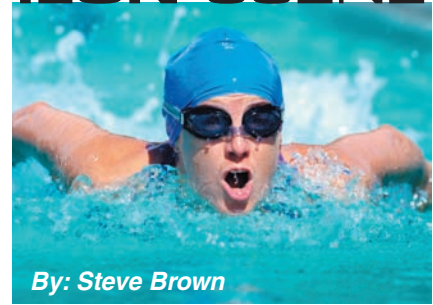




JUST TRI IT!

PHILADELPHIA TRIATHLON SCENE



By: Steve Brown

Each issue, PhillyFIT Magazine takes a look at the local triathlon and multisport scene, providing our readers with news, features, product reviews, as well previews of great area racing and training. In this issue ...



CGI RACING'S NEW JERSEY STATE TRIATHLON TO HOST BEST OF U.S. QUALIFIER

"Best of the US" Management is pleased to announce that the first annual New Jersey State Triathlon will host the 2006 "Best of the US" New Jersey State Qualifier. The fastest male and female resident amateur will earn the right to represent the Garden State at the "Best of the US Championship" in Excelsior, MN on September 16.

The Olympic distance New Jersey State Triathlon will be contested on Sunday, July 23 at Mercer County Park in West Windsor, near picturesque Princeton. CGI Racing, whose mission is, "To develop first-class races in unique, beautiful locations, creating memorable experiences for the athletes and spectators", will produce it. "Best of the US" enjoys partnering with ambitious young events like the New Jersey State Triathlon.

In 2005, several of the program's most successful qualifying events were first-year races. "We are confident that the NJST will be an instant classic," says Jerry MacNeil, "Best of the US" PR Director. Last year's "Best of the US" overall men's champion, Chris Martin of Lawrenceville, NJ, hoping to defend his national title, will be competing in this race. For more information on the New Jersey State Triathlon, visit www.bestoftheustriathletes.com/states/NJ or www.cgiracing.com.

PHILLY'S INTERNATIONAL BIKE RACE EXPANDS... NOW WILL ANCHOR PA CYCLING "TRIPLE CROWN"

The Philadelphia International Championship Bike Race, heading into its 22nd year and infa-

mous for the Manayunk Wall, will now anchor an all-Pennsylvania "Triple Crown", a three city race series with related community events during the first week in June.

The last time Philadelphia hosted the final leg of a Triple Crown in cycling was in 1993. Then it was three tough professional bike races including a 112-mile race in Pittsburgh, a six-day stage race throughout West Virginia and the grand finale, the ninth running of what was then the CoreStates Championship. A young, brash, relatively unknown cyclist named Lance Armstrong scored the impossible hat trick, taking all three races and a \$1 million winner-take-all bonus. Six years later, after surviving testicular cancer, Armstrong scored his first of seven Tour de France victories and, last July, announced his retirement from competitive cycling.

"Our race and the Triple Crown first defined Lance as a true champion," said Philadelphia race co-founder Jerry Casale, himself a recent cancer survivor. "Now that the Lance era has passed, we want Pennsylvania to pick the next great American super star."

According to Casale and his partner, Dave Chauner, the best way to do that is to reintroduce the Triple Crown, this time as an all Pennsylvania point series culminating in the 22nd annual running of Philadelphia's International Championship. Although the two first venues are not yet finalized, the first leg on Sunday, June 4 is likely to be in Lancaster, a 100 plus mile race on a challenging circuit through town. "The second race needs to be on a very hilly, tough circuit," says Casale who indicates that Mt. Penn in Reading or a course over some of the tough hills found near Allentown, Bethlehem or Easton, would be ideal. The finale on Sunday, June 11 will remain on the traditional 14-mile Championship circuit in Philadelphia that challenges the riders to climb the steep Manayunk Wall ten times during the long 156 mile race.



