



Steelman 2009 OWS Athlete Note

ALL Registration is CLOSED. Athletes requesting special consideration need to contact me. If you have any questions regarding content of this document, please contact Dale directly at 484-894-3253. I will not have access to email after Thursday 7/09/09 10:00 pm. I will be on location at Tohickon boat launch (**NOT THE MARINA!!!**) from Friday 7/10/09 till race completion. It is going to be an awesome day, thank you all for your support, Dale - Steelman Race Director.

The Steelman is planning additional events for the 2010 season. In May, a youth triathlon (Youth 10&U will do a 100 yd swim, 3.1 mile bike, 0.6 mile run / Youth 11-14 compete at a 200 yd swim, 6 mile bike, 1.2 mile run), and of course the one and only original Steelman Triathlon again in August. Look for information in January 2010 on the website www.steelmantriathlon.com for additional details.

Race Packet Pickup

Race packet pick-up can be done Sunday morning, July 12, from 7 am to 8:30 am, at the Tohickon Boat access. Look for the large white 20' x 20' athlete tent. Lines will be split by event - one side of the tent for 5k athletes and the other side for Sprint athletes. To complete packet pickup, you will need to visit only one station.

You will pick up your athlete bag, which will contain your swim cap, shirt, race number, and an official Steelman open water swim stein, as well all the sponsors' goodies (Hammer Nutrition gels and Endurolyte supplements, Cramp 911, etc) Relays will receive an additional number/ goody bag.



The lines on each side of the tent will be separated by race number. A listing of your race number is attached at the end of this document, and a listing will be available at packet pickup. Lines will move more quickly if you come prepared knowing your race number and have valid ID **(driver's license)**. **You may pickup other athletes bags as long as you can show their valid ID, either the original or a copy.**

Shirts can be exchanged for a different size, depending on availability, AFTER THE AWARDS on Sunday. Sizes are adult small, medium, large, and X-large. No 2X or youth sizes. There is a limited amount; I cannot make any promises regarding shirt exchanges.

There will be an athlete briefing at 8:30 am just prior to warm-up. Dale the Race Director will, at this time, go over any last minute changes, course details and finishing procedures.

There will be limited auxiliary changing areas on site. Try to come to the lake already in your suit. We have porta-potties to change in but remember to allow enough time before race start.

Race Start Times

Athletes will be allowed to go into the water at 8:30 am on Sunday morning for warm up. Lifeguards will be on site during this time to ensure athlete safety.

Allow enough time for parking and warm-up. Packet pickup on Sunday morning will close at 8:30 am. Ample parking is available in the Main Tohickon Landing Lot.

The 3 mile Distance event will start at 9:00 am sharp.

The 1.5 mile Distance event will start 5 minutes later.

The Relays will start 5 minutes later.

Following warm-ups, all athletes will be asked to exit the water. After everyone is out of the water the first wave will be called.

Wetsuits

After much deliberation, we have decided to allow wetsuits from a safety aspect. The water temperature averages approximately 75 F. A temperature

measurement will be taken on race morning. The temperature will be announced at the pre-race meeting 30 minutes prior to start.

Steelman Schedule

- 7:00 am - Packet pick up opens for early birds
- 8:30 am - Lake opens for warm up
- 8:15 am - Last call for packet pick up
- 8:30 am - Pre race announcements
- 8:50 am - Everyone out of the water
- 8:50 am - Seeding and wave line up
- 8:55 am - National Anthem/ Safety Verification
- 9:00 am - 3 mile Distance Start
- 9:05 am - 1.5 mile start
- 9:10 am - Relays Start
- When Finished - GRUB OUT!!! You are a STEELMAN
- Awards Ceremony/ giveaways

Spectators, Family and Friends

Hot and Cold Concession items will be available for purchase. (Coffee, burgers, breakfast, sandwiches, etc and an assortment of drinks, ice cream and Italian ice.)

Athlete Numbers & Body Marking

All athletes will need to be body marked. Volunteers near the start area will provide this service. Your athlete number will be written on the upper portion of both arms, There will be multiple volunteers who will be more than happy to mark your body. The race number, from your goody bag, needs to be tucked under your cap or in your suit during the swim, so that when you finish you can hand off your number in order that you are eligible for awards.

Safety & Security Command Center

Adjacent to the Finish Line, there will be a Command Center, with Haycock Fire, Police, EMS and a Steelman Race Liaison. Any safety or medical concerns, be they athlete or spectator, should be brought to this area. This area will also serve as the Steelman Lost and Found area. For all other concerns KEY Race Staff who are knowledgeable will be wearing RED, Volunteers will be wearing Safety GREEN, and Haycock EMS will also wear GREEN shirts.

Haycock Township Fire Company

These are the people that set up the swim course, provide water rescue services, These are professionals who have all have volunteered their time to support the event. Please show them your gratitude with a "thank you" as you pass by. The event would not be possible without their support.

