

Frank,

As a finisher in my first full distance triathlon, I was most appreciative to your staff. They were all wonderful and made all the difference in the world around the 15 hour mark. By the way will there be any photos from the triathlon available for purchase online and are there by any chance any possibilities to purchase Silverman merchandise online? Thank you & God bless.

Sam Calavitta
Silverman 15:44

Frank,

I just wanted to say thank you again for putting on such a great event. The Silverman was my first Iron Distance race and although I am not ecstatic about my finishing time, I am pretty stoked to have finished. The volunteers and aid station staff were unbelievable. Again, thanks for everything and I will be at the start line in 2007.

Damon Smith
Greenwood, IN

Meghan,

I think I mentioned this to you at registration one day, but let me say again that your efforts (which were vast and incredibly detailed) were beyond impressive. I spent much of my free time both volunteering and managing volunteers (which can be rewarding and infinitely aggravating). I've tried to explain what you accomplished to some of my "volunteery" friends and my words never seem to do it justice. Anyway, I can only assume you're getting ample props for your hard work and success - but another "shout out" never hurts. Congratulations.

Cheers,
Miesje Corbo

Frank

Thanks again for a wonderful experience! I'll be signing up for 2007 this evening. I'm spreading the word to all triathletes I know (or meet) in the bay area what a fantastic event you and your staff have once again pulled off.

Mark Martin

Meg and Frank,

I just wanted to say congrats on another amazing race. It's one thing for me to say how impressive everything about Silverman is, but hearing Beatrix Blattmann say it at the awards brunch and hearing her say she's choosing Silverman over Kona next year — says it all. She is not the only one though - I was amazed at the number of people we talked to who did the race

last year also. My family and I can already see this turning into a yearly tradition for us.

Anyway, thanks for putting on such a great race and making it such a good experience that even the freakish winds and Kristin's flat couldn't put a damper on the experience for us.

Mike Aziz

Frank,

Thank you for putting on such an incredible race. I have never seen such a well organized event! I can not thank the volunteers enough for all that they did. I had some unexpected challenges during the race and the volunteer staff was so accommodating and friendly that I couldn't help but keep going. They made the suffering fun and almost enjoyable. Honestly, the volunteers were the best I have ever seen in any race, ever. Furthermore, I have told all of my friends about this race and I am hopeful I can get them

to come down with me next year for this epic event. I certainly will plan on being back. The whole day was amazing. I cannot say enough about how much fun I had and how well run this race was. Thanks again for the great experience. Next year, make the bike portion even harder. People enjoy the pain.

Christian Gardner

Frank,

Just wanted to tell you how much I enjoyed the race again this year. The volunteers were terrific, tremendous organization, great swag, and athlete focused again this year. I appreciate your efforts to pull all of it off and want you and your team to know how much all of the athletes, including myself, enjoyed it!

Thanks,

Doug McCoy
St. George, UT

Frank,

I raced the inaugural race but I couldn't come back this time, yet I wanted to let you know that I followed Inside Tri's race-day coverage and spent the day wishing I were there—the relay challenge was very exciting. One of my buddies raced this year and was impressed by the challenge of the course (as I was last year). Just wanted to wish you continued success on this race—looks like you and your crew are on the right track, once again. I'll be back someday.

Thanks,

Dave Sheanin

Frank,

Again I would like to rave on and on about your volunteers! THEY ARE THE BEST!

Please pass on my sincere thanks to all (seemed like thousands) of the volunteers. They helped make my day a huge success!

Cheers,

Amy Van Voorst

Frank,

It was wonderful to meet you! What a tough day, but you really have a wonderful race. I'll be back in 2007. I've done three full Ironman Tris and each of my swims has been around 1:35. Holy hell, that was just killer today, but I must say you were very kind. Thank you for putting on such a great race. I'll be back again!

