



**New York Fitness**

**www.nyftyfitness.com**

## **FOR IMMEDIATE RELEASE**

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### **"FAB 15" COMPETE AT NEW YORK FITNESS**

Fifteen competitors ranging in age from 21-67 put their endurance to the test August 7th and 8th at New York Fitness. NYF's first annual mini triathlon began with an 8.3 mile, virtual tour on the Espresso bikes, followed by a looped 3.2 mile run, then commenced with a .42 mile swim equivalent to 30 lengths of the 25 yd. lap pool.

Many athletes were challenged with one segment or another of the mini triathlon, however men's overall winner, Jim Brown, of Pioneer and women's overall leader, Ellen Devlin, of Beaverton, OR showed true athleticism and strength in all 3 events. Brown completed the tri in a stellar 1:02:06 clinching the men's 36-55 age division. Just 3 minutes off that pace was NYF's own, Mike Nesler, recording a personal best time of 1:04:55. Devlin took the women's 36-55 age category with a remarkable 1:15:38. On her heels was 21-35 age division leader, Kerry Maxedon of Pine Grove with a 1:17:30.

Most of the NYF triathletes were novices to race competitions, however, Mike Nesler and Mike Radogna are no strangers to running and both are currently in training for the California International Marathon. After conquering the mini triathlon, NYF member, Emily Page will compete August 29th in the all women's Luna Bar Super Sprint Triathlon. Natalie Knittel, Christine Kunz, and Joe Piombo all aspire to future competitions as well.

The youngest competitors 21 year old Samantha Smith and 24 year old Eric Thygesen both finished in under 1:23:00. Two athletes comprised each of the men's and women's 56 and above age groups. Walt Ebbett, 63 and Bob Devlin, 67 both avid exercise enthusiasts battled for 1st place with Ebbett posting the winning time of 1:09:08. The dynamic duo of Sharon Spaan, 67 and Betty Manning, 65 put true meaning to the phrase "two tough old broads!" The "best buddies" recently competed in Eppie's Great Race in Sacramento with Sharon tackling the running portion and Betty handling the kayak segment.

Event sponsors generously donating prizes were Hein and Company Book Store, Clark's Corner, Jackson Family Sports and Sileo Massage Therapy.

Based on positive feedback and enthusiasm, NYF plans to host a second annual mini triathlon summer 2011! Readers can visit New York Fitness on Facebook to view photos of the event.

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