



Dear Vineman Ironman 70.3 Entrant:

July 20, 2008--race day for the Vineman Ironman 70.3 Triathlon is just around the corner! This race program contains all of the information you will need to logistically be prepared to compete in the event. Please take time to carefully read both this program as well as the information under the Vineman Ironman 70.3 section of the website.

On behalf of our race staff and our hundreds of volunteers, I'd like to thank you for joining us this year as part of our field of 2000 entrants. We are excited that you will be part of the 18th annual Vineman Ironman 70.3 Triathlon.



Good luck!
Russ Pugh



Russ Pugh, Event Director



Schedule of Events

Friday July 18

at Windsor High School Theater:

7:00-8:30 PM *Welcome Reception featuring Pro Athletes*

Saturday, July 19

at Windsor High School:

10:00 AM-7:30 PM *Race Expo*
10:30 AM-12:00 PM *Number Pick-Up for entrants with last names beginning M-Z*
11:00 AM-8:00 PM *Run Gear Drop-Off at Windsor High School*
12:00-1:30 PM *Number Pick-Up for Entrants with last names beginning A-L*
1:30-8:00 PM *Open Number Pick Up*
1:00 & 5:00 PM *Pre-Race Meetings & Course Talks*

Sunday, July 20

5:30 AM *Transition Areas Open*

Swim Wave Starts

6:30 AM *Pro M & F*
6:38 AM *M 35-36*
6:46 AM *M 37*
6:54 AM *M 38-39*
7:02 AM *F 40-44*
7:10 AM *M 45-49*
7:18 AM *F 45+*
7:26 AM *M 50+*
7:34 AM *F 35-39*
7:42 AM *M 29 & Under*
7:50 AM *F 30-34*
7:58 AM *M 30-32*
8:06 AM *M 33-34*
8:14 AM *F 29 & Under*
8:22 AM *M 40-41*
8:30 AM *M 42-44*

12:00-5:30 PM *Shuttle Buses run between finish area & swim start.*

2:00 PM *Pro Awards ceremony to be held at the finish line.*

4:00 PM *Award Ceremony & Ironman 70.3 Qualifier Slot awarding at Windsor High School Gym.*

5:00 PM *Entire course closes.*

*NOTE: Swim course closes at 9:50 AM
Bike course closes at 2:00 PM*

Directions to Event Sites

Windsor High School

8695 Windsor Road, Windsor, CA

Packet Pick-Up, Expo, Pre-Race Meetings, Bike/Run Transition Area & Finish Line

Windsor, California is located just off of Highway 101, 65 miles north of the Golden Gate Bridge in San Francisco. It is approximately one hour and thirty minutes (driving time without traffic) from the San Francisco International or the Oakland International Airport.

From San Francisco (65 miles) or Santa Rosa (10 miles)

- Take Highway 101 north to Windsor.
- Exit at the Central Windsor Exit.
- Go left on Old Redwood Highway and proceed approximately 3/4 mile.
- Go left on Windsor Road.
- Windsor High School will be on your right.

Johnson's Beach & Resort

16241 First Street, Guerneville, CA

Swim Start - Swim/Bike Transition

Guerneville, California is located 15 miles west of Highway 101 and approximately 17 miles from Windsor High School.

From San Francisco (74 miles) or Santa Rosa (20 miles)

- Take Highway 101 north.
- Exit at the River Road/ Guerneville exit.
- Go left on River Road and proceed for 15 miles to Guerneville.
- Church Street is a left turn that will take you to Johnson's Beach. PLEASE NOTE: You cannot park at Johnson's Beach or on First Street on race day.

Race Day Parking

There will be one parking lot in Guerneville which will provide a large, secure parking area for athletes and spectators. Please be respectful of people's private property (don't block their driveways, don't park in their yards). Follow the signs and directions of the race officials on race morning to get to the parking lot in Guerneville. **Your vehicle must be removed from the lot before 6:00 PM when the gates will be locked for the day.**

In Windsor there are several parking lots at or near the finish line. Follow the directions of the parking monitors to find legal parking near the finish line. Do not block driveways, fire hydrants or park in places where you ordinarily would not park...if you park illegally you will be ticketed and/or towed. Additionally, there is parking on the Windsor Town Green which is located 1/4 of a mile north of the high school.

