

A large group of triathletes are swimming in the ocean during the Ironman Triathlon World Championship in Kona, Hawaii. The water is blue and splashing with white foam. In the background, a large crowd of spectators is gathered on the shore, and there are palm trees and buildings. A small boat is visible in the distance.

IRONMAN®

TRIATHLON WORLD CHAMPIONSHIP
Kona, Hawaii

2.4 MILE SWIM • 112 MILE BIKE • 26.2 MILE RUN

**Nomination- Living Athlete Category
Michael T. Baker
("Iron" Mike Baker)**

“Iron” Mike Baker

El Paso, Texas 79924

Email: kona.mike@outlook.com

PERSONAL PROFILE:

Full Name: Michael Timothy Baker
Birth Place: Fort Benning, Georgia
Elementary Schools: Stanton Elementary
Newman Elementary
High Schools: Kubasaki Junior High, Okinawa
Andress High School
Burgess High School, Class of 1973
Colleges: El Paso Community College, Class of 1978
Howard Payne University, Class of 2009
Louisiana Baptist Seminary, Class of 2018
Military Service US Coast Guard, HM3
Occupation: Retired, Medical Technologist

ATHLETIC BACKGROUND:

- Kubasaki Junior High Basketball, 1969-70
- Andress High School Junior Varsity Basketball 1970-71
- Burgess High School (BHS) Varsity Basketball 1971-73 (Under EP Hall of Fame Coach Tony Harper)
- District Champion, High Jump, District 1-4A, BHS Varsity Track, 1973
- All-District, High Jump, District 1-4A, 1973
- Champion, High Jump, Summer League Track & Field, 1977, 1978

EXTRACURRICULAR ACTIVITIES PROFILE:

- USA Triathlon (Olympic Governing Body) National Technical Official (NTO)- 2004-present (Pg 3)
- Race Director, Midcap Bearing Biathlon
- Open Water and Specialty SCUBA instructor
- Master SCUBA Diver

Past Corporate Sponsorships:

Kashi grains
Powerbar



ATHLETIC ACCOMPLISHMENTS AND HONORS:

- **USA Triathlon (USAT) All-American, Age Group (AG) - 1993, 1994, 2001**
- **8 Ironman World Triathlon Championship Start/ Finishes- 1988, 1989, 1990, 1991, 1993, 1994, 1997, 2002**
- **National Champion, USAT AG, Ultra Distance Triathlon (2.4mi Swim, 112mi Bike, 26.2mi Run), - 1992, 1993**
- **National Champion, USAT AG, Long Distance Triathlon (1.2mi swim, 56mi Bike, 13.1mi Run)- 1993, 1994, 2000**
- **National Champion, USAT Tandem Team, Ultra Distance Triathlon- 1992**
- **National Record Time Set, Current USAT Co-Record Holder, Ultra Distance Triathlon, Tandem Team- 1992**
- **National Champion Runner-up, USAT AG, Long Distance Triathlon- 1988, 1989, 1990, 1991, 1992, 2000, 2002**
- **National Champion Runner-up, AG, Coors Light Duathlon Series- 1991**
- **Regional Champion, Central States, USAT AG, Long Distance Triathlon - 1997**
- **Regional Champion, South States, USAT AG, Ultra Distance Triathlon- 1992**
- **Regional Champion Runner-up, Central States, USAT AG, Long Distance Triathlon- 1989**
- **Regional Masters Champion, Rocky Mountain States USAT, Sprint Distance Triathlon, - 1995**
- **Texas State Champion, AG, Duathlon - 1991, 1992, 1994, 1995**
- **New Mexico State Champion, AG, Duathlon, 1993, 1994**
- **New Mexico State Champion 3rd Place, AG, Duathlon, 1990**
- **Champion, Realman Ultra Distance Triathlon - 1990**
- **Champion, Lonestar Ultra Distance Triathlon - 1991**
- **Southwest Challenge Series Champion- 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1999, 2000, 2003**
- **25 Iron/ Ultra Distance Triathlon Start/ Finishes**
- **Horsepower Champion, Mount Taylor Winter Quadrathlon- 1991, 1993**
- **Sportsman of the Year- Southwest Challenge Series Triathlon/ Duathlon Championship- 2011**
- **Veteran of 350 multisport race finishes**

CONTINUED, LIFELONG PROMOTION, ADVANCEMENT & AMBASSADOR of SPORT of TRIATHLON:

USA Triathlon Level 3 National Technical Official

Experience officiating at the professional, national, state & local levels of USA Triathlon sanctioned events

- USAT Deputy Commissioner of Officials, 2021-present
- USAT Technical Officials Education Coordinator, 2021-present
 - Educating and preparing USAT Technical Officials for 2028 Summer Olympics games in Los Angeles
- USAT Regional Officials Coordinator, 2017-present
- USAT Certified Rules/ Technical Official, 2004-present
- Former Race Director, Midcap Bearing Biathlon





Recommendations

Bobby Gonzales
904 La Cabana Lane
El Paso, Texas 79912

To the Members of the El Paso Athletic Hall of Fame:

As one who has been actively involved in the sports of triathlon, duathlon, cycling, swimming, and running in a variety of capacities — athlete, race director, USA Triathlon certified coach and advocate — for over 40 years, it is my pleasure to recommend Michael T. Baker for induction into the El Paso Athletic Hall of Fame.

I have known Mike for over 45 years and in the years that I've known him, his moral character, ethical values, kindness, and respect are second to none. Mike Baker is unquestionably one of the finest multisport athletes that El Paso has ever produced and one of this region's true multisport pioneers. His long list of athletic accomplishments are extremely impressive and will be hard to match. He is unbelievably modest and doesn't seek honors and recognition. Those of us who know Mike the best, know that a finer and more deserving person has never entered our lives. His smile and laugh are infectious, and he is without a doubt, a true human being.

Mike was not only a world class multisport athlete, but he gives back to the sport as a phenomenal USA Triathlon certified race official and world class ambassador for his sport/lifestyle. The friends he has made in his travels as a stellar athlete and race official are too numerous to count. He is a loving family man, a great role model, a great friend, an outstanding contributor to the sport of triathlon and to his community and, above all, a man who deserves all of the recognition and respect that we can bestow upon him.

If the Hall of Fame exists to honor those amongst us who have chosen paths to admire and imitate, then Mike is a sterling example of that rare individual. Being inducted into the Hall of Fame is a great honor and should be reserved for truly special people, I can't think of anyone more deserving or more a model of what the achievement should represent than Michael T. Baker. I wholeheartedly recommend Mike for this prestigious accolade.

Thank you for your consideration,



Bobby Gonzales
Triathlete/Duathlete
2007 Inductee El Paso Athletic Hall of Fame



February 24, 2026

To El Paso Sports Hall of Fame Selection Committee:

It is my pleasure to write in strong support of Mike Baker's nomination to the El Paso Sports Hall of Fame. As the Founder and Race Director of Race El Paso, I had the opportunity to work closely with Mike for more than a decade. He served as the Race Official for annual Race El Paso triathlon and duathlon events starting in the early 2010s. For many years, he officiated Mighty Mujer Triathlon, Eagle in the Sun Triathlon, and Mission Valley Duathlon.

As a Race Official, Mike consistently demonstrated a deep commitment to athlete safety, fairness, and education. Athletes knew to expect a safe and clean race when they saw him on the back of a motorcycle on the race course. Beyond enforcing rules on race day, he helped ensure that athletes, particularly those who are new to the sport, understood USA Triathlon rules and the responsibilities that come with participation in a USA Triathlon-sanctioned event. Mike made himself available to brief first-time triathletes, answer questions, and provide guidance to support both a positive race experience and a safe competitive environment. When tough calls had to be made due to weather or road conditions or conflict, I deeply valued Mike's experience, practicality, and level head. With Mike as my race official, I knew that I had a trusted partner on race day.

His impact extends well beyond individual races and El Paso. As a member of the USA Triathlon Board of Directors, I am also aware of Mike's leadership at the national level in strengthening USA Triathlon's race official program. He has officiated at national championships, contributed to efforts to improve the tone and professionalism of officiating nationally, and trained new race officials. In dedicating his time to these efforts, he's contributed to the sport in ways that support athlete development while maintaining the integrity of the sport.

Locally, Mike has played an important role in building capacity by recruiting and mentoring an additional race official in El Paso. His clarity, consistency, and approachability helped set a positive tone at our events for both new and experienced triathletes, reinforcing a welcoming culture of respect, safety, and sportsmanship.

Mike's longstanding and impeccable service to triathlon in El Paso and his contributions to officiating nationally have had a meaningful and lasting impact on the local sporting community. I strongly support his recognition by the El Paso Sports Hall of Fame. He is incredibly deserving of this prestigious honor.

Sincerely,

A handwritten signature in blue ink that reads "gabilagos".

Gabriela A. Gallegos
Founder and Race Director, Race El Paso
Member, USA Triathlon Board of Directors

Ofelia Aguilar Dominguez
Hive Production Company Race Director & USA Triathlon Official
El Paso, Texas
odominguez72@gmail.com

February 22, 2026

El Paso Athletic Hall of Fame
Selection Committee

Re: Letter of Recommendation for Mike Baker – Living Athlete Category

To the Esteemed Members of the Selection Committee,

It is my honor to recommend Mike Baker for induction into the El Paso Athletic Hall of Fame under the Living Athlete category. Mike's presence in the sport of triathlon spans more than twenty-three years, and his influence extends far beyond his own competitive achievements. He is the embodiment of a lifelong athlete — someone whose passion, discipline, and commitment continue to shape our community in profound ways.

Long before I ever considered officiating, Mike was a familiar and respected figure at nearly every triathlon in El Paso. As an athlete, he was steady, knowledgeable, and deeply committed to the integrity and spirit of the sport. His consistency and professionalism made him a cornerstone of our local multisport scene.

About five years ago, during the Mighty Mujer Triathlon, Mike delivered the pre-race rules briefing with the same clarity and passion that defined his years as an athlete. At the end, he mentioned that USA Triathlon was actively recruiting officials and encouraged anyone interested to reach out. I did — and that moment changed the course of my involvement in the sport. His enthusiasm, mentorship, and genuine love for triathlon inspired me to become an official myself. I am now entering my fifth year, and I credit that entirely to Mike's guidance and example.

Recently, I had the privilege of officiating a race in which Mike himself competed. Watching him out on the course — strong, focused, and fully present — was awe-inspiring. It felt like a full-circle moment: the very person who encouraged me to step into officiating was now an athlete under my watch. That experience reaffirmed what so many of us already know about Mike: his athletic spirit is not something of the past. It is active, vibrant, and still motivating those around him.

