewart's (2711 Main Street)

Basic deli / gas station / convenience store with sub shop.

### Ben & Jerry's (83 Main Street)

### Starbucks (2490 Main Street)

# 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...

- Summer Showcase of Local Artists—Guy Brewster Hughes Art Gallery at Lake Placid Library features a summer art exhibition. 2471 Main St., Lake Placid, 10:00AM-5:30PM except Sunday, 518-523-3200 (free admission).
- The Imaginary Invalid—the Classic Moliere Comedy in a hilarious new adaptation, at Pendragon Theatre, 15 BrandyBrook Lane, Saranac Lake. Friday at 8pm, 518-891-1854 (\$20/Adult; \$16/Senior & Student; \$10/ 17 & under)
- Encore! Pendragon's Musical Cabaret—an evening of musical favorites in a fresh & intimate setting. At Pendragon Theatre, 15 BrandyBrook Lane, Saranac Lake, Saturday at 8pm, 518-891-1854 (admission \$12).

How about **golf**? The 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
- White water rafting trips down Hudson River Gorge (contact Adirondack Rafting Company at 518-523-1635 or 800-510-RAFT)

Or go for a **hike**!

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



Mountain also has mountain biking, including scenic trails and a gondola lift for the daredevils! 518-946-2223 or visit <http://www.whiteface.com/summer/activities/nature.php>

- 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!

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, team uniforms and equipment. Daily 10-5, \$6 Adult, \$4 Junior/ Senior. Children (6 and under) Free.
- Tour the Olympic Jumping Complex—visitors can ride the chair lift alongside the jumping hills and then hop aboard the 26-story elevator to the top of the 120m tower. On Saturday at 1pm, look on in amazement as International Nordic jumpers soar into the air off of the 90m jump onto specialized turf, as they vie for the "King of the Hill" title. 518-523-2202 (\$15 adults; \$9 junior/senior, includes chair lift and elevator).
- And don't forget that heart-pounding bobsled ride, Thursday-Monday at the Olympic Sports Complex, 518-523-4436 (\$70 adult; \$65 teen; \$60 junior. Includes guided tour, commemorative photo and pin.)



**Other fun things** to do include

- Scenic flights over the High Peaks (contact Adirondack Flying Service at 518-523-2488)
- Tour the last home and burial site of famed abolitionist John Brown. Open Wednesday through Saturday, 10am-5pm; Sunday 1-5pm, 518-523-3900.
- Tour the Adirondacks on the Adirondack Scenic Railroad—a 20 mile round trip from Lake Placid to Saranac Lake. Departs Lake Placid 11:00am & 2:00pm, departs Saranac Lake 12:30pm & 3:30pm (one way), 800-819-2291, (\$19.00 adults, \$18.00 seniors, Ages 3-12 \$11.00).

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:

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](http://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](http://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](http://www.uma.org/Adirondack.htm)

### Local taxi and limo services.

**Corrow's ADK Taxi** 518-523-9091

**Rick's Taxi** 518-523-4741

**Gene's Taxi** 800-564-2149



# Athlete **PROFILES**

Erin Arnold . . . . .	32	Sharon Finkel . . . . .	41	Cat Mardis . . . . .	51
Bec Attwell . . . . .	33	Kristine Finn . . . . .	42	Nicole Mermet . . . . .	52
Rochelle Boas . . . . .	33	Ken Gruen . . . . .	42	Emeka Ngwube . . . . .	52
Phil Brewster . . . . .	34	Kristy Hauke . . . . .	43	Peter Niessen . . . . .	53
Amy Brundage . . . . .	35	Matt Hoffman . . . . .	44	Ross Prussin . . . . .	53
Renee Buck . . . . .	35	Todd Hoffman . . . . .	45	Ryan Ricci . . . . .	54
Connie Carpenter . . . . .	36	Todd Houchins . . . . .	46	Amy Rosen . . . . .	55
Natasha Cholerton-Brown . . . . .	36	Colleen Hurley . . . . .	47	Gil Schorr . . . . .	55
Dan Cioaca . . . . .	37	Punit Kaishap . . . . .	48	Jonscott Turco . . . . .	56
Joe Dell . . . . .	37	Arnel Kasmally . . . . .	48	Tim Walton . . . . .	57
John DeLuca . . . . .	38	Jan Kum . . . . .	49	Katy White . . . . .	58
JD DesLoges . . . . .	38	Celeste LaRaja . . . . .	49	Megan Wiseman . . . . .	59
Sarah Evans . . . . .	39	Grace Lin . . . . .	50	Mandy Wong . . . . .	60
Michele Fenice . . . . .	40	Michelle Maguire . . . . .	50	Saul Zion . . . . .	61





**POWER CHEER:**  
**ANY ENCOURAGING WORDS**  
**WILL DO—CHEER LOUD**  
**AND CHEER PROUD!...**  
**SING/RAP "MY TIME" BY**  
**FABOLOUS, THAT WILL GET ME**  
**GOING TOO :)**

## Erin Arnold

**Age:** 30 **Age Group:** F30-34

**Occupation:** Corporate Communications Specialist

**Hails From:** Air Force Brat! I grew up mostly in the South (hey y'all!), but I'm a city girl at heart and NYC is home now!

**Bike Brand & Make:** Quintana Roo Seduza

**Bike Color/Description:** Black and Red with pain in the @ss 650 wheels :)

**Helmet Color:** White with red and pink flowers

**My distinguishing features:** I'll be the one in red. Wearing earrings, as usual :)

**Why the Ironman?:** Because according to my friends, I've taken up permanent residence in "Crazy Town!" But seriously, I've been hooked on triathlons since the moment I started with TNT back in 2006 and I have always enjoyed a good challenge. Last summer, I decided that perhaps I'd sign up to complete Lake Placid as a 30th birthday gift to myself...and here I am.

**Words to the people:** Well, this has been one incredible journey with a fantastic coaching staff and team. Throughout the past ten months I have been tested in more ways than I thought possible and have amassed aches and pains in more muscles and joints than I knew existed :) And I have loved (almost) every minute of it! More importantly, I've become a stronger and more capable athlete. I feel so blessed to have the opportunity and good health to get to the starting line today. There are so many people who deserve a shout out—The original "Team Erin" for being there to cheer me on in awesome shirts for NYC Tri 2006, when it all began and who continue to cheer me on with each passing race—y'all mean the world to me! The faithful Tricutie blog readers,

for following my training and racing escapades over the years and indulging my need to share my growing obsession with endurance racing! Ross, Scott and the entire TriLife coaching staff for your expert training wisdom, advice, patience, motivation, tough love and unwavering support. Each one of you is truly amazing and you should also know that I hear your voices in my head even when I am training on my own...so clearly what you are doing is working! And Earl, I think (hope) I finally got rid of the "flourish" in my swim stroke!! The TriLife Ironteam 2010—It has been a pleasure training with and getting to know each of you this year. Being part of this team has pushed me to be a better athlete and it's been fun "suffering" with all of you through the sandbox sessions, extreme cold, extreme hills, extreme heat, and extreme adventures we've had together! I cannot wait to get out there and race alongside all of you today. Krissy and Michele, for not only being wonderful teammates and pace buddies, but for being the friends and confidants I didn't even know I needed. I cannot thank you enough! My non-triathlete friends (many of whom may have forgotten what I look like...) who listen to me blather on endlessly about training, put up with the fact that I now consider sparkling water with lime a "cocktail," and are still always ready with words of encouragement—you all ROCK! My family, for always believing in me and empowering me to go out and achieve whatever goal I set for myself. You taught me that hard work not only pays off, it makes the end result that much more gratifying. And finally, mom, dad and David—I am thrilled you're here to share this day with me. I love you!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	7:05:00	8:18 AM	11:50 AM	3:23 PM
Transition 2	0:08:00	3:23 PM		3:31 PM
Run	4:25:00	3:31 PM	5:43 PM	7:56 PM
<b>Finish</b>	<b>12:56:00</b>			<b>7:56:00 PM</b>





## Bec Attwell “Kiwi”

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

**Occupation:** International Taxation Adviser

**Hails From:** Christchurch, New Zealand

**Bike Brand & Make:** Cervelo P2C

**Bike Color/Description:** Black/Blue

**Helmet Color:** TBD

**Why the Ironman?:** IMLP 2010—because if something is worth doing, it is worth doing right!

**Words to the people:** To the whanau, thank you

for indulging me and tolerating another year of my absenteeism. Or in the case of my athletic friends, putting up with me for endless training hours & car trips, providing wise counsel and keeping me focused. To the coaches, always the right words at the right time... and Earl, they do sink in eventually—even if it takes 4 years! Special thanks to my parents for making the trek to LP again and for showing me what true strength is. I love you.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	7:00:00	8:28 AM	11:58 AM	3:28 PM
Transition 2	0:05:00	3:28 PM		3:33 PM
Run	4:45:00	3:33 PM	5:55 PM	8:18 PM
<b>Finish</b>	<b>13:18:00</b>			<b>8:18:00 PM</b>



**POWER CHEER:**  
**GO KIWII!... KIA KAHA!**

## Rochelle Boas

**Age:** 37 **Age Group:** F35-39

**Occupation:** Attorney

**Hails From:** Miami, FL

**Bike Brand & Make:** Specialized Ruby Expert

**Bike Color / Description:** White

**Helmet Color:** Black

**My distinguishing features:** Intense look, particularly on the run

**Why the Ironman?:** To race with gratitude. To remind myself that when it gets tough, I am the one who put myself in the race—because I could and because I can. To find that place within myself that is grateful to be alive and fit enough to even consider undertaking the Ironman. To have the kind of will to win if not just survive, a will to believe in something greater than myself. To dare to dream such a grand adventure.

**Words to the people:** This is a journey that would have been impossible to make without the support and dedication of my friends and family. To my TriLife family, I am now, and forever will be,

thankful. I am proud and honored to be part of the 2010 TriLife Ironman team. To the coaches, from the deepest part of my heart, I thank you—for pushing me when I needed to be pushed and for the never-ending guidance and advice. To Mo, Connie, Michelle M., David S., Melissa, Deluca, Michele, Jonscott, Karen and Linda—your support means the world to me. To Cat, my training buddy, I could not have done this without your companionship, friendship, answering my endless questions, being there with me side-by-side on this quest. To all the TriLifers and others up to cheer us on during IMLP, you are the best! And to Wesley—my sister and very best friend—words cannot even begin to describe. I would not be at the starting line without you. For everything you have done to support me—unselfishly and with undying dedication—I am forever grateful. For knowing what I needed when I didn't and for being there no matter what or how. For believing in me when I didn't believe in myself. I love you.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:35:00	7:00 AM	7:47 AM	8:35 AM
Transition 1	0:08:00	8:35 AM		8:43 AM
Bike	8:30:00	8:43 AM	12:58 PM	5:13 PM
Transition 2	0:08:00	5:13 PM		5:21 PM
Run	6:00:00	5:21 PM	8:21 PM	11:21 PM
<b>Finish</b>	<b>16:21:00</b>			<b>11:21:00 PM</b>



**POWER CHEER:**  
**RUN YOUR OWN  
RACE...BE STRONG...  
DIG DEEP**



**POWER CHEER:**  
**DIG DEEP... HUNT THEM**  
**DOWN... 1-2-3-4!**

## Phil Brewster "Phil The Brit," "Big Phil"

**Age:** 40 **Age Group:** M40-44

**Occupation:** Trophy Husband

**Hails From:** Norwich, UK

**Bike Brand & Make:** Felt B12

**Bike Color / Description:** Black

**Helmet Color:** Black

**My distinguishing features:** Look big, even at a distance. Sweating profusely. Large tattoo on calf

**Why the Ironman?:** Just to further confuse my friends and family back in the UK who remember the 280lb guy that wouldn't even run 100 yards for a free beer before moving to NYC four years ago. There is free beer at the end, right?