Anyone Want to Volunteer?

It takes almost 1000 volunteers to make this event happen. If you have friends or family members who would like to volunteer on race day they can sign up at www.vineman.com or at the Volunteer & Info Booth the day before the race. All volunteers receive a t-shirt and an invitation to the Vineman Volunteer Appreciation dinner.



LA CREMA



Race Number Placement

Sticker Number #1:

Must be on the front of your bike helmet.

Bike Frame Sticker #2:

Must be on the **left side** of your bicycle's top tube just behind the handlebars.



Swim Gear Bag/Sticker #3:

Be sure to clearly mark your race number on your swim gear bag with the provided sticker number so when it is transported to the finish line by our volunteers you will be able to find it. Also make sure you put all of your swim gear into the bag and that you *tie* the top before you depart transition on your bike...that way your belongings will stay in your bag!

Bib Number:

Must be worn during the entire bike & run portions of the event. ****Note that it MUST be worn on the front during the entire run portion.**

Tyvek Wristband:

Must be worn on your wrist for the entirety of the weekend.

Timing Chip:

Must be worn on either ankle.

Important Details: Prior To Race

1. **There will be no race number pick up on race day.** You must pick up your race number and materials the day before the race at Windsor High School. You must pick up your race number in person. A photo ID will be required to pick up race materials. Race materials will not be mailed or released to anyone other than the registered entrant. A “hospital style” bracelet will be put on your wrist when you pick up your race number and must be worn for the duration of the event. This bracelet will get you in to the transition areas, the swim start area on race day, and the food tent.
2. **You must have a photo ID and a valid USA Triathlon card** (or one day license which you may purchase at the event) The cost for a one day license is \$10. Annual licenses may also be purchased at packet pick up for \$39. **This fee is not included in your race entry fee.** You will not be issued your race number without a photo ID!
3. We strongly encourage you to attend one of the pre-race meetings the day before the race though it is not mandatory. Valuable information regarding the event will be presented at these meetings and you will have the opportunity to ask any questions you may have about the event. Meetings will be held at 1:00 PM and 5:00 PM in the gymnasium at Windsor High School. Please read all of the information in this race program to familiarize yourself with the event details prior to arriving. If you are unfamiliar with the area please bring a copy of this program to the race with you!
4. There is no required bike check for the Vineman Ironman 70.3 Triathlon. If you need assistance with your bike while you are in Santa Rosa we recommend NorCal Bike Sport (707) 573-0112. You can also contact NorCal Bike Sport if you need to ship your bike.
5. Go over the race course before the race. It is the responsibility of each athlete to know the race course and any potential hazards which may exist on it.
6. The Vineman events have two transition areas that are fifteen miles apart. Plan to drop off your run gear at the bike-to-run transition area (at Windsor High School) the day before the race between 11:00 AM and 8:00 PM when you come to packet pick up. You will need your race number to do this. **DO NOT** put more than 8 pair of running shoes at a bike rack in transition. If you see 8 pairs already at a rack please place your transition gear at the next bike rack; there will not be room for your bike!
7. **Your swim gear will be transported to the finish line by Vineman volunteers. When you finish the swim portion of the event, to avoid losing any of your belongings, place your equipment (including your wetsuit) in the numbered bag that will be provided to you at packet pickup and securely close your bag.** If you would like to hand your gear to a friend over the transition area fence before you begin the bike portion of the event you are welcome to do so. **Vineman is not responsible for any items which are lost or damaged.**
9. Please help our volunteers keep the countryside clean and the residents of the area happy by discarding rubbish (gel packets, water bottles, banana peels, wrappers, cups, etc.) at the aid stations while racing. USAT officials will be looking for athletes littering during the race and will assess penalties to offenders. Littering on the race course is the #1 complaint from local residents.
10. Being part of the Ironman 70.3 Series this event will have a few rule variations from the standard USA Triathlon rules, which includes penalty boxes where time penalties are served on the course. Refer to the Rule Dispensation article on the back page of this race program for more information.
11. Dogs are not allowed at any of the Vineman venues which include Johnson’s Beach or at Windsor High School. **Please leave your dogs at home.**



