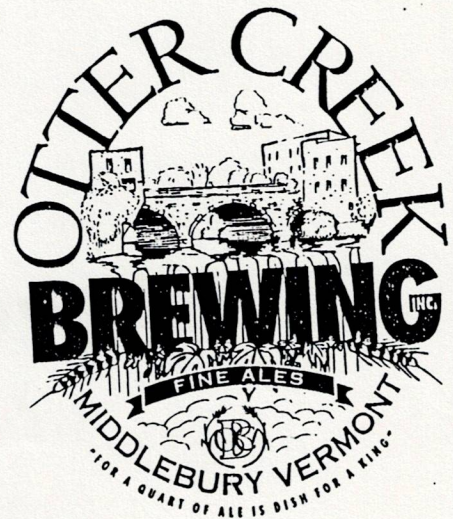


VERMONT SUN TRIATHLON / DUATHLON SERIES FINAL RACE
MIDDLEBURY FALL DUATHLON SEPTEMBER 30, 1995
RUN 1 MI * BIKE 21 MI * RUN 5.7 MI

Name	Town	Class	RUN	BIKE	RUN	Finish	Name	Town	Class	RUN	BIKE	RUN	Finish
SIGLOCH, LAURIE	MANCHESTER, VT	FEMALE TOP 5	0:06:31	0:58:49	0:36:16	1:41:36	BURTON, LEX	RANDOLPH, VT	M 45+	0:06:02	1:00:19	0:35:11	1:41:32
WALSH, KIM	ENFIELD, NH		0:06:45	0:59:53	0:35:30	1:42:08	CURTH, HARRY	FERRISBURG, VT	M 45+	0:06:33	1:04:24	0:37:33	1:48:30
SAMUELS, JENNIFER	WORCESTER, MA		0:06:42	1:01:23	0:36:43	1:44:48	SURMA, KEVIN	LUDLOW, VT	M 45+	0:07:00	1:06:18	0:39:28	1:52:46
TRAINER, PAM	LUDLOW, VT		0:06:39	1:02:43	0:36:34	1:45:56	HENRY, MICHAEL	ANDOVER, MA	M 45+	0:08:03	1:18:15	0:43:01	2:09:19
MCCULLOUGH, JANET	LATHAM, NY		0:06:34	1:03:26	0:39:26	1:49:26	WINNER, CHIP	MIDDLEBURY, VT	M 45+	0:09:51	1:20:31	0:49:48	2:20:10
AUDETTE, JENNIFER	FT. EDWARD, NY	F 20+	0:07:44	1:11:43	0:45:27	2:04:54	ANDERSON, LARRY	HENDON, VT	M 45+	0:08:39	#####	0:00:00	
CANNEY, LORI	KILLINGTON, VT	F 25+	0:07:12	1:09:09	0:41:35	1:57:56	ROSS, ADAM	MANCHESTER, VT	M 50+	0:07:22	0:59:52	0:38:11	1:45:25
SMITH, MELISSA	BENNINGTON, VT	F 25+	0:06:54	1:13:50	0:40:27	2:01:11	VELIE, FRANK	NEW YORK, NY	M 50+	0:07:38	1:08:31	0:44:24	2:00:33
ALGER, TERESA	SARATOGA SPR, NY	F 25+	0:07:28	1:14:41	0:45:24	2:07:33	MCDONALD, BILL	WOODSTOCK, VT	M 50+	0:00:00	0:00:00	0:00:00	
LAPATO, JANE	BALLSTON SPA, NY	F 25+	0:00:00	0:00:00	0:00:00								
FOSTER, JONI	SPRINGFIELD, VT	F 30+	0:07:33	1:08:38	0:42:37	1:58:48	LEWIS, JOHN	GREEN FIELD PRKM	55+	0:08:20	1:15:18	0:47:05	2:10:43
HARTMAN, ANN	WATERBURY, VT	F 30+	0:06:47	1:11:33	0:41:51	2:00:11	BERRY, DAVE	BENNINGTON, VT	M 60+	0:09:01	1:17:41	0:49:46	2:16:28
SURMA, KAREN	LUDLOW, VT	F 30+	0:07:23	1:12:49	0:46:06	2:06:18							
JACQUES, DONNA	HINESBURG, VT	F 30+	0:09:55	1:29:31	0:53:21	2:32:47	CARTY / YANDOW	SHELburne, VT	MIX40+	0:06:48	1:15:30	0:39:15	2:01:33
HACK, TRISH	WINOOSKI, VT	F 30+	0:10:00	1:29:27	0:57:10	2:36:37							
