

The 2019 Elmore Triathlon Series wrapped up with beautiful 75 degree weather and warm water on July 18 with 8 specialty pizzas from Fire Tower Pizza from the local Elmore Store. 28 triathletes including several first-timers and ages ranging from 13-70 completed the course in good time. The swim ended up about 30-45 seconds long due to some kids moving the Shamu buoy, compared to a slightly short course at the prior event. It's hard to get the swim course exactly right! Mike Clark repeated as winner and Meredith Naughton improved her time to move from 2<sup>nd</sup> to 1<sup>st</sup> place. I hope to see everyone next year when we'll aim for good weather at all 3 events. Many thanks to volunteers John Martin, Dot Martin and Eric Ryea and very special thanks to Rebecca Ryan who took amazing photos. Check them out here! <https://photos.app.goo.gl/wuDksgdFLwxDzigm6>

### 13th Annual Elmore Practice Triathlon Series 07/18/19

Place	Place in Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	BIKE Cum Time	RUN Time	FINAL Time
1	1/4	18	Michael Clark	25	M	8:12	30:04	38:16	18:15	56:31
2	2/4	23	Patrick Cafferky	29	M	7:50	30:10	38:00	20:06	58:06
3	3/4	15	Benjamin Kidder	28	M	12:40	27:38	40:18	18:11	58:29
4	1/1	25	Meredith Naughton	30	F	8:54	32:39	41:33	19:42	1:01:15
5	1/1	38	Maggie McGee	15	F	9:45	33:57	43:42	19:03	1:02:45
6	1/5	34	Melissa Snow	41	F	9:24	34:43	44:07	20:19	1:04:26
7	1/2	13	Mark Gunkel	52	M	9:00	32:58	41:58	22:54	1:04:52
8	1/1	22	Kate Barash-Engel	35	F	10:55	33:15	44:10	20:44	1:04:54
9	1/2	30	Al Hermsen	35	M	10:04	34:00	44:04	21:50	1:05:54
10	4/4	32	Greg Drapcho	26	M	8:28	37:20	45:48	22:21	1:08:09
11	1/1	31	Lucas Schoen	23	M	10:06	35:23	45:29	23:22	1:08:51
12	1/4	10	Ann Bushey	61	F	10:00	37:23	47:23	22:12	1:09:35
13	2/2	26	Daemmon Hughes	53	M	10:09	35:02	45:11	24:36	1:09:47
14	2/4	19	Pam Sills	63	F	8:53	37:49	46:42	23:31	1:10:13
15	2/5	21	Colleen Kutin	43	F	10:43	38:42	49:25	21:23	1:10:48
16	1/2	17	Kristie Sills	26	F	8:36	39:11	47:47	23:52	1:11:39
17	1/1	5	David Vallett	62	M	12:26	35:29	47:55	24:00	1:11:55
18	3/5	37	Erin Carr	44	F	10:22	39:53	50:15	21:58	1:12:13
19	1/1 R	24	Terry Ryan/ P Sills	62	M	8:53	35:36	44:29	30:37	1:15:06
20	4/5	36	Trissie Casanova Bes	40	F	11:21	41:57	53:18	25:26	1:18:44
21	2/2	9	John Bonneville	38	M	8:32	39:04	47:36	32:21	1:19:57
22	3/4	6	Carol Vallett	62	F	13:36	40:01	53:37	29:20	1:22:57
23	2/2	3	Joanna Brunner	28	F	8:48	47:26	56:14	30:25	1:26:39
24	4/4	35	Emel Cambel	70	F	12:36	48:56	1:01:32	29:22	1:30:54
25	1/2	20	Michaela Stickney	57	F	11:38	48:47	1:00:25	31:13	1:31:38
26	5/5	33	Michelle Desrosiers	44	F	11:54	41:43	53:37	38:13	1:31:50
27	1/1	40	Leo Rosowski	13	M	11:56	56:47	1:08:43	29:18	1:38:01
28	2/2	39	Michelle Rosowski	51	F	11:56	56:47	1:08:43	29:22	1:38:05