Nockamixon State Park Staff

On the course you will see Park Staff supporting the event. Again a quick wave or "thank you" goes a long way. Also, the Park Manager, Jessica Doxsey, jdoxsey@state.pa.us will be onsite. Please take the time to show your appreciation for the park hosting the event.

Relays

Relays will have a designated start area near the start line. They must stay near the start until the entire team is finished. Only one swimmer will receive a number for the entire team. Each swimmer must hand off the race number to the next teammate. The swimmer anchoring the team will finish with the number and turn it in to be scored.

Course Description

The swim course was designed using GPS technology, and set up thanks to Haycock Fire Department. Many athletes judge their training by their race performance; as a result we approach course accuracy with a high priority.

There will be giant tetrahedron-shaped buoys to guide swimmers along the correct path. We ask that all athletes remain to the right of the buoys. The course features an "out and back" layout.





There will be approximately 15- 20 lifeguards in the water at any given time. Lifeguards will be in kayaks, sail boats, as well as search and rescue boats. Any athlete that develops a safety concern during the race needs to raise a hand to signal a lifeguard, if one has not already attended to your needs.

Spectators will be restricted to the best viewing areas so as not to cause interference with the athletes.

If you are a spectator with special needs please contact me ahead of time so you can be accommodated.

Any course changes due to race day conditions will be determined and announced on race morning.

The Start

When directed "the better swimmers" will wade into the water first to the start line, about 4 feet deep. The remaining athletes will wade into the water behind them or off to the side for a more conservative start. This will allow

the faster swimmers to get a clean break and others not to get kicked in the face or swum over.

Both swim courses are marked with the pyramid-shaped buoys.

You will exit the swim at the boat-launching ramp. Volunteers will be present to assist as needed.

Relays

Relay participants need to be aware of the procedure for starting the next athlete. When finished with the first leg of the course, the first relay participant needs to exit the water at the designated relay switch-off area and hand off the number to his/her partner to begin their race. The anchoring athlete needs to be in possession of the race number in order to make scoring possible.

Distance Event Swimmers

The distance course is comprised of a two-lap circuit that involves a special challenge. After completing one lap all distance swimmers must exit the water, run around the designated aid station and then continue back into the water to complete their final lap.

Finish Line Procedures

Once exiting the water, run to the finish line, (10 yards,) to the designated volunteer to hand in your race number in order to be scored. Any athlete that passes another athlete after the Finish Line will be DQ'd immediately. After handing in your race number, proceed to the athlete tent to fill your stomachs and relax.

Finish Line, Awards and Post Race Party

Athletes may then head into the athlete tent for refreshments, or if needed, medical assistance.



Refreshments in the athlete tent include assorted fruit (bananas, water melon, grapes, nectarines, peaches), pizza, water, fruit, pretzels, PB&J sandwiches, Gatorade, Hammer HEED and assorted gel packs. Be courteous to athletes still racing by not being wasteful with your choices. **No spectators will be allowed in the athlete area.** Concessions will be available for spectators.

Lots of prizes to give away (Hammer Nutrition, Tri Sports, Road ID, Flexpower, Cramp 911,) on top of the OA and Age group awards. (official Steelman medal pictured)



Those that are tops on the list for prizes include acts of sportsmanship brought to my attention, PR's and brutal gut wrenching performances, people with a special talent that can be demonstrated, triathlon trivia questions and just plain silly acts that are entertaining.

Race Results

Results will be made available following the event and posted locally at the race site and on the website www.steelmantriathlon.com.

Awards / Giveaways will start promptly on the new awards podium donated by **Bethlehem Pre Cast**. This will be a great opportunity for a photo shoot and to

applaud our 2009 award recipients. Awards area will be spectator friendly and will offer a great opportunity to get pictures with family and friends.

Please do your part and place your garbage in the cans provided, and be respectful of the surroundings.

The Park has many beautiful sections and it would be a great opportunity to have a cookout or picnic after the race with family or friends. A family friendly swimming pool and boat rental is also available.

