



Tuesday, 03 July 2007

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2007 Kure Beach Double Sprint Triathlon



Newsflash

New Website

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Carolina Beach, NC

TUE JUL 03 2007
12:00 PM EDT TUE

 This Afternoon
Partly Cloudy
Hi: 81F Lo: 65F

 Independence Day
Partly Cloudy
Hi: 81F Lo: 65F

 Thursday
Partly Cloudy
Hi: 89F Lo: 75F

 Friday
Partly Cloudy
Hi: 89F Lo: 75F

 Saturday
Chance Of
T-Storm
Hi: 89F Lo: 75F

Statistics

Visitors: 4756457

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(Pictured Above:) Are some of the athletes starting the 11th Annual Kure Beach Double Sprint Triathlon.

By: Rachel N. Johnson
Features Editor

On Sunday, June 24th at 8:00 am, 426 athletes took to the waters and roadways of Kure Beach as they participated in the 11th annual Kure Beach Double Sprint. Competitors started out with a 375-meter ocean swim (water temp - 80-82 degrees). Upon exiting the water, participants put on their running gear at the "Beach Transition Area" and ran 1.5 miles to the "Town Hall Transition Area."

Participants then completed a 10K bike ride on a closed course (no traffic). With no rest - participants immediately rode the 10 K bike course again finishing at the "Town Hall Transition Area". Then it was back on with the running gear for the 1.5-mile run back to the "Beach Transition Area." Participants completed the race by once again swimming the 375-meter course.

The race started with a 375-meter swim in the Atlantic – pretty much out just past the breakers, then parallel to the beach for about 250 meters, and



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then back in to the beach. Both the first swim and the last swim are always done in the same direction - with the current. Once on the beach, participants entered the beach transition area, grabbed their running shoes and began their first run segment. The 1.5-mile run took them to the Kure Beach Town Hall transition area. The run was flat with no shade.

Following the bike segment, participants covered this same 1.5-mile run course in the opposite direction - as they made their way back to the beach transition area to prepare for the final swim.

The bike course was a flat two-lap out & back affair that was closed to traffic. There were three "hair-pin" type turns that participants encountered. When all of the sweat had poured and the water dripped the top three male finishers were 22 Matthew Wisthoff, Aaron Kiefer, and Marty Gaal. 22-year-old Matthew Wisthoff of Wilmington finished the Triathlon in one hour, one minute, and 53 seconds. His first swim timed in at 7:371, his first run at 8:486, his bike at 28:001, his second run at 8:252, and his final swim at 9:06. He crossed the finish line almost three full minutes before the next competitor. Kiefer, 27, followed him with a time of one hour, four minutes, and forty-six seconds. Gaal, 36, crossed the finish line with a time of one hour, five minutes, and two seconds.

The top three female athletes were Brianne Gaal, Amie Krasnozou, and Kate Martin. Brianne Gaal, 28, of Cary, NC finished the triathlon with a winning time of one hour, ten minutes, and fifty seconds. Gaal completed the first swim in 10:001, the first run in 9:221, the bike in 30:271, the second run in 9:273, and the final swim in 11:35, crossing the finish line over three minutes ahead of the next competitor. Gaal was followed by Amie Krasnozou, 27, of Durham, NC who completed the course with a time of one hour, fourteen minutes, and twenty-two seconds. Kate Martin, 24, of Virginia Beach, Virginia crossed the finish line with a time of one hour, fifteen minutes, and eight seconds.

The top three finishers in the Male Age Groups are as follows: Ages 10-15: Mason Boyles, Mitch Turner, and Sreekrishna Pokuri; Ages 16-19: Jason Jones; Ages 20-24: Anthony Santago, Nathan Dressel, and Brandon Lovell; Ages 25-29: Patrick Farwell, Matt Chapman, and Ryan Strohl; Ages 30-34: Todd Midgett, Aaron Kesterson, and Greg Wallace; Ages 35-39: Bo Butler, Richard Fay, and Bruce Richter; Ages 40-44: Jason Schuette, Paul Quinn, and Simon Sawyer; Ages 45-49: Mike Cox, Jim Emery, and Craig Gilbert; Ages 50-54: Louis Almekinders, Phillip Rowan, and Richard Mayer; Ages 55-59: Charles Lysaght, Alfred Stanley, and Mark Crissman; Ages 60-64: Scott Isley, William Brophy, and Skip Fry; Ages 65-69: Jim Reavis, Dave Katt, and John Mulflur; Ages 70-74: Gordon Carberry.

The top three finishers in the Female Age Groups are as follows: Ages 10-15: Mackenzie Robinson, Jenna Christensen, and Morgan Stephenson; Ages 16-19: Jeannie Erasmus and Hannah Young; Ages 20-24: Kristen Smith, Kathryn Sauer, and Liz Gilchrest; Ages 25-29: Amie Krasnozou, Jennifer Lastfogel, and Sarah Mason; Ages 30-34: Juliet Allen, Brandi Choplin, and Erin Fruland; Ages 35-39: Susanne Butler, Kristen Kepler, and Dana Pellizzari; Ages 40-44: Cheryl Cardello, Lori Campbell, and Nancy Swarzer; Ages 45-49: Rosemary Kauffman, Kari Wilkinson, and Marie Anne Mincher; Ages 50-54: Karen Wilson, Lisa Hanna, and Rena

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Summerlin; Ages 55-59: Beth Brampton; Ages 60-64: Phyllis Mason. For a complete listing of race times and results, please visit www.setupevents.com. Immediately following the race, while competitors were awaiting results there was a Post Race Bike Toss. This event has become a Kure Beach tradition and competitors are given the opportunity to toss an old bike. Each participant received one toss and prizes were awarded to the winning male and female!

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