

2026 Triangle Sprint - Participant List (5/4)						
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
Alvarez	Adriana	Cary	NC	F	28	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
Arwood	Fiona	Arden	NC	F	24	Age Group
Atkins	Kristi	Jefferson	GA	F	46	Age Group
Atkinson	Greg	Morrisville	NC	M	45	Age Group
Austin	Chad	Raleigh	NC	M	53	Age Group
Bachler	Sarah	Cary	NC	F	32	Novice
Barnagaud	Leo	Winston Salem	NC	M	28	Age Group
Bartniski	John	Charlotte	NC	M	32	Age Group
Baska	Kamil	Holly Springs	NC	M	32	Age Group
Basso	Anne	Raleigh	NC	F	43	Advanced
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
Belote	Will	Cary	NC	M	26	Advanced
Bemmels	Wade	Chapel Hill	NC	M	53	Age Group
Berger	Sarah	Efland	NC	F	40	Age Group
Berka	John	Raleigh	NC	M	42	Age Group
Berry-Nguyen	Aidan	Durham	NC	F	35	Novice
Blackwell	Brianna	Clayton	NC	F	31	Age Group
Boerth	Erica	Raleigh	NC	F	28	Novice
Boom	Andrew	Pittsboro	NC	M	39	Novice
Bosma	Cristie	Whispering Pines	NC	F	37	Age Group
Botard	Trey	Raleigh	NC	M	41	Novice
Bowen	Abigail	Cary	NC	F	38	Relay
Bradburn	Jeffery	Winston-Salem	NC	M	56	Age Group
Bravo Martin	Juan Carlos	Durham	NC	M	46	Age Group
Brooks	Sean	Cary	NC	M	21	Age Group
Brown	Eternity	Angier	NC	F	30	Age Group

Brown	Nicholas	Angier	NC	M	29	Age Group
Buechner	Mark	Fayetteville	NC	M	58	Age Group
Burke	Adam	Raleigh	NC	M	48	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
Capps	Michael	Cary	NC	M	53	Age Group
Cardinale	Jack	Raleigh	NC	M	15	Age Group
Carey	Mark	Chapel Hill	NC	M	55	Advanced
Carroll	David	Cary	NC	M	63	Age Group
Carter	Christopher	Holly Springs	NC	M	40	Age Group
Castillo	Dorilyn	Fayetteville	NC	F	27	Age Group
Christopher	Mark	Southern Pines	NC	M	60	Relay
Clunan	Melissa	Raleigh	NC	F	31	Age Group
Cocanour	Amy	Asheville	NC	F	56	Aquabike
Collar	Anne	Holly Springs	NC	F	31	Age Group
Contardo	Peter	Cary	NC	M	47	Novice
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
Creagh	Timothy	Fuquay Varina	NC	M	27	Age Group
Criscuola	Joe	Wake Forest	NC	M	48	Age Group
Cruz Montano	Carlos	Raleigh	NC	M	51	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
Delsaut	Trevor	Raleigh	NC	M	42	Advanced
Doerr	Mary	Cary	NC	F	42	Novice
Donovan	Liam	Cary	NC	M	27	Age Group
Draves	Cade	Greensboro	NC	M	16	Age Group
Drawbaugh	John	Raleigh	NC	M	29	Novice
Drob	Matthew	Apex	NC	M	38	Novice
Drutar	Michael	Raleigh	NC	M	43	Age Group
Dunkman	Jonathan	Chapel Hill	NC	M	43	Age Group
Dunlap	Jennifer	Southern Pines	NC	F	38	Novice

Earnhardt	Taylor	Morrisville	NC	F	30	Age Group
Fenton	Sean	Durham	NC	M	59	Age Group
Flavin	James	Cary	NC	M	37	Age Group
Ford	Matt	Stokesdale	NC	M	30	Novice
Forney	Scott	Wake Forest	NC	M	57	Age Group
Fox	Stephen	Raleigh	NC	M	40	Age Group
Fox	Jessica	Raleigh	NC	F	36	Age Group
Franchuk	Andrew	Durham	NC	M	33	Novice
French	Audrey	Wilmington	NC	F	17	Age Group
Funk	Conner	Cedar Grove	NC	M	22	Novice
Gagnon	Kevin	Newport	NC	M	35	Novice
Garcez	Rafael	Fuquay Varina	NC	M	41	Novice
Garcez	Flavia	Fuquay Varina	NC	F	38	Novice
Garcia	Luis	Raleigh	NC	M	38	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
Geffken	Jace	Knightdale	NC	M	37	Age Group
Gerrard	Yannick	Cary	NC	M	52	Age Group
Gerard	Clement	Cary	NC	M	17	Age Group
Gerard	Nathalie	Cary	NC	F	52	Age Group
Givens	Thomas	Rougemont	NC	M	63	Age Group
Gore	Sean	Wilmington	NC	M	24	Novice
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
Harris	Jane	Matthews	NC	F	21	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
Hua	Vince	Durham	NC	M	33	Novice
Hui	Terrie	Mebane	NC	F	60	Age Group
Hurley	Megan	Raleigh	NC	F	25	Age Group
Hydar	Alexis	Sanford	NC	F	25	Novice