Important Race Day Details: Athletes

1. There will be shuttle buses at the finish line (in front of Windsor High School) transporting athletes back to the swim area between 12:00 PM and 5:00 PM. Bikes are NOT allowed on the buses.
2. Use the portable toilets that are available at the race sites and on the race course to relieve yourself. You will be DQ'ed if you relieve yourself on the ground.
3. The roads are open to traffic. Ride on the right hand side of the road unless instructed otherwise by a police officer or a race official. **Please discourage your friends and family members from driving on the race course while the race is in progress.** Most of the traffic on the bike course on race day is made up of the friends and family members of the athletes competing in the race. It will be a better race for everyone if people associated with the race do not drive their vehicles on the race course during the event. Follow all instructions from police officers or emergency service personnel. Failure to yield to an emergency service vehicle will result in a citation. Remember your personal safety should be your highest priority.
4. Start with your assigned wave and rack your bike in your assigned rack. If you fail to do either of these you will be penalized or disqualified.
5. USAT's guidelines regarding wetsuits will be followed. It is most likely that wetsuits will be allowed & the water temperature is expected to be approximately 76 degrees. If the water temperature is greater than 78 degrees (and wetsuits are optional & those choosing to wear them are not eligible for awards per USAT rule) athletes wearing wetsuits will start eight minutes after the last scheduled wave. Athletes starting in this wave will not wear timing chips and will not receive times.
6. You must be present at the award ceremony (at 4:00 PM) to accept Ironman 70.3 Qualifier slots. Athletes who wish to accept Ironman 70.3 Championship slots must have \$300 in check or cash to cover the entry fees for the event at the award ceremony. We will NOT accept credit cards.
7. The swim-bike transition area will remain open for the duration of the morning, beginning at 5:30am. For those of you in a later wave please be aware that when you arrive there may be athletes who have already completed the swim and will be in the transition area beginning the bike portion of the race. The transition area is laid out in such a manner that athletes in the later waves will not be in the way of the athletes in the earlier waves.
8. Make sure that you properly wear your race numbers & timing chip. (Refer to page 3 of this program for proper placement of race numbers and timing chip.) Additionally you will be body marked on race morning prior to the swim start. If you lose your timing chip or wear it improperly you will not receive split times or a finish time. If you do not have official times recorded by our timers you will not be eligible for Ironman 70.3 Championship Qualifier slots, Ironman Lottery Validation, or event awards.
9. Parking lots specifically designated for the Vineman will be provided at both the start and finish areas of the event. Do not park on the race course or in private parking lots or your car may be towed.

Important Things: Spectators

1. **Dogs are not allowed** at any of the Vineman venues which include Johnsons Beach or at Windsor High School. **Please leave your dogs at home.**
2. The owners of Johnson's Beach have asked us not to use cow bells or other noise making devices while in Guerneville. The race starts early in the morning and some people will be trying to sleep.
3. Do not use paint to write messages to athletes on the roads. Please use chalk if you are going to graffiti.
4. Spectators will not be allowed into the transition areas. If your athlete would like to hand their swim bag to you over the transition area fence before they begin the bike portion of the event they are welcome to do so. Vineman is not responsible for any items which are lost or damaged.
5. There will be food and beverage vendors at the race finish line. Coffee will be sold at Johnson's Beach.

Professional Prize Purse

The 2008 Vineman Ironman 70.3 Triathlon will feature a \$25,000 prize purse. It will be split equally between the top professional men and women as follows: First - \$6,000 Second - \$3,000 Third - \$2,000 Fourth - \$1,000 Fifth - \$500

