

EPPIE'S GREAT RACE®

BY DOUG THURSTON, TOM MCCLELLAND, CYNCI CALVIN



1976: EPPIE'S GREAT RACE III — NOT MUCH HAS CHANGED AT THE PADDLE LEG STAGING AREA EXCEPT FOR THE VARIETY OF WATERCRAFT. — *Eppie's Great Race archives*

How it all began...

Eppie G. Johnson, a restaurateur with a flair for unusual promotion and an avid skier, took up kayaking in 1973 under the tutelage of kayak instructor/racer and K2 Ski salesman **Mike Ewing**. That winter Eppie's Restaurants co-sponsored a freestyle skiing event with Ewing at Boreal Ridge near Lake Tahoe, and it was after that successful event that Ewing suggested Eppie create a race that featured skiing, kayaking, and cycling near Truckee in the Sierra.

Creating an event requiring teams or individuals to complete three different athletic competitions during the same race was a new idea. No one had heard of a triathlon at the time. Naturally Eppie was fascinated by the idea.

Mike suggested that Eppie could begin his "Great Race" by skiing down from the top of Alpine Meadows Ski Resort to the road, then biking to the Truckee River at River Ranch. Participants would finish the race by kayaking to Truckee.

"That's a great idea but I don't have any restaurants at Alpine Meadows... or in Truckee," Eppie responded.

A week later, Mike told Eppie that he had designed the perfect race course in Sacramento. It started near Highway 50 and Zinfandel Drive where Eppie had just opened a new restaurant named Eppaminondas (Eppie's real first name) and finished at the Eppie's Restaurant on Watt and El Camino Avenues. The event included run, paddle and cycling legs.

Eppie also initiated "Eppie's Great Race Team" tradition, and from 1974 until 2004 was Eppie's Great Race® Team paddler in all but two of the events.

Eppie's Great Race® I • July 27, 1974

51 TEAMS • RUN, PADDLE, BIKE

1:26:45 - Team Ram (named after a local restaurant): Runner **Jim O'Neil**, Cyclist **Don Pickett**, Paddler **Gunther Hammersbach** - formerly of West Germany and a member of the U.S. National Kayak Team

Great Team: Runner **Burnett Miller**, former Mayor of Sacramento; Cyclist **Larry Turner**, Executive Director of the Aquarian Effort, Paddler **Eppie**

"The key to the whole thing was to get a good water man," **Don Pickett** said, espousing advice that is still true. The runner's course was 2.8 miles, from Eppaminondas Restaurant to Lower Sunrise Park on the American River. Then paddlers stroked five miles to Rio Americano High School. Cyclists rode 4.7-miles west on American River Drive, then north on Watt Avenue to the finish.

Numerous challenges had to be overcome in this early attempt at mixing three athletic activities. Two examples: 1) only four days before the event Eppie was told he was required to have a permit and 2) he was informed that if any cyclist did not stop during the race for a stop sign or a red light, the cyclist would immediately be arrested! Eppie quickly got the permit, and he emphatically cautioned the cyclists. Few, if any, cyclists stopped for red lights, but no arrests were made.

Just about any type of watercraft other than motorized was allowed to enter the race, including three sculls,

two of which overturned. The race entry fee was \$10 and nobody even thought about printing up race T-shirts.

Thirty-seven teams finished and were rewarded by a Dixieland jazz band, free beer, and hot dogs. Prizes included a Trek bicycle, rafts, and "jogging" warm-up suits. The Aquarian Effort, a local drug rehabilitation center, was the designated event charity.

Eppie's Great Race® II • July 19, 1975

100+ TEAMS - BIKE, PADDLE, RUN

1:44:47 - Nike Club of Berkeley; Cyclist Tom Simonson, Kayaker **Fritz Mortiz**, Runner **Ron Wayne**
The Great Team: Cyclist **Dick Cable**, news anchor for KXTV Channel 10; Runner **Alan Galaway**, Sacramento-area insurance and real estate broker; Paddler **Eppie**

With the help of local running race expert **John McIntosh**, a new course was designed to finish back at the same location as the start. The bikers led off the race in a mass start, riding eight miles on the Sunrise canal bike trail, including a tunnel under Highway 50 lit only with a single 45-watt bulb, to the American River bike trail and the Lower Sunrise Bridge. The cyclists were paced by a lead vehicle the first mile over a Highway 50 overpass, then turned loose to sprint through the course. Few of the riders wore helmets and crashes were common in the crowded turns. Paddlers raced 4.5-miles downstream to Cordova Park. Runners ran through the streets of Rancho Cordova back to the start, 5.5 miles.

Race prizes again included bicycles, this time an "Azuki 810," rubber rafts, and warm-up suits. The entry fee jumped 50% to \$15, but a T-shirt was now included. More than 100 teams entered the race. On December 16, 1975, Eppie received the State of California Service Mark for the use of the name, "Eppie's Great Race."

Eppie's Great Race® III • July 17, 1976

163 TEAMS • BIKE, PADDLE, RUN

1:21:22 - Ron's Raft Rental: Cyclist **Walter Weed**, Kayaker **John Weed**, Runner **Richard Langford**

The Great Team: Cyclist **Pete Liebengood**, TV personality; Runner **Jim O'Neil**, renowned athlete; Paddler **Eppie**

Eppie's Great Race® III was held just two weeks after the country's huge Bicentennial Celebration. The honorary starter was Fair Oaks resident **Billy Mills**, 1964 Olympic gold medallist for 10,000 meters. The first "ironpersons" competed, albeit unofficially. **Harry Cordellos**, a blind athlete from Texas did the entire event with guides, finishing 39th overall among all teams in 1:36:15. **Abbe Underwood**, one of the founders of the Buffalo Chips Running Club, finished in 2:01:22—he used a surfboard topped by an air mattress for the paddling leg!

Eppie's Great Race® IV • July 16, 1977

220 TEAMS - BIKE, PADDLE, RUN

1:25:14 - Cyclist **James McKinstry**, Paddler **Andy Toro**, Runner **Ron Wayne**

The Great Team: Cyclist **Creighton Sanders**, KCRA sports anchor; Runner **Peter Snell**, three-time Olympic gold medalist; Paddler **Eppie**

New Zealand's **Peter Snell**, three-time Olympic gold medalist in track distance events, was the honorary starter. Race administration grew to involve 200 volunteers. Unusual race equipment included eight CB radios, three divers, and the pace truck from Cal Expo's horse racing track to lead the bicycles the first mile. After the race Eppie remembers Ron Wayne stating that there were 'no class runners' in the Sacramento area, throwing down a challenge that was soon met.

