## Spring Festival Tri/Du 5/29/17

Great morning at Montlake Park in Moses Lake for the Spring Festival Tri/Du. Hope you all had fun! Thanks to Moses Lake Parks & Recreation, Moses Lake Police Department, Grant County Sheriff's Office - Tom Jones, Sheriff, Lake City Foursquare Church, Moses Lake High School Key Club and the Richeson family!!

This is the first event of the BuDu Champion Series. For more information on the series, please go to:



http://www.buduracing.com/race-results-inset.php?eid=1603 Mjolnir Cycles is donating a custom bike frame to the series. Check out the link

above for more information.

# Finisher certificates and Age Group results are available at this link:

http://buduracing.racetecresults.com/Results.aspx?CId=16618&RId=147

BuDu Racing, LLC Charity of Choice: JDRF!



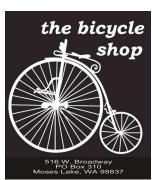
BuDu Racing, LLC is proud to pledge a portion of the registration fees to support the Juvenile Diabetes Research Foundation (JDRF). The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly, and can be fatal. Until a cure is found, people with type 1 diabetes have to test their blood sugar and give themselves insulin, every day of their lives. And even with that intensive care, insulin is not a cure for diabetes, nor does it prevent its eventual and devastating complications, which may include kidney failure, blindness, heart disease, stroke, and amputation.

We love our sponsors, and hope you do too! Please support them.



Thanks to local sponsors:







## **Spring Festival Triathlon**

Monday, May 29, 2017

#### If you have questions about your results, please email Info@BuDuRacing.com. Thanks to Michael Gray for the Age Graded Results.

