



NOVEMBER 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

**Announcing the 2010 Triangle Multisport/Inside-Out Sports Team
Members!**

Melissa Bell
Kelly Bruno
Cid Cardoso

Jeanna Chain
Tom Clifford
Robert Ferris
Tara Flint
Sarah Griffith
Alysia Kern Lovgren
Shannon Lowery
Aaron Kiefer
Amie Krasnozon
Wade Laufenberg
Jackie Miller
Brad Perry
Kit Phillips
Stacey Richardson
Alan Starnes
Rob Taylor
Chris Tommerdahl
Kerry Troester
Kristin Villopoto
Dave Williams
George Worrell
Joanna Younts
Ken Younts

Younts Elected to Regional Council

TMS-IOS team member and two-year President, JoAnna Younts, was elected to USAT's Mid-Atlantic Regional Council. Look for the same enthusiasm, commitment, and balanced decision-making she used to help guide our team to work towards improvement in the governing and growth of multi-sport in our region. Congratulations on your endeavor, JoAnna!

ETTT Team Members Represent at the NCTS Series Races

Congratulations to all of the 2009 NCTS series finishers. The TMS-IOS team members had a great season with multiple top finishers in each of the open categories. Tom Clifford finished 1st overall in the Open Male category. In the Female Open category, Stacey Richardson, Chris Tommerdahl and Amie Krasnozon finished 1st, 2nd and 4th overall respectively. Alysia Lovgren and Melissa Bell also placed top 10 in the Female Open category, with an 8th place and 9th place finish respectively. Nasrin Azari and Kerry Troester took 1st and 2nd

in the Open Masters Female category and JoAnna Younts finished 6th. Wade Laufenberg also had a great 2nd place finish in the Open Masters Male category.

Recent Race Results:

September

- Chris Tommerdahl, Amie Krasnozon, and Ken and JoAnna Younts competed at the Age Group National Championships. Chris took 13th Pro, Amie and Ken each placed 9th AG and JoAnna placed 16th AG
- Kristin Villopoto took 1st OA at the Inside Out Dash for Divas Triathlon
- Robert Ferris finished 2nd AG and Wade Laufenberg took 10th AG at Ironman Wisconsin
- Alysia Lovgren finished 5th OA at the Patriots Half Triathlon
- Tom Clifford took 5th OA, Cid Cardoso Jr. finished 8th OA and 1st Masters Open, Rob Taylor placed 16th OA and 3rd Masters Open, and Jackie Miller placed 7th OA female and 1st Masters Open at the Duke Liver Half
- Stacey Richardson finished 12th OA female and Amie Krasnozon finished 5th AG and 25th OA female at Ironman Augusta 70.3
- Jeanna Chain took 1st OA and Cid Cardoso placed 2nd OA at the Inside Out Sports International Distance Club Wars
- Stacey Richardson took 9th at Ironman Muskoka 70.3
- Ken Younts, JoAnna Younts and Dave Williams competed at the ITU World Triathlon Championships in Australia, finishing 30th AG, 33rd AG and 94th AG, respectively
- Kerry Troester, Kristin Villopoto and JoAnna Younts competed at the SC Duathlon World Championships, and finished 3rd AG, 2nd AG and 8th AG, respectively
- Chris Tommerdahl finished 9th Pro at the Best of the US

October

- Amie Krasnozon finished 2nd Open Female and 4th OA, Nasrin Azari took 1st Masters Female and 6th OA, JoAnna Younts took 2nd Masters Female and 7th OA, Kerry Troester placed 4th Masters Female and 9th OA, Kelly Bruno finished 3rd Open Female, Tom Clifford finished 3rd OA, and Wade Laufenberg took 2nd Masters Open at Pinehurst Triathlon

November

- Kerry Troester finished her season with a 25th AG placement at the ING New York City Marathon
- Tom Clifford had a great 1st place OA finish at the Beach2Battleship Half Ironman
- Nasrin Azari and Jeanna Chain finished 18th AG and 15th AG respectively at the Ironman 70.3 World Championships
- Cid Cardoso finished 22nd AG and 97th OA at the late-season Ironman Arizona

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