Thanks so much,

Becca

Mr. Frank Lowery,

Thank you and your many associates that put on the Silverman Triathlon. I was one of the folks that won an entry to the Silverman at the Harvest Moon. I have to say the Silverman was an unforgettably challenging experience. My whole family tuned in to see if I would make the cut-offs on my first full-distance triathlon. I did make it thanks to the super race support. Thanks again you guys; It is a great thing you do putting on these races. As one of the athletes I want you to know that I am truly grateful!

Thank you,

Steve Kuehster
Castle Rock, CO

Frank, Meg and entire Silverman organization,

Unfortunately for the second year in a row, we won't be able to attend the volunteer appreciation party. But, I wanted to drop you a quick note to tell you how much we enjoyed another great year at your event!!! This year our entire family was with Freddie Morris at her Hawaiian air station (mile 70)!! Your athletes were AWESOME!!! They laughed, talked, said thanks, some cried, some needed those extra words of encouragement, and someone actually took pictures of us as we cheered him on.

What motivation for us to continue with our training - - someday - - somehow - - sometime in the future completing this fantastic event. Sammy and Abby loved seeing the "big kids" complete and watching "Coach Bob" push by on the way out and then on the way in actually say "AAALLLLOOOOOHHHHAAA" in his booming voice. Tom then went and did his shift of 7 pm - midnight on the run course. When he got home all he could say was AMAZING!! He said he didn't really talk to the runners this year (way more tired than last year) but he did talk to their friends and family who were waiting. Every single one of them stated what an awesome event this was AGAIN, great organization, wonderfully run, smooth as silk, telling all my friends, everyone should do this race, etc, etc. WOW!!! We knew you guys were good, but WOW!!!

I know you get a lot of notes, but wanted to throw my two cents in, congrats again and we hope you enjoy your party tonight.

Tom, Trisha, Sammy and Abby Sauerbrei

Frank,

Congratulations on a well organized and successful 2006 Silverman Triathlon. As a spectator this year I had so much fun. Your volunteers were awesome and some of the friendliest people you could ever wish to

meet. That's why I would like to volunteer for the Silverman Triathlon in 2007. Countryman Fairs is an outdoor events organization so I am used to coordinating areas and organizing event content and working with lots of people. I am flexible in my approach and a good team player with the ability to work well under pressure and in testing situations! Please sign me up as a volunteer and let me know what I can do to help in 2007.

I look forward to hearing from you soon.

Kind Regards,

Clare

Frank,

I wanted to personally thank you and your medical team for taking great care of me during the race. Unfortunately, I was unable to complete the race. Half way through the run - I got hyperthermia. I felt tired and was colder than I've ever been and I'm from Canada! That was the big joke in the Medical Tent!

Regardless, the race was amazing. The toughest bike course I've ever experienced. It was incredible. Please share this gratitude with your medical volunteers. Thank you again. I look forward to defeating the race again soon!

Back safe in Canada,

Shayne Hodgson

Frank,

I wanted to let you know how much fun our team had at your event. From the great goody bag/backpack to the delicious pasta dinner, it was extremely well put together and everything was first rate!!! Please pass along to your volunteers that they were amazing, not only were they good at their jobs of support but they were even better cheerleaders!

I ran at night and I am sure they were cold and tired but one would never know it. I was especially impressed with the kids because they were actually rooting for the runners instead of being bratty teenagers we've all encountered from time to time. Thank you to you and your team for all your hard work in putting together such a wonderful event. We will be back next year probably as a co-ed team. We will not be undisciplined next year; we actually put together the team and started training about 10 weeks out.

Sincerely,

Jenny Chen-Edwards
Team Undisciplined

Frank,

I want to thank you for such a great race and the wonderful atmosphere that you and your staff provided. It was my first Ironman distance event and I must say that it left me wanting to do more and come back again next year. I think it shows how much time and effort you and your staff put together with the quality of care and service, coordination, and smoothness of events. I really appreciate all the hard work that was put forth and I hope everyone who volunteered realizes how much it mattered to have such caring, motivated, and supportive people to cheer us on.

