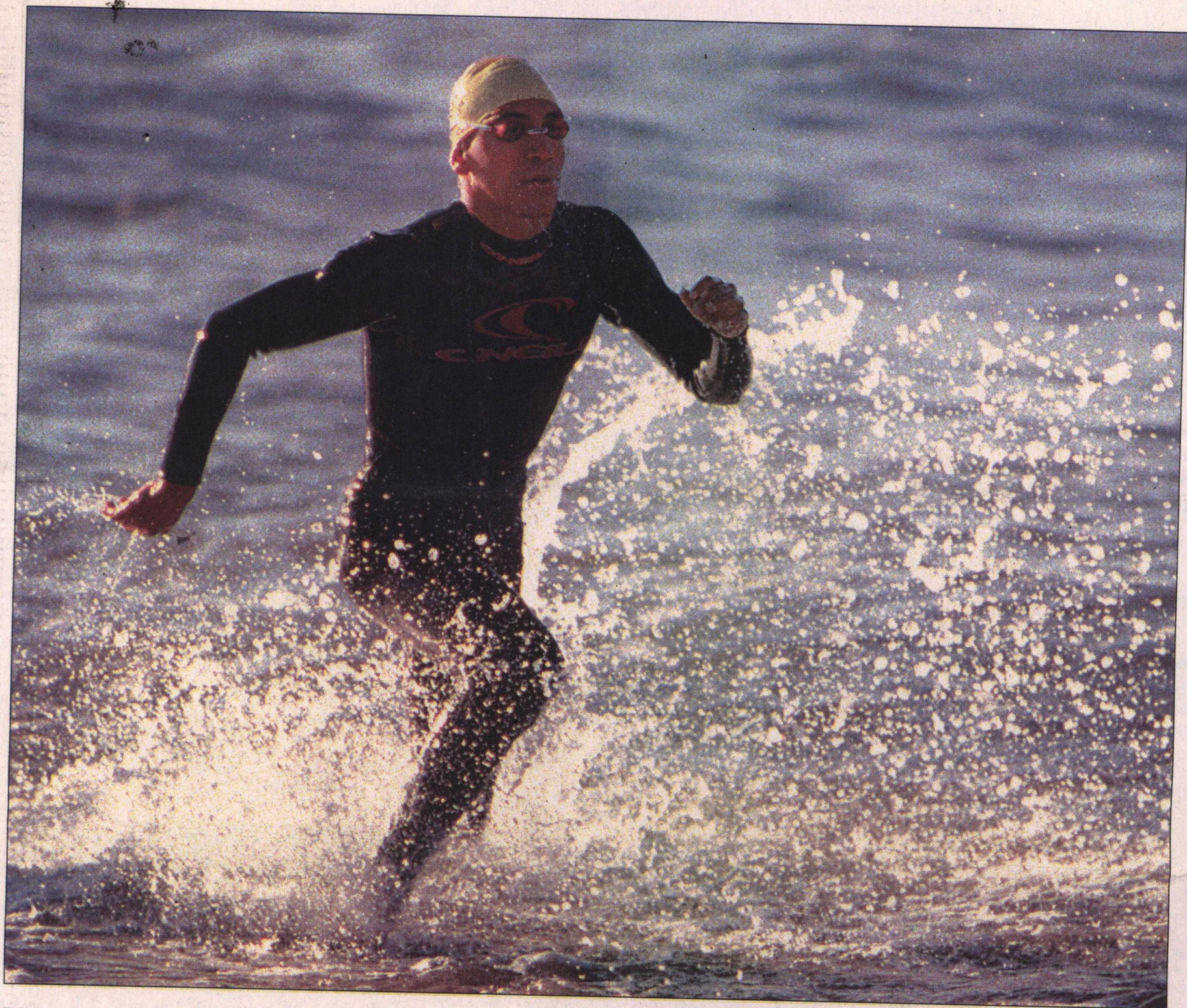


# Race keeps pace



Dan Coyro/Sentinel file

Triathletes will be able to check their split times at the transition areas this year thanks to timing chips contained within a plastic ankle strap given to each competitor.

## New chip technology, longer bike leg highlight 20th Sentinel

By **KIRSTEN FAIRCHILDS**  
SENTINEL CORRESPONDENT

**SANTA CRUZ** — Computerized timing chips and a longer bike course are two of the changes in store for the more than 1,300 athletes expected to compete Sunday in the 20th annual Sentinel Triathlon.

The changes will not only upgrade the triathlon in the short term, but will also set the stage for future improvements, according to second-year race director Kem Akol.

"If we ever in the future want to become anything bigger or more prestigious like a national championship, these are some of the neces-

sary steps we have to take," said Akol, a Santa Cruz resident who has competed in 23 Ironman Distance triathlons. "This was a major independent race before. But this year, in order to upgrade the race, we're now a (USA) Triathlon Federation-sanctioned race. We've conformed to meet their minimum standards."

To become a sanctioned event, a distance of 1.7 miles needed to be tacked onto the bike portion of the race, which was previously a 23-mile ride from Main Beach up to Davenport and back.

The route will remain almost identical to past years, with the exception of a short detour to Long Marine Lab to make up the difference.

"Because this has become a sanctioned race,

the points the triathletes earn can be used toward their national ranking," said Flo Queen-Stover, a former president of the Santa Cruz Triathlon Association. "The major difference is the distance on the bike."

While the increased distance was mandatory for the Sentinel Triathlon to become sanctioned, the implementation of the timing chips is strictly for the benefit of the triathletes.

Contained within a plastic strap fastened around a competitor's ankle, the chip will allow an athlete access to his or her split times after each portion of the swim, bike and running events.

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### Sentinel Triathlon

■ **WHAT:** Third and final leg of the Sentinel Triathlon Series.

