



**The One and the Only AVIA Wildflower Triathlons Festival is a twenty seven year, season starting multisport tradition. Over the years Wildflower has always had a consistent field of talented triathletes and each and every year there has been a well deserved cash prize for the winners. Why do the Elite athletes come back? They come back because it is a fun and fair race that brings the out the best in all of us, from First-timer to Elite. Even if you are an Elite, you can't fake 'Nasty Grade' on the bike or that dusty mile 5 incline on the run course. Here is a brief insight into a few of our participating Elite Athletes.**

**Terenzo Bozzone:** 'T', as he is known to friends, was born 1 March 1985 in New Zealand. This former AVIA Wildflower champion has started strong in 2009 with a 2nd place at Ironman New Zealand. This was his first ever full distance Ironman with an 8:25:36 finish time. In 2008, Terenzo finished the season with a win at the 70.3 World Championships in Clearwater USA. He had 5 wins and two 2nd place finishes with 2 new course records, bringing him a total of 18 International Titles. In 2007, he had an accident in October and was not able to run. After having tried every remedy, he eventually had to undergo surgery to his knee. The plan for the year was to slowly get strong but he was forced to race by Tri.NZ to secure enough points for a start at the World Championships & Beijing. A puncture in Vancouver and a crash in Beijing sent his season in a tailspin. The highlights of that year would be the 7th place at the World Championships in Hamburg and the 9th place at 70.3 World Championships in Clearwater USA. In 2006 Terenzo had 3 podium finishes as well a 6th place at the 70.3 World Championships. "Nothing Comes Easy" Winner of the World's largest Half Ironman Jamba Juice Wildflower 2006, Terenzo shattered the course record with a 3:53:43 finish!! "A great record held by some of the sports greatest legends and setting a new course record by 6 minutes. Keep an eye out. We know what he can do out here at Lake San Antonio.



**Andy Potts:** Andy was born Dec. 28, 1976 in Hershey, PA and grew up in Princeton, NJ. Andy comes from a solid family of athletes. His father played football at Yale; His sister Alice was a swimmer at Colorado State University; and his wife, Lisa Simes, was an acrobat for Cirque du Soleil's 'O' show in Las Vegas. Andy and Lisa met at the University of Michigan, where Lisa was a gymnast and Andy was a swimmer. They have a son named Boston Thomas Potts. Andy enjoys reading. His favorite books are Atlas Shrugged by Ayn Rand and The Sun Also Rises by Ernest Hemingway. Andy also enjoys following college sports, especially if Big Blue is winning. Andy graduated from the University of Michigan in 2000 with a BA in English and a Secondary Teaching Certificate. His favorite movies are Braveheart and The Usual Suspects. 2008 Race Results: 1st Ironman 30.3 California; 1st Ironman Timberman; 2nd St. Anthony's Triathlon; 1st Escape From Alcatraz Triathlon; 3rd NYC Triathlon. Career Highlights: Ironman 70.3 World Champ; 2006 & 2007 USAT Triathlete of the Year; 2007 U.S. National Champ.



**Victor Plata:** Is a graduate of the University of the Pacific, McGeorge School of Law and was a member of the 2004 U.S. Olympic Triathlon Team. Victor is an 8-time member of the USA Elite National Team, and currently serves on the USA Triathlon Board of Directors. He founded Team KINeSYS Professional Triathlon Team, which incorporated team tactics into triathlon. The Team qualified two members for the 2003 Pan American Team, and two members for the 2004 U.S. Olympic Team. In addition to his career as an athlete, Victor writes a biweekly sports column in the Santa Cruz Sentinel newspaper, is a motivational speaker, and instructs triathlon clinics. A true teacher, he taught law to inner-city high school students through "Street Law" program. He earned a BS and Graduated from Cal Poly SLO.

Plata earned "Rescue of the Year" as a Santa Cruz State Beach Lifeguard for rescuing a disabled fishing boat with two aboard from crashing in heavy surf; has never owned a car; has been attacked by a Rottweiler and a llama while training; discovered in 2005 that Olympic Pentathlete Chad Senior is his cousin (they were friends and trained together at the Olympic Training Center in Colorado Springs in 1999). 2008 RESULTS: Pacific Grove Triathlon 1st; San Francisco Continental Cup 1st; Tinley's Triathlon 9th; U.S. Olympic Trials 10th; U.S. Pro Nationals 18th.



**Hektor Llanos:** Hektor comes to us via Vitoria-Gasteiz, Spain, where he was born and now resides. This is Hektor's second time to Wildflower and we look forward to seeing him push the pace on the bike and hold on during the brutal 13.1 mile run. When he's not swimming, biking and running, Hektor likes to cross train with mountain climbing, snowboarding and cross country skiing; All good skills to recruit on both the bike and run. His younger brother, Eneko, is also an outstanding elite triathlete.

**Bjorn Anderson:** Our 2007 men's champion surprised himself and the triathlon world by holding off Australian Chris Legh on the 13.1-mile hilly run leg to win his first Wildflower crown. The desert training he did prior to the 2007 race seems to have paid off, biking a stealthy 2:15:05 (miraculously fast considering the windswept conditions) His main competition, Chris Legh, was five minutes behind at T2. "I thought for sure Chris had the win," Anderson said. "I can't say I really attacked --I just ran as hard as I could. I've always wanted to win Wildflower and I finally did it!" Anderson finished off the victory with a 1:26:04 run and 4:07:53 win. We wish him the best out there on Saturday.



