

**49ers 14**  
**SUNDAY'S GAME**  
49ers at Colts  
**TIME:** 10:05 a.m.  
**TV:** CBS

biggest regular-season crowd in league history turned up wearing vibrant colors and singing raucous cheers.  
Mexico's 103,467 fans created a thrilling atmosphere at the league's first regular-season game outside

Josh McCown passed for a career-high 385 yards and two touchdowns against the Niners' pathetic pass defense, and Neil Rackers kicked a career-best six

See **49ERS** on **PAGE B4**

  
The Associated Press  
Niners quarterback Tim Rattay tackles Arizona cornerback Eric Green after a Rattay interception.

Raiders' first win came in the running game.  
But the talented receiver didn't run a long reverse or throw a big  
See **RAIDERS** on **PAGE B4**

**More Inside**  
■ Chargers top Patriots.  
**PAGE B4**

## 23RD SENTINEL TRIATHLON



Dan Coyro/Sentinel photos

Triathletes in the first wave of the 23rd annual Santa Cruz Sentinel Triathlon make a mad dash for the water for the start of the race at Main Beach.

# A triathlon conquered

*Triathlon (Santa Cruz Sentinel)* 10-3-05

Another win for tired Tobin;  
Cal student men's champ

By **TOM MOORE**  
SENTINEL SPORTS EDITOR

SANTA CRUZ — Katrin Tobin always has a restless night before a race.  
Before winning Sunday's Sentinel Triathlon, the Santa Cruz athlete was woken at 3 a.m. by a skunk in her house. She went back to a fitful sleep and dreamt that the race was canceled.  
But the reality was that Tobin, 43, won the women's race for a second time. Her daughters Niki and Kira rode bikes along West Cliff urging their mom to the finish of the 10k run.  
"That was definitely motivating. You can't quit with your



Katrin Tobin smiles after winning the women's race.

The impossible ain't that bad

It turns out doing the impossible isn't as tough as I thought.  
Just three months ago, that's what I would have called completing an Olympic distance triathlon: Impossible. At the time I biked little, swam less and couldn't run because of a bum right hamstring. So, the thought of doing all three in a timed race seemed daunting, to say the least.  
Even as I stood Sunday morning on the shore of Main Beach with the other women 34 and under waiting to plunge into the Pacific Ocean for the start of the 23rd annual Sentinel Triathlon, my thoughts on the impossibility of my mission hadn't



**JULIE JAG**

See **TRIATHLON** on **PAGE B2**

See **JAG** on **PAGE B2**



# SENTINEL TRIATHLON



Dan Coyo/Sentinel photos

The first wave of triathletes swim through the ocean off Main Beach.

## Triathlon

Continued from Page B1  
kids watching," Tobin said.

Nine hundred runners competed in the 23rd annual Sentinel, with proceeds benefiting local athletics programs. In the men's race, Cal students John Dahlz and Steven Sexton finished first and second overall, knocking off defending champion Dave Reid.

Tobin is accustomed to dealing with a little chaos. Last year she was stung by a bee on the day before the race. Trying to defend her 2003 title, her hopes were hurt by a flat tire during the bike ride. Despite the skunk and the bad dream, Tobin said she was ready for this year's race.

"After last year, I felt like I wanted to win one more," Tobin said. "This is the most organized and the most calm and collected I've been."

Niki, 10, who has also run the SuperKid Triathlon, jumped up and down after her mom finished with a time of 2 hours, 12 minutes, 55 seconds.

"I guess it was exciting," said Niki.

Tobin was sent out with the first group of runners and never passed, but she had to wait for the times of other group of runners who followed. Alison Zamanian of Orinda was second in the women's race at 2:16:08.

Reid, 28, a former Santa Cruz resident, led the 1-mile swim and the 26.2-mile bike ride, but knew the run was going to be tough. Dahlz and Sexton passed him about two and a half miles into the 6.2-mile run. Reid said he tried to keep pace, but it was no use.

"I tried for about 50 yards, but thought, 'This is a joke.' They run like gazelles," Reid said.

Reid's overall time of 1 hour, 55 minutes and 44 seconds was within a minute of his winning time last year.

"It was good," Reid said, "I was

happy with my time and happy my friend John won. This is my favorite race of the year."

Dahlz, 20, finished at 1:55:01, topping teammate Sexton's 1:55:39.

"It could have been either of us," Dahlz said. "I was just hanging on for dear life."

A junior at Cal, Dahlz said the win matched anything he had done in his racing career. And he paid a price.

