



The triathlon started with a 400M swim

Photo by Jordan Fong

First Annual Moraga Triathlon

By Jaime Zepeda

Great things come in threes: Cary Grant, Gene Kelly, and Audrey Hepburn, The Three Stooges, or Lafayette, Orinda and Moraga. In the sports world, the "Threes" principle comes in the form of the triathlon. Under last Saturday's blue skies, triathletes from around the area came out for the debut of the Moraga Treeline Triathlon. With participants of all ages, the triathlon exuded enthusiasm and determination. Although temperatures were in the 80's, these triathletes demonstrated immense fitness levels, with almost all of them completing the full course.

The triathlon began at 6 a.m., when participants checked-in at Campolindo High School, where the event began and ended. Event officials estimated that a little over 270 triathletes registered-- an astounding number for a first-time event. Great things come in threes: Cary Grant, Gene Kelly, and Audrey Hepburn, The Three Stooges, or Lafayette, Orinda and Moraga. In the sports world, the "Threes" principle comes in the form of the triathlon. Under last Saturday's blue skies, triathletes from around the area came out for the debut of the Moraga Treeline Triathlon. With participants of all ages, the triathlon exuded enthusiasm and determination. Although temperatures were in the 80's, these triathletes demonstrated immense fitness levels, with almost all of them completing the full course.

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The race started in the pool. Athletes entered the pool in 10 second intervals to begin their laps. All triathletes began with 400 meters of swimming, followed by 22k of cycling, and brought home with a 5k run.

One of the volunteers supervising the swimming portion noted that the event organizers paid special attention to making sure the swim lanes were wide enough to avoid a collision. It paid off, since "nobody has drowned yet," he joked.

Even supporters were in for a workout as family and friends followed their favorite athlete from the pool to the bike rack, to cheer them on. As soon as athletes had completed their laps, the participants rushed to get in their

bike gear and start the next leg of the race. Young volunteers welcomed them to the bike rack with vocal support and cups of much-needed water. As soon as possible, they were off once again. This time, they needed to ride through Moraga Rd., Canyon Rd., and back, for a total of nearly 14 miles.

The cheering crowd stayed near the bike racks, because the participants returned to drop their bikes, drink some water, and begin the 5k run. Some of the triathletes took a couple of extra seconds to hug their families and renew their energy. Sooner or later, however, all of these runners faced what some later called a "heart-breaking" run. This last leg of the event, the 5k run, went through Paseo Grande and Campolindo Dr., and finished on the Campolindo football field. The spectators migrated to the field to cheer the athletes home. One after another, the triathletes ran onto the football field, and ran a victory lap around it before crossing the finish line.

Because participants were staggered at the beginning of the event, the first one to cross the finish line was not necessarily the one with the fastest time. After all the participants had finished, the event staff began to crunch the numbers.

While the final numbers were being calculated, the competitors mingled among each other and with family and friends. One of them, Martin Mehar, still had the adrenaline pumping when asked about the training for the event. "You obviously need to train for all three (events)," he noted, "Because if you don't, it will hurt your performance in the other parts."

The numbers eventually came in and the winners were declared. The age brackets for the event went from the Junior/Teenager level to 60+. The participants showed great determination in this first-ever event in the Lamorinda area. According to the promoters, this event will come back next year, and for many years to come.



Biking... athletes biked a 22K route or a total of 14 miles
Photo by Jordan Fong



After the laps, it was off to the bikes

Photo by Jordan Fong

Adjusted Triathlon Results		
Age Bracket	Men	Women
10-12	1. David Furtado 1:38:53 2. Zach Remotto 1:48:06	
13-18	1. Roger Ward 1:16:52 2. Daniel Citron 1:25:12 3. Stephen Harlow 1:26:47	1. Grace Park 1:24:41 2. Evelyn Hoover 1:27:30 3. Nicolette Sorenson 1:43:07
19-29	1. Peter Holst 1:11:28 2. Payam Salijoughian 1:14:40 3. Forest Vance 1:16:10	1. Sarah Heiler 1:25:37 2. Rachel Miers 1:27:07 3. Michelle Lovejoy 1:28:09
30-39	1. Chris McCrary 1:08:26 2. Peter Agnost 1:15:30 3. Mark Carrasco 1:15:57	1. Sook Jung 1:24:12 2. Melissa Aycock 1:26:37 3. Shelby Warner 1:27:52
40-49	1. Michael Spiering 1:13:40 2. Jack Weixel 1:13:41 3. Jorge Breton 1:15:01	1. Barbara Pelletreau 1:30:20 2. Margaret Zywicz 1:30:45 3. Becky McVittie 1:31:36
50-59	1. Tim Buscheck 1:20:57 2. Chris Lyman 1:22:19 3. Chris Somers 1:24:03	1. Mary Aycock 1:46:16 2. Linnea Elder 1:52:28 3. Karen Hein 1:55:54
60+	1. John Flanagan 1:40:35 2. Charles Coane 1:40:45 3. Louis Stoddard 1:55:43	1. Sue Laying 1:29:00





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