Eppie's Great Race® V • July 15, 1978

270 TEAMS - BIKE, PADDLE, RUN

1:17:44 - Cyclist **Peter Brunn**, Paddler **Stein Buer**, Runner **Dwayne "Peanut" Harms**

Great Team: Cyclist General **Willard Shank**, California National Guard; Runner **Bruce Reid**, Sacramento Union reporter; Paddler **Eppie**

As the event grew, the cycling leg became more controversial. People claimed "pole" positions at the start: "Last year we had people there at dawn lining up their bikes for a good starting position," Johnson told *The Sacramento Bee*. "Then we had some late comers trying to push their way to the front. This year, we'll just check entry numbers to see which bikes belong there." Although the committee received complaints after crashes marred the start of the 1977 race, it decided not to change the order of events. A suggestion was made to reverse the running and cycling, putting the bikers last. Eppie responded that the bikers can't decelerate at the finish and there was no way to keep track of finishers coming in at such a high speed.

KCRA-TV, Channel 3 featured a half-hour highlight show of the 1977 race the week before the 1978 event, increasing public awareness. Great Race V added an inflatable watercraft division.

Eppie's Great Race® VI • July 21, 1979

478 TEAMS! • BIKE, PADDLE, RUN
IRONMAN & IRONWOMEN ADDED

1:18:28 - Team Winner: "Cyakrun III," Cyclist **Peter Brunn**, Paddler **Stein Buer**, Runner **Dwayne "Peanut" Harms**

1:43:08 - Ironwoman **Krista Roberts**

1:32:14 - Ironman **Steve Boutin**

The Great Team: Runner **Christine Hanson**, KCRA weather & former Playboy Bunny; Cyclist **Cary Nosler**, Founder and Owner of Sunrise Natural Foods, Paddler **Eppie**

The race added the official Ironman and Ironwoman division, as well as a family relay division. The entry fee increased to \$21. To reduce start crowding, the race implemented a two-heat start 30-minutes apart, but race morning had an unusual July rainstorm, contributing to slick streets and more bike crashes in spite of the split start. The first Ironwoman winner, **Krista Roberts**, had just graduated from Rio Americano High School where she was a star cross country and distance runner. She had borrowed a kayak, tried it out twice before the race, and used her old, recently repaired 10 speed.

First in the new family division was "Td Walk a Mile for a Campbell," **Gary Campbell**, **Rick Campbell**, and **Craig Campbell**, in 1:34:45. With matching Federal funds, the race raised \$20,000 for the Aquarian Effort.

Eppie's Great Race® VII • July 19, 1980

500 TEAMS • BIKE, PADDLE, RUN

1:21:14:36 (Course Record) - Team Winner: "Maximum Performance Hooker Headers," Cyclist **Thom Hunt**, Paddler **Albert Romuari**, Runner **Dave Spangler**

1:39:30 (Course Record) - Ironwoman **Krista Roberts**

1:24:01 (Course Record) - Ironman **Chuck Lyda**

The Great Team: Runner **Sally Edwards**, founder of Fleet Feet Sports; Cyclist **Jack Heckel**, President of Aerojet Corp.; Paddler **Eppie**

Two new divisions were added. The senior women's team required that all three participants be age 40 or older. The adaptive division required that at least one team member have a disability. The race entry fee stayed at \$21 "in an effort to curb inflation," the form explained. A new charity was adopted: Sacramento County Recreation for the Handicapped, later renamed Adaptive Leisure Services and now Therapeutic Recreation Services. The new adaptive division was won by Easy, Sleazy and Greasy, the team of **Chip Turner**, **Gus Rosa**, and **Lewis Bar**, in 1:43:34.

Eppie's Great Race® VIII • July 18, 1981

600+ TEAMS

BIKE, PADDLE, RUN

1:14:34 (Course Record) - Team Winner: "Maximum Performance Hooker Headers," Cyclist **Thom Hunt**, Paddler **Albert Romuari**, Runner **Dave Spangler**

1:45:50 - Ironwoman Winner **E. Oberth**

1:29:16 - Ironman Winner **R. Ueltzen**

The Great Team - Runner **Tom Hannigan**, California State Assembly Member; Cyclist **Frank McPeak**, Sacramento Bee Community Relations Manager; Paddler **Eppie**

The eighth Great Race added two more divisions: inflatable kayak and unlimited kayak (pro-open). The committee now specified that "International Canoe Federation (ICF) specifications for wildwater or down river K-1's will prevail." The race entry fee increased to \$24, with the pro/open division paying \$45. The race raised \$8,500, which Eppie presented at a Board of Supervisors meeting with the check written on the bottom of a rubber raft. Also in 1981, Eppie received the Service Mark "Eppie's Great Race" from the United States Patent Office.

Eppie's Great Race® IX • July 17, 1982

459 TEAMS, 81 IRONPERSONS

RUN, PADDLE, BIKE (NEW COURSE)

1:49:06 - Team Winner: "Afoto Shoppe," Cyclist **Robert Deis**, Paddler **John Weed**,

Runner **Andy Christensen**

2:10:00 - Ironwoman Winner **Eva Ueltzen**

2:07:10 - Ironman Winner **Mitch Karandanis**

The Great Team - Runner **Illa Collin**, Sacramento County Supervisor; Cyclist **Bart Von Housen**, Sacramento Businessman; Paddler **John Weed**, World-Class Kayaker

A new course truly showcased the American River Parkway. The run first leg followed a 6.5-mile course from the main parking lot at Goethe Park east, to and

across, the Sunrise footbridge. Runners handed off to paddlers who paddled 6.5 miles back to Goethe Park. Cyclists rode 13.5 miles west across the Harold Ritchey footbridge, left the path at Harrington Avenue, continued west on American River Drive to University Drive to the Guy West Bridge, down the bike ramp to the trail, then east on bike trail back to Goethe Park. The goal of the race committee was for the run and kayak to be approximately the same length and the total distance to be close to a marathon of 26.2-miles.