BuDu Racing, LLC Timing by BuDu Racing, LLC

ing by E	<b>x</b> /																Age Gr	
Race No	Name	Time	Category	Cat Pos	Age	Gender	s G G Team	City	Run1	Pace	T1	Cycle	Pace	T2	Run2	Pace	Adj Time	Percent
1973		00:52:06	TOF	1		-	1	Baker City	00:06:34	2.3 m/hr	00:00:34	00:24:09	24.8 m/hr	00:00:22	00:20:25	6:35 min/m	0:45:33	96.
1968		00:52:31	50-54	1	-		2 VO2 Multisport	Bellevue	00:06:32	2.3 m/hr	00:00:44	00:23:58	25.0 m/hr	00:00:22	00:20:52	6:43 min/m		97.
1966		00:53:57	U19	1			3 High Gear Coaching	Richland	00:05:18	2.8 m/hr	00:00:39	00:26:47	22.4 m/hr	00:00:32	00:20:40	6:40 min/m		88.
1964		00:55:38	55-59	1			4	Sedro Woolley	00:06:26	2.3 m/hr	00:00:48	00:27:12	22.1 m/hr	00:00:26	00:20:45	6:41 min/m		95.
1946		00:56:20	35-39	1			5	Tacoma	00:06:19	2.4 m/hr	00:01:06	00:26:56	22.3 m/hr	00:00:35	00:20:43	6:53 min/m		86.
1933		00:58:03	25-29	1	_		6	Anacortes	00:07:31	2.4 m/hr	00:00:52	00:28:46	20.9 m/hr	00:00:48	00:20:05	6:28 min/m		79.
193		00:58:25	30-34	1			7	Missoula	00:07:31	2.0 m/m	00:00:32	00:27:54	20.9 m/m 21.5 m/hr	00:00:48	00:23:10	7:28 min/m		80.
190		01:00:24	TOF	1	-		,	Cheney	00:07:15	2.4 m/hr	00:00:56	00:29:50	20.1 m/hr	00:00:22	00:23:10	7:05 min/m		90.
199		01:00:51	30-34	2			8	Seattle	00:07:15	1.9 m/hr	00:01:25	00:29:30	20.3 m/hr	00:00:22	00:22:00	6:49 min/m		77.
1938		01:01:08	55-59	2			9	East Wenatchee	00:07:51	1.9 m/hr	00:00:55	00:23:37	20.3 m/hr	00:01:01	00:23:41	7:38 min/m		87.
1930	-	01:01:17	55-59	3	_		10	Plains	00:07:53	1.9 m/hr	00:00:48	00:27:58	21.7 m/m 21.5 m/hr	00:00:55	00:23:41	7:38 min/m		86.
1976		01:02:47	25-29	1				Seattle	00:07:53	1.5 m/hr	00:00:48	00:30:15	19.8 m/hr	00:00:55	00:23:41	6:34 min/m		86.
1920		01:02:52	60-64	1			11	Wenatchee	00:09:43	2.0 m/hr	00:00:52	00:28:51	20.8 m/hr	00:00:39	00:20:22	8:06 min/m		87.
	-			1	-													
1943		01:02:57	45-49	1				Moses Lake	00:08:05	1.9 m/hr	00:00:52	00:28:57	20.7 m/hr	00:00:41	00:24:21	7:51 min/m		92. 78.
1965		01:03:26	40-44	· ·			12	Gig Harbor	00:07:47	1.9 m/hr	00:00:50	00:31:38	19.0 m/hr	00:00:25	00:22:45	7:20 min/m		78.
1954		01:03:29	25-29	2			13	Kenmore	00:07:29	2.0 m/hr	00:01:20	00:30:36	19.6 m/hr	00:01:07	00:22:54	7:23 min/m		
1963		01:04:45	35-39	2			14	Ellensburg	00:07:50	1.9 m/hr	00:01:43	00:29:18	20.5 m/hr	00:00:46	00:25:06	8:05 min/m		75
1980		01:05:49	U19	2	-		15	Baker City	00:06:20	2.4 m/hr	00:00:46	00:31:15	19.2 m/hr	00:00:48	00:26:38	8:35 min/m		77
1971	oourraomon	01:05:49	U19	3			16	Baker City	00:06:38	2.3 m/hr	00:01:37	00:30:40	19.6 m/hr	00:00:23	00:26:30	8:32 min/m		77
1927		01:05:57	40-44	2			17	Seattle	00:07:40	2.0 m/hr	00:01:01	00:31:56	18.8 m/hr	00:00:28	00:24:51	8:01 min/m		75
