

# Y Triathletes posts new course records

by Barb Church

The Eighth Annual YMCA Triathlon has a new course record thanks to James Cichy, 27, of Greenfield. Saturday, Cichy completed the three-stage event in a time of fifty-nine minutes and twelve seconds (59:12.0). The new



James Cichy

record shaved five seconds off last year's time of 59:17.0.

On the women's side, Adrienne Driftmier, 30, Milwaukee made a dramatic dent in the old course record. Driftmier's time of 1:09.26 cut nearly three minutes off the women's best time until Saturday.

The win at the Oconomowoc event held a special significance for Driftmier. "I grew up in Oconomowoc through my high school and college years," Driftmier explained. "I used to teach swimming lessons in Silver Lake for the Parks and Recreation Department, so winning here is like winning on my home court."

With her parents' home in Delafield, Driftmier admitted being able to train here gives her an edge. "I've done this triathlon before and this was my best showing. I cycle these roads a lot and that especially helps."

Driftmier, who uses the triathlon as a way to stay fit through cross-training said the win in Oconomowoc will push her to achieve even more. "The win really increases your motivation level. You feel you need to try harder to keep your streak going."

For Cichy, the overall title was a jump from his third place finish in 1988. "I'm doing a lot better because now I'm a member of the Vic Tanny

Triathlon team (from Milwaukee, along with Driftmier). I've been able to log a lot more mile lately. I came to win and I felt pretty confident I could do that," said Cichy.

Like many other triathletes, Cichy was using the Town and Country triathlon as a training race. Cichy plans to compete in the Canadian Iron Man Triathlon, to be held in Penticton, British Columbia on August 26, in hopes of qualifying for the United States Iron Man Triathlon held in Hawaii.

In attempts to place in the top three spots of his age division in the Canadian race, Cichy logs eight miles of swimming, 60 miles of running and 300 miles of cycling every week. By competing in the Y's triathlon, Cichy said he would still have time to ride 100 miles on his bike that day.

And as for the closing of the gap between the men's and women's times, Debbie VanDerGeest, the Y's

Adrienne Driftmier



physical program director and race coordinator, agreed the gap is closing. "Each year more female athletes are posting some very respectable times. The women seem to get better every year.

"Overall we were very happy with the way the triathlon went," said VanDerGeest. She credited much of the event's success to the volunteers who helped.



After completing the triathlon with a time of 1:07.13, Dan Ludwig of Watertown, gets a rub down from Town and Country YMCA volunteers Mary Henry and Vic Goodman. Henry is a graduate of the Chicago School of Massage therapy. Goodman is currently enrolled in the same school.

—Enterprise photo by Barb Church