

Triathlons				Distance			Best	
Event	Number	First	Last	Swim	Bike	Run	Time	Coments
CANTON	18	8/7/1993	8/11/2018	0.28	12.0	3.0	1:04:02	
TREMONT	16	7/23/1988	6/23/2019	0.23	15.5	3.1	1:37:35	
CHICAGO	15	8/18/1985	8/30/2001	0.93	24.8	6.2	2:23:25	1st 55-59 in 1998
TRI-SHARK	14	6/3/1995	6/4/2016	0.34	13.0	3.1	1:13:32	
GALESBURG	7	9/30/1984	5/29/1993	0.25	15.0	3.0	1:13:10	
GALENA	7	5/18/1996	5/18/2007	0.40	17.0	4.0	1:39:01	
IRON ABE	5	6/20/2005	7/26/2009	0.90	25.0	6.2	2:41:37	
ST MARY	4	9/1/1985	9/6/1992	0.62	18.0	3.1	1:40:03	
IRONHORSE	4	6/12/1988	6/21/1998	1.50	45.0	10.0	4:17:16	
LAKE GENEVA	4	9/7/1991	9/9/2000	0.93	25.4	6.2	2:44:18	
SPRINGFIELD SPRINT	4	7/18/1993	7/16/2005	0.34	12.0	3.0	1:05:02	
EVERGREEN	4	7/22/2006	7/18/2009	0.95	24.8	6.2	3:01:55	
PEORIA	3	9/14/1985	8/26/1989	0.50	20.0	5.0	1:50:46	
MUNCIE	3	8/30/1987	7/12/2003	1.20	56.0	13.1	5:31:41	1st 60-64 in 2003
INDIANAPOLIS	3	7/9/1988	8/4/1991	0.93	24.8	6.2	2:21:11	
SPRINGFIELD	2	6/14/1987	6/16/1991	1.25	45.0	10.0	5:34:34	
EASTER SEAL	2	6/7/1992	6/6/1993	0.20	13.7	4.0	1:13:54	
DECATUR	2	7/1/2007	7/10/2016	0.75	19.0	4.0	2:05:40	
STONEMAN	2	7/29/2017	7/28/2018	0.36	12.1	3.1	1:40:03	
ROCKFORD	1	9/16/1984		0.50	27.0	6.2	2:36:32	
CHARLESTON	1	6/22/1985		0.50	23.0	5.0	2:05:27	
CHAMPAIGN	1	9/29/1985		0.37	28.0	6.2	2:27:10	
MEMPHIS	1	5/22/1988		0.93	24.8	6.2	2:29:43	
BLOOMINGTON	1	6/5/1988		0.50	23.0	6.2	2:16:43	
OXFORD	1	9/10/1988		1.25	19.0	6.2	2:19:16	
FREEPORT	1	7/8/1989		0.25	17.0	3.1	1:19:18	
MSI	1	8/14/1993		0.78	21.3	4.7	1:58:00	
FLORIDIAN	1	10/23/1993		2.40	112.0	26.2	12:54:40	
DEVILS LAKE	1	9/13/1998		0.25	15.0	3.4	1:23:06	

MADISON	1	7/18/1999		0.45	15.0	4.0	1:29:42	
INDIANAPOLIS SPRINT	1	6/24/2000		0.31	10.0	3.0	1:06:59	
OTTAWA	1	6/29/2002		0.93	25.0	6.2	2:42:54	
PLEASANT PRAIRIE	1	8/18/2002		0.93	25.1	6.2	2:29:38	
KNOX	1	9/1/2002		0.60	15.5	3.1	1:30:23	
MENOMONIE	1	6/14/2003		1.50	58.5	12.4	6:47:01	
DELLS	1	6/29/2003		1.20	56.0	13.1	5:05:32	
IRONMAN WI	1	9/7/2003		2.40	112.0	26.2	15:24:43	
PEKIN	1	7/9/2005		1.20	26.0	4.2	2:48:56	
RAILSPLITTER	1	8/15/2009		1.00	36.0	7.0	3:54:55	
CLINTON LAKE	1	8/21/2016		0.23	13.0	3.1	1:50:03	
STOVEPIPE	1	6/17/2017		0.36	13.0	3.1	1:57:23	
DAIRYLAND	1	7/28/2023		1.20	58.0	13.1	6:12:58	
Total	142							
note:								
Freeport - Chicago		7/8/89	7/9/89	46				
Lake geneva - Devals Lake		9/12/98	9/13/98	55				