

2026 Triangle Sprint - Participant List (3/23)						
Last Name	First Name	City	State	M/F	Age	Category
Ackerman	Tom	Fuquay Varina	NC	M	58	Age Group
Allen	Loren	Jacksonville	NC	F	37	Age Group
Allen	Elizabeth	Cary	NC	F	37	Age Group
Allen	Christopher	Cary	NC	M	38	Age Group
Ammon	Christopher	Durham	NC	M	47	Age Group
Arey	Ashley H	Chapel Hill	NC	F	42	Age Group
Arnold	Will	Chapel Hill	NC	M	37	Age Group
Atkins	Kristi	Jefferson	GA	F	46	Age Group
Austin	Chad	Raleigh	NC	M	53	Age Group
Baekey	Dharma	Cary	NC	F	27	Novice
Bartniski	John	Charlotte	NC	M	32	Age Group
Baska	Kamil	Holly Springs	NC	M	32	Age Group
Baughman	Rayn	Wendell	NC	F	23	Age Group
Bavin	Nick	Cary	NC	M	47	Age Group
Beauchamp	Christina	Holly Springs	NC	F	43	Age Group
Bemmels	Wade	Chapel Hill	NC	M	53	Age Group
Berka	John	Raleigh	NC	M	42	Age Group
Berry-Nguyen	Aidan	Durham	NC	F	35	Novice
Boom	Andrew	Pittsboro	NC	M	39	Novice
Botard	Trey	Raleigh	NC	M	41	Novice
Bowen	Abigail	Cary	NC	F	38	Relay
Bravo Martin	Juan Carlos	Durham	NC	M	46	Age Group
Buechner	Mark	Fayetteville	NC	M	58	Age Group
Cain	Greg	Cary	NC	M	58	Age Group
Camp	Krista	Durham	NC	F	36	Age Group
Campbell	Amy	Raleigh	NC	F	56	Age Group
Cantrell	Henry	Apex	NC	M	70	Age Group
Cardinale	Jack	Raleigh	NC	M	15	Age Group
Carey	Mark	Chapel Hill	NC	M	55	Advanced
Carter	Christopher	Holly Springs	NC	M	40	Age Group
Castillo	Dorilyn	Fayetteville	NC	F	27	Age Group
Clunan	Melissa	Raleigh	NC	F	31	Age Group
Collar	Anne	Holly Springs	NC	F	31	Age Group
Cook	Krystle	Cary	NC	F	45	Age Group
Cook	Michael	Cary	NC	M	64	Age Group

Cox	Brody	Apex	NC	M	20	Age Group
Cox	Kevin	Apex	NC	M	51	Age Group
Craver	Amelia	Mocksville	NC	F	43	Novice
Cullen	Tom	Cary	NC	M	34	Clydesdale
DeCaro	Gabriel	Apex	NC	M	31	Novice
DeCaro	Emma Rose	Apex	NC	F	26	Age Group
Decker	Robert	Raleigh	NC	M	30	Age Group
Doerr	Mary	Cary	NC	F	42	Novice
Draves	Cade	Greensboro	NC	M	16	Age Group
Drawbaugh	John	Raleigh	NC	M	29	Age Group
Drob	Matthew	Apex	NC	M	38	Novice
Drutar	Michael	Raleigh	NC	M	43	Age Group
Dunkman	Jonathan	Chapel Hill	NC	M	43	Age Group
Fenton	Sean	Durham	NC	M	59	Age Group
Ford	Matt	Stokesdale	NC	M	30	Novice
Fox	Stephen	Raleigh	NC	M	40	Age Group
Fox	Jessica	Raleigh	NC	F	36	Age Group
Garcia	Tony	Raleigh	NC	M	54	Age Group
Garrido	Vanessa	Raleigh	NC	F	34	Novice
Garrison	Amber	Apex	NC	F	47	Novice
Gauthier	Sophia	Chapel Hill	NC	F	34	Age Group
Givens	Thomas	Rougemont	NC	M	63	Age Group
Hafen	Lucas	Apex	NC	M	14	Novice
Hafen	Sophia	Apex	NC	F	16	Novice
Hafen	Anabelle	Apex	NC	F	18	Novice
Hafen	Matt	Apex	NC	M	42	Novice
Haiducek	Dale	Durham	NC	M	42	Age Group
Harborne	Abby	Charlotte	NC	F	22	Age Group
Hartzell	Sam	Raleigh	NC	M	40	Age Group
Haubenreiser	Joan	Kernersville	NC	F	74	Relay
Holdridge	Kevin	Concord	NC	M	54	Clydesdale
Howell	Malea	Cary	NC	F	23	Novice
Hui	Terrie	Mebane	NC	F	60	Age Group
Hydar	Alexis	Sanford	NC	F	25	Novice
Jakelski	Allen	Holly Springs	NC	M	46	Age Group
James-Le	Josephine	Silver Spring	MD	F	24	Age Group
Kearney	Alex	Garner	NC	M	32	Age Group
Keck	Frazier	Cary	NC	M	65	Age Group
Kelly	Linsley	Durham	NC	F	41	Age Group

