

The final race of the 2014 practice triathlon series attracted 18 competitors. We once again had perfect weather, giving us 3 for 3 in sharp contrast to last year's 0 for 4 in the weather department. Per Tonn returned after taking the 2nd tri off to win in just his 2nd triathlon. Danielle Lacavalla improved each week winning the women's race in 56:43. A great contingent of spectators, with kids cheering their parents from the water, made the race and picnic fun. Heath Jackman, Danielle Lacavalla, Becky Diedrich, and Dana Hutchinson completed all 3 tri's this year. Several first time triathletes and a few returning to tri after a long hiatus competed well.

Thank you to the many people brought delicious salads and desserts to add to the cookout. The team of volunteers was extremely helpful this year. Marsha Bancroft and John Martin came every week to help and Dot Martin, Dot Helling, and Eric Ryea helped twice. Special thanks to Natalie Cary who saved me from a late night on the run course by cleaning the course of markers on her way back from the run turnaround as she made her way back to the picnic. Everyone finally stayed on course for the run in this final episode. Thanks again to the Montpelier Rec Dept for use of the pool and lifeguards. It was a fun venue, and we were very lucky with the Mountaineers schedule. I am excited that we will return to Elmore for the perfect new pavement in 2015!

Montpelier/Elmore Practice Triathlon Series #8
07/24/14
Montpelier Pool & Recreation Area

Place	Place in Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	BIKE Cum Time	RUN Time	FINAL Time
1	1/2	16	Per Tonn	34	M	5:39	27:08	32:47	17:51	50:38
2	1/2	22	Dan Miller Arsenault	46	M	5:46	28:44	34:30	18:15	52:45
3	2/2	7	Roy Belcher	32	M	4:26	30:41	35:07	20:15	55:22
4	1/2	8	Danielle Lacavalla	27	F	5:50	31:44	37:34	19:09	56:43
5	2/2	11	Heath Jackman	41	M	5:29	30:26	35:55	20:56	56:51
6	1/5	17	Kathleen Bryant	41	F	4:49	33:16	38:05	20:20	58:25
7	1/2	25	Don Harrington	52	M	4:56	32:30	37:26	22:13	59:39
8	2/5	26	Sandy Colvin	46	F	7:30	33:45	41:15	19:01	1:00:16
9	2/2	18	Mack Gardner-Morse	53	M	8:10	34:27	42:37	18:32	1:01:09
10	3/5	19	Heidi Higgins Cutler	48	F	5:49	34:06	39:55	21:22	1:01:17
11	4/5	21	Jen Miller Arsenault	44	F	6:54	35:12	42:06	19:32	1:01:38
12	2/2	20	Heather Cutler	25	F	5:18	36:19	41:37	23:11	1:04:48
13	1/3	1	Becky Diedrich	50	F	7:56	37:34	45:30	22:25	1:07:55
14	2/3	3	Joy Cary	58	F	8:00	35:06	43:06	25:37	1:08:43
15	5/5	4	Kathy Town	46	F	8:59	37:28	46:27	23:18	1:09:45
16	1/1	27	Amy Jackman	35	F	5:39	42:45	48:24	21:27	1:09:51
17	1/1	28	Nicole Cutler	15	F	5:23	43:23	48:46	22:21	1:11:07
18	3/3	6	Dana Hutchinson	52	F	7:52	38:33	46:25	26:07	1:12:32

