



## AUGUST TEAM NEWSLETTER

### The 2009 Triangle Multisport / Inside-Out Sports Team



*2009 Team members  
Look for us at the races!*

2009 Triangle Multisport/Inside-Out Sports Team

CHECK OUT OUR WEBSITE AT

[www.trianglemultisport-insideoutsportsteam.org](http://www.trianglemultisport-insideoutsportsteam.org)

## Triangle Multisport/Inside-Out Sports Team 2009 Team Members!

Nasrin Azari  
Melissa Bell  
Kelly Bruno  
Cid Cardoso  
Jeanna Chain  
Tom Clifford  
Robert Ferris  
Alysia Kern Lovgren  
Aaron Kiefer  
Amie Krasnozon  
Wade Laufenberg  
Jackie Miller  
Stacey Richardson  
Rob Taylor  
Chris Tommerdahl  
Kerry Troester  
Kristin Villopoto  
Dave Williams  
George Worrell  
Joanna Younts  
Ken Younts

### SWIM FOR SMILES TRIATHLON

The Swim for Smiles Youth Triathlon held at the Country Club pool in Chapel Hill was another success it's third year. The event raised over \$10,000 for the NC Children's Hospital and was a fun experience for all involved. The local swimming and triathlon communities provided a majority of the volunteer

support, which was greatly appreciated. InsideOut Sports was one of the event sponsors and donated division awards for the over 400 competitors aged 7 to 18. Nearly half of the TMS-IOS team helped during the race where team members' knowledge and experience was invaluable in the transition area. Most of the TMS-IOS volunteers ended up in the TA helping kids unrack bikes, find the



appropriate gear necessary for the next leg of the race, and navigate their way to the bike and run courses. Other than a brief interruption due to thunder, the weather cooperated and the temperatures were perfect for racing. Parents commented on how smoothly the race went and participants said that they were already looking forward to racing again in 2010. Thanks to everyone who showed up to help out!

## JOANNA YOUNTS RUNNING FOR USAT'S REGIONAL COUNCIL

**Q: You are on the ballot for USAT's Mid-Atlantic Regional Council. Why did you choose to run?**

A: Because I have so much free time, I needed something else to do! No, seriously, I decided to run because triathlon has become a huge part of my life, and USAT has an enormous influence over the sport. I want to be a part of that influence and have a say in the decisions that are made about the sport. I think USAT has done a good job of helping to grow the sport but I think it can do more, and I want to help with that.



**Q: What is the main platform/ ideas you want to see improved upon or implemented?**

A: The main thing I'd like to see is more mentoring opportunities that connect new triathletes with experienced ones. There are so many people who are interested in getting into triathlon but they "just need some help with the swim," or "just need a bike" or "just need someone to train with." There are several folks on our team, including me, who already do a lot of informal mentoring, but I think it would be nice to have a more organized approach that connects people and USAT could be the conduit for that. Of course, there are a lot of other things that I'm interested in helping with, like continuing to work on the issue of drafting and better enforcement, as well as balancing USAT's commitment to its age group and elite athletes.

**Q: Everyone has heard of your hectic schedule, and now also your plan to race your first Ironman next year, how will you balance it all? (We need your time management secrets!)**

A: Yes, well, there is never a dull moment in my life with a farm, two kids, a husband who also races, a full time job, and trying to train and race myself. I feel very blessed that I have a lot of energy and good organizational skills so I am very efficient with my time and I would say am

the queen of multi-tasking! I am always planning ahead and I live by my to-do list. That's not to say I don't have the occasional meltdown and tell myself I'm going over the edge! I have to say I'm a little worried about fitting in Ironman training but my family is very supportive of the idea. I will remind them of this next spring when they're on the hook for all the cooking, cleaning and animal care because I am too tired to do it!

**Q: When is the deadline for having your ballot in?**

A: 11:59 PM MST on October 1

Link to vote: <https://eballot.votenet.com/usat/login.cfm-When>

Link to candidates/proposals: <http://usatriathlon.org/content/index/5898>

**KELLY BRUNO, 2009 PC NATIONAL CHAMPION**

Cloudy skies and cooler temperatures greeted the athletes at the NYC Triathlon and Physically Challenge Athlete National Championships July 26<sup>th</sup>. TMS-IOS teammate Kelly Bruno shined as she PR'd the course by over seven minutes. With a sub-20 minute swim, strong bike, and fast run, Kelly crossed the finish line first female PC, and would also have placed top 20 of her 25-30 AG. Fantastic job, Kelly!