Swim Start Course Picture



Steelman Open Water Swim July 12, 2009
Final Entrants List
9-Jul-09

BIB	FirstName	LastName	TShirtSize	Gender	EventTitle	Division	City	State	DateAdded	USATNUMBER
18	Ashley	Albrecht	Small	F	1.5 Mile Swim	Female 30-35	Lansdale	PA	5/19/2009 15:35	
85	Craig	Alexander	Large	M	1.5 Mile Swim	Male 20-29	Bethlehem	PA	7/8/2009 11:59	
51	Patricia	Allwein	Small	F	1.5 Mile Swim	Female 50-55	Mt. Gretna	PA	6/23/2009 5:53	
108	Virginia	Angus	Medium	F	3 Mile Swim	Female 40-45	Boyertown	PA	5/4/2009 16:44	51924
91	Jorge	Araneta	Medium	M	1.5 Mile Swim	Male 30-39	Perkasie	PA	7/8/2009 21:03	535099
78	Alexandra	Archibald	XX-Large	F	1.5 Mile Swim	Female 40-45	Bloomsbury	NJ	7/6/2009 20:55	360668
79	Leslie	Baga	Medium	F	1.5 Mile Swim	Female 40-45	Orefield	PA	7/7/2009 9:29	403625
13	Jenny	Bair	Large	F	1.5 Mile Swim	Female 50-55	Orefield	PA	5/10/2009 18:05	
82	Kristina	Balbar	Small	F	1.5 Mile Swim	Female 30-35	Phoenixville	PA	7/7/2009 21:18	541621
52	Matthew	Balmer	Large	M	1.5 Mile Swim	Male 30-39	Jefferson Township	PA	6/23/2009 9:49	
134	Michael	Baltes	Large	M	3 Mile Swim	Male 40-49	Doylestown	PA	6/8/2009 21:49	
145	Kenneth	Barbee	Medium	M	3 Mile Swim	Male 40-49	Philadelphia	PA	6/19/2009 17:04	177609
135	Jennifer	Bash	Medium	F	3 Mile Swim	Female 30-35	Monroeville	PA	6/9/2009 10:37	
189	Clark	Beam	Large	M	3 Mile Swim	Male 50-59	Bethlehem	PA	7/6/2009 8:28	
81	Kiki	Bell	Small	F	1.5 Mile Swim	Female 30-35	Warrington	PA	7/7/2009 16:21	
110	Joseph	Blake	Large	M	3 Mile Swim	Male 60-69	Bethlehem	PA	5/7/2009 11:13	248306
132	Wendy	Body	Small	F	3 Mile Swim	Female 40-45	Orefield	PA	6/2/2009 21:45	171360
58	nicholas	brady	XX-Large	M	1.5 Mile Swim	Male 50-59	Lambertville	NJ	6/25/2009 14:49	
185	Arthur	Bugay	X-large	M	3 Mile Swim	Male 40-49	Jenkintown	PA	7/5/2009 20:10	
111	Russell	Burd	Large	M	3 Mile Swim	Male 40-49	East Greenville	PA	5/8/2009 21:48	313907
112	Scott	Burd	Large	M	3 Mile Swim	Male 50-59	Ocean View	DE	5/9/2009 17:26	
32	Dana	Burkart	Medium	F	1.5 Mile Swim	Female 30-35	Elkins Park	PA	6/8/2009 14:13	
33	Steven	Burkart	Large	M	1.5 Mile Swim	Male 30-39	Elkins Park	PA	6/8/2009 14:15	
120	Gina	Calleo	Small	F	3 Mile Swim	Female 30-35	Clinton	NJ	5/24/2009 12:53	492800
171	CHRIS	CAMBURN	X-large	M	3 Mile Swim	Male 30-39	WYNDMOOR	PA	6/30/2009 12:30	483430
161	Allison	Carpenter	Small	F	3 Mile Swim	Female 40-45	Bethlehem	PA	6/25/2009 8:22	221178
164	Elizabeth	Carroll	Medium	F	3 Mile Swim	Female 50-55	Mechanicsville	MD	6/28/2009 13:56	490776
38	kristi	carver	Small	F	1.5 Mile Swim	Female 20-25	flemington	NJ	6/15/2009 11:03	
154	Laura	Cedergren	Small	F	3 Mile Swim	Female 30-35	Gilbertsville	PA	6/23/2009 11:32	247054
116	Kimberly	Chestnut	Small	F	3 Mile Swim	Female 30-35	Doylestown	PA	5/19/2009 13:00	511807
60	Tara	Cooney	Small	F	1.5 Mile Swim	Female 30-35	Philadelphia	PA	6/25/2009 15:34	519319
137	Curt	Cooper	Large	M	3 Mile Swim	Male 30-39	Hampton	NJ	6/12/2009 11:24	519545
11	James	Dalry	X-large	M	1.5 Mile Swim	Male 40-49	Bethlehem	PA	5/5/2009 12:32	
141	Garrett	D'Alessandro	Large	M	3 Mile Swim	Male 50-59	Tewsbury Township	NJ	6/16/2009 15:38	128104
165	Christopher	Darcy	Large	M	3 Mile Swim	Male 40-49	Doylestown	PA	6/29/2009 9:36	
155	Michael	DeGroat	X-large	M	3 Mile Swim	Male 50-59	Ft. Washington	PA	6/23/2009 11:38	
47	lawton	deisser	Large	M	1.5 Mile Swim	Male 40-49	lansdale	PA	6/20/2009 21:23	534160
187	Bill	Donnelly	Medium	M	3 Mile Swim	Male 40-49	Melrose Park	PA	7/5/2009 22:19	
106	Bill	Drucis	Large	M	3 Mile Swim	Male 30-39	Phoenixville	PA	4/21/2009 13:07	550825
152	Abhijeet	Dudi	Small	M	3 Mile Swim	Male 20-29	Alexandria	VA	6/22/2009 11:34	
195	Kenneth	Edwards	Large	M	3 Mile Swim	Male 30-39	Philadelphia	PA	7/8/2009 23:59	
71	Stephen	Ehrenhalt	Medium	M	1.5 Mile Swim	Male 40-49	Philadelphia	PA	6/30/2009 8:01	
55	Shana	Etish	Small	F	1.5 Mile Swim	Female 20-25	Philadelphia	PA	6/23/2009 15:52	
40	Barry	Faust	X-large	M	1.5 Mile Swim	Male 50-59	Orefield	PA	6/15/2009 17:17	499762
53	Anthony	Fedele	Large	M	1.5 Mile Swim	Male 30-39	Dalton	PA	6/23/2009 10:09	
35	Laure	Feinberg	Small	F	1.5 Mile Swim	Female 50-55	Easton	PA	6/11/2009 12:42	
