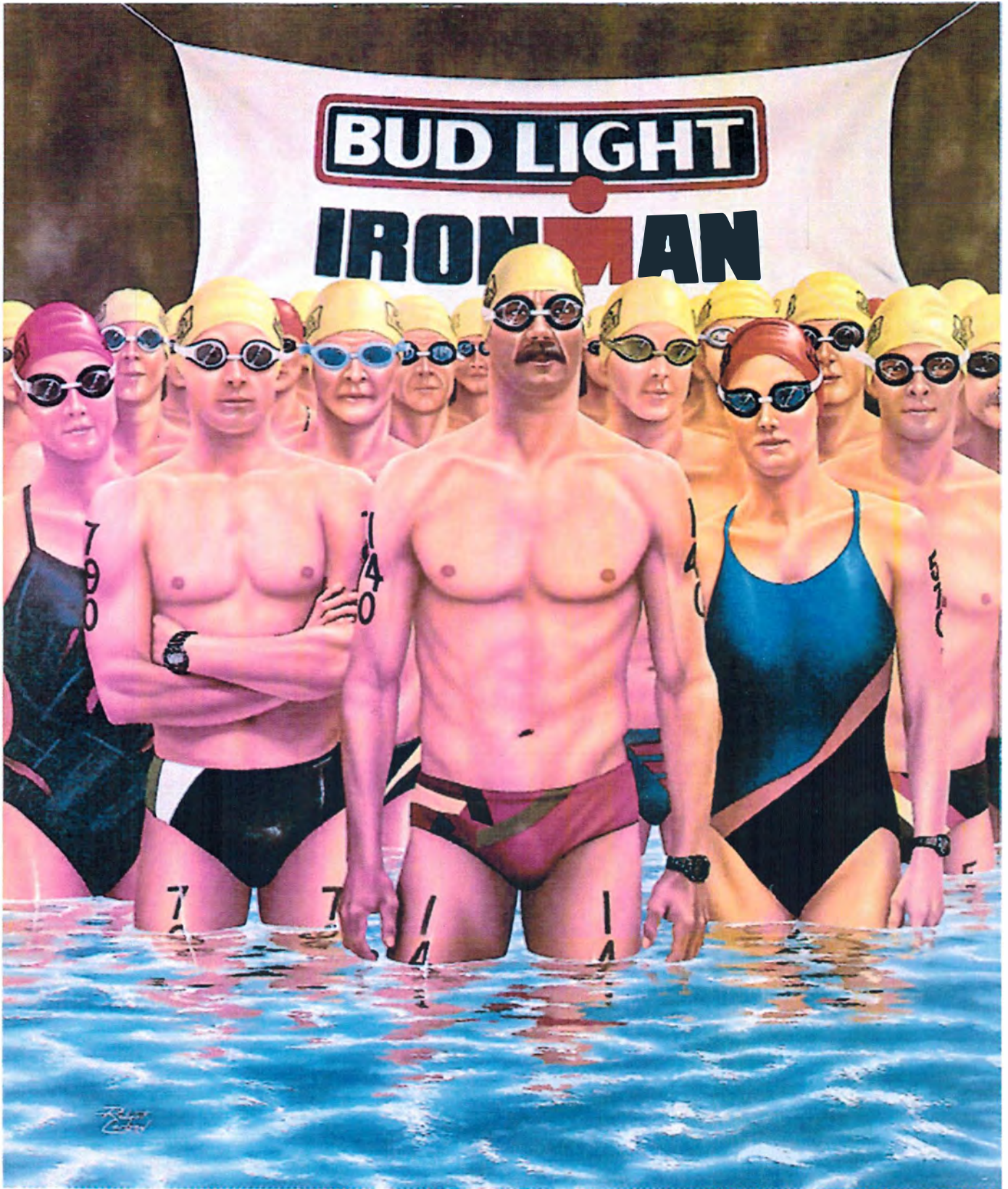


Michael T Baker
aka "Iron" Mike Baker



Cover Art by Robert "Bob" Carlson

3 x Ironman Triathlon Finisher

Ironman - - 6:57

44" x 38"

Oil on Canvas – 1990

Collection of Gail Darling

Carlson, Robert. (1990). The Hard Edge [Exhibition]. The El Paso Museum of Art, January 21 – March 27, 1993.

Content Copyright - Robert Carlson Fine Art

Pictured here with permission

Models: "Iron" Mike Baker, Sandy Hatfield, Brian Carter

Mike Baker

10556 Crete Dr

El Paso, Texas 79924

Cell Phone: (915) 252-3689 /Email: kona.mike@outlook.com

PERSONAL PROFILE:

Full Name: Michael Timothy Baker
Place of Birth: Fort Benning, Georgia
Date of Birth: May 27, 1955
Elementary Schools: Stanton Elementary
Newman Elementary
High Schools: Andress High School
Burgess High School, Class of 1973
Colleges: El Paso Community College, Class of 1978
Howard Payne University, Class of 2009
Louisiana Baptist University, Class of 2018
Occupation: Retired, Medical Technologist

ATHLETIC BACKGROUND:

- Andress High School Junior Varsity Basketball 1971
- Burgess High School (BHS) Varsity Basketball 1973 (Under EP Hall of Fame Coach Tony Harper)
- BHS Varsity Track, High Jump 1973
- District 1-4A High Jump Champion 1973
- Summer League Track & Field, High Jump Champion, 1977, 1978

EXTRACURRICULAR ACTIVITIES PROFILE:

- USA Triathlon Certified Rules/ Technical Official, 2004-present
- USA Triathlon Regional Officials Coordinator, 2017-present
- USA Triathlon Technical Officials Education Coordinator, 2021-present
- USA Triathlon Assistant Deputy Commissioner of Officials
- Former Race Director, Midcap Bearing Biathlon
- Specialty and Open Water SCUBA instructor
- Master SCUBA Diver

PAST SPONSORSHIPS:

Kashi grains
Powerbar

ATHLETIC ACCOMPLISHMENTS AND HONORS:

- 25 Iron Distance Triathlon Finishes (2.4mi Swim, 112mi Bike, 26.2mi Run)
- 8 Ironman World Triathlon Championship Finishes- 1988, 1989, 1990, 1991, 1993, 1994, 1997, 2002
- National Age Group (AG) Champion, Ultra Distance Triathlon- 1992, 1993
- Current Co-Record Holder, National Ultra Distance Triathlon, Tandem Team (National Record Set- 1992)
- National AG Champion, Long Distance Triathlon- 1993, 1994, 2000
- National AG Championship Runner-up, Long Distance Triathlon- 1988, 1989, 1990, 1991, 1992, 2000, 2002
- National AG Championship Runner-up, Coors Light Duathlon Series- 1991
- USA Triathlon South States Regional AG Champion, Ultra Distance Triathlon- 1992
- USA Triathlon Rocky Mountain Regional Masters Champion, Sprint Distance Triathlon- 1995
- USA Triathlon Central States Regional AG Champion, Long Distance Triathlon- 1997
- USA Triathlon Central States Regional Championship AG Runner-up, Long Distance Triathlon - 1989
- Texas State AG Duathlon Champion- 1991, 1992, 1995
- Triathlon Federation/ USA Triathlon AG All-American- 1993, 1994, 2001
- AG Champion, Southwest Challenge Series Triathlon/Duathlon Championship- 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1999, 2000, 2003
- Realman Iron Distance Triathlon Overall Champion- 1990
- Lonestar Iron Distance Triathlon Overall Champion- 1991
- Horsepower Champion, Mount Taylor Winter Quadrathlon- 1991, 1993
- Sportsman of the Year- Southwest Challenge Series Triathlon/ Duathlon Championship- 2011

Race Results



Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1984	Prude Ranch Triathlon	Ft. Davis, TX		
1984	Miner Triathlon	El Paso, TX	Runner-up	
1985	MVTC-Bud Lite Triathlon	Las Cruces, NM	8 th	4 th
1985	Prude Ranch Triathlon	Ft. Davis, TX	5 th	1 st
1985	Miner Fall Triathlon	El Paso, TX		
1986	Miner Spring Triathlon	El Paso, TX	Runner-up	
1986	MVTC-Bud Lite Triathlon	Las Cruces, NM	4 th	1 st
1986	Tall City Triathlon	Midland, TX	14 th	4 th
1986	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1986	Burn Lake Triathlon	Las Cruces, NM	5 th	1 st
1986	Prude Ranch Half- Ironman Triathlon	Ft. Davis, TX	3 rd	1 st
1986	Hatch Chile Festival	Hatch, NM	5 th	1 st
1986	WSMR Triathlon	WSMR, NM		
1986	Texas Hill Country Triathlon Regional Championship	San Antonio, TX	30 th	5 th
1986	Miner Fall Triathlon	El Paso, TX	4 th	1 st
1986	Odessa Triathlon	Odessa, TX	Runner-up	
1986	America's Bicycle race	El Paso, TX		
1986	Phi Epsilon Kappa Triathlon	Las Cruces, NM	Runner-up	
1987	Bud Light Triathlon	Las Cruces, NM		
1987	NMMI Bottomless Lakes Triathlon	Roswell, NM	Runner-up	
1987	Miner Spring Triathlon	El Paso, TX	4 th	1 st
1987	MVTC-Bud Lite Triathlon	Las Cruces, NM	Runner-up	
1987	Bud Light US Triathlon Series- Phoenix	Phoenix, AZ	85 th	9 th
1987	Tall City Triathlon	Midland, TX	3 rd	2 nd
1987	Carlsbad Kiwanis Triathlon	Carlsbad, NM		
1987	Prescott Triathlon	Prescott, AZ	23 th	4 th
1987	Cochiti Triathlon	Santa Fe, NM	5 th	1 st
1987	Burn Lake Triathlon	Las Cruces, NM	4 th	1 st
1987	Northeast YMCA Triathlon (Long Course)	El Paso, TX		
1987	Northeast YMCA Triathlon (Short Course)	El Paso, TX		
1987	Prude Ranch Triathlon	Ft. Davis, TX	Overall Champion	
1987	Cochiti Triathlon	Santa Fe, NM		
1987	Texas Hill Country Triathlon Regional Championship	San Antonio, TX	10 th in Region	3 rd
1987	Pedal, Paddle, Plod Triathlon	Hatch, NM	Runner-up	1 st
1987	White Mountain Cycling Hill Climb	Ruidoso, NM	5 th	1 st
1987	Miner Fall Triathlon	El Paso, TX	6 th	2 nd
1987	Armijo Triathlon	El Paso, TX		
1987	Hueco Mountain Estates Biathlon	El Paso, TX	Overall Champion	
1988	Phoenix Marathon	Phoenix, AZ	187 th	29 th
1988	WSMR Biathlon	WSMR, NM	Overall Champion	
1988	Ft. Bliss Triathlon El Paso, TX			
1988	First Miner Biathlon	El Paso, TX		
1988	Bud Light Triathlon	Las Cruces, NM		
1988	Northeast YMCA Spring Triathlon	El Paso, TX		
1988	Missleman Triathlon	WSMR, NM		
1988	Tall City Triathlon	Midland, TX	4 th	3 rd
1988	Carlsbad Triathlon	Carlsbad, NM	Runner-up	
1988	WSMR Triathlon	WSMR, NM	3 rd	1 st
1988	Prescott Triathlon	Prescott, AZ	19 th	4 th
1988	Burn Lake Triathlon	Las Cruces, NM	3 rd	1 st
1988	Cochiti Triathlon	Santa Fe, NM	10 th	1 st
1988	Missleman Triathlon II	WSMR, NM	Overall Champion	
1988	Prude Ranch Triathlon	Ft. Davis, TX	Overall Champion	

