MILEAGE CHAMPIONS

Congratulations to the 28 Trispokes who participated in this year's Annual Míleage Competition! We had participants training for their first triathlon, veterans training for long-distance tri's, some training for runs, others getting back into shape, some coming off of injuries, and who knows, maybe some doing it for fun! No matter what your reason, we hope you enjoyed playing, and now you can bask in the glory of conquering this three-month endeavor!

## Ryan Dembosky



Heidi Jaramillo


Ryan Dembosky and Heidi Jaramillo took similar paths to winning this year's Annual Mileage Competition for men and women. Both joined the club in 2021 and were playing for the first time, both started to amp up there mileage in Segment 3, and both won segments 3 through 6.

Ryan was in third place overall after the first two segments. But his overall consistency paid off in the long run. He finished second in swimming and running, and fourth on the bike. He took the overall lead from Trispokes' veteran Elliot Feng after Segment 4 and finished with a 272-point victory.

2,948.48 Total points to win overall title by more than 270 points

## 2,263.24 Number of points scored for

 bike/run and the rare accomplishment of scoring 1,000-plus points in more than one discipline744.42 Points scored in Segment 6 4 Number of segment victories out of 6

The women's division provided the most excitement. Heidi stood in fourth place after two segments, and it appeared Denise Miller and others would be tough to catch. But Heidi added bike miles to her huge run output, won the last four segments, and moved past Denise in the last segment to win by 52 points.

2,232.91 Total points scored for fourthbest for women in competition history 1,322.22 Total run points for most in women's history and most of anyone in this year's competition
283.80 Run points in Segment 4 that put her in position to challenge for the lead 4 Number of segment victories out of 6

## TRISPOKES MILEAGE COMPETITION 2022 -- BY THE NUMBERS

## FINAL OVERALL RESULTS

OVERALL POINTS (January 1 - March 31, 2022)
1 mile swim = 10 points 1 mile bike = 1 point 1 mile run $=3$ points

| MALE | TOTAL | Swim | Bike | Run | FEMALE | TOTAL | Swim | Bike | Run |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Ryan Dembosky | 2,948.47 | 685.23 | 1,061.05 | 1,202.19 | Heidi Jaramillo | 2,232.91 | 113.41 | 797.28 | 1,322.22 |
| Elliot Feng | 2,676.44 | 608.82 | 1,230.50 | 837.12 | Denise Miller | 2,170.46 | 453.97 | 1,003.00 | 713.49 |
| Joe Butkiewicz | 2,263.32 | 1,067.48 | 735.76 | 460.08 | Nicole Giumarra | 2,047.12 | 422.05 | 893.34 | 731.73 |
| Joshua Cash | 2,245.01 | 398.07 | 1,214.09 | 632.94 | Nikki Gonzalez | 1,846.65 | 283.28 | 835.81 | 727.56 |
| Pepe Gonzalez | 1,904.95 | 300.00 | 772.03 | 832.92 | Cheryl Vianzon | 1,302.78 | 294.03 | 520.89 | 487.86 |
| Brenton Hulstrom | 1,888.85 | 90.35 | 1,169.52 | 628.98 | Mich. Packebush | 1.103.44 | 174.44 | 445.10 | 483.90 |
| Hong Tang | 1,607.93 | 0.00 | 402.68 | 1,205.25 | Tonia Holmes | 1,083.70 | 201.02 | 494.09 | 388.68 |
| ArmandoCamacho | 1,498.80 | 20.17 | 334.82 | 1,143.81 | Jessa Sandlin | 840.97 | 0.00 | 25.00 | 815.97 |
| Danny Edwards | 1,388.85 | 109.95 | 1,011.27 | 267.63 | Joanna Trigo | 542.86 | 80.00 | 270.83 | 192.03 |
| Jeff Giumarra | 1,018.38 | 265.03 | 441.12 | 312.23 | ChristinaBranson | 442.95 | 0.00 | 243.57 | 199.38 |
| Floyd Reading | 751.97 | 150.57 | 243.50 | 357.90 | Brooke Ambrose | 435.39 | 32.39 | 241.00 | 162.00 |
| Dante Vianzon | 594.11 | 90.95 | 177.18 | 325.98 | Susie Evans | 247.27 | 13.64 | 122.63 | 111.00 |
| Aaron Meyer | 239.61 | 217.61 | 22.00 | 0.00 | Janae Dixon | 224.81 | 42.61 | 114.70 | 67.50 |
|  |  |  |  |  | Autumn Paine | 38.65 | 0.00 | 14.35 | 24.30 |
|  |  |  |  |  | DonnaHenderson | 13.00 | 0.00 | 13.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| SWIM |  |  |  |  | SWIM |  |  |  |  |
| Joe Butkiewicz | 1,067.48 |  |  |  | Denise Miller | 453.97 |  |  |  |
| Ryan Dembosky | 685.23 |  |  |  | Nicole Giumarra | 422.05 |  |  |  |
| Elliot Feng | 608.82 |  |  |  | Cheryl Vianzon | 294.03 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| BIKE |  |  |  |  | BIKE |  |  |  |  |
| Elliot Feng | 1,230.50 |  |  |  | Denise Miller | 1,003.00 |  |  |  |
| Joshua Cash | 1,214.09 |  |  |  | Nicole Giumarra | 893.34 |  |  |  |
| Brent Hulstrom | 1,169.52 |  |  |  | Nikki Gonzalez | 835.81 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| RUN |  |  |  |  | RUN |  |  |  |  |
| Hong Tang | 1,205.25 |  |  |  | Heidi Jaramillo | 1,322.22 |  |  |  |
| Ryan Dembosky | 1,202.19 |  |  |  | Jessa Sandlin | 815.97 |  |  |  |
| ArmandoCamacho | 1,143.81 |  |  |  | Nicole Giumarra | 731.73 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