125	Terry	Fenoff	Medium	M	3 Mile Swim	Male 50-59	Hellertown	PA	5/30/2009 17:54	221187
114	Alan	Fidler	X-large	M	3 Mile Swim	Male 60-69	Manalapan	NJ	5/16/2009 16:49	
92	Susan	Flanders	Medium	F	1.5 Mile Swim	Female 40-45	Boyertown	PA	7/8/2009 21:10	
74	Edward	Fones	Medium	M	1.5 Mile Swim	Male 50-59	Macungie	PA	7/2/2009 16:22	223539
86	Christine	Foreman	Medium	F	1.5 Mile Swim	Female 50-55	Hummelstown	PA	7/8/2009 12:42	337607
122	lisa	franklin	Large	F	3 Mile Swim	Female 30-35	arrandale	NJ	5/27/2009 10:41	574368
4	Joanne	Gadd	Large	F	1.5 Mile Swim	Female 40-45	Bethlehem	PA	4/7/2009 23:28	0895-0225A
8	Judy	Geiser	Large	F	1.5 Mile Swim	Female 40-45	Quakertown	PA	5/2/2009 9:49	
162	Holly	Geldhauser	Medium	F	3 Mile Swim	Female 20-25	Philadelphia	PA	6/26/2009 13:14	548869
142	Thomas	Gessner	Medium	M	3 Mile Swim	Male 50-59	Southampton	PA	6/18/2009 9:25	529912
14	Charles	Gilbert	X-large	M	1.5 Mile Swim	Male 40-49	Telford	PA	5/14/2009 9:16	566033
191	Thomas	Gilmore	X-large	M	3 Mile Swim	Male 30-39	Norristown	PA	7/6/2009 14:02	
88	Iesley	gliotti	Medium	F	1.5 Mile Swim	Female 30-35	harrisburg	PA	7/8/2009 18:23	532506
128	Mark	Glinski	Large	M	3 Mile Swim	Male 20-29	Philadelphia	PA	5/31/2009 12:36	
7	Fred	Goebert	Large	M	1.5 Mile Swim	Male 30-39	West Chester	PA	4/26/2009 22:32	548935
77	Paul	Gondek	Large	M	1.5 Mile Swim	Male 50-59	Pittstown	NJ	7/4/2009 17:54	
147	Janette	Gorniak	Small	F	3 Mile Swim	Female 50-55	Warrington	PA	6/20/2009 13:36	
5	Douglas	Gray	Large	M	1.5 Mile Swim	Male 40-49	Telford	PA	4/21/2009 16:44	
42	Robert	grey	X-large	M	1.5 Mile Swim	Male 50-59	Allentown	PA	6/16/2009 8:37	
28	Josh	Guttman	XX-Large	M	1.5 Mile Swim	Male 40-49	Allentown	PA	6/3/2009 20:58	
133	gabby	gutman	Small	F	3 Mile Swim	Female 19 & Under	allentown	PA	6/3/2009 21:14	
101	Roger	Hahn	Medium	M	3 Mile Swim	Male 40-49	Chalfont	PA	3/9/2009 15:09	255442
184	Megan	Hahn	Medium	F	3 Mile Swim	Female 19 & Under	Sellersville	PA	7/5/2009 20:00	
94	Trevor	Harris	Large	M	1.5 Mile Swim	Male 19 & Under	Williamsport	PA	7/9/2009 10:58	
19	Cheryl	Harrison	Medium	F	1.5 Mile Swim	Female 50-55	Upper Black Eddy	PA	5/24/2009 20:22	341 413
113	Ray	Harrison	Large	M	3 Mile Swim	Male 50-59	Chalfont	PA	5/15/2009 13:53	
57	Jennifer	Heisey	Medium	F	1.5 Mile Swim	Female 20-25	Bethlehem	PA	6/23/2009 23:23	
2	Greg	Hicks	Large	M	1.5 Mile Swim	Male 20-29	Doylestown	PA	3/16/2009 13:17	
1	Robyn	Hluchan	Small	F	1.5 Mile Swim	Female 20-25	Buckingham	PA	3/16/2009 13:03	558865
24	Kenneth	Holland	Large	M	1.5 Mile Swim	Male 40-49	Doylestown	PA	5/29/2009 12:59	
166	Joanne	Hopkins	Small	F	3 Mile Swim	Female 30-35	Arlington	VA	6/29/2009 10:56	172964
70	YAO	HUANG	Small	M	1.5 Mile Swim	Male 30-39	WYNNWOOD	PA	6/29/2009 22:34	557717
138	Andrew	Hudson	Large	M	3 Mile Swim	Male 30-39	Bethlehem	PA	6/12/2009 14:38	259967
159	Launie	Hug	Small	F	3 Mile Swim	Female 40-45	Ambler	PA	6/24/2009 15:58	945254
131	Ryan	Humes	Medium	M	3 Mile Swim	Male 30-39	Bethlehem	PA	6/1/2009 11:48	179230
37	Taren	Igou	X-large	M	1.5 Mile Swim	Male 20-29	Flourtown	PA	6/12/2009 21:58	
188	Mark	Iwans	Large	M	3 Mile Swim	Male 20-29	Emmaus	PA	7/6/2009 0:02	224862
105	allyson	jann	Small	F	3 Mile Swim	Female 20-25	holland	PA	4/17/2009 8:41	488715
3	Barbara	Johns	Medium	F	1.5 Mile Swim	Female 50-55	Sunbury	PA	4/3/2009 16:18	526912
104	Thomas	johns	Large	M	3 Mile Swim	Male 60-69	sunbury	PA	4/3/2009 16:36	
20	Emily	Johnson	Medium	F	1.5 Mile Swim	Female 30-35	Brennigsville	PA	5/27/2009 21:08	
43	Michelle	Ragy-Schwartz	Large	F	1.5 Mile Swim	Female 30-35	Glenside	PA	6/17/2009 12:04	2194-042UC
49	James	Karapelou	X-large	M	1.5 Mile Swim	Male 50-59	Allentown	PA	6/22/2009 8:23	530005
151	Danielle	Karapelou	Medium	F	3 Mile Swim	Female 40-45	Allentown	PA	6/22/2009 8:30	530005
109	Jessica	Kendrick	Medium	F	3 Mile Swim	Female 20-25	Chalfont	PA	5/5/2009 13:27	
144	Stark	Kirby	X-large	M	3 Mile Swim	Male 40-49	Mendham	NJ	6/18/2009 17:33	0795-04NDA
76	Ian	Kirschmann	Medium	M	1.5 Mile Swim	Male 40-49	Blue Bel	PA	7/4/2009 10:42	
31	Michael	Kostak	Large	M	1.5 Mile Swim	Male 40-49	Milford	NJ	6/7/2009 19:29	530210

