## Ironman Arizona

Nov. 19, 2017
Tempe, Arizona (3,268 entrants)
** David Plyler, 11:47:16 (1:20:34, 6:10:41, 3:58:01), 409th overall, 28th in men's 50-54
** Aaron Lee, 12:55:40 (1:59:13, 6:15:36, 4:26:25), 826th overall, 113th in men's 35-39
** Charolette Cholometes, 13:23:56 (1:36:33, 6:53:17, 4:30:19), 1,010 overall, 222nd among women, 42nd in women's 50-54

## Morro Bay Triathlon

Nov. 5, 2017
Morro Bay, California
Olympic (1.5k swim, 40k bike, 10k run; 150 finishers)
** Mike Toland, 2:30:05 (23:08, 1:07:13, 54:41), 17th overall, 1st in men's 60-69
** Brooke Ambrose, 2:53:21 (32:05, 1:22:13, 53:38), 62 nd overall, 2nd in women's 30-39, 8th women overall
Sprint ( 750 m swim, 20.5k bike, 5.4 k run; 179 finishers)
** Shawn Caldwell, 1:32:49 (14:49, 38:45, 34:19), 28th overall, 7 th in men's 40-49
** Apoorva Sharma, 2:39:42, 171st overall
Ironman 70.3 Austin
Oct. 29, 2017
Austin, Texas (2,005 entrants)
** Lauren Zwang, 6:36:31 (36:38, 3:23:15, 2:17:01), 883rd overall, 32nd in women's 25-29,
174th female overall

## Trick or Tri

Oct. 28, 2017
Irwindale, California
Sprint (300y swim, 9.81-mile bike, 5k run; 218 finishers)
** Terri Wheeler, 1:33:10 (7:46, 39:06, 40:09), 172nd overall, 8th in women's 50-54

## Ironman Maryland

Oct. 7, 2017
Cambridge, Maryland ( 1,343 entrants)
** Michael Jones, 13:46.13 (1:52:34, 5:52:10, --), 567th overall, 60th in men's 50-54
** Katie Nickell, 15:43:16 (1:49:06, 6:55:19, 6:37:31), 892nd overall, 246th among women, 27th in women's 50-54)

## Mission Bay Triathlon

Oct. 1, 2017

San Diego, California
Sprint (500swim, 15k bike, 5k run; 741 finishers)
** Abby Epton, 1:06:31 (9:36, 27:43, 25:40), 103rd overall, 2nd in women's 30-34
Duathlon (83 finishers)
** Lori Soriano, $57: 03$ (6:21, 22:11, 22:50), 10th overall, 2nd in women's 40-44
** Matt Collins, 23rd overall (6:27, 28:32, 25:00), 23rd overall, 3rd in men's 35-39

## Shaver Lake Triathlon

Sept. 30, 2017
Shaver, California
Sprint (400swim, 11.4-mile bike, 5k run; 68 entrants)
** Edward Gonzalez, 1:45:23 (14:04, 48:02, 38:22), 42nd overall, 4th in men's 40-49

## Carpinteria Triathlon

Sept. 24, 2017
Carpinteria, California
Olympic
** Brent Fulce, 2:45:54 (27:27, 1:18:14, 55:57), 44th overall, 5th out of 13 in men's 45-49

## Santa Cruz Triathlon

Sept. 24, 2017
Santa Cruz, California (334 finishers)
Sprint (700y swim, 12-mile bike, 5 k run)
** Joseph Lane, 1:39:54 (20:46, 44:48, 25:40), 195th overall, 20th in men's 30-34

## TriTulare

Sept. 23, 2017
Tulare, California
Sprint ( 400 swim, 8.5 -mile bike, 2.9-mile run; 55 finishers)
** Rich Wilson, 1:00:51, 9th overall, 3rd in men's 35-39
** Therese Haley, 1:01:29, 1st overall female!, 10th overall
** Lauren Zwang, 1:03:12, 2nd overall female! 13th overall
** Lori Thompson, 1:03:50, 3rd overall female! 15th overall
** Danny Edwards, 1:04:44, 1st in men's 55-59, 16th overall
** Terri Wheeler, 1:25:22, 22nd among women, 50th overall
** Sid Hessler, 1:35:07, 1st in women's 60-64, 25th among women, 54th overall
Duathlon (Half-mile run, 8.5 -mile bike, 2.9 -mile run)
** Lori Soriano, 50:14, 1st overall!
** Matt Collins, 56:48, 1st male overall!

