

HyVee Triathlon - June 22<sup>st</sup> 2008

From Ana Breaux ( 2nd place AG finish):

The HyVee triathlon was a blast. Very well organized despite of changing race location just a few days before the event. They did a tremendous job by putting everything together, including two different transitions where we had to drop off our bikes at T1 and our running shoes at T2 the day before the race.

Very sad about the guy that had a heart attack. He was two waves before us and we saw when the boat took him away.

From Canadian Press:

WEST DES MOINES, Iowa - A 46-year-old Iowa man died Sunday after being pulled from the water during the swimming leg in the HyVee Triathlon, which was doubling as one part of the U.S. Olympic trials.

Jim Goodman signaled for help when he was about 150 meters from the shore of Blue Heron Lake, said Chris Friesleben, a spokeswoman for the sponsoring HyVee grocery store chain.

She said rescuers in a nearby boat immediately jumped into the water, pulled Goodman out and began resuscitation efforts. Goodman was taken to shore, then taken by helicopter to Iowa Methodist Medical Center in Des Moines, where he died.

The cause of death wasn't immediately known.

Friesleben said Goodman's two daughters competed in the kids' event on Saturday. This was the second triathlon for Goodman, who also competed in the HyVee Triathlon last year.

"We got an e-mail from him in May asking a question," Friesleben said. "He was so psyched and so pumped. He had a great time last year and said he couldn't wait until the race this year."

The triathlon began with a 1,500-metre swim in a lake, followed by a 40-kilometre bike ride and a 10-kilometre run. The event was being used to select the final men's and women's members of the U.S. Olympic triathlon team for the Beijing Games. Two men and two women were chosen earlier.