

# Triathlons dot the schedule

By Bill Shaw

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Congratulations to former student Andra Whittingslow, 38, of Angleton who finished her first triathlon in Jefferson on July 15. She picked a tough race with which to start.

The Jefferson Heritage Triathlon is a half-mile open-water swim, a 15-mile cycle route over rolling East Texas hills with the last hill up the side of a dam and a 5K run. She finished, with transitions, in 2:29:11. She now is a triathlete.

I did the Jefferson Heritage last year; it's a tough one.

Other locals who finished the Jefferson Heritage Triathlon were Mark Whittingslow, 38, in 2:37:06; Gregory Gray, 35, of Lake Jackson in 1:48:23; and Tina Gray, 41, of Lake Jackson in 2:01:39. I don't know if these others were "newbies."

Triathletes or aspiring triathletes looking for a challenge equal to the Jefferson Heritage Triathlon can train for the second annual Summertime Blues Triathlon in Freeport on Sept. 2. The contest features a 500-yard swim in the Old Brazos River, a 15-mile cycle route over the Intracoastal Waterway Bridge to

Quintana County Park and back and a 5K run around Old River. For registration and information, visit [triontherun.com/calendar](http://triontherun.com/calendar).

Not everyone can finish all three events in a triathlon, but he or she can get a team together for the silver anniversary of the Brazosport Relay Triathlon on Sept. 8.

The BRT is for both serious, competitive athletes and recreational athletes and families. The contests consist of four segments or legs: a 1,000-meter (1,100 yards) swim in the Lake Jackson Recreation Center pool, two 5K (3.1-mile) running routes and a 15-mile cycle ride on FM 2004.



The event raises money for a United Way-supported agency. Our beneficiary this year is the Brazoria County Association for Citizens with Handicaps.

Participants receive T-shirts, and teams compete for top awards in male, female and mixed open divisions; male, female and mixed corporate divisions of teams made up of employees of a business or company; and male, female and mixed age groups of 72-and-younger, 73-160, 161-200 and 201-and-older based on the total ages of team members.

Last year, 54 teams and 10 individuals finished the contest, with the male team of the Sugar Land Jets recording the fastest time and winning the all-male team competition in 1:34:17, but short of the 1:22:31

contest record set in 1999 and the 1:24:29 male team competition record set in 2002.

A local team, The Venus Connection of Lake Jackson, finished 39th overall and first in the female team competition in 2:04:44.

"The camaraderie we have as a team makes it (the relay triathlon) fun," said Venus Connection swimmer Wehmeyer.

Some teams have fun in the contest by being creative in their names.

Oops, I Poop My Pants from League City finished fifth overall in 1:37:34 and first in the mixed team competition.

Two Lake Jackson triathletes, Francisco Jimenez and Jenny Seagraves, were the top individual male and female BRT finishers — Jimenez in 1:45:05, Seagraves in 2:23:36.

Jimenez fell short of the 1:33:53 individual male record; Seagraves fell short of the 1:56:14 individual female record.

Online registration for the BRT is available on [www.active.com](http://www.active.com). For information, e-mail [bportrelaytri\(at\)ccaaswim.org](mailto:bportrelaytri(at)ccaaswim.org) or see the BRT Web site at [www.brazosportrelaytriathlon.org](http://www.brazosportrelaytriathlon.org). Entry forms also are available at recreation centers throughout the area.

I hope to see a good crowd at the starting lines in Freeport on Sept. 2 and at the Lake Jackson Recreation Center on Sept. 8.

**Bill Shaw's running column appears every other Monday in *The Facts*.**