BIB	FirstName	LastName	TShirtSize	Gender	EventTitle	Division	City	State	DateAdded	USATNUMBER
143	Robert	Kovar	Large	M	3 Mile Swim	Male 50-59	Doylestown	PA	6/18/2009 15:02	541903
16	agnieszka	kozłowska	Medium	F	1.5 Mile Swim	Female 30-39	lakewood	CO	5/14/2009 16:39	316846
121	Kira	Krier-Whalen	Small	F	3 Mile Swim	Female 30-39	Waterbury	VT	5/26/2009 14:28	
83	Janine	Krocick	Medium	F	1.5 Mile Swim	Female 30-39	Jim Thorpe	PA	7/7/2009 23:44	
130	Kevin	Landis	Medium	M	3 Mile Swim	Male 30-39	Bethlehem	PA	5/31/2009 22:57	
119	Scott	Lillis	XX-Large	M	3 Mile Swim	Male 40-49	Lawrenceville	NJ	5/22/2009 14:40	
59	Amanda	Lovett	Medium	F	1.5 Mile Swim	Female 30-39	Allentown	PA	6/25/2009 14:50	127842
197	Eileer	Maguire	Small	F	3 Mile Swim	Female 50-59	Emmaus	PA		340400
124	Richard	Maloney	Large	M	3 Mile Swim	Male 30-39	Scotch Plains	NJ	5/29/2009 8:30	509863
186	Christopher	Mandeen	Medium	M	3 Mile Swim	Male 20-29	Basking Ridge	NJ	7/5/2009 21:10	507411
149	Elizabeth	Marcon	Small	F	3 Mile Swim	Female 30-39	New York	NY	6/20/2009 19:47	563270
44	Gail	Martin	Small	F	1.5 Mile Swim	Female 50-59	Glenside	PA	6/18/2009 11:57	533181
65	Amy	Mascolo	Medium	F	1.5 Mile Swim	Female 40-49	Doylestown	PA	6/27/2009 11:09	
139	Kathleen	Mattes-Longc	Medium	F	3 Mile Swim	Female 40-49	Hershey	PA	6/15/2009 14:10	544250
80	Michael	Mayer	X-large	M	1.5 Mile Swim	Male 20-29	North Wales	PA	7/7/2009 10:08	367809
167	robert	mccallum	Large	M	3 Mile Swim	Male 40-49	blue bel	PA	6/29/2009 11:18	511285
63	George	McClellan	Large	M	1.5 Mile Swim	Male 60-69	Bensalem	PA	6/26/2009 8:16	545406
169	Daniel	McConnell	Medium	M	3 Mile Swim	Male 30-39	Wilmington	DE	6/29/2009 20:47	502505
22	Doug	McDowell	Large	M	1.5 Mile Swim	Male 60-69	Lambertville	NJ	5/29/2009 8:34	
56	Kayse	McGough	Medium	F	1.5 Mile Swim	Female 19 & Under	Burke	VA	6/23/2009 21:16	
158	Katya	McGough	Medium	F	3 Mile Swim	Female 19 & Under	Burke	VA	6/23/2009 21:13	
73	Lisa	moore	Large	F	1.5 Mile Swim	Female 40-49	elkins park	PA	7/2/2009 16:16	
178	heather	morin	Small	F	3 Mile Swim	Female 30-39	collegetown	PA	7/3/2009 18:39	
50	Liz	Moss	Small	F	1.5 Mile Swim	Female 30-39	New Tnpol	PA	6/22/2009 17:26	401851
9	Sarah	Mueller	Medium	F	1.5 Mile Swim	Female 20-29	Bethlehem	PA	5/4/2009 10:06	
12	Robert	Mueller	Medium	M	1.5 Mile Swim	Male 50-59	Wescosville	PA	5/9/2009 9:18	
168	diane	munzter	Medium	F	3 Mile Swim	Female 40-49	jamison	PA	6/29/2009 16:13	
192	Evan	Nardone	Medium	M	3 Mile Swim	Male 19 & Under	Williamsport	PA	7/8/2009 11:41	032492evawarnar
193	Bryan	Nardone	Medium	M	3 Mile Swim	Male 19 & Under	Williamsport	PA	7/8/2009 11:48	031094brymarc
39	Jacob	Nyman	Medium	M	1.5 Mile Swim	Male 30-39	Collegetown	PA	6/15/2009 17:06	492360
107	Wayne	Ogorzalek	X-large	M	3 Mile Swim	Male 30-39	Allentown	PA	5/4/2009 8:47	329924
45	Jennifer	Pantuso	Medium	F	1.5 Mile Swim	Female 30-39	Horsham	PA	6/19/2009 11:09	160834