## ITU World Triathlon Grand Final

Sept. 17, 2017
Rotterdam, Netherlands

Olympic
** Aaron Hebeler, 2:07:27 (21:18, 1:02:38, 37:42), 24th in men's 30-34, 7th American in age group Sprint
${ }^{* *}$ Elliot Feng, 1:13:50 (11:20, 36:16, 19:31), 45th overall in men's 25-29, 7th American in age group

## Rock the Bay Triathlon

Sept. 17, 2017
San Diego, California
Sprint (500swim, 12-mile bike, 5 k run; 363 finishers)
** Abby Epton, 1:18:31 (9:52, 37:45, 28:25), 2nd in women's $30-34$, 38th overall
Olympic Duathlon ( 5 k run, 40k bike, 10k run)
** Matt Collins, 2:48:58 (29:24, 1:19:30, 57:33), 4th overall, 1st in men's 35-39

## Nautica Malibu Triathlon

Sept. 17, 2017
Malibu, California
International (Mile swim, 40k bike, 10k run; 1,086 finishers)
** Aaron Meyer, 2:24:20 (23:43, 1:09:57, 45:16), 62nd overall, 7th in men's 35-39
** Richard Meyer, 2:27:51 (23:44, 1:06:40, 52:04), 84th overall, 1st in men's 65-69
Classic (Half-mile swim, 18-mile bike, 4.3-mile run; 1,824 finishers)
** Jarrod Butler, 1:53:44 (17:47, 55:43, 34:00), 538th overall, 55th in men's 35-39
** Kelby Thornton, 1:57:06 (15:17, 56:37, 37:13), 669 overall, 13th in women's 35-39
** Mercedes Thayer, 2:50:35 (25:46, 1:13:09, 58:48), 1,731 overall, 43rd in women's 40-44

## Bakersfield Triathlon

Sept. 16, 2017
Bakersfield, California
Olympic distance (Mile swim, 40k bike, 10k run; 11 finishers)
** Kevin Bartell, 2:27:51, 1st overall
** Brent Fulce, 3:05:12, 5th overall, 2nd in men's 45-49
** Frank Martin, 3:08:08, 6th overall, 1st in men's 35-39
Sprint distance (Half-mile swim, 11-mile bike, 3.7-mile run; 53 finishers)
** Mike Fink, 54:22, 1st overall
** Drew Raney, 1:15:56, 4th overall, 2nd in men's 20-24
** Lori Thompson, 1:25:55, 11th overall, 1st in women's $55-59$
** Danny Edwards, 1:28:32, 15th overall, 1st in men's 55-59
** Shawn Caldwell, 1:35:43, 26th overall, 4th in men's 45-49 (flat tire cost him about 15 minutes!)
** Terri Wheeler, 1:53:27, 44th overall, 2nd in women's 50-54
** Russ Abercrombie, 1:56:01, 46th overall, 2nd in men's 65-69
Sprint relay
Three Amigas (Donna Henderson, Tracey Crawford), 2:14:53, 1st in female division

## Ironman Santa Cruz 70.3

Sept. 10, 2017
Santa Cruz, California (2,385 entrants)
** Abby Epton, 5:32:32 (14:22, 2:53:24, 2:17:34), 19th in women's 30-34, 146th among women, 810th overall
** Brian Cain, $5: 34: 15$ (16:16, 2:50:00, 2:18:44), 101st in men's $35-39$, 832nd overall
** Joseph Yatco, 6:09:47 (19:02, 2:58:17, 2:40:36), 164th in men's 45-49, 1,349th overall
** Jarrod Butler, 6:19:48 (17:24, 3:11:47, 2:36:35), 17th in men's 35-39, 1,460th overall

## Ironman Coeur d' Alene

August 27, 2017
Coeur d' Alene, Idaho (1,106 entrants)
** Kevin Bartell, 11:51:12 (55:59, 6:08:06, 4:29:51), 128th overall, 17th in men's 30-34
** Joe Raymond, 15:59:39 (1:13:49, 6:56:15, 7:34:20), 743rd overall, 94th in men's 35-39