While officiating became a natural transition for him, it was never a departure from his identity as an athlete. Instead, it was a continuation of his commitment to fairness, safety, and the growth of the sport he loves. His approach has always been rooted in education

rather than penalty, in elevating athletes rather than policing them — a philosophy that reflects the heart of a true sportsman.

Mike's skill, integrity, and leadership have shaped countless athletes, race directors, and fellow officials. His legacy is not confined to his own accomplishments but is reflected in the strength and quality of the triathlon community in El Paso today.

For these reasons, and with the utmost respect, I wholeheartedly support Mike Baker's nomination to the El Paso Athletic Hall of Fame under the Living Athlete category. His lifelong dedication to triathlon — as a competitor, mentor, and ambassador — makes him profoundly deserving of this honor.

Thank you for your consideration.

Sincerely,

Ofelia Aguilar Domínguez

USA Triathlon Official & Hive Production Company Race Director

PERRY TOLES
PO Box 1300
Roswell NM 88202
(575) 622-5863
pstoles@gmail

January 12, 2026

TO WHOM IT MAY CONCERN

RE: Michael T Baker (“Iron Mike”)

I am writing to enthusiastically support Mike Baker’s nomination to the El Paso Athletic Hall of Fame. Having been involved in triathlons since 1982 as an athlete, race director, and volunteer, I have had the privilege of knowing Mike as a competitor, a colleague, and a trusted friend for over forty years.

Mike is an icon in the triathlon community; his memorable walrus mustache and signature 80’s-style speedo kit are surpassed only by his character and selfless service to the sport. While we spent years pushing each other toward excellence in hundreds of triathlon events, his transition into officiating showed his true dedication to the triathlon community. Even when he was handing me a one-minute penalty for a transition violation, Mike’s officiating was defined by the same traits he showed as an athlete: professionalism, fairness, and respect.

His transition from the race course to the 'striped shirt' ensured the integrity and growth of our sport in El Paso, the greater Southwest and even nationally. Mike Baker embodies the spirit of the El Paso Athletic Hall of Fame, and I give him my highest recommendation."

Respectfully,



Perry Toles

Mark Balsiger
6079 Laguna Vista Dr
El Paso, TX 79932

January 2, 2026

El Paso Athletic Hall of Fame

To the Members of the Hall of Fame,

Three hundred & thirty triathlons. One hundred & seventeen 1st Place finishes. Three time National Age Group Champion & two time runner up for Long Distance Triathlon. USA Triathlon Champion for South States, Rocky Mountain & twice for Central States Regions. Eight Hawaii Ironman World Triathlon Championship Finishes. An unheard of total of twenty-five Ironman Distance Finishes.

Iron Mike Baker.

It is my honor and pleasure to recommend El Paso native & Burgess High graduate and Basketball & Track Champion for membership in the El Paso Athletic Hall of fame.

I first became part of the El Paso family of triathlon in 1998. My mentors were Flip Lyle, Bobby Gonzalez, & Felix Hinojosa, all members of your Hall that I also previously had the pleasure of speaking on their merits. And of course, Mike Baker. All of them coached me on my own triathlon journey. And all of them welcomed me as part of the band of brothers that we are.

Mike, with his trademark handlebar moustache and his Ironman exploits, is a personality larger than life. His legendary feats have made him an awe-inspiring ambassador for El Paso in all corners of the country. His wealth of stories spanning a career of forty years and ready laugh made him figure to imitate. He taught by example. A man of whom, "Well done" is better than "Well said". He embraces all who show a willingness to learn. For the last fifteen years, Mike has served as race official throughout Texas and New Mexico. The number of athletes that Mike has positively touched is beyond count.

If a true test of character is being put on a pedestal and not looking down on those that helped put you there, then you are describing Mike.

He doesn't just associate with his fellow brothers & sisters, he adopts them. In community as well as triathlon, he takes an active role in all. A devout Christian, Mike even stood by me at my own baptism.

Long after we are all gone, the legend of "Iron Mike" will be told in locker rooms across the country.

If the Hall of Fame seeks to honor those heroes amongst us who have not only excelled in the world of sport, but more importantly chosen the path of a true human being, then Iron Mike Baker more than meets that bar.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark Balsiger". The signature is written in a cursive, flowing style with a large initial "M" and a prominent flourish at the end.

Mark Balsiger



P.O. BOX 20500
EL PASO, TX 79998-0500
915.831.3722
WWW.EPCC.EDU

January 9, 2026

El Paso Athletic Hall of Fame

To the members of the El Paso Athletic Hall of Fame

If I were given the task of endorsing the best and most deserving individual for induction into the El Paso Athletic Hall of Fame, I am certain the task would be very challenging. Until, that is, I reviewed the credentials of Michael Timothy Baker.

To merely suggest that Mr. Baker should receive this honor is an understatement. Mr. Baker embodies the true spirit of the award. Having had the privilege of witnessing his exceptional athletic career firsthand as a competitor and coach, I can confidently assert that he stands out as one of the most dominant and impactful triathletes in the history of the sport.

Throughout his competitive career, Mr. Baker has consistently demonstrated a remarkable combination of integrity, unwavering character, and an unmatched sportsmanship spirit. His CV speaks volumes about his successes. Beyond statistics, he is a true leader, consistently motivating fellow competitors around him and elevating the level of competition around them.

Mr. Baker has not only left a legacy on the triathlon circuit but also earned the respect and admiration of those who participated in the events, spectators, and opponents alike. He is a shining example of what it means to be a true champion, and I am honored to support his nomination for the El Paso Athletic Hall of Fame.

Please do not hesitate to contact me if you require any further information.
Sincerely,

A handwritten signature in black ink, appearing to read "F. Hinojosa".

Felix Hinojosa
Director of Athletics
Head Cross Country
Kinesiology Professor

915.831.2623 | 915.831.2283 fax | fhinojo3@epcc.edu | www.epcc.edu

The Best Place to Start *and Finish!*

Dear Athletic Committee,

Here is a small contribution from me about the person Mike Baker (Iron Mike).

In 1992 I was transferred to the RakSlw in El Paso as part of my training. Since I had only started with duathlon and triathlon in 1990, I got to know Mike Baker at my first competition in El Paso/Texas. We became friends and became training partners. Through his experience, he guided me on how to improve in the disciplines of swimming, cycling and running. I have known Mike B. since 1992 and whenever the opportunity arises I visit my friend Mike and we still take every opportunity to train together, and I have also met many other great people through him. Even though he has ended his active career as a triathlete, he is still committed to this great sport. It's not just his sporting achievements that are exemplary, he is also special as a person.

Mike Baker is more than a friend to me. Brother is probably the better term.

Liebes Sportkomitee,

Hier ein kleiner Beitrag von mir zur Person Mike Baker (Iron Mike).

1992 wurde ich im Rahmen meiner Ausbildung zum RakSlw nach El Paso versetzt. Da ich erst 1990 mit Duathlon und Triathlon begonnen hatte, lernte ich Mike Baker bei meinem ersten Wettkampf in El Paso/Texas kennen. Wir wurden Freunde und Trainingspartner. Durch seine Erfahrung gab er mir Hinweise, wie ich mich in den Disziplinen Schwimmen, Radfahren und Laufen verbessern konnte. Ich kenne Mike B. seit 1992 und wann immer sich die Gelegenheit ergibt, besuche ich meinen Freund Mike und wir nutzen noch immer jede Gelegenheit, um gemeinsam zu trainieren, und ich habe durch ihn auch viele andere tolle Menschen kennengelernt. Auch wenn er seine aktive Karriere als Triathlet beendet hat, ist er diesem tollen Sport immer noch treu. Nicht nur seine sportlichen Leistungen sind vorbildlich, auch als Mensch ist er etwas Besonderes. Anbei ein paar Fotos aus den Jahren 1992/93.

Mike Baker ist für mich mehr als ein Freund. Bruder ist wahrscheinlich die bessere Bezeichnung.

Jörg Scholz

Jörg Scholz

Command Sergeant Major (CSM) Ret

German Bundeswehr – German Airforce

Biker, Triathlete, and multisport Athlete

Age group winner Baatan Memorial Death March Marathon, White Sands Missile Range, NM

IRON MIKE BAKER

02/15/2026

To the El Paso Hall of Fame Members: My name is Barry Field and I live in Albuquerque, New Mexico. I have competed in over 200 triathlons in my forty years of racing. As race director for TriClub New Mexico from 1988 thru 2010 I have staged Over 50 triathlons in New Mexico.

I know Iron Mike Baker quite well from competing and from staging multisport events. In Mike's 20 years of racing he accomplished more than any other triathlete in the Southwest. Mike competed in all triathlon distances, but his strength was at the 140.6 mile full Ironman (2.4 mile swim/112 mile bike/26.2 mile run). I know of NO other athlete in the Southwest who completed 25 full Ironman distances which included 8 World Championships in Kona, Hawaii. Out of respect for this superb athlete I have always referred to him as "Iron" Mike. No need for his surname, everyone knew who I was referring to.

When a knee injury forced Mike to retire from racing he became a USA Triathlon official and has been a first rate official for the past 15 years. I have competed in events officiated by Mike and he is one of the best officials in the sport.

Please contact me if you have any questions about Iron Mike Baker.