**Words to the people:** A big thank you to Ross and Scott for their seemingly limitless enthusiasm to turn us all into "dignified" triathletes. The rest of the coaching team that attempted to make my feet fast and light (I guess there's always next year!) and helped me turn the power up to eleven on those Thursday morning intervals. My team mates for all the fun, support and occasional hill-based suffering. Last, but certainly not least, it wouldn't have been possible without the support of my wonderful wife, Jo, who's reward will be to spend 12+ hours at the side of the road looking increasingly worried each time I pass—you're the best!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:24:00	7:00 AM	7:42 AM	8:24 AM
Transition 1	0:08:00	8:24 AM		8:32 AM
Bike	6:00:00	8:32 AM	11:37 AM	2:32 PM
Transition 2	0:06:00	2:32 PM		2:38 PM
Run	4:55:00	2:38 PM	4:53 PM	7:33 PM
<b>Finish</b>	<b>12:33:00</b>			<b>7:33:00 PM</b>



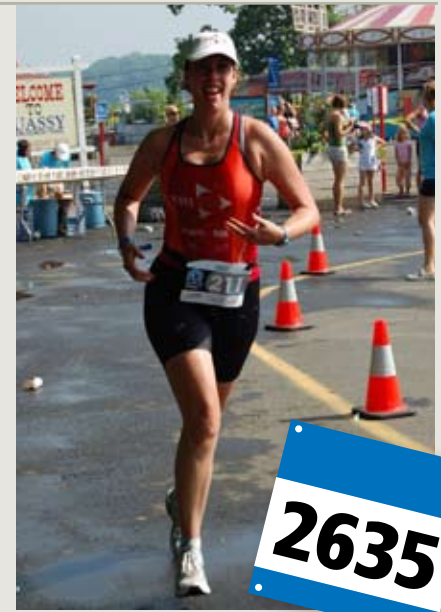
# Amy Brundage

**Age:** Really people is this necessary? ok 39  
**Age Group:** F35-39  
**Occupation:** HR Manager  
**Hails From:** New York, NY  
**Bike Brand & Make:** Cervelo P2-SL  
**Bike Color / Description:** YELLOW  
**Helmet Color:** Blue

**My distinguishing features:** Crazy blond curly hair and thumbs up when running  
**Why the Ironman?:** Because my mind and body keep doing what I ask of it, so why would I stop asking? And as Mom always says, I don't take the easy way.

**Words to the people:** It has been an amazing journey from my first, and totally unprepared, Adirondack Half Marathon to Ironman. (what is it with me and these mountains) I am sure my family will be surprised by this statement but it is all their fault. My sister, Joyce, persuaded me that I could do a half marathon. That, of course, not being enough lead me to marathons. On my way to my marathon dreams, my sister Kathi had no doubt I could do a triathlon, and well... I think you see

the trend. Thank you both, I love this sport, I love this team and I never would have found myself here if you two didn't push me outside my limits. Thank you to the Coaches and AC's, you have all been amazing. I cannot thank you enough, and words can not express my gratitude for your support and encouragement. Ross and Scott, you guys are scary and awesome all bundled up in to one amazing experience! Thank you ! Earl, I hope I don't let you down out there! THANK YOU!!! Kristy Hauke, what are we going to do next? Seems if we both agree to do it, it gets done! Love you and thank you for all of your help getting me back to NYC and this team! To ALL the ladies who have pulled my butt through these workouts, we rock and thank you. Team Trouble and Pretty Posse, I love it! Dare I say I will miss spending 6+ hours with you??? And lastly thank you to my friends and family, although they think I'm nuts, they have supported me and graciously forgiven me for my absence. I miss you guys and can't wait to have many libations and catch up! (only till marathon training starts though)



**2635**

**POWER CHEER:**  
**RELAX YOUR FACE!! OR ANYTHING THAT MAKES ME THINK I LOOK GOOD OUT THERE. (LIE TO ME PEOPLE, LIE TO ME!)**

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:10:00	8:20 AM		8:30 AM
Bike	7:45:00	8:30 AM	12:22 PM	4:15 PM
Transition 2	0:05:00	4:15 PM		4:20 PM
Run	5:15:00	4:20 PM	6:57 PM	9:35 PM
<b>Finish</b>	<b>14:35:00</b>			<b>9:35:00 PM</b>

# Renee Buck

**Age:** 30 **Age Group:** F30-35  
**Occupation:** Advertising  
**Hails From:** NY  
**Bike Brand & Make:** Elite T Class  
**Bike Color / Description:** Black and white with a skull

**Helmet Color:** White like Katy  
**My distinguishing features:** I'll be the one smiling  
**Why the Ironman?:** 3rd time's a charm  
**Words to the people:** Smile back please, I'll need it!



**2430**

**POWER CHEER:**  
**ANYTHING THAT WILL MAKE ME LAUGH**

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:35:00	7:00 AM	7:47 AM	8:35 AM
Transition 1	0:02:30	8:35 AM		8:37 AM
Bike	6:55:00	8:37 AM	12:05 PM	3:32 PM
Transition 2	0:06:00	3:32 PM		3:38 PM
Run	5:20:00	3:38 PM	6:18 PM	8:58 PM
<b>Finish</b>	<b>13:58:30</b>			<b>8:58:30 PM</b>



**POWER CHEER:**  
**FOCUS!...DIG DEEP!...**  
**WORK HARDER!...RUMBLE!!!!**

\*Ironman Canada—August 29, 2010

## Connie Carpenter\*

**Age:** 51  
**Age Group:** F50-54  
**Occupation:** Demon Squasher  
**Hails From:** originally from CT, now Hell's Kitchen, NYC  
**Bike Brand & Make:** Litespeed Saber.  
**Bike Color / Description:** Titanium with Red & Black Rumble Girl Accents. Goes by the name

of "Tina."  
**Helmet Color:** White  
**My distinguishing features:** Huge smile or grimace—they look the same so you can't tell which is which. I'll just go with smile. ;)  
**Why the Ironman?:** One more stop on the come-back tour.  
**Words to the people:** Rumble TriLifers Rumble!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	7:45:00	8:45 AM	12:37 PM	4:30 PM
Transition 2	0:10:00	4:30 PM		4:40 PM
Run	6:00:00	4:40 PM	7:40 PM	10:40 PM
<b>Finish</b>	<b>15:40:00</b>			<b>10:40:00 PM</b>



**POWER CHEER:**  
**DEPENDING ON WHETHER I'M SMILING OR NOT, ONE OF THE FOLLOWING WILL NORMALLY WORK: SERIOUS FACE: "HUNT THEM DOWN AND PICK'EM OFF!"... STRUGGLING FACE: "1,2,3,4..." (IN A RUSSIAN ACCENT)... HAPPY FACE: "TROT ON TATTY!"**

## Natasha Cholerton-Brown

"Tatty," "NCB"

**Age:** 37  
**Age Group:** F35-40  
**Occupation:** Photo Editor  
**Hails From:** London  
**Bike Brand & Make:** Cervelo P3  
**Bike Color / Description:** Black/Silver/Red  
**Helmet Color:** Red & White  
**My distinguishing features:** Toothy grin!  
**Why the Ironman?:** After getting intimate with the tarmac during last year's IMLP, there was no other option but to do it again!  
**Words to the people:** Wow, where to start?

Firstly, I'd like to thank all my wonderful friends, the 2009 team and the coaches for being there last year to scrape me off the road, for dusting me off and getting me up and running again. Then secondly, a HUGE thanks you to the 2010 team—you all rock! Have had so much fun training with each and every one of you. ACs—couldn't have improved so much without you, and coaches, as ever...no words to really express what an impact you've had on my life! I have one question however. What next?????

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:15:00	8:17 AM	11:24 AM	2:32 PM
Transition 2	0:05:00	2:32 PM		2:37 PM
Run	4:30:00	2:37 PM	4:52 PM	7:07 PM
<b>Finish</b>	<b>12:07:00</b>			<b>7:07:00 PM</b>

# Dan Cioaca

**Age:** 31 **Age Group:** M30-34  
**Occupation:** Hedge Fund peon  
**Hails From:** Cupertino, CA—home of Apple Computer

**Bike Brand & Make:** Felt DA  
**Bike Color / Description:** Black, Zipp 808s, goofy guy riding it, racing turtle

**Helmet Color:** White Spiuk Kronos aero  
**My distinguishing features:** Constant look of pain. I run in a visor—if Earl finally gives me my TriLife visor from 2009, I'll wear that, otherwise I'll be rocking my neon green Newton visor.

**Why the Ironman?:** Because it's one of the few sports where I'm not over the hill (yet). Of all the sports in which I've competed, triathlon is the one where perseverance, dedication and

pain tolerance matter much more than natural athletic ability, which I find very empowering. My first marathon was in an Ironman and now that I have a benchmark, I want to know if I can run a faster marathon.

**Words to the people:** In a sport that takes this much time and that tests a person's resolve so thoroughly, you really have to embrace the day-to-day challenges. You have to love the morning workouts, the mid-January runs in 10-inch snow, the tire pulls and, most of all you have to live for the difficult days. But that doesn't mean you can't complain about it! J—thanks for putting up with my whining throughout the year, and thanks to the entire TriLife team for struggling alongside me (for some reason, it helps to see others in pain).

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:00:00	7:00 AM	7:45 AM	8:00 AM
Transition 1	0:07:00	8:00 AM		8:07 AM
Bike	6:20:00	8:07 AM	11:17 AM	2:27 PM
Transition 2	0:05:00	2:27 PM		2:32 PM
Run	4:15:00	2:32 PM	4:39 PM	6:47 PM
<b>Finish</b>	<b>11:47:00</b>			<b>6:47:00 PM</b>



**POWER CHEER:**  
**THERE'S PIZZA AND BEER AT THE FINISH LINE!**

# Joseph Dell

**Age:** 38 **Age Group:** M35-39  
**Hails From:** the golden state  
**Bike Brand & Make:** Felt B2  
**Bike Color / Description:** black and white HED Jet wheels 6/9 combo

**Helmet Color:** black giro aero helmet  
**My distinguishing features:** My freakishly long...  
**Why the Ironman?:** To see if I could do it. Wanted a challenge that not many can say they have done and summiting Everest didn't really fit into my work/life schedule. That and a complete lack of common sense.

**Words to the people:** Thanks to my family and friends who supported me along the way and encouraged me in this endeavor. To the coaches—

thank you for putting together a great training program that focused not only on the physical aspects of the event, but also the psychological elements as well. Without such a well rounded approach I doubt I would be ready for the challenge ahead. Thanks to Brian Shea at PBN for helping me to sort out my race nutrition. Finally, thanks to the best bunch of teammates. Thanks for being there to push me along on the days I didn't want to go out and for tagging along on some of the rides/runs that took us to unexpected places (I am not saying we got lost). It has been an awesome experience. Big Thanks to all the TriLifers, family and friends out on race day cheering and showing support for the team. Having you all out there is a huge help.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:00:00	8:40 AM	11:40 AM	2:40 PM
Transition 2	0:10:00	2:40 PM		2:50 PM
Run	4:00:00	2:50 PM	4:50 PM	6:50 PM
<b>Finish</b>	<b>11:50:00</b>			<b>6:50:00 PM</b>



**POWER CHEER:**  
**I FEEL THE NEED, THE NEED FOR SPEED... DANGER ZONE!... I CAME TO GET DOWN**



**1336**

**POWER CHEER:**  
**GET CREATIVE, BUT BE POSITIVE ("ONE MORE LOOP" IS NOT POSITIVE)...HUMOR IS ALWAYS WELCOME...IF AT A LOSS, "GO JOHN" OR "LOOKING STRONG" WORKS...IF YOU WANT TO PLAY ASST COACH, "RELAX YOUR SHOULDERS"**

## John DeLuca

**Age:** 42 **Age Group:** M40-44  
**Occupation:** Business Development for Rating Agency  
**Hails From:** Huntington, NY  
**Bike Brand & Make:** Kuota K-Factor  
**Bike Color / Description:** White & Black  
**Helmet Color:** Blue & Grey  
**My distinguishing features:** Sarcastic wit and silly humor, but doesn't always show well on race-day. We all look like we could spend some extra time on the buffet line, but me more than others.  
**Why the Ironman?:** I enjoyed the training and teammates from last year so much, and this year's team had a number of friends and people