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1988	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX	22 nd Nationally	Runner-up
1988	Miner Fall Triathlon	El Paso, TX	Runner-up	
1988	Ironman Triathlon World Championship	Kailua-Kona, HI	98 th World	11 Hrs. 15 Min
1988	Hueco Mountain Estates Biathlon	El Paso, TX	Overall Champion	
1989	Missleman Biathlon	WSMR, NM	3 rd	1 st
1989	Realman Full Triathlon (Iron Distance)	Camp Wood, TX	5 th	13 Hrs. 28 Min.
1989	MVTC Triathlon	Las Cruces, NM	Runner-up	
1989	Bottomless Lakes Triathlon	Roswell, NM		
1989	Northeast YMCA Spring Triathlon	El Paso, TX	4 th	1 st
1989	Milkman Triathlon	Dexter, NM		
1989	Missleman Triathlon	WSMR, NM	Overall Champion	
1989	Coors Light Biathlon- Albuquerque	Albuquerque, NM	19 th	3 rd
1989	Big Country Half-Marathon	Van Horne, TX		
1989	West Texas Snakebite Classic Biathlon	El Paso, TX		
1989	Prescott Triathlon	Prescott, AZ	19 th	3 rd
1989	Burn Lake Triathlon	Las Cruces, NM	Runner-up	
1989	Cochiti Triathlon Santa Fe, NM			
1989	Oasis of West Texas Triathlon	Ft. Davis, TX		
1989	Chili Harvest Pedal, Pedal, Plod	Radium Springs, NM		
1989	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX	18 th Nationally	Runner-up
1989	Miner Triathlon	El Paso, TX	3 rd	2 nd
1989	Northeast YMCA Fall Triathlon	El Paso, TX		
1989	Miner Triathlon	El Paso, TX		
1989	El Paso-Juarez International 15k	El Paso, TX		
1989	Ironman Triathlon World Championship	Kailua-Kona, HI	120 th World	10 Hrs. 50 Min.
1989	Hueco Mountain Estates Biathlon	El Paso, TX	6 th	1 st
1989	Coors Light Biathlon National Championship	Phoenix, AZ	110 th	27 th Nationally
1990	Los Rapiidos International Endurance Swim	El Paso, TX		
1990	One Hour Swim National Championships	El Paso, TX		24 th Nationally
1990	Las Vegas Marathon	Las Vegas, NV	386 th	82 nd
1990	Mt. Taylor Winter Quadrathlon	Grants, NM	5 th	1 st
1990	WSMR Biathlon	WSMR, NM	4 th	1 st
1990	Realman (Iron Distance) Triathlon	Camp Wood, TX	Overall Champion	11 Hrs. 48 Min.
1990	West Texas Snakebite Classic Biathlon	El Paso, TX	4 th	2 nd
1990	Bottomless Lakes Triathlon	Roswell, NM		
1990	Roadrunner Half Ironman Triathlon	Boulder, NV	24 th	7 ^{ht}
1990	Bud Light US Triathlon Series- Phoenix	Phoenix, AZ	64 th	4 th
1990	Holloman Triathlon	Holloman AFB, NM	Overall Champion	
1990	Northeast YMCA Triathlon	El Paso, TX	Overall Champion	
1990	Milkman Triathlon	Dexter, NM		
1990	Pedal, Paddle, Plod	Radium Springs, NM	Runner-up	
1990	New Mexico Biathlon Championship	Albuquerque, NM	26 th	3 rd
1990	Prescott Triathlon	Prescott, AZ	27 th	1 st
1990	Burn Lake Triathlon	Las Cruces, NM	5 th	1 st
1990	Cochiti Triathlon	Santa Fe, NM	17 th	1 st
1990	Oasis of West Texas Triathlon	Ft. Davis, TX	Overall Champion	
1990	Holloman Triathlon	Holloman AFB, NM	Overall Champion	
1990	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX		2 nd Nationally
1990	Miner Triathlon	El Paso, TX	4 th	1 st
1990	Holloman Fall Triathlon	Holloman AFB, NM	Overall Champion	
1990	Ironman Triathlon World Championship	Kailua-Kona, HI	57 th World	11 Hrs. 20 Min.

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1990	WSMR Biathlon	WSMR, NM	4 th	1 st
1990	Hueco Mountain Estates Texas Biathlon Championship	El Paso, TX	9 th	Texas Champion
1990	Los RapiDOS International Endurance Swim	El Paso, TX		
1991	One Hour Swim National Championships	El Paso, TX		15 th Nationally
1991	Las Vegas Marathon	Las Vegas, NV	549 th	108 th
1991	President's Day Duathlon	WSMR, NM	5 th	1 st
1991	Trans Mountain Run	El Paso, TX		
1991	Mountain Man Duathlon	El Paso, TX	4 th	1 st
1991	Lonestar (Iron Distance) Triathlon	Bandera, TX	Overall Champion	10 Hrs. 59 Min
1991	Big Sur Marathon	Carmel, CA		
1991	MVTC Triathlon	Las Cruces		
1991	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1991	Milkman Triathlon Regional Sprint Championship	Dexter, NM	14 th	5 th
1991	Carlsbad Kiwanis Triathlon	Carlsbad, NM	Runner-up	1 st
1991	Missleman Triathlon	WSMR, NM	4 th	1 st
1991	Pedal, Paddle, Plod	Radium Springs, NM	Runner-up	
1991	Desert Storm Triathlon	El Paso, TX		
1991	West Texas Snakebite Classic	El Paso, TX	4 th	1 st
1991	Burn Lake Triathlon	Las Cruces, NM	8 th	1 st
1991	Santa Fe Triathlon	Santa Fe, NM	14 th	3 rd
1991	Roadrunner Triathlon	WSMR, NM	Runner-up	
1991	Miner Triathlon	El Paso, TX		
1991	Chile Harvest Pedal, Pedal, Plod	Radium Springs, NM		
1991	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX	24 th Nationally	2 nd
1991	UTPB Triathlon	Odessa, TX	Overall Champion	
1991	All Hallows Biathlon	Holloman AFB, NM	4 th	1 st
1991	Ironman Triathlon World Championship	Kailua-Kona, HI		
1991	Hueco Mountain Estates Texas Biathlon Championship	El Paso, TX	6 th	Texas Champion
1991	Coors Light Duathlon National Championship	Santa Fe, NM	9 th Nationally	2 nd
1991	Los RapiDOS International Endurance Swim	El Paso, TX		
1992	Las Vegas Marathon	Las Vegas, NV		
1992	Mt. Taylor Winter Quadrathlon	Grants, NM	Team Champions	
1992	Sun City Half Marathon	El Paso, TX	40 th	5 th
1992	Leap Year Duathlon	WSMR, NM	10 th	1 st
1992	Mountain Man Duathlon	El Paso, TX	4 th	1 st
1992	MVTC Triathlon	Las Cruces, NM	8 th	2 nd
1992	Jay Benson Triathlon	Albuquerque, NM	5 th	2 nd
1992	Northeast YMCA Triathlon	El Paso, TX	2 nd	1 st
1992	Eagle Triathlon	Holloman AFB, NM		
1992	Missleman Triathlon	WSMR, NM	5 th	1 st
1992	Evergreen Half Ironman	Evergreen, CO	46 th	8 th
1992	Burn Lake Triathlon	Las Cruces, NM	8 th	1 st
1992	Santa Fe Triathlon	Santa Fe, NM	22 nd	2 nd
1992	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	Overall Champion Team (National Record Set)	10 Hrs. 2 Min
1992	Pecos Cantaloupe Festival Triathlon	Pecos, TX	Overall Champion	
1992	Roadrunner Triathlon	WSMR, NM	Runner-up	
1992	Miner Triathlon	El Paso, TX		
1992	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX	18 th Nationally	2 nd

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1992	Oasis of West Texas Triathlon	Ft. Davis, TX	Runner-up	1 st
1992	William Bonney Duathlon WSMR, NM			
1992	Great Floridian Ironman Distance Triathlon	Clermont, FL	10 th	1 st 10 Hrs. 34 Mins
1992	Hueco Mountain Estates	El Paso, TX	4 th	1 st
	Texas Duathlon Championship			
1992	Los Rapios International Endurance Swim	El Paso, TX		
1993	Mt. Taylor Winter Quadrathlon	Grants, NM	Top Team	Horse power champion
1993	President's Day Duathlon WSMR, NM	Overall		
1993	Mesilla Valley Track Club Triathlon	Las Cruces, NM	6 th	1 st
1993	Northeast YMCA Triathlon	El Paso, TX	Runner-up	1 st
1993	Francis Copeland Stevens Memorial Triathlon	WSMR, NM	Overall Champion	
1993	Carlsbad Kiwanis Triathlon	Carlsbad, NM		
1993	Tumbleweed Triathlon	Ft. Bliss, TX	Runner-up	1 st
1993	Burn Lake Triathlon	Las Cruces, NM		
1993	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	9 th Nationally	National Champion 9 Hrs. 48 Min
1993	Big J New Mexico State Duathlon Championship	Albuquerque, NM		
1993	Miner Triathlon El Paso, TX			
1993	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1993	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX	7 th Nationally	National Champion
1993	Dirt Devil Duathlon	Ft. Bliss, TX		
1993	William Bonney Duathlon	WSMR, NM		
1993	Hueco Mountain Estates	El Paso, TX	Texas Champion	Texas Champion
	Texas Duathlon Championship			
1993	Ironman Triathlon World Championship	Kailua-Kona, HI		34 th World, 10 Hrs. 5 Min
1993	Los Rapios International Endurance Swim	El Paso, TX		
1994	President's Day Duathlon	WSMR, NM	6 th	1 st
1994	Stealth Duathlon	Holloman AFB, NM	5 th	1 st
1994	MVTC Triathlon	Las Cruces, NM	6 th	1 st
1994	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1994	Milkman Triathlon	Dexter, NM	9 th	2 nd
1994	Carlsbad Kiwanis Triathlon	Carlsbad, NM		
1994	Tumbleweed Triathlon	Ft. Bliss, TX	Runner-up	1 st
1994	Burn Lake Triathlon	Las Cruces, NM	6 th	1 st
1994	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	22 nd Nationally	4 th 10 Hrs. 2 Min
1994	Roadrunner Triathlon	WSMR, NM	2 nd	1 st
1994	Tall City Triathlon	Midland, TX		
1994	Big J New Mexico State Duathlon Championship	Albuquerque, NM		
1994	Texas Hill Country Triathlon, National Long Distance Championship	San Antonio, TX	7 th Nationally	National Champion
1994	Stealth Triathlon	Holloman AFB, NM	6 th	1 st
1994	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1994	William Bonney Duathlon	WSMR, NM	Runner-up	1 st
1994	Ironman Triathlon World Championship	Kailua-Kona, HI		16 th World, 10 Hrs. 9 Min
1994	Hueco Mountain Estates	El Paso, TX		
	Texas Duathlon Championship			
1994	Alamagordo Marathon	Alamagordo, NM		
1994	Los Rapios International Endurance Swim	El Paso, TX		
1995	Dearholt's Delight Desert Run	Las Cruces, NM	18 th	9 th
1995	Superbowl Run	Las Cruces, NM	10 th	3 rd