## Santa Barbara Triathlon

August 26-27, 2017
Santa Barbara, California
Long course (1-mile swim, 34-mile bike, 10-mile run; 380 finishers)
** Charolette Cholometes, 4:13:19 (36:46, 2:06:16, 1:20:10), 210th overall, 9th in women's 4044 division
** Jason McNees, 6:58:20 (1:00:15, 3:01:33, 2:45:07), 307th overall, 2nd in Clydesdale under 39
Sprint (500 swim, 6-mile bike, 2-mile run; 217 finishers)
** Shawn Caldwell, $48: 11$ (9:28, 19:25, 15:48), 67th overall, 5th out of 20 in men's 45-49
** Floyd Reading, $1: 09: 58$ (13:51, 23:57, 26:55), 201st overall, 16th in men's 45-59

## Hansen Dam Triathlon

August 20, 2017
Sylmar, California
Olympic (1,500 swim, 22-mile bike, 10k run; 178 finishers)
** Rich Wilson, 2:37:43 (32:46, 58:48, 1:01:05), 48th overall, 10th in men's 35-39)
Sprint (500 swim, 11-mile bike, 5k run; 259 finishers)
** Danny Edwards, 1:15:43 (12:50, 32:32, 27:17), 37th overall, 2nd out of 15 in men's 55-59
** Terri Wheeler, 1:47:00 (15:05, 42:39, 42:17), 208th overall, 9th in women's 50-54

## Chula Vista Challenge

August 13, 2017
Chula Vista, California (373 finishers)
Sprint (500 swim, 14-mile bike, 5k run)
** Drew Raney, 1:17:49 (8:56, 42:59, 23:22), 1st in men's 20-24 age group, 26th overall

## USAT Nationals

August 12, 2017

Omaha, Nebraska
Olympic distance (1,990 finishers)
** Aaron Hebeler, 2:07:05 (23:15, 1:00:55, 39:42), 57th overall, 12th in men's 30-34
** Mike Toland, 2:30:24 (27:21, 1:06:25, 51:32), 621 st overall, 6 th in men's 60-64
** Richard Meyer, 2:34:33 (28:46, 1:08:21, 51:27), 773rd overall, 7th in men's 65-69
Sprint distance (1,053 finishers)
** Elliot Feng, 1:09:32 8 (11:41, 32:16, 19:43), 117th overall

## Goleta Beach Triathlon

July 30, 2017
Goleta, California (near Santa Barbara)
Long triathlon (Mile swim, 22-mile bike, 5 -mile run; 138 finishers)
** Danny Edwards, 2:41 (47:45, 1:11:09, 39:09), 82nd overall, fifth in men's 55-59

## Ironman Santa Rosa

July 29, 2017
Santa Rosa, California (1,711 finishers)
** Joe Raymond, 14:22:42 (1:16:21, 6:23:39, 5:53:57), 1,194 overall, 157th in men's 35-39 division
** Joseph Yatco, 14:39:13 (1:41:54, 6:57:14, 5:36:40), 1,280 overall, 193rd in men's 45-49 division

## Ironman Lake Placid

July 23, 2017
Lake Placid, New York (2,194 finishers)
** Sharley Simpson, QUALIFIED FOR KONA! 11:16:12 (1:07:09, 6:04:16, 3:55:01), 245th overall, 3rd out of 118 in women's 45-49 age group, 29th overall among women
** Lori Soriano, 11:55:52 (1:19:15, 6:14:14, 4:13:37), 473rd overall, 17th out of 114 in women's 4044 age group, 89th overall among women
** Kelby Thornton, 12:52:43 (1:04:57, 6:44:37, 4:49:57), 844th overall, 48th out of 125 in women's 35-39, 185th overall among women
** Abby Epton, 14:22:41 (1:08:53, 7:08:56, 5:49:16), 1,517th overall, 50th in women's 30-34 age group, 38th overall among women