Eppie's Great Race® X • July 16, 1983

MORE CHANGES: RUN FIRST, BIKE SECOND, PADDLE THIRD

1:43:58 - Team Winner: Runner **Bob Deis**, Cyclist **Bob Hammond**, Paddler **John Weed**

2:21:02 - Ironwoman Winner **Janet Paris**

1:51:00 - Ironman Winner **Lin Feil**

The Great Team - Runner **John McIntosh**, owner of McIntosh Sports Cottage; Cyclist **Bob Duvall**, Paddler **Eppie**

After the 1982 race, organizers realized that putting cycling as the final leg created a finish line timing challenge, so the order was changed to the current format of run, bike, and paddle. Runners ran west on the bike trail from the start at Arden Bar. The course crossed the river on the Watt Avenue bridge, ran west through Alumni Grove by CSU-Sacramento, then crossed the River again at the Guy West bridge to the start of the cycling leg. The bike course is the current 12.5-mile route from the Guy West Bridge east on the bike path to Jim's Bridge at Lower Sunrise Park. The paddle is the current course of 6.35 miles from Lower Sunrise to the Goethe Park finish line.

The \$14,000 donation to Recreation for the Handicapped was delivered to the County Board of Supervisors in three wheelbarrows full of silver dollars—Eppie had not lost his flair for unusual promotions!

Eppie's Great Race® XI • July 14, 1984

463 TEAMS, 200+ IRONPERSONS

1:36:00 (Course Record) - Team Winner: Runner **Rich Langford**, Cyclist **Andy Christensen**, Paddler **John Weed**

2:04:05 - Ironwoman Winner **Betsy Frick**

1:47:47 - Ironman Winner **Rich Hanna**

The Great Team - Runner **Bjorg Austrheim-Smith**, Western States 100-Mile Run champion; Cyclist **Jerry Ketchum**, owner of Carmichael Honda; Paddler **Eppie**

The corporate team division was added. A race-day highlight show was broadcast on KXTV-Channel 10, and *Triathlete Magazine* featured the race in a multi-page story. **Rich Hanna** (who had kayaked only five times before) became the youngest-ever Ironman champion. '83 Champion **Len Feil** was behind him by over four minutes at the start of the kayak and, in spite of being in a kayak that was half full of water at the finish, Hanna managed to beat Feil by nine seconds. The family of **Dr. Larry Skinner**, who died of a heart attack in the 1983 race, filed a lawsuit against Eppie's Great Race® and all Committee members alleging the race was operated "without proper pre-race planning for medical support and communications." The event insurance company settled out of court against the wishes of the Committee members.

Eppie's Great Race® XII • July 13, 1985

520 TEAMS, 165 IRONPERSONS

1:44:37 - Team Winner: Runner **Matt Yeo**, Cyclist **Andy Christensen**, Paddler **John Weed**

2:08:19 - Ironwoman Winner **Betsy Frick**

1:53:10 - Ironman Winner **Don Hicks**

The Great Team - Runner **Frank Corfee**, owner of Heavenly Valley Ski Resort; Cyclist **Colonel John B. Wood**, Commander of McClellan AFB, Paddler **Eppie**

The course remained unchanged from 1984. A new Ironman champion, **Don Hicks**, 25, was crowned. He passed **Len Feil** with 1.5 miles to go in the kayak. "Gee, I hope I'm in as good of shape as he is when I'm 40," Hicks told a reporter after the race. The race raised \$35,000 for Recreation for the Handicapped.

Great Race XIII • July 19, 1986

1:40:38 - Team Winner: Runner **Rob Anex**, Cyclist **Brad Hayes**, Paddler **Joe Burlingame**

2:20:00 - Ironwoman Winner **Betsy Frick**

1:48:14 - Ironman Winner **Don Hicks**

The Great Team - Runner **Ken Campbell**, Sacramento-area dentist and motivational speaker; Cyclist **Bill Briner**, Director, Sacramento Dept. Parks & Rec.; Paddler **Eppie**

"Due to February 1986 flooding, our exact course is somewhat uncertain," wrote race director **Richard Ongerth** in the 1986 Great Race entry form. Several washed-out sections of the trail near Cordova Park were repaired just in time, and the course was unchanged. The Senior Ironwomen (ages 40-over) division was added. The winning team's paddler, **Joe Burlingame**, finished only one foot in front of the second place team's paddler in the closest team finish to date. The donation for Recreation for the Handicapped grew to \$43,000.

Eppie's Great Race® XIV • July 18, 1987

TOTAL OF 809 TEAMS & IRONPERSONS

Team Winner: "Team Boss," Runner **Leonard Sperandeo**, Cyclist **Dan Brown**, Paddler **John Weed**

1:54:47 - Ironwoman Winner **Kitty Perry**

1:46:18 - Ironman Winner **Don Hicks**

The Great Team - Runner **Peter Raffetto**, President of River City Bank; Cyclist **Ramey Osborne**, President of Spare Time Fitness Centers; Paddler **Eppie**

Great Race Ironwoman - **Cindy Trimble**

Great Race Ironman - **Rich Ongerth**, Sacramento Attorney

A co-ed team division was added and Great Race Ironpersons were chosen to set the "Win a Breakfast at Eppie's" pace for the first time. Hawaii Ironman champion **Dave Scott** of Davis was a commentator on the Channel 10 race program. **Don Hicks** won his third straight Great Race after holding off a late charge in the water by **Mitch Karadanis** of Reno.

Eppie's Great Race® XV • July 16, 1988

1:34:26 - Team Winner: "Team Boss" Runner **Leonard Sperandeo**, Cyclist **Steve McClelland**, Paddler **John Weed**

1:49:47 - Ironwoman Winner **Kitty Perry**

1:44:18 - Ironman Winner **Don Hicks**

The Great Team - Runner **Charlie Massey**, General Manager of A.T. & T; Cyclist **Bess Polakoff**, owner City Bicycle Works; Paddler **Eppie**

Great Race Ironwoman - **Shirley Willd-Wagner**, Eppie's Great

Race Director

Great Race Ironman - **Frank Cirill**, Director Emeritus Eppie's Great Race

On a scorching 100-plus degree day, **Don Hicks**, coping with stomach ulcers, won his fourth straight laurel wreath by 90 seconds.

Eppie's Great Race® XVI • July 15, 1989

284 IRONPERSONS!

1:32:46 - Team Winner: Runner **Leonard Sperandeo**, Cyclist **Steve McClelland**, Paddler **John Weed**

1:52:19 - Ironwoman Winner **Betsy Frick**

1:42:56 - Ironman Winner **Don Hicks**

The Great Team - Runner **Dave Spottiswood**, Sacramento-area Attorney; **Jeff Holden**, Dir. of Sales, 100.5 The Zone; Paddler **Eppie**

Great Race Ironwoman - **Nancy Fish**

Great Race Ironman - **Frank Cirill**, Director Emeritus of Eppie's Great Race

The run course changed to 5.8 miles after river crossings at the Watt Avenue and Guy West bridges were dropped. **Don Hicks** won his fifth consecutive Ironman title, and, after finishing second the last two years, **Betsy Frick** returned to the top spot among Ironwomen. Race entry fees increased to \$45 for teams and to \$30 for Ironpersons. **Fraser Beauchamp**, the first Great Race director, passed away in February 1989, of cancer at the age of 45.

