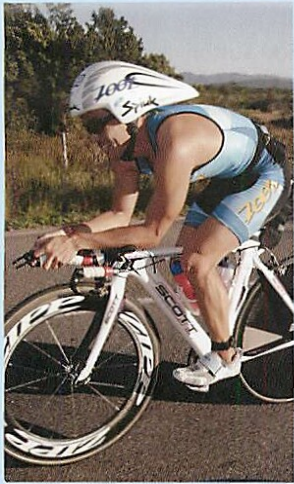


Members to Compete in **IRONMAN TRIATHALON**

By Katherine Nichols



Wil Yamamoto

Outrigger Canoe Club member Wil Yamamoto knows exactly what he wants to do in the Ironman Triathlon World Championship in Kona on Oct. 11: Break the elite nine hour barrier and place in the top 5 in the wildly competitive 30-34 age group.

But the attorney already has a few races under his belt this year that indicate he's in shape to reach his goal. He qualified for Kona at Ironman Brazil, where he placed third out of 100 in his age group, and finished in an impressive 9 hours and 37 minutes.

A couple of months later, he raced his fastest half-ironman ever, completing the 1.2 mile swim, 56-mile bike ride, and 13.1 mile run of the Vineman Triathlon in California's wine country in a blazing 4 hours and 20 minutes.

(Ironman 70.3 indicates the total miles covered in an official Half-Ironman distance, and denotes a qualifying race for the Ironman Triathlon World Championships. Athletes become eligible for the 2.4-mile swim, 112-mile bike ride and 26.2-mile run championship event by placing at the top of their age group in a sanctioned race. Other Ironman competitions around the world do not require pre-qualification to enter.)

Yamamoto joins six other Outrigger members on the arduous journey through the Big Island's lava fields.



Rachel Ross and Katherine Nichols

Rachel Ross: The two-time Ironman Kona age-group champion, who qualified for this year's race at the World Championship last year (only the age group winner is guaranteed a slot for the following year; everyone else must re-qualify each time), when she finished in 9 hours and 56 minutes. Earlier this year at Ironman

Arizona, she placed first of 87 in the 30-34 age group in 10 hours and 3 minutes, just three weeks after a strong performance in Ironman California 70.3.

Katherine Nichols: The third place finisher in the 40-44 age group in last year's world championship race earned the lone international qualifying spot at Ironman California 70.3 in Oceanside in March, where she finished first of 87 people in 5 hours and three minutes, and went on to win her age group (and was the first amateur in Rachel Ross's absence) again at the Hawaii half-ironman in Kona, which she completed in 4 hours and 56 minutes.

David Stackhouse: The stellar runner and swimmer worked on his biking this year, and posted a dramatic improvement in this year's Hawaii half-ironman in May - enough to place 25th out of 158 in the 35-39 age group and earn a slot at the World Championship. His time was 5 hours and 1 minute. He also posted an age-group win and a personal record at the Tinian Triathlon this year.

Hina Torres de Sa: finished the Hawaii half-ironman in 6:01:51, placing 17th in the 40-44 age and snagging the only Hawaii resident slot for the category. Torres de Sa has completed Ironman Brazil and Ironman Austria in past years, but this will be her first trip to Kona as a competitor. Her husband, **Raul Boca Torres de Sa**, is coaching most of the Hawaii-based competitors on their way to Kona.

Laurie Foster: The veteran swimmer/triathlete also earned the Hawaii resident slot for the 50-54 age group when she finished in 6 hours and 15 minutes, placing 6th of 29 in her age group.

Penny Bradley: She's heading back to Kona after placing second in the 65-69 age group at the Hawaii half-ironman, winning the Hawaii resident slot with a time of 8:18:02.



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