Respectfully submitted, Barry D. Field

Email: beadfield@gmail.com

I

Race Results



Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1984	Prude Ranch Triathlon	Ft. Davis, TX		
1984	Miner Triathlon	El Paso, TX	Runner-up	
1985	MVTC-Bud Lite Triathlon	Las Cruces, NM	8 th	4 th
1985	Prude Ranch Triathlon	Ft. Davis, TX	5 th	1 st
1985	Miner Fall Triathlon	El Paso, TX		
1986	Miner Spring Triathlon	El Paso, TX	Runner-up	
1986	MVTC-Bud Lite Triathlon	Las Cruces, NM	4 th	1 st
1986	Tall City Triathlon	Midland, TX	14 th	4 th
1986	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1986	Burn Lake Triathlon	Las Cruces, NM	5 th	1 st
1986	Prude Ranch Half- Ironman Triathlon	Ft. Davis, TX	3 rd	1 st
1986	Hatch Chile Festival	Hatch, NM	5 th	1 st
1986	WSMR Triathlon	WSMR, NM		
1986	Texas Hill Country Triathlon, Long-Distance Regional Championship	San Antonio, TX	30 th	5 th
1986	Miner Fall Triathlon	El Paso, TX	4 th	1 st
1986	Odessa Triathlon	Odessa, TX	Runner-up	
1986	America's Bicycle race	El Paso, TX		
1986	Phi Epsilon Kappa Triathlon	Las Cruces, NM	Runner-up	
1987	Bud Light Triathlon	Las Cruces, NM		
1987	NMMI Bottomless Lakes Triathlon	Roswell, NM	Runner-up	
1987	Northeast YMCA Triathlon	El Paso, TX	Overall Champion	1 st
1987	Miner Spring Triathlon	El Paso, TX	4 th	1 st
1987	MVTC-Bud Lite Triathlon	Las Cruces, NM	Runner-up	1 st
1987	Bud Light US Triathlon Series- Phoenix	Phoenix, AZ	85 th	9 th
1987	Tall City Triathlon	Midland, TX	3 rd	2 nd
1987	Carlsbad Kiwanis Triathlon	Carlsbad, NM		
1987	Prescott Triathlon	Prescott, AZ	23 th	4 th
1987	Cochiti Triathlon	Santa Fe, NM	5 th	1 st
1987	Burn Lake Triathlon	Las Cruces, NM	4 th	1 st
1987	Northeast YMCA Triathlon (Long Course)	El Paso, TX		
1987	Northeast YMCA Triathlon (Short Course)	El Paso, TX		
1987	Prude Ranch Half-Ironman Triathlon	Ft. Davis, TX	Overall Champion	
1987	Cochiti Triathlon	Santa Fe, NM		
1987	Texas Hill Country Triathlon, Long-Distance Regional Championship	San Antonio, TX	10 th in Region	3 rd
1987	Pedal, Paddle, Plod Triathlon	Hatch, NM	Runner-up	1 st
1987	White Mountain Cycling Hill Climb	Ruidoso, NM	5 th	1 st
1987	Miner Fall Triathlon	El Paso, TX	6 th	2 nd
1987	Armijo Triathlon	El Paso, TX		
1987	Hueco Mountain Estates Biathlon	El Paso, TX	Overall Champion	
1988	Phoenix Marathon	Phoenix, AZ	187 th	29 th
1988	WSMR Biathlon	WSMR, NM	Overall Champion	
1988	Ft. Bliss Triathlon El Paso, TX			
1988	First Miner Biathlon	El Paso, TX		
1988	Bud Light Triathlon	Las Cruces, NM		1 st
1988	Northeast YMCA Spring Triathlon	El Paso, TX		
1988	Missleman Triathlon	WSMR, NM		
1988	Tall City Triathlon	Midland, TX	4 th	3 rd
1988	Carlsbad Triathlon	Carlsbad, NM	Runner-up	
1988	WSMR Triathlon	WSMR, NM	3 rd	1 st
1988	Prescott Triathlon	Prescott, AZ	19 th	4 th
1988	Burn Lake Triathlon	Las Cruces, NM	3 rd	1 st
1988	Cochiti Triathlon	Santa Fe, NM	10 th	1 st

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1988	Missleman Triathlon II	WSMR, NM	Overall Champion	
1988	Prude Ranch Triathlon	Ft. Davis, TX	Overall Champion	
1988	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX	22 nd Nationally	Runner-up
1988	Miner Fall Triathlon	El Paso, TX	Runner-up	
1988	Ironman Triathlon World Championship	Kailua-Kona, HI	98 th World	11 Hrs. 15 Min
1988	Hueco Mountain Estates Biathlon	El Paso, TX	Overall Champion	
1989	Missileman Biathlon	WSMR, NM	3 rd	1 st
1989	Realman Iron/Ultra Distance Triathlon	Camp Wood, TX	5 th	13 Hrs. 28 Min.
1989	MVTC Triathlon	Las Cruces, NM	Runner-up	
1989	Bottomless Lakes Triathlon	Roswell, NM		
1989	Northeast YMCA Spring Triathlon	El Paso, TX	4 th	1 st
1989	Milkman Triathlon	Dexter, NM		
1989	Missileman Triathlon	WSMR, NM	Overall Champion	
1989	Coors Light Biathlon- Albuquerque	Albuquerque, NM	19 th	3 rd
1989	Big Country Half-Marathon	Van Horne, TX		
1989	West Texas Snakebite Classic Biathlon	El Paso, TX		
1989	Prescott Triathlon	Prescott, AZ	19 th	3 rd
1989	Burn Lake Triathlon	Las Cruces, NM	Runner-up	
1989	Cochiti Triathlon Santa Fe, NM			
1989	Oasis of West Texas Triathlon	Ft. Davis, TX		
1989	Chili Harvest Pedal, Pedal, Plod	Radium Springs, NM		
1989	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX	18 th Nationally	Runner-up
1989	Miner Triathlon	El Paso, TX	3 rd	2 nd
1989	Northeast YMCA Fall Triathlon	El Paso, TX		
1989	Miner Triathlon	El Paso, TX		
1989	El Paso-Juarez International 15k	El Paso, TX		
1989	Ironman Triathlon World Championship	Kailua-Kona, HI	120 th World	10 Hrs. 50 Min.
1989	Hueco Mountain Estates Biathlon	El Paso, TX	6 th	1 st
1989	Coors Light Biathlon National Championship	Phoenix, AZ	110 th	27 th Nationally
1990	Los Rapidos International Endurance Swim	El Paso, TX		
1990	One Hour Swim National Championships	El Paso, TX		24 th Nationally
1990	Las Vegas Marathon	Las Vegas, NV	386 th	82 nd
1990	Mt. Taylor Winter Quadrathlon	Grants, NM	5 th	3 rd
1990	WSMR Biathlon	WSMR, NM	4 th	1 st
1990	Realman Iron/ Ultra Distance Triathlon	Camp Wood, TX	Overall Champion	11 Hrs. 48 Min.
1990	West Texas Snakebite Classic Biathlon	El Paso, TX	4 th	2 nd
1990	Bottomless Lakes Triathlon	Roswell, NM		
1990	Roadrunner Half Ironman Triathlon	Boulder, NV	24 th	7 th
1990	Bud Light US Triathlon Series- Phoenix	Phoenix, AZ	64 th	4 th
1990	Holloman Triathlon	Holloman AFB, NM	Overall Champion	
1990	Northeast YMCA Triathlon	El Paso, TX	Overall Champion	
1990	Milkman Triathlon	Dexter, NM		
1990	Pedal, Paddle, Plod	Radium Springs, NM	Runner-up	
1990	New Mexico Biathlon State Championship	Albuquerque, NM	26 th	3 rd
1990	Prescott Triathlon	Prescott, AZ	27 th	1 st
1990	Burn Lake Triathlon	Las Cruces, NM	5 th	1 st
1990	Cochiti Triathlon	Santa Fe, NM	17 th	1 st
1990	Oasis of West Texas Triathlon	Ft. Davis, TX	Overall Champion	
1990	Holloman Triathlon	Holloman AFB, NM	Overall Champion	
1990	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX		2 nd Nationally

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1990	Miner Triathlon	El Paso, TX	4 th	1 st
1990	Holloman Fall Triathlon	Holloman AFB, NM	Overall Champion	
1990	Ironman Triathlon World Championship	Kailua-Kona, HI	57 th World	11 Hrs. 20 Min.
1990	WSMR Biathlon	WSMR, NM	4 th	1 st
1990	Hueco Mountain Estates Biathlon, Texas State Championship	El Paso, TX	9 th	Texas Champion
1990	Los RapiDOS International Endurance Swim	El Paso, TX		
1991	One Hour Swim National Championships	El Paso, TX		15 th Nationally
1991	Las Vegas Marathon	Las Vegas, NV	549 th	108 th
1991	Mt. Taylor Winter Quadrathlon	Grants, NM		2 nd
1991	President's Day Duathlon	WSMR, NM	5 th	1 st
1991	Trans Mountain Run	El Paso, TX		
1991	Mountain Man Duathlon	El Paso, TX	4 th	1 st
1991	Lonestar Iron/ Ultra Distance Triathlon	Bandera, TX	Overall Champion	10 Hrs. 59 Min
1991	Big Sur Marathon	Carmel, CA		
1991	MVTC Triathlon	Las Cruces		
1991	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1991	Milkman Sprint Triathlon, Regional Championship	Dexter, NM	14 th	5 th
1991	Carlsbad Kiwanis Triathlon	Carlsbad, NM	Runner-up	1 st
1991	Missleman Triathlon	WSMR, NM	4 th	1 st
1991	Pedal, Paddle, Plod	Radium Springs, NM	Runner-up	
1991	Desert Storm Triathlon	El Paso, TX		
1991	West Texas Snakebite Classic	El Paso, TX	4 th	1 st
1991	Burn Lake Triathlon	Las Cruces, NM	8 th	1 st
1991	Santa Fe Triathlon	Santa Fe, NM	8 th	1 st
1991	Roadrunner Triathlon	WSMR, NM	Runner-up	
1991	Miner Triathlon	El Paso, TX		
1991	Chile Harvest Pedal, Pedal, Plod	Radium Springs, NM		
1991	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX	24 th Nationally	2 nd
1991	UTPB Triathlon	Odessa, TX	Overall Champion	
1991	Chili Pepper Century	El Paso, TX		
1991	All Hallows Biathlon	Holloman AFB, NM	4 th	1 st
1991	Ironman Triathlon World Championship	Kailua-Kona, HI		
1991	Hueco Mountain Estates Biathlon Texas State Championship	El Paso, TX	6 th	Texas Champion
1991	Coors Light Duathlon, National Championship	Santa Fe, NM	9 th Nationally	2 nd
1991	Los RapiDOS International Endurance Swim	El Paso, TX		
1992	Las Vegas Marathon	Las Vegas, NV		
1992	Mt. Taylor Winter Quadrathlon	Grants, NM	Team Champions	
1992	Sun City Half Marathon	El Paso, TX	40 th	5 th
1992	Leap Year Duathlon	WSMR, NM	10 th	1 st
1992	Mountain Man Duathlon	El Paso, TX	4 th	1 st
1992	MVTC Triathlon	Las Cruces, NM	8 th	2 nd
1992	Jay Benson Triathlon	Albuquerque, NM	5 th	2 nd
1992	Northeast YMCA Triathlon	El Paso, TX	2 nd	1 st
1992	Eagle Triathlon	Holloman AFB, NM		
1992	Missleman Triathlon	WSMR, NM	5 th	1 st
1992	Evergreen Half Ironman	Evergreen, CO	46 th	8 th
1992	Burn Lake Triathlon	Las Cruces, NM	8 th	1 st
1992	Santa Fe Triathlon	Santa Fe, NM	22 nd	2 nd

