

SPORTS

LAMORINDAS LOCAL SPORTS NEWS



First Annual Moraga Triathlon Showcases Local Athleticism

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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.

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



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

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. Ac-

ording to the promoters, this event will come back next year, and for many years to come.

Mats Get Win Over Gaels

By Jaime Zepeda

The Miramonte Mats received the Dublin Gaels on Tuesday, April 24, in what turned out to be a hard-fought game. The Gaels began the game with heavy hitting, but it was Miramonte's pitching that kept the Mats in it to win, 8-6.

In the first couple of innings, the Dublin Gaels showed great prowess at the plate. Hit after hit, the Gaels sent balls into the outfield with what seemed like effortless swings. In addition to their batting force, the Dublin bench did not stop chanting and yelling, trying to intimidate the Mats. In the second inning, the Gaels' Spencer Humphrey began an offensive attack with a booming double into left field. This inning would eventually bring in three runs for the Gaels and seemed to rattle the Mats.

The Mats, however, still had a chance to reply. In the bottom of the same inning, Mats' pitcher, John Vaccaro, hit a triple that rocked the Gaels. Thanks to this booming triple, the Mats gained the momentum to score an im-

pressive five runs, which put them up by two, and silenced the Dublin bench for awhile.

In the fifth inning, both teams displayed stellar pitching. Miramonte's John Vaccaro and Dublin's Blake Townsend made the inning scoreless for both teams. At this point in the game, the score was 6-4, Miramonte. The sixth inning showcased another offensive performance by both teams. First up, the Dublin Gaels, thanks in part to Michael Corniola, who scored a total of two runs to put them at an even score with the Mats.

This soon changed when the Mats came up to bat. The Matadors managed to score two runs on Townsend thanks to some late-game heroics, which brought home a win in suspenseful fashion.

The Matadors are currently on a three game winning streak, after they beat College Park on April 26, 3-2, and St. Vincent the day after, 11-8. Up next is Mt. Diablo High School, at Mt. Diablo (Concord) May 1 at 4:00 pm.

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



After the laps, it was off to the bikes Photo by Jordan Fong

Heads Up, Lamorinda Players, Coaches, and Fans
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