Swim 1.2 Miles

- The Vineman Ironman 70.3 swim is staged in a dammed portion of the Russian River at Johnsons Beach in Guerneville.
- Groups of 75-150 swimmers at a time will start in eight minute intervals beginning at 6:30 AM.
- Water temperatures are expected to be between 72 and 82 degrees; USA Triathlon guidelines regarding wetsuits will be followed. The final decision regarding wetsuits will be made on race morning by the head referee. We will give you an update at the pre race meetings on Saturday. If the temperature is 84 degrees or greater wetsuits are not allowed per USA Triathlon rules. Between 78 and 84 degrees wetsuits are allowable, but those who wear them are not eligible for awards or ranking in the final results (per USA Triathlon rules). Under 78 degrees wetsuits are allowed.
- There will be a staging area near the swim start where your wave will gather before entering the water. You must pass through this fenced in area and under the Vineman swim arch with your assigned swim wave to verify that you started with your assigned wave. You may warm up for the swim in the eight-minute time period between the wave start before yours and your wave start time. **Do not enter the water at any other place other than the swim staging area.**
- The swim course is an out & back course which starts in front of the beach at Johnson's Beach and proceeds upstream to the turn-around point. Swimmers will keep the swim buoys on their left-hand side for the entire swim. A neutral area, which is marked with buoys, where there are no swimmers will separate the swimmers on the outbound and return legs of the swim. The swim finish will be marked with a large finish line structure. The swim course, which averages between 4 and 7 feet in depth, will be monitored by lifeguards in kayaks.
- Between the Russian River being dammed up in a number of locations near Guerneville and the fact that it almost never rains in Sonoma County between June 1st and October 15th, there is very little current in the river during this time period. Under typical conditions, a 25-minute mile swimmer should expect it to take about one minute longer to make it to the turn-around point (swimming against the current) than it would to return back to the swim finish from the turn-around (swimming with the current.) The swim course will remain open for one-hour and fifteen minutes after the last wave of swimmers starts.
- To answer athletes questions about the swim course Vineman will have a representative at the Johnson's Beach at 10:00-10:15 AM on the following Saturdays leading up to the race: June 21, June 28, and July 12. Look for us at the beach parking lot. At 10:15 there will be an informal swim of the course. Please note that the people who run Johnson's Beach are not directly involved with the production of the Vineman and probably do not know the answers to the many questions you might have about the event—so please do not frustate them with questions that they do not have the answers to. If you have questions, ask our race staff: 707-528-1630, raceinfo@vineman.com, or in person at Johnson's Beach during the dates & times listed above. If you get a chance to thank Clare, the man who owns the beach, for letting us swim there, please do so! Clare is in his 80's and without his support over the years this event would not exist.

Bike 56 Miles

- The bike portion of the Vineman Ironman 70.3 is simply a great course. It is challenging, but not too difficult. Its many rolling hills and curves are technically demanding. It has a 385 foot climb on Chalk Hill which is located at 45 miles. Most of all, the course is extremely beautiful, passing endless miles of vineyards and dozens of wineries.
- The bike begins at Johnson's Beach in Guerneville and finishes at Windsor High School (15 miles away from its starting point).
- The three bike aid stations are located at miles 18, 29, and 40 and will be serving water, Gatorade Endurance Formula and Powerbars. Please help us keep the countryside clean by depositing your trash at an aid station.
- The roads which make up the bike course generally are lightly traveled and will be marshalled by referees on motorcycles.
- Emergency Service Vehicles most likley will be on the race course assisting cyclists who are in need of their services. Failure to yield (this means immediately getting out of the way) to an Emergency Service Vehicle (this includes ambulances, fire trucks, police vehicles, etc.) will result in a traffic citation and disqualification from the event.
- Air temperatures generally range from the low-to-mid 50s early in the morning to daytime highs between 80 and 95 degrees. It can be cool at the beginning of the bike ride, especially if there is heavy fog cover.
- There will be a bike dismount line prior to the entrance of the transition area. You must be off your bike before passing over the dismount line.
- There will be a timing checkpoint at the far point of the bike course which you must pass over to be considered an official finisher.

