



Congratulations to the entire staff for their participation and completion in a number of triathlons, running and biking events. It is a testament to their continued pursuit of fitness so they can provide training at a top notch level. I am proud of each and every person on the staff for their accomplishments.

- Training Coordinator David Scott
 - 2010 Patriot Half Ironman Triathlon
 - 2010 Rumpass in Bumpass International Distance Triathlon
 - 2010 Suntrust Washington Half Marathon

- Training Coordinator Jim Booth
 - 2010 Patriot Half Ironman Triathlon
 - 2010 Rumpass in Bumpass International Distance Triathlon
 - 2010 Suntrust Washington Half Marathon

- Training Coordinator Richie Oliver
 - 2010 Patriot Half Ironman Triathlon
 - 2010 Rumpass in Bumpass International Distance Triathlon
 - 2010 Suntrust Washington Half Marathon

- Deputy Director Gary Moore
 - 2009 Giant Acorn Sprint Triathlon
 - 2010 Artie Levin 100 Mile Bike Ride

- Director Kip Vickers
 - 2010 Patriot Half Ironman Triathlon
 - 2010 Rumpass in Bumpass International Distance Triathlon
 - 2010 Suntrust Washington Half Marathon
 - 2010 Biglick International Triathlon

There were numerous additional events completed and the staff is to be commended. Please send us your accomplishments, events, promotions Etc.