Eppie's Great Race® XVII • July 21, 1990

1:30:07 (Course Record) - Team Winner: Runner **Shad Warren**, Cyclist **D.J. Dart**, Paddler **Jon Fishburn**

1:51:24 - Ironwoman Winner **Vickie Pell**

1:39:23 (Course Record) - Ironman Winner **Don Hicks**

The Great Team - Runner **Butch MacElwee**, VP of Markstein Beverage Company; Cyclist

David T. Lane, General Manager, KXTV-Channel 10; paddler **Eppie**

Great Race Ironman - **Richard Ongerth**, Eppie's Great Race Director

A new division for media teams was added. After finishing in the top three for three years, **Vickie Pell** won her first Ironwoman title. It was **Don Hicks'** sixth consecutive victory.

Eppie's Great Race® XVIII • July 20, 1991

1:31:35 - Team Winner Open Division: "The Sissies from Hell," Runner **Dave Welsh**, Cyclist **Barry Vial**, Paddler **Brent Ritz**

1:27:05 (Course Record) - Adaptive Div. Team Winner Runner **Jim Schoenherr**, wheelchair **Lance Donnell**, Paddler **Charlie Albright**

1:50:40 - Ironwoman Winner **Bety Rypins**

1:33:17 - Ironman Winner **Don Hicks**

The Great Team - Runner **Jim Sochor**, UC-Davis Football Coach; Cyclist **Michelle Canny Gilles**, Dir. of Nutrition Wenmat Fitness Centers; Paddler **Eppie**

Great Race Ironwoman - **Shirley Willd-Wagner**, Eppie's Great Race Director

Great Race Ironman - **John Green**, Service Manager, Carmichael Honda

Two new race divisions were added in 1991: Men 50-plus Team and sit-on-top kayaks. **Don Hicks** made up a 90-second deficit to win his seventh Ironman title and **Beth Rypins** won the Ironwoman after passing Karen Olsson and Ann Gerhardt in the water. It was an

emotional finish for Team Transplant. **Paul Fillebrown**, **Kim Monroe**, and **Jim Wehvila** each had successfully undergone heart transplant surgeries two years before the race.

Eppie's Great Race® XIX • July 18, 1992

1:36:03 - Team Winner: "Pink Dogs Stop Rest Stop," Runner **Shawn Smallwood**, Cyclist **Tim Imai**; Paddler **Bryan Podgorski** (at 19 youngest on a winning team)

1:43:10 (Course Record) - Adaptive Div. Team Winner Runner **Jim Schoenherr**; wheelchair **Lance Donnell**; Paddler **Charlie Albright**

1:57:55 - Ironwoman Winner **Linda Casillas**

1:43:10 - Ironman Winner **Don Hicks**

The Great Team - Runner **Jim Sochor**, Football Coach for UC-Davis; Cyclist **Michelle Canny Gilles**, Dir. of Nutrition, Wenmat Fitness Centers, Paddler **Eppie**

Great Race Ironwoman - **Shirley Willd-Wagner**, Eppie's Great Race Director

Great Race Ironman - **John Green**, Service Manager - Carmichael Honda

Don Hicks won his eighth straight Ironman, this time by over four minutes, and **Linda Casillas** won her first Ironwoman race in five tries. Blind athlete **Stephen Adams** was disqualified when he tried to compete as an Ironman. Race officials blocked his participation as they thought it was too dangerous for a sight-impaired athlete to cycle the crowded, narrow, and winding Great Race course alone. Adams refused to ride on a tandem bicycle and a preliminary injunction against his participation was upheld.

Eppie's Great Race® XX • July 19, 1993

1:37:30 - Team Winner: "The Pink Dogs," Runner **Art Huff**, Cyclist **Barry Vial**, and Paddler **Bryan Podgorski**

1:52:25 - Ironwoman Winner **Linda Casillas**

1:41:11 - Ironman Winner **Don Hicks**

Eppie's Great Race Team - Runner **Taylor Carey**, Asst. Chief Counsel, State Dept. of Health Services; Cyclist **Jeff McMurray**, morning personality, 96.9-The Eagle, Paddler **Eppie**

Great Race Ironwoman - **Shirley Willd-Wagner**, Eppie's Great Race Director

Great Race Ironman - **Lin Feil**, Stockbroker

This was an amazing number nine-in-a-row for **Don Hicks**, and **Linda Casillas** also returned to the victory stand. Stephen Adams tried to get into the race again but was denied a race number and removed from the course. Well-known paraplegic athlete **Mark Wellman**, who had previously climbed El Capitan and Half Dome in Yosemite, competed as an Ironman and, refusing any help, dramatically crawled across the finish line.

Eppie's Great Race® XXI • July 16, 1994

1:33:12 - Team Winner: "The Untouchables," Runner **Mike McManus**; Cyclist **Chris Barker**; Paddler **Brent Reitz**

1:59:34 - Ironwoman Winner **Vickie Pell**

1:46:36 - Ironman Winner **Don Hicks**

The Great Team - Runner **Carl Otto**, Principal for John Otto Const. Company; Cyclist **Jeff McMurray**, radio personality, 96.9, The Eagle, Paddler **Eppie**

Great Race Ironwoman - **Shirley Willd-Wagner**, Calif. Integrated Waste Management Board

Great Race Ironman - **Jeff Stevens**

Don Hicks continued his winning Ironman streak, winning his 10th title only 8 seconds in front of **Leonard Veare**. **Jim Sapienza** was third in 1:50:38. "I said if I won, I was selling the boat," Hicks said after the race. **Vickie Pell** returned for her second win.

Shirley Willd-Wagner, who had directed the race 1988-1993, passed the baton to **Will Kempton**, an active Committee member for many years.

