

5 MILE RUN

23 MILE BIKE

2 MILE RUN

PIC	NAME	SK	AG	TOWN	ST	RUN P/C	RUN TIME	PACE	#1	P/C	BIKE TIME	BIKE RATE	#2	RUN P/C	RUN TIME	PACE	PENALTY TIME	TOTAL TIME	DIV/PIC	DIV	SK/PIC	SK
57	Charles Moeder	M	29	NEW YORK	NY	87	13:37	6:49	1:33	34	59:45	23.1	1:48	73	34:53	6:59		1:51:34	11/26	M2529	51/190	M
58	Carl Kuhn	M	54	MANASSAS	VA	98	13:47	6:54	1:50	57	1:00:58	22.6	1:35	51	33:38	6:44		1:51:42	2/7	M5054	52/190	M
59	John Mcfadden	M	37	SURF CITY	NJ	41	12:39	6:20	2:15	106	1:04:03	21.6	1:48	25	31:31	6:19		1:52:12	8/34	M3539	53/190	M
60	Warren Gager	M	45	DOYHAMPTON	NJ	52	12:55	6:28	1:57	76	1:01:45	22.4	1:31	58	34:10	6:50		1:52:15	2/17	M4549	54/190	M
61	Robert Riesenberger	M	41	SOYLESTOWN	PA	79	13:30	6:45	2:17	50	1:00:37	22.8	1:42	59	34:12	6:58	0:30	1:52:45	7/20	M4044	55/190	M
62	Brian Grimm	M	39	ENGLISH TOWN	PA	128	14:14	7:07	2:22	58	1:00:59	22.6	2:16	45	33:07	6:38		1:52:53	9/34	M3539	56/190	M
63	Unknown Entrant	M	33		XX	90	13:40	6:50	1:55	85	1:02:12	22.2	1:33	54	33:47	6:46		1:53:04	5/17	M3034	57/190	M
64	Linda Mccaffrey	F	41	LONG VALLE	NJ	76	13:28	6:44	1:34	63	1:01:32	22.6	1:34	75	35:01	7:01	1:00	1:53:05	1/4	F4044	7/66	F
65	Linda Horowitz	F	45	OCEAN	NJ	127	14:13	7:07	1:34	49	1:00:30	22.8						1:53:08	5/5	ELITEF	8/66	F
66	Thomas Dowling	M	29	BELLE MEAD	NJ	88	13:38	6:49	1:24	43	1:00:20	22.9	1:43	91	36:11	7:15		1:53:12	12/26	M2529	58/190	M
67	Matthew Kingsbauer	M	32	FLEMINGTON	NJ	43	12:47	6:24	2:21	64	1:01:12	22.6	1:38	65	34:28	6:54	1:00	1:53:22	6/17	M3034	59/190	M
68	Michelle Parsons	F	23	HERSHEY	PA	89	13:40	6:50	1:39	68	1:01:24	22.5	1:42	76	35:01	7:01		1:53:22	1/5	F1824	9/66	F
69	Gaetane Perreault	F	31	WATERTOWN	NY	78	13:28	6:44	1:32	71	1:01:28	22.5	1:52	70	34:43	6:57	0:30	1:53:31	4/29	FTIME	10/66	F
70	Brian Moran	M	39	TOMS RIVER	NJ	77	13:28	6:44	2:09	44	1:00:22	22.9	1:49	104	36:53	7:23		1:53:52	5/29	FTIME	60/190	M
71	Kirk Dejesus	M	31	MIDDLETOWN	NJ	57	13:03	6:32	1:55	87	1:02:18	22.2	1:39	78	35:05	7:01		1:54:00	6/29	FTIME	61/190	M
72	Steve Earley	M	20	HERRINGTON	VA	67	13:19	6:40	1:57	26	59:38	23.1	1:20	125	38:13	7:39		1:54:13	6/17	M1824	62/190	M
73	Kerwin Quinones	M	20	WEHAWKEN	NJ	75	13:27	6:44	1:43	73	1:01:33	22.4	2:04	79	35:22	7:05	0:30	1:54:30	2/16	F3034	63/190	M
74	Shepi Farrar	F	32	KING OF PR	PA	69	13:21	6:41	1:45	39	1:00:00	23.0	1:57	103	36:48	7:22	0:30	1:54:34	13/26	M2529	64/190	M
75	James Kilgallon	M	27	NORRISTOWN	PA	56	13:01	6:31	2:21	142	1:09:02	20.0	1:07	26	31:35	6:19		1:54:38	8/17	M1824	65/190	M
76	William Conner	M	22	CAMP LEJUN	NC	55	13:09	6:30	3:16	69	1:01:24	22.5	2:31	66	34:34	6:55		1:54:42	7/29	FTIME	66/190	M