I've trained with before. After battling injuries last year, I also wanted to see how I could do if healthy.  
**Words to the people:** I can't tell you how much of a difference it means to have the TriLife support crew out on the course cheering like crazy. It's a long day (for you and us) and little things can help racers get through tough patches. It also makes the competition jealous. AC's—you all rock. Scott & Ross—It's been a challenging & rewarding season thanks to you. 3-peat—No way! Confession time—No, I couldn't avoid Snowboarding, but only went on a 4-day trip. :) Love & special thanks to Susan for your tremendous support all season when you hoped to be out here kicking butt.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:10:00	8:20 AM	11:25 AM	2:30 PM
Transition 2	0:07:00	2:30 PM		2:37 PM
Run	3:40:00	2:37 PM	4:27 PM	6:17 PM
<b>Finish</b>	<b>11:17:00</b>			<b>6:17:00 PM</b>



**307**

**POWER CHEER:**  
**LOOKING STRONG! (EVEN IF I AM NOT)... MOM: RING THAT COWBELL FOR ME WHEN YOU SEE ME!**

## JD DesLoges

**Age:** 30 **Age Group:** M30-34  
**Occupation:** Electrical Engineer  
**Hails From:** Chelmsford, MA ... now reside in Hoboken, NJ  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** White with Red & Black  
**My distinguishing features:** Usually dripping sweat, a farmer's tan and chicken legs  
**Why the Ironman?:** The greatest physical and mental challenge around and to finally say I am an Ironman!  
**Words to the people:** To Mom & Dad: Thank you for the constant support and being there for the past 30 years! Love you lots! I could not have done this without you. To TriLife: Training for this day has been an amazing journey. Thank

you coaches for getting me here! Best of luck to everyone on the team. It has been a wonderful experience training with and getting to know all of you. To GC Tri: Big shout out! Today is the reason why we did all the 6am masters swim and the countless Tuesday am hill repeats! To Friends: Thank you for making the journey up here and all your support of my crazy hobby...remember it will be a long day, so pace yourselves with the beers and save some for me, I promise I will finish as fast as I can! To Megan: Thank you for pushing me along all season, even in 30 degree weather when I was too cold you got me out there training! Your hard work and motivation is an inspiration. Good luck today... Get out there and follow that Road to Kona!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:30:00	8:11 AM	11:26 AM	2:41 PM
Transition 2	0:04:00	2:41 PM		2:45 PM
Run	4:15:00	2:45 PM	4:52 PM	7:00 PM
<b>Finish</b>	<b>12:00:00</b>			<b>7:00:00 PM</b>

# Sarah Evans

**Age:** 33 **Age Group:** F30-34

**Occupation:** Attorney...but not practicing right now aka unemployed

**Hails From:** Philly, PA

**Bike Brand & Make:** Guru Magis

**Bike Color / Description:** Black and shiny...her name is Giselle, a name which I think evokes speed and beauty...two things I probably will not have much of on the IMLP race course! but...it is worth putting out those vibes to get me to the finish line! :)

**Helmet Color:** silver

**My distinguishing features:** You'll see me on the bike because I'll be going slow :) as for the run, for some odd reason no matter how hard I worked to try to correct this, when I run I tilt to one side/one shoulder comes up. If you see someone running like that in red, chances are it's me!!

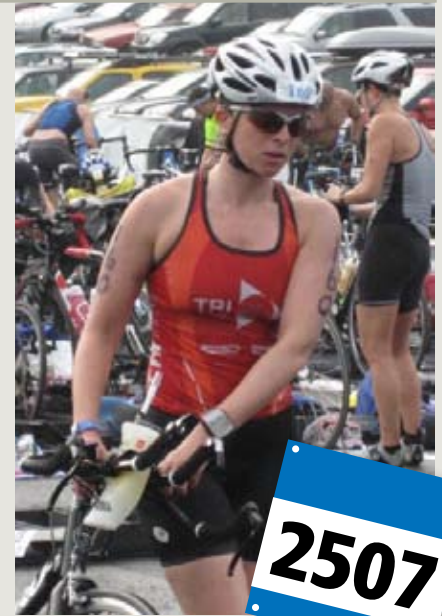
**Why the Ironman?:** I just started doing triathlons in 2008, but shorter distances. Last summer, I did

a half ironman which was a horrible experience. I was under trained and under nourished. Going into the half though, I was convinced that no matter what happened, I wanted to sign up for IMLP 2010! Doing an Ironman seemed like the next step, and an ultimate achievement.

**Words to the people:** Training for this race certainly had its ups and downs. I was out of training for almost three months with hamstring tendonitis, but I never gave up that I would make it to and through the finish line in 2010. It was a constant struggle to remain focused mentally during those three months, and once I returned to training, I had to once again focus very hard to keep pushing forward to build strength and endurance and to let go of any prior expectations or goals. Overall, this has been an amazing journey in getting to know myself and what I am capable of...that if I set my mind to something, I can will myself to do it!

## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	7:35:00	8:28 AM	12:15 PM	4:03 PM
Transition 2	0:05:00	4:03 PM		4:08 PM
Run	5:30:00	4:08 PM	6:53 PM	9:38 PM
<b>Finish</b>	<b>14:38:00</b>			<b>9:38:00 PM</b>



## POWER CHEER:

**"YOU...GOOOOOO!"**

(IN A RUSSIAN ACCENT)...

**OR ANYTHING POSITIVE OR THAT WILL MAKE ME LAUGH AND/OR WILL HELP TO KEEP ME MOVING FORWARD TO THE FINISH LINE!**





**POWER CHEER:**  
**1-2-3-4....COUNTING ON EACH SEGMENT OF THE RACE KEEPS ME FOCUSED AND MOVING FORWARD.**

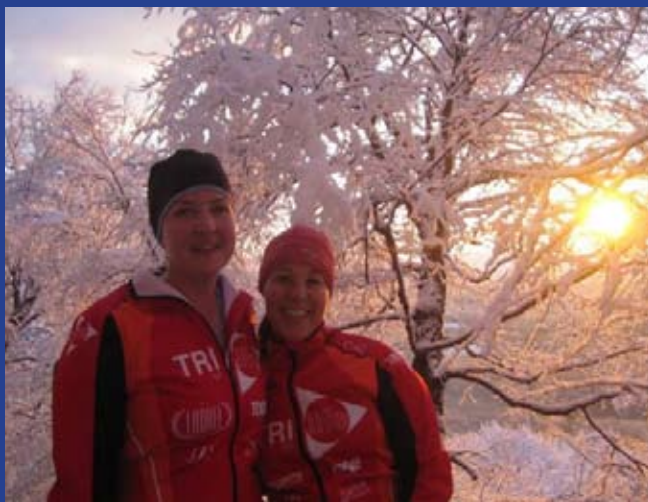
## Michele Fenice

**Age:** 42 **Age Group:** 40-44  
**Occupation:** In-house Attorney for ACE USA Insurance Company  
**Hails From:** Deer Park, New York  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** White/Red with black trim  
**Helmet Color:** Blue  
**My distinguishing features:** My blue helmet—everyone can pick me out of the crowd. Looking “good” on the run even when I feel bad.  
**Why the Ironman?:** One of those things that I never thought I could do until I did my first sprint. I was hooked and love the challenge of doing something different—something that most people would say, and do often tell me, is crazy.  
**Words to the people:** For all of my family and friends who think I’m crazy for doing this, thanks for your support! To my parents for their patience and understanding when they don’t see

me for weeks on end, thanks for your support and encouragement and trailing around behind me at races. You motivate me and make me the person I am today. Thanks to my siblings—John, Melissa, Emily and Darren—for listening to me talk about training, nutrition, races, etc. To Js for being a great training partner, listening to me when I grumble and keeping me grounded when I go a little off kilter. I wouldn’t be doing this now without you. Your unending support means everything to me. To Mary, Austin and Cole for your support and constant trailing around at my races. To JP and Samantha for keeping things light and fun and making me laugh. Thanks to all the coaches and assistant coaches for knowing when to be tough and when to soften up on me—my training has come to a whole new level and I wouldn’t be here without you. And to my teammates/training partners for making the journey a great one!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:15:00	7:00 AM	7:40 AM	8:15 AM
Transition 1	0:10:00	8:15 AM		8:25 AM
Bike	6:45:00	8:25 AM	11:45 AM	3:05 PM
Transition 2	0:10:00	3:05 PM		3:15 PM
Run	4:45:00	3:15 PM	5:45 PM	8:00 PM
<b>Finish</b>	<b>13:00:00</b>			<b>8:00:00 PM</b>





# Sharon Finkel

**Age:** 33 **Age Group:** F30-34

**Occupation:** Immigration Lawyer

**Hails From:** New York

**Bike Brand & Make:** Orbea Ora

**Bike Color / Description:** Red and White

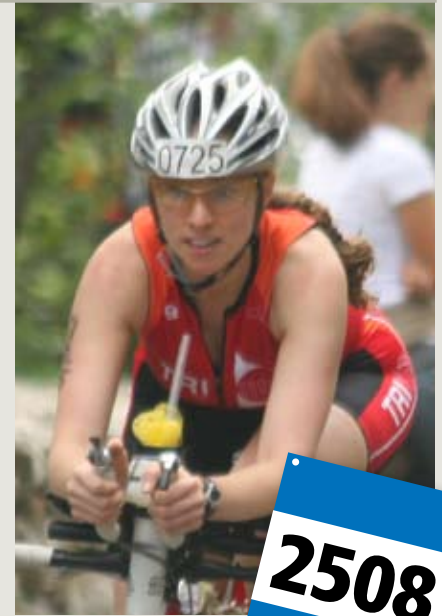
**Helmet Color:** Red

**My distinguishing features:** Unruly blondish curls peaking out from behind my helmet during the bike, or under TriLife visor on the run.

**Why the Ironman?:** Ironman has been a life's dream for some time. In the deep recesses of my mind, I think I believed that Ironman would be something that I talked about for many more years, but I wasn't fully confident that I would be able to actually do it. My decision to do an Ironman was motivated in part because of a desire to raise funds for a cause close to my heart, pancreatic cancer research, in memory of my mom, Luba Finkel. I had a date in mind in 2012 (the 10 year anniversary of my mom's passing) to do an Ironman as a tribute to her and as a way to raise funds for cancer research. After a stubborn injury cut my season short early last summer, I was left restless and frustrated, and forced to examine my entire approach to training and racing. After spending the summer rehabilitating my injury and changing my approach to training, a series of events converged to make this year the right time for me to train for an Ironman. I decided to just go for it, and hoped for the best. I started the season still injured, feeling fragile and unsure that I'd be able to handle the training load...just getting to the starting line would be an accomplishment (it is!). Training for Ironman however would be about more than just a sense of personal accomplishment. My timing shifted after last summer's events, but the purpose above is still very much my inspiration. I have been encouraged and motivated in training by memories of my mom's strength and persistence. This is what I hope will carry

me through on race day. I believe that my participation in IMLP and the funds I have raised in my mom's memory are the best tributes I can offer to commemorate her life.

**Words to the people:** No one gets to the Ironman starting line on his or her own. I have learned over the course of this year that it really does take a village! From coaches to family and friends to teammates, the support I have received this past year has been incredible. I am grateful to so many people, all worthy of mention: Scott and Ross, this would not have been possible without you. Thank you for believing in me when I had my doubts. Keep on doing what you do...it changes lives. ACs, your guidance and mentorship has been phenomenal, thank you so much for everything that you have done to help me get here. Teammates, I could not imagine traveling this road with a more terrific group of people, each of you has motivated or inspired me at some point along the way. Nate, Sonya, Polina, Stu, Luba, Nina, Barbara and Harvey, I am so grateful that you are all taking time out of your busy lives to travel to LP on race day to witness the end of this journey, thank you so much my awesome family! Lorenzo, thank you will never be enough for everything you have done for me. You took me on and gave me hope when this goal seemed furthest from reality. I'll always be grateful. Carmita, I could not have gotten here without your support... thank you for "getting it!" To all of those who have donated to my cause and encouraged my fundraising efforts, a huge thanks! I am touched by your generosity and truly grateful for your support! Finally, Saul, from zero to iron in one year, I never doubted you could do it! I'm so proud of you. One journey ends, and another begins. I love you with all my heart... and I hope you enjoy the view as I pass you on the run.



