

2005 Multi-Sport Grand Prix

Virginia Duathlon was the first race of the 2005 Multi-Sport Grand Prix.

The rest of the confirmed races for the 2005 Multi-Sport Grand Prix are the Breezy Point Triathlon, Tri-America, Colonial Beach Triathlon, Allen Stone Run-Swim-Run, Naylor's Beach Olympic Triathlon, Outer Banks Triathlon and Sandman.

There is still some discussion about adding races in July and August. If you'd like input on adding races, please contribute to the discussion on the Forum. If races are added, it will be announced in the Rundown, on the Strider Website, and on the Forum.

Please remember to qualify for an award, you must complete 3 races in the series plus complete one Volunteer Activity for the Tidewater Striders or a Tidewater Striders Multi-Sport Grand Prix Event.

Athletes who have met the volunteer requirement have a V next to their name. Following the current scoring is a listing of triathletes who have already volunteered in some form but did not participate in VaDu. This is to help in tracking all volunteers. If you plan on doing a Multi-Sport Grand Prix event and have already volunteered this year, please contact ada@triduo.com.

As usual, any omissions, errors, etc should be reported to ada@triduo.com

Overall Female			VaDu
Haupt	Diane	V	25
Allgeier	Christine	V	20
Seiffert	Jacqueline	V	16
Fedon	Leslie		13
Kopecky	Deborah		10
Ware	Elizabeth		8
Lewis	Krista		6
Mathewson	Barbara	V	4
Tempest	Sally		3
Bean	Becky		2

Overall Male			
Cooper	Buzz		25
Manny	Mark		20
Vance	Rob		16
Riek	Robert		13
Patterson Jr.	Paul	V	10
Alto	Bill		8
Green	Robert		6
Bayer	Hayden		4
Van Derveer	Gary	V	3
Ruddock	Bruce	V	2

Overall Masters Female			VaDu
Fedon	Leslie		25
Kopecky	Deborah		20
Ware	Elizabeth		16
Mathewson	Barbara	V	13
Bean	Becky		10
Sykes	Cathie		8

Jeffers	Jennifer	V	6
Cruser	Sara		4
Deckert	Lisa		3

Overall Masters Male

Vance	Rob		25
Patterson Jr.	Paul	V	20
Alto	Bill		16
Bayer	Hayden		13
Van Derveer	Gary	V	10
Ruddock	Bruce	V	8
Schraff	Scott		6
Cosgrave	Tom		4
Kristiansen	Per		3
Ortiz	Vincent		2

Female 25-29 VaDu

Seiffert	Jacqueline	V	25
Tempest	Sally		20
Guajardo	Brenda	V	16

Female 30-34

Lewis	Krista		25
Barefield	Maria		20

Female 35-39

Haupt	Diane	V	25
Allgeier	Christine	V	20
Gibbs	Deborah		16
Clifton	Gail		13
Herron	Dede		10
Ceniccola	Theresa		8
Maloney	Patricia		6
Baan	Lori		4

Female 40-44

Fedon	Leslie		25
Kopecky	Deborah		20
Ware	Elizabeth		16

Female 45-49

Bean	Becky		25
Sykes	Cathie		20
Jeffers	Jennifer	V	16
Cruser	Sara		13
Deckert	Lisa		10

Female 55-59

Mathewson	Barbara	V	25
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Male 19 & Under

Beaty	Brad		25
McFadden	Corey		20

Male 25-29

Manny	Mark		25
Green	Robert		20

Male 30-34

Cooper	Buzz		25
Clements	Samuel		20

Male 35-39

Riek	Robert		25
Loalbo	Daniel		20
Wickersham	David		16
Brackman	Bill		13
Warlitner	Larry		10
Starace	Anthony		8
Goldberg	Steve		6

Male 40-44

Vance	Rob		25
Patterson			
Jr.	Paul	V	20
Bayer	Hayden		16
Ruddock	Bruce	V	13
Schraff	Scott		10
Cosgrave	Tom		8
Ortiz	Vincent		6
Ware	Dudley		4
Rogerson	Brian		3
Gilchrist	Gregory		2
Hodges	Michael D	V	*

Male 45-49

Van			
Derveer	Gary	V	25
Robinson	Mike	V	20
Ormerod	Larry		16
Ramsey	Dennis		13
Herron	Steve	V	10
Manning	Lewis		8
Kendall	Charles		6
Meltsner	Jerry		4
Lanning	Steve		3
Alston	Keith		2
Schiavoni	Edward		*
Phelps	Wayne		*
McFadden	Patrick		*
Nickerson	Richard		*
Goodwin	Charlie		*
Baan	Andrew		*

Male 50-54

Alto	Bill		25
Payne	Lamont		20
Bachman	Gene		16
Rantanen	Robert	V	13
Price	John	V	10
Callahan	Bob		8
Boyce	Robert		6
Parsons	Roland		4

Male 55-59

Kristiansen	Per		25
Prendergast	Kevin		20

Brown	Townsend		16
May	Nick	V	13
Scott	Henry		10
Scudder	Steve	V	8

Male 60 & Over

Mountjoy	Tom		25
Ahlborn	Richard		20
Barakey	Amiele		16
Polinski	Joseph	V	*

Triathletes that haven't raced but have volunteered.

Martin Snyder, Doug Dugroo, Goody Tyler, Dan Neuland, Mel Williams, Kevin Hupp, Yasmin May, Ty Whitaker, Connie Maxwell, June McDaniels, Dave Hildman, Kevin Cloe, Allen Lester, Ada Lester, John Dill, Dale Browning, Billy Edwards, Paul Michels

Remember, volunteering is as simple as picking up the bananas on the way to a 5k or as time consuming as directing a race.