77	Brian Sullivan	M	36	ROSEMONT	PA	100	13:50	6:55	1:39	103	1:03:19	22.5	2:31	66	34:34	6:55		1:54:51	2/4	F4044	12/66	F
78	Patti O'brien	F	42	NEW YORK	NY	60	13:08	6:34	1:39	81	1:01:59	22.3	2:33	84	35:42	7:09	0:30	1:54:55	9/17	M1824	67/190	M
79	Jonathan Rosado	M	36	PLAINSBORO	NJ	112	14:00	7:00	1:44	79	1:01:54	22.3	2:06	77	35:04	7:01		1:55:15	10/34	M3539	68/190	M
80	Seth Josephson	M	39	WILLIAMSPORT	PA	83	13:42	6:46	2:23	66	1:01:20	22.5	2:33	107	36:56	7:24		1:55:37	11/34	M3539	69/190	M
81	Wesley Hunt	M	36	NYC	NY	94	13:22	6:51	2:04	65	1:01:19	22.5	1:40	107	36:56	7:24		1:55:38	12/34	M3539	70/190	M
82	Bruce Messite	M	37	ELLICOTT	MD	82	13:32	6:46	2:43	70	1:01:27	22.5	2:10	87	35:52	7:11		1:55:39	13/34	M3539	71/190	M
83	Pete Gruenberger	M	23	YARDEY	PA	12	11:39	5:50	2:19	122	1:06:31	20.8	2:43	41	32:32	6:31		1:55:41	10/17	M1824	72/190	M
84	Thomas Stoddart	M	25	WAYNE	PA	80	13:30	6:45	1:59	78	1:01:54	22.3	2:06	95	36:30	7:18		1:55:55	14/26	M2529	73/190	M
85	Scott Powell	M	33	BASKING RI	NJ	99	13:49	6:55	1:27	84	1:02:08	22.2	1:40	113	37:23	7:29		1:56:22	7/17	M3034	74/190	M
86	Greg Dalessandro	M	36	NY	NY	102	13:21	6:41	2:05	109	1:04:42	21.3	1:53	67	34:34	6:55		1:56:31	14/34	M3539	75/190	M
87	Noah Lipman	M	39	TURNERSVIL	NJ	102	13:50	6:55	1:39	94	1:02:33	22.1	1:47	94	36:26	7:18		1:56:46	3/17	M4549	77/190	M
88	David Reed 3rd	M	39	LEBANON	NJ	143	14:28	7:14	1:54	72	1:01:42	22.4	1:18	128	38:14	7:39		1:56:39	15/34	M3539	76/190	M
89	Steve Bosshard	M	30	BRIELLE	NJ	126	14:12	7:06	2:18	56	1:00:57	22.6	2:16	102	36:47	7:22	0:30	1:56:56	2/11	CLYDE	78/190	M
90	Kyle Kaskiw	M	35	BANGOR	PA	109	13:57	6:59	1:54	15	58:51	23.4	1:51	165	40:37	8:08		1:57:06	8/29	FTIME	79/190	M
91	Gregg Strauss	M	40	CHESTRE	CT	139	14:25	7:13	2:08	90	1:02:03	22.1	1:47	94	36:26	7:18		1:57:15	8/20	M4044	80/190	M
92	Chris Conlon	M	44	PALMYRA	VA	73	13:25	6:43	2:23	113	1:05:05	21.2	2:27	56	34:01	6:49		1:57:18	9/20	M4044	81/190	M
93	Paul Crowther	M	30	ROCKVILLE	MD	161	14:46	7:23	1:39	101	1:03:11	21.8	1:24	97	36:35	7:19		1:57:30	8/17	M3034	82/190	M
94	David Zemo	F	38	ANNAPOLIS	MD	121	14:09	7:05	1:34	95	1:02:52	22.0	1:30	117	37:36	7:32		1:57:53	2/8	F3539	13/66	F
95	Deborah Dudas	F	30	SEAFORD	NY	132	14:17	7:09	1:41	67	1:01:20	22.5	1:48	139	38:50	7:46		1:57:55	9/17	M3034	84/190	M
96	John Lindros	M	34	PENFIELD	NY	93	13:42	6:51	2:00	77	1:01:48	22.3	1:41	137	38:47	7:46		1:58:04	10/17	M3034	85/190	M
97	Andrew Gager	M	33	OCEAN	NJ	114	14:01	7:01	2:01	105	1:03:56	21.6	1:55	92	36:14	7:15		1:58:22	4/17	M4549	86/190	M
98	Adam Arnold	M	48	BROOKLYN	NY	58	13:05	6:33	2:17	119	1:02:54	21.9	1:27	123	38:06	7:38		1:58:32	3/16	F3034	14/66	F