LACHANCE, SUZANNE	SOREL, QUE	F 45+	0:08:15	1:12:25	0:48:23	2:09:03	TEAM ADAMS	SCOTIA, NY	MIX40-	0:06:50	1:11:59	0:43:14	2:02:03
ZOUCK / BCKLES	S. BURLINGTON, VT	F 40-	0:06:55	1:18:07	0:45:44	2:10:46	LANG / DIETRICH	STARKSBORO, VT	MT 40-	0:05:55	0:57:17	0:35:54	1:39:06
							FOURTH & GOAL TEAM	MIDDLEBURY, VT	MT 40-	0:05:33	1:00:39	0:36:30	1:42:42
							CHICKEN BOO	BEVERLY, MA	MT 40-	0:00:00	0:00:00	0:00:00	
REED, LARRY	CHESTER, VT	TOP 5 MALE	0:06:17	0:56:24	0:32:32	1:35:13							
HARB, STEVE	MIDDLEBURY, VT		0:06:14	0:56:09	0:34:01	1:36:24							
MOORE, CHRIS	COLLINSVILLE, CT		0:06:52	0:57:09	0:34:22	1:38:23							
DEBINO, WALTER	BURLINGTON, VT		0:06:32	0:58:06	0:35:13	1:39:51							
LANE, DALE	JEFFERSONVILLE, VT		0:06:21	0:57:21	0:36:25	1:40:07							
BRETZ, JOHN	WESTFIELD, NJ	M 25+	0:05:52	1:00:49	0:35:49	1:42:30							
MCDONALD, DUNCAN	JERICHO, VT	M 25+	0:06:53	1:00:21	0:37:43	1:44:57							
LARROW, PAUL	STARKSBORO, VT	M 25+	0:06:09	1:04:47	0:36:47	1:47:43							
FARRAND, TODD	COLCHESTER, VT	M 25+	0:00:00	0:00:00	0:00:00								
WOOD, CRAIG	PITTSFIELD, VT	M 30+	0:07:17	1:02:13	0:43:19	1:52:49							
MCCULLOUGH, DAVID	LATHAM, NY	M 35+	0:06:22	1:00:50	0:33:20	1:40:32							
ZEIGLE, JOHN	BURLINGTON, VT	M 35+	0:06:25	1:05:59	0:37:54	1:50:18							
DULIN, JAMES	BENNINGTON, VT	M 35+	0:07:03	1:08:16	0:39:00	1:54:19							
BERNIER, SERGE	MONTREAL, QUE	M 35+	0:06:24	1:09:23	0:39:32	1:55:19							
STREKER, JOHN	ST. ALBANS, VT	M 35+	0:07:09	1:11:17	0:44:03	2:02:29							
LBE, HENRY	NEW YORK, NY	M 35+	0:07:20	1:12:42	0:50:28	2:10:30							
DOLAN, JAMIE	BRISTOL, VT	M 35+	0:00:00	0:00:00	0:00:00								
FRETZ, ROBERT	MONTREAL, QUE	M 35+	0:00:00	0:00:00	0:00:00								
BAVENSON, SCOTT	MONTREAL, QUE	M 40+	0:06:10	1:00:15	0:34:57	1:41:22							
MORRIS, MICHAEL	CASBLTON, VT	M 40+	0:06:20	0:57:27	0:40:16	1:44:03							
WHITB, JEFF	BENNINGTON, VT	M 40+	0:06:49	1:01:14	0:37:41	1:45:44							
MACDOWELL, LAIRD	JEFFERSONVILLE, VT	M 40+	0:08:27	1:15:27	0:53:06	2:17:00							