"I was very painful," Dahlz said. "The swim, and especially the bike ride, especially with Dave and Steve just hammering away."

Reid said he figured he should make the youngsters pay to stay within reach during the bike ride.

"I figured I'd make those guys work. I knew they'd hammer me on the run, so I wanted to help their fitness a little," Reid said.

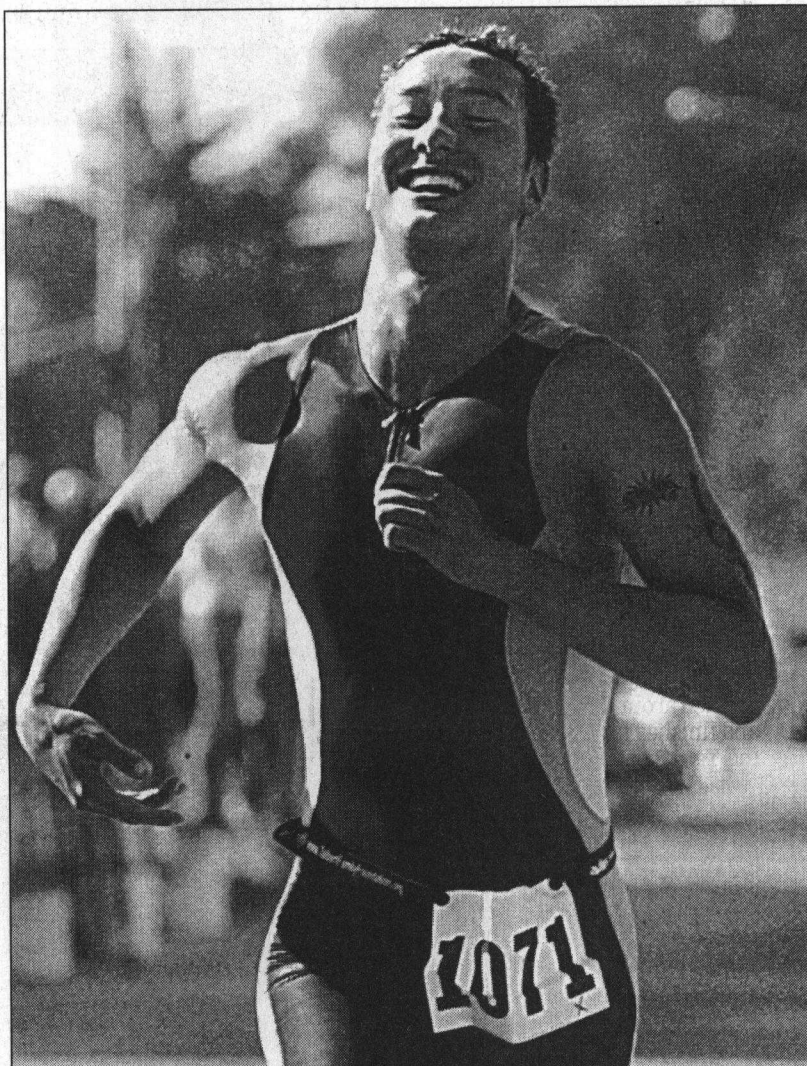
**NOTES:** Eighteen current and former members of the UC Santa Cruz swim team competed in the event. Justin Smith, a 2004 graduate, had the top time at 2:05:38.

■ Alec Flett, from Berkeley, crossed the finish line with his 4-month-old son, Holden, who didn't seem too excited about his first triathlon finish.

■ The youngest finisher was 11-year-old Andrew Parker, from Soquel. Parker, who swims for the Cabrillo Threshers team said his routine includes swimming every day, usually a bike ride, and a mile run once a week at school. He said the run was the toughest part, but would like to someday run in an Ironman.

■ Power went out at the Coast Hotel and at the race's finish. Timing wasn't interrupted, but the outage caused headaches for race officials and delayed the awards ceremony.

■ Local age group winners included Marguerite Meyer of Santa Cruz, who won the women's 45-49 age group (2:22:57) and Christopher Partin of Aptos, who won the 14-19 class (2:15:00). Dave Liotta was third in the 35-39 class at 2:01:31.



Men's winner John Dahlz crosses the finish line.

### 2005 Sentinel Triathlon

**Female overall:** 1, Katrin Tobin, Santa Cruz, 2:12:55.3; 2, Alison Zamanian, Orinda, 2:16:08.7; 3, Megumi Masuda, Cupertino, 2:19:18.2.