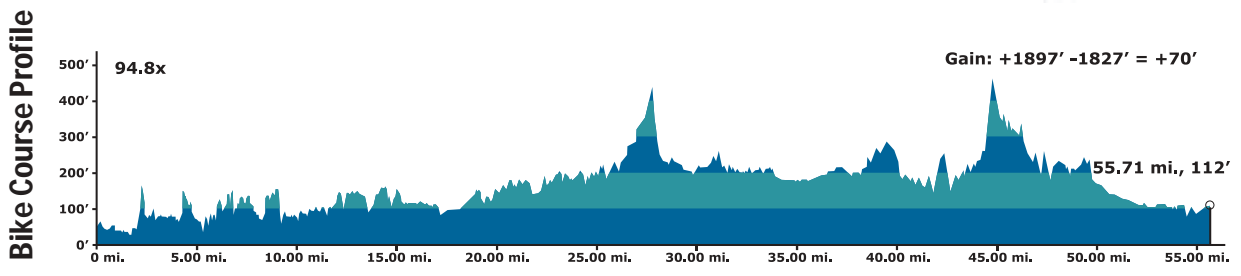
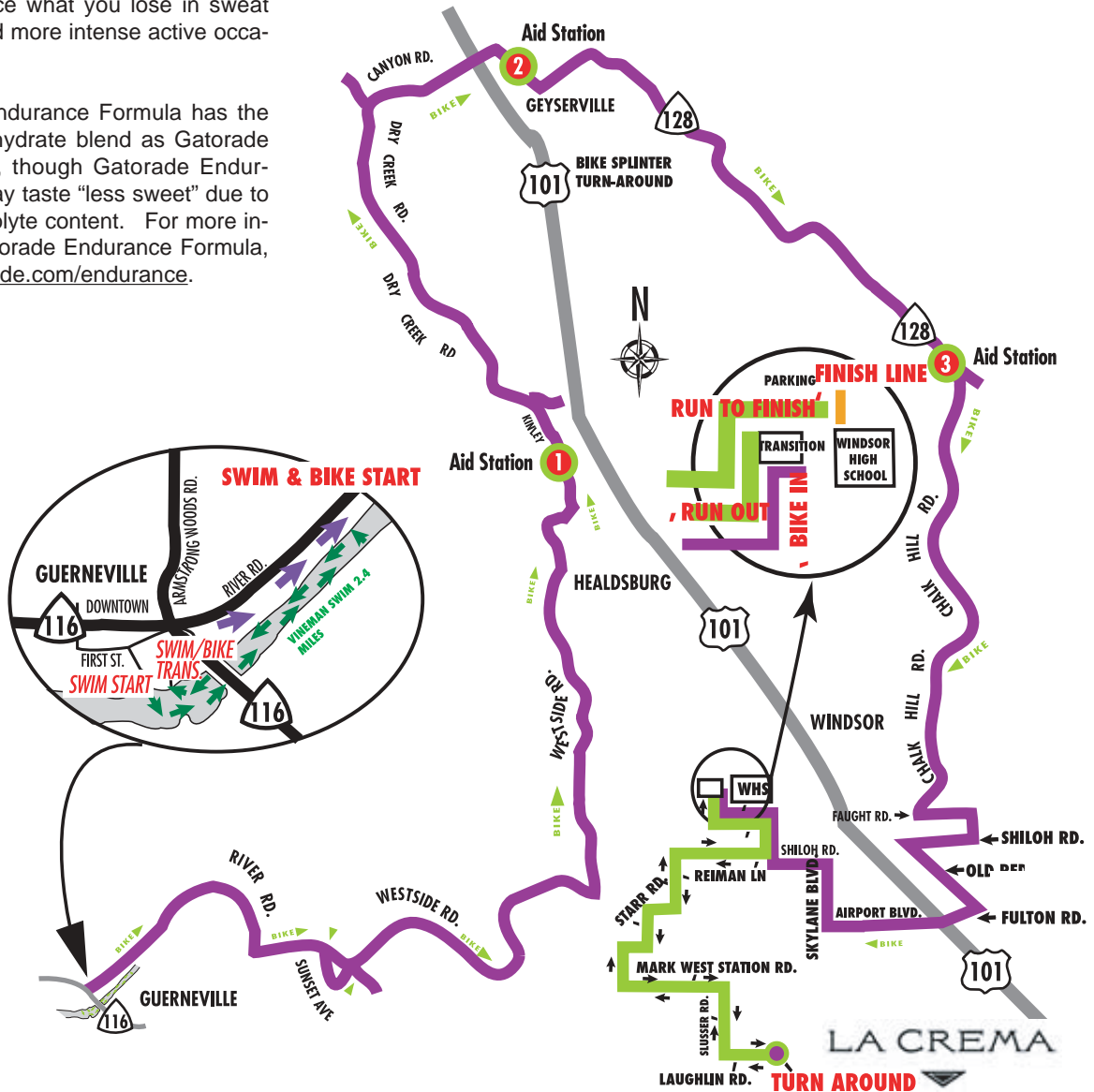
Run 13.1 Miles