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1992	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	Overall Champion Team (National Record Set)	10 Hrs. 2 Min
1992	Pecos Cantaloupe Festival Triathlon	Pecos, TX	Overall Champion	
1992	Roadrunner Triathlon	WSMR, NM	Runner-up	
1992	Santa Fe Cochiti Triathlon	Santa Fe, NM	4 th	1 st
1992	Miner Triathlon	El Paso, TX		
1992	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX	18 th Nationally	2 nd
1992	Oasis of West Texas Triathlon	Ft. Davis, TX	Runner-up	1 st
1992	William Bonney Duathlon	WSMR, NM		
1992	Rio Grande Valley Century	Albuquerque, NM		
1992	Great Floridian Ironman Ultra Distance Regional Championship	Clermont, FL	10 th	1 st 10 Hrs. 34 Mins
1992	Hueco Mountain Estates, Texas Duathlon Championship	El Paso, TX	4 th	1 st
1992	Alamogordo Marathon	Alamogordo, NM		
1992	Los Rapios International Endurance Swim	El Paso, TX		
1993	Mt. Taylor Winter Quadrathlon	Grants, NM	Team Champions	Horse power champion
1993	President's Day Duathlon	WSMR, NM	Overall	
1993	Mesilla Valley Track Club Triathlon	Las Cruces, NM	6 th	1 st
1993	Northeast YMCA Triathlon	El Paso, TX	Runner-up	1 st
1993	Francis Copeland Stevens Memorial Triathlon	WSMR, NM	Overall Champion	
1993	Carlsbad Kiwanis Triathlon	Carlsbad, NM		
1993	Tumbleweed Triathlon	Ft. Bliss, TX	Runner-up	1 st
1993	Burn Lake Triathlon	Las Cruces, NM		
1993	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	9 th Nationally	National Champion 9 Hrs. 48 Min
1993	Big J New Mexico Duathlon State Championship	Albuquerque, NM	8 th	1 st
1993	Miner Triathlon	El Paso, TX		
1993	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1993	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX	7 th Nationally	National Champion
1993	Dirt Devil Duathlon	Ft. Bliss, TX		
1993	William Bonney Duathlon	WSMR, NM		
1993	Hueco Mountain Estates Duathlon, Texas State Championship	El Paso, TX	Texas Champion	Texas Champion
1993	Ironman Triathlon World Championship	Kailua-Kona, HI		34 th World, 10 Hrs. 5 Min
1993	Alamogordo Marathon	Alamogordo, NM		
1993	Los Rapios International Endurance Swim	El Paso, TX		
1994	President's Day Duathlon	WSMR, NM	6 th	1 st
1994	Las Vegas Marathon	Las Vegas, NV		
1994	Stealth Duathlon	Holloman AFB, NM	5 th	1 st
1994	Trans Mountain 20k	El Paso, TX		
1994	MVTC Triathlon	Las Cruces, NM	6 th	1 st
1994	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1994	Milkman Triathlon	Dexter, NM	9 th	2 nd
1994	Carlsbad Kiwanis Triathlon	Carlsbad, NM	3 rd	1 st
1994	Tumbleweed Triathlon	Ft. Bliss, TX	Runner-up	1 st
1994	Burn Lake Triathlon	Las Cruces, NM	6 th	1 st
1994	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	22 nd Nationally	4 th 10 Hrs. 2 Min
1994	Roadrunner Triathlon	WSMR, NM	2 nd	1 st

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1994	Tall City Triathlon	Midland, TX		
1994	Big J New Mexico Duathlon State Championship	Albuquerque, NM		1 st
1994	Texas Hill Country Triathlon, Long-Distance National Championship	San Antonio, TX	7 th Nationally	National Champion
1994	Stealth Triathlon	Holloman AFB, NM	6 th	1 st
1994	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1994	William Bonney Duathlon	WSMR, NM	Runner-up	1 st
1994	Ironman Triathlon World Championship	Kailua-Kona, HI		16 th World, 10 Hrs. 9 Min
1994	Hueco Mountain Estates Duathlon Texas State Championship	El Paso, TX		1 st
1994	El Paso-Juarez International Classic 15k	El Paso, TX		
1994	Alamogordo Marathon	Alamogordo, NM		
1994	Los Rapiidos International Endurance Swim	El Paso, TX		
1995	Dearholt's Delight Desert Run	Las Cruces, NM	18 th	9 th
1995	Superbowl Run	Las Cruces, NM	10 th	3 rd
1995	Sun City Half Marathon	El Paso, TX		
1995	President's Day Duathlon	WSMR, NM	12 th	2 nd
1995	Trans Mountain Run	El Paso, TX		
1995	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1995	Milkman Triathlon Rocky Mountain Regional Championship	Dexter, NM	8 th	Regional Masters Champion
1995	Carlsbad Kiwanis Triathlon	Carlsbad, NM	3 rd	1 st
1995	Buffalo Springs Lake Half Ironman	Lubbock, TX		
1995	Burn Lake Triathlon	Las Cruces, NM	3 rd	1 st
1995	Snakebite Duathlon	Santa Teresa, NM	Overall Champion	
1995	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA		
1995	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1995	Tall City Triathlon	Midland, TX	Overall Champion	
1995	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1995	50th WSMR Duathlon	WSMR, NM	6 th	1 st
1995	Hoffman Memorial Triathlon	Midland, TX	Overall Champion	
1995	El Paso-Juarez International 15k	El Paso, TX		
1995	Hueco Mountain Estates Galaxy Duathlon Championship	El Paso, TX	5 th	1 st
1995	YMCA Turkey 400m swim	El Paso, TX	1 st	1 st
1995	YMCA Turkey 800m swims	El Paso, TX	1 st	1 st
1995	YMCA Turkey Trot	El Paso, TX		3 rd
1995	Tucson Marathon	Tucson, AZ		
1995	Alamogordo Marathon	Alamogordo, NM		
1995	Los Rapiidos International Endurance Swim	El Paso, TX		
1996	Dearholt's Delight Desert Run	Las Cruces, NM		
1996	Mt. Taylor Winter Quadrathlon	Grants, NM		2 nd
1996	City of El Paso Parks & Recreation Triathlon	El Paso, TX	5 th	2 nd
1996	Toyahvale Desert Oasis Duathlon	Balmorhea, TX	Runner-up	1 st
1996	Boston Marathon	Boston, MA		
1996	Snakebite Duathlon	Santa Teresa, NM	4 th	1 st
1996	Jay Benson Triathlon	Albuquerque, NM	11 th	3 rd
1996	Milkman Triathlon	Dexter, NM	56 th	8 th
1996	Ironhorse Half Ironman Triathlon	Springfield, IL	113 th	6 th
1996	Buffalo Springs Lake Half Ironman Triathlon, Central Regional Championship	Lubbock, TX	82 nd	8 th
1996	Burn Lake Triathlon	Las Cruces, NM	5 th	1 st

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1996	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	59 th	8 th 10 Hrs 51 Min
1996	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1996	Tall City Triathlon	Midland, TX		
1996	Stealth Triathlon	Holloman AFB, NM	Runner-up	1 st
1996	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1996	WSMR Duathlon	WSMR, NM	9 th	2 nd
1996	Hueco Mountain Estates Duathlon Galaxy Championship	El Paso, TX	13 th	1 st
1996	White Sands Marathon	Alamogordo, NM		
1996	Los Rapios International Endurance Swim	El Paso, TX		
1997	Toyahvale Desert Oasis Duathlon	Balmorhea, TX	Runner-up	1 st
1997	Snakebite Duathlon	Santa Teresa, NM	3 rd	1 st
1997	Miner Triathlon	El Paso, TX	Overall Champion	
1997	Jay Benson Triathlon	Albuquerque, NM	5 th	3 rd
1997	Milkman Triathlon	Dexter, NM	19 th	5 th
1997	Carlsbad Kiwanis Triathlon	Carlsbad, NM	9 th	2 nd
1997	Francis Copeland Stevens Memorial Tri	WSMR, NM	6 th	1 st
1997	Buffalo Springs Lake Half Ironman Triathlon, Central Regional Championship	Lubbock, TX	45 th	Regional AG Champion
1997	Burn Lake Triathlon	Las Cruces, NM	4 th	2 nd
1997	Snakebite Duathlon	Santa Teresa, NM	3 rd	2 nd
1997	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	67 th	5 th Nationally 10 Hrs 35 Min
1997	Tall City Triathlon	Midland, TX		
1997	Texas Hill Country Half Iron Triathlon	San Antonio, TX		
1997	Stealth Triathlon	Holloman AFB, NM	6 th	3 rd
1997	Toyahvale Desert Oasis Triathlon	Balmorhea, TX	Runner-up	1 st
1997	Ironman Triathlon World Championship	Kailua-Kona, HI		55 th World, 11 Hrs. 19 Min
1997	The Great Floridian Ironman Triathlon	Clermont, FL	104 th	12 th 12 Hrs 1 Min
1997	White Sands Marathon	Alamagordo, NM		
1997	Los Rapios International Endurance Swim	El Paso, TX		
1998	Francis Copeland Stevens Triathlon	WSMR, NM	6 th	1 st
1998	Miner Triathlon	El Paso, TX	2 nd	1 st
1998	Carlsbad Kiwanis Triathlon	Carlsbad, NM	6 th	1 st
1998	Buffalo Springs Lake Half Ironman	Lubbock, TX	119 th	6 th
1998	Burn Lake Triathlon	Las Cruces, NM	6 th	2 nd
1998	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	12 th Nationally	5 th 10 Hrs. 48 Min
1998	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1998	Tall City Triathlon	Midland, TX	Runner-up	1 st
1998	Carlsbad Kiwanis Triathlon	Carlsbad, NM	6 th	1 st
1998	Yucca Duathlon	WSMR, NM	8 th	1 st
1998	Great Floridian Ironman Triathlon Ultra Distance South Regional Championship	Clermont, FL	67 th	4 th
1998	Los Rapios International Endurance Swim	El Paso, TX		
1999	Stealth Duathlon	Holloman AFB, NM	5 th	2 nd
1999	Snakebite Duathlon	Santa Teresa, NM	6 th	2 nd
1999	Francis Copeland Stevens Triathlon	WSMR, NM	6 th	1 st
1999	Buffalo Springs Lake Half Ironman	Lubbock, TX	74 th	4 th
1999	Burn Lake Triathlon	Las Cruces, NM	9 th	3 rd
1999	Vineman Iron Distance Triathlon, Ultra Distance National Championship	Santa Rosa, CA	59 th	6 th Nationally 10 Hrs. 45 Min