**Brian Lavalle:** In 2008 Brian was having a great start to his season. In May he did well at St. Anthony's Triathlon with an 18th place finish in the stacked field. Later that month he enjoyed a win at the Uvas Triathlon and in June, he qualified for the 70.3 World Championships with a 7th place finish at Ironman 70.3 Boise. In July, his fortune faded when he took a bad fall on his bike and received severe bone bruising and a hairline fracture on his left hip. This turned into a midseason break for this Boston College grad. With the ups and downs that 2008 threw Brian, both professionally and personally, it truly shows that he is a man of great character and courage. One of the quotes Brian lives by states, "Success is the sum of small efforts, repeated day in and day out." by Robert Collier. We hope to see his small daily efforts pay off for him as he competes here at Wildflower.



**Joe Gambles:** So far in 2009 Joe has already broken 4 hours at Gelong 70.3. He also broke 4 hours at the 70.3 World Championships and won the time bonus on the bike portion of that race. Last year at the European Long course championships he had the fastest run split. Needless to say, Joe "House Money" Gambles is a safe bet to make an appearance somewhere on the podium. Keep an eye out for him as he may be one of the first off the bike and on to the dusty run.

**Chris Bagg:** In 2008, he had a great year when he raced a 27th place at Worlds at the Clearwater 70.3 breaking 4 hours by 49 seconds with a sweet 3:59:11. He also raced four other half-iron distance races clearing the tape in as little as 4:01:33 in Austin and as much as 4:20:54 at the 'East Coast Classic' Blackwater Eagleman. Here he busted out the big ring of his bike and still spun his way to the fastest bike split by 3 minutes. His legs were worked that day and the Nasty Grade welcomes this East Coaster to the West. This year he hopes to race with us at San Francisco Triathlon at Treasure Island and Scott Tinley's Adventures.



## FEMALE

Teri Albertazzi	F	Tucson
Kat Baker	F	Canberra
Virginia Berasategui	F	Bilbao
Courtenay Brown	F	Seattle
Stephanie Bruins	F	Roseville
Leanda Cave	F	Tucson
Haley Cooper	F	Spokane
Linsey Corbin	F	Missoula
Erika Csomor	F	Szazhalombatta
Sunny Gilbert	F	Corvallis
Lauren Harrison	F	Sunnyvale
Kristin Iavarone	F	Santa Cruz
Gina Kehr	F	Redwood City
Tereza Macel	F	Vidhostice
Samantha McGlone	F	Tucson
Katya Meyers	F	San Diego
Angela Naeth	F	Lompoc
Kristen Peterson	F	Boulder
Donna Phelan	F	Encinitas
Stacy Schloetel	F	Moorpark
Rachel Sears Casanta	F	Richmond
Alexis Smith	F	Monterey
Tyler Stewart	F	Novato
Eileen Swanson	F	San Ramon
Pip Taylor	F	Lennox Head
Annie Warner	F	Nine Mile Falls
Heather Wurtele	F	Kelowna

## MALE

Torsten Abel	M	Tucson
Gregory Ahlback	M	San Francisco
Paul Amey	M	West Hills
Bjorn Andersson	M	Trollhattan
Alan Archard	M	South San Francisco
Jimmy Archer	M	Boulder
Christopher Bagg	M	Portland
Rutger Beke	M	Heverlee
Luke Bell	M	Cardiff by the Sea
Karl Bordine	M	Carlsbad
Terenzo Bozzone	M	Auckland
Jonathan Caron	M	Penticton
Fraser Cartmell	M	Stirling
Reinaldo Colucci	M	Descalvado
James Cotter	M	Austin
Michael Cupitt	M	Fadden Hills
Scott Curry	M	Calgary
John Dahz	M	South San Francisco
Lewis Elliot	M	Phoenix
Clayton Fettell	M	Altonville
Lars Finanger	M	Boulder
Brian Fleischmann	M	Colorado Springs
Joe Gambles	M	Boulder
Romain Guillaume	M	Montmorot
Stephen Hackett	M	Shelly Beach
Ben Hoffman	M	Durango
Justin Hurd	M	Fort Collins
Adam Jensen	M	Seattle
Joseph Lampe	M	Lennox Head
Brian Lavelle	M	Los Gatos
Christopher Legh	M	Lyons
Matt Lieto	M	Bend
Chris Lieto	M	Danville
Eneko Llanos	M	Vitoria-Gasteiz
Hektor Llanos Burgera	M	Vitoria-Gasteiz
Andrew Lockton	M	Culver City
Kirk Nelson	M	Longmont
Jeffrey Piland	M	San Carlos
Victor Plata	M	Sacramento
Andy Potts	M	Colorado Springs
Jordan Rapp	M	Scarborough
Greg Remaly	M	Mill Valley
Nenad Rodic	M	Reno
Gavin Scott	M	North Entrance
Brad Seng	M	Boulder
Torbjorn Sindballe	M	Horsholm
Nicholas Thompson	M	Orinda
Chris Tremonte	M	Redmond
Trevor Wurtele	M	Vernon
Scott Young	M	Reno
Brad Zoller	M	Denver