TITLE SPONSOR



MIDDLEBURY SPRING DUATHLON - VERMONT SUN TRIATHLON /
DUATHLON SERIES

SAT. MAY 6, 1995
1 MI. RUN * 20 MI. BIKE * 5.6 MI. RUN

Name	Town	Class	RUN 1	BIKE	RUN 2	Finish	Name	Town	Class	RUN 1	BIKE	RUN 2	Finish
SIGLOCH, LAURIE	MANCHESTER, VT	F	07:00	1:03:02	0:38:37	1:48:39	FRAYNE, MARK	GLASTONBURY, CT	M 30+	0:07:16	1:00:06	0:37:08	1:44:30
WALSH, KIM	ENFIELD, NH	F	07:17	1:03:22	0:39:11	1:49:50	CARRARA, JOB	N. FERRISBURG, M	M 30+	0:07:11	1:08:19	0:43:04	1:58:34
TRAINER, PAM	LUDLOW, VT	F	07:21	1:04:50	0:41:44	1:53:55	FRBSE, WOODY	BALSTON SPA, NY	M 30+	0:07:42	1:13:40	0:44:02	2:05:24
MATTILA, LISA	PITTSFIELD, MA	F	07:07	1:11:21	0:42:34	2:01:02	HARRIS, DAVID	MORRISVILLE, NY	M 30+	0:08:11	1:08:49	0:49:21	2:06:21
CARROLL, STEPHANIE	RENSSELAER, NY	F	07:46	1:11:00	0:43:03	2:01:49							
							FOOTE, DICK	MIDDLEBURY, VT	M 35+	0:06:27	1:01:06	0:34:39	1:42:12
FORSTADT, LESLIE	BENNINGTON, VT	F 14+	0:08:20	1:15:46	0:49:06	2:13:12	BROWN, MARK	BOMOSBEN, VT	M 35+	0:06:29	1:01:20	0:37:20	1:45:09
							ZBIGLE, JOHN	BURLINGTON, VT	M 35+	0:06:51	1:05:19	0:37:59	1:50:09
WARAR, COLLEEN	TROY, NY	F 25+	0:08:35	1:11:12	0:48:40	2:08:27	GILLARDETZ, GEORGE	WAFBANO, NH	M 35+	0:06:58	1:04:06	0:40:49	1:51:53
							MCLEAN, MIKE	ALBANY, NY	M 35+	0:07:22	1:08:21	0:38:57	1:54:40
ZBIGLE, STACIE	COLCHESTER, VT	F 30+	0:08:13	1:14:18	0:44:21	2:06:52	DONLAN, JAMIE	BRISTOL, VT	M 35+	0:07:18	1:09:14	0:38:59	1:55:31
STADTLANDER, LINDA	BAGLE MILLS, NY	F 30+	0:07:35	1:17:12	0:44:11	2:08:58	FRENICK, JOHN	CASELTON, VT	M 35+	0:07:19	1:06:28	0:43:38	1:57:25
SURMA, KAREN	LUDLOW, VT	F 30+	0:08:05	1:17:33	0:56:12	2:21:50	ADAMS, JIM	SCOTIA, NY	M 35+	0:08:04	1:09:51	0:48:03	2:05:58
							GARBOSE, DAVE	N.FERRISBERG, VT	M 35+	0:07:16	1:21:01	0:44:09	2:12:26
OGILVIE, SUSAN	RIPTON, VT	F 35+	0:07:22	1:18:09	0:43:14	2:08:45	ANGSTADT, TED	PLATTSBURG, NY	M 35+	0:08:46	1:23:22	0:50:19	2:22:27
BALLMER, SUSAN	MONTRBAL, QUE	F 35+	0:06:44	#####	10:00:00	10:00:00	SVENDSEN, JIM	BRISTOL, VT	M 35+	0:08:08	1:35:48	0:55:29	2:39:25
STUART, DIANE	W. HARTFORD, CT	F 55+	0:00:00	0:00:00	10:00:00	10:00:00	HALL, LEN	LEBANON, NH	M 40+	0:06:39	1:03:07	0:33:57	1:43:43
							MORRIS, MICHAEL	CASELTON, VT	M 40+	0:06:38	0:59:14	0:42:56	1:48:48
ALEXANDER & SIZEMORE	MIDDLEBURY, VT	FT 40-	0:07:04	1:07:19	0:46:29	2:00:52	BLAISDELL, GEORGE	CORNISH, NH	M 40+	0:07:20	1:00:07	0:41:42	1:49:09
							HAMLIN, STEVE	HUNNINGTON, MA	M 40+	0:06:55	0:58:57	0:43:56	1:49:48
TRIANER, RICK	LUDLOW, VT	F	0:06:01	0:54:09	0:35:00	1:35:10	WHITE, JEFF	BENNINGTON, VT	M 40+	0:07:34	1:02:20	0:39:55	1:49:49