Partial List of Race Results

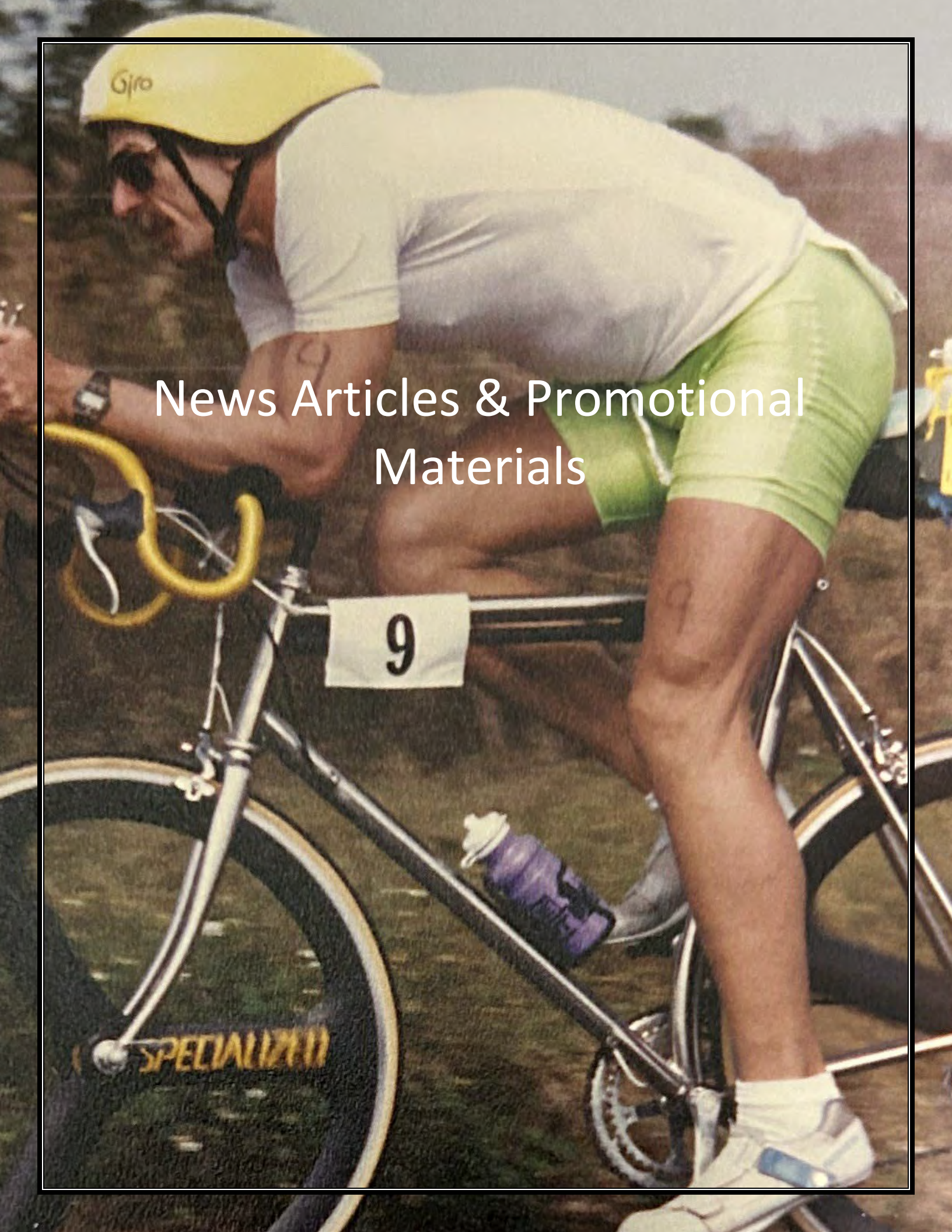
Year	Event	Location	Overall Rank	Age Group Rank
1995	Sun City Half Marathon	El Paso, TX		
1995	President's Day Duathlon	WSMR, NM	12 th	2 nd
1995	Trans Mountain Run	El Paso, TX		
1995	Northeast YMCA Triathlon	El Paso, TX	3 rd	1 st
1995	Milkman Triathlon Rocky Mountain Regional Championship	Dexter, NM	8 th	Regional Masters Champion
1995	Carlsbad Kiwanis Triathlon	Carlsbad, NM	3 rd	1 st
1995	Buffalo Springs Lake Half Ironman	Lubbock, TX		
1995	Burn Lake Triathlon	Las Cruces, NM	3 rd	1 st
1995	Snakebite Duathlon	Santa Teresa, NM	Overall Champion	
1995	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA		
1995	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1995	Tall City Triathlon	Midland, TX	Overall Champion	
1995	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1995	50th WSMR Duathlon	WSMR, NM	6 th	1 st
1995	El Paso-Juarez International 15k	El Paso, TX		
1995	Hueco Mountain Estates Galaxy Duathlon Championship	El Paso, TX	5 th	1 st
1995	Tucson Marathon	Tucson, AZ		
1995	Los Rapiidos International Endurance Swim	El Paso, TX		
1996	Dearholt's Delight Desert Run	Las Cruces, NM		
1996	City of El Paso Parks & Recreation Triathlon	El Paso, TX	5 th	2 nd
1996	Toyahvale Desert Oasis Duathlon	Balmorhea, TX	Runner-up	1 st
1996	Boston Marathon	Boston, MA		
1996	Snakebite Duathlon	Santa Teresa, NM	4 th	1 st
1996	Jay Benson Triathlon	Albuquerque, NM	11 th	3 rd
1996	Milkman Triathlon	Dexter, NM	56 th	8 th
1996	Ironhorse Half Ironman Triathlon	Springfield, IL	113 th	6 th
1996	Buffalo Springs Lake Half Ironman Triathlon South Central Championship	Lubbock, TX	82 nd	8 th
1996	Burn Lake Triathlon	Las Cruces, NM	5 th	1 st
1996	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	59 th	8 th 10 Hrs 51 Min
1996	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1996	Tall City Triathlon	Midland, TX		
1996	Stealth Triathlon	Holloman AFB, NM	Runner-up	1 st
1996	Toyahvale Desert Oasis Triathlon	Balmorhea, TX		
1996	WSMR Duathlon	WSMR, NM	9 th	2 nd
1996	Hueco Mountain Estates Galaxy Duathlon Championship	El Paso, TX	13 th	1 st
1996	Los Rapiidos International Endurance Swim	El Paso, TX		
1997	Toyahvale Desert Oasis Duathlon	Balmorhea, TX	Runner-up	1 st
1997	Snakebite Duathlon	Santa Teresa, NM	3 rd	1 st
1997	Jay Benson Triathlon	Albuquerque, NM	5 th	3 rd
1997	Milkman Triathlon	Dexter, NM	19 th	5 th
1997	Carlsbad Kiwanis Triathlon	Carlsbad, NM	9 th	2 nd
1997	Francis Copeland Stevens Memorial Tri	WSMR, NM	6 th	1 st
1997	Buffalo Springs Lake Half Ironman Triathlon South Central Championship	Lubbock, TX	45 th	Regional AG Champion
1997	Burn Lake Triathlon	Las Cruces, NM	4 th	2 nd
1997	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	67 th	5 th Nationally 10 Hrs 35 Min
1997	Tall City Triathlon	Midland, TX		
1997	Texas Hill Country Triathlon	San Antonio, TX		
1997	Stealth Triathlon	Holloman AFB, NM	6 th	3 rd

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
1997	Toyahvale Desert Oasis Triathlon	Balmorea, TX	Runner-up	1 st
1997	Ironman Triathlon World Championship	Kailua-Kona, HI		55 th World, 11 Hrs. 19 Min
1997	The Great Floridian Ironman Triathlon	Clermont, FL	104 th	12 th 12 Hrs 1 Min
1997	Los RapiDOS International Endurance Swim	El Paso, TX		
1998	Francis Copeland Stevens Triathlon	WSMR, NM	6 th	1 st
1998	Carlsbad Kiwanis Triathlon	Carlsbad, NM	6 th	1 st
1998	Buffalo Springs Lake Half Ironman	Lubbock, TX	119 th	6 th
1998	Burn Lake Triathlon	Las Cruces, NM	6 th	2 nd
1998	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	12 th Nationally	5 th 10 Hrs. 48 Min
1998	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1998	Tall City Triathlon	Midland, TX	Runner-up	1 st
1998	Carlsbad Kiwanis Triathlon	Carlsbad, NM	6 th	1 st
1998	Yucca Duathlon	WSMR, NM	8 th	1 st
1998	Great Floridian Ironman Triathlon	Clermont, FL	67 th	5 th
1998	Los RapiDOS International Endurance Swim	El Paso, TX		
1999	Stealth Duathlon	Holloman AFB, NM	5 th	2 nd
1999	Snakebite Duathlon	Santa Teresa, NM	6 th	2 nd
1999	Francis Copeland Stevens Triathlon	WSMR, NM	6 th	1 st
1999	Buffalo Springs Lake Half Ironman	Lubbock, TX	74 th	4 th
1999	Burn Lake Triathlon	Las Cruces, NM	9 th	3 rd
1999	Vineman Full Triathlon, National Ultra Distance Championship	Santa Rosa, CA	59 th	6 th Nationally 10 Hrs. 45 Min
1999	Roadrunner Triathlon	WSMR, NM	4 th	1 st
1999	Tall City Triathlon	Midland, TX	6 th	1 st
1999	Carlsbad Kiwanis Triathlon	Carlsbad, NM	22 nd	1 st
1999	Stealth Triathlon	Holloman AFB, NM		
1999	Los RapiDOS International Endurance Swim	El Paso, TX		
2000	Bottomless Duathlon	Roswell, NM	11 th	1 st
2000	William Beaumont Fisher House Triathlon	Ft. Bliss, TX	5 th	1 st
2000	Tri-Raider Triathlon	Lubbock, TX	8 th	1 st
2000	Buffalo Springs Lake Half-Ironman, National Long Distance Championship	Lubbock, TX	60 th	National Champion
2000	Bottomless Lakes Triathlon	Roswell, NM	7 th	1 st
2000	Burn Lake Triathlon	Las Cruces, NM	7 th	1 st
2000	Ironman Lake Placid	Lake Placid, NY	217 th	15 th 10 Hrs. 59 Min
2000	Roadrunner Triathlon	WSMR, NM	3 rd	1 st
2000	Carlsbad Kiwanis Triathlon	Carlsbad, NM	12 th	1 st
2000	Yucca Duathlon	WSMR, NM	7 th	1 st
2000	Los RapiDOS International Endurance Swim	El Paso, TX		
2001	William Beaumont Fisher House Triathlon	Ft. Bliss, TX	7 th	1 st
2001	Hoffman Memorial	Midland, TX	3 rd	1 st
2001	Buffalo Springs Lake Half-Ironman, National Long Distance Championship	Lubbock, TX	60 th	4 th Nationally
2001	Ironman Florida 2001	Panama City, FL	213 th	13 th 10 Hrs. 29 Min
2001	Los RapiDOS International Endurance Swim	El Paso, TX		
2002	Ranson Canyon Triathlon	Ransom Canyon, TX	5 th	1 st
2002	Buffalo Springs Lake Half-Ironman, National Long Distance Championship	Lubbock, TX	117 th	2 nd Nationally
2002	Ironman World Championship	Kailua-Kona, HI	731 st	51 st 11 Hrs. 39 Min
2003	Los RapiDOS International Endurance Swim	El Paso, TX		
2003	WSMR Wind Triathlon	WSMR, NM	7 th	1 st
2003	Milkman Triathlon	Dexter, NM	20 th	2 nd
2003	Bottomless Lakes Triathlon	Roswell, NM	8 th	2 nd
2003	Burn Lake Duathlon	Las Cruces, NM	8 th	2 nd
2003	Roadrunner Triathlon	WSMR, NM	3 rd	1 st

Partial List of Race Results

Year	Event	Location	Overall Rank	Age Group Rank
2003	Hoffman Memorial	Midland, TX	3 rd	1 st
2003	Bottomless Formula-1 Triathlon	Roswell, NM	6 th	2 nd
2003	South Plains College Cotton Country Triathlon	Levelland, TX	4 th	1 st
2003	Los Rapios International Endurance Swim	El Paso, TX		
2004	Bottomless Lakes Triathlon	Roswell, NM	14 th	2 nd
2004	Bottomless Formula-1 Triathlon	Roswell, NM	13 th	2 nd
2004	Polar Bear Triathlon	WSMR, NM	5 th	1 st
2004	Los Rapios International Endurance Swim	El Paso, TX		
2005	Bottomless Lakes Triathlon	Roswell, NM	7 th	1 st
2005	Bottomless Formula-1 Triathlon	Roswell, NM	7 th	1 st
2006	Polar Bear Triathlon	WSMR, NM		
2009	Bottomless Lakes Triathlon	Roswell, NM	43 th	5 th
2009	Bottomless Formula-1 Triathlon	Roswell, NM		
2009	Run Proud for Dessert	Coppell, TX		
2010	Ruidoso Sprint Triathlon	Ruidoso, NM	12 th	1 st
2010	Bottomless Lakes Triathlon	Roswell, NM	18 th	1 st
2010	Bottomless Formula-1 Triathlon	Roswell, NM		
2010	Monster Triathlon	Holloman AFB, NM		
2011	Armed Forces Triathlon	Ft. Bliss, TX		
2012	Armed Forces Triathlon	Ft. Bliss, TX		
2012	Missileman Duathlon	WSMR, NM	8 th	1 st
2012	Bottomless Lakes Triathlon	Roswell, NM	20 th	3 rd
2012	Roadrunner Triathlon	WSMR, NM	6 th	1 st
2012	Yucca Triathlon	WSMR, NM	12 th	1 st
2012	Iron Soldier Fall Triathlon	Ft. Bliss, TX		
2013	Bottomless Lakes Triathlon	Roswell, NM	20 th	2 nd
2013	Monster Triathlon	Holloman AFB, NM		
2013	Bottomless Lakes Triathlon	Roswell, NM	4 th	1 st
2013	Monster Triathlon	Holloman AFB, NM	20 th	2 nd
2014	Iron Soldier Fall Triathlon	Ft. Bliss, TX		
2014	Armed Forces Triathlon	Ft. Bliss, TX		
2014	Monster Triathlon	Holloman AFB, NM	9 th	2 nd
2015	Sul Ross Triathlon	Alpine, TX	7 th	2 nd

A photograph of a male cyclist in a white short-sleeved jersey and yellow shorts, riding a road bike. He is wearing a yellow helmet with the 'Giro' logo and sunglasses. The bike has a white frame with 'SPECIALIZED' written in yellow on the front fork. A white race number '9' is attached to the frame. A purple water bottle is mounted on the frame. The cyclist is in a crouched position, pedaling on a paved road.

News Articles & Promotional
Materials

All 34 Finish Triathlon

by Dorothy Ferranti

In just over four hours, 34 entrants in the 7th Annual Prude Ranch Triathlon sponsored by Peyton's Bikes of Midland and Odessa, finished one of the toughest and most beautiful courses in the state of Texas.

At 7 o'clock on Sunday morning, August 21, 1988, just as the sun was coming up over the mountains near Balmorhea State Park, the athletes were warming up in the icy pool in preparation for the first leg of the three-event race to the finish line.