## RESULTS BY SEGMENT

Male, female winners by segment, Jan. 1 through March 31, 2022

| MEN | Overall | Swim | Bike | Run | WOMEN | Overall | Swim | Bike | Run |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| ONE | Feng | Butkiewicz | Feng | Camacho | ONE | Giumarra | Miller | Gonzalez | Jaramillo |
| TWO | Feng | Butkiewicz | Edwards | Tang | TWO | Miller | Giumarra | Miller | Jaramillo |
| THREE | Dembosky | Butkiewicz | Edwards | Tang | THREE | Jarmillo | Miller | Miller | Jaramillo |
| FOUR | Dembosky | Butkiewicz | Cash | Tang | FOUR | Jarmillo | Miller | Miller | Jaramillo |
| FIVE | Dembosky | Butkiewicz | Hulstrom | Dembosky | FIVE | Jaramillo | Miller | Jaramillo | Jaramillo |
| SIX | Dembosky | Butkiewicz | Cash | Dembosky | SIX | Jaramillo | Giumarra | Jaramillo | Jaramillo |
|  |  |  |  |  |  |  |  |  |  |
|  | Segments | Segment <br> victories | Discipline <br> victories | Sw/Bi/Rn |  | Segments <br>  <br> completed | Segment <br> victories | Discipline <br> victories | Sw/Bi/Rn |
| Dembosky | 6 | 4 | 2 | $0 / 0 / 2$ | Jaramillo | 6 | 4 | 8 | $0 / 2 / 6$ |
| Feng | 6 | 2 | 1 | $0 / 1 / 0$ | Miller | 6 | 1 | 7 | $4 / 3 / 0$ |
| Butkiewicz | 6 |  | 6 | $6 / 0 / 0$ | Giumarra | 6 | 1 | 2 | $2 / 0 / 0$ |
| Cash | 6 |  | 2 | $0 / 2 / 0$ | Gonzalez | 6 |  | 1 | $0 / 1 / 0$ |
| Gonzalez | 6 |  |  |  | Vianzon | 6 |  |  |  |
| Hulstrom | 6 |  | 1 | $0 / 1 / 0$ | Packebush | 6 |  |  |  |
| Tang | 6 |  | 3 | $0 / 0 / 3$ | Holmes | 6 |  |  |  |
| Camacho | 6 |  | 1 | $0 / 0 / 1$ | Sandlin | 6 |  |  |  |
| Edwards | 6 |  | 2 | $0 / 2 / 0$ | Branson | 6 |  |  |  |
| Reading | 6 |  |  |  |  | Trigo | 3 |  |  |
| Vianzon | 6 |  |  |  | Ambrose | 3 |  |  |  |
| Giumarra | 4 |  |  |  | Evans | 3 |  |  |  |
| Meyer | 2 |  |  |  |  | Dixon | 3 |  |  |
|  |  |  |  |  | Paine | 1 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

## SOME MILEAGE HIGHLGHTS ...

8 The number of segment disciplines won by Heidi Jaramillo (all six run segments; two bike), the most of any other competitor. She won the bike and run disciplines in the last segment to surge past Denise Miller for the women's victory.

7 The number of segment disciplines won by Denise Miller (four swim, three bike), who finished second among women overall for the second-straight year.
 Denise also won the women's swim and bike disciplines.

1,067.48 The number of swim points scored by last-year's overall winner, Joe Butkiewicz. Joe won the swim discipline for the secondstraight year, and he swam more than 100 miles (or about 3-plus miles a day) during the competition.

1,205.25 The number of run points scored by Hong Tang to repeat as the men's winner in that


Tang discipline.

1,230.50 Bike miles for discipline winner Elliot Feng, who finished second overall for the second-straight year.


20 The number of Trispokes participating in all 6 two-week segments.

7 The number of Trispokes breaking 2,000 points