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1999	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1999	Tall City Triathlon	Midland, TX	6 th	1 st
1999	Carlsbad Kiwanis Triathlon	Carlsbad, NM	22 nd	1 st
1999	Stealth Triathlon	Holloman AFB, NM		
1999	Los RapiDOS International Endurance Swim	El Paso, TX		
2000	Bottomless Duathlon	Roswell, NM	11 th	1 st
2000	William Beaumont Fisher House Triathlon	Ft. Bliss, TX	5 th	1 st
2000	Tri-Raider Triathlon	Lubbock, TX	8 th	1 st
2000	Buffalo Springs Lake Half-Ironman, Long-Distance National Championship	Lubbock, TX	60 th	National Champion
2000	Bottomless Lakes Triathlon	Roswell, NM	7 th	1 st
2000	Burn Lake Triathlon	Las Cruces, NM	7 th	1 st
2000	Ironman Lake Placid	Lake Placid, NY	217 th	15 th 10 Hrs. 59 Min
2000	Roadrunner Triathlon	WSMR, NM	3 rd	1 st
2000	Carlsbad Kiwanis Triathlon	Carlsbad, NM	12 th	1 st
2000	Yucca Duathlon	WSMR, NM	7 th	1 st
2000	Los RapiDOS International Endurance Swim	El Paso, TX		
2001	Las Palmas Half-Marathon	El Paso, TX		
2001	Trans Mountain 15k	El Paso, TX		
2001	Bataan Death March	WSMR, NM		2 nd
2001	William Beaumont Fisher House Triathlon	Ft. Bliss, TX	7 th	1 st
2001	Hoffman Memorial	Midland, TX	3 rd	1 st
2001	Buffalo Springs Lake Half-Ironman, Long-Distance National Championship	Lubbock, TX	60 th	4 th Nationally
2001	Ironman Florida Ultra Distance	Panama City, FL	213 th	13 th 10 Hrs. 29 Min
2001	Los RapiDOS International Endurance Swim	El Paso, TX		
2002	Ransom Canyon Triathlon	Ransom Canyon, TX	5 th	1 st
2002	Trans Mountain 20k	El Paso, TX		
2002	Buffalo Springs Lake Half-Ironman Long-Distance National Championship	Lubbock, TX	117 th	2 nd Nationally
2002	Ironman World Championship	Kailua-Kona, HI	731 st	51 st 11 Hrs. 39 Min
2003	Los RapiDOS International Endurance Swim	El Paso, TX		
2003	WSMR Wind Triathlon	WSMR, NM	7 th	1 st
2003	Milkman Triathlon	Dexter, NM	20 th	2 nd
2003	Bottomless Lakes Triathlon	Roswell, NM	8 th	2 nd
2003	Burn Lake Duathlon	Las Cruces, NM	8 th	2 nd
2003	Roadrunner Triathlon	WSMR, NM	3 rd	1 st
2003	Hoffman Memorial	Midland, TX	3 rd	1 st
2003	Bottomless Formula-1 Triathlon	Roswell, NM	6 th	2 nd
2003	South Plains College Cotton Country Triathlon	Levelland, TX	4 th	1 st
2003	Los RapiDOS International Endurance Swim	El Paso, TX		
2004	Bottomless Lakes Triathlon	Roswell, NM	14 th	2 nd
2004	Bottomless Formula-1 Triathlon	Roswell, NM	13 th	2 nd
2004	Polar Bear Triathlon	WSMR, NM	5 th	1 st
2004	Los RapiDOS International Endurance Swim	El Paso, TX		
2005	Bottomless Lakes Triathlon	Roswell, NM	7 th	1 st
2005	Bottomless Formula-1 Triathlon	Roswell, NM	7 th	1 st
2006	Polar Bear Triathlon	WSMR, NM		
2007	El Paso Half-Marathon	El Paso, TX		
2009	Bottomless Lakes Triathlon	Roswell, NM	43 th	5 th
2009	Bottomless Formula-1 Triathlon	Roswell, NM		
2009	Run Proud for Dessert	Coppell, TX		
2010	Ruidoso Sprint Triathlon	Ruidoso, NM	12 th	1 st

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
2010	Bottomless Lakes Triathlon	Roswell, NM	18 th	1 st
2010	Bottomless Formula-1 Triathlon	Roswell, NM		
2010	Monster Triathlon	Holloman AFB, NM		
2011	Armed Forces Triathlon	Ft. Bliss, TX		
2012	Armed Forces Triathlon	Ft. Bliss, TX		
2012	Missileman Duathlon	WSMR, NM	8 th	1 st
2012	Bottomless Lakes Triathlon	Roswell, NM	20 th	3 rd
2012	Roadrunner Triathlon	WSMR, NM	6 th	1 st
2012	Yucca Triathlon	WSMR, NM	12 th	1 st
2012	Iron Soldier Fall Triathlon	Ft. Bliss, TX		
2012	Holloman Triathlon	Holloman AFB, NM	2 nd	1 st
2013	Bottomless Lakes Triathlon	Roswell, NM	20 th	2 nd
2013	Monster Triathlon	Holloman AFB, NM	6 th	1 st
2013	Bottomless Lakes Triathlon	Roswell, NM	4 th	1 st
2013	Monster Triathlon	Holloman AFB, NM	20 th	2 nd
2014	Iron Soldier Fall Triathlon	Ft. Bliss, TX		
2014	Armed Forces Triathlon	Ft. Bliss, TX	8 th	
2014	Monster Triathlon	Holloman AFB, NM	9 th	2 nd
2015	Sul Ross Triathlon	Alpine, TX	7 th	2 nd



News Articles
& Materials



Triathlete gears for pain, joy in Hawaii

El Pasoan' enters 6th Ironman

By Dan Williams
El Paso Times

El Paso triathlete Mike Baker has an emotional attachment to the Ironman Triathlon and the Kona Coast of Hawaii.

It's a place he broke down and cried. "not because I was hurting, but because I felt like I needed to." It's a place he ran a marathon on asphalt so hot "it was burning through shoes." And, at times, it's a place that makes him feel "like nothing in the world can touch you."

"There's nothing quite like it," the 39-year-old medical technologist said. So this week, "Iron Mike" is going back to the big island for his sixth Ironman Triathlon World Championship.

Saturday, he'll rise before dawn and join 1,500 others who have qualified for one of sports' ultimate challenges — a 2.4-mile ocean swim, a 112-mile bike race and a 26.2-mile run. If all goes well, he'll finish before dark, about 10 hours after he started.

"You go through a lifetime of emotions in just the span of the race," said Baker. He and Bob Carlson, Flip Lyle, Pete Johnson and Diane Proud are the only El Pasoans ever to compete in the event. "There are times you think you can't be beat, and other times you feel bad — real bad."

Carlson knows the feelings. The three-time Ironman veteran from El Paso recalled his last experience in 1990 when he fought high seas, cycled against 40-mile headwinds and ran a marathon when it was 110 degrees.

"A bad day at the Ironman is unlike any other bad day you've ever had," Carlson said. "Even though you're fit and fast and hungry, the conditions of the course can take it all away from you. It can be brutal."

But as Baker and Carlson know, the race also can be exhilarating. The setting, the crowd

and the comradery help athletes forget their pain. And no matter what their time — Baker's best finish was 10 hours, 5 minutes compared with five-time winner Mark Allen's record 8:07:45 — just completing the challenge makes all the training and torture worthwhile.

Compared with the training, the race is almost a picnic, Baker said. He works out for about three hours every day, running, swimming, biking and lifting weights. It's a routine he's had for 10 years, part of his lifestyle. And when race day dawns on the Kona Coast, he's always ready.

The swim

"It starts early in the morning," Baker said. "You wake up at 5 a.m. and it's still dark, so you wait around. Then when you and 1,500 other people turn the water to a froth, there's so many arms and legs going at once."

The swimmers gradually spread out as they aim for two small boats posted at the turnaround point 1.2 miles out in the bay. "You don't think it's too far until you come up on the ships and find out how big they really are," Baker said.

The biggest challenges of the swim, he said, are if the weather is bad, and finding your way back after the turnaround. "You're heading for the hotel, just a small dot out there," he said. "You have to learn to navigate."

The bike

Back on land at Kailua-Kona, the athletes quickly change to riding gear, mount their bikes and head out along the Queen's Highway for a lonely 112-mile ride through hot, desolate lava fields. The key to the bike race, Baker said, is to start strong to avoid the tradewinds that tend to build force as the day progresses.



Dan Williams / El Paso Times

Mike Baker, a 39-year-old El Paso medical technician, has trained 20 hours a week running, cycling and swimming for Saturday's Ironman Triathlon in Hawaii.

"If you hit Hawi (halfway turnaround) early enough, you have a tailwind coming back. If you don't, it gets miserable." By then, the sun is beating down hard on the blacktop highway through rolling hills and lava fields. "By then, you're gushing sweat," Baker said. "You just kind of stew and be miserable."

The marathon

"This is where the race begins," Baker said, the final 26.2-mile test of endurance. "The

first seven miles is in town. People are clapping, you're feeling good, having a grand time. Then you leave town ... and go back to the lava fields."

The last stretch to the 16-mile halfway turnaround is downhill to a natural energy laboratory ("but there's no natural energy there"), which means runners must then dig into what reserves they have left to climb back out.

"It's desolate country, really miserable. No clouds. The sun beats you to death. It's a long, gradual hill. All the aid stations

along the way look like war zones — people staggering around, their eyes staring out in space; cups and trash all over

Baker said he knows he has made when he's two miles from the finish.

"You can see the town, the start to hear the crowd. The adrenalin starts flowing. All of sudden a 10-mile (an hour) pace becomes a 5-mile pace. You're like a horse going back to the stables."

Area triathletes are a rare breed

By Bill Knight

El Paso Times

While most athletic visions these days are of winter sports, there is a small but sturdy and determined group training away for the warmer times.

These men and women are swimming lap after lap, pedaling away on their bicycles, running mile after mile. Fortunately for them, El Paso offers a climate where their training will seldom suffer.

Triathletes are a rare breed, people who find joy in pushing their bodies to the limit in not one, but three activities — swimming, cycling, running.

While some believe there has been a bit of a lull in the sport during the early part of this decade, most believe it is already resurfacing with something almost akin to a cult following. The triathlon will be a medal sport in the Olympics in Sydney and most believe that will only add to the renewed enthusiasm.

A group of six men and two women comprise a strong core of the city's elite triathletes. The eight have completed 41 Ironman distances (2.4-mile open water swim, 112-mile bicycle and 26.2-mile run) between them and all excel at the sport.

Here is a look at the eight.

Mike and Pam Baker

A unique duo, a husband and wife who can train together. Mike, 44, has been competing at a high level for 16 years. Pam, 46, picked up the sport from her husband in 1995.

"The training for this sport is so time consuming," Pam Baker said. "It's great we can do this together. I feel bad for the women who can't train with their husbands who do this. They must feel like football widows. But it's a contagious sport. The people are so friendly. And once you get tired of one part of a race, you get to start something new. And people do it at all different ages."

Mike Baker said, "I still train hard, but not like I used to train. I've done seven of the Hawaii Ironman races and 27 at that distance overall. One year, I trained 38 hours a week. It was like having another full time job. I'd put in 25,000 yards in the pool, 350 miles on the bike and run 45 to 50 miles. Now, on a good week, I'm around 10,000 in the pool, 150 miles on the bike and 40 miles running.

"But this is something that just seems to draw people in," he added. "Now that it will be part of the Olympics, it will draw more of the elite athletes, too. I think there was definitely a decline in our sport, but I think there is a renewed interest."