First out after swimming 800 meters or four laps of the huge pool was Dave Wright, 31, from Midland wearing #305. Sprinting barefoot from the pool to his bicycle parked near the entrance to the park, Wright put on his shoes, mounted his bike and began the 32 mile ride through the canyons, over Wild Rose Pass, up hill and down to Limpia Valley Nursery just north of Fort Davis.

Mark Headley, #300, aged 32, from Odessa, passing Wright during the rapid ride through the mountains, dismounted his bicycle at the Nursery, donned his running shoes, and proceeded on the last leg of the race: the 6 mile up-hill run to the gate to Prude Ranch.

Approaching the first water stop, Headley began to suffer leg cramps, allowing Mike Baker, #304, aged 33, from El Paso, to take the lead and continue on to win the triathlon with a time of 2:28:21.

Representing the six women entered in the physically difficult race as over-all female winner was Diana Hardy, #250, who passed two of the women after having to stop to repair a bicycle tire.

The athletes were divided into age groups beginning with the youngest and only entrant in the 15-19 age range being Brian Phillips, age 16 from DeSoto just south of Dallas.

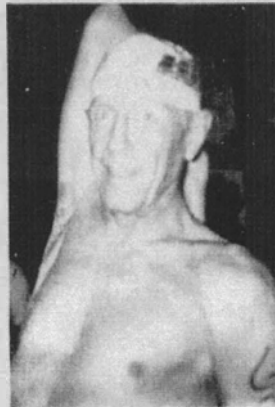
The 20-29 age group saw Dan Haught, #203, age 21, of Abilene take 4th place over-all.

Winning in 1st, 2nd, and 3rd were the 30-39 year-old men, Baker, Wright, and Headley respectively.

Joe Van Arsdall crossed the finish line first in the 40-49-year-old division.

The 50-59 age group was represented in first place by James Stevens.

All alone in his age group at



Jim Bozell, age 64, stretching before his early morning swim in the 7th Annual Prude Ranch Triathlon.

64, Jim Bozell of Midland began the day doing stretching exer-

cises beside the swimming pool in Balmorhea. He said, "I will probably be the last one out of the pool and I don't run anymore because of my knees, but I enjoy race walking. I last ran this course in 1984." Bozell finished the events with an incredible time of 3:54:57.

Four relay teams were entered in the triathlon with Team #1 consisting of the swimmer Andrew Hadik, biker Werner Johnson, and the runner Dave Smith. Coming from Midland, all three men are geologists when they aren't participating in athletic events.

Presenting trophies and medals to the winners and runners-up was John Robert Prude of Prude Ranch who said, "This event is dear to my heart, but we may not be able to do this again if we cannot get more athletes to participate. When you have more workers than athletes, you can't

cont. on pg. 3



John Robert Prude, far right presenting trophies and medals to the participants in the 7th Annual Prude Ranch Triathlon.

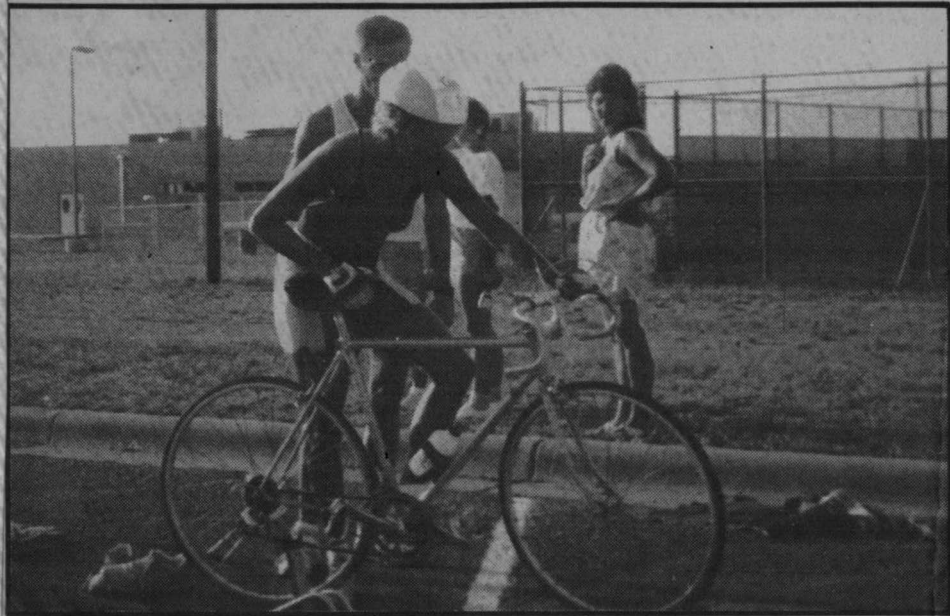
Make plans NOW to attend the

FORT DAVIS NATIONAL HISTORIC SITE
FIFTH ANNUAL
RESTORATION FESTIVAL
SATURDAY, SEPTEMBER 3, 1988

FESTIVAL SPONSORED BY FRIENDS OF FORT DAVIS NATIONAL HISTORIC SITE, INC. All proceeds of the Festival will be used for restoration projects at Fort Davis National Historic Site.

SCHEDULE OF EVENTS

- | | |
|-----------|--|
| 8:00 a.m. | PARK OPENS — No Entrance Fee. |
| 8:30 a.m. | REVEILLE — Parade Ground. Historic flag-raising ceremony. Cannon salute. |
| 9:00 a.m. | SILENT AUCTION BIDS OPEN — Front porch of barracks. Antiques and collectibles. |
| 9:00 a.m. | WAGON RIDES — Visitor Center, 25 cents for a ride around the parade ground. |
| 9:00 a.m. | MILITARY DRILL — North Parade Ground, Fort |



RACING – Capt. Mary Catherine Conaway, gen. medical officer at McAfee Health Clinic, rushes over to her bike at the WSMR Mini-Triathlon.



VICTORY – Maj. Cass Conaway, chief of vascular surgery at WBAMC, number nine, leads his team to victory at the mini-triathlon.

William Beaumont dominates mini-triathlon events

Members of William Beaumont Army Medical Center dominated the Aug. 27, White Sands Missile Range Mini-Triathlon.

The White Sands Missile Range Mini-Triathlon consisted of a five kilometer run, 18-mile bike race, and a 400 meter swim. The mini-triathlon had a total of 88 male and female participants who competed in the various age groups ranging from 19

years-of-age to 50 and older. Of the total participants there were 14 team entries, which consisted of two and three member teams.

The overall winner of this year's Mini-Triathlon is Mike Baker, Lab Technician at WBAMC, with a time of 1:09:57. The female winner is Capt. Mary Catherine Conaway, general medical officer at McAfee Health Clinic, with a time of 1:24:03.

A team from the WBAMC General Surgery Department won the White Sands Missile Range Mini-Triathlon team event. The winning team consisted of Maj. Cass Conaway, chief of vascular surgery at Beaumont, 2nd Lt. Joseph Farquhar, a student at The University of Alabama, and 2nd Lt. Curtis Hanst, a student at The Uniformed Services University of the Health Services, with a winning time of 1:15:41.

Also winning at the White Sands Missile Range Mini-Triathlon were Sgt. Juan Ovalle, pharmacist specialist at WBAMC, winning second place in his age group 25-29 and placing 40th overall with a time of 1:36:57, and MSgt. Gary Hamm, pharmacy NCOIC at WBAMC, winning sixth place in his age group 40-44 and placing 39th overall with a time of 1:36:25.



Ray Sanchez

Sports Columnist

but, uh, I hope financial elevation is included, too...

FORMER UT EL PASO basketballer Wayne "Soup" Campbell will be playing in Europe this year. He was signed by a team in Holland

Coronado in District 1-5A...Diet Pepsi was as quick in getting out its commercial featuring heavyweight champ Mike Tyson last week as Tyson was in knocking out Michael Spinks. The commercial claims Pepsi KO'd Coca Cola in a taste test...The 1st annual Yvonne Richardson Basketball Classic has been set for Aug. 5-6 at Bowie High School. Four teams made up of players who played for Nolan Richardson at Bowie will comprise the field. Proceeds will go to Candle-lighters of El Paso. Yvonne, Nolan's daughter, died of leukemia last year...Kudos to Sandy Hatfield of El Paso who took the women's top spot in the 2nd annual Carlsbad Kiwanis Triathlon. Also to Mike Baker who finished first in the 30-39 age group, Flip Lyle who was first in the 40-49 bracket and Brian Carter who was second in the 18-29 category...

Texas

Dave Wright, Mark Headley and Michael Baker continued their ongoing rivalry at the Oasis of West Texas Triathlon in Balmorhea on August 20. The three stayed even during the 800-meter swim and mountainous 42-mile bike, but Baker, who recently competed in the Ironman, pulled away during the 10k run to win in 2:47. Lubbock's Sue Houle won the women's race in 3:18.

This year, for the first time, the Balmorhea Chamber of Commerce sponsored the race after nearly a decade as the Prude Ranch Triathlon. The race drew 70-plus competitors, mostly from El Paso, Lubbock, Midland/Odessa and Carlsbad and Las Cruces, N.M.

The swim takes place in a 150-meter swimming pool built by the Works Progress Administration during the Depression. The pool has a natural bottom and is full of fish. It fills and empties two or three times a day, and is, according to competitor "Flip" Lyle, the largest pool in the world. Lyle took advantage of the pool's clear water to get enough of a lead to hold off Bill Schultz in the run and win the 40-49 men's race. —Peter Ephross

Unexpected nice weather—temperature in the sixties and a windless morning—greeted the triathletes in the Amarillo Triathlon on September 2. The heavily-sponsored (Bud Light, Coca-Cola and American Airlines in addition to television station KVII, the Olive Garden restaurant, and many other local businesses) race features a short swim—only 800 meters—held in a 50-meter pool. Lubbock's Sue Houle won the overall women's race in 2:11:39; Alberquerque's Shane Cleveland was the overall men's winner in 1:43:04. Cleveland was behind Will Visser after the swim, but caught up with him after a 56:33 for the 40k bike, and posted a 34:56 for the 10k run to defeat Visser by four minutes. In the women's race, Houle posted the second fastest swim time and the fastest run to win by nearly six minutes.

Only one pre-race event marred the otherwise great day. Toby Bahe, the first-seeded swimmer, was hit by an automobile as he warmed up on his bike prior to the race. Fortunately, Bahe was wearing his helmet and suffered no serious injuries. —Dave Rainey and Peter Ephross

Swimming to victory



El Pasoan Mike Baker strokes his way to a first place finish in the 13th Annual Miner Triathlon Saturday. Davis ended up finishing third overall (Frank Murco / The Prospector)

Quotes of the Week

■ **BOB STULL (NO. 1)**, UT El Paso football coach, on the goal he set upon being hired here in 1986: "My goal was to win enough games after the fifth year (length of his contract) to be able to come back for a sixth year."

■ **MIKE DITKA**, Bears coach, on mammoth defensive tackle, William "The Refrigerator" Perry: "I don't care if William Perry ever comes back. William Perry means nothing to me. We don't need William Perry that much. If he weighs more than 315 pounds, he won't play."

■ **BOB STULL (NO. 2)**, on exciting 5-foot-8 kick returner Rick Lopez, a freshman Miner: "By the time he leaves here he'll be a

legend."

■ **JEFF LEONARD**, Giants outfielder, on what was thrown at him by unruly Cardinal fans during Game 6 of the NL Playoffs: "Caramels, frozen hot dogs, change. There was a lot of money out there. There was so much change, I thought they were expecting me to tap dance."

■ **JOHN PARCHMAN**, Socorro High football coach, on no-pass, no-play: "A couple of kids deserve to pass. A couple deserve to fail. But none of them deserve to have football taken away."

■ **MILTON HENRY**, Burges High coach, when asked if no-

pass, no-play scared him: "How can it scare you when you're 1-5?"

■ **MIKE BAKER**, lab technician at Beaumont Hospital and triathlete: "Four years ago I was drinking and I smoked 2 1/2 packs of cigarettes every day. Then I ran my first triathlon, and I was hooked (on triathlons)."

■ **TONY DORSETT**, Cowboy running back, after after his outspoken comments about the NFL players' strike turned hometown fans against him: "I need to come to grips with my lips."

■ **Executive Sports Editor / Joe Muench**, call 546-6381

Dorsett



Baker rallies to claim biathlon

Michael T. Baker came from behind while Michelle Benecke led from start to finish Sunday in winning the Hueco Mountain Estates Biathlon.

The event is a five-mile run and a 20-mile bike race.

Baker was in fifth place after the run, but made up the distance on the bicycle leg to win the men's division in 1 hour, 24 minutes, 48 seconds.

Michelle Benecke, a recent winner in the Americas Bicycle Classic, led throughout to win the woman's division in 1:37.30.