**Justin Hurd:** Justin is one of the nicest guys in the sport. He has been gradually working his way up the podium in the triathlon world. Last year he had a stellar multisport season where he was 5th at Ironman China and busted out a 9:12 in Kona. When he races at the half distance he consistently crosses the line from 4:05 to 4:25. Justin is not just a fast triathlete and nice guy he is also a Cardiovascular Technician employed at Heart Center of the Rockies, in Fort Collins, Colorado. He graduated from UC Davis with a BS in Exercise Biology in 2005. During his time at UC Davis he worked as a bike technician/mechanic at Davis Bikeworks. Bottom line, this guy can do CPR for your heart or your tire so be nice to him because he's going to be nice to you.

**Ben Hoffman:** Ben is 25 years old and a 3rd year Elite. Ben was first exposed to the sport at the University of Montana in Missoula, and quickly rose to the top of the ranks at the collegiate level. Since then he has moved back to my home state to train in Durango, Colorado, one of the fitness meccas of the U.S. Here he has great swimmers, bikers, and runners to push him to the limits in each of the three triathlon disciplines. Training to Ben is what a cup of coffee and a cold beer is to most - the beginning and end of every day. Career Highlights: 3rd Place Wildflower 2007; 3rd Place Memphis in May 2008; 6th Ironman Arizona 2008.



**Chris Legh:** Career Highlights: Two time Ironman Triathlon Champion; SIX-time Australian National Champion; Ten top-3 Ironman finishes; 4th place 70.3 World Championships, Florida, 2006; 4th place Xterra World Championships, Maui, 2007; Winner Australian Xterra Championships; Winner Cancun 70.3 2008; Winner Steelhead 70.3 2008

**Chris Leito:** Wildflower was a breakout race for Chris five years ago when due to a lower leg injury he did chose not to do the long 13.1 mile run, but still swim and bike as part of his training for the following year. As luck would have it, he was in the lead on the bike and did not want to have to answer the question "What are you doing quitting?" Since then Chris has lead many races off the bike. He has already done quite well this year already racing on the East Coast so keep an eye out for him to battle it out on the bike course and hopefully he can hold on for the win.



**John Dahlz:** Initially, John had horrible luck in triathlons with two flats in his first two triathlons! Two busted rims later (had no idea how to fix a flat at the time) and countless hours of training, John has become addicted to the sport of triathlon. Upon entering UC Berkeley, John was faced with the dilemma of whether to run D1 track and Cross Country or continue his triathlon endeavors within the confines of a club sport. However, John immediately fell in love with the camaraderie of the Triathlon team. To this day, he believes this is one of

the best decisions he has ever made. John is currently a graduating senior undergrad at the University of California at Berkeley majoring in Political Science. When he is not studying or training, John enjoys surfing, playing the piano and the saxophone and coaching the Boy's Swim Team at his alma mater - Saint Ignatius College Preparatory in San Francisco.

## ELITE RECORDS OVERALL

MALE				
	NAME	COUNTRY	TIME	YEAR
<b>OVERALL</b>	Terenzo Bozzone	NZL	3:53:43	2006
SWIM	Craig Walton	AUS	0:21:49	2001
BIKE	Chris Lieto	USA	2:14:00	2008
RUN	Terenzo Bozzone	NZL	1:11:57	2006
FEMALE				
	NAME	COUNTRY	TIME	YEAR
<b>OVERALL</b>	Samantha McGlone	CAN	4:31:08	2006
SWIM	Barb Lindquist	USA	0:22:55	2001
BIKE	Donna Peters	USA	2:30:51	1992
RUN	Heather Fuhr	USA	1:22:58	1999

## ELITE FASTEST OVERALL

MALE				
RANK	NAME	COUNTRY	TIME	YEAR
1	Terenzo Bozzone	NZL	3:53:53	2006
2	Simon Lessing	USA	3:59:33	2005
3	Chris McCormack	AUS	4:00:12	2001
4	Chris McCormack	AUS	4:00:33	2008
5	Eneko Llanos		4:00:52	2008
FEMALE				
RANK	NAME	COUNTRY	TIME	YEAR
1	Samantha McGlone	CAN	4:31:08	2006
2	Samantha McGlone	CAN	4:31:38	2008
3	Donna Peters	USA	4:32:04	1992
4	Samantha McGlone	CAN	4:32:59	2005
5	Becky Lavelle	USA	4:35:19	2007



**PLACE PRIZE PURSE**

FIRST	\$5,000
SECOND	\$4,000
THIRD	\$3,000
FOURTH	\$2,000
FIFTH	\$1,500
SIXTH	\$1,200
SEVENTH	\$1,000
EIGHTH	\$900
NINTH	\$800
TENTH	\$600

**Prize Purse: \$40,000**

\*Split evenly between Male and Female

**PREMIUMS**

AQUA SPHERE SWIM	\$200
POLAR BIKE	\$200
POWERBAR RUN	\$200

**Premiums Purse: \$1,200**

\*Split evenly between Male and Female

- Swim:** First Swimmer out of Water
- Bike:** First to top of Heart Rate Hill
- Run:** First to PowerBar Turn-Around

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**Scott Curry:** Scott resides in Calgary, Alberta, CAN where he is a chiropractor and an Elite Triathlete. Highlight Results: 2005 Canadian Long Distance Champion, fastest bike split; 2006 5th Ironman Canada, 5th Ironman Florida; 2008 8th Ironman Coeur D'Alene; fastest bike split Ironman Canada.