Eppie's Great Race® XXII • July 15, 1995

1:30:18 - Team Winner: Runner **Mike McManus**, Cyclist **Chris Baker**, Paddler **Brent Reitz**

1:51:47 - Ironwoman Winner **Linda Casillas**

1:41:45 - Ironman Winner **Jim Sapienza**

Eppie's Great Race Team - Runner **Patrick Johnston**, California State Senator; Cyclist **Will Kempton**, Folsom, Calif. Assistant City Manager, Paddler **Eppie**

Great Race Ironwoman - **Shirley Willd-Wagner**, Calif. Integrated Waste Management Board

Great Race Ironman - **David Ono**, KOVR Anchor

A Tandem Recreational Canoes Division was added. **Don Hicks** did not go for his 11th straight win, competing on a relay team instead. **Jim Sapienza** used the opportunity to vault from third last year to first, beating **Leonard Veare** by 45 seconds. **Linda Casillas** won her third title by less than a minute over **Vickie Pell** (1:52:43).

Eppie's Great Race® XXIII • July 20, 1996

1:34:30 - Team Winner: "The God Squad," Runner **Ben Ayers**, Cyclist **Barry Vial**, Paddler **Brent Reitz**

1:56:11 - Ironwoman Winner **Linda Casillas**

1:44:48 - Ironman Winner **Jim Sapienza**

Eppie's Great Race Team - Runner **Donald Murphy**, Director of Calif. State Parks; Cyclist **Lea Brooks**, journalist & cycling advocate, Paddler **Eppie**

Great Race Ironwoman - average time of 3 previous race times

Great Race Ironman - **Robert Ueltzen**, 1982 Ironman Winner

Jim Sapienza repeated his victory and **Linda Casillas** won her fourth title. A new option provided free race entry for athletes collecting pledges for Adaptive Leisure Services: \$100 for an Ironman, \$300 for a team, and \$400 for a tandem canoe team.

Eppie's Great Race® XIV July 19, 1997

1:36:37 - Team Winner: "Too Fast for Me," Runner **Ben Ayers**, Cyclist **Bran Deromen**, Paddler **John Campbell**

2:02:20 - Ironwoman Winner **Vickie Pell**

1:44:48 - Ironman Winner **Leonard Veare**

Eppie's Great Race Team - Runner **Midori Waugh**, Reporter for KOVR- Channel 13; Cyclist **John O'Farrell**, Administrator, Sacramento Co. Community Development & Neighborhood Assistance, Paddler **Eppie**

Leonard Veare finally moved up from his multiple-second place finishes to win the event, and **Vickie Pell** returned to the victory podium for her third win. Legally blind athlete **John Stephen Adams** was finally granted race participation in 1997 following a court settlement that ended a six-year legal effort. He was allowed to start five minutes behind the last biker and would be led by race officials wearing bright vests. On race day, however, he ended up only doing the run.

Eppie's Great Race® XXV • July 18, 1998

387 TEAMS

419 IRONPERSONS

1:33:30 - Team Winner: "Too Fast for Me," Runner **Ben Ayers**, Cyclist

Bran Deromen, Paddler **John Campbell**

1:58:24 - Ironwoman Winner **Vickie Pell**

1:42:59 - Ironman Winner **Leonard Veare**

Eppie's Great Race Team - Runner **Dan Koellen**, Vice President of Level One Communications; Cyclist **Michael P. Lyon**, President of Lyon Real Estate, Paddler **Eppie**

Great Race Ironwoman - **Eleni Tsakopoulous** (I), President, AKT Development

Great Race Ironman - **Will Kempton**, Race Director

For the first time, the number of Ironpersons exceeded the number of teams. A new corporate entry fee of \$360 provided a \$300 donation to Adaptive Leisure Services. **Leonard Veare** repeated his win, this time by less than a minute over 10-time champion **Don Hicks**. **Vickie Pell** achieved her fourth Ironwoman win.

Eppie's Great Race® XXVI • July 17, 1999

1:35:26 - Team Winner: Runner **Chad Worthen**, Cyclist **Jim Diepenbrock**, Paddler **Don Hicks**

1:55:53 - Ironwoman Winner **Linda Casillas**

1:45:20 - Ironman Winner **Leonard Veare**

Eppie's Great Race Team - Runner **Roger Niello**, Sacramento Co. Supervisor; Cyclist **Lou Blanas**, Sacramento Co. Sheriff, Paddler **Eppie**

Great Race Ironwoman - **Beth O'Farrell**

Great Race Ironman - **John O'Farrell**

The Ironwoman and Ironman champion awards were renamed the **Eva Ueltzen** and **Lin Feil Award**, respectively, after two longtime participants who had recently passed away. Dr. **Thomas Marshall** completed his 25th straight race, missing only the inaugural event because he didn't know about it. **Leonard Veare** won his third straight Ironman title and **Linda Casillas** won her fifth title in eight years.

Eppie's Great Race® XXVII • July 29, 2000

1:40:02 - Open Team Winner: Runner **Ben Ayers**, Cyclist **Brendon Lyon**, Paddler **Eric Buer**

1:37:00 - Adaptive Team Winner: Runner **Tim Klinefelter**, Cyclist **Garth Schmeck**, and Paddler **Bill Michel**

1:58:25 - Ironwoman Winner **Vickie Pell**

1:46:28 - Ironman Winner **Don Hicks**

Eppie's Great Race Team - Runner **Mike Ammon**, State Dept. of Waterways; Cyclist **Pat Zinn**, Computer Salesman, Paddler **Eppie**

Great Race Ironwoman - **Noelle Buer**, past #1 team member

Great Race Ironman - **John Weed**, past #1 team member

Eppie's Great Race was moved a week later than its traditional third weekend in July due to the 2000 Olympic Track & Field Trials at CSU-Sacramento. **Don Hicks** returned to capture his 11th Ironman title. **Vickie Pell** achieved her fifth win.

In recognition of his efforts on behalf of the disabled community, Sacramento County in 2000 renamed the La Sierra Community Building the **Eppie G. Johnson Therapeutic Recreation Center**.

Eppie's Great Race® XXVIII • July 21, 2001

1:40:40 - Team Winner: "Current Adventures Kayaking" Runner **Conrad Knutsen**, Cyclist **Carlos Casillas**, Paddler **Dan Crandall**

2:01:48 - Ironwoman Winner **Vickie Pell**

1:49:06 - Ironman Winner **Don Hicks**

Eppie's Great Race Team - Runner **Nina-Germaine Salarno-Ashford**, Dir. CA Office of Victims Services; Cyclist **Bill Griffith**, Sacramento Dept. of Parks & Rec., Paddler **Eppie**

Great Race Ironwoman - **Deirdre Fitzpatrick**, morning news anchor for KCRA-TV

Great Race Ironman - **Charlie Fox**, real estate broker

Don Hicks won his 12th Ironman title and **Vickie Pell** won her sixth Ironwoman title, each for a record number of Ironperson wins. The first overall open team trophy was renamed the **Paul A. Garcia Memorial Trophy**, in honor of a long-time Eppie's supporter who had recently passed away.

