

An amazing day for a triathlon

September 1, 2023



From the youngest top podium winner, Reed Sheets, age 5, to the oldest top podium winner, Bob Beebe, age 70, the 37th Crescent City Triathlon proved a spectacular day on August 13th. Emotions always run high whether a newbie or a seasoned athlete.

Comments included “stellar, perfect, and please never stop.” A local businessman and his family did the races for the first time. He was ecstatic: said he always had kids in swim lessons, knew the pool was important for physical activity, but this (day) brought it to an entirely different level. He’ll be returning! One

6 year old finished the race, got his medal, said he'd never take it off, and he'd do more races so he'd get more medals. This was from a kid who was anxious at the start.

The triathlon (swim, bike, run) starts in the Fred Endert Pool.

For the adults the 12 mile bike goes out to the High School and Point St. George, followed by a run to the Harbor and then the Pier for a 3 mile finish.

The kids races are all held within Beachfront Park and have much shorter appropriate distances. For example, the 5-6 age category does a 50 yard swim, 1 mile bike, and 1/4 mile run.

In addition to the triathlon, adult duathlon and team triathlon events were also held.

Results are posted at <https://raceday.enmotive.com/#/events/2023-crescent-city-tri-du/results>

The many components of the race demand a year of preparation by the Board and many hours by volunteers at the race. Volunteers are headed up by Russ Burnette, Race Director and Linda Blundell. The duties of publicity, volunteer co-ordination, permits, etc are typical for most non-profit events. But a triathlon includes marking the bike and run routes at 4 a.m., pulling all the cones and signs at the end, counting swimmers laps, trying to direct kids, registering athletes, providing maps, offering athletes food, and, of course, cheering with cowbells.

Without the amazing support of the local businesses as sponsors, the generous donations for the drawing, and the athlete support given by businesses, the race could not occur.

Corporate:

- Elk Valley Rancheria and Casino

Diamond:

- Crescent City Internal Medicine
- Redwood Medical Offices
- SeaQuake Brewing

Platinum:

- California Dreamin' Real Estate
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- Hambro Forest Products, Inc.

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- James C. Standring, DDS
- Recology Del Norte
- Northern Knights
- Paragon Coffee House
- Tolowa Dee-ni' Nation

Gold:

- Del Norte Office Supply,
- Hemmingsen Contracting Co., Inc
- Soul Feet Retreat
- Sutter Coast Hospital

Silver:

- Alexandre Family Farm
- Edward Jones: Katherine Taylor
- Rumiano Cheese
- Tallan's Tires

Additional huge thanks to businesses providing items/food for all athletes:

- Rose & Dan Peasley RE/MAX - bags
- Mary Dorman State Farm Insurance - first aide kits
- Alexandre Dairy - milks at finish line
- DNATL Community Food Council - finish line foods
- Hambro - van storage and meeting room
- Recology - recycle cans onsite
- Kim at Wild Alive - graphics

May thanks also for donation drawing items:

Home Depot, Ocean Tribe Bicycles, Rumiano's Cheese, Starbucks, Wild Rivers Market, Fog Bank Clothing, Johnston's Gifts, Enoteca, Christina's Mexican Restaurant, Hiouchi Cafe, Anchors & Sails, Big Five, Crescent City Triathlon.

Find us at www.crescentcitytriathlon.com and on Facebook @thecrescentcitytriathlon