

Blues travelers

Lake Jackson's Sustala leads pack at Summertime Blues Sprint Triathlon

FREEPORT—New Lake Jackson resident Christopher Sustala pushed hard to finish first overall in the third annual Summertime Blues Sprint Triathlon in one hour, seven minutes and eight seconds because he felt the pressure from Julie Mosier Crosno and Diann Sweeney, who finished just behind him in record setting times.

Sustala finished the 500-yard swim in Old River in 7:06, the transition to his bike in 35 seconds, the 15-mile cycle ride over the bridge to Quintana County Park and back in 39:24 at an average speed of 22 mph, the transition from the bike to the run in 34 seconds, and the three-mile run around Old River via the Velasco Bridge in 19:29, a 6:30 mile pace.

"I've been second overall for the last two years, and this year the right people didn't show up to beat me," said Sustala. "I knew I had to go fast because I knew those two women were coming. I didn't want to lose to a woman."

Sustala fell 4:21 short of the 1:04:25 male contest record posted last year.

Crosno, 37, of Kingwood, finished the triathlon third overall and first in the overall female competition 1:35 on the heels of Sustala in 1:08:46 to break the female contest record by 7:14 with a 8:16 swim, a 59 second transition to her bike, 36:56 on the bike



Photo by Bill Shaw

Christopher Sustala of Lake Jackson finished first overall in the Summertime Blues Triathlon.

at 23 mph, a 49 second transition to the run and 19:44 on the run for a 6:35 mile pace.

Diann Sweeney of Houston, finished fourth overall and

first in the female masters (40 and over) competition in 1:12:12 to break the female masters contest record by 4:55. Sweeney swam in 8:12, transitioned to the bike in 44



Photo by Bill Shaw

Julie Mosier Crosno of Kingwood finished second overall and first in the female competition in the Summertime Blues Sprint Triathlon in 1:08:46, and she broke the female contest record by 7:14.

seconds and finished the bike route in 40:18 at an average speed of 22 mph, transitioned to the run in 58 seconds and romped the run route in 21:48, a 7:16 race pace.

“I was third out of the water, and I knew there was a woman out of the water before me,” said Crosno. “I caught her at about mile six on the bike, and I

thought it was Diann. I am strongest on the bike. I think everything I can make up on the bike, I don’t have to run so hard on the run.”

“I took it a little easy on the bike to save my legs on the run,” said Sweeney. “I’m in training for a (big) bike race. This was one of the most enjoyable races for me because I talked my

bike racer boyfriend into doing his first triathlon and we both placed.”

Finishing sixth overall, Fred Johnson placed first in the men’s masters competition in 1:13:18 with an 8:10 swim, a 1:08 transition to the bike, a 42:12 bike ride at 21 mph, and a 43 second transition to the run and 21:03 on the run at a 7:01 pace. Johnson was unavailable after the race for comments.

Johnson fell 3:57 short of the male 1:09:21 masters contest record posted in last year’s contest.

Out-of-town and local Labor Day Weekend triathletes enjoyed the contest.

“The director did a good job of keeping everyone safe,” said Sustala.

“The whole time I was on the bike, I couldn’t believe how supportive the police and the City of Freeport are for this race,” said Susan Lorms of Lake Jackson, who finished 136th overall and won first in her 60-64 age bracket in 1:41:36. “Even the policeman at the bottom of bridge cheered me on. It’s a great thing for the City of Freeport.”

“I liked the whole course,” said overall female winner Crosno.

“The course is scenic,” said Richard Romero of Lake Jackson, who finished 34th overall and fifth in the male 40-44 age bracket in 1:20:56. “We have the river, the park and the ocean.”

“It’s a challenging course,” said Cliff Wilson of Lake Jackson, who finished 163rd overall and first in the male 70-74 age bracket in 1:50:35.

“It’s a great race; I’m partial to it,” said Rene Miles of Lake Jackson, who finished 83rd overall and fifth in the 45-49 female age bracket in 1:29:49.

In addition to Lorms, Romero, Wilson and Miles, other Brazosport area triathletes represented the community well in the throng of almost 200 individual triathletes and relay teams, including the couples Tina and Greg Gray and Abigail and Donnie Artley. Tina Gray, 42, finished first in Athena category (women 140 lbs. and over) in 1:35:23; Greg Gray, finished 32nd overall and sixth in the 35-39 age group in 1:20:40. Abigail Artley, 38, finished 38th overall and second in the female 30-34 age group in 1:21:28; Donnie Artley finished 55th overall and 10th in the male 35-39 bracket in 1:25:00.

In the local male finishers, Troy Latiolais finished 33rd overall and second in the male 25-29 bracket in 1:18:08; Andy Sargent finished 82nd overall and 15th in the male 35-39 bracket in 1:29:39; Peter Norris finished 89th overall and ninth in the 50-54 bracket in 1:30:55; David Wade finished 106th overall and 12th in the 50-54 bracket in 1:34:53; and Michael Tarabay, 32, finished first in the male Clydesdale (men 165 lbs. and over) in 1:13:27.

In the local female finishers, Trina Dominguez finished 175th overall and fourth in the 20-24 age bracket in 2:03:18; Kelly Colosimo, 42, finished 68th overall and third in the 40-44 age bracket in 1:27:03; Rene Cooper finished 157th overall and 12th in the 40-44 bracket in 1:48:30; former Freeporter Janice Moody finished third in the Athena division



Photo by Bill Shaw

Kelly Colosimo of Lake Jackson finished the Summertime Blues Sprint Triathlon 68th overall and third in her 40-44-year-old female age bracket.

in 1:48:20; and Jennifer Nicholas finished fifth in the Athena division in 1:59:20.

The Summertime Blues Triathlon is part of the weekend Summertime Blues Festival sponsored by the Freeport Main Street Project, directed by Mary Stotler.

“I always enjoy it, and everyone always seems to have wonderful things to say about the triathlon,” said Stotler. “The race directors (Jana and Kevin Landry of Tri On the Run of Clear Lake, Pearland and Houston) are won-

derful. I appreciate the work of the Freeport Police Department and Parks Department and all of our volunteers.”

Sponsors and supporters of the contest are B & B Seafood, Baywood Foods, Dominoes Pizza, Dow, Food King, Randall’s, Texas Dow Employees Credit Union and Tri On the Run.

Complete race results, photos and comments from local triathletes, are available at www.barrahome.net.