I wanted to also apologize for not having been able to attend the following day's awards ceremony and event. I had to get on a plane early the next morning and come back to school for classes and such. I really wish that I could have been there. On that note, one of the gentlemen working the finish line told me that since I couldn't be there, but that I did place in my age group, to contact you and see if it was possible for me to pay shipping for anything given which I was not there in person to receive?

Again, I want to convey how satisfied I am to have done the 2006 Silverman and how excited I am for 2007. I hope to talk to you soon. Thank you for your time and help. Have a great day.

Respectfully,

Donald N Carducci
West Point, NY

Sunday November 12, 2006 I competed in the Silverman Full Distance Triathlon Race (2.4 mile swim, 112 mile bike, 26.2 mile run), billed as the hardest Full Distance Course in North America .I am here to tell you that it is true!

Would I recommend doing it to someone??? Absolutely YES!

The organization and attention to detail was better than any WTC "Ironman" race I have ever done – including Kona. Silverman's race director Frank Lowery has put together a great race, in a great place, and you actually see what your \$400 entry fee is paying for. With WTC races I always wonder how much of it is profit driven. With Silverman it is evident that the organization may even be losing money. There is a home style grass roots of triathlon feel that is apparent to all the athletes.

First the sign up process and check in was smooth and lacked the chaos of lines and frantic people with no clue. The Athlete Bag was the best I have ever gotten at any race –period. It was a full-size backpack loaded with tons of valuable swag, easily worth \$70-80. The race talks and expo where top notch also. Lots of vendors and good information. What really stands out is the number of volunteers that came out to help support the race. It may have been close to a 2:1 ratio of racers: volunteers. Everything that could be controlled was. What could not be controlled... that's where things got interesting.

The 2.4 mile Swim:

The wind at 6:30 am was steady enough to keep a large flag in full sail. This created near white cap conditions on Lake Mead. It was in fact the worst water I have ever swum, including rainy windy training days. It was literally like being in a washing machine for an hour. No less than 20 people had to be pulled out of the water for an early DNF. What I found hardest was not the waves or the current that the wind caused, but the lack of rhythm. Just the random sloshing around made it hard to stay focused. My time was 1:12 hrs. This was a far cry from my expected 1:04 or less that I hoped to achieve, but you take what you have and keep moving forward.

T1: 3:07 min. This felt slower at the time, but it must have been the feeling of dread getting on the bike in such windy conditions.

The 112 mile Bike:

This is a very hilly course with a total of more than 10,000 feet of climbing. I knew this going in and I prepared as best I could, but nothing could have prepared me for what I was about to experience. Mile 5 of the bike I developed a bloody nose. The dry air of the desert created this condition and I figured it would just dry up. It did eventually stop about 10 hrs later and half way thru the marathon. My main focus was to keep the blood coming out of my nose and not down my throat, were it could cause stomach problems. This made me look really tough with blood on my white jersey, but it didn't really affect my performance one way or the other.

The next major occurrence came at the mile 10 bike aid station. I picked up a bottle of water and had just put both hands back on the bars when a strong gust of wind came and blew the aid station tent down on top of me. The metal bars that hold up the tent hit my helmet and then scraped down my back. The white canvas tent wrapped around me as I frantically tried to untangle myself. I managed to keep the bike upright but it mentally messed me up for a while. I was just scratched on my back, but kept thinking about all that could have happened. This little mental game only lasted about 5 more miles. That is because another issue was about to happen. At about mile 15 of the bike I began to feel like the bike was washing out from under me. I thought it might be a flat tire, but soon realized it was much worse than that. The seat post sleeve on my bike frame had broken and this allowed my seat to swivel from right to left freely.

This meant that I had to not only had to pedal in up down motions, but I also had to stabilize the seat from right to left as well. I still was managing to go forward which is what I kept telling myself had to happen. Around mile 20 Katie, my Mom and Dad drove up along side of me and began to take pictures and yell. I told them to drive up to the next aid station and ask them to call the bike technical support car. I was trying to work out a solution to fix the seat.