99	John Mooney	M	26	WARREN	NJ	144	14:25	7:15	2:25	96	1:02:46	22.1	1:45	90	36:04	7:13		1:58:52	15/26	M2529	87/190	M
100	Lori Freeland-Morris	F	46	VOORHEES	NJ	113	14:00	7:00	1:59	112	1:05:03	21.2	1:56	89	36:01	7:13		1:58:55	5/17	M4549	88/190	M
101	Rick Toothill	M	23	MONTVILLE	NJ	96	13:43	6:52	1:44	123	1:06:45	20.7	1:25	80	35:31	7:07		1:59:04	2/5	F1824	15/66	F
102	Phillip Kline	M	38	LINCROFT	NJ	131	14:16	7:08	1:39	72	1:01:32	22.4	2:00	146	39:26	7:54	0:30	1:59:18	17/34	M3539	89/190	M
103	Michelle Miller	F	23	RICHMOND	VA	117	14:03	7:02	2:18	51	1:02:35	22.7	2:04	150	39:39	7:56		1:59:24	11/17	M1824	90/190	M
104	Robert Kennedy	M	41	LITTLE SIL	NJ	117	14:03	7:02	2:18	91	1:02:35	22.7	2:04	150	39:39	7:56		1:59:30	10/20	M4044	91/190	M
105	Chris Nellan	M	31	AMBLER	PA	154	14:40	7:20	1:44	89	1:02:27	22.1	1:27	144	39:18	7:52		1:59:32	4/16	F3034	16/66	F
106	Rich Ayres	M	37	KINGS PARK	PA	142	14:21	7:14	2:17	54	1:00:52	22.7	1:53	158	40:12	8:03		1:59:36	18/34	M3539	92/190	M
107	Laurie Hug	F	28	KENNETT SQ	PA	172	15:08	7:34	1:34	88	1:02:25	22.1	1:40	142	38:56	7:48		1:59:40	1/10	F2529	17/66	F
108	Brian Smith	M	22	NEW BRUNSW	NJ	196	15:56	7:58	2:42	110	1:04:58	21.2	2:03	110	37:21	7:29		1:59:45	12/17	M1824	93/190	M
109	Debbie Berg	F	25	JEFFERSONV	PA	62	13:11	6:36	2:15	47	1:00:29	22.8	2:05	135	38:41	7:45		1:59:50	16/26	M2529	94/190	M
110	Brian Carolan	M	32	SURF CITY	NJ	196	15:56	7:58	2:42	156	1:05:53	19.5	2:09	27	31:36	6:20		2:00:01	5/16	F3034	18/66	F
111	Robert Mina	M	38	FT MONMOUT	NJ	68	13:19	6:40	2:													

PLC	NAME	2 MILE RUN				5 MILE RUN				23 MILE BIKE				5 MILE BIKE				PENALTY TIME	TOTAL TIME	DIV/PLC	DIV	SKPLC	SK
		PLC	TIME	PACE	ST	PLC	TIME	PACE	PLC	TIME	PACE	PLC	TIME	PACE	PLC	TIME	PACE						
183	Andy Pagnotta	F 34	PINE BEACH NJ	202	16:01	8:01	1:40	152	1:10:18	19:6	1:38	206	44:29	8:54	2:14:02	8/11	CLYDE	148/190	M				
184	Heyson Lee	M 51	JERSEY CIT NJ	212	16:18	8:09	2:13	180	1:13:24	18.8	1:29	167	40:48	8:10	2:14:09	1/2	F5054	36/66	F				
185	Laura Pierce	F 35	UPPER ST C PA	201	16:00	8:00	2:25	185	1:14:13	18.6	2:33	145	39:25	7:53	2:14:32	6/8	F3539	37/66	F				
186	Donald Heilman	M 42	EAST BRUNS NJ	105	13:53	6:56	3:26	161	1:11:12	19.4	2:40	203	43:59	8:48	2:15:05	17/20	M4044	149/190	M				
187	Walter Morse Jr	M 37	JERSEY CIT NJ	194	15:56	7:58	1:43	193	1:15:30	18.3	1:08	171	41:09	8:14	2:15:23	31/34	M3539	150/190	M				
188	Gina Radosti	F 25	BRICK NJ	178	15:16	7:38	1:49	200	1:15:55	18.2	2:25	156	40:04	8:01	2:15:26	7/10	F2529	38/66	F				
189	Andrew Neidlinger	M 30	WEST CHEST PA	158	14:43	7:22	2:46	189	1:15:15	18.3	1:14	182	42:13	8:27	2:16:08	16/29	FTIME	151/190	M				