84	Matthew	Peck	X-large	M	1.5 Mile Swim	Male 30-39	Glenside	PA	7/8/2009 4:57	
34	Hannah	Plimpton	Medium	F	1.5 Mile Swim	Female 20-29	Telford	PA	6/8/2009 17:27	
146	Michele	Pollio	Small	F	3 Mile Swim	Female 40-49	Philadelphia	PA	6/19/2009 17:10	177609
127	Franco	Prezioso	XX-Large	M	3 Mile Swim	Male 40-49	Bel Air	MD	5/31/2009 11:46	
140	Amy	Rappaport	Medium	F	3 Mile Swim	Female 40-49	Tewsbury Township	NJ	6/16/2009 15:39	131914
157	Bob	Richey III	Large	M	3 Mile Swim	Male 20-29	Warminster	PA	6/23/2009 19:30	492740
123	Cynthia	Roberts	Small	F	3 Mile Swim	Female 20-29	Allentown	PA	5/28/2009 8:22	240277
36	Richard	Rose	Large	M	1.5 Mile Swim	Male 20-29	Arlington	VA	6/12/2009 7:54	505916
23	Jessica	Rosiak	X-large	F	1.5 Mile Swim	Female 30-39	Ardmore	PA	5/29/2009 9:29	549401
115	Paolo	Rossi	X-large	M	3 Mile Swim	Male 40-49	East Brunswick	NJ	5/18/2009 9:55	568565
75	Michele	Rosta	Large	F	1.5 Mile Swim	Female 40-49	Warrington	PA	7/2/2009 18:27	
150	Robert	Rudolph	Large	M	3 Mile Swim	Male 50-59	Mechanicsburg	PA	6/22/2009 8:21	214536
6	Elizabeth	Ryland	Medium	F	1.5 Mile Swim	Female 40-49	Lansdale	PA	4/22/2009 15:58	478636
95	Susan	Sadowski	Small	F	1.5 Mile Swim	Female 40-49	Warrington	PA		
175	John	salamone	Large	M	3 Mile Swim	Male 40-49	pottstown	PA	7/2/2009 22:17	
103	A	Samaha	X-large	M	3 Mile Swim	Male 50-59	ambler	PA	3/14/2009 13:19	263861
153	Sara	Schupsky	Small	F	3 Mile Swim	Female 20-29	Flemington	NJ	6/22/2009 15:24	570882
48	Mark	Schwartz	Large	M	1.5 Mile Swim	Male 50-59	Monmouth Junction	NJ	6/21/2009 18:36	237152
174	Greg	Segner	Medium	M	3 Mile Swim	Male 40-49	Pottstown	PA	7/2/2009 21:28	519228
136	Sara	Shepherd	Medium	F	3 Mile Swim	Female 20-29	Nazareth	PA	6/11/2009 16:37	
176	Rachel	Sherridan	Small	F	3 Mile Swim	Female 40-49	Orefield	PA	7/2/2009 23:54	144150
173	John David	smallwood	X-large	M	3 Mile Swim	Male 40-49	newark	DE	7/2/2009 18:56	549619
179	David	Smiddy	X-large	M	3 Mile Swim	Male 40-49	Chadds Ford	PA	7/4/2009 12:31	
180	Brandon	Smiddy	Medium	M	3 Mile Swim	Male 19 & Under	Chadds Ford	PA	7/4/2009 12:38	
26	Patrick	Smith	Large	M	1.5 Mile Swim	Male 19 & Under	Williamsport	PA	5/31/2009 8:57	
30	Peter	Smith	Large	M	1.5 Mile Swim	Male 40-49	Moorestown	NJ	6/7/2009 15:22	0892-063H4
54	Cody	Smith	Large	M	1.5 Mile Swim	Male 30-39	Lambertville	NJ	6/23/2009 10:38	570965
89	Shaun	Smith	Medium	M	1.5 Mile Swim	Male 19 & Under	Williamsport	PA	7/8/2009 20:15	102494SHATSMIT
126	Susan	Smith	Medium	F	3 Mile Swim	Female 40-49	Williamsport	PA	5/31/2009 8:52	
177	Nancy	Smith	Small	F	3 Mile Swim	Female 50-59	New Britain	PA	7/3/2009 16:03	202141
170	milton	smith jr.	Large	M	3 Mile Swim	Male 60-69	catasauqua	PA	6/30/2009 10:12	213319
68	Diana	Sosnowski	Medium	F	1.5 Mile Swim	Female 40-49	Blue Bel	PA	6/29/2009 19:40	
69	Joseph	Sosnowski	Large	M	1.5 Mile Swim	Male 40-49	Blue Bel	PA	6/29/2009 19:45	
