

26TH ANNUAL POHANKA CADILLAC – YMCA COLONIAL BEACH TRIATHLON

Sunday, July 11, 2010

6:50am – Colonial Beach, VA

1500 meters swim – 2 loops of Triangular Course.

40k Bike – Out & back over moderately hilly terrain.

10k run – This is an Out & back course, flat, with plenty of water stations.

RACE HISTORY

The annual Pohanka Cadillac – YMCA Colonial Beach Triathlon was held for the first time in July of 1985. Former YMCA Executive Director Kevin Curtis and Sports Director Barney Reiley were searching for a site to hold a triathlon where they could have an open water swim. Reiley, having taught at Colonial Beach High School in 1982, recommended Colonial Beach as a logical site because of its open swim accessibility, a preexisting 10k run course, and the potential for a beautiful bike course. The event was well received by the town and the YMCA has developed into a perfect chemistry.

The event has drawn competitors from over thirteen different States and appeals to both the recreational triathlete as well as your more serious competitors.

The event has been afforded the prestige of attracting such nationally recognized triathletes such as Jim Knight, Troy Jacobson, 4 times winner Tim Morris, Otho Keller and Jeff Brown in the Men's Division; and Maryanne Zuckerman, Janet Hatfield, Nancy Lewis, Desiree Ficker, Deborah Dudas, and Karen Holloway in the women's Division.

PAST CHAMPIONS FOR OLYMPIC DISTANCE

YEAR	NAME	AGE	TIME
1985	Jeff Brown	31	1:55:26
	Lori Collman	n/a	2:13:06
1986	*Jeff Brown	32	1:41:45
	*Janet Hatfield	26	1:48:14
1987	Mike Fitzgerald	29	1:53:40
	Janet Hatfield	27	2:03:11
1988	Robert Johnson	35	1:55:16
	Rena Fansec	33	2:14:42
1989	Michael Olickney	30	1:48:19
	Maryanne Zuckerman	42	2:00:45
1990	Troy Jacobson	20	1:47:24
	Crystal Drummon	32	2:10:26

1991	Jim Knight	30	1:47:29
	Jane Johnson	32	1:58:02
1992	Jim Knight	31	1:44:10
	**Nancy Gugerty	24	1:51:51
1993	**Troy Jacobson	23	1:40:31
	Nancy Lewis	34	1:57:26
1994	Christian Burton	n/a	1:49:27
	Deborah Dudas	36	2:10:22
1995	Chris Baker	21	1:48:32
	Nancy Lewis	38	2:01:46
1996	***Craig Lavinger	27	1:53:53
	***Deborah Dudas	38	2:09:13
1997	****Tim Morris	24	1:46:10
	****Nancy Lewis	38	1:58:05
1998	Tim Morris	25	1:47:00
	Kim McLaughlin	23	1:53:52
1999	Todd Shatynki	23	1:50:44
	Desiree Ficker	22	2:01:15
2000	***Tim Morris	27	1:49:44
	***Karen Hollway	27	2:00:38
2001	***Tim Morris	28	1:41:03
	***Karen Hollway	28	1:55:13
2002	Otho Keller	25	1:45:26
	Margaret Shapiro	25	1:57:28
2003	Otho Keller	26	1:49:27
	Amanda Pagon	28	1:59:40
2004	Duathlon 5k/40k/5k		
	Stephen Smith	n/a	1:37:25
	Margaret Shapiro	27	1:47:03
2005	Darrin Hertell	31	1:50:16
	Karen Holloway	32	1:56:26
2006	Andrew Hodges	23	1:45:55
	Diane Haupt	40	1:58:53
2007	Benjamin Barlett	20	1:47:56
	Crystal Pruitt	22	1:56:49
2008	Justin Riddle	33	1:46:33
	Leah Daugherty	23	1:53:

2009	***Karl Kahsar	21	1:56:26.95
	***Michelle Bozarth	27	2:13:12.55

*Swimming distance shortened due to inclement weather

**Course Record Holder

***Swim distance was 1500K

****Swim distance was 800 meters

PAST CHAMPIONS FOR SPRINT TRIATHLON

YEAR	NAME	AGE	TIME
2009	Craig Lauinger	41	1:05:59.55
	Crystal Marie Pruitt	24	1:12:20.95

OUR SPONSORS

Pohanka Cadillac began in the car industry in the Washington area in 1919. With its first dealership in the nation's Capital, Pohanka Cadillac now has over twelve franchises in the Washington area. Scott Crabtree, co-owner of the local franchise in Fredericksburg has completed in every triathlon the YMCA has hosted in Colonial Beach. In 1985, Crabtree placed third overall and on several occasions has captured first in his age group.

Frank Pohanka, who resides with his wife Ann in Spotsylvania County

SPECIAL THANKS TO THE VOLUNTEERS

As with many sporting events, if it were not for the dedication and community commitment of volunteers, these events would not be possible. The YMCA has been blessed to have individual and Organizations so graciously donate their time and energy to make this triathlon an annual event. I would like to thank the following organizations for their volunteerism: Colonial Beach Police Department, Colonial Beach Rescue, Fredericksburg Rescue, The American Legion Post , Virginia State Police, King George Sheriffs Department, Rappahannock Ham Radio Club, The Colonial Beach Coast Guard Auxiliary, Tom Cooper of the Virginia Rockin 95.9 radio Station, King George High School Cross Country Team, North Stafford Cross Country Team, Brooke Point Cross Country Team, The King George YMCA Staff, all individual volunteers, and lastly the 15 volunteers who make this event possible by helping me set-up on Friday, Saturday and Sunday.

Sincerely

Terence McLaughlin
Race Director