**POWER CHEER:**  
**GO SHAR!... DIG DEEP!... GET IT DONE!**

## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:45:00	7:00 AM	7:52 AM	8:45 AM
Transition 1	0:10:00	8:45 AM		8:55 AM
Bike	7:00:00	8:55 AM	12:25 PM	3:55 PM
Transition 2	0:05:00	3:55 PM		4:00 PM
Run	4:00:00	4:00 PM	6:00 PM	8:00 PM
<b>Finish</b>	<b>13:00:00</b>			<b>8:00:00 PM</b>



**POWER CHEER:**  
**LOOKING STRONG...**  
**REMEMBER WHAT YOU CAME**  
**TO DO... 1,2,3,4 (ON RUN)...**  
**LIGHT FEET... DIG DEEP!**  
**SMALL STEPS UP THE HILL...**

## Kristine Finn

**Age:** 32 **Age Group:** F30-34  
**Occupation:** Special Education Teacher for Emotionally Disturbed Children (It is more exhausting than training for an ironman..... TriLife keeps me sane!)  
**Hails From:** Queens, NY (Born and Raised)  
**Bike Brand & Make:** Trek Equinox  
**Bike Color / Description:** Red with white and black  
**Helmet Color:** Black  
**My distinguishing features:** A look like I'm going to kill someone or overheat.....I prefer to say a look of determination...

**Why the Ironman?:** It was next in order.....and all the cool people were doing it!!  
**Words to the people:** TriLife is the best triathlon team out there. We have the best coaches and the coolest athletes. I've never enjoyed a group of people as much as I do all the people I've met on TriLife. I have met lifelong friends and have had a ton of fun. I have come further in my athletic abilities than I ever thought possible. I also know that TriLife is a team that I will be a part of for a very long time. Thanks for all the support and good times!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:06:00	8:10 AM		8:16 AM
Bike	6:50:00	8:16 AM	11:41 AM	3:06 PM
Transition 2	0:05:00	3:06 PM		3:11 PM
Run	4:20:00	3:11 PM	5:21 PM	7:31 PM
<b>Finish</b>	<b>12:31:00</b>			<b>7:31:00 PM</b>



**POWER CHEER:**  
**FAST FEET... 1,2,3,4—**  
**1,2,3,4...LATHER, RINSE,**  
**REPEAT...THE DIFFERENCE**  
**BETWEEN IMPOSSIBLE &**  
**POSSIBLE IS TWO LETTERS—**  
**I M... PAIN IS TEMPORARY,**  
**FINISHING LASTS FOREVER**

## Ken Gruen

**Age:** 35 **Age Group:** M35-39  
**Occupation:** SVP  
**Hails From:** New York, New York  
**Bike Brand & Make:** Orbea Ordu a.k.a. The "Stealth"  
**Bike Color / Description:** Black frame with silver Orbea logo, 404 Zipp  
**Helmet Color:** Black of course, it has to match the bike  
**My distinguishing features:** I look short compared to Phil from U.K. but tower over most  
**Why the Ironman?:** It's an insane distance to complete in less than 17 hours but "if it were

easy, everybody would be doing it." A selfish act on my "bucket list" of personal achievements. Requires facing one of the most challenging endurance events in the world.  
**Words to the people:** All of you will be on my mind, with every swim stroke, pedal turn, and running stride. To the 'callousing effect' from coaches and for the TL camaraderie we have built these last 10 months. Tolerance from family and friends for missing significant milestones. Last, but not least, my 'Princess Rockstar' who never doubted my abilities.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:10:00	8:15 AM		8:25 AM
Bike	6:00:00	8:25 AM	11:25 AM	2:25 PM
Transition 2	0:10:00	2:25 PM		2:35 PM
Run	5:00:00	2:35 PM	5:05 PM	7:35 PM
<b>Finish</b>	<b>12:35:00</b>			<b>7:35:00 PM</b>

# Kristy Hauke

**Age:** 36 **Age Group:** F35-39

**Occupation:** Pharmaceutical sale rep

**Hails From:** NYC

**Bike Brand & Make:** Quintana Roo Seduza

**Bike Color / Description:** White/black/silver

**Helmet Color:** white

**My distinguishing features:** Maybe my bleached out short spikey hair. if that doesn't do it for ya, then my red bandana

**Why the Ironman?:** I took this challenge to see what my body and mind are capable of and to push that way beyond any limits i have ever known in life. I have been completley amazed about the physical boundaries that my body seems to be able to keep pushing through. and I never want to wonder what's it like to cross that finish line.

**Words to the people:** Thank you doesn't even come close to the gratitude I feel for so many people that have gotten me to the starting line. First the coaches and all the AC's. There is no way no how I would have even come close to accomplishing this monumental achievement without all of you. Your constant words of encouragement, support, and help have meant so much to me. Being part of trilife has exceeded and any expectations I ever had when I started in 2008. You are all a great group and I'm so happy and proud to be a part of it. .To my teammates. I really don't think that I could have hand

picked a better group of people to go through this amazing journey with. Thank you to all of you for all the fun, laughs, and well misery loves company, so thank you so much for just being there for me. To team trouble, well ladies where do I even begin... I am so happy that we have been able to share in so much of this journey together. I could NEVER have done this without you two. To the pretty posse, you ladies rock and I'm honored to be included in this posse. Amymary, I love you and so happy that we got to share this together. Thank you for all your love and support over the past year. To all my friends and family that have been so understanding and patient with me. I love you all and can't wait to see you again sometime soon.... Thank you so much for being my cheerleader!! Knowing that you are out there supporting me is going to get me through more miles than I would like to count. I appreciate you all making the trip and being here for me. This has been hands down one of the best experiences of my life. To say that this has been the most challenging is an understatement. But by far, has been one of the best!!!! I have learned so much about myself and life that I feel like I can literally handle anything life has for me and welcome it. I love everyone that has helped me in this journey and that has touched my life and made me a better person and I feel very blessed and lucky to know each and every one of you.



**POWER CHEER:**  
**ANYTHING THAT MAKES ME SMILE**

## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM
Transition 1	0:15:00	8:30 AM		8:45 AM
Bike	7:30:00	8:45 AM	12:30 PM	4:15 PM
Transition 2	0:15:00	4:15 PM		4:30 PM
Run	5:15:00	4:30 PM	7:07 PM	9:45 PM
<b>Finish</b>	<b>14:45:00</b>			<b>9:45:00 PM</b>





## Matt Hoffman "the Hoff"

**Age:** 31 **Age Group:** M30-34  
**Occupation:** Distressed Credit Investing  
**Hails From:** NYC via Morristown NJ  
**Bike Brand & Make:** Cervelo P3  
**Bike Color / Description:** White

**Helmet Color:** Grey  
**My distinguishing features:** NA  
**Why the Ironman?:** This effort is dedicated to the memory of Andrew P. Hoffman and Marvin Mozenter, two lifelong warriors

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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
<b>Finish</b>	<b>12:35:00</b>			<b>7:35:00 PM</b>

**POWER CHEER:  
BRING THE WAR**



# Todd Hoffman

**Age:** 30 **Age Group:** M30-34

**Occupation:** Investment Banker

**Hails From:** Miami

**Bike Brand & Make:** Cervelo P2C

**Bike Color / Description:** Grey and White, whizzing by you

**Helmet Color:** Red and black

**My distinguishing features:** Gasping for air running from swim to bike, big smile on the bike, possibly tucked in behind JD or Ryan Ricci, on the run, bionic legs (from the knees down), and a possible limp from my aching knee. No matter the pain, always remembering that its a blessing to be out on the course racing.

**Why the Ironman?:** Its the greatest physical challenge I can imagine. I like pushing my body to the limit and seeing if I can break through and how fast it can be done. Training was the hard part, now its time for the fun! Oh, and my sister did it, so I have to right?

**Words to the people:** Thank you to everyone who has supported me over the last 10 months of training. Life has taken a different shape over this time, and it has been my friends and family that have kept me focused on the important things in life. While crossing that finish line is a huge goal, enjoying every moment of the experience is just as important to me. I have been faced with the pain in my knee that has kept me from training to my fullest capacity for the last five months, and has prevented me from running at all. While I might be forced to walk a long 26.2 miles, I will still be out there competing, moving forward. To my non Tri friends—I am looking forward to being back to

reality. Thanks for sticking by me and letting me bail from the bars before anyone even shows up and falling asleep at brunch. To my TL family—We made it. Ten months ago, a lot of us were strangers standing on the pool deck at 6am, all with a bit more weight on our bodies and a lot more doubt in our minds. We did this together, we are ready, and I can't wait to be out on the course with you. Matt, Ryan and Ross, our car ride to Memorial Day camp was one for the ages, and summarizes what its like every time we are hanging out or training together. I don't think anyone had nearly as much fun training as we did. DeLuca, I am really going to miss not being able to draft off of you in our morning pace lines. To the rest of the crew, thank you! I know I have been out a lot with knee issues, but the constant well wishes were what pushed me to stay the course and continue on. To the coaches—you have helped push me to places I never thought imaginable, and helped make me a stronger person, both mentally and physically. For this I am forever grateful. To my family and Emily—All I can say is thank you! I realize it is hard to understand why we push our bodies to this kind of a limit, wake up at crazy hours of the day and sacrifice weekends and events for these types of personal goals. But still, each of you has stood by me, encouraged me, and most importantly picked me up when I didn't think I could continue. It has been your unconditional love, the constant phone calls, kayaking with me across bodies of water in 100 degree heat, and not going truly insane with my foam rolling, stretching and early bed times. I love each and every one of you!!!!



**POWER CHEER:**  
**NEVER GIVE UP!...**  
**CONTINUOUS FORWARD**  
**PROGRESS.... I AM OUT HERE**  
**FOR THOSE THAT CANT BE!**

## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:10:00	8:10 AM		8:20 AM
Bike	6:15:00	8:20 AM	11:27 AM	2:35 PM
Transition 2	0:10:00	2:35 PM		2:45 PM
Run	6:00:00	2:45 PM	5:45 PM	8:45 PM
<b>Finish</b>	<b>13:45:00</b>			<b>8:45:00 PM</b>





**POWER CHEER:**  
**"WOOF" ... "HOOCH" ...**  
**"POISE COUNTS!"**

## Todd Houchins\*

**"Todd the Quad," "Hooch,"**

**Age:** 42 **Age Group:** M 40-44  
**Occupation:** Over eater; compulsive leg shaver  
**Hails From:** Denver, CO  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** Black  
**Helmet Color:** Black  
**My distinguishing features:** I am racing IM Coeur d'Alene on 27 JUN 2010. Looking forward to cheering for my teammates in Lake Placid and watching each of them cross the finish line.  
**Why the Ironman?:** It was optional!  
**Words to the people:** Coaches Ross & Scott have my utmost gratitude and respect, as does the entire coaching staff. Each of you is an

outstanding role model of what a coach can and should be. Thank you for making me stronger and smarter—I'm a better person for it. To my teammates, it's truly been an honor for me to train with you, feel challenged by you, and feel supported by you. I sincerely hope I helped do that for each of you in exchange. Loving thanks to my family for putting up with antisocial behavior and what must have sounded like a broken record. Your constant interest and support were just as critical to my success in this endeavor as they always have been. And Nick my man, you're amazing. You've been as patient as you've been supportive and I love you.

### Actual Times

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:16:23	—	—	—
Transition 1	0:05:17	—	—	—
Bike	5:49:54	—	—	—
Transition 2	0:05:56	—	—	—
Run	4:12:33	—	—	—
<b>Finish</b>	<b>11:30:03</b>			

\*Ironman Coeur d'Alene



# Colleen Hurley

**Age:** 34 **Age Group:** F30-34

**Occupation:** Finance, Client Service Manager

**Hails From:** Wisconsin to New Jersey to New York (and soon back to New Jersey)

**Bike Brand & Make:** Trek

**Bike Color / Description:** Grey/purple (road bike with aerobars)

**Helmet Color:** Red, White, Black

**My distinguishing features:** Vertically challenged with long brown hair and will probably be wearing a bright yellow visor on the run!

**Why the Ironman?:** Because I wanted to test my limits and see what I was capable of doing! I wanted a new and different challenge. The Ironman was an event that I never ever thought I could do. But now that I am here, I can't believe it! I get emotional just thinking about what we are about to embark on and how hard we trained to get here!