At the next aid station I saw Mom, Dad, and Katie. They said help was on the way, but I thought it was best to keep moving forward. Katie saw the blood on my jersey and became worried. I briefly told them what the issue was and rolled thru the aid station. Another 5 miles up the road, the bike support truck came rolling by and passed me despite my attempts to flag him down. Katie, Mom, and Dad caught up to him and I met them all up the road a little ways. The bike support guy was nice, but didn't have much in the way of tools or equipment. He didn't even have duct tape. He did have a roll of black electrical tape though. I got off my bike and lifted up on the seat. The entire seat came apart from the frame. I was able to set it back in place so that at least it would not sink deeper into the frame. After awhile I ended up using the electrical tape to hold the seat in place. It still

moved from side to side, but at least it was a little better. My mantra in tact "keep moving forward." I took off for another 90 miles. All my troubles aside the bike was hard for everyone. The wind seemed to be at our head the entire out and back ride. It proved to be the hardest bike ride I have ever done in racing or training. My time on the bike 7:32 hrs.

T2: 3:20 min. Hey I just road the hardest bike course ever... I have an idea let's run a marathon!!!

The 26.2 mile Run:

I started off very conservative in the run...yeah like I had a choice. My legs were trashed and I had pains that I have never felt before. I attribute these to the modified bike position. I was forced to use muscles I never use and they let me know it. It took me about 3 miles to start to get my legs back under control. I still focused on staying conservative and steady in my pace. The first half went well, but I was feeling beat down. As it got dark outside the temperature dropped to 49 degrees. This was fine as long as I kept running.

There were several athletes who had to walk wrapped in Mylar blankets to fight off hypothermia. I had the usual peaks and valleys in my mental attitude, but quitting never crossed my mind. The next few miles were hard as my body began to get tired of running. When I hit mile 18 I was lucky enough to talk myself into a good mental state. I started to pick up the pace and finally felt like I could let myself go. The final 3 miles were spent thinking about everything I had done to get to this finish line. I thought about all the people who supported me along the way. Of course Katie tops that list with all that she has done over the last few months to help me get to this point. As I entered the finish shoot there was another guy in front of me that I could have passed, but I didn't even consider it. I saw Katie standing about 10 feet from the finish line and stopped to give her a big hug and kiss. I took my time and enjoyed the last few seconds of the hardest full distance triathlon in North America. My run time was 4:27 hrs

Total Time: 13:17 hrs

Recovery:

Massage, Food, Warmth, and of course pain (only the good kind)... No permanent damage.

There was over a 50% DNF (did not finish) rate. This is higher than any race I have ever heard of. As I mentioned the swim was hard and those that DNF'ed there were lucky they didn't have to bike. Those that DNF'ed

on the bike either quit or didn't make the 5:00pm cut off time at T2. Those that DNF'ed on the run either quit or didn't make the 12 midnight cut off. I hope for those that DNF'ed that they go back and try again next year. This was my slowest time ever in an Ironman race, but the pride I feel over earning this finishers medal exceeds that of my best time.

Advice:

Keep moving forward. All in all it was a great race. It tested me in ways that I have never been tested. This experience helped me understand the adage that the only limits I have are in my head.

Steve Jurman

Dear Silverman Sponsor,

As one of the athletes from November's Silverman Full Distance Triathlon, please accept my heartfelt thanks for your support. Your association with this world-class event does not go unnoticed, and is appreciated by all those involved.

Although I wasn't able to complete the race this year, Frank's organization, the dedicated volunteers, and your support are all the motivation I need to return next year.

It is your sponsorship that guarantees Silverman's success, so I look forward to frequenting your business, visiting your booth in the Athlete Expo, reading your promotional material and seeing your name on the list of sponsors in 2007.

From one grateful athlete: Thank you very much!

Sincerely,

Mark Byerley
System Support Analyst
Waterloo Ontario