

Yamamoto and Ross Lead OCC in Kona Half Ironman

By Katherine Nichols

Several Outrigger Canoe Club members turned in impressive performances at the Ford Ironman 70.3 Hawaii (formerly called Honu) on June 2 in Kona, despite some of the most challenging conditions ever.

Once again, Wil Yamamoto and Rachel Ross led the Outrigger contingent with strong finishes. Ross, 30, placed first in her age group and fourth overall in an international field.

The number 70.3 indicates 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.

One of the benefits of completing Kona's half-Ironman was that competitors had the opportunity to sample part of the Ironman course. The route included a 1.2-mile swim at Hapuna Beach Park, a 56-mile bike ride up the long hill to Hawi and back to the Mauna Lani Resort, where a 13.1-mile run began in the heat of the day.

Temperatures and humidity soared, reducing some of the strongest runners to a walk through aid stations replete with ice, water, Coke and Power Gels. Most competitors ran significantly slower than previous efforts on the same grueling, uneven course.

After winning her age group at the Ironman Triathlon World Championships last year, Ross earned an automatic entry into the Ironman competition on October 13. Laurie Sloan and Katherine Nichols will join her this year.

Finishing times and splits for Outrigger members:

Wil Yamamoto, 33: Swim: 27:39; Bike 2:25:56; Run: 1:40:31; Total: 4:37:58

Rachel Ross, 30: Swim: 32:19; Bike: 2:32:25; Run: 1:40:01; Total: 4:48:48

Raul Boca, 42: Swim: 28:48; Bike: 2:32:38; Run: 1:47:42; Total: 4:54:17

Katherine Nichols, 41: Swim: 30:27; Bike: 2:45:22; Run: 1:48:41; Total: 5:10:37

David Stackhouse, 37: Swim: 28:52; Bike: 2:52:47; Run: 2:01:10; Total: 5:28:58

Hina Torres de Sa, 39: Swim: 38:59; Bike: 2:55:41; Run: 1:56:28; Total: 5:37:39

Laurie Sloan, 55: Swim: 39:46; Bike: 3:34:22; Run: 2:21:09; Total: 6:43:03

Laurie Foster, 50: Swim: 30:40; Bike: 3:10; Run: No recorded time

In other triathlon news, congratulations are also in order for Wil Yamamoto, Raul Boca, Hina Torres de Sa (celebrating her 40th birthday!), and Stefan Reinke, who traveled to Europe in July to participate in Ironman Austria. Their splits over the 2.4 mile swim, 112 mile bike ride and 26.2 mile run were as follows:

Wil Yamamoto: Swim: 52:28; Bike: 5:09:22; Run 3:35:43; Total: 9:45:30

Raul Boca: Swim: 54:53; Bike 5:12:24; Run: 3:48:55; Total: 10:02:31

Stefan Reinke, age 49: Swim: 51:53; Bike 5:34:12; Run: 4:51:15; Total: 11:26:06

Hina Torres de Sa: Swim: 1:14:08; Bike: 6:05:01; Run: 4:44:23; Total: 12:17:14