

| <b>2026 Triangle Sprint - Participant List (5/11)</b> |                   |                  |              |            |            |                 |
|---|-------------------|------------------|--------------|------------|------------|-----------------|
| <b>Last Name</b>                                      | <b>First Name</b> | <b>City</b>      | <b>State</b> | <b>M/F</b> | <b>Age</b> | <b>Category</b> |
| 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       |
| Baron   | Sean              | Morrisville      | NC           | M          | 35         | 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          |
| Borchert  | Andrew            | Chicago          | IL           | M          | 33         | Age Group       |
| Bosma   | Cristie           | Whispering Pines | NC           | F          | 37         | Age Group       |
| Botard  | Trey              | Raleigh          | NC           | M          | 41         | Novice          |
| Bowen   | Mark              | Cary             | NC           | M          | 37         | Age Group       |
| Bowen   | Abigail           | Cary             | NC           | F          | 38         | Relay           |
| Brace   | Leroy             | Mebane           | NC           | M          | 64         | Age Group       |

|              |             |                |    |   |    |            |
|--------------|-------------|----------------|----|---|----|------------|
| Bradburn     | Jeffery     | Winston-Salem  | NC | M | 56 | Age Group  |
| Bravo Martin | Juan Carlos | Durham         | NC | M | 46 | Age Group  |
| Braxton      | Lisa        | Efland         | NC | F | 42 | 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      |
| Clancy       | Ryan        | Greensboro     | NC | M | 15 | Advanced   |
| Clunan       | Melissa     | Raleigh        | NC | F | 31 | Age Group  |
| Cocanour     | Amy         | Asheville      | NC | F | 56 | Aquabike   |
| Cocanour     | Spencer     | Asheville      | NC | M | 54 | Age Group  |
| 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   |
| DeSpirito    | Tara        | Chapel Hill    | NC | F | 27 | Age Group  |

|            |           |                |    |   |    |           |
|------------|-----------|----------------|----|---|----|-----------|
| Doerr      | Mary      | Cary           | NC | F | 42 | Novice    |
| Donovan    | Liam      | Cary           | NC | M | 27 | Age Group |
| Draves     | Cade      | Greensboro     | NC | M | 16 | Advanced  |
| Drawbaugh  | John      | Raleigh        | NC | M | 29 | Novice    |
| Drob       | Matthew   | Apex           | NC | M | 38 | Novice    |
| Drollinger | Drew      | Jacksonville   | NC | M | 28 | 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 |
| Edmonds    | Pete      | Fayetteville   | NC | M | 64 | 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 |
| Frame      | Elizabeth | Newport        | NC | F | 49 | 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 |
| Gerard     | 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 |
| Gordon     | David     | Essex Junction | VT | M | 36 | 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      |
| Heindel      | Gregory   | Durham         | NC | M | 36 | Age Group  |
| Hernandez    | Enrique   | Raleigh        | NC | M | 21 | Novice     |
| Herndon      | Brad      | High Point     | NC | M | 56 | Age Group  |
| Hidle        | Hannah    | Durham         | NC | F | 30 | Age Group  |
| Holdridge    | Kevin     | Concord        | NC | M | 54 | Clydesdale |
| Hopkins      | Sam       | Raleigh        | NC | M | 68 | Age Group  |
| Horton       | Julie     | Chapel Hill    | NC | F | 70 | Aquabike   |
| 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     |
| Hyman        | Matt      | Raleigh        | NC | M | 33 | 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  |
| Jermyn       | Reilly    | Hillsborough   | NC | F | 16 | 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    |
| Kutrip      | Darcy     | Wake Forest   | NC | M | 13 | Age Group |
| Kutrip      | Caelen    | Wake Forest   | NC | M | 15 | Age Group |
| Lafferty    | Natalie   | Raleigh       | NC | F | 26 | Age Group |
| Lankford    | Tom       | Wilmington    | NC | M | 63 | Age Group |
| Lanning     | Miranda   | Durham        | NC | F | 33 | Novice    |
| Lavoie      | Hayley    | Holly Ridge   | NC | F | 26 | Novice    |
| Lavoie      | Aaron     | Sanford       | NC | M | 30 | Novice    |
| Lee         | Brian     | Durham        | NC | M | 35 | Age Group |
| 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 |
| Little      | Garrett   | Garner        | NC | M | 26 | Age Group |
| Lomazov     | Jacob     | Durham        | NC | M | 28 | Age Group |
| Long        | Charlie   | Charlotte     | NC | M | 17 | Age Group |
| Los         | Reita     | Raeford       | NC | F | 71 | Relay     |
| Los         | Jim       | Raeford       | NC | M | 73 | Relay     |
| Lysaght     | Chuck     | Raleigh       | NC | M | 76 | Aquabike  |
| Madormo     | Victor    | Chapel Hill   | NC | M | 29 | 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 |
| McGuire     | Aaron     | Sanford       | NC | M | 43 | Age Group |
| McIntyre    | Angela    | Topsail Beach | NC | F | 53 | 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 |
| McMurray    | Raquel    | Holly Springs | NC | F | 28 | Novice    |
| 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  |
| Mulder       | Mark     | Burlington     | VT | M | 68 | 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 |
| Pierce       | Steven   | Elizabeth City | NC | M | 34 | Age Group  |
| Powell       | Jennifer | Apex           | NC | F | 46 | Age Group  |
| Raeman       | David    | Cary           | NC | M | 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  |
| Retterath    | Kole     | Cary           | NC | M | 31 | 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     |
| 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  |
| Thomas           | Shelley       | Wilmington    | NC | F | 46 | Age Group  |
| Tingen           | Austin        | Apex          | NC | M | 24 | 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     |
| Victory          | Kane          | Spring Lake   | NC | M | 33 | Age Group  |
| 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  |
| White            | Ralph         | Lewisville    | NC | M | 29 | Clydesdale |
| 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 |
| 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 |