- The Vineman Ironman 70.3's - 13.1 mile run course starts and finishes at Windsor High School.
- The run features a combination of rolling hills and long, flat sections.
- Aid stations are located approximately each mile on the run course and will be serving water, Gatorade Endurance Formula, cookies, fruit, Powerbar Gel & cola. Please help us keep the countryside clean by depositing your trash at an aid station.
- The out and back run course takes athletes to the La Crema Winery. There is a timing check point at La Crema.
- The run course will be open for eight and a half hours after the last wave of swimmers begins.
- It probably will be hot on the run course and there is not much shade so be sure to keep hydrated.
- For the majority of the run course we will be using only one side of the road to allow the local traffic to use the other side. Follow the arrows, signage, cones and volunteers which direct you from one side of the road to the other.

Gatorade Endurance Formula

We are proud to provide **Gatorade Endurance Formula on-course** to help you stay better hydrated so you can feel and perform at your best throughout the race. Based on years of extensive research with elite and endurance athletes, Gatorade Endurance Formula contains a unique five-electrolyte blend including nearly twice the sodium (200mg) and three times the potassium (90mg) of Gatorade Thirst Quencher as well as calcium, magnesium, and chloride to help you better replace what you lose in sweat during longer and more intense active occasions.

The Gatorade Endurance Formula has the same 6% carbohydrate blend as Gatorade Thirst Quencher, though Gatorade Endurance Formula may taste "less sweet" due to the added electrolyte content. For more information on Gatorade Endurance Formula, visit www.Gatorade.com/endurance.



There will be **NO RACE DAY Number Pick-Up** for the Vineman Ironman 70.3 Triathlon.

You must pick up your race number and materials
on Saturday, July 19 at Windsor High School.

USAT Rule Amendments for 2008 Ironman 70.3 Events

- Snorkels are not allowed for any competitor.
- Athletes will race at the age they are on day of competition.
- Swimmers not meeting the 1-hour 15 minute swim time limit will be disqualified and not permitted to continue the event.
- Bib numbers must be worn on both the bike and run portion of the event.
- Athletes disqualified during the bike portion will not be allowed to continue on to the run course.
- In other parts of the course (i.e. transition, run), the official will stop the athlete and mark the athlete's bib number on the spot when issuing a penalty.
- Only road/triathlon style bikes will be permitted. No mountain bikes, beach cruisers or bikes with coaster brakes will be allowed.
- Cyclists not meeting the 5-hour 30-minute time limit following the start of their swim will be disqualified and not permitted to continue the event.
- Shoes and covered torsos are required on the bike and run course.
- Alcohol use during the race is prohibited (penalty: disqualification).
- Communication devices (MP3 players) of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
- Athletes not meeting the 8-hour 30-minute time limit following the start of their race will be disqualified.

Drafting and Penalty Protocols

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Contestants must ride single file on the far right side of the road near the white line except when passing another rider. Side-by-side riding is not allowed.
- Overtaking riders may pass on the left for up to 20 seconds, but must move back to the right side of the white line after passing or if the challenge fails.
- Riders must keep a 7-meter distance (approximately 4 bike lengths) between bikes except when passing.
- An overtaken rider must fall back 7 meters before attempting to regain the lead from the lead bike.
- Athletes committing rule violations will be notified on the spot by an official. If this occurs.....

The official will do the following:

- Call out the athlete's race number and display either a RED CARD (drafting) or a YELLOW CARD (any other penalty).
- Race directors should place penalty tents (PTs) evenly throughout course. A minimum of three penalty tents will be evenly placed on the bike course, one tent on the run course and one tent in bike-to-run transition. An official will instruct you to report to the next penalty tent (PT) on the course.
- The official will take your photograph for verification of the penalty.