Chris Sanchez won the men's 19-under age group with a time of 1:25.18. Carlos Alarcon won the 20-29 men's division 1:28.31 and Dave Gerbitz won the 30-39 men's division in 1:27.36.

Cosmas McGuire won the men's 40-49 age group, Frank Marez won the men's 50-59 title and Francisco Castorena won the 60-over men's title.

Peggy Marshall won the women's 20-29 age group in 1:47.01, while Diane Proud won the women's 30-39 division in 1:42.12. Sis Warnke won the 60-over women's division.

BURN LAKE

triathlon

LAS CRUCES, New Mexico (7/23)— As a rule, the top finishers in your garden variety triathlon will be dominated by men in their 20's. The 1988 Burn Lake Triathlon, held Saturday, July 23 in Las Cruces, N.M., was a clear exception; of the first 11 to cross the line, eight were either over 30 or still in their teens.

James "Flip" Lyle, an investment real estate broker from nearby El Paso, gave perhaps the most impressive age group performance. Emerging from tiny Burn Lake in 16th place at the end of the circular half-mile swim, the 42-year-old Lyle screamed by 15 of those ahead of him with the fastest 28 mile bike split of the day. Only Trey Smith remained in front of him at that point, but an overall win was not to be. Lyle lumbered through a 43:46 split for 5.5 miles and eventually finished fifth in 2:09:20.

Two of those who slipped by Lyle during those final miles were teenager Jimmy Moreno and 30 and over's Michael Baker. Moreno buzzed over the flat paths along the irrigation canals to the day's second fastest run (34:37) and claimed the runnerup spot behind Smith.

Baker, a lab technician at an Army hospital in El Paso, had until a couple years ago limited his athletic ventures to high school basketball. He discovered triathlons in 1986; now he races 15-18 times each year and is improving rapidly. At Burn Lake, he was fourth after the swim, dropped back a notch or two on the bike, then rallied with a solid 36:37 run to be third overall and first in 30-34.

David Gerbitz finished sixth overall while winning the 35-39 crown; right

behind him came masters runnerup Gary Covington. Covington was followed by the 30-34 second banana, Richard Moore, then came Scott Romero in 10th as the second teen and Ray Pabst in 11th as the third masters. Finish 11th overall in a race and still be only the third person over 40? Now that's a kick in the rear.

There were 17 women scattered about the field of 105 individuals and Sandy Hatfield towroped them around the course. In fact, Hatfield nearly had the *whole* field under control after the swim, splashing ashore second overall in 10:58, just a step behind leader Gilbert Valdez. Hatfield dropped back grudgingly thereafter, standing 12th overall after the bike and 22nd upon reaching the finish in 2:22:02. Catherine Rankin ran well to claim the runnerup spot.

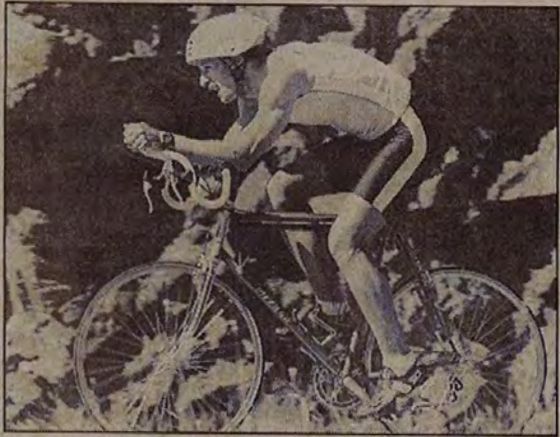
There were some refreshments available right after the race, and the awards ceremony got under way with dispatch. Then everyone retired to "Fat Freddie" Janer's for a bit of Bud Light. Janer, once grossly overweight, took control of his life a few years ago through exercise and last year completed the Ironman; along the way he has lost 120 pounds and became a local cult hero. ■

BURN LAKE triathlon

July 23

0.5mi Swim/28mi Bike/5.5mi Run

OVERALL MEN		3. Ray Pabst	2:13:17
1. Trey Smith	2:02:42	MEN 45-49	
OVERALL WOMEN		1. Skipper Botsford	2:33:48
1. Sandy Hatfield	2:22:02	2. Richard Bagby	2:45:19
MEN 19 and Under		3. Teofilo Holguin	2:52:27
1. Jimmy Moreno	2:05:25	MEN 50-54	
2. Scott Romero	2:12:48	1. Kyle Bayless	2:41:38
3. Pat Freeman	2:20:39	2. Tommy Pickering	2:46:07
MEN 20-24		3. Steve Henderson	2:53:20
1. Boris Valdevit	2:07:50	WOMEN 19 and Under	
2. Rene Sepulveda	2:14:45	1. Gwen Seager	3:03:22
3. Scott Caruso	2:15:43	2. Liz Burns	3:07:21
MEN 25-29		3. Elsa Lind	3:20:21
1. Brian Zemucka	2:11:42	WOMEN 25-29	
2. Timothy Heidman	2:13:55	1. Catherine Rankin	2:27:51
3. Gustavo Hernandez	2:20:39	2. Sarah Kirk	2:30:08
MEN 30-34		3. Rebecca Gomez	2:33:05
1. Michael Baker	2:07:37	WOMEN 30-34	
2. Richard Moore	2:11:16	1. Dana Massey	2:48:22
3. Leland Maez	2:17:50	2. Jackie Gaines	3:00:48
MEN 35-39		3. Lisa Cardon	3:21:56
1. David Gerbitz	2:10:10	WOMEN 35-39	
2. Glen Thompson	2:27:52	1. Diane Pröud	2:39:25
3. Edmundo Apodaca	2:43:06	WOMEN 45-49	
MEN 40-44		1. Margaret Apodaca	3:00:36
1. Flip Lyle	2:09:20	WOMEN 50+	
2. Gary Covington	2:10:41	1. Nancy McVean	3:34:22



Grace Saenz / El Paso Times

Mike Baker trained on Transmountain Road for the bike race portion of the Ironman Triathlon.

3 El Pasoans to tackle the Ironman Triathlon

By Bill Knight
El Paso Times

Three El Pasoans are in Kona, Hawaii, today for one of the most grueling of all sporting events — the Ironman Triathlon.

Todd Jacobs, Michael Baker and Bob Carlson will compete in the 2.4-mile ocean swim, 112-mile bicycle ride and 26.2-mile run. The event has to be completed in extreme heat and sometimes difficult head winds in 17 hours.

Jacobs is a professional, one of the best in the world. He finished eighth in this event a year ago. Baker qualified in San Antonio. Carlson is a relative newcomer, qualifying for the event through a lottery, but has been logging many training miles.

Jacobs believes he has a shot at finishing the top five this year.

"I've been training hard," Jacobs said before leaving for Hawaii. "This week in Hawaii will be my taper week — Cheetos and beer. I'll be relaxing, staying off my feet as much as possible and watching soap operas."

Baker, who played high school basketball at Burges, has a black belt in karate and is also a scuba diving instructor. He began serious training in 1982.

"I quit smoking," the medical technician said. "Then I saw a triathlon. I'd never run more than two miles before in my life. I trained three weeks, tapered a week. It was in Fort Davis — an 800-meter swim, 32-mile bike ride and 6 mile run."

"I had a bike where my top five gears didn't work and it must have weighed 40 pounds. I never hurt so bad in all my life."

Baker started reading more about triathlons. He

Tough going

■ **The elite:** Only four triathletes have ever gone under 9 hours — Dave Scott twice, Mark Allen and Australia's Greg Stewart. El Pasoan Todd Jacobs just missed by 12 minutes, 58 seconds last year and believes he will dip under that coveted barrier this year.

■ **Today:** The ocean swim of the Iron Triathlon begins at 7 a.m., 11 a.m. in El Paso. Should Jacobs hit his goal, he will be in before 4 p.m.

got into some cycling groups and got help with his strokes at local pools. His training has increased considerably.

"I'll swim between 10,000 and 14,000 meters a week, ride 200 miles and run 50 miles," he said.

Just finishing a race like the Ironman is an accomplishment. Baker said he had no doubts about finishing.

"I'm sure I'm gonna cross that line," the 32-year-old said. "But I want to look good doing it."

"You have to learn how to react to extreme conditions," Jacobs said. "That's what I tried to do in my training here. I had at least one long ride a week, we're talking 100 miles, and one long run, around 18 miles. I'd do the ride on Sunday, the run on Saturday. Twice I did the 100-mile ride and went immediately into the 18-mile run."

"I had a route into the desert. I called it my infinity route. It's just straight out, straight back. When you get to Hawaii, that's what it is — straight out, straight back. I want it to seem like just another day out on my course."



IRONMAN TRIATHLON

October 6, 1990 in Kona, Hawaii was the 12th Ironman Triathlon World Championship. Not to be confused with any other Ironman distance race in the world, this is the BIG ONE, the WORLD CHAMPIONSHIP. Although doing these distances (2.4 mile swim, 112 mile bike, 26.2 mile run) is difficult anytime anywhere, the unusually difficult course and extreme conditions make this by far the toughest of them all, and this year the conditions were perhaps the toughest ever.

With high and rough seas the ocean swim was considerably more difficult than usual and 100 degrees plus temperatures and severe winds on the bike and run course made this a real test of survival, more than just a race.

In this years race El Paso was well represented by three people; Mike Baker, Bob Carlson, and the first woman ever from El Paso to do the Ironman, Diane Proud.

At 7:00 a.m. the canon went off to start the race with over 1400 arms and legs flailing all at the same time. At this point a good left hook can be as valuable as a good swim stroke. All these people trying to find the straightest line to a couple of boats anchored over a mile out. Kinda reminds you of those films in high school health class where all those little sperms are trying to swim up stream and be the first to the big prize. Well no prize at the end of this swim just a reminder that the race has really only just begun. All three of our locals came of of the water in good shape: Mike at :58, Bob at 1:04, and Diane at 1:29.

When your first sit on the bike it feels like a real relief after an hour of salt-water but that feeling goes away soon enough. Right about the time the wind starts to blow (a head-wind of course) and your realize the salt caked on your arms legs and face are NOT from the ocean, and you're only 30 miles into the bike course. Well let's see . . . 112 minus 30 equals?????, this is also about the time normal brain

function begins to fade, and the hard part is still to come. There are a lot of hills and a mountain to climb before the half-way point. The winds became so severe at times on the climb to Hawi (the turn-around point) that Diane thought she might be blown from her bike. It's lucky she stayed on or she would never have seen the winds shift and blow even harder on the way back to Kona. Head-wind out and head-wind back, sounds like one of those fish stories or a training ride over Anthony Gap in March. That pretty much shattered any ideas of fast times on the bike, and of course by 90 miles your brain is so muddled you REALLY look forward to getting off the bike and running a marathon in 100 degree temperatures. Did I forget to mention HUMIDITY? Well everybody knows there ain't none in Hawaii. Mike rode a stellar 5 hours, 40 minutes, followed somewhat closely by Bob with 6 hours 9 minutes, and Diane riding 7 hours 45 minutes. Diane's ride was particularly noteworthy considering she had never ridden over 65 miles before, and over seven hours in the saddle can really numb some parts.

Getting off the bike is a real relief, for at least one of two seconds anyway. It takes that long to figure our you can't straighten-up. Once you get your clothes changed and appropriately lubed-up you remember why you shouldn't have been so all-fired-up to get to this part. Always be wary of anyplace where the locals give colorfull name to natural phenomenon. I can still hear that old favorite Western song "they call the wind MAMUKU". Before you get the first mile under your feet (and the first mile includes a steep nasty hill) you run into what the locals call the "PIT." No description of it would be any better than the name itself. Running through Kona is very exciting, thousands of people

cheering, many with programs, looking up competitors names and giving encouragement on a first name basis, which I think is particularly good for those who might have forgotten both first and last names. Once though Kona you're back on the Queen "K" highway and out there you are all alone, running and walking trying to ignore the bag of aches and pains you gathered along the way through paradise. Finishing before sunset is a real landmark, that's what many are shooting for. Mike made it (I think), right at dusk, still wearing his sun-glasses. Mike ran a very fast 4:30 marathon to finish in 11 hours and 20 minutes. Bob worked his way through a 5 hours 50 minute marathon to finish in 13 hours 27 minutes crossing the finish line to the cheers of the crowd of the ABC TV camera in his face with interviewer Sam Posey, microphone in hand, asking: "what did it feel like to run down All drive to the cheers of all hose people?", and Bob, never being at a loss for words said "God, I don't even remember." Well so much for the national TV exposure.

Diane, with the performance of the day ran a 5 hour marathon finishing in 14 hours and 27 minutes, crossing the finish line with the same smile she had on her all day long. I think the smile will be there for some time.

When you cross the finish line at the Ironman you are greeted first by two people that hold you up, then the race director puts a flower lei around your neck, you are given your medal and finishers shirt in a small ceremony, and finally, to the massage area. It can seem like the longest day of your life and still feel like it was over all too quickly.