**Words to the people:** As much as I am excited that the Ironman is finally here, it's going to be a bitter sweet ending...the past 10 months has been a truly amazing experience and I would never

trade it in for anything! Everything you do in life makes you who you are and I can say that I am a better, stronger athlete and person now because of this great journey! I could never have done it without the support and understanding of my family and my fiancé, Scott. Planning a wedding and training for the Ironman at the same time is a bit overwhelming (to say the least!), so thank you for putting up with me and making the trip up to LP to cheer me on! To my parents—Dad, you have been there for me throughout all of my athletic endeavours (the ups and downs) and I can not thank you enough. You have been such an inspiration and role model to me throughout my life. Mom, I still have to beat your running times! You are an amazing mom and grandmother and some day I hope to have the strength and wisdom that you possess. Thank you to all the coaches and assistant coaches! You make the program what it is—AMAZING!!! Also, thank you to my teammates—one of the greatest groups of people I know. We have come a long way and I could not have done it without you guys! Keep on Truckin'!!



**POWER CHEER:**  
**TRUST YOUR TRAINING!**  
**(A SPECTATOR SHOUTED THAT OUT DURING A HALF MARATHON AND FOR SOME REASON, IT HIT HOME.)... IT IS VERY INSPIRING WHEN YOU ARE GOING UP WILMINGTON AND REMEMBERING THE "HILL SALAD" OR ALL THE STATE LINE REPEATS— WE ARE FULLY TRAINED AND PREPARED FOR THIS!!**

## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:15:00	7:00 AM	7:37 AM	8:15 AM
Transition 1	0:10:00	8:15 AM		8:25 AM
Bike	7:00:00	8:25 AM	11:55 AM	3:25 PM
Transition 2	0:10:00	3:25 PM		3:35 PM
Run	4:10:00	3:35 PM	5:40 PM	7:45 PM
<b>Finish</b>	<b>12:45:00</b>			<b>7:45:00 PM</b>





**POWER CHEER:**

**BIKE: KEEP A HIGH CADENCE, STEADY POSTURE AND FOCUS... RUN: WATCH YOUR POSTURE, KEEP FOCUSED AND WE KNOW YOU CAN DO IT!**

## Punit Kaishap

**Age:** 33 **Age Group:** M 30-34  
**Occupation:** Techie (Inf Tech) @ an Invst. Bank  
 -> The job is exciting since you need to know about both the subject matter and technical details to deliver successfully  
**Hails From:** India  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** Black, Yellow, Silver & White  
**Helmet Color:** Black & Silver  
**My distinguishing features:** Focused look often interrupted by several levels of painful expressions but will mostly (i.e. not sure on the last 13 miles on the run) return a smile when someone cheers.  
**Why the Ironman?:** Simple answer: I can't sit still and need something athletic to do with my time.

Hence the ironman.  
**Textbook answer:** I don't think of triathlons as a "been there and done that" experience. I believe in planning and then working hard to achieve a goal. The ironman is such a challenge especially as a working amateur. Also I am really lucky to have an opportunity to train with such an amazing team and set of coaches while there are many out there who don't have the means to do so.  
**Words to the people:** A big thank you to all the coaches to have the patience to make me a stronger athlete and make the journey an exciting one. Also a big thank you to my family, team and close friends who have stood by me and supported me through the training and race events.

**Estimated Times**

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	1:25:00	7:00 AM	7:42 AM	8:25 AM
Transition 1	0:10:00	8:25 AM		8:35 AM
Bike	6:30:00	8:35 AM	11:50 AM	3:05 PM
Transition 2	0:10:00	3:05 PM		3:15 PM
Run	4:45:00	3:15 PM	5:37 PM	8:00 PM
<b>Finish</b>	<b>13:00:00</b>			<b>8:00:00 PM</b>



**POWER CHEER:**

**I'VE HAD TO ENDURE 10 MONTHS OF BEING PUSHED TO THE MAX, SO DON'T LET UP NOW... BRING IT ON!!!**

## Arnel Kasmally

**Age:** 38 **Age Group:** 35-39  
**Occupation:** Magician—aka Ad Guy  
**Hails From:** UES New York, NY  
**Bike Brand & Make:** Orbea—Ordu  
**Bike Color / Description:** Red, Black and White  
**Helmet Color:** Red/White  
**My distinguishing features:** Tenacity  
**Why the Ironman?:** Because all the cool kids are doing it! :)  
**Words to the people:** Life is what you make it...so make it something good... Thank you to

my family and friends for all the support and to the best Tri coaching and racing team north of the mason dixon line. Earl...would not have been able to make it this far without your inspiration and guidance...heck, I don't think I would have been able to make it to a T1! Denise, thanks for putting up with not being able to party it up on a Friday or Saturday night or Sunday, Monday or Tuesday and well...I guess that also includes Wednesday and Thursday nights...

**Estimated Times**

	Duration	Start time	End of 1st loop	End of 2nd loop
Swim	0:52:00	7:00 AM	7:26 AM	7:52 AM
Transition 1	0:04:00	7:52 AM		7:56 AM
Bike	5:45:00	7:56 AM	10:48 AM	1:41 PM
Transition 2	0:06:00	1:41 PM		1:47 PM
Run	3:30:00	1:47 PM	3:32 PM	5:17 PM
<b>Finish</b>	<b>10:17:00</b>			<b>5:17:00 PM</b>



# Jan Kum

**Age:** 35 **Age Group:** W35-39  
**Occupation:** lawyer  
**Hails From:** Chicago  
**Bike Brand & Make:** Cervelo  
**Bike Color / Description:** Red, silver and white  
**Helmet Color:** gray  
**My distinguishing features:** The slow one out

of the water; the nervous one on the bike; the relieved, happy one (but, hopefully, without the stupid grin and bounce) on the run.  
**Why the Ironman?:** To do it faster than last year.  
**Words to the people:** Ugh, you know how I hate this part. Thank you to everyone who should be thanked.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM
Transition 1	0:09:50	8:30 AM		8:39 AM
Bike	7:10:00	8:39 AM	12:14 PM	3:49 PM
Transition 2	0:05:00	3:49 PM		3:54 PM
Run	4:15:00	3:54 PM	6:02 PM	8:09 PM
<b>Finish</b>	<b>13:09:50</b>			<b>8:09:50 PM</b>



**POWER CHEER:**  
**WHERE'S THE KILLER INSTINCT?... RACE IT!**  
**(WITH A PHILLY ACCENT)**

# Celeste LaRaja

**Age:** 44 **Age Group:** F40-44  
**Occupation:** finance  
**Hails From:** Bronxville, New York  
**Bike Brand & Make:** Orbea Ordu  
**Bike Color / Description:** Red/Black; Bike is Nicknamed BRONCO!  
**Helmet Color:** Red/White/Silver  
**My distinguishing features:** Usually a big smile, unless I'm right behind you and then I might grit

my teeth until I pass you.  
**Why the Ironman?:** Ironman is both a mental and physical race. You must train for both facets and remember that both are equally important. I love the people involved in Ironman—the racers, the volunteers & the spectators  
**Words to the people:** Cheer hard and have a cold Sierra Nevada ready for me at the finish line.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:10:00	8:17 AM	11:22 AM	2:27 PM
Transition 2	0:03:00	2:27 PM		2:30 PM
Run	3:50:00	2:30 PM	4:25 PM	6:20 PM
<b>Finish</b>	<b>11:20:00</b>			<b>6:20:00 PM</b>



**POWER CHEER:**  
**LA-RAJA, LA-RAJA, GO LA-RAJA**



## Grace Lin\*

**Age:** 29 **Age Group:** F25-29  
**Occupation:** Attorney  
**Hails From:** Born in Taiwan, raised in Southern California and Northern New Jersey  
**Bike Brand & Make:** Serotta CXII  
**Bike Color / Description:** Red  
**Helmet Color:** Red and White  
**Why the Ironman?:** IM Coeur d'Alene—because what once seemed crazy and unattain-

able became just another excuse for an adventure. Also, I've never been to Idaho before.  
**Words to the people:** A huge thank you to our amazing coaches who have molded us into smarter and stronger athletes with their energy, encouragement and endless words of wisdom. And, to the members of this 2010 TL crew who have become a family of sorts, it has been a privilege to train with you all.

Note: A couple of weeks before her race, Grace got into a pretty severe bike accident. Whenever we train we risk injury. But for circumstance putting her at the wrong place at the wrong time, the Trilife family are sure that Grace would have completed her first Ironman. She did get some hardware for her accident however—a plate and 6 screws in her collar bone. The thing we are most happy about though is that Grace is still around to compete after her wounds heal. See you next year, Grace!

\*Ironman Coeur d'Alene



## Michelle Maguire

**Age:** 27 **Age Group:** F25-29  
**Occupation:** Teacher in Washington Heights... you thought an Ironman was tough!  
**Hails From:** Arkansas to ATL to NYC  
**Bike Brand & Make:** Quintana Roo Seduza  
**Bike Color / Description:** Black, White and Red with Xentis Mark I race wheels  
**Helmet Color:** Guru Silver Aero Helmet  
**My distinguishing features:** 5'6, brown hair and built kind of like a swimmer! And apparently I have a hop in my step and run slightly like Tigger (I'm still working on that).  
**Why the Ironman?:** Why not? Something I have always wanted to do and I want to see

how far I can push myself without going over the edge. And mostly for the feeling at the finish line!  
**Words to the people:** To my friends and family thank you so much! You guys are the best support I could ever ask for...you have put up with my crazy training and I love you all so much. A special thanks to BJ for being my sherpa and supporting me through this whole thing, I wouldn't have been able to get to the start without you and cannot wait to see you at the finish! Thanks to the coaches and the speeches... your words will be with me the whole way! To my teammates! It's been an honor! Go get 'em!

**POWER CHEER:**  
**ANY ENCOURAGEMENT WORKS—YELLING THINGS LIKE: "GO MICHELLE!" ... "YOU CAN DO IT" ... "LOOKING GOOD" ... "KEEP PUSHING." ... JUST NOT "YOU'RE ALMOST THERE" UNLESS I'M ABOUT TO CROSS THE FINISH.**

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	0:55:00	7:00 AM	7:27 AM	7:55 AM
Transition 1	0:07:00	7:55 AM		8:02 AM
Bike	6:30:00	8:02 AM	11:17 AM	2:32 PM
Transition 2	0:05:00	2:32 PM		2:37 PM
Run	4:05:00	2:37 PM	4:39 PM	6:42 PM
<b>Finish</b>	<b>11:42:00</b>			<b>6:42:00 PM</b>

# Catherine Mardis "Cat"

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

**Occupation:** Sound Engineer/Designer

**Hails From:** Maryland

**Bike Brand & Make:** Scott CR-1Pro

**Bike Color / Description:** White and Black

**Helmet Color:** light blue

**My distinguishing features:** I guess my height

**Why the Ironman?:** It came out of doing my first 1/2 Ironman in 2006, which I trained for on my own. I was tired of hearing myself say "I can't do that" or "I'd never do this". I decided after that 1/2 IM with proper training I could do an Ironman, and made it my goal for 2008. Well life throws you a curve ball sometimes, and I ended up having back surgery early 2007. Ironman has been the goal, which has helped me to make my body strong enough again to do what I set my mind to.

**Words to the people:** Many thanks to the coaches and ACs for pushing me further than I thought I could go, and for all their support and guidance that helped me to get here; to

my teammates past and present for all their encouragement and support along the way. It has been a fantastic journey so far. I'm so glad to be able to share with such incredible people; to my family and friends who have understood my absence in pursuit of this goal; to Amy and Kristy for Sunday fun days; to the Manhattan Mermaids (which includes Gerry) I'm so glad to have you guys as a part of this journey. Can't wait for our next swimming adventure; to Mo, Michelle M., Jen W., Wes, Connie, Jonscott and Michele F. for always taking such great care of me, helping me through each challenge and celebrating each victory no matter how small; and Ro you have been a great training buddy and an indispensable friend. Thank you for working around my crazy work schedule, always figuring out how to conquer my most negative thoughts, and your constant belief that I am more than capable of doing this. Can't wait to see everyone out there on the course!