Leonel Monroy / El Paso Times

The El Paso area's top triathletes are: Bottom, from left, Nancy Call, Mike Baker, Pam Baker and Jimmy Moreno; top, from left, Shane Cleveland, Brian Carter, Bobby Gonzalez and Flip Lyle.

Coming events

► **What:** Southwest Challenge Series. More than 20 races in west Texas and New Mexico, some of which will be duathlons (run and bike).

► **Next up:** President's Duathlon, White Sands Missile Range, Feb. 26th.

► **Distance:** 5 kilometer run, 30 kilometer bike.

► **Information:** Rick Vinyard, 505-678-3374.

► **More information:** Rest of the series not set yet, but will be available soon on www.swtriclub.org

ready for the next workout. Add a job, another eight hours a day, and you begin to feel some real time constraints.

"But this is a great sport," he added. "I don't really compete that much anymore, but I still do most of the training."

Nancy Call

The swim coach at Andress High, Call works hard to find the time to train for this sport. The

Tips

Beginning training tips for triathletes:

► **Swim:** Three times a week, total of 5,000 to 10,000 yards.

► **Bike:** Three times a week, total of 50 to 125 miles.

► **Run:** Three to four times a week, total of 15 to 25 miles.

► **More information:** www.swtriclub.org

which will be in Lake Placid, N.Y., in July.

Shane Cleveland

Cleveland, 35, was a runner at the University of New Mexico. He was a professional triathlete for six years, competing all over the world. He moved to El Paso six years ago. He no longer competes professionally, but he still trains and competes.

"I made my living at it from 1987 through 1993," he said. "It's hard work. You clock in just like everyone else, but you work about 60 hours a week. I still work out 12 times a week — four swim, four bikes, four runs. I do

Ironman in a very respectable 10 hours, 45 minutes.

"I think this is a race for weekend warriors," he said. "You get caught up in them. You take it as a big challenge. Then you say, hey, I've done one of these. I can do another. I can do better. For me, training is more difficult than ever because I'm a partner in a new business, so I have to spend more time at work. I try to work on quality now, not so much quantity.

"I'm planning on trying to get back to Hawaii next year," he said. "My goal was 10 hours and I was on target, but I think I need some work on the nutritional aspects. I really crashed on the run."

Gonzales has an impressive resume in the sport. He won the 35-39 age group in the National Duathlon Championships in New Orleans and finished eighth overall and, in 1994, he was 11th in the World Championships in the 34-39 age group.

Flip Lyle

Lyle is something of the local triathlon guru, a steady age group winner and the founder of the Southwest Challenge Series, a group of more than 20 races throughout the spring and summer.

"When people started doing these crazy things, there was a lot of interest and enthusiasm," said Lyle. "Then the initial burst of enthusiasm kind of waned. Frankly, I was a little disturbed. This fun thing looks like it's done a 180. We had a downward spiral and now I think we've got something of a renaissance. We had a race Dec. 11 at White Sands in our challenge series and the record for entries was 120. We had 200.

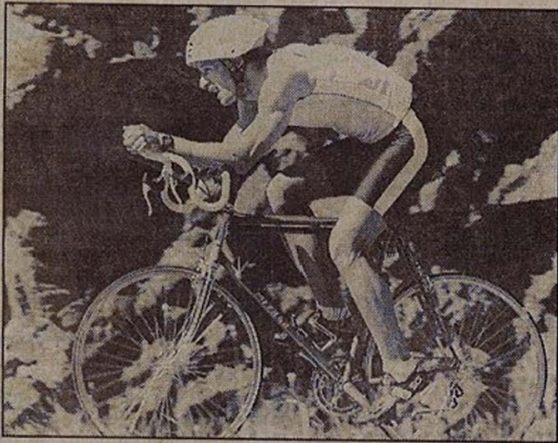
"Our Southwest Challenge Series will have its 10th anniversary in February," Lyle added. "It's the longest running series in the U.S. and one of the largest regional series. The thing is, the Ironman races are intimidating to most people. But most triathlons are more the sprint distance — a 400-500 meter swim, a 5K run and a 20-30K bike. People can do those. These are Everyman distances... things you can do without spending half your life training."

Lyle, 54, has completed the Hawaii Ironman, did 21 triathlons last year and has done 236 in his career. Laughing, as he does often, Lyle said, "I'd rather compete than eat."

Jimmy Moreno

Moreno, 31, has also been one of the area's top triathletes. A runner at El Paso High, he got his first shove into the sport from Carter.

"I took a swim class at UTEP and Brian was my instructor."



Grace Saenz / El Paso Times

Mike Baker trained on Transmountain Road for the bike race portion of the Ironman Triathlon.

3 El Pasoans to tackle the Ironman Triathlon

By Bill Knight
El Paso Times

Three El Pasoans are in Kona, Hawaii, today for one of the most grueling of all sporting events — the Ironman Triathlon.

Todd Jacobs, Michael Baker and Bob Carlson will compete in the 2.4-mile ocean swim, 112-mile bicycle ride and 26.2-mile run. The event has to be completed in extreme heat and sometimes difficult head winds in 17 hours.

Jacobs is a professional, one of the best in the world. He finished eighth in this event a year ago. Baker qualified in San Antonio. Carlson is a relative newcomer, qualifying for the event through a lottery, but has been logging many training miles.

Jacobs believes he has a shot at finishing the top five this year.

"I've been training hard," Jacobs said before leaving for Hawaii. "This week in Hawaii will be my taper week — Cheetos and beer. I'll be relaxing, staying off my feet as much as possible and watching soap operas."

Baker, who played high school basketball at Burges, has a black belt in karate and is also a scuba diving instructor. He began serious training in 1982.

"I quit smoking," the medical technician said. "Then I saw a triathlon. I'd never run more than two miles before in my life. I trained three weeks, tapered a week. It was in Fort Davis — an 800-meter swim, 32-mile bike ride and 6 mile run."

"I had a bike where my top five gears didn't work and it must have weighed 40 pounds. I never hurt so bad in all my life."

Baker started reading more about triathlons. He

Tough going

■ **The elite:** Only four triathletes have ever gone under 9 hours — Dave Scott twice, Mark Allen and Australia's Greg Stewart. El Pasoan Todd Jacobs just missed by 12 minutes, 58 seconds last year and believes he will dip under that coveted barrier this year.

■ **Today:** The ocean swim of the Iron Triathlon begins at 7 a.m., 11 a.m. in El Paso. Should Jacobs hit his goal, he will be in before 4 p.m.

got into some cycling groups and got help with his strokes at local pools. His training has increased considerably.

"I'll swim between 10,000 and 14,000 meters a week, ride 200 miles and run 50 miles," he said.

Just finishing a race like the Ironman is an accomplishment. Baker said he had no doubts about finishing.

"I'm sure I'm gonna cross that line," the 32-year-old said. "But I want to look good doing it."

"You have to learn how to react to extreme conditions," Jacobs said. "That's what I tried to do in my training here. I had at least one long ride a week, we're talking 100 miles, and one long run, around 18 miles. I'd do the ride on Sunday, the run on Saturday. Twice I did the 100-mile ride and went immediately into the 18-mile run."

"I had a route into the desert. I called it my infinity route. It's just straight out, straight back. When you get to Hawaii, that's what it is — straight out, straight back. I want it to seem like just another day out on my course."

BURN LAKE

t r i a t h l o n

LAS CRUCES, New Mexico (7/23) — As a rule, the top finishers in your garden variety triathlon will be dominated by men in their 20's. The 1988 Burn Lake Triathlon, held Saturday, July 23 in Las Cruces, N.M., was a clear exception; of the first 11 to cross the line, eight were either over 30 or still in their teens.

James "Flip" Lyle, an investment real estate broker from nearby El Paso, gave perhaps the most impressive age group performance. Emerging from tiny Burn Lake in 16th place at the end of the circular half-mile swim, the 42-year-old Lyle screamed by 15 of those ahead of him with the fastest 28 mile bike split of the day. Only Trey Smith remained in front of him at that point, but an overall win was not to be. Lyle lumbered through a 43:46 split for 5.5 miles and eventually finished fifth in 2:09:20.

Two of those who slipped by Lyle during those final miles were teenager Jimmy Moreno and 30 and over's Michael Baker. Moreno buzzed over the flat paths along the irrigation canals to the day's second fastest run (34:37) and claimed the runnerup spot behind Smith.

Baker, a lab technician at an Army hospital in El Paso, had until a couple years ago limited his athletic ventures to high school basketball. He discovered triathlons in 1986; now he races 15-18 times each year and is improving rapidly. At Burn Lake, he was fourth after the swim, dropped back a notch or two on the bike, then rallied with a solid 36:37 run to be third overall and first in 30-34.

David Gerbitz finished sixth overall while winning the 35-39 crown; right

behind him came masters runnerup Gary Covington. Covington was followed by the 30-34 second banana, Richard Moore, then came Scott Romero in 10th as the second teen and Ray Pabst in 11th as the third masters. Finish 11th overall in a race and still be only the third person over 40? Now that's a kick in the rear.

There were 17 women scattered about the field of 105 individuals and Sandy Hatfield towropeed them around the course. In fact, Hatfield nearly had the whole field under control after the swim, splashing ashore second overall in 10:58, just a step behind leader Gilbert Valdez. Hatfield dropped back grudgingly thereafter, standing 12th overall after the bike and 22nd upon reaching the finish in 2:22:02. Catherine Rankin ran well to claim the runnerup spot.

