

AT INTERNATIONAL UNION SPRINT CHAMPIONSHIP

Tracey DiSabato-Aust wins age group in World Triathlon event in Budapest

Trenton Township resident competed under umbrella of Team USA

By Lenny C. Lepola
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Many older area athletes train for marathons and triathlons, hoping to run (and swim and cycle) and complete the race – maybe even turn in a respectable time. But imagine competing in the 50 to 54 age group and winning a triathlon. Take it a step further and imagine winning the national age-group title – and the world age-group title.

That would be, as they say, awesome, right? Something to dream about?

Except Trenton Township resident Tracey DiSabato-Aust doesn't have to dream about it ... she did it.

During 2009, Tracey and her husband Jim Aust both qualified to compete under the Team USA umbrella at the 2010 International Triathlon Union Sprint World Championship Grand Final in Budapest, Hungary, this September. In Budapest, Tracey came in first in her age group at 1:12:50 in AG Sprint, two minutes ahead of second place Jane Bell of Great Britain, and 2:12 ahead of third place finisher Sheila Findley from Canada.

Out of 330 women of all age groups from around the world who qualified for the sprint event, Tracey was 51st overall.

Tracey said she had a feeling during race transitions where she was in the standings, but didn't have time to really think about it because she was focused on the race.

"When I crossed the finish line they announced World Champion, but I didn't quite believe it," she said. "We had to take a ferry back to the starting line. Jim had to come find me; I couldn't see without my reading glasses on. Then I saw the results and I was ecstatic, I started to cry.

"During the podium ceremony you're representing the U.S., and up there on the board next to my name it said Sunbury, Ohio; a Brit was standing beside me in second, a Canadian on the other side in third – it was amazing," Tracey continued. "It was such an honor to be on the podium, with all the country flags. Our Team USA teammates cheered. It was the chance of a lifetime."

Last year Tracey and Jim raced at the 2009 ITU Gold Coast Triathlon World Championships in Australia in the Olympic distance event where she placed 10th in her age group. Tracey explained that the sprint distances are one-half of the Olympic distances – a half-mile swim, a 20K bicycle distance and a 5K run.

Why the change to sprint? "We talked with our coach, Brian Grasky of Grasky Endurance in Arizona, and we raced sprint events pretty much the whole season and I won four of eight and we did well overall, so Brian said I had a pretty good podium



Submitted

Tracey DiSabato-Aust and Jim Aust are pictured in Budapest, Hungary, shortly after Tracey took home the first place medal in the 50-54 age group at the 2010 International Triathlon Union Sprint World Championship Grand Final in September.

chance in sprint," Tracey said. "Our coach has been great. He's been so excited about how we're doing in sprints. Once we decided on this, about midseason, he had us focus on faster training."

Jim did well at the ITU Worlds also, finishing 13th in the 50-54 age group, with a 1:09:40. Germany's Rolf Laermann won the men's sprint 50-54 age group in 1:05:32.

As if that's not enough, Jim

and Tracey returned from Budapest on a Saturday, and on Thursday, only five days later, they traveled to Tuscaloosa, Alabama, to compete in the 2010 United States Triathlon Association Sprint Nationals.

At the Sprint Nationals, Tracey again won her age group, was the 11th woman finisher overall, and 81st overall, including men and women in all age groups; Jim was eighth in his age group, the

37th male finisher, and 40th overall.

"The nationals next year are in Burlington, Vermont – it will be easier because it's before the worlds," Tracey said. "Racing nationals this year was challenging because we had to do it after coming off of 10 days of European travel."

Their standings at the nationals have already qualified Jim and Tracey to compete at next year's ITU Sprint World Championships in Beijing, China, so there will not be a lot of time off from training.

"We don't like to slow down; as older athletes, it's harder to get your engine started again if you slow down," Tracey explained. "We'll start on strength training again in the off-season, and start racing again in April."

Tracey and Jim have another triathlete coming up in the family, son Zach, who attends Eastern Kentucky University.

"Zach is doing fantastic," Tracey said. "He was 70th in his first race, and seventh in his next race. When he's home from college he'll train with us, and we'll travel to races together – he's got his eyes on the nationals next year."

As an added note, during the ITU Sprint World Championship Grand Final, Tracey served as the Team USA Blogger.

To read her Budapest Blogs, go to <<http://www.tracylive.com/>> and click on Tracey's photograph underneath Budapest Bound.

Crew wins Columbus Fall Classic at Hoover

News Staff Reports

The Westerville Crew Rowing Club placed first at the Columbus Fall Classic Rowing Regatta at Hoover Reservoir on Saturday, October 2. The team garnered 498 total points, and Westerville's junior level boats received an extraordinary 21 medals.

The Cincinnati Junior Rowing Club placed second with 229 points; Upper Arlington placed third, with 189 total points.

The 29 teams from Ohio, Indiana, West Virginia, Michigan and Ontario, Canada included high school (junior), collegiate and master athletes. All races were 5,000-meter timed head-races and were run as junior, master and open (mixed) level races.

"We are proud of how well our rowers placed at this year's Columbus Fall Classic, with many of our boats medaling in both junior and open races," said Westerville Crew varsity women's coach Trish Chase. "Much of the success of this regatta is owed to our rowers' families and volunteers, who put in many hours to make the regatta run smoothly."

Of special note to Big Walnut fans, Big Walnut High School student Connor Moran rowed in the Men's Varsity Lightweight 8 that won Gold. Moran's crewmates are Tyler Lee, Jon Lucas, Ryan Kesselring, Jonathan Weiss, Danny Just, Matthew Caspers, David Caspers and coxswain Kevin Heppner.

Moran also rowed in the silver medal winning men's varsity Lightweight 4, along with Jon Lucas, Jonathan Weiss, Tyler Lee and coxswain Taylor Gainey.

"Good game. Let's go call grandma on our 100-micron fiber-optic phone."



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