129	mark	sposito	Large	M	3 Mile Swim	Male 50-59	bel air	MD	5/31/2009 18:21	
156	Randy	Stanfield	Medium	M	3 Mile Swim	Male 30-39	Gilbertsville	PA	6/23/2009 11:40	252216
46	Linda	Starr	Large	F	1.5 Mile Swim	Female 50-59	Horsham	PA	6/19/2009 13:11	519266
117	Jason	Steich	Large	M	3 Mile Swim	Male 40-49	Bedminster	PA	5/19/2009 13:08	520223
194	charlie	stephens	Large	M	3 Mile Swim	Male 20-29	conshohocken	PA	7/8/2009 23:19	508708
41	Raymond	Sterner	X-large	F	1.5 Mile Swim	Male 30-39	Perkasie	PA	6/15/2009 21:16	
93	Susan	Stim	Medium	F	1.5 Mile Swim	Female 40-49	Phoenixville	PA	7/8/2009 21:53	570666
10	William	Stump	X-large	M	1.5 Mile Swim	Male 40-49	Allentown	PA	5/4/2009 10:34	530075
190	Todd	Sturza	Large	M	3 Mile Swim	Male 40-49	New Britain	PA	7/8/2009 10:08	498910
148	Vibeke	Swanson	Medium	F	3 Mile Swim	Female 40-49	Oreland	PA	6/20/2009 15:58	
90	Ben	Sweigart	Large	M	1.5 Mile Swim	Male 20-29	lebanon	PA	7/8/2009 20:43	
64	Theresa	Szczepanski	Small	F	1.5 Mile Swim	Female 20-29	Elizabethtown	PA	6/26/2009 22:40	303090
163	chester	szczepanski	Medium	M	3 Mile Swim	Male 50-59	Elizabethtown	PA	6/26/2009 18:17	303090
182	Jeanine	Szekely	Medium	F	3 Mile Swim	Female 40-49	Doylestown	PA	7/5/2009 17:40	
183	Chris	Szekely	Medium	M	3 Mile Swim	Male 19 & Under	Doylestown	PA	7/5/2009 17:51	
196	edward	tartar	Large	M	3 Mile Swim	Male 30-39	perkasie	PA		156184
172	Susan	Temme-Yialamas	X-large	F	3 Mile Swim	Female 40-49	Macungie	PA	7/2/2009 16:19	401199
102	Howard	Tucker	X-large	M	3 Mile Swim	Male 20-29	Phoenixville	PA	3/11/2009 21:16	
118	Richard	Wallace	X-large	M	3 Mile Swim	Male 60-69	Manalapan	NJ	5/20/2009 8:54	
66	Mark	Wang	Medium	M	1.5 Mile Swim	Male 20-29	Philadelphia	PA	6/28/2009 23:04	530736
15	Alicia	Washkevich	Large	F	1.5 Mile Swim	Female 20-29	San Francisco	CA	5/14/2009 15:41	
61	Lilianne	Watko	Medium	F	1.5 Mile Swim	Female 50-59	Churchville	PA	6/25/2009 20:38	497990
62	Michael	Watko	X-large	M	1.5 Mile Swim	Male 50-59	Churchville	PA	6/25/2009 20:42	497990
29	David	Weinstein	Large	M	1.5 Mile Swim	Male 50-59	Allentown	PA	6/4/2009 14:34	568714
72	Susan	Wharton	Small	F	1.5 Mile Swim	Female 50-59	Three Bridges	NJ	6/30/2009 11:40	403629
181	Samantha	Williams	Medium	F	3 Mile Swim	Female 19 & Under	Trenton	NJ	7/5/2009 17:06	482313
67	Karen	Willford	Small	F	1.5 Mile Swim	Female 40-49	Telford	PA	6/29/2009 9:20	
27	Jack	Wittenberger	X-large	M	1.5 Mile Swim	Male 60-69	Bethlehem	PA	6/1/2009 23:48	
87	carrie	wolfe	Medium	F	1.5 Mile Swim	Female 30-39	warwoc	PA	7/8/2009 13:08	511088
25	Mark	Yankovich	Medium	M	1.5 Mile Swim	Male 20-29	Richboro	PA	5/29/2009 13:57	
21	Jan	Yerkes-Roop	Small	F	1.5 Mile Swim	Female 50-59	Warminster	PA	5/28/2009 20:33	480681
160	Laura	Yonich	Small	F	3 Mile Swim	Female 20-29	Bethlehem	PA	6/24/2009 22:19	
17	Tara	Ziegler	Large	F	1.5 Mile Swim	Female 30-39	Reinholds	PA	5/17/2009 9:21	