There were some refreshments available right after the race, and the awards ceremony got under way with dispatch. Then everyone retired to "Fat Freddie" Janer's for a bit of Bud Light. Janer, once grossly overweight, took control of his life a few years ago through exercise and last year completed the Ironman; along the way he has lost 120 pounds and became a local cult hero. ■

BURN LAKE

triathlon

July 23

0.5mi Swim/28mi Bk/55mi Run

OVERALL MEN		3. Ray Pabst	2:13:17
1. Trey Smith	2:02:42	MEN 45-49	
OVERALL WOMEN		1. Skipper Botsford	2:33:48
1. Sandy Hatfield	2:22:02	2. Richard Bagby	2:45:19
MEN 19 and Under		3. Teofilo Holguin	2:52:27
1. Jimmy Moreno	2:05:25	MEN 50-54	
2. Scott Romero	2:12:48	1. Kyle Bayless	2:41:38
3. Pat Freeman	2:20:38	2. Tommy Pickering	2:46:07
MEN 20-24		3. Steve Henderson	2:53:20
1. Boris Valdevit	2:07:50	WOMEN 19 and Under	
2. Rene Sepulveda	2:14:45	1. Gwen Seager	3:03:22
3. Scott Caruso	2:15:43	2. Liz Burns	3:07:21
MEN 25-29		3. Elsa Lind	3:20:21
1. Brian Zemucka	2:11:42	WOMEN 25-29	
2. Timothy Heidman	2:13:55	1. Catherine Rankin	2:27:51
3. Gustavo Hernandez	2:20:38	2. Sarah Kirk	2:30:08
MEN 30-34		3. Rebecca Gomez	2:33:05
1. Michael Baker	2:07:37	WOMEN 30-34	
2. Richard Moore	2:11:16	1. Dana Massey	2:48:22
3. Leland Maez	2:17:50	2. Jackie Gaines	3:00:48
MEN 35-39		3. Lisa Cardon	3:21:56
1. David Gerbitz	2:10:10	WOMEN 35-39	
2. Glen Thompson	2:27:52	1. Diane Proud	2:39:25
3. Edmundo Apodaca	2:43:06	WOMEN 45-49	
MEN 40-44		1. Margaret Apodaca	3:00:36
1. Flip Lyle	2:09:20	WOMEN 50+	
2. Gary Covington	2:10:41	1. Nancy McVein	3:34:22

El Pasoans set course record in winning California triathlon

Staff reports

SANTA ROSA, Calif. — El Paso triathletes Brian Carter and Mike Baker set a course record in winning the tandem division of the Vineman Ironman

Triathlon Sunday. The two finished the 2.4 mile swim, 112-mile bicycle and 26.2 mile run in 9 minutes, 59.15 seconds, better than more than 100 other teams from the northern California area.

Carter did the swim, the two road the bicycle route on a tandem bike, then Baker ran the marathon. "The hardest part was finding a tandem bike," Carter said. "We finally got one ... We had a great time."

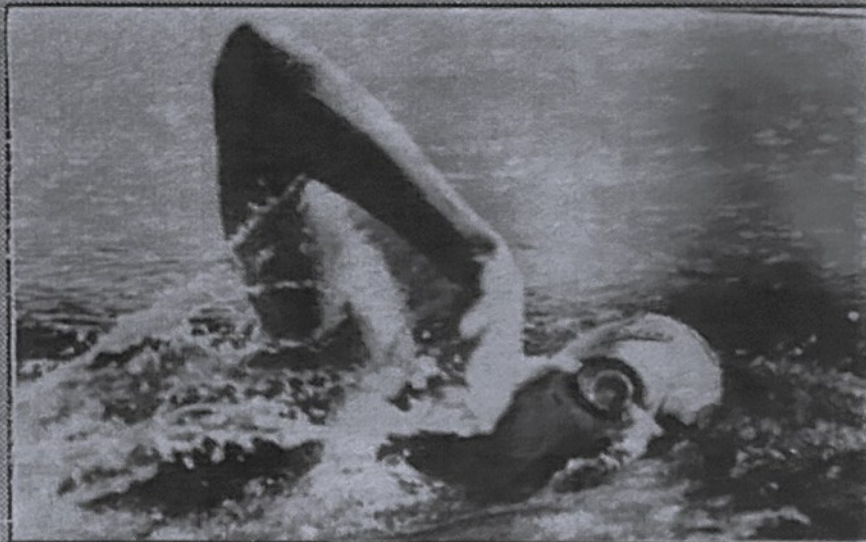
Ex-city man on winning team

SANTA ROSA, Calif. — Mike Baker, a former Amsterdam resident, and fellow triathlete Brian Carter, both of El Paso, Calif., set a course record in capturing first place in the tandem division of the Vineman Ironman Triathlon on Aug. 2.

For the last four years, Baker has competed in the Ironman competition. This was his first try in the team tandem division. Carter did the 2.4-mile swim, both raced the 112-mile bicycle course on a tandem bike, then Baker finished with the 26.2-mile run.

Baker's uncles, Al and Carmen Pugliese, and aunt, Sally Jendrzyczack, live in Amsterdam.

Swimming to victory



El Pasoan Mike Baker strokes his way to a first place finish in the 13th Annual Miner Triathlon Saturday. Davis ended up finishing third overall. (Frank Mottis / The Prospector)

LOB, BATTOS

Local sports

3 El Pasoans finish Ironman

KAILUA-KONA, Hawaii — El Pasoans Mike Baker, Bob Carlson and Diane Proud finished the Ironman World Triathlon Championship late Saturday night.

Baker finished the course in 11 hours, 20 minutes, while Carlson was at 13:20. Proud, the first amateur woman from El Paso to qualify for the event, finished in a time of 14:27.

Final places for the three won't be released until today. None of the three finished among the top 10, the only places released Sunday.

Mark Allen of Cardiff, Calif., was the men's overall winner with a time of 8:28:17 and defeated Scott Tinley of Del Mar, Calif., who was second at 8:37:40.

Erin Baker of New Zealand was the women's winner with a time of 9:13:42.

The triathlon was run under hot, windy and humid conditions. The temperature during the endurance race exceeded 90 degrees.



Good News

People in Sports

Dell City sends two to powerlifting meet

Two Dell City High School athletes, Raymond Gallegos and David Juarez, competed in the state powerlifting championships last weekend at Texas A&M University. They are coached by Pat Ward. Dell City was the smallest school represented. Gallegos was 16th in the 132-pound division and Juarez was 14th in the 114-pound group.

Coronado High graduate La-Dawn Zitur, a sophomore at Northeast Missouri State University, is a member of the school's golf team.

El Pasoans Vic Teran Jr. and Pete Borrego combined to bag three species of exotic wildlife in a recent hunt at Carta Valley Wildlife Reserve Ranch in south Texas. They shot a Corsican ram, a blackbuck antelope and an axis deer.

Mike Baker and Flip Lyle of El Paso placed fifth and eighth, respectively, in the Realman Triathlon held last weekend in San Antonio. The event covered 2.4 miles of swimming, 112 miles of biking and 26.2 miles of running. Baker was timed at 13 hours, 28 minutes. Lyle had a time of 16 hours, 32 minutes.

Several El Pasoans are members of the New Mexico Highlands University baseball team. They include Carlos Lara of Yaleta High, Steve Vicencio of Bel Air, Jimmy Cubillos of Jefferson, Augie Reyes of Coronado, Larry Vucan of Eastwood and Ruly Medrano of Eastwood. Lara currently leads Highlands with a .442 batting average. Reyes has four home runs.

Contributions for Good News about People in Sports are welcome. Items should be kept short, as shown above. They should involve actual sports news. Because of space limitations, we are unable to run long lists of participants, but we will attempt to mention as many honor-winners as possible. Send contributions to: Sports Editor, El Paso Herald-Post, P.O. Box 20, El Paso, Texas, 79999.



Mike Baker of El Paso will participate in the Gatorade Ironman Challenge Oct. 15 at Kailua-Kona, Hawaii. The race consists of a 2.4-mile swim, a 112-mile bike race and a 26.2-mile run. The top finishers will be vying for a prize purse of \$160,000.

El Paso Times
★ ★ Monday, October 8, 1990

6D ELSEWHERE

Local sports

3 El Pasoans finish Ironman

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Erin Baker of New Zealand was the women's winner with a time of 9:13:42.

The triathlon was run under hot, windy and humid conditions. The temperature during the endurance race exceeded 90 degrees.

Ironman Triathlon: El Pasoan Mike Baker finished the 16th annual Ironman Triathlon Saturday at Kailua-Kona, Hawaii, in 10 hours, 9 minutes, 48 seconds.

Greg Welch of Australia won the men's overall title in 8:20:27. Paula Newby-Fraser of Zimbabwe was the women's champion in 9:20:14.

Baker, 39, was competing in his sixth Ironman competition, a three-event competition combining swimming, cycling and running. He completed his 2.4-mile swim in 58 minutes, the cycling leg in 4 hours, 55 minutes and the marathon leg in 4:05. Baker's overall place in the competition was not available.

Mike T. Baker of El Paso was the fourth-fastest Texas finisher in the Gatorade Ironman Triathlon World Championships in Hawaii. Baker completed the 140.6-mile course in 10 hours, 5 minutes and 49 seconds. The winner was Mark Allen. Allen, a five-time winner, set a course record of 8:07:45.

6C

El Paso Times
Saturday, Oct. 6, 1990

★ ★

Local sports

El Pasoan will join Ironman Triathlon field

El Pasoan Mike Baker has been selected to compete in the Gatorade Ironman Triathlon World Championship on Oct. 19 in Hawaii.

The Ironman consists of a 2.4-mile ocean swim, a 112-mile bike race and a 26.2-mile run.

Baker, 36, is a medical technologist. He did the Hawaii Ironman in 1988, '89 and '90.

Iron Man contest

Mike Baker, a Supervisory Medical Technologist at WBAMC, will compete in the nationally televised Iron Man Contest in Hawaii on Oct. 14.

Last year, Baker, 34, finished among the top one-third of the competition of more than 1,500. He has finished among the top five in his age group in the past two years in the National Long Course Triathlon held at San Antonio.

RUNNER

TRIATHLETE NEWS

September, 1995

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ISSUE

BURN LAKE TRIATHLON

by Sean Connery

This mid-season race sponsored by the City of Las Cruces and Ride on Sports has always been a very competitive event with many local athletes hoping to set new PRs. Athletes raced in memory of one of Las Cruces' most beloved triathletes, Francis Copeland-Stevens, who was killed while training 2 years ago. Neither the thought of a lost friend nor the early morning start put too much of a damper on the prerace mood.

The race began with a half-mile swim in Burn Lake with many athletes opting to swim in wetsuits to gain speed despite an 80 degree water temperature. Koos Van Zelst from Albuquerque was first out of the water with Bobby Gonzales, and Mike Baker hot on his heels. The swim course was well marked and monitored as evidenced by the large pack of swimmers that followed in rapid succession.

Overcast conditions and unseasonably cool temperatures favored fast racing, which is in stark contrast to the typical

desert heat this time of year and was certainly welcome after the over 100 degree temperatures of last summer. Things quickly heated up on the slightly long bike of 28 miles. Bobby Gonzales continued to push the pace on the bike and led the men's field riding his Hooker bicycle. Gretchen McElroy led the women's field and never looked back.

The 5½ mile run traveled around Burn Lake, thru a tunnel, and followed a roughly packed dirt trail. While McElroy and Gonzales continued to victory, the age group competition was intense over the final run. Gonzales won the Elite category in a blistering 1:56:19. Team USA Duathlete, Gretchen McElroy set a new course record winning the women's race in 2:08:55, breaking her own record of 2:11:16 set last year. Koos Van Zelst finished second overall in 1:58:55 and may be able to give Gonzales some much needed competition in the coming years. El Paso's Jimmy Moreno showed his 1994 USA Duathlon Team racing form

finishing third overall in 2:01:11, with the fastest run split of the day covering the run in 33:00. Craig Liming from Seira Vista, AZ, was the top novice overall finishing in 2:02:38 providing one of the days most exciting age group races. Liming out ran local legend Baker, who seemed to have a grip on the Masters category. Liming ran Baker down in the last half mile to claim the Masters title by only 11 seconds.