**Trevor Wurtele:** 2008 was Trevor's first time at Wildflower and first race as a Pro/Elite. He's back in 2009 looking to shatter last years time. Growing up as a downhill ski racer in Canada gave Trevor the opportunity to try many other sports as cross training during the summer months. During his teenage years he spent four years racing on European soil as an amateur road cyclist, two of which were full time in France and Italy. Despite many successes in Europe and National Championship wins as a cyclist, he decided to move away from sport in early 2001 and focus on going back to school. It wasn't until 2004 that he regained the desire to compete and did so by finishing his first triathlon. He quickly signed up for an Ironman that same year, loving the challenge of the event. 2007 proved to be a breakthrough year for Trevor as an age-group athlete; he finished at the front of the pack on every occasion. After 3 years of racing and progressing as an amateur, 2008 will be his first season in the Pro/Elite ranks. A solid finish at the 2008 AVIA Wildflower Triathlon, and a 9th place showing at Ironman 70.3 Boise against strong competition has given him the drive to commit fully to the sport of long course triathlon. 2009 will mark a long awaited return to full time racing and training. Keep an eye open for some big results to come!

**Chris Tremonte:** This is Chris Tremonte's fourth year contesting the Tri-California Elite Series, where he placed third last year. This is his second year racing for the US Professional Triathlon Team. Like most of the folks reading this program, Chris balances his triathlon pursuits with a rather demanding day job – he is a Program Manager for Microsoft HealthVault. Chris spent his offseason working with coach Matt Dixon to improve his strength on the bike, so he is hoping to make a big leap forward in that discipline this year. Before his triathlon career, Chris was a swimmer at Carnegie Mellon University and a coxswain on the Thomas Jefferson High School rowing team. Career Highlights: 3rd Place, 2008 Tri-California Elite Series; 7th Place, 2007 Tri-California Elite Series; 7th Place, 2006 Tri-California Elite Series; 6th Place, 2008 Lake Stevens 70.3; 4th Place, 2008 Austin Triathlon; 8th Place, 2008 ITU Nevis Pan American Cup; 10th Place, 2008 Scott Tinley's Adventures; Winner of the 2008 BRI Triathlon at Seafair, the 2005 Sprint Triathlon at Treasure Island and about 15 other local races.

**Eneko Lianos:** This great Spaniard competed at the first Olympic triathlon at the 2000 Summer Olympics. He took twenty-third place with a total time of 1:50:48.35. Four years later, at the 2004 Summer Olympics, Llanos competed again, moving up in the ranking to twentieth place. His time on the more difficult Athens course was 1:54:52.37. He has also has been a top 10 finisher at Hawaii Ironman on 3 occasions. 2008 was the year in which Eneko finally would become a recognized competitor for the Ironman Hawaii Crown. He had a fierce dual with Chris McCormack at Wildflower, where he finished 19 seconds behind. The scenario repeated itself in Frankfurt, where it was clear that Eneko was a serious contender. Unfortunately, it was only a 2nd place, and again it was to a pittance of a time difference of only 3 minutes and 5 seconds, which in an 8 hour+ race, is not a whole lot. So, even though Eneko had a whole year of second places, we can only hope that this mysteriously economic triathlete can prove his worth in 2009. He was now mentioned on many occasions as one of the pre-favorites, up there with McCormack, Craig Alexander and the world's best. Some little known facts about Eneko: He is a vegetarian and enjoys rock climbing, snowboarding and just being outdoors.





**Kirk Nelson:** Kirk was born in North Dakota and currently lives in Longmont, CO. He tried out for the Atlanta Braves at age 18, but later learned he was better cut out for Triathlon. He began racing as an Elite in 2006. The tough hills make Wildflower Kirk's favorite race. Kirk credits God, his wife, family, friends, sponsors, coach, and his triathlon "familia" for all of his success. Career highlights 2008: Kansas 70.3, 5th; Wildflower, 10th; Pacific Crest Half, 2nd; Xterra Iron Creek, 1st.

**Luke Bell:** Luke has been competing in triathlons since the age of 17. An accomplished sportsman as a junior in the sporting arena he decided to focus his energy on Triathlons after completing his University Degree in Bch App. Sci. – Physical Education at the Royal Melbourne Institute of Technology (RMIT) in Melbourne, Australia. Competing in World Championships from Olympic Distance to Ironman, his true love is endurance, testing the body and pushing it to its limits. Highlight Results: Hawaii Ironman 5th and 7th; Lake Placid, Brazil 2nd; and over 20 Half Ironman podiums.