■ **WHEN:** Sunday, 8 a.m.

■ **WHERE:** Main Beach.

■ **COURSE:** 1-mile swim around Santa Cruz Wharf, 24.7-mile bike up Highway 1 to Davenport and back, 6.2-mile run from the Wharf to Natural Bridges and back.

■ **INFORMATION:**

[www.sentineltriathlon.org](http://www.sentineltriathlon.org)

On Tuesday, the Bruins lost at Mills College in Oakland 4-0. Bethany goalkeeper Tara Bliss had 22 saves on

The closest match was played out at No. 3 singles, where Aptos' Margo Wong fought off an early charge from

Aptos' No. 3 doubles of Stacy Williams and Kate Darling also shut out Pearl Sangha and Dayna Bowen.

son, 6-0, 6-1.

The Mariners are 7-1 overall in the SCCAL.

# Triathlon

Continued from Page D1

In the past, only overall times were provided to the competitors.

"There are timing mats at various points throughout the race — when they come out of the water, before they start the bike ride and the run," said Queen-Stover, who runs the transition area from the swim to the bike ride. "Triathletes tend to like these timing details and use them to improve their performance. They get to know how they're doing during the race. Like how much time they've spent in the transition area. That's something a triathlete practices."

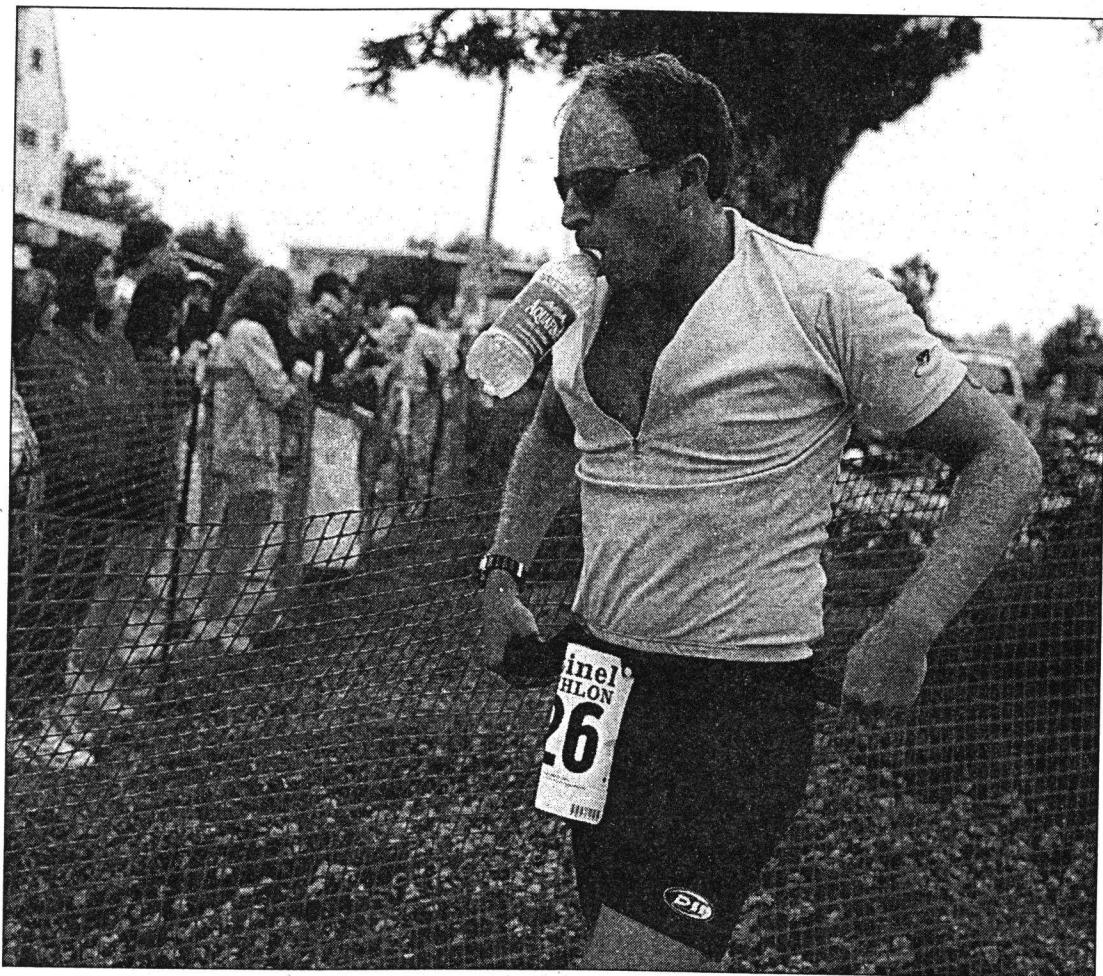
With 19 years of past experience in the event, Santa Cruz resident Paul Stephens, 59, is expected to continue his streak by racing on Sunday.

However, while he feels the chips are a good idea, Stephens isn't sold on the changes to the bike course. "I'm not in favor of it, really," Stephens said. "I don't mind the extra distance. It's just one of the things that made the Sentinel race a little bit unique. That it was slightly different distances than the average Olympic-distance race."

"I'm kind of sad to see it change. It kind of throws the other standards out and you have to start over with new standards. Sometimes change is good, but I will miss the uniqueness of the old race."

The event is a fundraiser for area high school and college athletic programs. More than \$54,000 was donated last year.

The race begins at 8 a.m. at Main Beach in Santa Cruz with a one-mile swim around the Santa Cruz Wharf. After the bike ride, the competitors will make the 10K run along West Cliff Drive. The finish line is in front of the West Coast Inn.



Refreshment on the run is one of the many keys to finishing the Sentinel Triathlon.

Dan Coyro/Sentinel file