Steelman Open Water Swim July 12, 2009
 Final Entrants List
 9-Jul-09

BIB	FirstName	LastName	TShirtSize	Gender	EventTitle	Division	City	State	DateAdded	USATNUMBER	SwimmerFName	SwimmerLName	SwimmerTShirtSize	SwimmerUSATNum	CyclistFName	CyclistLName	CyclistTShirtSize	CyclistUSATNum	RunnerFName	RunnerLName	RunnerTShirtSize	RunnerUSATNum	TeamName
201	sharon	brahmwale		F	3 Mile Swim Relay	Female Relay Team	aroudsburg	PA	6/30/2009 12:33	530748	sarah	luby	Medium		janifer	locasara	Small		sharon	brahmwale	Large		
202	Elizabeth	McKeegan		F	3 Mile Swim Relay	Coed Relay Team	Maconage	PA	7/7/2009 13:19		Lauren	McCardless	Medium		Mary	McKeegan	Medium		greg	Fischer	Large		
203	Karen	Kichine		F	3 Mile Swim Relay	Female Relay Team	Souderton	PA	6/30/2009 13:18		Karen	Kichine	Large		Karen	Kichine			Karen	Kichine			
204	Eileen	Paynton		F	3 Mile Swim Relay	Female Relay Team	Pipersville	PA	6/11/2009 11:48		Eileen	Paynton	Large		Megan	McCluskey	Large		Ann	Trabachino	Large		
205	Bode	Hennegan		F	3 Mile Swim Relay	Female Relay Team	Wyndmoor	PA	6/17/2009 16:34	568107	Bode	Hennegan	Small		Beatrice	Black	Medium	539416	Marcy	Oraldo	Medium	508556	
206	Christina	Faust		F	3 Mile Swim Relay	Female 19 & Under	Maconage	PA	7/6/2009 7:31		Christina	Faust	Small		Christina	Faust			Christina	Faust			