**Nicholas Thompson:** Nicholas strives towards excellence in every area of his life and his hard work & discipline have certainly paid off in the sport of triathlon and earning of the rank of Eagle Scout. Nicholas began racing in college on the Cal Poly Triathlon Team. He always put forth his best effort in training and racing but Nicholas' love for the sport pushed him to help grow the college, and now assist the River City Speed youth team in Sacramento, CA. Posting top amateur results for the past couple of years, we look

forward to seeing Nicholas join the pro ranks very soon. You can see him race at: Buffalo Spring Lake 70.3, Lake Stevens 70.3, Timberman 70.3, Pacific Grove, Tinley's Adventures, and either the 70.3 or Ironman World Championships (he just hasn't decided which one yet!) Highlight Results: Vineman 70.3 2008, 10th; San Jose International Triathlon (Olympic Distance), 4th; USAT National Long Course Duathlon Championships, 1st (Set Course Record by over 12 minutes; Wildflower Triathlons Long Course, 14th.

**Paul Amey:** Career Highlights: 2004 Athens Olympic Team Member - Great Britain; 3 Times ITU World Duathlon Champion - 2005, 2007, 2008; Vice World Champion - ITU World Triathlon Championships 1998; 2 Times New Zealand Triathlon Champion - 1996, 1997; Australian X-Terra Champion – 2001; 3 Times British Duathlete of the Year - 2005, 2007, 2008; 220 Magazine Duathlete of the Year 2008.

**Romain Guillaume:** Romaine is part of the Beaune Monnot Triathlon Team. His coach is Palazzetti Stéphane. This is Romaine's first year as an Elite Triathlete. Highlight Results 2008: 9th European Championships Long Distance; 1st Team European Championships Long Distance; 59th World Championships Ironman (2nd 18-24 age group); 7th French Championships Long Distance; 7th Lisboa International Triathlon.



## PAST ELITE WINNERS

### MALE

YEAR	NAME	COUNTRY	TIME
2008	Chris McCormack	AUS	4:00:33
2007	Bjorn Andersson	SWE	4:07:53
2006	Terenzo Bozzone	NZL	3:53:43
2005	Simon Lessing	USA	3:59:33
2004	Chris McCormack	AUS	4:05:50
2003	Tim De Boom	USA	4:04:21
2002	Chris McCormack	AUS	4:03:59
2001	Chris McCormack	AUS	4:00:12
2000	Chris Legh	AUS	4:01:22
1999	Cameron Widoff	USA	4:03:51
1998	Cameron Widoff	USA	4:03:42
1997	Cameron Widoff	USA	4:02:31
1996	Peter Reid	CAN	4:06:19
1995	Cameron Widoff	USA	4:09:25
1994	Wolfgang Dittrich	GER	4:05:22
1993	Andrew MacNaughton	USA	4:19:30
1992	Todd Jacobs	USA	4:12:51
1991	Paul Huddle	USA	4:07:33
1990	Andrew MacNaughton	USA	4:09:03
1989	Paul Huddle	USA	4:07:22
1988	John Devere	USA	-
1987	Andrew MacNaughton	USA	-
1986	Dean Harper	USA	-
1985	Grant Boswell	USA	-
1984	Scott Molina	USA	-
1983	Dean Harper	USA	-

### FEMALE

YEAR	NAME	COUNTRY	TIME
2008	Samantha McGlone	CAN	4:31:38
2007	Becky Lavelle	USA	4:35:19
2006	Samantha McGlone	CAN	4:31:08
2005	Samantha McGlone	CAN	4:32:59
2004	Natascha Badmann	SWZ	4:45:31
2003	Heather Gollnick	USA	4:42:06
2002	Katja Schumacher	GER	4:41:38
2001	Barb Lindquist	USA	4:37:42
2000	Jeanne Anne Krizman	USA	4:43:53
1999	Heather Fuhr	USA	4:37:35
1998	Heather Fuhr	USA	4:37:58
1997	Paula Newby-Fraser	USA	4:35:33
1996	Paula Newby-Fraser	USA	4:44:12
1995	Paula Newby-Fraser	Zimbabwe	4:40:15
1994	Donna Peters	USA	4:40:09
1993	Donna Peters	USA	4:44:45
1992	Donna Peters	USA	4:32:04
1991	Liz Downing	CAN	4:42:55
1990	Paula Newby-Fraser	Zimbabwe	4:41:18
1989	Nancy Valance	USA	5:01:55
1988	Janine Daley	USA	-
1987	Julie Moss	USA	-
1986	Paula Newby-Fraser	Zimbabwe	-
1985	Jacqueline Shaw	CAN	-
1984	Ardis Bow	USA	-
1983	Jennifer Hinshaw	USA	-



**Samantha McGlone:** Our 2006 Wildflower women's champion is back for more in 2009. She is one of the nicest people in the sport, a talented Olympian, and a world champion at Saturday's long course distance. She is smart and articulate; a true sponsors dream; truly a classy woman. Since 2006 she has blossomed into a complete triathlete, winning the 70.3 Clearwater championships in 2006 as well as an awesome 2nd place in Kona 2007. She was Competitor Endurance Sports Female Triathlete of the Year IN 2007 as well as the Triathlete of the Year by Triathlon Magazine and Triathlon Canada Magazine. Some of her hobbies include: yoga, cooking, reading, rowing and golf. She understands how the body works as she has a degree in Exercise Kinesiology from McGill University. Two years ago in an interview by Dan Emphield of Slowtwitch.com, she was asked what her favorite race is and why? She replied "Wildflower – it has just got such a great vibe there and I love the course. The cross-country run is unique and so much fun. Plus the Tri California organizers are great and really take care of the athletes – last year they actually had a chocolate fondue fountain at the race meeting...need I say more?" We are pleased to have Samantha with us again.



