

Triathlon

St. Anthony's Triathlon



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The top female racers head into the water but the swim leg is shortened because of conditions.



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Lois Shell, left, wishes Marie Katz, 39, of Odessa, luck as she sets out for the swim. Katz lost her leg to cancer at age 12.

Notebook Triple amputee cherishes finish

BY ANDY VILLAMARZO
Times Correspondent

ST. PETERSBURG — No sight was more inspiring than seeing triple-amputee **Rajesh Durbal**, an Orlando resident, run across the finish line at the St. Anthony's Triathlon on Sunday morning.

"I had a good time being out there with all my friends," said Durbal, 34, who finished fourth (2 hours, 46 minutes, 39 seconds) in the physically challenged division.

"I'm here with my dad and my Live Free team, and they travel with me wherever I go. It just feels like a one big family out there. I came out here to make a statement for myself and to people who don't think they can do a triathlon. You don't have to have the greatest bike or clothing. You just have to have faith and passion."

Durbal was born with missing bones in both legs and a partially developed right arm. He was competing in this race for the second time and improved upon last year's time of 3:04:33.

In 2010, Durbal became the world's first triple amputee to finish the Ironman championship in Kona, Hawaii.

He is the founder of Live Free and president of the Live Free Paratriathlon camp, a community outreach for the first disabled triathlon training camp in Florida.

LATE START: Like last year's race, the triathlon began a bit late, the official start time moving from 6:50 a.m. to 7. Event officials wanted to make sure that all water safety teams were in place because of the choppy water, with strong wind gusts coming through the beach area. In 2009, the swim leg was canceled because conditions were deemed too rough.

LOCAL RUNNER WINS: **Kailand Cosgrove** of Tarpon Springs took first in the female elite division (2:01:06).

Cosgrove, 21, has been a regular in the race since she was 15. A cross-country star at Tarpon Springs High four years ago, she now competes for Florida State.

"I felt really good during the swim and on the bike," Cosgrove said. "I kept a good pace, so it was a really good day. Pretty much a perfect race. My whole family is here, and my dad and sister are still out there running. They're just so supportive of me."

Collegiate national champion **Kaitlin Shiver**, 21, who raced at UF, finished ninth in the women's division in 1:56:27.

HONORING FALLEN OFFICERS: Dressed up in wigs, sunglasses and homemade team T-shirts, the Shake N Bake relay ran for the fallen police officers of St. Petersburg.

The team consisted of **Phillip Lasley** (St. Petersburg), **Martin Huttig** (Greenville, S.C.), **Jason Trileoff** (Clearwater), **Tom Fitzgerald** (Treasure Island) and **Aaron Novak** (Neptune Beach).

"So many police officers are out there for us every day, and it's amazing what they do," Lasley said. "When people hear of what we're running for they're 100 percent supportive of what we're doing. We're out there just having fun. We're knuckleheads for a purpose."

Winners able to follow strategy

Men's winner hangs back, then attacks while women's champ bolts then builds.

BY TERRY TOMALIN
Times Outdoors/Fitness Editor

ST. PETERSBURG — Filip Ospaly came into Sunday's St. Anthony's Triathlon hoping to stay with the pack on the swim and bike, then spring his attack on the run.

"The strategy worked," said Ospaly, a 35-year-old professional from the Czech Republic. "I just turned it on at the end."

Ospaly finished the course, which featured a swim leg that was shortened by 500 meters because of high winds, in 1 hour 41 minutes, 22 seconds. He was just 14 seconds ahead of second-place finisher Matt Reed, the St. Anthony's champion in 2007 and 2008.

"He just ran great," said Reed, who went head-to-head with Ospaly for much of the last half mile. "I knew it was going to be close. ... I just couldn't put him away."

Last year's men's champion, Cameron Dye, had a good swim and then took the lead on the bike around the 5-mile mark.

"My background is in swimming, so I just have to try to get out front and stay there," said the 27-year-old from Boulder, Colo. "You have to pretty much go all out and just hope you can hold it."