## San Luis Obispo Triathlon

July 22, 2017
San Luis Obispo, California
Half-mile pool swim, 15-mile bike, 5 k run ( 567 finishers)
** Elliot Feng, 1:14:34, THIRD OVERALL! 2nd in men's 25-29
** Shawn Caldwell, 1:41:37, 135th overall
** Pepper Fortman, 2:59:03, 553rd overall

## Hagerstown Sprint Triathlon

July 16, 2017
Hagerstown, Maryland
300m swim, 11-mile bike, 5 k run (272 finishers)
** Ben Villasenor, 1:04:07 (5:55, 32:30, 22:15), 27th overall, 2nd out of 14 in men's 35-39

## iCANtri Triathlon

July 16, 2017
Clovis, California
Adult sprint (500sw, 10-mile bike, 5k run)
** Jessica Wilson, 1:32:11 (17:25, 33:52, 36:08), 9th among women, 3rd in women's 30-39
Kids sprint ( 150 m swim, 4 -mile bike, 1 -mile run)
9-12 year olds
** Kaden Hulstrom, 35:25.3 (3:56, 17:32, 11:03), 16th among boys, 4th among 10 year olds
$6-8$ year olds ( 50 m swim, 2-mile bike, $1 / 2$-mile swim)
** Erik Wilson, 28:23.5 (1:53, 17:16, 5:29), 12th among boys, 2nd among 6 year olds

## June Lake Triathlon

July 8, 2017
June Lake, California
Half-ironman (63 finishers)
** Brian Cain, 6:50:11 (42:16, 2:57:42, 3:01:34), 37th overall, 5th in men's 40-44
Olympic distance (162 finishers)
** Aaron Meyer, 2:54:15 (25:47, 1:14:41, 1:10:03), 13th overall, 2nd in men's 35-39
** Michael Toland, 2:58:52 (24:51, 1:13:40, 1:16:54), 24th overall, 4th in men's 60-64
** Richard Meyer, 2:59:14 (25:53, 1:10:34, 1:19:10), 26th overall, 1st in men's 65-69

## California International Triathlon

June 25, 2017
Pleasanton, California (473 entrants)
Olympic distance (. 93 swim, 40k bike, 10k run)
** Charolette Cholometes, 2:59:22 (35:45, 1:23:55, 50:32), 259th overall, 45th among women, 5th out of 16 entrants in women's 40-44
** Danny Edwards, 2:59:33 (39:35, 1:20:34, 56:42), 260th overall, 12 th out of 28 entrants in men's 55-59
** Joseph Yatco, 3:05:02 (36:02, 1:19:06, 1:05:08), 287th overall, 36th out of 58 entrants in men's 45-49

## USAT Duathlon National Championships

June 17, 2017
Bend, Oregon
Standard distance (10k run, 40k bike, 5k run; 85 female finishers)
** Lori Soriano, 2:32:44.91 (47:28, 1:18:43, 24:35), 25th overall among women, 4th out of 11 in women's $40-44$ age group

## Redondo Beach Triathlon

June 11, 2017
Redondo Beach, California
Sprint (369 finishers)
Half-mile swim, 6-mile bike, 2-mile run
** Lauren Zwang, 1:04:15 (17:52, 21:30, 17:51), 3rd in women's 25-29 division, 172nd overall, 33rd among women

## Castaic Triathlon Series I

June 10, 2017
Castaic, California (107 finishers)
Sprint (400y swim, 10-mile bike, 5 k run)
** Shawn Caldwell, 1:03:32, 31st overall, 7th in men's 45-49 age group

## Mojave Death Race

June 3-4, 2017
Mojave National Preserve
Nipton, California
A 24-leg relay comprised of road biking, mountain biking and running. The Riverbend/Human Performance A and B teams participated with two Trispokes, Brooke Ambrose and Brennon Hayes, on the A team, and Trispokes Rich Wilson, Jessica Wilson and Danny Edwards on the B team.
Official results haven't been posted, but the A team is believed to have finished 8th out of 27 teams, and the B team made all of the time cutoffs and unofficially finished 22nd.

