

Race: Spirit Winds Triathlon- St. James City, Fl. 33956
12/6/2008

overall winner: David Hollis

2nd place: Elizabeth Beemer

3rd place: Sharon Krieg

Mens overall winner: David Hollis

Womens overall winner: Elizabeth Beemer

2nd place: Sharon Krieg

Times:

	Run	Bike	Swim	Overall
David Hollis	27:22	36:27	10:52	1:14:41
Elizabeth Beemer	29:14	37:35	9:28	1:16:17
Sharon Krieg	29:14	43:03	9:44	1:22:01

Congratulations to all of the participants, job well done. A Special Thanks to all of the supporting cast, your assistance was deeply appreciated. (Mark Krieg, Zack Beemer, Charlie and Lauren Spinnler, Susan Converse, Sandy and Cory [from the pool]).

We didn't have a big turn out but I was glad I didn't have to run alone. The video should be up on MYSPACE soon, check it out @ myspace.com/spiritwindssailing go to my videos and tell me what you think. As I said the tentative date for the next triathlon will be some time in march 09, tell me your preferences and we will try to accomodate you all.

Again my thanks to all who participated and assisted in some way. I hope to see you all at the next race, and remember to tell your friends so we can have a larger turnout and make this a regular event for the Island.

Sincerely,

Capt. Dave
Spirit Winds Sailing