The athlete will do the following:

- Report to next PT and tell the official in the PT whether you received a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
- Have your race number marked by the PT official with a red "/" (slash mark) for drafting or a red "P" for other penalties.
- Resume the race immediately upon having your number marked with a "P" for non-drafting violations.
- Remain in the PT for four minutes if you were shown a red card and received a red "/" (slash mark) on your race number.
- Be required to register, via a sign-in sheet.
- Be disqualified if you receive any combination of three penalties.
- Risk disqualification for not reporting to the PT.



A Message From the Head Referee

Dear Age-Group Athletes,

We will be using a slightly modified version of the 2008 USAT Competitive Rules. In summary, we will operate under the “3 strikes and you are out” principle. Even though *DRAFTING* is the only violation to incur a time penalty (to be served in the nearest penalty tent, located at various spots on the bike course), any type of violation counts toward your 3 strikes.

Example:

1. *DRAFTING* violation (4 minutes to be served in penalty tent on the bike course)
2. *HELMET CHINSTRAP* violation
3. *LITTERING* violation—this is the 3rd violation and results in disqualification (DQ)

Again, any combination of 3 rule violations will result in a DQ. To minimize your misunderstanding of the rules on race day, please take the time to read and understand the following summary of Position Violations and review the 2008 USAT Competitive Rules.

- ALWAYS RIDE ON THE RIGHT SIDE OF YOUR LANE to avoid an ILLEGAL POSITION or BLOCKING call
- KEEP FOUR BIKE LENGTHS (7 METERS) BETWEEN YOUR BIKE'S FRONT WHEEL AND THE REAR WHEEL OF THE CYCLIST IN FRONT OF YOU to avoid a DRAFTING call
- ALWAYS PASS ON THE LEFT OF THE CYCLIST IN FRONT OF YOU, NEVER ON THE RIGHT to avoid an ILLEGAL PASS call
- COMPLETE YOUR PASS WITHIN 20 SECONDS to avoid a DRAFTING call
- IF PASSED, DROP BACK FOUR BIKE LENGTHS BEFORE ATTEMPTING TO RE-PASS to avoid an OVERTAKEN or DRAFTING call

You will see a large number of trained referees on the course who will ensure safety and fairness. Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referees' ruling is final in the case of Position Violations, and there are no protests or appeals. The following are several other common rules violations:

- HELMET CHINSTRAP—the chinstrap of your helmet must be securely fastened whenever you are on your bike on race day!
- RACE NUMBER—you must display your race number during the bike and run portions of the race, and your bike number must be properly attached to your bike and be visible!
- LITTERING—do not throw away ANYTHING outside of official aid stations!
- UNAUTHORIZED EQUIPMENT—sorry, absolutely NO MP3 players or other audio devices (yes, that means NO Oakley Thumps™ or Apple iPods®)!
- OUTSIDE ASSISTANCE—do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!

Please remember that even though *DRAFTING* is the only violation that incurs a time penalty, **you must go to a penalty tent for any violation to have your number marked, and all violations count toward your 3 strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.**

FAILURE TO STOP AT THE PENALTY TENT WILL RESULT IN YOUR DISQUALIFICATION (DQ)!

Please remember to treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is *UNSPORTSMANLIKE CONDUCT* and may result in disqualification.

I sincerely hope you run a perfect race, have lots of fun, and achieve all your goals.

Jürgen Heise
Head Referee
2008 Vineman Ironman 70.3



Vineman is doing its part in to minimize its carbon footprint in 2008!

This is Vineman's first attempt at being a greener event. We are sure that we will have ways to improve on our greenness in the future, but we are proud of our efforts this year.

The obvious way for a large event like the Vineman Ironman 70.3 Triathlon to be green is through recycling. Our race workers will be sorting through the waste produced by the event and making sure that the recyclables will be recycled and the compostables will be composted.

This race program and other race materials are being made available to athletes in an electronic format.

At the finish line we will not be using bottled water. Instead we will be serving water from 5 gallon jugs into paper cups. The #1 culprit in our landfills is empty, single-serving, plastic water bottles. To help reduce the amount of waste even more, grab one of your water bottles from your bike and use it after the race instead of using the paper cups we will be providing.

The vast majority of our expo and finish line will be powered by solar panels provided by Akeena Solar.

Credit for the greenification of the Vineman events can be given to our Office Manager/Registration Director, Amy Latourette. We call her "Evergreen Amy." She has raised our awareness of the importance of being greener, and has helped us realize that it is an easy thing to do.