Eppie's Great Race® XXIX • July 20, 2002

1:34:59 - Team Winner: "Current Adventures Kayaking," Runner **Conrad Knutsen**, Cyclist **Carlos Casillas**, Paddler **Dan Crandall**

1:55:16 - Ironwoman Winner **Vickie Pell**, Carmichael, CA

1:44:46 - Ironman Winner **Vic Vicari**, Sacramento, CA

Eppie's Great Race Team - Runner **Dan Kennedy**, Publisher, *The Sacramento Business Journal*; Cyclist **Jeannine Kuhn**, Co-Founder of California Family Fitness, Paddler **Eppie**

Great Race Ironwoman - **Barbara Ashe**, EDS Business Analyst

Great Race Ironman - **John Segerdell**, Director of Engineering & Construction for Sacramento Regional Transit

Vic Vicari, competing in the Ironmen 40+ division, had the overall fastest Ironperson time and **Vickie Pell** won her seventh title. **Don Hicks** competed on a second-place relay team.

Leonard Weed, a multi-time participant and father of champion kayaker **John Weed**, passed away just after the race. He paddled in the race in 2001 at age 78. The Family Division was renamed the **Leonard Weed Memorial Division**.

Eppie's Great Race® XXX • July 19, 2003

367 TEAMS • 516 IRONPERSONS

1:36:50 - Open Team Winner: "Current Adventures Kayaking," Runner **Conrad Knutsen**, Cyclist **Carlos Casillas**, Paddler **Dan Crandall**

1:57:52 - Ironwoman Winner **Vickie Pell**, Carmichael, CA

1:45:35 - Ironman Winner **Vic Vicari**, Sacramento, CA

Eppie's Great Race Team - Runner **Gary Pruitt**, President of McClatchy Publishing; Cyclist **Ron Suter**, Director, Sacramento Co. Parks and Recreation, Paddler **Eppie**

Great Race Ironwoman - **Deirdre Fitzpatrick**, morning news anchor for KCRA-TV

Great Race Ironman - **Charlie Willard**, Great Race Co-Race Dir.

The 30th Annual Eppie's Great Race was celebrated with much fanfare and many notable performances. **Vickie Pell** became the first woman in the Women's 50+ division to win the Ironwoman Division outright, notching an unprecedented eighth Ironwoman victory. **Vic Vicari** duelled three-time winner **Leonard Veare** to win by less than a minute. Twelve-time winner **Don Hicks** paddled for the **River City Rebels** Team that came in a close second to three-peaters **Current Adventures Kayaking**. A plaque commemorating Eppie's Great Race® was placed at the start line by Co. Supervisor **Illa Collin**.

Eppie's Great Race® XXXI • July 24, 2004

413 TEAMS • 557 IRONPERSONS

1:36:52 - Open Team Winner: "Current Adventures Kayaking;" Runner **Conrad Knutsen**, Cyclist **Carlos Casillas**, Paddler **Dan Crandall**

1:58:48 - Ironwoman Winner **Elizabeth Collins**, Carmelian Bay, CA
1:38:22 - Ironman Winner **Miroslav Podborsky**, Poland
2:02:37 - Eppie's Great Race® Team - Runner **David Luchetti**, President Pacific Coast Building Products; Cyclist **Eric Heiden, MD**, 5-time Olympic Speed skating Gold Medalist; Paddler **Eppie**
2:20:29 - Great Race Ironwoman **Jennifer Whitney**, KOVR-Channel 13 News Anchor
2:08:31 - Great Race Ironman **Jeff Holden**, Clear Channel Director of Sales, Sacramento Region

World-class Czech athlete **Miroslav Podborsky** won the Ironman competition 16 minutes ahead of **David Schneider** of Tiburon. Podborsky's appearance came from the collaboration of Eppie with "Team Trikotot," three naturalized Czech U.S. citizens who have competed in Eppie's Great Race® since 1979. They worked with Eppie to have a similar event (Sept. 2003) in the Czech Republic and Eppie invited that event's winner (Podborsky) to come to Eppie's Great Race® here.

Ironwoman winner **Elizabeth Collins** of Carmelian Bay, Calif. finished a mere 47 seconds ahead of **Vickie Ammon**. Vickie, who had recently married longtime Eppie competitor **Mike Ammon**, is one and the same as the 8-time Eppie's Ironwoman **Vickie Pell**. Mike once again captured the men's 50+ division with a 1:53:30 time.

The date of this year's Great Race was again moved back a week due to the Olympic Track & Field Trials being held in Sacramento. In keeping with the Olympic theme, **George Katsoulis**, who carried the Olympic Torch in the ancient Greek city of Argos earlier in the year, carried the torch at the start.

Eppie's Great Race® XXXII • July 16, 2005

375 TEAMS • 464 IRONPERSONS

1:36:12 - Open Team Winner: Runner **Keith Hankins**, Cyclist **Dean Alleger**, Paddler **Don Hicks**

1:58:21 - Ironwoman Winner **Elizabeth Collins**, Carmelian Bay, CA

1:48:32 - Ironman Winner **Vic Vicari**, Sacramento

1:59:53 - Eppie's Great Race® Team - Runner **Will Kempton**, Director of Cal Trans; Cyclist **Jot Condie**, President/CEO California Restaurant Assoc.; Paddler **Bob Hanna**, Great Race athlete for over 20 years

2:14:00 - Great Race Ironwoman **Lynne Ruddell**, River City Paddlers Treasurer

2:01:04 - Great Race Ironman **Pat Hambright**, KTXL Weeknight Weathercaster

This was the hottest day ever for Eppie's Great Race, with a high of 107 degrees. The winning team of **Keith Hankins**, **Dean Alleger** and **Don Hicks** (12-time Eppie's Ironman winner) bested four-time team winner **Current Adventures** by a mere 15 seconds. **Elizabeth Collins** had an Ironwomen repeat victory, although 8-time winner **Vicki Ammon** was only 13 seconds behind her. **Vic Vicari** captured the Men's Ironman title, his fourth Eppie's victory.

