

News Release

2011 Story Ideas

PROFESSIONALS

- **Cameron Dye** won his first major race in 2010 with the St. Anthony's Triathlon, and as recently as April 10, 2011, he beat fellow 2011 St. Anthony's Triathlon competitor Andy Potts by a matter of seconds at the 2011 Nautica Miami Triathlon. A member of USAT's Project 2016 program, the Boulder, Colo. native led the U.S. squad to eighth with the fastest overall split at the ITU Team Triathlon World Championship in Lausanne, Switzerland in 2010. That same year he also won the July 31 USAT Elite Development Race in Colorado Springs and took second at the Mazatlan ITU Pan American Cup in March. Dye also represented the United States at the 2009 ITU World Championship Series Grand Finale in Gold Coast, Australia and placed seventh at the St. Anthony's Triathlon and at the Chicago Triathlon in 2009.
- Well-known for his powerful swimming, **Andy Potts** just won his third title at the 2011 Ironman 70.3 California. His 2010 victories included at New Orleans, Boulder and Timberman, and his first Ironman win at Coeur d'Alene. He also won at 2010 Ironman Cozumel. In 2009, he was the St. Anthony's Triathlon winner, and he was the 2008 70.3 World Champions. An Olympian in the sport of triathlon in 2004, Andy made a name for himself early on in the pool. He was the accomplished 6-time NCAA All-American in swimming at the University of Michigan and a former USA Swimming National Team Member. Andy turned professional in the sport of triathlon in 2003 and was named the USAT Rookie of the Year.
- In 2007, **Matt "Boom Boom" Reed**, of Boulder, Colo., broke a course record when he crossed the finish line to become the St. Anthony's Triathlon professional male champion. He repeated his championship performance again in 2008 and defended his title. Reed, the 6'5" New Zealand native and U.S. Olympian, was USA Triathlon's 2008 Athlete of the Year, and won the 2009 Chicago Triathlon and the 2009 Ironman 70.3 California Triathlon. In 2010 he finished first in the Lifetime Minneapolis, the Rev3 Knoxville and the Malibu Triathlon, and placed second in the Race to the Toyota Cup 2010 and Oceanside 70.3.
- He was the first athlete to win all five major USA LifeTime Fitness Grand Slam events; she's a four-time medalist at the ITU World Championships and was the top-ranked American in ITU points in 2010. He was the 2007 *Triathlete Magazine* Triathlete of the Year; she was the female 2007 *Triathlete Magazine* Triathlete of the Year. He's from Australia and she grew up in Palm Beach, Fla. They share a love of competition and a last name. Married in 2004, **Laura and Greg Bennett**, one of only four U.S. triathlete married couples, have trained and traveled together to competitions. On May 1, the U.S. Olympians will compete in St. Anthony's Triathlon, hoping to keep the number one spots all in the family.

- **Annabelle “Bella” Luxford** is a current scholarship holder at the Australian Institute for Sport (AIS). With this strong support base, Luxford took the triathlon world by storm in 2004. She finished 2nd overall in the 2004 ITU World Cup Series Rankings, where the 2004 ITU Gamagori World Cup was her first win on the circuit. At the 2004 ITU Madeira World Championships, the young Australian was the winner in the U23 division. In 2005 Luxford fortified her position as one of the best triathletes in the world, finishing 1st in the ITU World Cup Rankings and second at the ITU Elite World Championships in Gamagori. In her comeback performance after an injury and a few years off, Brisbane’s Annabel Luxford launched her triathlon career comeback campaign in Feb. 2009, winning the Australian Triathlon Sprint Championships.
- With over 175 triathlon wins, **Michellie Jones**, also known as “MJ,” is a 7-time female winner at the St. Anthony’s Triathlon. She is a former Ironman World Champion and a 2-time ITU World Champion. She is an 8-time World Championship Medalist; an 8-time Escape From Alcatraz Winner, and an 8-time Chicago Triathlon Winner. She is a nine-time San Diego International Triathlon Winner. She was also a Silver Medalist at the 2000 Summer Olympics in her hometown of Sydney, Australia.

HUMAN INTEREST

- **Wendy Tocha’s** life changed back in 2003 over the July 4th holiday weekend. She was in a group of 40 or so bicyclists struck by a car. The driver hit the middle of the group and Wendy was one of those seriously hurt. Her injuries left her nerves in right arm permanently damaged. After being inspired by seeing a disabled Ironman competitor, she decided she was going to do another Triathlon and worked hard in physical rehab to learn how to re-do many things without the use of her right arm. Wendy overcame her obstacle and entered the St. Anthony’s Triathlon the following year as part of a relay team. Her relay team consisted of two other people involved in the accident. She continued to train and today, races as an individual. Wendy has learned to do all the moves involved in swimming, biking and running with one arm. She had only lived in St. Petersburg for a couple of weeks before the accident and was involving in the banking industry. At the time of her accident, Wendy was involved in the banking industry. Because of her struggle through rehabilitation and the help she received, she went back to school for a physical therapy degree and is now a physical therapist. To remind her that “life is too short” and “don’t sweat the small stuff,” she keeps the one piece left of her bike from the accident by her front door, as a constant reminder of what she has gone through and where she is today.
- **Rajesh Durbal** is a 32-year-old engineer for the City of Orlando. Born with a congenital deformity of both lower legs and the right arm, he has lived as triple amputee from an early age. He got his first set of prosthetics at the age of 1.