This Olympic-distance course, with its 1.5-kilometer swim, 40K bike and 10K run, is considered one of the fastest on the professional race circuit, which is why so many elite competitors come to St. Petersburg to kick off the triathlon season.

But Sunday's shortened swim required the triathletes to run a little farther from the swim exit to the bike transition area, which threw some racers off their game.

"It seemed like an extra half mile to get to the bike," Dye said. "But this is triathlon ... you never know what to expect."

Many of the top athletes were also looking at St. Anthony's not only as a chance to win part of the \$65,000 purse, but also earn qualifying points for the new global 5150 Triathlon Series from the same race organizers who put together the Ironman world championships in Kona, Hawaii. "This is a big win for me," said Ospaly, a three-time Olympian and former European champion. "I had knew that if I just kept (Dye) in sight, I could finish strong and pull it off." Ospaly, who finished second at last year's Ironman 70.3 in Clearwater, turned in an impressive 30 minutes, 54 seconds on the

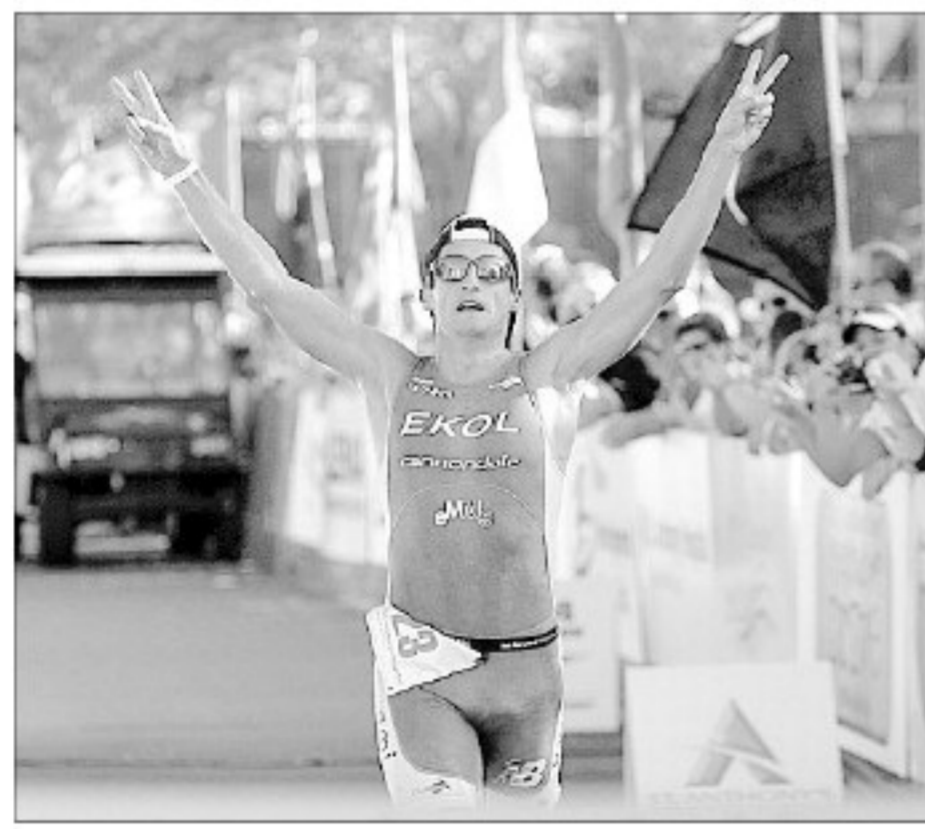


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Gary McPherson of Seminole holds daughter Sierra, 10, on his shoulders for a better view of the cycling portion of the triathlon.

St. Anthony's Triathlon winners

MEN

WOMEN



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Filip Ospaly, Czech Republic:
1:41:22



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Sarah Haskins, Colorado Springs, Colo.: 1:52:28

10K run. Reed's split was 31:29.

"I picked up some ground on the bike as soon as we turned around and headed back into the wind," said Reed, a native of New Zealand who now lives in Colorado and races for the U.S. Olympic team. "I had a good run and overall am pleased with my performance. I needed a good race to get my head straight."