190	David Blood	M 39	WIDGWOOD NJ	72	13:25	6:43	2:16	160	1:11:08	19.4	3:38	213	45:49	9:10	2:16:13	13/17	M3034	152/190	M				
191	Bill Enright	M 30	WEST ORANG NJ	197	15:57	7:59	1:38	188	1:15:14	18.3	1:25	189	42:13	8:32	2:16:47	32/34	M3539	153/190	M				
192	Steven War	M 38	DAMSACUS MD	176	15:14	7:37	2:33	187	1:14:46	18.5	2:34	181	42:37	8:27	2:17:17	33/34	M3539	154/190	M				
193	Julie Paolino	F 32	SPRINGFIELD MA	175	15:12	7:36	2:14	201	1:15:59	18.2	2:26	176	41:20	8:16	2:17:32	11/16	F3034	39/66	F				
194	Rob Tiberio	M 47	KINNEBON NJ	186	15:41	7:51	1:47	174	1:12:30	19.0	1:35	215	46:04	9:13	2:17:33	13/17	M4549	155/190	M				
195	Bill Goldstein	M 53	TEWKSBURG NJ	179	15:18	7:39	2:11	213	1:17:54	17.7	2:37	162	40:21	8:05	2:18:18	5/7	M5054	156/190	M				
196	Beth Bingaman	F 27	STROUDSBUR PA	190	15:47	7:54	1:58	199	1:15:55	18.2	1:47	194	43:02	8:37	2:18:25	8/10	F2529	40/66	F				
197	John Guinee	M 40	BROOKLANDVI MD	191	15:48	7:54	1:59	229	1:19:41	17.3	3:26	121	37:53	7:35	2:18:43	18/20	M4044	157/190	M				
198	Michael Triolo	M 32	BRONX NY	183	15:30	7:45	2:30	191	1:15:24	18.3	1:58	199	43:31	8:43	2:18:50	9/11	CLYDE	158/190	M				
199	Cynthia Marrara	F 33	PARAMUS NJ	206	16:07	8:04	1:27	217	1:18:20	17.6	1:28	178	41:37	8:20	2:18:55	12/16	F3034	41/66	F				
200	Ian Stoddart	M 31	ORELAND PA	85	13:37	6:48	1:38	220	1:18:34	17.6	6:03	152	39:43	7:57	2:19:31	14/17	M3034	159/190	M				
201	John Hagen	M 61	EDISON NJ	232	17:31	8:46	2:05	198	1:15:55	18.2	1:56	188	42:37	8:32	2:19:59	2/4	M6064	160/190	M				
202	Sharon Holliday	F 45	DOYLESTOWN PA	216	16:26	8:13	2:49	203	1:16:14	18.1	2:12	193	42:53	8:35	2:20:29	1/3	F4549	42/66	F				
203	John Tumazos	M 40	HOLMDEL NJ	200	15:59	8:00	2:29	215	1:18:08	17.7	2:25	180	41:42	8:21	2:20:39	19/20	M4044	161/190	M				
204	Randall Chalmick	M 33	FREEHOLD NJ	192	15:49	7:55	1:50	208	1:17:45	17.9	1:38	205	44:21	8:53	2:20:49	17/29	FTIME	162/190	M				
205	William Bergbauer	M 44	COLONIA NJ	226	17:05	8:33	2:31	183	1:13:44	18.7	2:52	208	44:45	8:57	2:20:53	20/20	M4044	163/190	M				
206	John Cebollero	M 39	BRONX NY	124	14:10	7:05	2:28	238	1:23:18	16.6	1:45	149	39:38	7:56	2:21:14	34/34	M3539	164/190	M				
207	Stephen Smith	M 45	TOMS RIVER NJ	174	15:11	7:36	1:39	230	1:19:41	17.3	1:35	197	43:19	8:40	2:21:21	14/17	M4549	165/190	M				
208	Thomas Trot	M 30	PHILADELPH PA	214	16:25	8:12	1:53	157	1:10:56	19.5	1:23	234	50:36	10:08	2:21:22	15/17	M3034	166/190	M				
209	Brett Bagshaw	F 24	CHEVY CHAS MD	203	16:02	8:01	2:16	218	1:18:20	17.6	2:33	187	42:34	8:31	2:21:31	4/5	F1824	43/66	F				
210	H Douglas Samli	M 33	LANCASTER PA	164	14:55	7:28	3:07	226	1:19:26	17.4	2:37	190	42:43	8:33	2:22:45	16/17	M3034	167/190	M				
