

We got our 2<sup>nd</sup> nice weather Thursday this year. Can we get the 3<sup>rd</sup> in 2 weeks? I hope so, because it will be important for the cookout/picnic after the race. Everyone including your spectator(s) is invited to the free picnic!  
 This week Thorin Markison performed a first—He won and he did it without wearing shoes on either the bike or the run after his shoelace broke in T1. As your race director and physical therapist, I do not recommend trying it. Erin Preston was first for women. 21 participants with 2 first time triathletes enjoyed the excellent conditions. Thank you very much to Dot and John Martin for volunteering.

11th Annual Elmore Practice Triathlon Series  
 06/22/17

Place	Place in Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	BIKE Cum Time	RUN Time	FINAL Time
1	1/4	25	Thorin Markison	34	M	8:57	28:01	36:58	16:12	53:10
2	1/1	6	Ben Ellingson	46	M	6:59	30:20	37:19	17:55	55:14
3	1/2	5	Benjamin Kidder	26	M	11:13	27:23	38:36	17:34	56:10
4	1/2	20	Erin Preston	42	F	7:22	30:46	38:08	19:19	57:27
5	1/2	3	Alice McCormick	32	F	7:35	33:27	41:02	19:20	1:00:22
6	2/2	23	Erin Fisher	31	F	7:41	36:05	43:46	17:00	1:00:46
7	1/2	24	John Valentine	68	M	9:40	31:52	41:32	19:28	1:01:00
8	1/1	22	Paul Menichelli	56	M	8:45	32:50	41:35	19:33	1:01:08
9	1/1	26	Marianne Wolz	24	F	9:22	33:49	43:11	19:22	1:02:33
10	2/4	15	Ben Linder	31	M	7:55	34:28	42:23	20:52	1:03:15
11	1/4	19	Meredith Naughton	28	F	9:30	32:36	42:06	21:16	1:03:22
12	3/4	4	Al Hermsen	33	M	7:36	35:32	43:08	20:44	1:03:52
13	2/4	17	Heidi Robbins	28	F	8:21	35:57	44:18	19:53	1:04:11
14	1/2	1	Mary Nealon	56	F	7:50	37:59	45:49	21:24	1:07:13
15	2/2	21	David Johns	65	M	8:55	34:06	43:01	24:40	1:07:41
16	2/2	18	Prem Linskey	28	M	9:42	40:52	50:34	19:05	1:09:39
17	3/4	7	Anna Berg	26	F	10:55	41:37	52:32	24:03	1:16:35
18	2/2	12	Susan Hutchinson	51	F	10:14	40:59	51:13	25:31	1:16:44
19	4/4	2	John Bonneville	34	M	7:38	38:40	46:18	33:27	1:19:45
20	4/4	16	Dana Marchitelli	28	F	9:57	52:00	1:01:57	26:10	1:28:07
AQUABIKE										
1	2/2	10	Tina Heck	46	F	7:51	35:04	42:55		