For this particular race the day was punctuated by the frequent

Continued on page 5

TRIATHLON

Continued from page 4

sound of sirens of ambulances and emergency vehicles for the many that for one reason or another were not able to reach their most important goal, to finish. Diane, Mike and Bob all finished, and all looked pretty good doing it. For Bob and Mike it was their third consecutive Ironman Triathlon World Championship, for Diane, her first, but for all three definitely a day they won't soon forget.

It was fun writing this. If Suzanne corrects my spelling, punctuation, and grammar it could be fun to read.

Bob Carlson



El Pasoans set course record in winning California triathlon

Staff reports

SANTA ROSA, Calif. — El Paso triathletes Brian Carter and Mike Baker set a course record in winning the tandem division of the Vineman Ironman

Triathlon Sunday. The two finished the 2.4 mile swim, 112-mile bicycle and 26.2 mile run in 9 minutes, 59.15 seconds, better than more than 100 other teams from the northern California area.

Carter did the swim, the two road the bicycle route on a tandem bike, then Baker ran the marathon. "The hardest part was finding a tandem bike," Carter said. "We finally got one ... We had a great time."

Ex-city man on winning team

SANTA ROSA, Calif. — Mike Baker, a former Amsterdam resident, and fellow triathlete Brian Carter, both of El Paso, Calif., set a course record in capturing first place in the tandem division of the Vineman Ironman Triathlon on Aug. 2.

For the last four years, Baker has competed in the Ironman competition. This was his first try in the team tandem division. Carter did the 2.4-mile swim, both raced the 112-mile bicycle course on a tandem bike, then Baker finished with the 26.2-mile run.

Baker's uncles, Al and Carmen Pugliese, and aunt, Sally Jendrzyczack, live in Amsterdam.

Triathlete gears for pain, joy in Hawaii

El Pasoan' enters 6th Ironman

By Dan Williams
El Paso Times

El Paso triathlete Mike Baker has an emotional attachment to the Ironman Triathlon and the Kona Coast of Hawaii.

It's a place he broke down and cried. "not because I was hurting, but because I felt like I needed to." It's a place he ran a marathon on asphalt so hot "it was burning through shoes." And, at times, it's a place that makes him feel "like nothing in the world can touch you."

"There's nothing quite like it," the 39-year-old medical technician said. So this week, "Iron Mike" is going back to the big island for his sixth Ironman Triathlon World Championship.

Saturday, he'll rise before dawn and join 1,500 others who have qualified for one of sports' ultimate challenges — a 2.4-mile ocean swim, a 112-mile bike race and a 26.2-mile run. If all goes well, he'll finish before dark, about 10 hours after he started.

"You go through a lifetime of emotions in just the span of the race," said Baker. He and Bob Carlson, Flip Lyle, Pete Johnson and Diane Proud are the only El Pasoans ever to compete in the event. "There are times you think you can't be beat, and other times you feel bad — real bad."

Carlson knows the feelings. The three-time Ironman veteran from El Paso recalled his last experience in 1990 when he fought high seas, cycled against 40-mile headwinds and ran a marathon when it was 110 degrees.

"A bad day at the Ironman is unlike any other bad day you've ever had," Carlson said. "Even though you're fit and fast and hungry, the conditions of the course can take it all away from you. It can be brutal."

But as Baker and Carlson know, the race also can be exhilarating. The setting, the crowd

and the comradery help athletes forget their pain. And no matter what their time — Baker's best finish was 10 hours, 5 minutes compared with five-time winner Mark Allen's record 8:07:45 — just completing the challenge makes all the training and torture worthwhile.

Compared with the training, the race is almost a picnic, Baker said. He works out for about three hours every day, running, swimming, biking and lifting weights. It's a routine he's had for 10 years, part of his lifestyle. And when race day dawns on the Kona Coast, he's always ready.

The swim

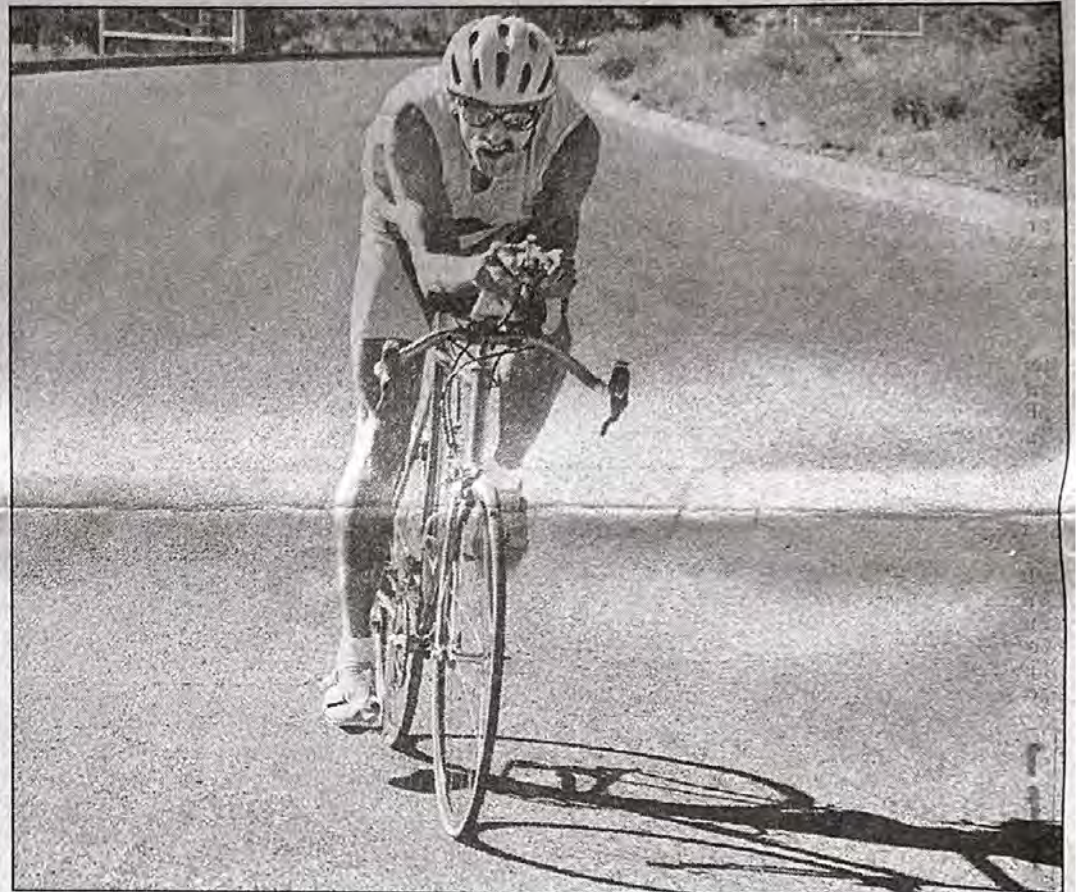
"It starts early in the morning," Baker said. "You wake up at 5 a.m. and it's still dark, so you wait around. Then when you and 1,500 other people turn the water to a froth, there's so many arms and legs going at once."

The swimmers gradually spread out as they aim for two small boats posted at the turnaround point 1.2 miles out in the bay. "You don't think it's too far until you come up on the ships and find out how big they really are," Baker said.

The biggest challenges of the swim, he said, are if the weather is bad, and finding your way back after the turnaround. "You're heading for the hotel, just a small dot out there," he said. "You have to learn to navigate."

The bike

Back on land at Kailua-Kona, the athletes quickly change to riding gear, mount their bikes and head out along the Queen's Highway for a lonely 112-mile ride through hot, desolate lava fields. The key to the bike race, Baker said, is to start strong to avoid the tradewinds that tend to build force as the day progresses.



Dan Williams / El Paso Times

Mike Baker, a 39-year-old El Paso medical technician, has trained 20 hours a week running, cycling and swimming for Saturday's Ironman Triathlon in Hawaii.

"If you hit Hawi (halfway turnaround) early enough, you have a tailwind coming back. If you don't, it gets miserable." By then, the sun is beating down hard on the blacktop highway through rolling hills and lava fields. "By then, you're gushing sweat," Baker said. "You just kind of stew and be miserable."

The marathon

"This is where the race begins," Baker said, the final 26.2-mile test of endurance. "The

first seven miles is in town. People are clapping, you're feeling good, having a grand time. Then you leave town ... and go back to the lava fields."

The last stretch to the 16-mile halfway turnaround is downhill to a natural energy laboratory ("but there's no natural energy there"), which means runners must then dig into what reserves they have left to climb back out.

"It's desolate country, really miserable. No clouds. The sun beats you to death. It's a long, gradual hill. All the aid stations

along the way look like war zones — people staggering around, their eyes staring out in space; cups and trash all over

Baker said he knows he has made when he's two miles from the finish.

"You can see the town, the start to hear the crowd. The adrenalin starts flowing. All of sudden a 10-mile (an hour) pace becomes a 5-mile pace. You're like a horse going back to the stable."

Fall is time to honor greatest athletes

There are a lot of things to like about the fall season in El Paso. It's not too hot, not too cold, not too windy ... I also like it because we get to honor, and visit with, some of our finest athletes ... The El Paso Golf Hall of Fame inducted Kristi Albers, a winner on the Ladies PGA Tour, at the Hall's annual banquet Wednesday night. Certainly, no one deserved it more ... Now the El Paso Boxing/Karate Hall of Fame induction banquet will be at 6 p.m. Saturday at Fiesta Hall ... Then the El Paso Baseball Hall of Fame will have its induction banquet beginning at 6 p.m. Nov. 1 in the Thomas Rivers Room in the UTEP Student Union Building ...



Gil Holguin

ONE HEARS so many good stories of these Hall of Famers it's impossible to list them all. One of my favorites in boxing concerns Gil Holguin ... No El Paso boxer has ever won a world championship, but Holguin came as close as anyone. He went up against world lightweight champion Joe Brown in 1957. Brown had a big money title bout coming up later and had been given Holguin as a "tuneup" ... But Holguin, a former Golden Gloves champion,



Ray Sanchez

came out swinging and turned the bout into a melee. Each landed plenty of blows but neither was able to knock the other down ... Those who watched the bout swear to this day Holguin won but Brown, being the champion and having a big money fight coming up, was given a split decision ... Holguin was never given a rematch ...

THE HOLGUIN family is known for other athletic feats ... Gil's father, Joe, was also a fine boxer and beat legendary Kid Glover in one bout ... Gil's brother, Javier, was the starting pitcher in the finals when Bowie High won the State championship in 1943 ... The family has suffered considerably in recent years. Javier died in 1989. Four months later, another brother, Roberto, died. And still another brother, Jose Alfredo, was killed in a freak traffic accident ... Gil came out of Chihuahua to earn fame. The city is now considering naming a street there for him ...

THEN THERE'S John Knight. He holds a special niche in my memory because I've known him since he was a skinny kid of 127 pounds going out for football at El Paso High. He took up weightlifting with a passion and developed an extraordinary physique. He became not only an outstanding football player, wrestler, boxer and martial arts expert but won many bodybuilding championships, including Mr. El Paso, Mr. Oklahoma and Mr. Venice Beach (Calif.) ... But there's a lot more to John than muscle. He became an archaeologist and has worked in various places in the Middle East. On top of that, he performed as a singer and dancer on Dinah Shore and Danny Thomas TV specials ... You'll get to meet Knight, Holguin and other remarkable people Saturday ...

TRIVIA QUESTION: What man played in every Brooklyn-New York World Series? Answer at end of column ...

ANOTHER TYPE of super athletes got together last week at (where else?) Souper Salads ... They are the area's triathletes. You know what those are: wild and crazy guys who swim 2.4 miles then hike for 112 miles then run a 26.2 mile marathon ... Among them are El Pasoans Flip Lyle, Bob Carlson, Pete Johnson, Mike Baker and Bobby Gonzales ... Baker is in Hawaii

this week for the Iron Man competition while Gonzales is going to, believe it or not, Tasmania for a duathlon ...

EL PASOAN Vic Villareal offers this plan for UTEP to get money for the athletic budget: Get up a \$1,000 package which will include two tickets to each UTEP football and basketball game for the next seven years. "That would be besides the donor plan," he says. "That way UTEP won't be begging but offering people something in return. I tried it with the Golden Gloves and it worked great. Heck, it would be easy to get 700 people outside the donor plan to buy such a package and they wouldn't take up much room at the Sun Bowl or the Special Events Center." ... When El Paso businessman Mike Andrade heard of the idea, he said, "Sign me up." ... Villareal says he's willing to help sign people. Quick, John Thompson, call him. His number: 591-9649 ...

Answer to trivia question: Pee-wee Reese.