211	Glenn Trimboli	M 34	CARLSTADT NJ	210	16:13	8:07	2:22	210	1:17:49	17.7	2:49	204	44:17	8:52	2:23:26	18/29	FTIME	168/190	M				
212	Julie Urban	F 27	HOBOKEN NJ	219	16:36	8:18	2:17	207	1:16:47	18.0	2:05	212	45:46	9:10	2:23:28	19/29	FTIME	44/66	F				
213	Patti Imler	F 34	SOUTH RIVE NJ	209	16:11	8:06	3:08	184	1:14:12	18.6	2:06	228	48:11	9:39	2:23:44	13/16	F3034	45/66	F				
214	David Nielsen	M 32	PARSIPPANY NJ	177	15:15	7:38	3:16	202	1:16:09	18.1	2:34	218	46:36	9:20	2:23:48	17/17	M3034	169/190	M				
215	Suzanne Sanger	F 34	PARAMUS NJ	198	15:57	7:59	1:34	241	1:24:07	16.4	1:33	169	41:04	8:13	2:24:09	14/16	F3034	46/66	F				
216	Kurt Mecoy	M 15	YARDVILLE NJ	138	14:25	7:13	1:53	242	1:24:39	16.3	1:14	186	42:30	8:30	2:24:37	4/4	M0117	170/190	M				
217	Kevin Schwartz	M 29	SUMMIT NJ	213	16:21	8:11	3:17	227	1:19:29	17.4	3:11	195	43:05	8:37	2:25:19	23/26	M2529	171/190	M				
218	Patrick Richter	M 21	BALTIMORE MD	182	15:29	7:45	2:27	228	1:19:33	17.4	1:51	219	46:48	9:22	2:26:04	20/29	FTIME	172/190	M				
219	Mary Wheeler	F 40	MIDDLETOWN NJ	218	16:27	8:14	2:29	209	1:17:47	17.7	2:16	221	47:26	9:30	2:26:20	4/4	F4044	47/66	F				
220	Susan Falsay	F 47	ALEXANDRIA VA	234	17:35	8:47	2:59	211	1:17:49	17.7	2:28	216	46:15	9:15	2:27:01	2/3	F4549	48/66	F				
221	John Fahner-Vihtelic	M 47	LJAMSVILLE MD	243	18:18	9:09	3:19	163	1:11:14	19.4	3:11	238	51:11	10:15	2:27:08	15/17	M4549	173/190	M				
222	James Connelly	M 53	TOMS RIVER NJ	222	16:46	8:23	2:53	221	1:18:37	17.6	3:00	214	45:58	9:12	2:27:11	6/7	M5054	174/190	M				
223	Dave Cleary	M 31	NEW YORK NY	162	14:49	7:25	2:04	247	1:29:55	15.4	1:44	143	39:02	7:49	2:27:28	10/11	CLYDE	175/190	M				
224	Raymond Holmes	M 25	EDISON NJ	181	15:28	7:44	3:49	205	1:16:45	18.0	2:43	230	48:52	9:47	2:27:32	24/26	M2529	176/190	M				
225	Gerry Fitch	F 59	WEST CHEST PA	241	16:24	8:12	3:04	212	1:17:51	17.7	2:57	225	47:37	9:32	2:27:41	1/3	F5559	49/66	F				
226	Rebecca Kresoge	F 34	CORNWALL PA	215	16:24	8:12	3:04	233	1:21:32	16.9	2:24	209	45:04	9:01	2:28:22	3/3	F4549	51/66	F				
227	Lynn Evans	F 49	BRIELLE NJ	221	16:42	8:21	2:43	240	1:23:48	16.5	2:08	236	51:05	10:13	2:28:33	7/8	F3539	52/66	F				
228	Kathy Bley	F 35	WALLINGTON NJ	185	15:36	7:48	2:06	240	1:23:48	16.5	2:08	236	51:05	10:13	2:28:36	25/26	M2529	177/190	M				
229	Joseph Sergi	M 28	HACKENSACK NJ	230	17:29	8:45	2:30	192	1:15:29	18.3	2:08	236	51:05	10:13	2:28:36	25/26	M2529	177/190	M				
230	Kari Swanson	F 14	PRINCETON NJ	223	16:58	8:29	1:43	232	1:21:10	17.0	1:32	222	47:29	9:30	2:29:30	22/29	FTIME	54/66	F				
231	Linda Kohler	F 31	FORT MORRA NJ	228	17:13	8:37	3:26	236	1:22:22	16.8	3:03	198	43:30	8:42	2:29:30	23/29	FTIME	55/66	F				