**Male overall:** 1, John Dahlz, S. San Francisco, 1:55:01.1; 2, Steven Sexton, Berkeley, 1:55:39.5; 3, Dave Reid, Berkeley, 1:58:44.1.

**Male 65-69:** 1, Ed Grant, San Jose, 2:52:30.2; 2, Mike Laramie, Union City, 2:54:00.8; 3, Chuck Hammerstad, San Jose, 2:54:49.2.

**Female 60-64:** 1, Carole Mawson, Woodside, 3:05:03.7; 2, Jean Ware, Lincoln, 3:17:21.5; 3, Sallie Olsen, Oakland, 3:25:06.8.

**Male 60-64:** 1, Ian Reid, San Francisco, 2:39:58.7; 2, Chuck Osborn, San Mateo, 2:40:34.1; 3, Stephen Cederborg, Sonoma, 2:41:29.1.

**Female 55-59:** 1, Janet Bodle, Greenbrae, 2:57:18.6; 2, Karen Painter, Oakdale, 2:59:26.2; 3, Lisa Bornstein, Oakland, 3:01:22.1.

**Male 55-59:** 1, Ricardo Gonzalez, San Jose, 2:21:34.3; 2, David Sinclair, Hollister, 2:27:08.5; 3, Denis Honeychurch, Fairfield, 2:27:31.6.

**Female 50-54:** 1, Patti Scott-Baier, Sonoma, 2:27:18.6; 2, Shelley Sumner, San Jose, 2:34:58.8; 3, Melanie Mociun, Mill Valley, 2:36:04.1.

**Male 50-54:** 1, Kevin Keane, Gold River, 2:14:05.7; 2, Mike Erbe, Santa Cruz, 2:16:12.6; 3, Forrest Carmichael, Atherton, 2:21:29.2.

**Female 45-49:** 1, Marguerite Meyer, Santa Cruz, 2:22:57.5; 2, Lura Damiano, Fort Bragg, 2:28:43.7; 3, Jessica Hickel, Vallejo, 2:28:51.6.

**Male 45-49:** 1, Kevin Keenan, Woodside, 2:08:18.7; 2, Steven Chavez, San Ramon, 2:08:38.3; 3, Daniel Wirls, Santa Cruz, 2:11:47.3.

**Female 40-44:** 1, Lauren Trent, San Jose, 2:28:16.2; 2, Michele Turner, Portola Valley, 2:31:52.1; 3, Janine Becker, Pleasanton, 2:35:29.6.

**Male 40-44:** 1, Jason Campbell, Oakland, 2:03:21.0; 2,

Scott Miller, Reno, 2:05:53.2; 3, Mark Friedley, Watsonville, 2:08:51.2.

**Female 35-39:** 1, Tana Jackson, Sunnyvale, 2:26:57.2; 2, Cathrin Barsch, Los Gatos, 2:30:07.3; 3, Tina Lount-Preire, Woodside, 2:30:30.7.

**Male 35-39:** Todd Hinders, Burlingame, 1:59:17.2; 2, Christopher Danesi, Pleasant Hill, 2:00:20.3; 3, David Liotta, Santa Cruz, 2:01:31.3.

**Female 30-34:** 1, Rachel Tobey, San Francisco, 2:22:27.6; 2, Gabrielle Goodman, Oakland, 2:28:57.2; 3, Anna Presley, Chico, 2:29:08.2.

**Male 30-34:** 1, Jeffrey Piland, San Carlos, 1:59:48.8; 2, Tim Naylor, Los Gatos, 2:03:25.3; 3, James Janik, Cupertino, 2:09:02.8.

**Female 25-29:** 1, Anna Frick, San Francisco, 2:25:24.2; 2, Solette Kummer, Mountain View, 2:30:18.4; 3, Heather Catchpole, San Diego, 2:32:06.7.

**Male 25-29:** 1, Adam Wirth, Boise, 2:08:26.2; 2, Charles Anderson, Menlo Park, 2:09:42.1; 3, Jeffrey Collins, Berkeley, 2:09:49.9.

**Female 20-24:** Marie Clair Lamb, Berkeley, 2:25:22.3; 2, Jamie Hughes, Redondo Beach, 2:29:16.8; 3, Marisa Lindsay, Berkeley, 2:38:12.8.

**Male 20-24:** Nicholas Thompson, Fair Oaks, 1:59:58.2; 2, David Fowler, Ikiak, 2:05:18.7; 3, Justin Smith, Jackson, 2:05:38.5.

**Female 14-19:** Erin Hunter, Placerville, 2:25:50; 2, Erin Reed, Malibu, 2:48:42.1; 3, Lauren Selman, Berkeley, 2:49:00.1.

