

A heartfelt thank you and congratulations to all the participants of this year's Splash Mash & Dash indoor triathlon. You persevered through uncooperative lockers, unsettled stomachs, sore butts, broken hands and other various aches and pains for a 100% completion rate, EVERYONE finished! Well done!

Here are our total distances from this year's competitors:

	Bike	Run	Swim	Total
Rich Berkey	15.5	4.27	.525	20.295
Aimee Reeves	16.1	3.63	.550	20.28
Jenna Meyers	14.72	4.79	.375	19.865
Rich LaMonica	15.5	3.8	.375	19.675
Courtney Waldhauser	14.6	4.57	.500	19.67
Brian Walker	14.7	4.13	.600	19.43
Matt Hill	15.0	3.53	.325	18.855
Ken Paduch	15.5	2.89	.425	18.815
Patrick Clark	14.4	3.63	.400	18.43
Michelle Hacker	13.2	3.77	.450	17.42
Scott Amey	13.1	3.26	.500	16.86
Mary Ellen Malooly	13.7	2.8	.325	16.825
Pam Lottero Perdue	12.8	3.5	.400	16.7
Moriah Greene	13.5	2.8	.325	16.625
Tracy Dubree	12.6	3.29	.350	16.24
Loren Elchik	11.6	3.87	.425	15.895
Alicia Lorence	12.3	3.05	.450	15.8
Fred Burriss	11.7	3.82	.250	15.77
Brogan Gerhart	12.2	3.02	.325	15.545
Louise Bomboy	11.8	2.77	.425	14.995
Tammy Webber	12.3	2.25	.375	14.925
Eleanor Lewis	11.5	2.66	.325	14.485
Keith Hardesty	12.5	1.24	.300	14.04
Karl Gerhart	11.2	2.45	.300	13.95

Matt Walker	11.2	2.1	.400	13.70
Sage Kellagher	10.9	2.13	.650	13.68
Joshana Goga	10.8	2.20	.325	13.325
Laura Gavin	9.8	2.1	.400	12.30
Rachel Barsam	9.5	1.93	.325	11.755
Meg Williams	9.3	2.15	.300	11.750