Ikehara	Kazden	Broadway	NC	M	37	Age Group
Jacobs	Ian	Moorestown	NJ	M	66	Aquabike
Jakelski	Allen	Holly Springs	NC	M	46	Age Group
James-Le	Josephine	Silver Spring	MD	F	24	Age Group
Johnson	Erik	Cornelius	NC	M	59	Aquabike
Juergens	Diana	Fayetteville	NC	F	63	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
Kennedy	David	Cary	NC	M	45	Age Group
King	Jordan	Gastonia	NC	M	21	Age Group
King	Chaz	Forest	VA	M	37	Age Group
King	Adam	Holly Springs	NC	M	43	Novice
Klein	RJ	Raleigh	NC	M	23	Age Group
Knight	Laura	Cornelius	NC	F	31	Novice
Knight	Dave	Carolina Beach	NC	M	65	Age Group
Knight	Jeff	Huntersville	NC	M	60	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
Lankford	Tom	Wilmington	NC	M	63	Aquabike
Lanning	Miranda	Durham	NC	F	33	Novice
Lavoie	Hayley	Holly Ridge	NC	F	26	Novice
Lavoie	Aaron	Sanford	NC	M	30	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
Lomazov	Jacob	Durham	NC	M	28	Age Group
Long	Charlie	Charlotte	NC	M	17	Age Group
Maisashvili	Tekla	Silver Spring	MD	F	24	Age Group
Maready	Amber	Hampstead	NC	F	35	Age Group
Maready	Taylor	Hampstead	NC	M	37	Age Group
Market	Connor	Durham	NC	M	30	Age Group
Martino	Nathan	Raleigh	NC	M	35	Novice
Massey	Stephen	Raleigh	NC	M	36	Age Group
McCleary	Jim	Raleigh	NC	M	72	Aquabike
Mcculloch	Tyler	Cary	NC	M	39	Age Group

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
Michiels	David	Charlotte	NC	M	40	Age Group
Millslagle	Duane	Cary	NC	M	76	Aquabike
Monroe	Sarah	West End	NC	F	26	Novice
Montgomery	Mark	Wake Forest	NC	M	71	Age Group
Morrill	Aaron	Sanford	NC	M	42	Age Group
Mulligan	Sarah	Raleigh	NC	F	62	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
Nichols	Julianne	Apex	NC	F	28	Novice
Nissenfeld	Alisha	Morrisville	NC	F	48	Novice
Olivares	Samuel	Wilson	NC	M	28	Age Group
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
Patel	Sajan	Apex	NC	M	24	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
Powell	Jennifer	Apex	NC	F	46	Age Group
Raginsky	Michael	Watchung	NJ	M	26	Novice
Ravishankar	Hamsini	Charlotte	NC	F	28	Age Group
Region	Krista	Wilmington	NC	F	34	Age Group
Revelas	Lily	Rocky Point	NC	F	24	Age Group
Riley	William	Goldsboro	NC	M	33	Advanced
Rink	Kathy	Davidson	NC	F	60	Age Group
Romer	Braden	Lewisville	NC	M	42	Age Group
Royster	Andrew	Raleigh	NC	M	38	Age Group
Rubin	Rob	Holly Springs	NC	M	51	Age Group
Rucker	Jacob	Apex	NC	M	37	Age Group
Salvador	Caz	Independence	VA	F	68	Age Group
Scales	Tim	Durham	NC	M	41	Novice

Scheier	Eric	Hillsborough	NC	M	34	Age Group
Schnakenburg	Andrea	Winston Salem	NC	F	41	Athena
Schoch	Aria	Cary	NC	F	15	Age Group
Seiche	Daniel	Apex	NC	M	50	Age Group
Selig	Julie	Fuquay-Varina	NC	F	19	Age Group
Sellers	Lee	West Chester	OH	M	56	Age Group
Shabalina	Anastasia	Cary	NC	F	40	Novice
Sharp	Matthew	Apex	NC	M	64	Age Group
Shaw	Aaron	Durham	NC	M	30	Age Group
Shu	Jason	Raleigh	NC	M	27	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
Simmons	Matthew	Raleigh	NC	M	47	Age Group
Sipple	Steve	Cary	NC	M	65	Aquabike
Siquioco	Eduard Joseph	Apex	NC	M	33	Age Group
Srivatsav	Tejas	Charlotte	NC	M	27	Age Group
Stanley	Dena	Concord	NC	F	29	Age Group
Stevens	Jimmy	Durham	NC	M	29	Age Group
Stevens	Susanna	Durham	NC	F	47	Athena
Stewart	Olivia	Greenville	SC	F	28	Age Group
Stutts	Andrew	Durham	NC	M	34	Age Group
Stutts	Susan	Durham	NC	F	33	Age Group
Tucker	Brian	Cary	NC	M	56	Age Group
Uberseder	Beth	Lewisville	NC	F	66	Age Group
Urban	Alexander	Raeford	NC	M	31	Novice
Valenzuela	Jair	Chapel Hill	NC	M	29	Novice
Van Horn	Brian	Durham	NC	M	65	Age Group
VanAuken	Kristie	Cary	NC	F	58	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
Warner	Kelli	Raleigh	NC	F	50	Age Group
Waterbury	Carolyn	Sanford	NC	F	29	Novice
Watkins	Ginger	Greensboro	NC	F	69	Age Group
Watson	Crystal	Raleigh	NC	F	47	Age Group
Watts	Erin	Chapel Hill	NC	F	47	Age Group
Whitney	Jenny	Wilmington	NC	F	47	Athena

Widmar	Jake	Wilmington	NC	M	21	Age Group
Willert	Matt	Raleigh	NC	M	41	Age Group
Williams	David	Franklinton	NC	M	60	Age Group
Wilson	Clayton	Cornelius	NC	M	22	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	Andrew	Charlotte	NC	M	26	Age Group
Young	Tyler	Raleigh	NC	M	26	Age Group
Yount	Paul	Knightdale	NC	M	44	Age Group