HARE, STEVE	MIDDLEBURY, VT	F	0:06:11	0:54:22	0:35:29	1:36:02	NAUMANN, TERRY	RICHMOND, VT	M 40+	0:07:14	1:07:38	0:39:31	1:54:23
DVORAK, PAVEL	BSSBY JCT, VT	F	0:06:02	0:57:47	0:34:37	1:38:26	OLIVER, PETER	WAITSFIELD, VT	M 40+	0:07:49	1:06:44	0:41:28	1:56:01
LATOURETTE, DAVE	WOODSTOCK, VT	F	0:06:19	0:58:12	0:34:53	1:39:24	SURMA, KEVIN	LUDLOW, VT	M 40+	0:07:45	1:07:41	0:43:09	1:58:35
SHEPARDSON, PAUL	PITTSFIELD, MA	F	0:06:57	1:00:13	0:32:59	1:40:09	BROWN, BILL	VINBYARD HAVEN, M	M 40+	0:07:51	1:07:46	0:43:00	1:58:37
LIDLAW, MORGAN	JOHNSON, VT	M 20+	0:05:52	0:59:38	0:34:46	1:40:16	BURTON, LEX	RANDOLPH, VT	M 45+	0:06:09	0:58:57	0:36:28	1:41:34
LEACH, JAY	MIDDLEBURY, VT	M 20+	0:07:05	1:00:41	0:35:34	1:43:20	CURTH, HARRY	FERRISBURG, VT	M 45+	0:06:59	1:02:33	0:39:40	1:49:12
TUCKER, ERIC	BRIGANTINE, NJ	M 20+	0:06:26	1:02:47	0:36:55	1:46:08	JOHNSON, JIM	BRATTLEBORO, VT	M 45+	0:07:36	1:05:09	0:43:10	1:55:55
CARLSON, JOSHUA	HYDE PARK, VT	M 20+	0:06:33	1:01:54	0:38:02	1:46:29	PERCK, JEFFREY	WILLISTON, VT	M 45+	0:08:06	1:05:18	0:45:54	1:59:18
WHALEN, TODD	NEWPORT, RI	M 20+	0:06:56	1:06:14	0:40:00	1:53:10	WINNER, CHIP	MIDDLEBURY, VT	M 45+	0:10:14	1:31:20	0:58:28	2:40:02
BROWN, CHRIS	NEWPORT, RI	M 20+	0:07:12	1:10:46	0:44:46	2:02:44							
HEYEN, JASON	MT. SINAI, NY	M 20+	0:00:00	0:00:00	10:00:00	10:00:00	VBILIE, FRANKLIN	NEW YORK, NY	M 50+	0:08:16	1:11:12	0:47:01	2:06:29
SBNECA, NICOLAS	LAKWOOD, NJ	M 20+	0:00:00	0:00:00	10:00:00	10:00:00	TEAM FORTH & GOAL	MIDDLEBURY, VT	MT 40-	0:06:18	1:00:06	0:41:02	1:47:26
MARCOUX, STEPHEN	MONTRBAL, QUE	M 25+	0:06:18	0:58:53	0:36:24	1:41:35							
FOSTER, MARK	WILTON, CT	M 25+	0:06:18	0:58:22	0:38:29	1:43:09							
LARROW, PAUL	STARSBORO, VT	M 25+	0:06:37	1:03:24	0:38:13	1:48:14							
CROLAIS, PHILIPPE	S.BURLINGTON, VT	M 25+	0:08:16	1:13:40	0:53:31	2:15:27							

TRAINER AND SIGLOCH WIN MIDDLEBURY SPRING DUATHLON

Middlebury, May 6th. The Vermont Sun Triathlon/Duathlon Series kicked off with a wild new event called the Middlebury Spring Duathlon. Wild, because the wind blew at well over 30 mph throughout much of the race, making the bike portion extra exciting.

1994 Vermont Sun series champ Rick Trainer from Ludlow dueled with the 1993 series champ Steve Hare of Middlebury throughout the one mile run and then the 20 mile bike. The two were never separated by more than 100 yards until the last 3 miles when Trainer opened up a 20 second advantage to start the final leg of the race; a 5.6 mile run. Trainer then outran Hare by 29 seconds to win by 52 seconds. Essex Junction's Pavel Dvorak was more than 4 minutes back in