

October 17, 2010

Hi triathletes! Lots of surprises today...like the light turnout for the October Surprise Triathlon. If you weren't there on Sunday morning you really missed a beautiful day for a race! The sea was calm in front of Cramer's Park with great visibility, the spirits of the triathletes were high and the candy at the finish line was rewarding. Thank you to Tom and to all of the volunteers who helped make the event happen today.

**Relay swimmer, Caylee Watson, fresh off of several goal medals in the Beeston Hill Short Course meet just the day before, was the first overall out of the water in 9:50.** Bob Halk was close behind in 10:04. Bob held off Troy Holloway, who was chasing him down on the bike. Bob maintained his lead on the run and was the overall winner in the **700mt swim**, 14-mile bike and 3-mile run, with a time of 1:24:03. Troy finished about 1.5 minutes later, followed by fellow forty-ish friend Scott Fricks. **The team of Watson, Noel and Cromwel took first place in the relay division.**

Carol Murphy was the first women out of the water in 12:46 and third overall. Julie Sommer caught Carol early on the bike course and posted the fastest female bike split of the day - 50:49. Theresa Harper overtook Julie in the final mile of the run and earned first place. Or, was that Theresa? Ok, some masked lady in a onesie finished first. ☺

The small Try-a-Tri field was dominated by Paul Evora. Alex Lewit crushed him on the 300yd swim, but then Paul grabbed the lead on the 6.5 mile bike course and never gave up. Paul crossed the line in 1:10:18. Congratulations to all of the competitors this morning. Attached you will find the full results in excel format.

Please be sure to check out the VITF website often for photos, schedule of events and more news: <http://www.vitf.org> Please send us any photos that you would like to share. You can also find there the results of the VITF point series standings.

Always tri-ing, Theresa

ps. Anyone leave behind a pair of clear Speedo goggles with foam sockets? I have them...let me know.