1979		01:06:23	U19	4			18	Oak Harbor	00:05:42	2.6 m/hr	00:02:04	00:35:26	16.9 m/hr	00:00:27	00:22:42	7:19 min/m		71
1957		01:07:18	40-44	3			19	Yakima	00:07:16	2.1 m/hr	00:01:15	00:33:23	18.0 m/hr	00:00:35	00:24:47	7:59 min/m		73
1959	Mike Eddy	01:07:34	45-49	1			20 Tri City Rebels	West Richland	00:09:11	1.6 m/hr	00:01:58	00:30:16	19.8 m/hr	00:00:25	00:25:43	8:18 min/m		74
1989	Hartleigh Caine	01:07:36	40-44	1	40	Femal	e 4	Gig Harbor	00:09:26	1.6 m/hr	00:00:52	00:32:15	18.6 m/hr	00:00:17	00:24:44	7:58 min/m	0:59:09	84
1970	Reid Wagner	01:09:25	25-29	3	25	Male	21	Seattle	00:09:42	1.5 m/hr	00:01:40	00:31:48	18.9 m/hr	00:00:37	00:25:37	8:16 min/m	1:05:57	66
1998	Charity Rushton	01:10:18	U19	1	18	Femal	9 5	Baker City	00:08:00	1.9 m/hr	00:00:40	00:32:05	18.7 m/hr	00:00:34	00:28:57	9:20 min/m	1:02:55	79
1947	Turbo Charge	01:10:33	Relay	1	0	Male	22	Wenatchee	00:07:19	2.0 m/hr	00:00:52	00:28:51	20.8 m/hr	00:00:18	00:33:11	10:42 min/m	0:00:00	C
1930	Ethan Bergman	01:10:39	65-69	1	65	Male	23	Ellensburg	00:09:56	1.5 m/hr	00:01:12	00:30:37	19.6 m/hr	00:00:42	00:28:10	9:05 min/m	0:53:26	82
1978	Andrew Franssen	01:10:41	U19	5	18	Male	24	Oak Harbor	80:80:00	1.8 m/hr	00:01:37	00:33:57	17.7 m/hr	00:00:30	00:26:27	8:31 min/m	1:07:43	64
2000	Megan Murphy	01:10:50	40-44	2	42	Femal	6	Yakima	00:09:07	1.6 m/hr	00:01:40	00:31:35	19.0 m/hr	00:00:44	00:27:43	8:56 min/m	1:01:59	80
1977	Jerry Hill	01:10:58	60-64	2	60	Male	25 team blaze	Spokane	00:09:28	1.6 m/hr	00:02:15	00:30:15	19.8 m/hr	00:01:16	00:27:42	8:56 min/m	0:56:52	77
1992	Lisa Hesse	01:11:22	30-34	1	34	Femal	7 USMES	Perry Hall	00:07:27	2.0 m/hr	00:01:07	00:33:22	18.0 m/hr	00:00:51	00:28:33	9:12 min/m	1:05:04	77
1937		01:12:41	35-39	1	38		8 High Gear	Richland	00:08:23	1.8 m/hr	00:00:53	00:33:12	18.1 m/hr	00:00:49	00:29:22	9:28 min/m	1:05:07	77
1975		01:13:01	45-49	2			26 Seattle Green Lake Triathlon Club	Everett	00:08:19	1.8 m/hr	00:02:24	00:31:09	19.3 m/hr	00:01:39	00:29:29	9:30 min/m		68
1961		01:13:04	55-59	4			27	Renton	00:09:18	1.6 m/hr	00:01:16	00:34:22	17.5 m/hr	00:00:45	00:27:21	8:49 min/m		72
1940		01:14:02	60-64	1			. 9	West Richland	00:08:01	1.9 m/hr	00:02:10	00:33:19	18.0 m/hr	00:01:21	00:29:08	9:24 min/m		86
1929		01:14:53	35-39	2				Bellevue	00:08:04	1.9 m/hr	00:01:16	00:36:29	16.4 m/hr	00:00:56	00:28:06	9:03 min/m		74
1996		01:15:15	U19	2				Baker City	00:07:54	1.9 m/hr	00:01:12	00:36:22	16.5 m/hr	00:01:14	00:28:32	9:12 min/m		74
1999		01:15:17	60-64	3			28	Pasco	00:09:57	1.5 m/hr	00:01:40	00:33:17	18.0 m/hr	00:00:57	00:29:23	9:28 min/m		72
