

CELEBRATING THE FOURTH

Sainty Shark Triathlon was deemed a success. The first, and what is hoping to become an annual Fourth of July Triathlon hosted by the Sainty Sharks, was a success. The morning started early as the participants registered at 6:30 a.m. At 7, Sydney Sundstrom played "The Star Spangled Banner" and the beautiful sound filled the area.

In the Super Sprint category which consisted of a 400-yard swim, a 10K bike ride and a 2.5K run, the results were as follows: men: Michael Sager, 35:47.87, first; Warren Cico, 53:37.07, second; women: Elaine Felver, 56:22.12, first.

Team division: results include: men: Team 2 1/2 men, Adam Guthmiller, Lane Hoffman, Cody Sherlock, 34:22.99, first; Team "Why Are We Doing This" John Felver, Delbert Barn-

hart, Jeff Landers, 36:49.40. second; women: Team USA, Kat, Elle, Annette Killingsworth, 48:50.05, first.

Mixed team division: "The Rookies," Jenn Fritz, Aly Marin, Zach Zwegardt; 50:06.17, first.

Kids of Steel team: "White Boys" Matt, Zach, and Aaron White, 17:15.00, first; "Biker Boys" Adam Krien and Shadryon Blanka, 9:59.90, first.

"We had a great turnout," said Margaret Poling, Sharks coach. "There were some fairly serious participants. We learned we need more people along our routes as three of our participants got lost along the way.

"All in all we had a great time and a great turnout for our first year."



WE MADE IT! Above, Aly Marin, right, and one of her teammate, Jenn Fritz, completed the final lap of the triathlon held Monday. Shadryon Blanka, left, dives off for the first lap of the triathlon. His team mate was Adam Krien.

Herald staff photos by Karen Krien



ELAINE FELVER finished the entire triathlon, above. Her husband, John, was part of a team with Delbert Barnhart (pictured below) and Pastor Jeff Landers. Right, Michael Sager, a veteran runner, finished the triathlon in record time winning first.



Light the way to a cure

Keep the fire of hope burning by purchasing a luminaria candle in memory of someone lost to cancer, in honor of someone still fighting, or in special recognition of someone who has beaten this dreaded disease.



Relay For Life of CHEYENNE COUNTY
 Friday & Saturday – July 22 - 23
 7 p.m. - 7 a.m.
 AT SAWHILL PARK IN ST. FRANCIS

Complete this form and send it along with your donation to:
 The Saint Francis Herald, P.O. Box 1050, Saint Francis, Ks. 67756

Name: _____
 Address: _____
 City: _____
 Daytime Phone: _____

Please join us for the luminaria ceremony at 9 p.m. or dark \$10.00 per luminaria please!

In honor of In memory of

In honor of In memory of

In honor of In memory of

TOTAL ENCLOSED _____
 Makes Checks Payable To: The American Cancer Society