Ray Sanchez is a veteran sports journalist and author. His column appears here each Thursday.

Suggestions welcomed. Call 584-0626 or write to him at 4501 Skylark Way, El Paso, Texas 79921.



Pictured Left to Right - Ironman Finishers Bobby Gonzales, Mick McCaan, Mike Baker, Bob Carlson, Flip Lyle



Good News

People in Sports

Dell City sends two to powerlifting meet

Two Dell City High School athletes, Raymond Gallegos and David Juarez, competed in the state powerlifting championships last weekend at Texas A&M University. They are coached by Pat Ward. Dell City was the smallest school represented. Gallegos was 16th in the 132-pound division and Juarez was 14th in the 114-pound group.

Coronado High graduate La-Dawn Zitur, a sophomore at Northeast Missouri State University, is a member of the school's golf team.

El Pasoans Vic Teran Jr. and Pete Borrego combined to bag three species of exotic wildlife in a recent hunt at Carta Valley Wildlife Reserve Ranch in south Texas. They shot a Corsican ram, a blackbuck antelope and an axis deer.

Mike Baker and Flip Lyle of El Paso placed fifth and eighth, respectively, in the Realman Triathlon held last weekend in San Antonio. The event covered 2.4 miles of swimming, 112 miles of biking and 26.2 miles of running. Baker was timed at 13 hours, 28 minutes. Lyle had a time of 16 hours, 32 minutes.

Several El Pasoans are members of the New Mexico Highlands University baseball team. They include Carlos Lara of Ysleta High, Steve Vicencio of Bel Air, Jimmy Cubillos of Jefferson, Augie Reyes of Coronado, Larry Vucan of Eastwood and Ruly Medrano of Eastwood. Lara currently leads Highlands with a .442 batting average. Reyes has four home runs.

Contributions for Good News about People in Sports are welcome. Items should be kept short, as shown above. They should involve actual sports news. Because of space limitations, we are unable to run long lists of participants, but we will attempt to mention as many honor-winners as possible. Send contributions to: Sports Editor, El Paso Herald-Post, P.O. Box 20, El Paso, Texas, 79999.



Mike Baker of El Paso will participate in the Gatorade Ironman Challenge Oct. 15 at Kailua-Kona, Hawaii. The race consists of a 2.4-mile swim, a 112-mile bike race and a 26.2-mile run. The top finishers will be vying for a prize purse of \$160,000.

El Paso Times
★ ★ Monday, October 8, 1990

6D ELSEWHERE

Local sports

3 El Pasoans finish Ironman

KAILUA-KONA, Hawaii — El Pasoans Mike Baker, Bob Carlson and Diane Proud finished the Ironman World Triathlon Championship late Saturday night.

Baker finished the course in 11 hours, 20 minutes, while Carlson was at 13:20. Proud, the first amateur woman from El Paso to qualify for the event, finished in a time of 14:27.

Final places for the three won't be released until today. None of the three finished among the top 10, the only places released Sunday.

Mark Allen of Cardiff, Calif., was the men's overall winner with a time of 8:28:17 and defeated Scott Tinley of Del Mar, Calif., who was second at 8:37:40.

Erin Baker of New Zealand was the women's winner with a time of 9:13:42.

The triathlon was run under hot, windy and humid conditions. The temperature during the endurance race exceeded 90 degrees.

Ironman Triathlon: El Pasoan Mike Baker finished the 16th annual Ironman Triathlon Saturday at Kailua-Kona, Hawaii, in 10 hours, 9 minutes, 48 seconds.

Greg Welch of Australia won the men's overall title in 8:20:27. Paula Newby-Fraser of Zimbabwe was the women's champion in 9:20:14.

Baker, 39, was competing in his sixth Ironman competition, a three-event competition combining swimming, cycling and running. He completed his 2.4-mile swim in 58 minutes, the cycling leg in 4 hours, 55 minutes and the marathon leg in 4:05. Baker's overall place in the competition was not available!

Mike T. Baker of El Paso was the fourth-fastest Texas finisher in the Gatorade Ironman Triathlon World Championships in Hawaii. Baker completed the 140.6-mile course in 10 hours, 5 minutes and 49 seconds. The winner was Mark Allen. Allen, a five-time winner, set a course record of 8:07:45.

6C

El Paso Times
Saturday, Oct. 6, 1990

★ ★

Local sports

El Pasoan will join Ironman Triathlon field

El Pasoan Mike Baker has been selected to compete in the Gatorade Ironman Triathlon World Championship on Oct. 19 in Hawaii.

The Ironman consists of a 2.4-mile ocean swim, a 112-mile bike race and a 26.2-mile run.

Baker, 36, is a medical technologist. He did the Hawaii Ironman in 1988, '89 and '90.

Iron Man contest

Mike Baker, a Supervisory Medical Technologist at WBAMC, will compete in the nationally televised Iron Man Contest in Hawaii on Oct. 14.

Last year, Baker, 34, finished among the top one-third of the competition of more than 1,500. He has finished among the top five in his age group in the past two years in the National Long Course Triathlon held at San Antonio.

MILKMAN TRIATHLON

The crowning jewel in the Southwest Challenge Series attracted 284 athletes to tiny Dexter, New Mexico this year. This Tri-Fed/USA Regional Championship consists of a 0.5K Swim/20K Bike/5K Run. This venerable event is 11 years old.

Santa Fe's Mary Uhl, became the first four time overall female winner setting a new course record of 1:02:41. Mary had to "dig deep" to catch Arizonan Laura Arning in the last mile of the run.

Colorado's Steve Olsen was the male overall winner with an excellent time of 56:24. The wave start format prevented Steve from going head to head (ala Mary and Laura) with his main competition in the 30-34 group. El Paso's Shane Cleveland was 4 seconds off of Olsen's time, but was totally unaware of how close the race to be overall champion really was until afterwards

Iron Mike Baker (six time finisher of the Hawaii IRONMAN) won the master's crown and placed 7th overall in 1:00:03 just missing the magic sub one hour for a 40+ year old competitor. To everyone's surprise, including Baker, he beat national class elite master Jon Spar by 43 seconds.

Top master's female was Albuquerque's Terry Latham with a fine 1:13:15. Looking at Terry's splits it is easy to see where her strength lies (super 7:27 swim). Hanging tough on the bike and run she easily won the 40-44s and was 6th overall female.

Tough Roger Wrolstad easily won the 45-49s over El Paso's Danny Glenn by two minutes in 1:04:16.

In the male 50-54s it was "Captain America" (Flip Lyle) prevailing by almost 3 minutes over Dave Scranton with a 1:07:57.

Perhaps the performance of the day belonged to Green Valley, Arizona triathlete Jack Alexander who won the 65-69s in 1:17:52. That time would have beaten all the 60-64s and 3rd place in the 55-59s.

The gutiest performance award goes to Barbara Kostner (45-49) who won her age group despite doing the run with a knee brace and two canes.

Thank you, Larry Marshall for a GREAT RACE!!!!!!!



TRICLUB'S Mary Uhl (left) and Terry Latham (right) win the female overall and female master's spot!!

CYCLE CAVE

BICYCLES FOR:

- *Recreation
- *Touring
- *Mountain
- *Racing
- *Cross/Hybrid
- *Pro Bike Outfitters
- *Juvenile
- *Exercise

ACCESSORIES TOURING EQUIPMENT RIDING APPAREL

- *Shorts
- *Jerseys
- *Gloves
- *Shoes - Helmets
- *Pumps

MOTOCROSS BIKES AND EQUIPMENT

REPAIRS & PARTS

10% Discount for TRICLUB New Mexico Members

Choose from: Raleigh*Nishiki*Diamond Back*GaryFisher
*Burley*Kestrel* *Litespeed

Monday thru Friday 10 AM to 6 PM
Saturday 9 AM to 5 PM

Layaway and Financing
Available

884-6607

5716 Manual Blvd. NE
(Just West of Coronado Center)

RUNNER

TRIATHLETE NEWS

September, 1995

\$1.50

10th
ANNIVERSARY
ISSUE

BURN LAKE TRIATHLON

by Sean Connery

This mid-season race sponsored by the City of Las Cruces and Ride on Sports has always been a very competitive event with many local athletes hoping to set new PRs. Athletes raced in memory of one of Las Cruces' most beloved triathletes, Francis Copeland-Stevens, who was killed while training 2 years ago. Neither the thought of a lost friend nor the early morning start put too much of a damper on the prerace mood.

The race began with a half-mile swim in Burn Lake with many athletes opting to swim in wetsuits to gain speed despite an 80 degree water temperature. Koos Van Zelst from Albuquerque was first out of the water with Bobby Gonzales, and Mike Baker hot on his heels. The swim course was well marked and monitored as evidenced by the large pack of swimmers that followed in rapid succession.

Overcast conditions and unseasonably cool temperatures favored fast racing, which is in stark contrast to the typical

desert heat this time of year and was certainly welcome after the over 100 degree temperatures of last summer. Things quickly heated up on the slightly long bike of 28 miles. Bobby Gonzales continued to push the pace on the bike and led the men's field riding his Hooker bicycle. Gretchen McElroy led the women's field and never looked back.

The 5½ mile run traveled around Burn Lake, thru a tunnel, and followed a roughly packed dirt trail. While McElroy and Gonzales continued to victory, the age group competition was intense over the final run. Gonzales won the Elite category in a blistering 1:56:19. Team USA Duathlete, Gretchen McElroy set a new course record winning the women's race in 2:08:55, breaking her own record of 2:11:16 set last year. Koos Van Zelst finished second overall in 1:58:55 and may be able to give Gonzales some much needed competition in the coming years. El Paso's Jimmy Moreno showed his 1994 USA Duathlon Team racing form

finishing third overall in 2:01:11, with the fastest run split of the day covering the run in 33:00. Craig Liming from Seira Vista, AZ, was the top novice overall finishing in 2:02:38 providing one of the days most exciting age group races. Liming out ran local legend Baker, who seemed to have a grip on the Masters category. Liming ran Baker down in the last half mile to claim the Masters title by only 11 seconds.

While McElroy was setting new records, Peggy Newcomer showed that McElroy wasn't the only female who came to race that day. Newcomer was the first novice female, finishing in 2:18:37, which left second-place finisher, Heike Sellinschegg, one minute in arrears. Pam Hendrick, rumored to be under the tutelage of Mike Baker, won the women's Masters division. The better half of the Capps husband/wife team, Nancy, finished first in the women's 50-54 division. Her husband*also fared well finishing third in his division. ■

IRON MIKE



If there was an individual who is truly deserving of his nickname it has to be IRON Mike Baker. Aside from looking like an iron man (6'2" 185lbs. with about 2% body fat) Mike has done the "big one" in Hawaii six times.

Mike was born in Georgia (Ft. Benning) and being from a military family he feels at home just about anywhere in the USA. A fine athlete early on, Mike played basketball and ran track in high school. Sports in college consisted of "girl chasing and drinking beer, but he still found time to earn a BS in Medical Technology.

Mike came to El Paso by way of his military family being stationed at Ft. Bliss. Although there were numerous moves, he would eventually return grow to love the hot summers, mild winters and the beauty of the desert. He is presently the night supervisor of the clinical laboratory at William Beaumont Army Hospital in El Paso.

A individual who enjoys working out to relieve the stress of from work, Mike does not put in the quantity of miles one would expect for a guy who is always at the top of his age group. His training regimen consists of: 4K swimming, 4 days/wk.

20-70 mi. cycling, 4 days/wk

3-16 mi running, 5 days/wk.

30 min. rollerblade, twice/wk.

Mike also does weights 3 days/week for an hour or two. By keeping the distances reasonable, he is able to enjoy his hobby and not get burnt out.

Over the years Mike has had some great races, but his 10.00 hrs. IRONMAN in 1993 ranks right at the top. His most memorable IRONMAN, was his first in 1988 and although it was far from his fastest, "it was very special and something I will never

"Maintain a balance; life has more to offer than a trophy on the mantle."

forget." Other recent "fun" races include the 1993 & 94 Full Vineman (Ironman distance) with 9th & 15th overall finishes and Texas Hill Country Triathlon with 1st and 3rd age group finishes in '93 and '94 (this event was the National Long Course Championship for both years). Another excellent performance was 1st place in the 40-44s this year at Milkman. Mike beat New Mexico's Best (Jon Spar, Gary Johnson and Jon Brown).

Some of Mike's favorite foods include all types of pasta, Wolfe's bagels and Pecos cantaloupe. Favorite music is naturally County/Western and favorite movies include Top Gun, Airplane and Gone With the Wind. Favorite vacation spots include anywhere that has good scuba diving and/or camping. Other favorite things include "my Sunday afternoon naps," watching things like the Tour de France. **Another very enjoyable pastime is beating Flip Lyle in a time trial.**

Major goals for 1995 include swimming the 400 I.M. at the Master's National Long Course Championships.