**Annie Warner:** Annie was born November 2, 1979, and grew up in Spokane, Washington, where she started swimming on a Spokane summer swim team when she was 8. She switched to the local USA Swimming Team when she was 12 and swam well enough in High School to earn a scholarship to Northern Arizona University on a swimming scholarship, where she majored in Construction Management. When I asked about how her multisport career started, Annie said, "My dad did triathlons when I was growing up and I'd always wanted to try one. The Coeur d' Alene Scenic Challenge was my first triathlon. I was first out of the water then watched several people that knew how to ride a bike pass me. As I started the run I was in about 6th place. A helpful volunteer cheered me on saying, 'Don't worry the girl ahead of you is just a swimmer, and you will catch her.' As a swimmer, that didn't do much for my confidence and I never did catch her, but I was hooked."

Annie's goals for 2009 and beyond are to enjoy a podium finish in an ITU race as well as explore her abilities in Half Ironman distance races. She was ranked 10th American in the ITU Pan-Am Points Rankings in 2008. She also was 9th place at Elite Nationals as well as 6th place at Triathlon at Pacific Grove, CA. She is not only fast she is intelligent and patient as she serves the greater Spokane area as an Age Group swim coach and bookkeeper for Spokane Area Swimming Association. If she is not swimming in the 25 meter custom single lane lap swimming pool her husband built for her, she is probably cooking up a storm, rock climbing, reading or doing something artistic. Good luck this year, Annie!



**Leanda Cave:** This former ITU world champion came to a few TriCalifornia events in 2007 and 2008 and we are glad to have her back for more in 2009. Leanda won her first attempt at the Escape from Alcatraz triathlon and was a close second to winner Becky Lavalley at Tinley's Triathlon Adventure Weekend in 2007. Leanda at one time was an Ocean Lifeguard and has her education focused in Physical Education, Geography and Fashion Design, she speaks fluent German and loves to draw and work on art projects. She will see many scenic vistas full of wildflowers along every mile of the bike and run course, keep an eye out for her this year if she has all her talents aligned on race day she could win here.



**Pip Taylor:** This Australian triathlete loves to travel to races around the world in her quest to become the best in her chosen sport. Pip came to our sport from a national junior level in swimming and running so triathlon seemed the natural choice for an athlete with such cross training talent. Pip has now progressed from being Australian Junior Elite Triathlete of the year, to Australian U23 Triathlete of the Year to qualifying for the Australian Elite Senior Team for the Triathlon World Championships while still being Under 23 eligible. In 2003, she stepped up to the Senior level (while again still being Under 23 eligible) to win the Manchester World Cup Triathlon, place 2nd at the New York World Cup Triathlon and be the anchor leg in the Australian Team for the Triathlon Team World Championships, winning a World Title. She also was second pro overall at the 2007 Escape from Alcatraz Triathlon.





**Donna Phelan:** Back The 2002 Wildflower Long Course was actually Donna's first race longer than Olympic-distance. She ended up 3rd, not bad! She had success as an ITU short course pro, but after that she never looked back, ditching ITU for long-course racing. She raced to a 4th place at Ironman Japan back in 2003 and last year she was 2nd at Ironman China and 9th at Ironman Switzerland. Already in 2009 she has gone long and done well at Ironman Malaysia taking 4th place.



**Haley Cooper:** Wildflower is the only Tri-Cal event that Haley has ever done, and it is definitely one of her favorite races in the world. In 2007, she was the first place overall amateur female by over 11 minutes (12th overall), and last year she had a sub-par race and finished 12th elite. She is certainly interested in bettering that result this year and is hoping to do Pacific Grove and Scott Tinley's Adventures this year. Her top results in 2008 included 5th place Ironman Coeur d'Alene, 6th place Ironman Arizona, two 1st place finishes at Sooke International Half Ironman and Trioka Half Ironman.

**Stephanie Bruins:** Stephanie is a fast triathlete but she is especially known for her running. She has many top 10 finishes in the women's field, most of which she ran herself into the fastest run split of the day. She is looking forward to competing in all four Tri-California events in 2009.



**Rachel Sears:** Rachel is a strong cyclist originally from upstate New York where she was a high school track star. She now serves as a high school track coach in Albany Ca. She trains for Wildflower and other race sin her spare time. She has represented the USA on multiple Team USA Duathlon teams and even if she blows up on the run course she always finishes and does it usually smiling.

**Eileen Swanson:** Eileen's athletic background is as a world-class gymnast with the US National team. In 2007 Eileen won the "Tri-California Age Group Series". A last but not least she is a Head Coach for Tri-California Camps and Clinics.



**Angela Naeth:** This Penticton, BC native had a great rookie year as a pro/elite triathlete in 2008, in her first pro race last May she raced herself into seventh at the Avia Wildflower triathlon.

