



Team Swift Special Report

Team Swift Shows Support for the Vineman Triathlon

August 1, 2004
Sonoma County, CA

Event Description

Team Swift supported the final feed zone for the triathletes finishing the 56 mile bike section of the Vineman Half Ironman Triathlon on August 1, 2004 in Sonoma County, California. After completing a 1.2 mile swim, a 56 mile bike ride and then a 13.1 mile run two winners emerged.

England's Matt Dixon and Kristianna Gough from San Leandro, California were crowned champions of the 14th edition of the Vineman Half Ironman Triathlon. The biggest prize awaiting athletes on the day, other than some fine wine from La Crema, was one of 30 qualifying spots to the Ironman World Championships in Hawaii.

Beginning the day, 1800 athletes gathered at the start in Guerneville under chilly, but perfect, race conditions in Sonoma County California. A day that started with fog cover, cool temperatures (both water and air) later gave way to beautiful blue skies and a high temperature of only 75 degree's.



Mark Anderson, Ruth Woolsey and Lia Winfield of Team Swift in the feed



Aaron Woolsey and his parents Art and Ruth organized the Team Swift Tent with lots of helpers.

Aaron Woolsey

Vineman Support Crew

Early this Sunday morning Aaron, Art and Ruth Woolsey, Paul Scrimgeour Ashley Larson, Kyndra Welsch, Cheryl Dunlap, Katie Bimbaum, Kent Dyer, Mark Anderson, and Lia Winfield found themselves to be at the corner of Faught and Shiloh road. This group consists of Team Swift members, parents and friends of Swift. Their mission was to represent Team Swift in supporting another Santa Rosa athletic program and to help hand out water and Clif bars to the triathletes.

Every one had a great time handing out bottles, pieces of bananas and cheering on the athletes. Many times the girls would get squirted by the male triathletes and us guys would just laugh and squirt them more.

It was a great day giving back to the community and representing Team Swift. We had many athletes thanking us and giving us compliments on our Team Swift tent. It was a great day to be there even if you had to miss a day of training on the bike. That's how much fun we all had.

Thank you to all of those that helped out at the Vineman on behalf of Team Swift

Overall Results:

Place	Overall Men
1 st	Matt Dixon – 4:13:32
2 nd	Jon Reback – 4:13:47
3 rd	Jens Beck – 4:13:49
Place	Overall Women
1 st	Kristianna Gough – 4:43:56
2 nd	Shannon Smith – 4:46:11
3 rd	Shelby Sheffield – 4:47:05

For more information on Vineman Inc. events please go to: www.vineman.com

The tentative date for the 2005 Vineman Half Ironman is July 31st.



The feedzone in action



The Girls giving a wave



Group picture from the Team Swift Tent