**POWER CHEER:**  
**HMMM—I GUESS ANYTHING BUT "YOU'RE ALMOST THERE." ... AND PRETTY, PRETTY PLEASE NO COW BELL.**

**Estimated Times**

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:25:00	7:00 AM	7:42 AM	8:25 AM
Transition 1	0:10:00	8:25 AM		8:35 AM
Bike	8:00:00	8:35 AM	12:35 PM	4:35 PM
Transition 2	0:10:00	4:35 PM		4:45 PM
Run	6:00:00	4:45 PM	7:45 PM	10:45 PM
<b>Finish</b>	<b>15:45:00</b>			<b>10:45:00 PM</b>





**POWER CHEER:**

**PLEASE HAVE A STEWART'S EGG, CHEESE, AND SAUSAGE SANDWICH FOR ME AT THE FINISH. I LIKE IT GENEROUSLY SALTED WITH KETCHUP, ONIONS, AND RELISH. POTATO CHIPS AND A VANILLA MILK-SHAKE WOULD ALSO BE REALLY NICE—AND HOMEMADE COOK-IES IF YOU CAN FIND THEM.**

## Nicole Mermet

**Age:** 35 **Age Group:** F35-39  
**Occupation:** Dentist  
**Hails From:** Pennington, NJ-> New York, NY  
**Bike Brand & Make:** Guru Magis  
**Bike Color / Description:** TriLife RED!!!  
**Helmet Color:** White  
**My distinguishing features:** I may slow down to smile at the cameras.

**Why the Ironman?:** I wanted to try a triathlon.  
**Words to the people:** Thank you all for coming! I love you all very much!!! Mom and Dad, thank you for always pushing me to do my very best!! Ross and Scott, thank you for teaching me to not point my toes while riding and that running is not a series of grand jetes. TriLife teammates, it's been A BLAST!!! Thanks for an amazing season!

**Estimated Times**

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:10:00	8:20 AM		8:30 AM
Bike	6:55:00	8:30 AM	11:52 AM	3:15 PM
Transition 2	0:05:00	3:15 PM		3:20 PM
Run	4:30:00	3:20 PM	5:35 PM	7:50 PM
<b>Finish</b>	<b>12:50:00</b>			<b>7:50:00 PM</b>



**POWER CHEER:  
IT ENDS TODAY!**

## Emeka Ngwube

**Age:** 42 **Age Group:** M 40-44  
**Occupation:** Project Financier  
**Hails From:** Dijon, France  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** Blue and Black with White Logos  
**Helmet Color:** White  
**My distinguishing features:** Sweating buckets  
**Why the Ironman?:** Never say never... again  
**Words to the people:** A huge thanks to the coaches for putting up with me for a third (and final) season with the TriLife IM team:

2007, 2009 and, the gran finale, 2010... Also a big thank to all my teammates who made the 10-month program a very special time together. I will greatly miss the fun and camaraderie. A special mention to the ACs: Bill /PK for letting me invade their apartment each Tuesday night before practice; and Jac for feeding me before I bonk. It has been a formidable journey... an iron journey. If my family can make it all the way to Placid from France, I hope they are blow away by the performances of the Lifers. I wish everyone an epic race: make the day count.

**Estimated Times**

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:15:00	8:23 AM	11:30 AM	2:38 PM
Transition 2	0:02:00	2:38 PM		2:40 PM
Run	4:00:00	2:40 PM	4:40 PM	6:40 PM
<b>Finish</b>	<b>11:40:00</b>			<b>6:40:00 PM</b>

# Peter Niessen

**Age:** 41 **Age Group:** M 40-44  
**Occupation:** Business Development / Marketing  
**Hails From:** Boston, Ma (aka Red Sox Nation)  
**Bike Brand & Make:** Aegis T2  
**Bike Color / Description:** Black / Grey  
**Helmet Color:** Silver  
**My distinguishing features:** Yellow shoes (run)  
**Why the Ironman?:** To finish some leftover business from IMLP 2009

**Words to the people:** Thanks to the TL 2009 and 2010 teams, Coaches Ross, Scott, and Earl, as well as all the ACs who have given so much. Big props to the crazies from TNT and T2B who have cheered and motivated me since the beginning in 2005, and last thanks to the whole Niessen clan, whose continued support and encouragement has been the icing on the cake.



### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:00:00	8:28 AM	11:28 AM	2:28 PM
Transition 2	0:05:00	2:28 PM		2:33 PM
Run	4:00:00	2:33 PM	4:33 PM	6:33 PM
<b>Finish</b>	<b>11:33:00</b>			<b>6:33:00 PM</b>

# Ross Prussin

**Age:** 32 **Age Group:** M 30-34  
**Occupation:** Equity Derivatives Sales Trader  
**Hails From:** Alpine, NJ / Boca Raton, Florida  
**Bike Brand & Make:** Kuota Kalibur  
**Bike Color / Description:** Black with White Lettering and Zipp 404 Racewheels  
**Helmet Color:** Silver—matches my hair color  
**My distinguishing features:** Silver Streak, “George Clooney” like Gray Hair that has slowly consumed most of my head.....Also a constipated look on my face when I am running which is hopefully NOT the case  
**Why the Ironman?:** Because I thrive on the challenge of accomplishing different athletic goals and this to me is the pinnacle. I knew if I never tried, it would always leave me wondering if I could. Ulti-

mately, I think this is a question that is best asked and best answered when I cross that finish line.  
**Words to the people:** “If I can’t win, I am going to play like I can’t lose”—Jason Myles Goss—Thank you to the coaches for providing me the tools to get to this day, My teammates for providing great company, friendship, and inspiration over the past 9 months, My family and friends for their support throughout the past 9 months (I promise you will start hearing from me more often now), and most of all to my wife, Jen, who without her patience, support, love, and understanding; this day would have never been possible. This race is dedicated to Bobbe Rudolph, Ruth Prussin, and Norman Weinger who I know are watching me from a more peaceful place.



### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:15:00	8:28 AM	11:35 AM	2:43 PM
Transition 2	0:06:00	2:43 PM		2:49 PM
Run	4:00:00	2:49 PM	4:49 PM	6:49 PM
<b>Finish</b>	<b>11:49:00</b>			<b>6:49:00 PM</b>

**POWER CHEER:**  
**JUST A CITY BOY, BORN AND RAISED IN SOUTH DETROIT, YOU TOOK THE MIDNIGHT TRAIN GOING ANYWHERE... "DON'T STOP BELIEVIN'"**



## Ryan Ricci

**Age:** 29 **Age Group:** M25-29

**Occupation:** Being Radical and making it do what it do.

**Hails From:** Westchester, NY

**Bike Brand & Make:** Cervelo P2C

**Bike Color / Description:** Red and Grey, "Back Off" Yosemite Sam mud flaps on rear wheel. Old school.

**Helmet Color:** Black

**My distinguishing features:** Cheese and Ketchup stains on all articles of clothing, long chicken legs, angelic whistling vibrato and a slight resemblance to LeBron James.

**Why the Ironman?:** I bruise like a Peach, suffer from IBS and have zero patience. This race is suited for me.

**Words to the people:** There is a strong chance

that some of you may hear me utter some less than pleasant remarks generally directed at myself. I assure you, I am not psychotic nor do I think that you are a worthless pile of pig sh\*t, I just have a very low tolerance for pain and chose to verbally assault myself until the finish line. If I don't smile back at you, it probably means you owe me money. If I do smile back at you, tell the ambulance driver my blood type. Also, thanks for coming up here. I have never really needed support like this before and without you guys I just can't do it. To my personal coaching staff (Tom, Jay and Brian), it was worth the pain, thanks for believing in me. To my friends, PLEASE be drunk the whole race and enjoy yourselves. To my family, same advice, but try not to worry too much. I love you all and hope to see you on the course race day.

**POWER CHEER:**  
**RUN, THERE IS A F@#\*ING**  
**BEAR BEHIND YOU!...**  
**CHEESEBURGER,**  
**CHEESEBURGER,**  
**CHEESEBURGER,**  
**CHEESEBURGER..**

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:10:00	7:00 AM	7:35 AM	8:10 AM
Transition 1	0:10:00	8:10 AM		8:20 AM
Bike	6:09:00	8:20 AM	11:24 AM	2:29 PM
Transition 2	0:05:00	2:29 PM		2:34 PM
Run	4:28:00	2:34 PM	4:48 PM	7:02 PM
<b>Finish</b>	<b>12:02:00</b>			<b>7:02:00 PM</b>



# Amy Rosen "Aim"

**Age:** 36 **Age group:** W35-39

**Occupation:** TV Producer

**Hails From:** Cherry Hill, NJ

**Bike Brand & Make:** Specialized Dolce Elite

**Bike Color / Description:** White with some pink accents and black Aero bars

**Helmet Color:** Silver

**My distinguishing features:** I am one of the few ladies on the team that wears longer "shorts" that generally reach my knee.

**Why the Ironman?:** I have never been an athlete. Granted, I grew up playing sports here and there, and I've "worked out" most of my life. But I wanted to take on more of a challenge and train for something. After I got introduced to triathlon and after doing one and continuing to train, I knew I wanted to keep going. And I saw the Ironman as the ultimate challenge. And as

my 35th birthday drew closer, I thought it would be a great milestone at this time in my life. For some the "mid-life crisis" includes a sports car, but I see this as my "mid-life clarity." I've never felt younger and more full of life.

**Words to the people:** As someone who couldn't really swim until 2008 and had never been on a road bike and well, was never a strong runner... The sport of triathlon and training with Trilife for the Ironman has shown me that anything is possible. That's the beauty of this sport, it has something for everyone and enables each person, in their own way to take the journey. And in the end, no matter what the goal, whether it's a certain time for some or to simply cross the finish line for others (including me); in the end we are all going to be an Ironman. And it's an experience I will forever treasure.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	2:00:00	7:00 AM	8:00 AM	9:00 AM
Transition 1	0:05:00	9:00 AM		9:05 AM
Bike	7:30:00	9:05 AM	12:50 PM	4:35 PM
Transition 2	0:05:00	4:35 PM		4:40 PM
Run	5:30:00	4:40 PM	7:25 PM	10:10 PM
<b>Finish</b>	<b>15:10:00</b>			<b>10:10:00 PM</b>



**POWER CHEER:**  
**FOCUS, PICK-UP YOUR FEET...**  
**1-2-3-4, 1-2-3-4... JUST KEEP**  
**MOVING FORWARD...**  
**(IN RUSSIAN ACCENT)**

# Gil Schorr

**Age:** 37 **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?:** As opposed to my first go around, this time I'd like to experience an Ironman in the sunshine!

**Words to the people:** Thank you to my wife Sari and my entire family for their endless patience and understanding!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	6:45:00	8:18 AM	11:40 AM	3:03 PM
Transition 2	0:06:00	3:03 PM		3:09 PM
Run	4:15:00	3:09 PM	5:16 PM	7:24 PM
<b>Finish</b>	<b>12:24:00</b>			<b>7:24:00 PM</b>





## Jonscott Turco

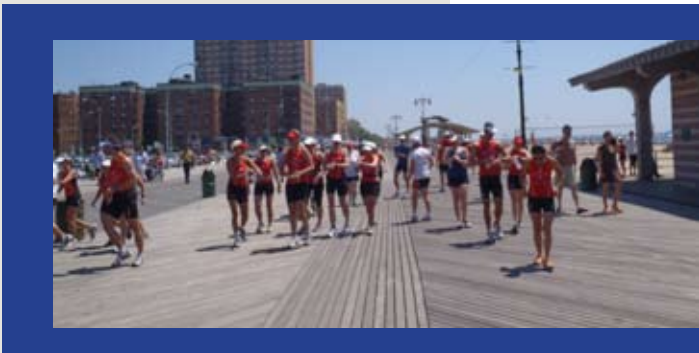
**Age:** 40 **Age Group:** M40-44 Clydesdale  
**Occupation:** Consultant/Counseling Psychologist  
**Hails From:** Staten Island, NY now White Plains, NY  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** Black/Silver/White  
**Helmet Color:** Red/Black/White  
**My distinguishing features:** My tiny frame and gaunt overall appearance.  
**Why the Ironman?:** I have come to believe life presents us with opportunities to challenge ourselves everyday and see what we are made of. When it comes to Ironman, that challenge is multiplied countless times and accepting the challenge, following the path, and overcoming all obstacles defines who we are as a person. When deliberating, then corecing some teammates, and finally seeing a consensus build among teammates from last year, I saw this amazing journey unfolding. This journey, I hoped, would be a lesson in people from all walks of life who would have otherwise likely not met, growing close and supporting one another to address personal and shared challenges and achieve personal and collective victories. This has proven to be more than I could have imagined and I am grateful. IRONMAN to me is, quite simply, one of life's truest tests of fortitude, commitment, and relentless forward progress. In the end, to me, it's

simply a metaphor for my own life.  
**Words to the people:** Special thanks to my children JP and Samantha for supporting this goal and understanding Dad's crazy schedule and sacrifices over this past year. I love you both more than words and I hope the time I have spent this past year, as I pursued this goal, reinforces the words I've said to you throughout your lives...“Rise Above”. There are no limits except those we put on ourselves and although we may be down at times-each day is a chance to dust ourselves off, get back up, and rise above whatever challenges lay in our path. To Michele, thank you for always being there for me throughout this journey. Without you, your kindness and encouragement, I am certain I wouldn't even be here at the starting line about to take on this challenge and I will forever be grateful. To my family and friends, thank you for your patience during my year of perpetual motion and unavailability. I look forward to seeing you again soon. To my remarkable Coaches, ACs, and Teammates/Friends—thank you just doesn't cut it. The patience, laughs, encouragement, and wisdom shared are lessons I will take with me through my life moving forward and they're priceless. This has really been all about the journey and I am blessed and honored to have been on this ride with all of you.