As a middle distance runner the Canadian received a full athletic scholarship to the University of Missouri and it was during her time in the 'Show Me State' that she discovered just how much cycling and swimming helped in her recovery from hard running workouts. Shortly thereafter, she discovered she had set the foundation as a triathlete and quickly fell in love with our sport.

She is quickly gaining a reputation as a woman who can ride the bike like she stole it. She is coached by former pro cyclist turned pro triathlete Chucky V, now we are still figuring out whether that is a good thing or not but either way Chucky tells me in no uncertain terms that Angela has the engine under the hood to be a legitimate force in this sport over the next decade.

One of her favorite quotes is from St. Francis of Assisi, it states

"Start by doing what is necessary, then do what is possible and suddenly you are doing the impossible."

We look forward to seeing her success this weekend and at TriCal events for years to come.

**Erika Csomor:** Erika is 35 years old and currently lives in Hungary. Erika likes to relax by shopping and her favorite movie is Twilight. She has been training with Team TBB since 2008. Highlight Results: Duathlon World Champion 2001, 2004 and 2005; Ironman winner of Austria, 2004 and Arizona 2008; 4th place in Ironman Hawaii.



**Lauren Harrison:** Highlight Results- Oceanside 70.3 – 2nd amateur female (4:46:03); Wildflower Half Ironman – 2nd amateur female (4:55:13); Escape from Alcatraz- 1st amateur female (2:31:55); Longhorn 70.3- 1st amateur female and 4th overall female (4:28); 70.3 World Championships – 6th amateur female (4:27:01)



**Alexis Smith:** Alexis completed her first triathlon at age 9. In 2008 Pinky had a very good year, she was 11th at California Ironman 70.3 in March, She was 8th at the Avia Wildflower Long Course, an impressive 6th place at the Accenture Escape from Alcatraz and last but not least so far this year she won the Danskin Women's Triathlon at Disneyland. Alexis has won the Tri-California Pro Series many times, so keep an eye out for the woman sporting pink or orange pigtales as she run circles around the competition.

**Heather Wurtele:** Heather, known affectionately as "mantis" for her long limbs an unconscious habit of cocking her wrists while running, broke into the sport of triathlon in 2006. She was a varsity rower for the University of British Columbia and started competing in adventure races and triathlons while completing a M.Sc. at the University of Victoria. After putting a Ph.D. in developmental genetics on hold, she won the Canadian Long Course Championships and the overall age group title at her first Ironman in Coeur d'Alene; the races just one week apart from one another! This qualified her for the Hawaii Ironman World Championships where her and her husband Trevor raced during their honeymoon. Heather's career as a professional triathlete started out with a bang. Her most recent success was a podium finish at the inaugural Ironman 70.3 Boise. We are looking forward to her continued success as she pursues her dream to be an Ironman World Champion.



**Courtenay Brown:** Courtenay is a first-year pro, joining the elite ranks after a successful amateur year in 2008. Prior to taking up triathlon, Courtenay was a professional cyclist with one of the top women's teams in the U.S., the ValueAct Capital Cycling Team. Highlight Results: 3rd Amateur, 2008 Los Angeles Triathlon 1st 30-34 AG, 2008 5430 Long Course Triathlon; 1st Female Bike Split, 2008 USAT Age Group National Championships; 1st OA Female, 2007 Silverman Half Iron Triathlon



**Sunny Gilbert:** Sunny loves to race triathlon! She started competing in local triathlons during the off-seasons of her collegiate running career. After graduating from the University of Missouri-Columbia (Go Tigers!), she moved to Boulder, CO to pursue her Ph.D. in Biochemistry. While competing for the University of Colorado-Boulder Triathlon Team, she was a five-time top-five finisher in the Collegiate National Championships, a member of Team USA at the World University Games, the 2004 Collegiate Champion at Wildflower, the 2004 Overall National Amateur Champion, and the 2005 Inside

Triathlon Magazine Amateur Triathlete of the year. 2009 will mark her fourth year competing as an elite triathlete. In 2008, she had her most successful season to date, finishing 6th in the women's elite field in her debut at the Wildflower Half-Iron distance Triathlon and 1st female overall at the Pacific Crest Triathlon. Look for her long legs to eat up the run course again this year!



**Danielle Sullivan:** Danielle is from Blue Point, NY.. She is entering her 3rd season as an Elite Triathlete. She is also a Multisport Coach, with certifications in USAT Coach Level 1 and USA Cycling Coach Level 3. Highlight Results: 4th place Ironman Lake Placid 2008; 6th Place: Florida 70.3 2007; 7th place IM Lake Placid 2007





**Kirk Nelson:** Kirk was born in North Dakota and currently lives in Longmont, CO. He tried out for the Atlanta Braves at age 18, but later learned he was better cut out for Triathlon. He began racing as an Elite in 2006. The tough hills make Wildflower Kirk's favorite race. Kirk credits God, his wife, family, friends, sponsors, coach, and his triathlon "familia" for all of his success. Career highlights 2008: Kansas 70.3, 5th; Wildflower, 10th; Pacific Crest Half, 2nd; Xterra Iron Creek, 1st.