Eppie's Great Race® XXXIII • July 15, 2006

362 TEAMS • 402 IRONPERSONS

2:01:36 - Adaptive Team Winner - **John Byrn**, **David Van Brunt**, **Charles Albright**

1:34:18 - Open Team Winner: **Team California Canoe & Kayak** - Runner **Corey Creasey**, Berkeley; Cyclist **Michael Brown**; Paddler **Craig Tanner**

1:57:37 - Ironwoman 40+ Winner **Elizabeth Collins**, Carmelian Bay, CA

1:57:42 - Ironwoman 50+ Winner **Vickie Ammon**, Carmichael, CA

2:06:27 - Ironwoman Open Winner **Erica Woolsen**

1:45:16 - Ironman 40+ Winner **Don Hicks**, Carmichael, CA

1:52:23 - Ironman Open Winner **Nikolas Rechiene**, Sacramento

2:04:15 - Eppie's Great Race® Team - Runner **Meredith Bean**, Director of Sports Medicine, Kaiser Permanente, So. Sacramento; Cyclist **Stephen Boutin**, founder and principal in the firm of Boutin Dentino Gibson Di Giusto Hodell Inc; Paddler **Meredith Wharton**, President of River City Paddlers

2:19:56 - Great Race Ironwoman **Jennifer Whitney**, former KOVR News Anchor

2:10:14 - Great Race Ironman **Jon Thomas**, Director & Owner of Campus Commons Physical Therapy, Inc.

A companion event for kids, the inaugural **Kaiser Permanente Kids Duathlon** was enjoyed by nearly 150 youths.

Don Hicks, 12-time Ironman winner and this year posting the overall fastest finish time as a 40+ Ironman, dedicated the race to his long-time best friend and training partner, **Jake**. Jake, a speedy German Shorthaired Pointer passed away earlier in the year.

Rachel Pond Camero, competing as an Open Ironwoman, dedicated her race to her 88-year-old grandfather, **William B. Pond**, after whom the park where the race begins is named. Her "Grandpa Bill" was Sacramento County's first Parks Director and the man whose vision was instrumental in creating the Parkway forty years ago. **Ron Suter**, involved in Eppie's Great Race® as Parks Director, volunteer, and participant for 26 years, retired from his position as Parks Director in August '06.

Bill Griffith (79) and **John Weed** (53) finished the event for their 32nd time. Ironwoman 40+ **Elizabeth Collins** notched a mere five-second victory over Ironwoman 50+ **Vickie Ammon**.

Eppie's Great Race total contributions to Sacramento County Therapeutic Recreation Services surpassed the \$800,000 mark.

Eppie's Great Race® XXXIV • July 21, 2007

RECORD NUMBERS!

446 TEAMS • 623 IRONPERSONS

1:51:02 - Adaptive Team Winner: **Y.B. Dogs - Muddy Dog**, **Karen O'Connell**, **Jon Houde**

1:32:12 - Open Team Winner: **Team California Canoe & Kayak** - Runner **Patrick Boivin**; Cyclist **Michael Brown**; Paddler **Craig Tanner**

1:58:41 - Ironwoman Overall Winner & Ironwoman 50+ Winner **Vicki Ammon**, Carmichael, CA

2:06:33 - Ironwoman Open Winner **Denise Rowland**, Sacramento

2:11:13 - Ironwoman 40-49 Winner **Debbie Heilman**, Sacramento

1:43:28 - Ironman Overall Winner & Ironman 40+ Winner **Vic Vicari**, Carmichael, CA

1:46:43 - Ironman Open Winner **Chris Heath**, Sacramento

1:52:45 - Eppie's Great Race® Team - Runner **Mike Ammon**, Calif. Dept. of Boating & Waterways Contract Administrator; Cyclist **Blair**

Robertson, Reporter, Sacramento Bee; Paddler **Bob Hanna**, Representative, West Side Boat Shop

2:27:13 - Great Race Ironwoman **Deirdre Fitzpatrick**, KCRA TV News Anchor

2:02:12 - Great Race Ironman **Rick Braziel**, Deputy Chief of Police, Sacramento Police Dept.

Record numbers were the big story at the 34th Annual Eppie's Great Race, with a 21 percent increase. In addition to the 1,958 Great Race participants, 206 competed in the 2nd Annual Kaiser Permanente Kids Duathlon.

Perennial competitors **Vic Vicari** (1:43:28) of Sacramento, and **Vickie Ammon** (1:58:41) of Carmichael, were the overall "Ironman" and "Ironwoman" winners. **Team California Canoe & Kayak** three-peated with a solid victory.

A check for \$48,170 was donated to the Sacramento Co. Therapeutic Recreation Services.

Eppie's Great Race® XXXV • July 19, 2008

422 TEAMS • 650 IRONPERSONS

1:56:24 - Adaptive Team Winner: **Nelsons Photoart - Anthoni Moots-Hotaling**; **David Wickeraad**; **Rick Nelson**

1:31:43 - Open Team Winner: **Team California Canoe & Kayak** - Runner **Patrick Boivin**; Cyclist **Jesse Moore**; Paddler **Craig Tanner**

2:01:30 - Ironwoman Overall Winner & Ironwoman 50+ Winner **Vickie Ammon**, Carmichael, CA

2:06:48 - Ironwoman Open Winner **Diana Hellman**, Sacramento

2:07:37 - Ironwoman 40-49 Winner **Elisa Reuter**, Sacramento

1:45:38 - Ironman Overall Winner & Ironman 40+ Winner **Vic Vicari**, Carmichael, CA

1:49:46 - Ironman Open Winner **Tav Streit**, Sacramento

1:56:35 - Eppie's Great Race® Team - Runner **Patrick McNeil**, Public Relations Manager, VSP Vision Care; Cyclist **Harold Alves**, District Director, Pitney Bowes; Paddler **Frank Whittaker**, Vice President, Operations, The McClatchy Company

2:09:00 - Great Race Ironwoman **Lelani Alves**, Manufacturer's Representative for Raley's/Bel Air and Nob Hill Markets

2:02:12 - Great Race Ironman **Brian Hickey**, Special Assignment Reporter for KCRA 3 News

Smoky air from Sierra Nevada forest fires caused the cancellation of many endurance events. Thankfully, welcome Delta breezes cleared the air and the day dawned smokeless for the 35th Annual Eppie's Great Race®. Entrant numbers achieved a record high of 2,365, and both Eppie's and the 3rd Annual Kaiser Permanente Kids Duathlon, were once again a huge success.