Keltner	Jeremy	Holly Springs	NC	M	50	Age Group
King	Adam	Holly Springs	NC	M	43	Novice
Klein	RJ	Raleigh	NC	M	23	Age Group
Knox	David	Charleston	WV	M	55	Novice
Kramarenko	Kelly	Durham	NC	F	40	Novice
Ku	Nolan	Holly Springs	NC	M	37	Novice
Ku	Nancy	Holly Springs	NC	F	38	Novice
Lanning	Miranda	Durham	NC	F	33	Novice
Lee	Seunghyun	Cary	NC	M	39	Age Group
Linehan	William	Chapel Hill	NC	M	44	Age Group
Litke	Ben	Raleigh	NC	M	35	Age Group
Maisashvili	Tekla	Silver Spring	MD	F	24	Age Group
Market	Connor	Durham	NC	M	30	Age Group
Martino	Nathan	Raleigh	NC	M	35	Novice
McLaughlin	Cicely	Cary	NC	F	35	Age Group
McLoughlin	Joseph	Raleigh	NC	M	42	Age Group
Mcmillan	Sean	Holly Springs	NC	M	38	Age Group
Medlin	Chad	New Hill	NC	M	39	Novice
Millslagle	Duane	Cary	NC	M	76	Aquabike
Monroe	Sarah	West End	NC	F	26	Novice
Montgomery	Mark	Wake Forest	NC	M	71	Age Group
Murray	Ryan	Raleigh	NC	M	39	Age Group
Murray	Andrea	Raleigh	NC	F	38	Age Group
Nawyn	Kyle	Apex	NC	M	29	Novice
Nissenfeld	Alisha	Morrisville	NC	F	48	Novice
Oliver	Stacey	Cary	NC	F	37	Aquabike
Oliver	Bradley	Wilmington	NC	M	24	Novice
Omerza	William	New Hill	NC	M	35	Age Group
Osborn	Judith	Charlotte	NC	F	74	Relay
Page	Lucas	Raleigh	NC	M	28	Novice
Passarelli	Dan	Troutman	NC	M	69	Age Group
Pauling	Anna	Lancaster	SC	F	17	Age Group
Pauling	Kristi	Lancaster	SC	F	48	Age Group
Pawlak	Joel	Raleigh	NC	M	53	Clydesdale
Pearson	Jessica	Cary	NC	F	53	Age Group
Powell	Jennifer	Apex	NC	F	46	Age Group
Raginsky	Michael	Watchung	NJ	M	26	Novice
Region	Krista	Wilmington	NC	F	34	Age Group
Riley	William	Goldsboro	NC	M	33	Advanced

Royster	Andrew	Raleigh	NC	M	38	Age Group
Salvador	Caz	Independence	VA	F	68	Age Group
Scheier	Eric	Hillsborough	NC	M	34	Age Group
Schoch	Aria	Cary	NC	F	15	Age Group
Seiche	Daniel	Apex	NC	M	50	Age Group
Sellers	Lee	West Chester	OH	M	56	Age Group
Shabalina	Anastasia	Cary	NC	F	40	Novice
Shaw	Aaron	Durham	NC	M	30	Age Group
Shu	Huan	Cary	NC	M	40	Age Group
Sides	Caleb	Oak Ridge	NC	M	30	Age Group
Silberman	Jonathan	Raleigh	NC	M	36	Novice
Sipple	Steve	Cary	NC	M	65	Aquabike
Siquioco	Eduard Joseph	Apex	NC	M	33	Age Group
Stevens	Jimmy	Durham	NC	M	29	Age Group
Stevens	Susanna	Durham	NC	F	47	Athena
Tucker	Brian	Cary	NC	M	56	Age Group
Van Horn	Brian	Durham	NC	M	65	Age Group
Vandersteenhoven	Eric	Raleigh	NC	M	36	Age Group
Vanderwoude	Phil	Chapel Hill	NC	M	59	Age Group
Vaudo	Benjamin	Cary	NC	M	27	Novice
Voelker	Dean	Durham	NC	M	35	Age Group
Watkins	Ginger	Greensboro	NC	F	69	Age Group
Watson	Crystal	Raleigh	NC	F	47	Age Group
Whitney	Jenny	Wilmington	NC	F	47	Athena
Williams	David	Franklinton	NC	M	60	Age Group
Winship	Sean	East Bend	NC	M	39	Age Group
Wittick	Travis	Durham	NC	M	41	Age Group
Yang	Taylor	Raleigh	NC	F	22	Age Group
Youd	Nate	Cary	NC	M	38	Age Group
Youd	Susie	Cary	NC	F	39	Age Group
Young	Tyler	Raleigh	NC	M	26	Age Group
Yount	Paul	Knightdale	NC	M	44	Age Group