**RECENT TEAM RESULTS**

**June**

- Rob Taylor was 1<sup>st</sup> Masters male and 5<sup>th</sup> Overall at Kerr Lake
- Stacey, Amie, and Melissa took 1-2-3 Overall and JoAnna, Kerry, and Nasrin were 1-2-3 Masters at Over the Mountain Tri. Robert Ferris with 7<sup>th</sup> Overall and Wade was 11<sup>th</sup>, and 2<sup>nd</sup> Masters
- Tom Clifford went 9:59 at IM Brazil
- Aaron Keifer wins Tri Latta. Wade Laufenberg finishes 14<sup>th</sup> Overall, and Nasrin Azari was 1<sup>st</sup> Masters and 6<sup>th</sup> Overall
- JoAnna Younts takes 5<sup>th</sup> AG at Kansas 70.3
- At Eagleman 70.3, Jeanna Chain took 3<sup>rd</sup> in her AG, Amie Krasnozon 5<sup>th</sup> AG, and Kerry Troester 3<sup>rd</sup> AG
- Aaron took 4<sup>th</sup> Overall at Mooseman Tri

- Ken Younts places 3<sup>rd</sup> in his AG at Philadelphia Insurance Tri
- At Kure Beach Double Sprint, Wade Laufenberg finished 1<sup>st</sup> Masters and 8<sup>th</sup> Overall and Chris Tommerdahl, Alysia Lovgren, and Nasrin went 1-2-3 Overall

## July

- Stacey Richardson took 2<sup>nd</sup>, Amie 4<sup>th</sup>, Jeanna 5<sup>th</sup>, Alysia 6<sup>th</sup>, Nazrin 7<sup>th</sup>, Kerry 10<sup>th</sup>, Melissa 11<sup>th</sup>, and JoAnna 15<sup>th</sup> to round out the ladies dominance at Triangle Triathlon. For the men, Tom Clifford was 2<sup>nd</sup> Overall, Cid Cardoso, Jr. was 1<sup>st</sup> Masters, and Ken Younts 5<sup>th</sup> Masters
- Ken Younts was 9<sup>th</sup> Overall at Lake Wylie. Alysia was 1<sup>st</sup> for the ladies and Melissa was 2<sup>nd</sup>.
- Cid Cardoso, Jr. raced at IM Lake Placid
- Dave Williams was 4<sup>th</sup> Overall at the Mission Man Triathlon
- Kelly Bruno finished 1<sup>st</sup> OA at PC National Championships in NYC

## August

- Dave Williams won Lake Logan International Triathlon
- Aaron Keifer was 5<sup>th</sup> Overall at Aquathlon National Championships
- George Worrell won the Washington Olympic Triathlon
- At Bandits Triathlon Challenge, Stacey Richardson took 1<sup>st</sup>, Amie Krasnozou took 2<sup>nd</sup>, Nasrin Azari placed 5<sup>th</sup>, and Kerry Troester finished 9<sup>th</sup> Overall.
- In the men's field at the Bandits Triathlon Challenge, Tom Clifford took 2<sup>nd</sup>, Robert Ferris 8<sup>th</sup>, Wade 10<sup>th</sup>, and Dave 12<sup>th</sup> Overall
- Ken Younts was 2<sup>nd</sup> Overall at Mayo Lake and Alysia Lovgren, JoAnna Younts, and Jackie Miller placed 1-2-3 Overall

## Upcoming Events:

- [Lake Norman YMCA Triathlon](#) 8/22/2009 Washington, NC
- [USAT Triathlon Nationals - SC](#) 8/22/2009 Tuscaloosa, AL
- [Ironman Louisville](#) 8/30/2009 Louisville, KY
- [Ironman Wisconsin](#) 9/13/2009 Madison, WI
- [ITU Triathlon World Championships](#) 9/13/2009 Gold Coast, Australia
- [Wilmington YMCA Triathlon](#) 9/19/2009 Wilmington, NC
- [SC Duathlon World Championships](#) 9/26/2009 Concord, NC
- [Duke Liver Center Half Ironman](#) 9/27/2009 Raleigh, NC

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