While McElroy was setting new records, Peggy Newcomer showed that McElroy wasn't the only female who came to race that day. Newcomer was the first novice female, finishing in 2:18:37, which left second-place finisher, Heike Sellinschegg, one minute in arrears. Pam Hendrick, rumored to be under the tutelage of Mike Baker, won the women's Masters division. The better half of the Capps husband/wife team, Nancy, finished first in the women's 50-54 division. Her husband*also fared well finishing third in his division. ■

Fall is time to honor greatest athletes

There are a lot of things to like about the fall season in El Paso. It's not too hot, not too cold, not too windy ... I also like it because we get to honor, and visit with, some of our finest athletes ... The El Paso Golf Hall of Fame inducted Kristi Albers, a winner on the Ladies PGA Tour, at the Hall's annual banquet Wednesday night. Certainly, no one deserved it more ... Now the El Paso Boxing/Karate Hall of Fame induction banquet will be at 6 p.m. Saturday at Fiesta Hall ... Then the El Paso Baseball Hall of Fame will have its induction banquet beginning at 6 p.m. Nov. 1 in the Thomas Rivers Room in the UTEP Student Union Building ...



Gil Holguin

O N E HEARS so many good stories of these Hall of Famers it's impossible to list them all. One of my favorites in boxing concerns Gil Holguin ... No El Paso boxer has ever won a world championship, but Holguin came as close as anyone. He went up against world lightweight champion Joe Brown in 1957. Brown had a big money title bout coming up later and had been given Holguin as a "tuneup" ... But Holguin, a former Golden Gloves champion,



Ray Sanchez

came out swinging and turned the bout into a melee. Each landed plenty of blows but neither was able to knock the other down ... Those who watched the bout swear to this day Holguin won but Brown, being the champion and having a big money fight coming up, was given a split decision ... Holguin was never given a rematch ...

THE HOLGUIN family is known for other athletic feats ... Gil's father, Joe, was also a fine boxer and beat legendary Kid Glover in one bout ... Gil's brother, Javier, was the starting pitcher in the finals when Bowie High won the State championship in 1945 ... The family has suffered considerably in recent years. Javier died in 1989. Four months later, another brother, Roberto, died. And still another brother, Jose Alfredo, was killed in a freak traffic accident ... Gil came out of Chihuahua to earn fame. The city is now considering naming a street there for him ...

THEN THERE'S John Knight. He holds a special niche in my memory because I've known him since he was a skinny kid of 127 pounds going out for football at El Paso High. He took up weightlifting with a passion and developed an extraordinary physique. He became not only an outstanding football player, wrestler, boxer and martial arts expert but won many bodybuilding championships, including Mr. El Paso, Mr. Oklahoma and Mr. Venice Beach (Calif.) ... But there's a lot more to John than muscle. He became an archaeologist and has worked in various places in the Middle East. On top of that, he performed as a singer and dancer on Dinah Shore and Danny Thomas TV specials ... You'll get to meet Knight, Holguin and other remarkable people Saturday ...

TRIVIA QUESTION: What man played in every Brooklyn-New York World Series? Answer at end of column ...

ANOTHER TYPE of super athletes got together last week at (where else?) Souper Salads ... They are the area's triathletes. You know what those are: wild and crazy guys who swim 2.4 miles then hike for 112 miles then run a 26.2 mile marathon ... Among them are El Pasoans Flip Lyle, Bob Carlson, Pete Johnson, Mike Baker and Bobby Gonzales ... Baker is in Hawaii

this week for the Iron Man competition while Gonzales is going to, believe it or not, Tasmania for a duathlon ...

EL PASOAN Vic Villareal offers this plan for UTEP to get money for the athletic budget: Get up a \$1,000 package which will include two tickets to each UTEP football and basketball game for the next seven years. "That would be besides the donor plan," he says. "That way UTEP won't be begging but offering people something in return. I tried it with the Golden Gloves and it worked great. Heck, it would be easy to get 700 people outside the donor plan to buy such a package and they wouldn't take up much room at the Sun Bowl or the Special Events Center." ... When El Paso businessman Mike Andrade heard of the idea, he said, "Sign me up." ... Villareal says he's willing to help sign people. Quick, John Thompson, call him. His number: 591-9649 ...

Answer to trivia question: Peewee Reese.

Ray Sanchez is a veteran sports journalist and author. His column appears here each Thursday.

Suggestions welcomed. Call 584-0626 or write to him at 4501 Skylark Way, El Paso, Texas 79921.



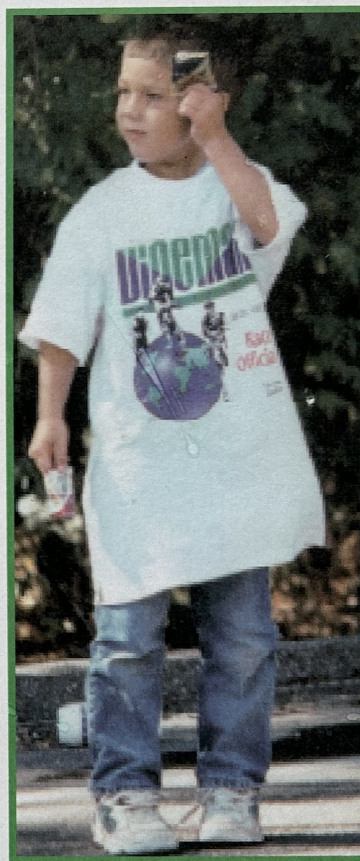
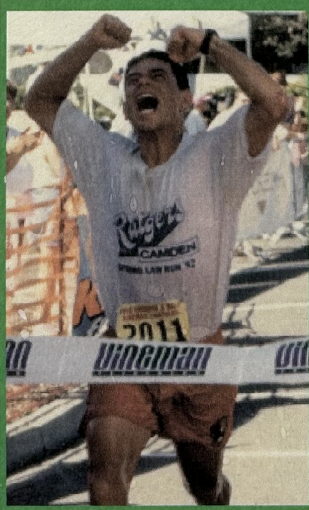
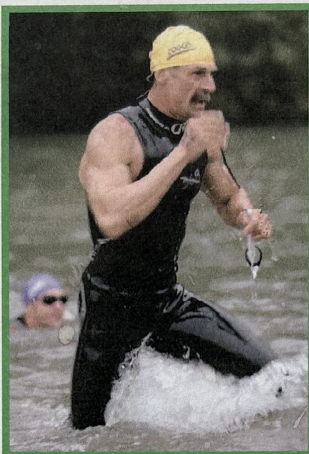
Pictured Left to Right - Ironman Finishers Bobby Gonzales, Mick McCaan, Mike Baker, Bob Carlson, Flip Lyle

VINEMAN

T R I A T H L O N

LA CREMA

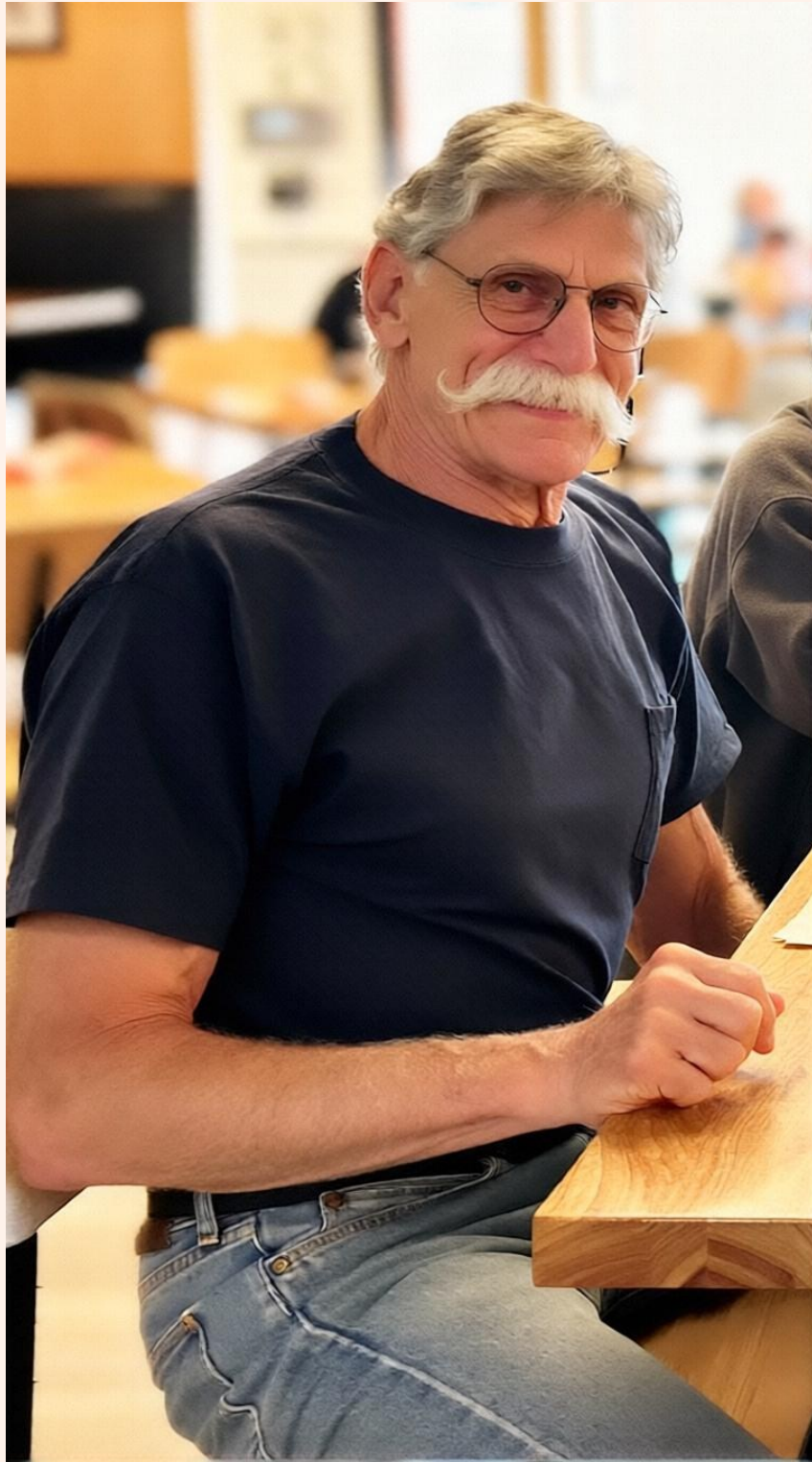
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Living Athlete Category

Michael T. Baker

("Iron" Mike Baker)