1951		01:16:15	Clydes	1			29	Tacoma	00:12:29	1.2 m/hr	00:02:39	00:31:01	19.3 m/hr	00:01:05	00:28:59	9:21 min/m		60
1990		01:16:49	55-59	1	57			Yakima	00:08:02	1.9 m/hr	00:02:33	00:32:56	18.2 m/hr	00:01:01	00:34:23	11:05 min/m		79
1990		01:17:13	20-24	1	22			Seattle	00:07:28	2.0 m/hr	00:00:24	00:32:50	15.6 m/hr	00:00:57	00:34.23	8:46 min/m		70
1990		01:17:43	45-49	3			30	Ellensburg	00:07:28	1.8 m/hr	00:03:14	00:35:12	17.0 m/hr	00:00:37	00:30:12	9:44 min/m		64
1953		01:17:43	45-49 Clvdesale		4/	Male	30	Selah	00:08:29	1.6 m/hr	00:02:08	00:35:12	16.9 m/hr	00:01:40	00:30:12	9:44 min/m 9:19 min/m		63
194			60-64	4	60		32	Kennewick	00:09:36	1.6 m/nr 1.3 m/hr	00:02:17	00:35:26	18.3 m/hr	00:01:36	00:28:53	9:28 min/m		70
		01:18:03																67
1974		01:19:16	55-59	5			33 34	Grandview	00:13:14	1.1 m/hr 1.5 m/hr	00:01:56	00:36:00	16.7 m/hr	00:01:33	00:26:30	8:33 min/m		61
1955		01:19:40	35-39	3				Benton City	00:10:00		00:05:00	00:33:20	18.0 m/hr	00:01:51	00:29:28	9:30 min/m		
1936		01:20:06	35-39	3				Mead	00:11:14	1.3 m/hr	00:01:10	00:36:12	16.6 m/hr	00:01:37	00:29:52	9:38 min/m		69
1952	5	01:20:33	50-54	2	-		35	Seattle	00:11:28	1.3 m/hr	00:04:59	00:34:11	17.5 m/hr	00:01:26	00:28:27	9:10 min/m		63
1993		01:21:22	U19	3	9			Baker City	00:08:44	1.7 m/hr	00:01:43	00:40:39	14.8 m/hr	00:00:34	00:29:39	9:34 min/m		69
1950		01:22:37	Clydes	2			36	Montesano	00:11:49	1.3 m/hr	00:02:01	00:33:54	17.7 m/hr	00:00:53	00:33:59	10:57 min/m		66
1997		01:22:54	40-44	3	41			Baker City	00:11:25	1.3 m/hr	00:01:21	00:36:40	16.4 m/hr	00:01:09	00:32:18	10:25 min/m		69
1988		01:24:04	45-49	2				Seattle	00:11:53	1.3 m/hr	00:03:29	00:37:24	16.0 m/hr	00:00:45	00:30:32	9:50 min/m		69
1984		01:24:08	45-49	3	47			Seattle	00:13:13	1.1 m/hr	00:02:54	00:35:34	16.9 m/hr	00:01:15	00:31:10	10:03 min/m		69
1934		01:25:56	25-29	4			37	Moses Lake	00:12:26	1.2 m/hr	00:01:39	00:41:35	14.4 m/hr	00:00:45	00:29:29	9:30 min/m		53
1939	Wendy Bennett	01:27:18	60-64	2	62	Femal	9 19	Unit C,West Richland	00:09:32	1.6 m/hr	00:02:38	00:37:45	15.9 m/hr	00:01:41	00:35:40	11:30 min/m		73
1982	Enid Flynn	01:27:19	Athena	1	35	Femal	e 20 Tri-City Rebels Team in Training	Pasco	00:10:39	1.4 m/hr	00:03:12	00:37:10	16.1 m/hr	00:01:28	00:34:48	11:13 min/m	1:18:13	64
1972	Adam Rushton	01:27:34	U19	6	11	Male	38	Baker City	00:07:57	1.9 m/hr	00:02:34	00:42:32	14.1 m/hr	00:01:10	00:33:19	10:44 min/m	1:15:15	58
1944	Mazzy Janis	01:31:05	U19	4	15	Femal	21	Yakima	00:08:37	1.7 m/hr	00:01:27	00:48:06	12.5 m/hr	00:00:39	00:32:14	10:23 min/m	1:20:31	62
1942	Y Tyler Bishop	01:32:24	25-29	5	29	Male	39	Moses Lake	00:12:45	1.2 m/hr	00:02:55	00:40:31	14.8 m/hr	00:00:47	00:35:23	11:24 min/m	1:27:47	50