**Male 14-19:** 1, Christopher Partin, Aptos, 2:15:00.7; 2, Jason Martin, Los Gatos, 2:16:58.5; 3, Chris Meyer, Anchorage, 2:24:06.2.

**Female Clydesdales:** 1, Tricia Richter, Redwood City, 2:32:26.8; 2, Ariel Parrish, San Francisco, 2:55:58.2; 3, Alyssa Stransky, San Francisco, 2:59:03.8.

**Male Clydesdales:** 1, David Fickbohm, Santa Monica, 2:18:54; 2, Teague Soderman, Santa Cruz, 2:19:29.2; 3, Michael Coffino, Berkeley, 2:22:09.7.



An Elvis impersonator brings down the house at the finish.





An Elvis impersonator brings down the house at the finish.

# Jag

Continued from Page B1

wavered. Ahead of me lay a 1-mile swim around the wharf, followed by a 26.2-mile bike out to Davenport and a 6.2-mile run up and down West Cliff Drive.

"What am I doing here?" I couldn't help but think. "I'm not ready for this."

I'd had similar feelings almost three hours earlier as I had headed out in what felt like the middle of the night to dump some of my nicest (mostly borrowed) belongings in a vacant parking lot. To my amazement, at 6 a.m. a line of people looking to do the same thing had already formed. After getting body marked (not as scintillating as it sounds), I grabbed my flashlight and started looking for a suitable transition spot. After three years of covering this race, it would make sense that at least once I would have paid attention to where the top racers tend to set up.

Um, no.

So I gambled, settling on one on the outside of a bike rack near a tree. Then I rearranged my area two or three times, all the while looking around to see if I'm doing it right or if maybe I should move to a better spot.

"How am I going to get through this?" I wondered.

I'd spent two months training and rehabbing my injuries, but it didn't seem like enough. I knew I wouldn't finish until long after the course had closed and the cleanup crew had gone through — if I made it at all.

But then a funny thing happened. The canons sounded and I took the plunge.

The swim had scared me the most. My practice run around the wharf hadn't gone very smoothly, and I felt sure an episode of hyperventilation or a foot to the face would set the tone for the rest of my day. I anticipated the worst with every stroke, but it never came.

Before I knew it, I was halfway around the wharf and I hadn't had to stop even once to catch my

breath. I dared to believe this might actually be fun.

Once I got ashore (I wasn't even last — another shocker), I ripped of my wet suit, handed it to a friend and sprinted to the transition area. I couldn't believe how quickly I switched into my biking gear. If only I could get ready that fast on a daily basis.

I'd actually looked forward to the bike portion, and it didn't disappoint. I could have done without the stiff breeze and the guy who tried drafting off any rider who passed him. But in exchange I gladly took the sunny weather and smooth water bottle exchange. My pink and yellow Dave Scott 10-speed received numerous pats as thanks for not getting any flat tires.

As I raced back to the transition area, I heard friends and family cheering my name, which boosted my waning energy. I dumped my helmet and bike, snagged my hat and ran.

"I'm actually doing this," I thought. "I'm going to make it."

Then I hit the 1½-mile mark of

the run. My feet, originally numb from my bike pedals, began to hurt. My legs chimed in, feeling like thick oak logs. Worst of all, a little voice in my head kept telling me, "It's OK, you can walk a little bit. What does it matter? You don't care about your time anyway, right?"

But I realized I did care. The impossible was in reach, and I knew if I stopped now, it could just as easily slip away.

So I just kept running. I admired the scenery, and cringed every time a 60-year-old man (who started 10 minutes behind me) galloped past. But with one foot in front of the other, I found the finish.

When my foot hit the mat, relief, exhaustion and exhilaration all hit me at once. After 2 hours and 54 minutes (an amazingly good time by my account), I'm a triathlete.

Impossibility conquered. Now, what's next?

Contact Julie Jag at [jjag@san-tacruzsentinel.com](mailto:jjag@san-tacruzsentinel.com).

**Female 40-44:** 1, Laurel Turner, Santa Cruz, 2:18:54; 2, Michele Turner, Portola Valley, 2:31:52; 3, Janine Becker, Pleasanton, 2:35:29.6.  
**Male 40-44:** 1, Jason Campbell, Oakland, 2:03:21.0; 2,

**Male Clydesdales:** 1, David Flicker, Santa Cruz, 2:19:29.2; 3, Michael Coffino, Berkeley, 2:22:09.7.