



THE INDEX-JOURNAL Sports

B

Monday, October 5, 2009

Setback doesn't stop Ruble from triathlon win

By MATT ANDERSON
manderson@indexjournal.com

NINETY SIX — Before Saturday's South Carolina Half Triathlon at Lake Greenwood State Recreation Area, Zach Ruble had to borrow a wetsuit from a fellow competitor after forgetting to bring his own.

That the Clermont, Fla., resident was wearing a tighter wetsuit than usual seemed to be of little importance once he began the race.

Ruble won the men's race in a time of 4:05:48, more than 10 min-

Inside

■ Complete results from the South Carolina Half Triathlon, **2B**

utes ahead of second-place Parker Roth and his career best half-Ironman time. Greenville's Gail Kattouf won the women's race in 4:40:08, her second consecutive triathlon championship at Lake Greenwood after winning the Festival of Flowers Triathlon in June.

"I think I ran real good," Ruble said. "I was trying to use the downhill and just sprint on the downhill and let

loose. I liked doing that. I seemed to be able to go fast."

Sixth after the 1.2-mile swimming portion of the race, Ruble posted the third-best time for the 56-mile bicycle loop.

He was then able to win the race going away with his work on the 13.1-mile running segment, posting a race-best time of 1:16:01, more than two minutes faster than the second-fastest run.

"The run was the best part for me," Ruble said. "I was kind of disappointed with where I came off the bike and

how I was feeling on the bike. In the swim, I was with the guys and got dropped, so I was disappointed. With the run, I was real happy with it. I haven't felt strong like that in a while."

Kattouf won the women's race easily, finishing 12 minutes ahead of second-place Kimberly Grogan, of Minneola, Fla.

Kattouf was eighth following the swimming portion of the race, and surged into the lead on the bike segment, posting a race-best time of 2:34:21 on the loop, nearly five minutes faster than the second-fastest

time. She then extended her lead on the run, where she posted the third-fastest time of the competitors.

"It was a fantastic cool day," Kattouf said. "That was great. ... (The weather) helped a lot. It made a big difference. It helped keep your temperature down on the bike, and on the run you didn't even think about heat or sun."

Fourth-place Cameron Dorn, of Waterloo, was the top local men's finisher with a time of 4:17:58. Greenwood's Ruthie Graham was the first Lakelands women's finisher, taking 28th in 6:03:31.