**POWER CHEER:**  
**JUST GIVE ME SOME COWBELL... IF YOU SAY MY NAME, I'M LIKELY TO STOP AND CHAT AND I DON'T HAVE THAT KIND OF TIME... :)**

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:30:00	7:00 AM	7:45 AM	8:30 AM
Transition 1	0:12:00	8:30 AM		8:42 AM
Bike	7:15:00	8:42 AM	12:19 PM	3:57 PM
Transition 2	0:05:00	3:57 PM		4:02 PM
Run	5:55:00	4:02 PM	6:59 PM	9:57 PM
<b>Finish</b>	<b>14:57:00</b>			<b>9:57:00 PM</b>





# Tim Walton

**Age:** 37 **Age Group:** M35-39

**Occupation:** Finance

**Hails From:** Brighton, UK

**Bike Brand & Make:** Cervelo P2C

**Bike Color / Description:** Blue with Aero

Wheels. Probably dirty

**Helmet Color:** Grey, Pointy

**My distinguishing features:** My enthusiastic running in hot, humid conditions. Possible water bottle wedged in the back of my tri-shorts(!)

**Why the Ironman?:** In the words of Mallory (and PK by the looks of it)—“because it’s there”. It defies logic and it’s a hell of a lot cheaper than

spending the winter skiing. A great warm up for my first Marathon.

**Words to the people:** Thanks to the coaches for assembling a group of like-minded and slightly mad individuals, and thanks to the rest of the team for being like-minded and slightly mad. It just would not be the same without everyone else. Special thanks too for anyone who joined one of my bike rides, though I can’t help thinking that some of you got off a bit too lightly, and a glass (of EFS?) raised to John for his many words of wisdom. Finally to CC (no, not that CC!) who put up with the latest piece of nonsense I found to entertain myself.



## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:08:00	7:00 AM	7:34 AM	8:08 AM
Transition 1	0:04:00	8:08 AM		8:12 AM
Bike	5:45:00	8:12 AM	11:04 AM	1:57 PM
Transition 2	0:03:00	1:57 PM		2:00 PM
Run	4:00:00	2:00 PM	4:00 PM	6:00 PM
<b>Finish</b>	<b>11:00:00</b>			<b>6:00:00 PM</b>

## POWER CHEER:

**EVERY SO OFTEN, IT IS NECESSARY TO RUIN A PERFECTLY GOOD BIKE RIDE... IT'S CHARACTER BUILDING... IT COULD BE NEBO... PWR— PETRUS WITH ROQUEFORT?**





**POWER CHEER:**  
**FOCUS!! (IN RUSSIAN ACCENT)...**  
**YOU CAN DO THIS!...LOOKING**  
**GOOD!...QUICK FEET,**  
**QUICK FEET, QUICK FEET!...**  
**LOVE THE HILLS—YOU'RE A**  
**CLIMBER BABY!**

## Katy White

**Age:** 33 **Age Group:** F30-34  
**Occupation:** Finance admin (temporary hiatus from prison)  
**Hails From:** 12 states, cheesehead by birth  
**Bike Brand & Make:** Cervelo P2C  
**Bike Color / Description:** Black and gray, VERY fast  
**Helmet Color:** Red  
**My distinguishing features:** Cannot miss the construction zone across my front teeth when I smile, which is often  
**Why the Ironman?:** Seems like the ultimate test of what a body can do and I love a challenge. Also, watching last year's race gave me goose bumps.  
**Words to the people:** Thanks to the coaches for pushing me, antagonizing me, encouraging me, doing anything and everything they could to make me a stronger, better athlete. I loved every minute of it! Extra special thanks for talking me down Ash hill and for all your patience while I lost (most of) my fear on the

bike. Thank you to Shereen and everyone at Professional PT for keeping me going—couldn't have made it without you! Lifers—I LOVE you!! Training with you is so inspiring and so much fun! Couldn't ask for a better group of people, and wouldn't have shown up most days if it weren't for you. Pretty Posse—didn't think I'd have a running buddy at my pace, and then there were 5 of you lovely ladies out there making me pee my pants. xoxo Team Trouble—still remember driving somewhere (wearing red and toting bikes of course) and thinking "I don't know where these crazies came from, but they're my new best friends! Mom, Dad, Kristin, James, Kara, Jordan, Ron and Becca—thanks so much for schlepping all the way up here, and for all your support over the last 10 months. I know I became uni-dimensional, and it means the world to me to be able to share this day with you. Love you guys! Rich—you're the best sherpa a gal could ask for. Thank you, and lots of love!

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	7:30:00	8:20 AM	12:05 PM	3:50 PM
Transition 2	0:05:00	3:50 PM		3:55 PM
Run	5:00:00	3:55 PM	6:25 PM	8:55 PM
<b>Finish</b>	<b>13:55:00</b>			<b>8:55:00 PM</b>



# Megan Wiseman

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

**Occupation:** Brand Director—Home Fashion

**Hails From:** Leesburg, VA...good ole country girl

**Bike Brand & Make:** SCOTT Plasma 2 (“The Iron Scotty”)

**Bike Color / Description:** Black w/ White & Red

**Helmet Color:** Black w/ White & Red (color coordinates perfect with my bike!)...girly yes, but very important.

**My distinguishing features:** Big pearly whites...I either have a big smile on my face or a mischievous grin. Hard to tell the difference sometimes, but the important thing is to never show weakness to your opponent.

**Why the Ironman?:** Bring on the early mornings, long weekend training sessions, and commitment it takes to become a better endurance athlete and reach new goals...I’m always up for a challenge!

**Words to the people:** Coaches: For the first time

I feel like I am racing to my potential. Any triathlete that crosses your paths is a better athlete. Nina thank you for removing my small chain ring...Ross, I now hear your voice in my sleep: 1-2-3-4, tuck in your hips, relax your shoulders... and I thank you for this. Fellow Sparkly’s: Go get’m! You’ve worked your ass off to stay one step ahead of me! GCTri Folks: You guys f@cking rock! Shout out to Big Willy, Gracie, Mr. President, and my Fruity JD...thank you for climbing any hill with me and running any distance. I also want to remind you I won the green jersey June 15, 2010 taking down 6 of GCTri’s finest :). Get ready to train hard in 2011! Mom & Dad: Yes, another Ironman. No, I’m not stopping anytime soon. Thank you for always being there for me. Your energy and support keeps me going strong. I love you guys. Josh: Means a lot to me you made the trip. Guinness will be served post-race.



**POWER CHEER:**  
**LOOKIN’ STRONG... STAY FOCUSED... TAKE HER DOWN WISEMAN!**

## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:03:00	7:00 AM	7:31 AM	8:03 AM
Transition 1	0:05:00	8:03 AM		8:08 AM
Bike	6:05:00	8:08 AM	11:10 AM	2:13 PM
Transition 2	0:02:00	2:13 PM		2:15 PM
Run	3:33:00	2:15 PM	4:01 PM	5:48 PM
<b>Finish</b>	<b>10:48:00</b>			<b>5:48:00 PM</b>





**POWER CHEER:**  
**BE STRONG MANDY WONG!...**  
**GET TO THE RUN AND GET 'ER**  
**DONE!...GOOO IRONMANDY!**

## Mandy "F" Wong

**Age:** 34 **Age Group:** F30-34

**Occupation:** Currently a lady of leisure, but normally Advertising

**Hails From:** Potomac, MD, then Richmond, VA, but considers myself a New Yorker

**Bike Brand & Make:** Quintana Roo Seduza

**Bike Color / Description:** Black, Red, Silver. "Kiddie" sized.

**Helmet Color:** White with little white flower designs to match my pearl earrings, 'cause I'm a girly girl

**My distinguishing features:** Big heart, big smile, little shorts. And I'm Asian. Not to be confused with Jan, Grace or half of Colleen. And yes, I will be wearing make-up. It's how I roll. Leave it be.

**Why the Ironman?:** Ironman is one of the biggest challenges I've ever been faced with, and I hope to prove that there is nothing in life that I cannot handle. Nothing. Additionally, many years ago, my Ironman Big Brother said "Let's go for a run. How about 10 miles?" And I thought it was ridiculous. Why would ANYONE want to run 10 miles? And here I am! (FYI—Growing up, I was never an athlete unless you consider cheerleading or show choir athletic).

**Words to the people:** Heartfelt love & thanks to the wonderful Coaches & AC's who pushed me to my limits, and then some. To Scott, who

taught me how to run with dignity & do some crazy pigeon stretch while on the bike (why did it take me 5 years to realize you were Canadian). To Earl, who taught me "I...love...to...swim" (apparently so much so that I've been in the Hudson more times that I can count) and, that when I focus, WOW, what a difference it makes. :) And to The Russian, who made me laugh through my tears, made fun of my shorts, and taught me "Sometimes you gotta say F\*\*\*!" To my amazing teammates, thanks for your encouragement & support. I'm so proud to be in your company. To the Infirmary Club on 86th Street & the Mom-van Carpoolers, I couldn't have done this without you gals. And to my loving friends & fam, thanks for listening to me talk about IMLP ad nauseam. To my brother, for introducing me to the crazy world of triathlon: I'm not gonna beat your bike time, but the run...hmmmm. Ok, who am I kidding? The run's gonna be a sh\*tshow too. And to my sisters, thank you for picking me up every time I fall & for fixing my d-bag radar. And to my 'rents—thanks for coming over from the Motherland and giving me a better life so that I can now spend all my money on triathlon. I'm racing IMLP in honor of my mom, Florette: cancer survivor, inspiration, & petite powerhouse. I get all my strength from you.

### Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
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	8:00:00	8:40 AM	12:40 PM	4:40 PM
Transition 2	0:09:00	4:40 PM		4:49 PM
Run	4:45:00	4:49 PM	7:11 PM	9:34 PM
<b>Finish</b>	<b>14:34:00</b>			<b>9:34:00 PM</b>



# Saul Zion

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

**Occupation:** Physical Therapist

**Hails From:** New York, NY

**Bike Brand & Make:** Felt B2

**Bike Color / Description:** White and black

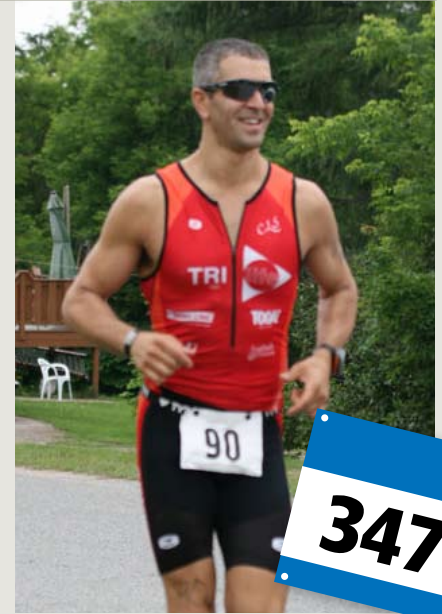
**Helmet Color:** Blue

**My distinguishing features:** Big dark sunglasses, hopefully a smile on my face, if it's sunny wearing a visor

**Why the Ironman?:** It was the only way I could get on Sharon's calendar this year.

**Words to the people:** I would like to thank Scott, Ross and the ACs for introducing me to triathlon training and technique and for all of your support this past year. I would also like to thank my teammates for pushing me to work harder

during practices and races. This has been an amazing FIRST triathlon season for me! I will always cherish the relationships that came out of this season. Have to say thanks to my family and friends for being so patient with my sudden hectic schedule and change in lifestyle. And of course to Sharon. Thank you too for making all of my bottles, without you I would have bonked at every practice. Thank you for being so patient with me and teaching me all of the ins and outs of this new world you threw me into. We went into this unsure of how we would come out and now that we've arrived on the other side, it's hard to imagine my life without you. Love you forever. Hope I have a good view of you crossing the finish line (from the other side).