**Luke Bell:** Luke has been competing in triathlons since the age of 17. An accomplished sportsman as a junior in the sporting arena he decided to focus his energy on Triathlons after completing his University Degree in Bch App. Sci. – Physical Education at the Royal Melbourne Institute of Technology (RMIT) in Melbourne, Australia. Competing in World Championships from Olympic Distance to Ironman, his true love is endurance, testing the body and pushing it to its limits. Highlight Results: Hawaii Ironman 5th and 7th; Lake Placid, Brazil 2nd; and over 20 Half Ironman podiums.



**Nicholas Thompson:** Nicholas strives towards excellence in every area of his life and his hard work & discipline have certainly paid off in the sport of triathlon and earning of the rank of Eagle Scout. Nicholas began racing in college on the Cal Poly Triathlon Team. He always put forth his best effort in training and racing but Nicholas' love for the sport pushed him to help grow the college, and now assist the River City Speed youth team in Sacramento, CA. Posting top amateur results for the past couple of years, we look

forward to seeing Nicholas join the pro ranks very soon. You can see him race at: Buffalo Spring Lake 70.3, Lake Stevens 70.3, Timberman 70.3, Pacific Grove, Tinley's Adventures, and either the 70.3 or Ironman World Championships (he just hasn't decided which one yet!) Highlight Results: Vineman 70.3 2008, 10th; San Jose International Triathlon (Olympic Distance), 4th; USAT National Long Course Duathlon Championships, 1st (Set Course Record by over 12 minutes; Wildflower Triathlons Long Course, 14th.

**Paul Amey:** Career Highlights: 2004 Athens Olympic Team Member - Great Britain; 3 Times ITU World Duathlon Champion - 2005, 2007, 2008; Vice World Champion - ITU World Triathlon Championships 1998; 2 Times New Zealand Triathlon Champion - 1996, 1997; Australian X-Terra Champion – 2001; 3 Times British Duathlete of the Year - 2005, 2007, 2008; 220 Magazine Duathlete of the Year 2008.

**Romain Guillaume:** Romaine is part of the Beaune Monnot Triathlon Team. His coach is Palazzetti Stéphane. This is Romaine's first year as an Elite Triathlete. Highlight Results 2008: 9th European Championships Long Distance; 1st Team European Championships Long Distance; 59th World Championships Ironman (2nd 18-24 age group); 7th French Championships Long Distance; 7th Lisboa International Triathlon.



## PAST ELITE WINNERS

### MALE

YEAR	NAME	COUNTRY	TIME
2008	Chris McCormack	AUS	4:00:33
2007	Bjorn Andersson	SWE	4:07:53
2006	Terenzo Bozzone	NZL	3:53:43
2005	Simon Lessing	USA	3:59:33
2004	Chris McCormack	AUS	4:05:50
2003	Tim De Boom	USA	4:04:21
2002	Chris McCormack	AUS	4:03:59
2001	Chris McCormack	AUS	4:00:12
2000	Chris Legh	AUS	4:01:22
1999	Cameron Widoff	USA	4:03:51
1998	Cameron Widoff	USA	4:03:42
1997	Cameron Widoff	USA	4:02:31
1996	Peter Reid	CAN	4:06:19
1995	Cameron Widoff	USA	4:09:25
1994	Wolfgang Dittrich	GER	4:05:22
1993	Andrew MacNaughton	USA	4:19:30
1992	Todd Jacobs	USA	4:12:51
1991	Paul Huddle	USA	4:07:33
1990	Andrew MacNaughton	USA	4:09:03
1989	Paul Huddle	USA	4:07:22
1988	John Devere	USA	-
1987	Andrew MacNaughton	USA	-
1986	Dean Harper	USA	-
1985	Grant Boswell	USA	-
1984	Scott Molina	USA	-
1983	Dean Harper	USA	-

### FEMALE

YEAR	NAME	COUNTRY	TIME
2008	Samantha McGlone	CAN	4:31:38
2007	Becky Lavelle	USA	4:35:19
2006	Samantha McGlone	CAN	4:31:08
2005	Samantha McGlone	CAN	4:32:59
2004	Natascha Badmann	SWZ	4:45:31
2003	Heather Gollnick	USA	4:42:06
2002	Katja Schumacher	GER	4:41:38
2001	Barb Lindquist	USA	4:37:42
2000	Jeanne Anne Krizman	USA	4:43:53
1999	Heather Fuhr	USA	4:37:35
1998	Heather Fuhr	USA	4:37:58
1997	Paula Newby-Fraser	USA	4:35:33
1996	Paula Newby-Fraser	USA	4:44:12
1995	Paula Newby-Fraser	Zimbabwe	4:40:15
1994	Donna Peters	USA	4:40:09
1993	Donna Peters	USA	4:44:45
1992	Donna Peters	USA	4:32:04
1991	Liz Downing	CAN	4:42:55
1990	Paula Newby-Fraser	Zimbabwe	4:41:18
1989	Nancy Valance	USA	5:01:55
1988	Janine Daley	USA	-
1987	Julie Moss	USA	-
1986	Paula Newby-Fraser	Zimbabwe	-
1985	Jacqueline Shaw	CAN	-
1984	Ardis Bow	USA	-
1983	Jennifer Hinshaw	USA	-