

Cycling						
Athletes will race a 5K on the cycle of their choosing, indoors (Zwift, rollers) or outdoors.						
Name	Distance	Type of cycle	Zwift	Rollers/Trainer	Outdoor	Time
Hannah DeFelice	5K	Bike		Y		8:50
Keira Cromwell	5K	HC		Y		32:44:00
Richard Lawrence	5K	Bike		Y		8:57
Patrick Mackey	5K	Bike			Y	16:17
Carlos Larry	5K	Bike	Y			18:10
Alfredo Lopez	11.1 miles	Catrike 700	Y			28:39:00
Katie Brennan	5K	Bike			Y	16:09
Kira Steven	5K	Recumbent			Y	14.27
Keena Avery	5 miles	Bike			Y	9:13
Paul Horton	5K	Bike			Y	19:06
Rickey Bennett	5K	Bike			Y	53:20:00
Robert Matlock	5 miles	Bike		Y		13:40
John Jarocki	5K	Bike			Y	8:41
Jonathan Merchant	5.51 mi	Bike			Y	26:34:00
Roy Cooper	5K	HC		Y		16:28
Mia Balella	9K	Trike			Y	57:00:00
Tahlie Brandt	5K	HC			Y	31:30:00
Linda Richardson	5K	Recumbent			Y	18:06
Jerone Dabon	5K	Recumbent			Y	31:42:00
Chris Marston	20K	Bike	Y			34:03:00
Gabi Berthiaume	5K	HC			Y	16:16
Jana Dickerson	5K	Bike			Y	18:04
Gerard Willis	1 mile	Recumbent		Y		4:16
Dahlia Tate-Rainey	5K	Recumbent			Y	14:59
Brennan Coon	5K	Recumbent			Y	20:35
Emily Keicher	5K	HC			Y	51:06:00
Kelly Butler	5K	HC			Y	14:05:09
Garrett Marr	5K	Bike			Y	22:34
Max Calabrese	5K	Recumbent			Y	22:45
James Lee	5K	Bike			Y	9:10
Tricia Kobberdahl	5K	Bike		Y		13:04
Tanya Whitney	5K	Recumbent			Y	23:57
Robert Whitney	5K	Recumbent			Y	17:37
Adessa Ellis	5K	Recumbent		Y		7:21
Mandy Kloepfer	5K	Bike	Y			8:19:32
Mike Sales	5K	HC	Y			8:00:00
Dennis Parungao	5K	Recumbent	Y			8:19
Bill Manley	5K				Y	12:00:00
Adele Brandup	5K	Recumbent			Y	20:01.8
Maggie Peters	5K	Tandem			Y	10 min 17 sec
Wesley Bobis	5K	Bike			Y	36 min 54 sec
Paul Kilgore	5K	Recumbent	Y			8:17
Chris Marston	5K	Bike	Y			7:50

Brad Hall	5K	Recumbent			Y	14 min 39 sec
Alexandra Estrada	5K	Trike			Y	44 mins
Ellie Kennedy	5K	Bike	Y			8:40
Alexis West	5K	Bike			Y	17:48.84
Ava McEntire	5K	Bike		Y		19:58
Brandon Taber	5K	Bike			Y	8 min
Delmace Mayo	5K	HC			Y	15:05.2
Charlie Pepinrivera	5K	Bike			Y	11min 28 sec
Christine Davila Lucier	5K	Bike			Y	10:04 min
Megan Schmidt	5K					14m 18s
Athena Knight	5K	Recumbent			Y	29 min
Brian Steere	5K	Recumbent		Y		10:30
Trent Clayton	5K	Bike			Y	18.22:88 min
Crystal Hogan	5K	Recumbent	Y			9:36 min
Dana Galloway	5K	Bike			Y	37 min 18 sec
Joseph Lontai	9.2 km	Bike	Y			39.33 min
Candice Caesar	5K	HC			Y	14:53
Madison Hahs	5K	Bike			Y	20:06.91 min
Ruth Freeman	5K	Bike	Y			9:31 min
Ekow Opoku-Dakwa	5K	Bike			Y	18 min 12 sec
Michael Riggs	5K	Bike			Y	11 min 45 sec
Matthew Brewer	5K	HC			Y	13 min 46 sec
Joseph Henao	5K	Bike			Y	09:02 min
Jataya Taylor	5K	HC		Y		10 min 5 sec
Orlinda Marquez	5K	Recumbent	Y			14m 1s
Yolanda Jones	4.1 miles	Bike			Y	31 min 36 sec
Donte Curtis	5K					
Michael Broughman	5K	Bike			Y	6 min 37 sec
Bruce Kukar	5K		Y			9 min 55 sec
Dennis Parungao	5K					
Gordon Huie	5K					
Kelly Ryan	5K	Bike	Y			8 min 17 sec