



Joanna M. Nicolay Melanoma Foundation
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FOR IMMEDIATE RELEASE

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2009 “TRI-TO-WIN” Sprint Triathlon Huge Success Liberto and Komaromy Earn Consecutive ’08 & ’09 Title Wins

Westminster, MD – “Sold-out” since mid-March, the 2009 South Carroll “TRI-TO-WIN”™ Sprint Triathlon, sponsored by the Joanna M. Nicolay Melanoma Foundation (JMNMF) on Sunday, June 21st, with over 350 athletes from multiple states registered, featured many regional local heroes. The overall male winner, Joe Liberto, 35, New Windsor shaved 20-seconds off his 2009 winning performance (1:03:52) and female victor Suzanne Komaromy, 41, Sykesville, bested her ’08 performance by 1:30 min/sec. (1:13:36) Repeating age group victories and faster performances over ’08 were Joe Siegal, 25, Baltimore, by nearly 7-mins. (1:14:05); Katie Hursey, 20, Hampstead, just over 4-minutes (1:16:41); and, Karyn Dulaney, 27, Finksburg, over 3-minutes (1:22:35). Theresa Shank, 48, Waynesbore, PA, dominated in her age group again by nearly 7-minutes over the next closest competitor (1:29:18). Complete results available at www.melanomaresource.org

The impressive field of athletes for this “TRI-TO-WIN” event, that reaches peak capacity months in advance of race-day, reflects broad public support for the Foundation’s mission to be “the voice of melanoma prevention, detection, care and cure!” And, the fact that the South Carroll “TRI-TO-WIN” race features the use of a pool-swim stage, rather than a crowded open water start, significantly increases the number of first-time “newbie” triathletes who join their experienced peers.

The race partnership between the JMNMF, South Carroll “Serpents” Swim Team and the Swim Club, presents an excellent, enthusiastic and well-supported event. The 400-meter swim features a great outdoor competition pool, and the 14-mile bike and 5K run showcase the scenic and rolling countryside of southern Carroll County, Maryland. Besides awarding prizes to the overall top male and female finishers, this family friendly event includes categories for fastest father/daughter and father/son pairings, and awards the top three finalists in age categories from 13 to 50+.

The Joanna M. Nicolay Melanoma Foundation is a Carroll County-based foundation that organizes the “TRI-TO-WIN”™...the fight against melanoma,” triathlons each year. “Champion” category triathletes, are especially integral to the charity fundraising, by emailing family, friends co-workers and employers from their personal “TRI-TO-WIN” fundraising sites at: www.active.com/donate/TRI-TO-WIN2009. All community residents and the regional public are encouraged to continue to visit the race donation site or the Foundation’s website, www.melanomaresource.org to learn more about the Foundation and its “TRI-TO-WIN” Events.

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