

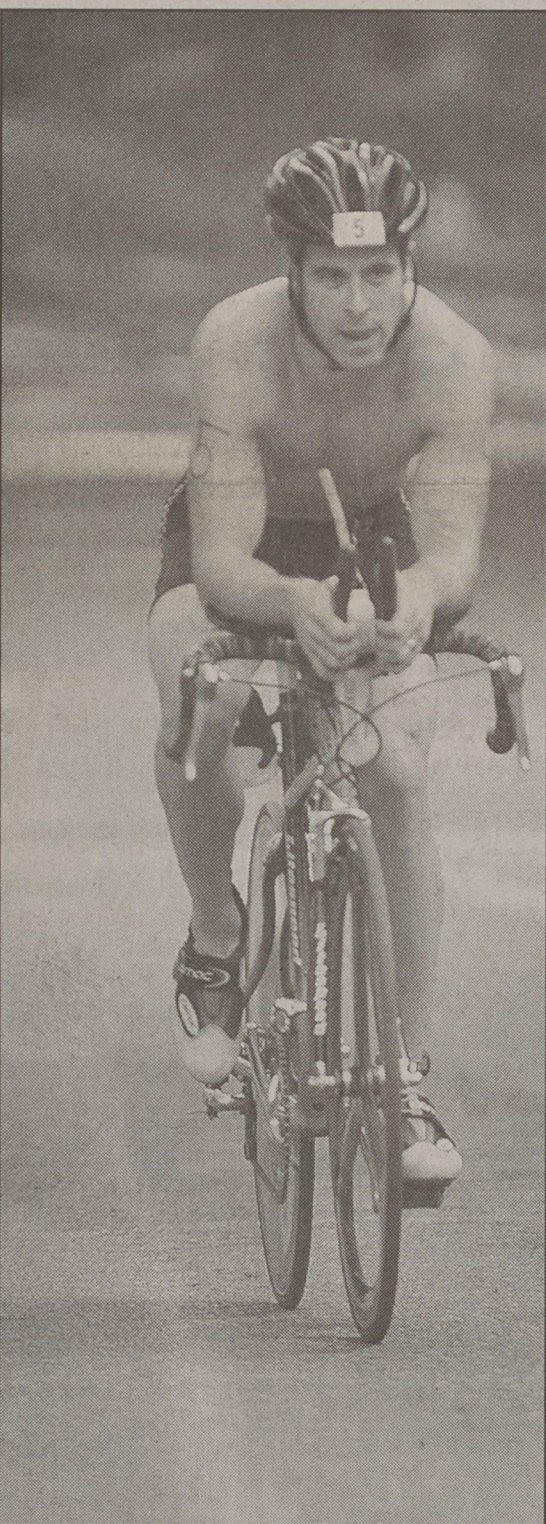
# 2004 OVER THE MOUNTAIN TRIATHLON



**JOSEPH BRYMER/HERALD**  
Above, An Over the Mountain Triathlon competitor runs in front of a mural depicting Kings Mountain during the days of early European settlers.

Below Left, Over the Mountain Triathlon winner Trent Kirk bikes through Kings Mountain National Military Park during Saturday's race.

Below Right, Saturday's Over the Mountain Triathlon brought close to 300 athletes to Kings Mountain. Here a competitor bikes. The race also included swimming and running.



## Triathlon

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"I loved it. It taught me the type of training I need to step up to," Seuss said.

Seuss has run for several years but swimming and biking are new for him. Saturday's race was his first Olympic length triathlon.

He competed in a sprint in May.

The best part of training for a triathlon, according to Seuss, is the variety.

"There is so many things you can do. You don't get bored," he said.

Seuss teaches spinning, a cycling workout, at the Kings Mountain YMCA.

Kings Mountain residents Phillip D'Angelo, Don Jackson, William Shipley and Rodney Deaton also completed the course.

David Ozmore, Brian Dellinger and Paula Moss competed together as a relay team coming in third in that category.

In addition to working out with the swim and cross country teams she coaches, Charlotte racer Christy Schenk trained by taking a spinning class and swimming on her own.

She topped off the regimen with a bike ride up Mount Mitchell a few weeks ago.

She finished 50th. Dean heard about the race last year from a friend who described it as "fantastic."

Taking his buddy's word, he showed up and returned again this year with Mark Workman of Cary.

Workman, a chiropractor, recommends racing as a way to stay healthy.

He finished ninth. "It helps extend your life. It's better than sitting around," he said.

At age 57, Jerry Paul was one of the oldest competitors.

A self-described "johnny come lately," Paul started running in 1998.

Two years ago he competed in his first triathlon.

"I love to run in the hot sun, the rain, just for the thrill of it," Paul said.

Despite his enthusiasm,

Paul admits the first step out of the house is the hardest.

Finishing a race covered in sweat, hitting the shower then emerging with a healthy glow makes it all worth it, he said.

Paul finished 100th.

The Wilmington company Set-Up, Inc. produced the race for the City of Kings Mountain.

Officers from the Kings Mountain Police Department, North and South Carolina highway patrols and the Cleveland and Gaston Sheriff's offices directed traffic at intersections.

Volunteers formed a flotilla on Moss Lake to provide water safety. Other volunteers included the Kings Mountain YMCA, Kings Mountain Business and Professional Association, Cleveland County Chamber of Commerce, React and Boy Scout Troop 118.

"It was a great volunteer effort," Noell said. "It was great to see people step up to the plate."

The majority of athletes came from North Carolina while a few came from as far as Texas, South Dakota and Missouri.

Noell hopes the exposure will entice new residents to the area.

"They loved our town," he said.

Organizers say the race has an immediate positive impact on the town as well.

Two local hotels were completely booked because of the event, according to Noell.

In addition to the City of Kings Mountain, sponsors include Kings Mountain Hospital, TrMyCoach.Com, North Carolina Triathlon Series, Hammer Nutrition, Carolina Sports Link, Koobi, Ultima, USA Triathlon, The Original Cherokee, Bird's Eye View, React International, Papa Johns, Southern Arts Society, Inside Out Sports and Set-Up, Inc.

Overall top finishers were Trent Kirk of Charlotte and Alicia Parr of Durham.

Finishes, except for relay, are separated into male and female categories.

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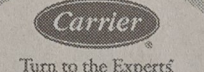
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