Winners were a 2007 repeat: **Vickie Ammon** and **Vic Vicari** won the Iron competitions, and **Team California Canoe & Kayak** was the first team.

Eppie's Great Race® XXXVI • July 18, 2009

400 TEAMS

703 IRONPERSONS

1:48:32 - Adaptive Team Winner: **Nelsons Photoart** - Runner: **Phil Blay**; Cyclist: **Anthoni Moots-Hoa**; paddler: **Rick Nelson**

1:30:35 - Open Team Winner: **California Canoe & Kayak** - Runner

Patrick Boivin; Cyclist **Jesse Moore**; Paddler **Craig Tanner**

1:59:33 - Ironwoman Overall & Open Winner **Nicole Young**

2:01:36 - Ironwoman 40+ Winner **Jeanette Powless**

1:43:49 - Ironman Overall Winner & Ironman 50+ Winner **Vic Vicari**, Carmichael, CA

1:46:29 - Ironman Open Winner **Tav Streit**, Sacramento

1:51:05 - Ironman 40+ Winner **Jeff Schwing**, Sacramento

2:13:36 - Eppie's Great Race® Team: Runner: **Richard Isaacs**, M.D.

Physician-in-Chief of Kaiser Permanente South Sacramento Medical Center;

Cyclist **Lea Brooks**

Public Information Officer Calif. Dept. of Pesticide Regulation; Paddler **Guy Cables**

Co-Owner, Sierra Outdoor Center

2:06:39 - Great Team Ironwoman **Cathie Simonsen**, Supervisor SMUD Safety Operations

2:16:39 - Great Team Ironman **Angel Cardenas**, News10 Traffic Reporter

Picture perfect summertime racing conditions greeted Eppie's Great Race participants with temperatures ranging from the low 60s at the start to the mid-80s in time for the post-race party and awards ceremony.

Press the replay button for Eppie's Great Race® 36 overall winners. **Vic Vicari** won the Iron competition, and **Team California Canoe & Kayak** the first team. A relative newcomer to the race, **Nicole Young**, won the Ironwoman Division; she had come in second in 2008.

In spite of tough economic times, race numbers held steady overall, and the Ironperson Divisions achieved a record number of entrants. \$20,000 was raised for Sacramento County Therapeutic Recreation Services, bringing the total contributions to more than \$908,000.

Eppie's Great Race® XXXVII • July 17, 2010

394 TEAMS

771 IRONPERSONS

1:39:23 - Adaptive Team Winner: **Nelsons Photoart** - Runner: **Barry Mc Kewin**; Cyclist: **John Wickeraad**; paddler: **Rick Nelson**

1:32:19 - Open Team Winner: **California Canoe & Kayak** - Runner **Patrick Boivin**; Cyclist **Jesse Moore**; Paddler **Craig Tanner**

2:02:30 - Ironwoman Overall & Open Winner **Nicole Young**

2:08:11 - Ironwoman 40+ Winner **Joilynn Hollingsworth**

1:44:24 - Ironman Overall Winner & Ironman 50+ Winner **Vic Vicari**, Carmichael, CA

1:55:50 - Ironman Open Winner **Vincent A.R. King**

1:45:23 - Ironman 40+ Winner **Mark Barrett**

2:24:42 - Eppie's Great Race® Team: Runner: **Bethany Crouch**

Morning News Anchor, FOX40; Cyclist **Bill Bradley** Sports Editor, *Sacramento Bee*; Paddler **Guy Cables** Co-Owner, Sierra Outdoor Center

2:15:45 - Great Team Ironwoman **Pam Goodley**, Aerojet Materials Program Manager

2:41:35 - Great Team Ironman **Ty Hadley**, Retired Educator

This Rancho Cordova-Sacramento area summertime tradition continues with another successful event held under perfect running, cycling and paddling conditions. The small dip in team numbers was more than compensated for by the big jump in Ironperson entries for an overall increase in participants once again.

Vic Vicari in the Iron competition, and **California Canoe & Kayak** in the team competition continued to dominate. Last year's Ironwoman overall winner **Nicole Young** returned to repeat in that category.

Another \$20,000 was raised for Sacramento County Therapeutic Recreation Services, bringing the total contributions ever closer to that \$1 million mark. This year Eppie presented the giant check to the Sacramento County Board of Supervisors, but only after three of the members completed a mock Eppie's Great Race around the chambers in less than four minutes!

Eppie's Great Race® XXXVIII • July 23, 2011

379 TEAMS

739 IRONPERSONS

2:05:45 - Adaptive Team Winner: **Team tfo 2** - Runner: **Eric Miller**;

Cyclist: **Anji Hanson**; paddler: **Kyle Hall**

1:33:01 - Open Team Winner: **Dwelly Chiropractic** - Runner **Carl**

Dargitz; Cyclist **Mike Brown**; Paddler **Johan Dall**

1:52:00 - Women's Team Winner (also 50-59 Div. Winner): **Fast@50** -

Runner **Molly Pratt**, Cyclist **Vicki Ammon**, Paddler **Sue Lutz**

1:57:38 - Ironwoman Overall & Open Winner **Donene Vukovich**

1:57:46 - Ironwoman 40+ Winner **Melanie Cleland**

1:45:14 - Ironman Overall Winner & Ironman 50+ Winner **Vic Vicari**, Carmichael, CA

1:48:53 - Ironman Open Winner **Tav Streit**

1:45:23 - Ironman 40+ Winner **Chris Heath**

2:01:39 - Eppie's Great Race® Team: Runner: **Joilynn Hollingsworth**, Aqua Aerobics Instructor; Cyclist **Rick Mahan**, Owner/Chef Waterboy and OneSpeed Pizza; Paddler **Karel Cymbal**, President Westfall Engineers, Inc.

2:13:35 - Great Team Ironwoman **Linda Casillas**, Special Projects Manager CA Statewide C.D.C

1:52:02 - Great Team Ironman **Craig Tanner**, retired educator

Initial concerns regarding water flow due to the large amount of rain in the area during the year were put to rest prior to the event as the Bureau of Reclamation held back flow and the race was conducted as planned.

More than 2,000 people participated in the event this year. **Vic Vicari** came in with a time of 1:45:14 to take the Ironman title while Ironwoman winner **Donene Vukovich** came in at 1:57:38.

Now in its 38th year, the race has raised an estimated \$1 million, currently to benefit the Sacramento County Therapeutic Recreation Services.

This year's race honored a 25-time finisher, **Nancy Fish**, who died from bile duct cancer during the past year.