

# Pole, Pedal, Pant Winter Triathlon Results

by Amy Xu

March 11, 2007

Conditions: Temperature: 23F (start)-34F (finish), mostly cloudy, no wind; ski trails are hard packed and fast in the shaded as well as open areas, well groomed with YST set track sets entire 10K ski course; and the bike and run courses are covered generally by gravel and hard packed with some soft snow/ice, but not slushy compared to 2006.

Distance: 10K ski, 10K bike, and 5K run

Race Format: 14 minutes equalizing time

Results after 14-minutes equalizing time:

1. Peter Hanson (Minneapolis, MN) 1:16:40 (overall winner)  
(28:26 ski, 24:40 bk, 23:34 rn)
2. Phil Cleary (Willmar, MN) 1:28:04  
(34:42 ski, 29:11 bk, 24:11 rn)
3. Team Swix Wolf Pack (Detroit Lakes, MN) 1:28:06  
(Bennett Strege 36:39 ski  
Jake Richards 25:38 bk  
Dylan Ramstad 26:49 rn)
4. Team No Warm-Up Die-Hards (MN & ND) 1:29:25  
(Melinda Silbernack 38:22 ski  
Ray Thorkildson 31:10 (bk  
John McEvoy 19:53 (rn)
5. Nate Majeres (Elk River, MN) 1:42:58  
(40:33 ski, 30:23 bk, 32:02 rn)
6. Mick Bakker (Moorhead, MN) 1:46:00  
(48:03 ski, 31:08 bk, 26:20 rn)
7. Mike Lanoy (Hudson, WI) 1:47:41  
(49:37 ski, 29:55 bk, 28:09 rn)
8. Abigail Moch (Minneapolis, MN) 2:01:40  
(51:55 ski, 39:06 bk, 30:39, rn)
9. Gwen Stephens (Minnetonka, MN) 2:22:56  
(1:00:05 ski, 42:52 bk, 39:59 rn)
10. Team Martin (Deer River, MN) 2:34:36  
(Stephanie Martin 1:27:16 ski  
Mike Martin 25:05 bk  
Stephanie/Mike/babygirl 42:15 rn)

Thanks all for coming to the 3rd annual Rainbow Resort Pole Pedal Pant Winter Triathlon event. The "shot gun" went off at about 11am with all individual women skiers (Abigail Moch, Gwen Stephens), the Team No-Warmup Die-Hards skier Melinda Silbernack and Team Martin skier Stephanie Martin took off, 14 minutes before all individual men and the man team started chasing. Melinda, who got pulled into the race at the last minute, held the lead over the last year's run up Peter Hanson for over 4 minutes before tapping her teammate Ray Thorkildson, who was planning to be a volunteer at the transition. Ray quickly

got his gear together including one of the Gear West Bike and Tri shop's door prize helmet. Peter Hanson chased Ray down on the bike course but got passed by Ray's team mate , the quick-leg Irish-born John McEvoy. John now living in Fargo apparently just ran his long 16-miler in the morning and was fed himself a Rainbow Berger Basket lunch. But, after being encouraged by Chariots of Fire and Rocky music, his family, volunteers and spectators, John happily fetched his running shoes and took off after being tapped by Ray. While Pete was cruising after the run turn around, he found John was right behind him. Of course, Pete did not realize that the Team No-Warmup Die-Hards started 14 minutes earlier than they were given. So, the big winner of the 2007 POLE PEDAL PANT winter triathlon is Peter Hanson. The quick-leg John came in with the fastest run split of the day, 19:53.

Abigail Moch of Minneapolis won the individual women title, Team Swix Wolf Pack clinched the overall 3-person team title, Team Martin won the overall 2-person team title, and Team No-Warmup Die-Hards won the overall co-ed 3-person team title.

Peter Hanson and Gwen Stephens celebrated with all the volunteers and spectators for their 3rd time Rainbow Resort POLE PEDAL PANT winter triathlon since its inauguration in March 2005.

The 2008 4th annual Rainbow Resort POLE PEDAL PANT winter triathlon will be held on Saturday, March 8, 2008. Details will be posted on [www.rainbowresort.com](http://www.rainbowresort.com).

Thanks to the volunteers and our sponsors (Gear West Ski and Run, Gear West Bike and Tri, Marathon & Beyond, and Rainbow Resort).