## Kona 70.3 Ironman

June 3, 2017
** Michael Jones, 6:37:19 (50:51, 3:06:09, 2:28:42), 581st overall, 63rd in men's 50-54

## Bass Lake Triathlon

June 3, 2017
Oakhurst, California
Olympic (159 finishers)
** Richard Meyer, 2:51:28 (32:21, 1:18:28, 56:40), 18th overall, 1st in men's 65-59
** Brent Fulce, 3:07:33 (42:56, 1:25:55, 56:30), 46th overall, 6th in men's 45-49
** Aaron Lee, 3:10:31 (41:25, 1:24:15, 54:39), 52nd overall, 9th in men's 35-39
** Joseph Yatco, 3:48:14 (49:27, 1:42:18, 1:12:37), 116th overall, 7th in men's 45-49
Sprint (211 finishers)
** Lori Soriano, 1:25:15 (19:08, 40:26, 23:33), 1st female finisher, 8th overall
** Abby Epton, 1:28:40 (16:37, 43:43, 26:24), 6th female finisher, 17th overall, 2nd in women's 30-34
** Russ Abercrombie, 2:05:16 (27:13, 59:49, 31:03), 128th overall, 2nd in men's 60-64
** Holly Lazzerini, 2:04:47 (21:45, 54:57, 42:59), 126th overall, 1st in women's 65-69

## Breath of Life Ventura Triathlon

May 20, 2017
Ventura, California (205 finishers)
Sprint (750m swim, 20k bike, 5k run)
** Rich Wilson, 1:27:07 (15:30, 39:07, 27:16), 54th overall, 7th out of 15 in men's 35-39
** Danny Edwards, 1:27:22 (18:32, 39:57, 25:50), 58th overall, 5th out of 14 in men's 55-59
Vi-Tri
May 20, 2017
Visalia, California (62 finishers)
Sprint (400 pool swim, 10-mile bike, 3-mile run)
** Russ Abercrombie, 1:18:40, 34th overall, 3rd in men's 60-69

## Spring Sprint Triathlon

Part of San Diego Triathlon Series
San Diego, California
May 7, 2017
( $1 / 4$ swim, 12 -mile bike, 3 -mile run; 868 finishers)
** Abby Epton, 1:14:55 (8:51, 37:37, 25:57), 97th overall, 13th among women, 1st out of 54 in women's 30-34

## Kern Wheelmen Duathlon

April 30, 2017
2-mile run, 10 -mile bike, 2-mile run
** Aaron Hebeler, 1st, 54:06.4 (12:20, 27:45.9, 14:00.5)
** Lori Soriano, 2nd, 1:01:55 (15:04.5, 30:44.4, 16:06.1)
** Mike Perry, 6th, 1:06:39.2 (16:55.3, 30:51.8, 18:52.1)
** Joseph Yatco, 7th, 1:12:37.0 (17:34.8, 33:30.5, 21:31.7)
** Russ Abercrombie, 12th, 1:25.16.9 (17:54.3, 44:45.9, 22:36.7)
** Jason McNees, 13th, 1:32:09.3 (23:29.9, 40:54.7, 27:44.7)

## Half Moon Bay Triathlon

April 23, 2017
Half Moon Bay, California
** Joseph Yatco, 3:30:07 (49:29, 1:33:37, 1:00:08), 342nd overall out of 516, 40th in 45-49 men

## HITS Triathlon Series

Napa Valley, California
April 9, 2017 (471 finishers)
Olympic
** Aaron Hebeler, 2:12:53 (22:35, 1:07:23, 40:08), 3RD OVERALL!
** Sarah Hebeler, 3:37:02 (39:32, 1:39:54, 1:08:53), 13th out of 27 in women's 35-39, 339th overall

## High Desert Triathlon

April 1, 2017
Edwards Air Force Base, California
Sprint
** Lori Thompson, 1:19:08

## Ironman 70.3 Oceanside

April 1, 2017
Oceanside, California (3,430 entrants)
** Lori Soriano, 5:30:53 (43:49, 3:01:43, 1:55:52), 23rd in women's 40-44, 127th among women, 812th overall
** Brent Fulce, 5:52:56 (40:14, 3:00:41, 2:02:49), 111th in men's 45-49, 852nd overall
** Abby Epton, 5:58:55 (33:47, 3:08:56, 2:07:47), 31st in women's 30-34, 161st among women, 955th overall
** Kelby Thornton, 6:22:01 (33:24, 3:22:36, 2:10:30), 41st in women's 35-39, 263rd among women, 1,312 th overall
** Michael Jones, 7:41:54 (47:35, 3:11:12, 3:29:44), 311th in men's 50-54, 2,181st overall
** Joseph Yatco, 7:53:25 (50:18, 4:19:27, 2:30:27), 290th in men's 45-49, 2,241st overall