-- Age Graded --

Timing	iming by BuDu Racing, LLC															Age C	ge Graded				
Pos	Race No	Name	Time	Category	Cat Pos	Age	Gender	Gen Pos	Team	City	Run1	Pace	T1	Cycle	Pace	T2	Run2	Pace	Adj Time	Percent	Rnk
62	1994	Nancy Deobald	01:41:40	60-64	4	62	Female	23		Harvard	00:13:35	1.1 m/hr	00:05:23	00:44:44	13.4 m/hr	00:01:18	00:36:38	11:49 min/m	1:19:28	63.1	55
63	1948	Rushton Kids	01:42:34	Relay	2	0	Male	40		Baker City	00:14:23	1.0 m/hr	00:00:21	00:35:13	17.0 m/hr	00:00:22	00:52:14	16:51 min/m	0:00:00	0.0	0
64	1956	Austin Mcculley	01:43:08	35-39	4	36	Male	41	Tri-City Rebels	Richland	00:09:09	1.6 m/hr	00:04:28	00:36:44	16.3 m/hr	00:02:20	00:50:24	16:15 min/m	1:32:39	47.5	65
65	1932	Shilo Collette	01:43:32	25-29	2	27	Female	24		Moses Lake	00:14:38	1.0 m/hr	00:04:36	00:43:17	13.9 m/hr	00:01:20	00:39:38	12:47 min/m	1:35:17	52.6	62
66	1987	Caitlin Holloway	01:45:33	Athena	2	26	Female	25	Tri-City Rebels	Richland	00:14:49	1.0 m/hr	00:03:06	00:41:28	14.5 m/hr	00:01:56	00:44:12	14:15 min/m	1:37:08	51.6	63
67	1931	Sean Collette	01:48:07	30-34	3	34	Male	42		Moses Lake	00:13:21	1.1 m/hr	00:10:32	00:41:38	14.4 m/hr	00:02:57	00:39:38	12:47 min/m	1:40:50	43.6	66
68	1985	Janine Zietlow	01:50:23	50-54	1	53	Female	26		Moses Lake	00:12:56	1.2 m/hr	00:03:32	00:44:05	13.6 m/hr	00:01:28	00:48:20	15:35 min/m	1:33:13	53.8	61
DNF	1935	Sonia Tonnemaker	DNF	55-59		56	Female			Royal City	00:08:21	1.8 m/hr									

# **Spring Festival Duathlon**

### Monday, May 29, 2017

If you have questions about your results, please email Info@BuDuRacing.com. Thanks to Michael Gray for the Age Graded Results.