It is our goal that our efforts to be a greener event will inspire others to live greener lives as well. It is the responsible thing to do, so **Go Green With Vineman!**

Ironman 70.3 Qualifier Slot Breakdown



The Vineman Ironman 70.3 Triathlon is an official qualifier for the Ford Ironman World Championship 70.3 in Clearwater, FL on November 8, 2008. Our event will be awarding 75 qualifying slots for the Clearwater event. One slot shall be allocated to each five year age group (up to 75+). If there are unclaimed slots in a particular age group, then that slot will be moved to the largest populated age group in that same gender. To claim an Ironman 70.3 Championship slot you must be present at our award ceremony.

Category	Male	Female
Pro	3	3
18-24	2	2
25-29	5	3
30-34	6	4
35-39	8	4
40-44	8	3
45-49	5	3
50-54	3	2
55-59	2	1
60-64	1	1
65-69	1	1
70-74	1	1
75+	1	1

Please note: The slot breakdowns listed above are estimated and will be adjusted to reflect the final entrant breakdown on the day before the race.

2007 Vineman Ironman 70.3 Champions

		<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Men Overall	Craig Alexander	25:09	2:14:02	1:09:34	3:50:49
	Luke Bell	25:08	2:14:15	1:09:38	3:51:01
	TJ Tollakson	25:13	2:09:12	1:16:37	3:53:02
	Chris Lieto	25:11	2:04:36	1:21:20	3:53:53
	Paul Amey	25:14	2:15:39	1:11:57	3:54:55
Women Overall	Sam McGlone	27:49	2:24:59	1:21:42	4:16:36
	Michellie Jones	25:20	2:26:35	1:26:57	4:21:29
	Melissa Ashton	27:54	2:28:09	1:25:41	4:24:12
	Alexis Waddel	27:47	2:30:37	1:25:03	4:26:24
	Dede Griesbauer	26:50	2:28:51	1:28:28	4:27:00
	19 & Under	Trevor Nibbi	29:28	2:43:30	1:38:43
Paige Stewart		37:34	2:58:49	2:05:54	5:45:30
20-24	Andrew Maxwell	27:45	2:25:07	1:25:56	4:21:41
	Lauren Swigart	N/A	2:37:24	1:33:28	4:54:17
25-29	Justin Hurd	31:31	2:17:54	1:14:29	4:06:19
	Lauren Harrison	31:54	2:29:44	1:36:58	4:41:51
30-34	Sami Inkinen	31:41	2:13:55	1:24:29	4:13:03
	Kathleen Calkins	30:43	2:30:35	1:31:36	4:36:44
35-39	Clay Moseley	31:36	2:18:57	1:28:13	4:22:45
	Shawn Chapler	31:54	2:34:49	1:29:32	4:40:13
40-44	Chris Morgeson	31:39	2:16:17	1:26:07	4:18:25
	Audrey Maher	37:25	2:34:51	1:37:06	4:53:03
45-49	Jason Campbell	27:27	2:26:49	1:25:29	4:23:14
	Cathy Chesky	34:15	2:41:01	1:40:02	4:59:04
50-54	Herb Spicer	28:06	2:21:02	1:28:51	4:21:58
	Melinda Silbernick	35:11	2:44:23	1:50:10	5:14:13
55-59	Chris Johnson	38:51	2:33:29	1:43:31	4:58:04
	Cecelia Rondou	38:06	2:53:29	2:12:36	5:47:18
60-64	Patrick Bourdillon	39:15	2:54:24	1:46:01	5:28:42
	Cherie Gruenfeld	38:50	3:02:29	2:06:02	5:50:36
65-69	Sylvan Addink	49:39	2:40:42	1:54:44	5:32:07
	Marsha Soucheray	36:21	3:33:31	2:35:17	6:52:11
70-74	Jack Wilson	44:46	3:18:40	2:11:57	6:18:55
	Harriet Anderson	42:25	3:24:05	2:54:27	7:13:26
75-79	Loren Leonard	57:06	3:34:14	3:08:23	7:44:56
	Bobbi Pollock	53:28	3:39:24	3:14:28	7:54:40