



Club Mileage Competition

January 1 - March 31, 2022

MILEAGE CHAMPIONS

Congratulations to the 28 Trispokes who participated in this year's Annual Mileage 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



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 their 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 discipline
- 744.42** Points scored in Segment 6
- 4** Number of segment victories out of 6

HEIDI JARAMILLO



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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 fourth-best 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

MORE HIGHLIGHTS AND FULL STATISTICS ON NEXT PAGE