In the women's field, Sarah Haskins, who won last year's race, was one of the first out of

the water and then established a strong lead on the bike and run, finishing first in 1:52:28.

"It was a great race, as usual," said Haskins, 30, of Colorado Springs. "I love coming here, the city, the race organizers really take good care of us. All the pros just love St. Petersburg."

Haskins, a member of the U.S. Olympic team and the 2009 USA Triathlon athlete of the year, finished 14th in the International Triathlon Union World Champi-

onship Series last year. An excellent swimmer, Haskins was hampered by a calf injury for much of last year but won the Chicago Triathlon on Aug. 29.

"She had a phenomenal bike and run," said Sarah Groff, 30, who finished the swim in 11:34, shoulder-to-shoulder with Haskins. "She just pulled away from us on the bike and all we could do was watch her go."

Liz Blatchford, a 31-year-old from Queensland, Australia, fin-

On the Web

Check out from photos from this year's triathlon at links.tampabay.com.

Results

ST. ANTHONY'S TRIATHLON

Men
1. Filip Ospaly, 1:41:22; 2. Matthew Reed, 1:41:36; 3. Cameron Dye, 1:41:41; 4. Stuart Hayes, 1:42:03; 5. Benjamin Collins, 1:42:13; 6. Andy Potts, 1:42:38; 7. Kris Gemmill, 1:43:02; 8. Paul Matthews, 1:43:17; 9. Bevan Docherty, 1:43:56; 10. Chris Foster, 1:44:07; 11. Stanislav Krylov, 1:44:46; 12. Kaleb Vanort, 1:44:48; 13. David Thompson, 1:45:13; 14. Kevin Everett, 1:45:28; 15. Michael Poole, 1:45:49.

Women
1. Sarah Haskins, 1:52:28; 2. Liz Blatchford, 1:53:07; 3. Sarah Groff, 1:53:34; 4. Alicia Kaya, 1:54:07; 5. Anna Cleaver, 1:55:11; 6. Laurel Wassner, 1:55:23; 7. Nicole Kelleher, 1:55:27; 8. Annabel Luxford, 1:55:40; 9. Kaitlin Shiver, 1:56:27; 10. Margaret Shapiro, 1:57:03; 11. Kathy Tremblay, 1:57:26; 12. Sara McLarty, 1:58:08; 13. Betsy Lavelle, 2:00:55; 14. Kailand Cosgrove, 2:01:06; 15. Nina Kraft, 2:01:13.

ished second in 1:53:07. That was 27 seconds ahead of third-place Groff, from Hanover, N.H.

"I usually race with the IT (International Triathlon Union) where it is legal to draft," Blatchford said. "I did my best to try to hang in there on the bike and then tried to make a move on the run."

Blatchford picked up some ground there.

"The first 5K went great," she said. "But then the second 5K I had nothing left. I just couldn't catch her."

Legally blind mom of three wins Ohio marathon

Times wires

CINCINNATI — A South Carolina stay-at-home mom who's legally blind won the women's race at the 13th annual Flying Pig Marathon in Cincinnati on Sunday, her first marathon victory.

Amy McDonough from Irmo, S.C., crossed the finish line in 2 hours, 58 minutes, 14 seconds, winning by almost four minutes.

McDonough, 34, ran the 26.2-mile route without a guide. Though she has no peripheral vision, is blind in one eye

and has poor vision in the other, she can see straight ahead.

"I have three children and because of I'm legally blind I'm a stay-at-home mom," McDonough said. "After the third child, I needed to get out of the house."

"My husband would say, 'See you in 20 minutes,' and that turned into an hour. I love it because it's something I can do. I could never play sports or anything like that. This is the one sport I could do."

A longtime baseball fan, in the late

1980s she developed a close relationship with San Francisco Giants players and then-coach Dusty Baker through the Make-A-Wish Foundation. Tonight, McDonough will throw out the first pitch for the Reds, managed by Baker, when they host the Astros.

"It's amazing to think of where I came from when I first met Dusty on the field and where I am now in a completely different situation," said McDonough, who apologized for bumping other runners at the start.



Amy McDonough started running to get out of house.

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