		BuDu Racing, LLC	,			1		1	I	T	Т	1	1	1	1	1	1		Age C	Grade	d
Pos	Race No	Name	Time	Category	Cat Pos	Age	Gender	Gen Pos	Team	City	Run1	Pace	T1	Cycle	Pace	Т2	Run2	Pace	Adj Time	Percent	Rnk
1	1893	Scott Harder	01:00:28	TOF	1	46	Male	1	Snoqualmie Ice Cream Racing	Mill Creek	00:09:47	6:06 min/m	00:00:37	00:27:19	22.0 m/hr	00:00:44	00:22:00	7:05 min/m	0:52:53	88.6	3
2	1908	Ben Thomassen	01:01:47	3039	1	37	Male	2	Identity Racing	Ellensburg	00:09:42	6:03 min/m	00:00:30	00:28:11	21.3 m/hr	00:00:27	00:22:55	7:23 min/m	0:55:30	84.4	7
3	1899	Steven Wade	01:02:44	5059	1	59	Male	3	Team Wade	Burlington	00:10:27	6:32 min/m	00:00:42	00:27:48	21.6 m/hr	00:00:27	00:23:17	7:30 min/m	0:51:52	90.3	1
4	1898	Sean Taylor	01:04:35	4049	1	48	Male	4		Gig Harbor	00:10:48	6:45 min/m	00:00:28	00:27:49	21.6 m/hr	00:00:16	00:25:13	8:08 min/m	0:56:29	82.9	10
5	1900	Wade Hoiland	01:05:12	60+	1	61	Male	5	Team Wade	Pullman	00:10:28	6:32 min/m	00:00:35	00:29:55	20.1 m/hr	00:00:33	00:23:39	7:37 min/m	0:52:14	89.6	2
6	1890	Kirk Herring	01:06:24	60+	2	63	Male	6		Spokane	00:12:01	7:31 min/m	00:01:00	00:27:54	21.5 m/hr	00:00:38	00:24:49	8:00 min/m	0:53:12	88.0	4
7	1906	3 Amigos	01:10:59	Relay	1	0	Male	7		Moses Lake	00:11:43	7:19 min/m	00:00:23	00:31:10	19.3 m/hr	00:00:21	00:27:21	8:49 min/m			
8	1907	Wallace Wood	01:13:35	60+	3	67	Male	8		Vashon	00:12:00	7:30 min/m	00:00:57	00:32:11	18.6 m/hr	00:00:45	00:27:39	8:55 min/m	0:55:39	84.1	8
9	1911	Cora Sturzl	01:14:05	TOF	1	54	Female	1		Malaga	00:12:44	7:57 min/m	00:00:59	00:32:46	18.3 m/hr	00:00:50	00:26:45	8:37 min/m	1:02:34	85.3	6
10	1897	Michelle Musia	01:14:26	4049	1	46	Female	2		Enterprise	00:12:48	8:00 min/m	00:00:26	00:30:59	19.4 m/hr	00:00:31	00:29:40	9:34 min/m	1:04:19	83.0	9
11	1902	Nancy Taylor	01:16:19	4049	2	47	Female	3		Gig Harbor	00:12:45	7:58 min/m	00:00:43	00:35:13	17.0 m/hr	00:00:26	00:27:10	8:46 min/m	1:05:56	81.0	11
12	1891	Jaime Greene	01:17:54	4049	3	41	Female	4		Renton	00:12:55	8:04 min/m	00:00:51	00:32:50	18.3 m/hr	00:00:42	00:30:35	9:52 min/m	1:08:10	78.3	12
13	1901	Christina Jalali	01:19:31	4049	4	41	Female	5		Coulee City	00:12:47	7:59 min/m	00:01:16	00:35:55	16.7 m/hr	00:01:19	00:28:12	9:06 min/m	1:09:34	76.7	13
14	1905	Team Robillard	01:21:06	Relay	2	0	Male	9		Moses Lake	00:11:30	7:11 min/m	00:00:26	00:43:38	13.8 m/hr	00:00:21	00:25:10	8:07 min/m			
15	1895	Dan Zenner	01:21:55	60+	4	64	Male	10		Moscow	00:14:13	8:53 min/m	00:01:08	00:36:29	16.4 m/hr	00:00:48	00:29:16	9:26 min/m	1:05:38	71.3	14
16	1904	Billy Lewis	01:25:50	4049	2	43	Male	11		Tacoma	00:13:39	8:32 min/m	00:00:48	00:39:24	15.2 m/hr	00:00:48	00:31:08	10:02 min/m	1:15:52	61.7	17
17	1892	Gina Howe	01:30:40	3039	1	36	Female	6	Raise the Bar	Kent	00:16:04	10:02 min/m	00:00:58	00:36:20	16.5 m/hr	00:01:02	00:36:15	11:41 min/m	1:21:13	65.7	15
18	1894	Eric Howe	01:32:02	3039	2	39	Male	12		Kent	00:15:41	9:48 min/m	00:01:23	00:36:41	16.4 m/hr	00:01:10	00:37:05	11:57 min/m	1:22:41	56.6	18
19	1903	Christine Lewis	01:34:12	4049	5	46	Female	7		Tacoma	00:15:15	9:32 min/m	00:00:36	00:40:55	14.7 m/hr	00:00:31	00:36:53	11:53 min/m	1:21:24	65.6	16
20	1909	Patrick Griffith	01:41:53	Clyde	1	54	Male	13		Olympia	00:14:50	9:16 min/m	00:02:23	00:38:25	15.6 m/hr	00:02:09	00:44:04	14:13 min/m	1:27:13	53.7	19
21	1896	Sister Madonna Buder	01:56:41	60+	1	87	Female	8		Spokane	00:21:40	13:32 min/m	00:00:52	00:43:09	13.9 m/hr	00:00:37	00:50:22	16:14 min/m	1:02:16	85.7	5
DNF	1910	Lisa Grover	DNF	5059		52	Female			Olympia											