## Cal Poly March Triathlon Series

March 26, 2017
Cayucos, California
Sprint (82 finishers)
** Elliot Feng, 1:11:10 (11:32, 35:15, 21:33), 2nd overall, 1st in men's 25-29
** Brent Fulce, 1:20:39 (16:25, 37:47, 24:29), 22nd overall, 4th in men's 45-49
** Sophia Garcia, 1:46:12 (18:51, 55:15, 26:39), 64th overall, 12th among women, 6th in women's

## SuperSEAL Olympic Triathlon

March 19, 2017
Coronado, California
** Lori Soriano, 2:35:00 (31:27, 1:10:53, 48:10), 7th in women's 40-44, 168th overall
** Abby Epton, 2:41:30 (26:03, 1:16:46, 54:05), 7th in women's 30-34, 224th out of 636
** Kelby Thornton, 2:53:16 (25:30, 1:23:46, 57:14), 10th in women's 35-39, 351st overall

## Havasu Triathlon

March 18, 2017
Lake Havasu City, Arizona
** Tommy Thompson, 2:47:23 (28:55, 1:20:52, 57:37), 42nd out of 92 overall, 3rd in men's 60-64

## Pasadena Reverse Triathlon

Pasadena, California
March 11, 2017
(765 finishers; 5 k run, 9.3 -mile bike, 150-meter pool swim)
** Elliott Feng, 50:31 1ST OVERALL! (21:01, 24:21, 2:25)
** Brenton Hulstrom, $51: 46$ (20:43, 24:40, 3:14), 6th overall, 2nd in men's 35-39
** Lori Thompson, 1:08:42 (26:43, 33:33, 3:43), 151st overall, 2nd in women's 55-59
** Terri Wheeler, 1:39:53 (39:39, 45:45, 4:51), 640th overall, 19th in women's 50-54
Junior Triathlon
(64 finishers; 1k run, 1.5 -mile bike, 50-yard swim)
** Kaden Hulstrom, 11th overall, 16:38, 2nd in 9-10 boys
** Isaiah Hulstrom, 12th overall, 17:04, third in 7-8 boys

## Rocky Hill Triathlon

Exeter, California
March 11, 2017
Olympic (41 finishers; 800 pool swim, 40k bike, 10k run)
** Richard Meyer, 2:28:36 (13:33, 1:16:25, 56:35), 16th overall, 1st in men's 60-69
** Michael Jones, 2:35:45 (18:09, 1:20:38, 53:57), 20th overall, 2nd in men's 50-59
** Aaron Lee, 2:38:22 (19:42, 1:24:05, 50:20), 20th overall, 9th in men's 30-39
Sprint (58 finishers; 400 pool swim, 20k bike, 5k run)
** Rich Wilson, 1:23:45 (7:24, 43:37, 29:19), 17th overall, 8th in men's 30-39
** Russ Abercrombie, 1:48:51 (12:02, 1:01:19, 30:12), 50th overall, 5th in men's 60-69

## Desert International Triathlon

La Quinta, California
Olympic (376 finishers)
March 5, 2017
** Elliott Feng, 2:17:53 (23:53, 1:05:06, 46:17), 28th overall, 4th in men's 25-29
** Abby Epton, 2:41:22 (27:42, 1:14:12, 56:11), 128th overall, 29th among women, 9th in women's 30-34

Sprint (344 finishers)
March 4, 2017
** Brenton Hulstrom, 1:07:42, 20th overall, 3rd in men's 35-39
Race on the Base
Feb. 25, 2017
Los Alamitos, California
5k run, 13.1-mile bike, 200m swim
** Brooke Ambrose, 1:08:39 (21:31 run, 38:13 bike, 5:25 swim), 1st in women's 35-39, 54th overall
** Terri Wheeler, 1:39:11 (35:24 run, 50:09 bike, 6:02 swim), 13th in women's 50-54, 364th overall