232	Mary Siegel	F 34	BEDMINSTER NJ	229	17:12	8:36	3:24	235	1:22:22	16.8	2:54	200	43:40	8:44	2:29:57	15/16	F3034	56/66	F				
233	Michelle Berrie	F 30	MT TABOR NJ	225	17:03	8:32	3:08	216	1:18:09	17.7	3:13	229	48:28	9:42	2:30:17	24/29	FTIME	178/190	M				
234	Peter Schmitz	M 52	BRAINERD MN	207	16:08	8:04	2:21	244	1:20:38	15.8	2:20	184	42:24	8:29	2:30:17	24/29	FTIME	178/190	M				
235	Frank Martin	M 45	WEST GROVE PA	239	18:06	9:03	2:44	231	1:20:35	17.1	4:26	227	48:09	9:38	2:32:14	16/17	M4549	179/190	M				
236	Jay Amberg	M 45	NEPTUNE NJ	250	19:34	9:47	3:06	186	1:14:31	18.5	4:27	235	50:57	10:12	2:32:30	17/17	M4549	180/190	M				
237	Petej Cruikshank	M 52	MONTOLOKIN NJ	251	19:35	9:48	3:02	195	1:15:37	18.3	3:23	237	51:07	10:14	2:32:39	11/11	CLYDE	181/190	M				
238	Gabby Dudas	M 29	BOTHEL WA	224	17:01	8:31	2:39	214	1:18:04	17.7	3:21	241	52:29	10:30	2:33:29	25/29	FTIME	182/190	M				
239	Todd Kelly	M 27	HOBOKEN NJ	195	15:56	7:58	1:47	225	1:19:15	17.4	2:22	245	55:33	11:07	2:34:19	8/8	F3539	57/66	F				
240	Gary Fullenbaum	M 27	HOBOKEN NJ	195	15:56	7:58	1:47	225	1:19:15	17.4	2:22	245	5										

- ◆ DNF's: When the swim was canceled, some entrants chose to enter in partial event, no final time or placement listed.
- ◆ Many are new to triathlon timing. After 1st or 2nd split many said they "got the hang of it." Like anything so new there is a learning curve in adapting to new technology. The Seaside Heights Triathlon was the first triathlon in the United States to utilize the transponding timing system. Lin-Mark will be utilizing the Winning Time system for all of our multi-events and many running races throughout the season.
- ◆ Please contact LIN-MARK Computer Sports regarding timing questions or questions/comments on the Winning Time Transponding Timings system: Lin-Mark Computer Sports, 7 Westwood Dr., Mantua, NJ 08051 (609-468-0010 voice & fax), E-Mail: lin-mark@lin-mark.com Home Page on World Wide Web: <http://www.lin-mark.com>
- ◆ We hope you will be a "pro" after just a few races. Congratulations to all participants on a great and tough racing effort. Congratulations to all the Ironman Qualifiers! We look forward to "beaming you in" at the next race. Stay healthy and we hope winning times meet you at the next finish line.

The race committee will welcome any comments or suggestions you care to make. Please forward them to:

Seaside Heights Triathlon - 1996
 Department of Recreation
 c/o 800 Ocean Terrace
 Seaside Heights, NJ 08751

SEASIDE HEIGHTS TRIATHLON

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