## Estimated Times

	Duration	Segment Start	End of Loop 1	End of Loop 2
Swim	1:20:00	7:00 AM	7:40 AM	8:20 AM
Transition 1	0:10:00	8:20 AM		8:30 AM
Bike	6:15:00	8:30 AM	11:37 AM	2:45 PM
Transition 2	0:07:00	2:45 PM		2:52 PM
Run	4:30:00	2:52 PM	5:07 PM	7:22 PM
<b>Finish</b>	<b>12:22:00</b>			<b>7:22:00 PM</b>

## POWER CHEER:

**KEEP MOVING!... RELAX YOUR SHOULDERS... RELAX!... RING THE COWBELL OR ANY CHEERING AND/OR SINGING WILL HELP!!**



# 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,

## CELEBRATING LIFE IN THE FACE OF DEATH

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



**T**wo 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

she died much too early at the age of 33. You'll notice that Tri-life 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 following article, published a few weeks after Cindy's death, epitomizes the spirit of the Iron-man athlete.

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](mailto: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](http://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

IronTeam 2004	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
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

RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
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

IronTeam 2005	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
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				11:37:00
Farrell, Michael	IMLP	*	405	395	11:38:17
Faucher, Nicole	IMLP		*Did not start		
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



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
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
	1:33:04	5:00	5:56:00	3:00	4:00:00
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





IronTeam 2005	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
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



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
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
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		*Did not start		
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



IronTeam 2006	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
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



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
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

IronTeam 2007	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
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



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
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





IronTeam 2008	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Axt, Iwan	IMLP		1194	640	11:48:10
Ball, Dennis	IMLP		331	100	10:19:08
Betsold, Amanda	IMLP	*	1991	790	12:08:09
Bowes, Kristen	IMLP		2106	420	11:22:13
Carpenter, Constance	IMLP		2503	2118	16:20:28
Clark, Philip	IMLP	*	186	772	12:04:51
Conlon, Michael	IMLP		659	740	11:59:48
Countryman, Suzanne	IMLP		2234	1044	12:42:14
Caputo, John	IMLP	*	527	1275	13:13:47
DeGuia, Emilio	IMLP	*	523	1458	13:41:33
Dreager, Deanne	IMLP	*	2317	1574	13:59:58
Gindi, Alyson	IMLP	*	2186	631	11:47:06
Hehre, Courtney	IMLP	*	2063	1137	12:54:29
Hewett, Lynne	IMLP	*	2398	928	12:25:29
Hidalgo, Erica	IMLP	*	1977	1055	12:43:49
Jongeneel, Lori	IMLP	*	2185	1508	13:50:28



Photo: L. Bob Cowin



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
M40-45	1:09:30	0:09:01	6:13:37	0:05:56	4:10:06
M30-34	1:03:04	0:06:36	5:38:14	0:03:21	3:27:53
W25-29	1:01:26	0:05:59	6:26:09	0:04:08	4:30:27
W30-34	1:13:31	0:07:03	6:11:29	0:02:45	3:47:25
W45-49	1:39:07	0:10:23	7:55:16	0:06:24	6:29:18
M25-29	1:06:37	0:08:08	5:54:56	0:06:24	4:48:46
M35-39	1:10:48	0:09:23	6:11:57	0:05:25	4:22:15
W35-39	1:06:37	0:05:05	5:57:14	0:03:32	5:29:46
M30-34	1:09:40	0:09:41	6:51:22	0:08:13	4:54:52
M35-39	1:09:49	0:09:19	6:33:37	0:07:10	5:41:38
W40-44	1:14:36	0:09:46	7:19:14	0:09:44	5:06:38
W35-39	1:12:40	0:09:01	6:17:14	0:03:45	4:04:26
W30-34	1:11:46	0:09:17	6:05:59	0:04:12	5:23:15
W40-44	1:13:34	0:07:33	6:13:33	0:04:05	4:46:44
W25-29	1:09:37	0:07:45	6:46:35	0:05:24	4:34:28
W35-39	1:12:45	0:08:45	6:42:08	0:08:23	5:38:27

IronTeam 2008	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Kirakofe, Phillip	IMLP		593	586	11:42:15
Kutler, Allyson	IMLP	*	2188	669	11:51:31
Lo, Cynthia	IMLP	*	2013	1385	13:29:28
Maxfield, James	IMLP		255	412	11:21:21
Louw, Gerry	IMLP	*	1440	1379	13:28:08
McClellan, Wendy-Lynn	IMLP	*	282	1183	13:44:35
Miller, Nathan	IMLP		289	756	12:02:27
Morgan, Katie	IMLP	*	2081	666	11:51:12
Myers, Susan	IMLP	*	2158	714	11:55:55
Schorr, Gil	IMLP	*	594	1182	12:59:17
Stone, Keri	IMLP		2064	857	12:17:10
Strobridge, Parks	IMLP	*	596	481	11:29:05
Weiss, Bill	IMLP	*	474	917	12:24:01
Maloy, Heather	IMLP	*	2062	1180	12:59:09
Williams, Anne	IMLP	*	1978	875	12:19:12
Lake, Jaqueline	IM Zurich	*	1418	1633	13:35:52



Photo, R. Bob Cowin

RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
M35-39	1:14:18	0:08:27	5:47:04	0:02:43	4:29:43
W35-39	1:15:35	0:10:35	6:20:35	0:05:17	3:59:29
W25-29	1:29:21	0:12:35	6:46:53	0:06:07	4:54:32
M25-29	1:10:03	0:09:11	5:58:15	0:08:17	3:55:35
M45-49	1:20:18	0:09:55	6:37:25	0:05:01	5:15:29
W35-39	1:11:51	0:08:19	7:01:16	0:03:14	5:19:55
M30-34	1:22:05	0:07:25	6:18:42	0:02:55	4:11:20
W30-34	1:09:21	0:08:00	6:19:11	0:04:21	4:10:19
W30-34	1:08:06	0:08:35	6:01:53	0:06:15	4:31:06
M35-39	1:08:18	0:15:11	6:55:01	0:08:19	4:32:28
W30-34	1:09:41	0:09:47	6:39:32	0:04:42	4:13:28
M35-39	1:13:21	0:07:33	6:03:44	0:04:13	4:00:14
M30-35	1:20:22	0:09:59	6:15:43	0:05:22	4:32:35
W30-34	1:10:47	0:09:38	6:59:49	0:04:01	4:34:54
W25-29	1:07:29	0:06:43	6:33:47	0:05:02	4:26:11
W40-44	1:30:24	0:10:26	7:02:18	0:08:59	4:43:45



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IronTeam 2009	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Attwell, Bec	IMLP	*	2010	1768	15:11:42
Betsold, Amanda	IMLP		1990	587	12:02:53
Brill, Phil	IMLP	*	85	490	11:50:21
Burlile, Amanda	IMLP	*	2023	1352	13:48:44
Cannata, Melissa	IMLP	*	1947	978	12:56:56
Cholerton-Brown, Natasha	IMLP	*	2165	DNF	DNF
Cotrel, James	IMLP	*	376	500	11:51:15
Deluca, John	IMLP	*	1061	438	11:45:03
Deneve, Aleandra	IMLP		2255	913	12:48:19
Galati, Lenny	IMLP	*	826	707	12:21:54
Hoffman, Kaley	IMLP	*	2055	1363	13:51:02
Kirshner, Josh	IMLP	*	338	1132	13:18:37
Kum, Jan	IMLP	*	2122	1374	13:53:14
Lake, Jaqueline	IMLP		2371	597	12:01:10
Lazarus, David	IMLP	*	291	896	12:46:34
Louw, Gerry	IMLP		1409	1376	13:53:29



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
W30-34	1:17:48	0:07:38	7:19:45	0:04:54	6:21:37
W25-29	1:01:27	0:05:14	6:22:19	0:03:46	4:30:07
M25-29	1:19:37	0:06:42	6:16:40	0:03:55	4:03:27
W30-34	1:14:27	0:08:23	7:31:56	0:06:43	4:47:15
W25-29	1:09:50	0:07:14	6:50:36	0:03:57	4:45:19
W35-39	1:12:26	0:08:10	0:00:00	0:00:00	0:00:00
M30-34	1:15:24	0:08:32	6:18:40	0:04:32	4:04:07
M40-44	1:15:04	0:07:55	6:23:24	0:06:16	3:52:24
W40-44	1:08:57	0:05:58	7:01:27	0:03:57	4:28:00
M40-44	1:22:24	0:09:43	6:14:28	0:04:30	4:30:49
W30-34	1:15:08	0:09:41	6:52:19	0:07:41	5:26:13
M30-34	1:20:01	0:08:47	6:44:55	0:07:43	4:57:11
W35-39	1:31:56	0:10:23	7:44:29	0:06:39	4:19:47
W40-44	1:18:16	0:09:17	6:16:37	0:04:47	4:12:13
M430-34	1:10:55	0:07:08	6:41:07	0:05:03	4:42:21
M45-49	1:21:32	0:10:06	6:41:58	0:06:30	5:33:23

IronTeam 2009	Race	First IM	BIB NUMBER	OVERALL PLACE	TOTAL TIME
Lo, Cynthia	IMLP		2017	805	12:34:04
McPhee, Jamie	IMLP		2068	1840	15:36:56
Miller, Nathan	IMLP		314	1493	14:10:16
Motz, Craig	IMLP	*	211	692	12:20:37
Ngwube, Emeka	IMLP		1078	840	12:37:03
Niessen, Peter	IMLP		896	695	12:20:48
O'Rourke, Chris	IMLP	*	898	838	12:36:56
Rouse, Kristine	IMLP	*	2016	1869	15:43:47
Schlein, Ariel	IMLP	*	393	517	11:53:19
Scuglik, Jarrod	IMLP	*	161	445	11:45:44
Simic, Nikola	IMLP	*	197	245	11:07:13
Tuttle, Cristine	IMLP	*	2284	1494	14:10:25
Weiss, Bill	IMLP		464	316	11:22:36
Ressureccion, Mae	IM Switzerland		1351	1167	11:47:34



RACE DIVISION	SWIM TIME	T1	BIKE TIME	T2	RUN TIME
W30-34	1:28:30	0:07:55	6:29:55	0:04:26	4:23:18
W30-34	1:14:57	0:08:59	7:46:59	0:12:22	6:13:39
M30-34	1:25:50	0:05:58	7:04:31	0:03:44	5:30:13
M25-29	1:09:02	0:07:23	6:26:58	0:05:26	4:31:48
M40-44	1:19:19	0:12:15	6:33:31	0:06:45	4:25:13
M40-44	1:24:03	0:10:42	6:13:32	0:08:40	4:23:51
M40-44	1:23:47	0:09:30	6:28:36	0:07:33	4:27:30
W30-34	1:33:44	0:10:39	8:03:30	0:07:02	5:48:52
M30-34	1:21:36	0:06:51	6:11:56	0:02:33	4:10:23
M25-29	1:08:48	0:04:45	5:52:11	0:02:32	4:37:28
M25-29	1:11:15	0:06:10	5:44:30	0:02:33	4:02:45
W40-44	1:17:43	0:16:11	8:11:50	0:10:50	4:13:51
M30-34	1:14:48	0:07:07	5:57:22	0:02:59	4:00:20
W40-44	1:22:40	0:02:59	6:17:47	0:02:06	4:02:02