CHESAPEAKEMAN ULTRA DISTANCE TRIATHLON IRON IN OUR BACKYARD

For those of you looking to ramp up your race distances to that of ultra or half ultra, you need not travel across the country and pay extraordinary race and travel related fees to reach your goals. Columbia Triathlon Association, headquartered in Columbia Maryland, is again hosting one of the best-kept Ultra Distance race secrets. CTA's ChesapeakeMan, now in its third year is hitting the ground hard and fast for the 2006 edition, and is adding some variety to offer something for everyone.

The 2006 ChesapeakeMan, (2.4 mile swim, 112 mile bike, 26.2 mile run) will also include The Chesapeake Endurance Triathlon (1.2 mile swim, 65 mile bike, 10 mile run), The Aqua Velo (2.4 mile swim 112 mile bike), and a Swim Fest (2.4 mile swim). Race date is September 30th, 2006. For complete details and registration information, visit www.tricolumbia.org.

The success of the The Columbia Triathlon Association can be attributed to the overall respect that the tri community and Cambridge area has for Race Director, Robert Vigorito and his organization. Vigorito also produces the massively successful Blackwater Eagleman, a Kona Qualifier, held in June each year.

RACE SCHEDULES FOR THE 2006 USAT MID-ATLANTIC REGIONAL TRIATHLON SERIES AND DUATHLON SERIES ARE ANNOUNCED

The race schedules for the 2006 USAT Mid-Atlantic Triathlon Series and the 2006 USAT Mid-Atlantic Duathlon Series have been announced. This year's Triathlon Series will consist of sixteen triathlons, including five sprint events, nine intermediate distance events, and two long course events. The Duathlon Series will consist of ten duathlons to be held through out the Region. Cash prizes will be awarded to the top three male and female finishers in each Series, along with various other prizes and awards. To be eligible for awards in either Series, athletes must complete three Series events; must be USAT annual members; and must be residents of the Mid-Atlantic Region.

A schedule of the events in both the Triathlon Series and the Duathlon Series is listed below. For more information on the Series, please visit www.usat-ma.org.

2006 USAT MID-ATLANTIC TRIATHLON SERIES

Sprint Events (5)

1. White Lake Sprint Triathlon, May 7th
2. Charlottesville Sprint Triathlon, June 25th
3. Sunset Sprint Triathlon, July 22nd
4. Buckner Mission Man Triathlon, July 29th
5. North Hills YMCA Triathlon, August 13th

Intermediate (9)

1. New Jersey Devilman Sprint Triathlon (classified as intermediate), May 7th
2. Columbia Triathlon, May 21st
3. Over the Mountain, June 17th
4. Charlottesville International Triathlon, July 30th
5. Wilkes-Barre Triathlon, August 6th (Series Championship Race)
6. Bandits Challenge Triathlon, August 12th
7. North East Triathlon, August 27th
8. Atlantic City Triathlon, September 10th
9. Make-a-Wish Triathlon, September 24th

LONG COURSE (2)

1. New Jersey Devilman-Half Iron Triathlon, May 7th
2. The Chesapeake Endurance Triathlon, September 30th

2006 USAT MID-ATLANTIC DUATHLON SERIES

1. Charlotte's Finest Duathlon, March 25th
2. Virginia Duathlon, April 2nd
3. Powerman North Carolina, April 23rd
4. Thundergust Duathlon, June 17th
5. Wilkes Barre Duathlon, June 18th (Series Championship Race)
6. Blackwater Traverse Duathlon, July 9th
7. Sunset Sprint Duathlon, July 22nd
8. Lums Pond Duathlon, August 13th
9. Lighter than Air Duathlon, August 26th
10. Skylands Duathlon, September 17th



Philly FIT Magazine contributor Stephen Brown is a Philadelphia area triathlete sponsored by Rudy

Project and Hammer Nutrition. Brown also writes and serves as Editor in Chief of the triathlon publication TransitionTimes.com. In a racing career spanning nearly 20 years, Brown has racked up countless races of all distances from sprint to ironman. He also often uses his racing as a platform to raise funds and awareness for significant charitable causes. He can be reached at stephenbrown@phillyfit-magazine.com.

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