



# Whidbey Island Virtual Triathlon

## July 24 - August 2, 2020

Results are sorted by last name or team name. Results do not include transition times.

First	Last	Finish Time	Age	Gender	Bike 19.0 Miles	Run 3.75 Miles	Swim 0.5 Mile	Kayak 1.0 Mile	SUP 1.0 Mile	Row 3000 Meters	Burpes 120	UBE 3 Miles	Race Notes	Stories
Shelly	Ackerman	3:08:20	54	Female	2:02:00	0:42:20	0:24:00						I swam at Goss Lake on Monday. My run on Tues. was from my house, out the trails by the school then along Maxwellton to Langley Rd. then Langley Rd. to the soccer fields, through the park and back towards home. For my bike ride today, I rode into Langley and started from there. I went out Saratoga to Amble/Brainers then up East Harbor to Goss Lake. Then Lone Lake to Andreason to Bayview RD. and back into Langley. Then up Maxwellton to Winona and Rabbit Run. Had to add a little more distance to get to 19 miles so went out Deer Run to Coles and back to my house.	I am so happy I made it - no issues, no flat tires etc.! I can't imagine doing all three back to back, so this was the perfect opportunity to try this with breaks in between! I don't run, I walk, so the run was probably the least fun for me. I ran about half I would say. The bike ride was hard, especially since I was on my mountain bike (no road bike) but I am so happy I accomplished it!
Jeanette	Alexander	1:58:44	49	Female	1:10:16	0:28:54	0:19:34						It was fun to participate the virtual tri. I am looking forward to coming back to Whidbey and racing again in the future. It's	Thank you Whidbey Island (virtual) Triathlon Event Team! I had a great time completing the event in Victoria BC, Canada.
Gina	Ames	2:49:21	53	Female	1:33:26	0:49:13	0:26:42						We started at Goss Lake at 7:00 am. It was an exquisitely calm and beautiful summer morning on Thursday, July 30th. My dear friend who was planning to swim and run with me,	I have wanted to do a triathlon since I was a little girl watching the first Iron Man Triathlon on TV in Hawaii. Since moving to Whidbey over 23 years ago, I knew that "one day", I would do
Frank	Ascioti	1:56:51	27	Male	0:59:55	0:37:10	0:19:46						First triathlon, during my first deployment! It was an excellent experience.	Heat index 122!! Hot day in Qatar. Did it all in one go, total time with transitions 02:04:50
Alexandra	Ashleman	2:05:31	25	Female	1:18:46	0:33:21	0:13:24						Swam from Matthews beach in Seattle, it was so nice I ended up swimming two miles! Ran and biked on the Burke	I had knee surgery this winter and this was only my second or third time running since then, but it was great motivation for
Kristen	Bowler Marere	2:23:23	53	Female	1:22:00	0:43:21	0:18:02						Swam at Robinson Beach, out with current back against total about 2100 yards, so I averaged my half mile pace.	Had to break it up because of an injury. Ride one day and run then swim the next. Saratoga hill although not easy, much better than years past 😊
Melanie	Clark	3:36:00	58	Female	1:53:00	1:15:00	0:28:00						It was fun to have a goal and complete it. Appreciate low key approach.	
Lauri	DeVore	2:33:29	56	Female	1:26:56	0:46:40	0:19:53						This is my first "tri" after breaking my back last summer	Stacia McInnes and I did the event together. We did the race from Beaver Lake in Issaquah.
Christine	Frank	1:58:18	29	Female	1:06:02	0:38:29				0:13:47			This triathlon was definitely a worthwhile experience, even if it was virtual. I loved training for it and feel great completing it. Thanks for keeping it going!	Completed in PDX area, so did it early in the day to avoid the heatwave. It was great! Highlights of my experience: my run route went up and down a great hill to make up for my bike set-up, and during that (stationary) bike ride I listened to an Ologies podcast about crow funerals (who knew!?). It was a great time!
Kristen	Galbreath	3:07:08	59	Female	1:41:13	1:06:25	0:19:30						I did the virtual tri lady Saturday morning at 0800 starting in Goss Lake. Thank you for holding the virtual tri!	
George	Henny	2:17:35	54	Male	1:16:31	0:40:00	0:21:04						Thank you so much for persevering and making the Whidbey Triathlon 2020 possible. Can't wait for next year! :-)	Perfect Tri Day! Goss Lake was warm, and of course, with no buoys, the distance was more like a guess. :-) The bike course was the same as 2019, but I did miss the folks with cowbells cheering us on this year. The run was beautiful, I am so glad that the course runs through the park entirely. Thank you for making this possible! Woo Hoo! 2020 is in the books!
Linda	Irvine	2:30:02	55	Female	1:31:15	0:36:08	0:22:39						Rode on a commuter bike with fenders, chunky tires and upright handlebars. Found a large osprey feather on the run. Perfect weather.	Swam in Goss Lake on the usual route with my husband alongside in a kayak. Rode a bit more than two of the core tri bike loops to make 19 miles. Ran in Community Park on the new (2019) tri run course with the small 2020 change.

More updates coming soon due to problems with Garmin functionality.

UPDATED 8/4/2020 5:06 PM



<b>Team Aloha</b>		1:37:57	149	Mixed Team	0:57:07	0:27:36	0:13:14						Leslie Lorish (swim), Sarah Donahue (bike), Dave Bezaire (run). All in all a great way to stay in shape during a pandemic. Hope to do it in person next year.	Our hat is off to Frank in Qatar for doing it all in one shot in 122F heat! Our conditions in California were pretty much optimal. Cool temps, glassy water, little wind.
-------------------	--	---------	-----	------------	---------	---------	---------	--	--	--	--	--	---	---