In 2009, Rajesh took his first leap of faith by running in the City of Orlando corporate 5K. He didn’t even come close to finishing first, but he finished. Inspired, he decided to compete in the Ford 2010 World Iron Man. He trained day and night, hours at a time running, biking and swimming. He spent the late nights building his running shoes from an old pair of Nike sneakers. Four sneaker versions later, he ran a Half Marathon race on his walking legs. Determined to progress, he visited Home Depot to build his own bike legs, often spending multiple hours on the floor in the aisle piecing together his creation.

Only one short year after starting his journey, he made it to the Kona Hawaii Ironman World championships to compete. He swam 2.4 miles in the ocean, biked 112 miles through rugged lava field terrain and followed up with a 26.2 mile run through the lava fields. He finished the race in 14 hours, 19 minutes and 12 seconds and went down in history as the world's first triple amputee to compete in and finish the Hawaii Ironman.

In 2011, Orlando Mayor Buddy Dyer declared Monday, Feb. 7 officially as "Rajesh Durbal Day" in honor of his victory and leadership.

Durbal is the founder of Live Free and president of the Live Free Para-triathlon camp, which is a community outreach for the first disabled triathlon training camp in the state of Florida. He also is the founder of Live Free Innovations which innovates and develops custom athletic gear and equipment for challenged athletes.

- **Ron Milne** Ron is an 82-year old Meek & Mighty competitor who has been participating in this event for seven years. He has placed first in his class every year except the first year he competed, when he came in second.

Milne's training first began with the Mad Dogs in St. Petersburg, but he has moved on recently and now trains heavily on his own for a few months before the race each year.

This year, he will be joined in the race by his two oldest daughters, Denise Milne, age 59, and Cynthia Goodwin, age 58. Neither of these women has competed in Meek & Mighty before, but since their age class will go first, they will wait near the finish line for their father and all cross together.

Ron is a world-class ocean sailor, and Vice Commodore of Bay Sailors Singles Sailing Association. He is also an avid golfer, and resides in St. Petersburg, Fla.

- **Bill Ulbricht**, St. Anthony's Hospital president, is competing in his second St. Anthony's Triathlon on May 1. St. Anthony's Hospital has sponsored and produced the St. Anthony's Triathlon for 28 years. From its humble beginnings in 1984 with only 600 athletes, St. Anthony's Triathlon has become one of the signature events for the Tampa Bay area, defining a culture focused on fitness and fun. Similar to the Triathlon, St. Anthony's Hospital also has a reputation in the community for what we do best – providing quality, compassionate care for more than 79 years.
- **Dr. John Gross** leads a team of 25 volunteer physicians, nurses, paramedics and EMTs as the medical director for St. Anthony's Triathlon. As the medical director, Dr. Gross and the multidisciplinary St. Anthony's Event Medicine team provide onsite emergency medical care and support to 4,000 professional, elite and amateur triathletes and 10,000 spectators during the St. Anthony's Triathlon weekend of events. Dr. Gross, a board-certified family and sports medicine physician, also is medical director for the Ford Ironman Florida and assistant team physician for the Tampa Bay Rays. In addition, Dr. Gross is a member of the Board of Directors for the Florida Academy of Family Physicians. He is an avid triathlete, has competed in St. Anthony's Triathlon, and actively competes in four to five sprint triathlons a year.

CHARITIES

- As an official charity partner of St. Anthony's Triathlon, athletes from the **Lance Armstrong Foundation** will participate in this year's St. Anthony's Triathlon in downtown St. Petersburg. Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, athletes from **Team LIVESTRONG** of the Lance Armstrong Foundation can walk, run, ride or tri in the fight against cancer. They don't all live in the same city or have the same strengths or personal battles, but they're one team united by hope, courage and determination to make a difference and raise money and awareness for the fight against cancer.
- The **Challenged Athletes Foundation (CAF)** is a world leader in helping individuals with physical challenges get involved – and stay involved – in sports. CAF believes that participation in sports at any level increases self-esteem, encourages independence and enhances quality of life. Since 1994, more than \$25 million has been raised and almost 4,500 funding requests from challenged athletes in all 50 states and dozens of countries have been satisfied. Additionally, CAF's outreach efforts reach another 60,000 individuals each year. CAF's mission is to give those with the desire to live active, athletic lifestyles every opportunity to compete in the sports they love.
- **Athletes for a Cure (AFAC)** is a fundraising and awareness program of the Prostate Cancer Foundation (PCF) that helps athletes as they play, run, bike, walk or race for a cure. Whether it is your first 5K or fifth triathlon, tennis tournament or volleyball game, anyone can be an Athlete for a Cure. All money raised by Athletes for a Cure directly supports the Prostate Cancer Foundation by funding the world's most promising research for discovering better treatments and a cure for prostate cancer.
- **Team In Training®**
Team In Training (TNT) began in 1988, when Bruce Cleland of Rye, NY formed a team that raised funds and trained to run the New York City Marathon in honor of Cleland's daughter Georgia, a leukemia survivor. The team of 38 runners raised \$322,000 for LLS's Westchester/Hudson Valley Chapter. Because of the pioneering efforts of Cleland and the Westchester/Hudson Valley Chapter, Team In Training was born and has grown into the world's largest endurance sports training program. Cleland was honored by *Runner's World* magazine in 2004 as one of their "Heroes of Running" for his role in establishing TNT.

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