Mike sums up his philosophy very succinctly. "Be humble, there's always someone faster than you. Go hard only if you have to, but if you have to, remember that it's only pain."

As far as advise to fellow age athletes, Mike says to "maintain a balance; life has more to offer than a trophy on the mantle.

Editor's note: When I do a profile on an athlete, I send them a questionnaire and a note to tell me everything about their achievements. This was one of the more difficult profiles for me to write up. A lot of Mike's race results on this page are from my memory and looking up old results. Mike sent me about a 1/2 page of biographical info along with a note which stated "Forgive me Barry, but it's kind of hard tooting my own horn."

VINEMAN

TRIATHLON

LA CREMA

PowerBar.



Race Volunteers Needed

June 20 & July 31, 1999

Call: 707-528-1630 or <http://www.vineman.com>

Swim finish photo (top middle) used on Vineman Triathlon Race Poster and other promotional materials.

Area triathletes are a rare breed

By Bill Knight

El Paso Times

While most athletic visions these days are of winter sports, there is a small but sturdy and determined group training away for the warmer times.

These men and women are swimming lap after lap, pedaling away on their bicycles, running mile after mile. Fortunately for them, El Paso offers a climate where their training will seldom suffer.

Triathletes are a rare breed, people who find joy in pushing their bodies to the limit in not one, but three activities — swimming, cycling, running.

While some believe there has been a bit of a lull in the sport during the early part of this decade, most believe it is already resurfacing with something almost akin to a cult following. The triathlon will be a medal sport in the Olympics in Sydney and most believe that will only add to the renewed enthusiasm.

A group of six men and two women comprise a strong core of the city's elite triathletes. The eight have completed 41 Ironman distances (2.4-mile open water swim, 112-mile bicycle and 26.2-mile run) between them and all excel at the sport.

Here is a look at the eight.

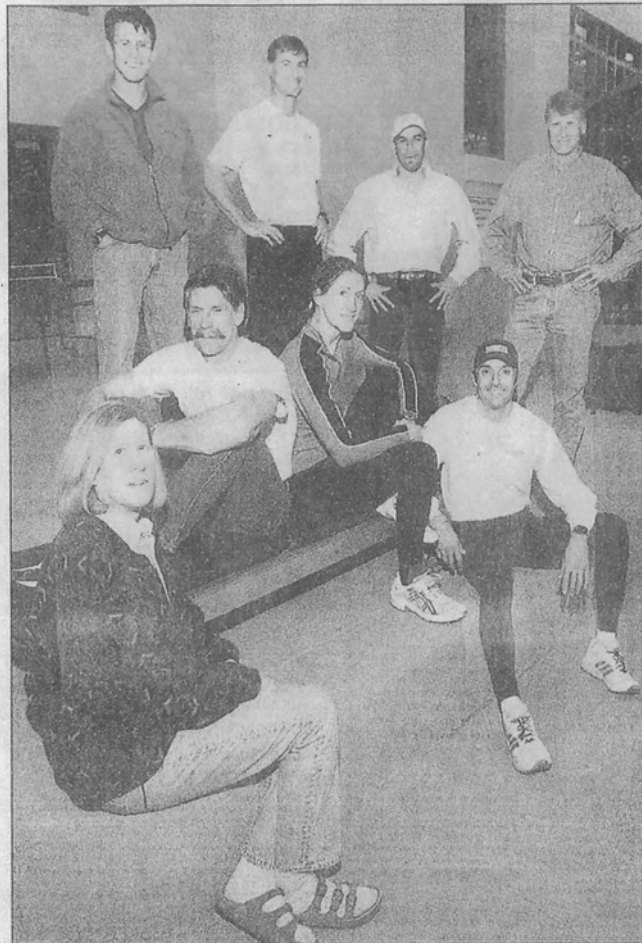
Mike and Pam Baker

A unique duo, a husband and wife who can train together. Mike, 44, has been competing at a high level for 16 years. Pam, 46, picked up the sport from her husband in 1995.

"The training for this sport is so time consuming," Pam Baker said. "It's great we can do this together. I feel bad for the women who can't train with their husbands who do this. They must feel like football widows. But it's a contagious sport. The people are so friendly. And once you get tired of one part of a race, you get to start something new. And people do it at all different ages."

Mike Baker said, "I still train hard, but not like I used to train. I've done seven of the Hawaii Ironman races and 27 at that distance overall. One year, I trained 38 hours a week. It was like having another full time job. I'd put in 25,000 yards in the pool, 350 miles on the bike and run 45 to 50 miles. Now, on a good week, I'm around 10,000 in the pool, 150 miles on the bike and 40 miles running.

"But this is something that just seems to draw people in," he added. "Now that it will be part of the Olympics, it will draw more of the elite athletes, too. I think there was definitely a decline in our sport, but I think there is a renewed interest."



Leonel Monroy / El Paso Times

The El Paso area's top triathletes are: Bottom, from left, Nancy Call, Mike Baker, Pam Baker and Jimmy Moreno; top, from left, Shane Cleveland, Brian Carter, Bobby Gonzalez and Flip Lyle.

Coming events

► **What:** Southwest Challenge Series. More than 20 races in west Texas and New Mexico, some of which will be duathlons (run and bike).

► **Next up:** President's Duathlon, White Sands Missile Range, Feb. 26th.

► **Distance:** 5 kilometer run, 30 kilometer bike.

► **Information:** Rick Vinyard, 505-678-3374.

► **More information:** Rest of the series not set yet, but will be available soon on www.swtriclub.org

ready for the next workout. Add a job, another eight hours a day, and you begin to feel some real time constraints.

"But this is a great sport," he added. "I don't really compete that much anymore, but I still do most of the training."

Nancy Call

The swim coach at Andress High, Call works hard to find the time to train for this sport. The

Tips

Beginning training tips for triathletes:

► **Swim:** Three times a week, total of 5,000 to 10,000 yards.

► **Bike:** Three times a week, total of 50 to 125 miles.

► **Run:** Three to four times a week, total of 15 to 25 miles.

► **More information:** www.swtriclub.org

which will be in Lake Placid, N.Y., in July.

Shane Cleveland

Cleveland, 35, was a runner at the University of New Mexico. He was a professional triathlete for six years, competing all over the world. He moved to El Paso six years ago. He no longer competes professionally, but he still trains and competes.

"I made my living at it from 1987 through 1993," he said. "It's hard work. You clock in just like everyone else, but you work about 60 hours a week. I still work out 12 times a week — four swim, four bikes, four runs. I do

Ironman in a very respectable 10 hours, 45 minutes.

"I think this is a race for weekend warriors," he said. "You get caught up in them. You take it as a big challenge. Then you say, hey, I've done one of these. I can do another. I can do better. For me, training is more difficult than ever because I'm a partner in a new business, so I have to spend more time at work. I try to work on quality now, not so much quantity.

"I'm planning on trying to get back to Hawaii next year," he said. "My goal was 10 hours and I was on target, but I think I need some work on the nutritional aspects. I really crashed on the run."

Gonzales has an impressive resume in the sport. He won the 35-39 age group in the National Duathlon Championships in New Orleans and finished eighth overall and, in 1994, he was 11th in the World Championships in the 34-39 age group.

Flip Lyle

Lyle is something of the local triathlon guru, a steady age group winner and the founder of the Southwest Challenge Series, a group of more than 20 races throughout the spring and summer.

"When people started doing these crazy things, there was a lot of interest and enthusiasm," said Lyle. "Then the initial burst of enthusiasm kind of waned. Frankly, I was a little disturbed. This fun thing looks like it's done a 180. We had a downward spiral and now I think we've got something of a renaissance. We had a race Dec. 11 at White Sands in our challenge series and the record for entries was 120. We had 200.

"Our Southwest Challenge Series will have its 10th anniversary in February," Lyle added. "It's the longest running series in the U.S. and one of the largest regional series. The thing is, the Ironman races are intimidating to most people. But most triathlons are more the sprint distance — a 400-500 meter swim, a 5K run and a 20-30K bike. People can do those. These are Everyman distances... things you can do without spending half your life training."

Lyle, 54, has completed the Hawaii Ironman, did 21 triathlons last year and has done 236 in his career. Laughing, as he does often, Lyle said, "I'd rather compete than eat."

Jimmy Moreno

Moreno, 31, has also been one of the area's top triathletes. A runner at El Paso High, he got his first shove into the sport from Carter.

"I took a swim class at UTEP and Brian was my instructor."

IRONMAN

325

TIMEX
SPORTS

10:05.40

Gatorade
IRONMAN
TRIATHLON WORLD CHAMPIONSHIP

Gatorade
THIRST QUENCHER

Gatorade
IRONMAN
TRIATHLON WORLD CHAMPIONSHIP

Gatorade
THIRST QUENCHER

Gatorade
IRONMAN
TRIATHLON WORLD CHAMPIONSHIP

Ga

Letters



1993 IRONMAN TRIATHLON® WORLD CHAMPIONSHIP

Dear Athletic Committee,

Here is a small contribution from me about the person Mike Baker (Iron Mike).

In 1992 I was transferred to the RakSlw in El Paso as part of my training. Since I had only started with duathlon and triathlon in 1990, I got to know Mike Baker at my first competition in El Paso/Texas. We became friends and became training partners. Through his experience, he guided me on how to improve in the disciplines of swimming, cycling and running. I have known Mike B. since 1992 and whenever the opportunity arises I visit my friend Mike and we still take every opportunity to train together, and I have also met many other great people through him. Even though he has ended his active career as a triathlete, he is still committed to this great sport. It's not just his sporting achievements that are exemplary, he is also special as a person.

Mike Baker is more than a friend to me. Brother is probably the better term.

Liebes Sportkomitee,

Hier ein kleiner Beitrag von mir zur Person Mike Baker (Iron Mike).

1992 wurde ich im Rahmen meiner Ausbildung zum RakSlw nach El Paso versetzt. Da ich erst 1990 mit Duathlon und Triathlon begonnen hatte, lernte ich Mike Baker bei meinem ersten Wettkampf in El Paso/Texas kennen. Wir wurden Freunde und Trainingspartner. Durch seine Erfahrung gab er mir Hinweise, wie ich mich in den Disziplinen Schwimmen, Radfahren und Laufen verbessern konnte. Ich kenne Mike B. seit 1992 und wann immer sich die Gelegenheit ergibt, besuche ich meinen Freund Mike und wir nutzen noch immer jede Gelegenheit, um gemeinsam zu trainieren, und ich habe durch ihn auch viele andere tolle Menschen kennengelernt. Auch wenn er seine aktive Karriere als Triathlet beendet hat, ist er diesem tollen Sport immer noch treu. Nicht nur seine sportlichen Leistungen sind vorbildlich, auch als Mensch ist er etwas Besonderes. Anbei ein paar Fotos aus den Jahren 1992/93.

Mike Baker ist für mich mehr als ein Freund. Bruder ist wahrscheinlich die bessere Bezeichnung.

Jörg Scholz

Jörg Scholz
Command Sergeant Major (CSM) Ret
German Bundeswehr – German Airforce
Biker, Triathlete, and multisport Athlete
Age group winner Baatan Memorial Death March Marathon, White Sands Missile Range, NM

Mark Balsiger
6079 Laguna Vista Dr
El Paso, TX 79932

January 2, 2025

El Paso Athletic Hall of Fame

To the Members of the Hall of Fame,

Three hundred & thirty triathlons. One hundred & seventeen 1st Place finishes. Three time National Age Group Champion & two time runner up for Long Distance Triathlon. USA Triathlon Champion for South States, Rocky Mountain & twice for Central States Regions. Eight Hawaii Ironman World Triathlon Championship Finishes. An unheard of total of twenty-five Ironman Distance Finishes.

Iron Mike Baker.

It is my honor and pleasure to recommend El Paso native & Burgess High graduate and Basketball & Track Champion for membership in the El Paso Athletic Hall of fame.

I first became part of the El Paso family of triathlon in 1998. My mentors were Flip Lyle, Bobby Gonzalez, & Felix Hinojosa, all members of your Hall that I also previously had the pleasure of speaking on their merits. And of course, Mike Baker. All of them coached me on my own triathlon journey. And all of them welcomed me as part of the band of brothers that we are.

Mike, with his trademark handlebar moustache and his Ironman exploits, is a personality larger than life. His legendary feats have made him an awe-inspiring ambassador for El Paso in all corners of the country. His wealth of stories spanning a career of forty years and ready laugh made him figure to imitate. He taught by example. A man of whom, "Well done" is better than "Well said". He embraces all who show a willingness to learn. For the last fifteen years, Mike has served as race official throughout Texas and New Mexico. The number of athletes that Mike has positively touched is beyond count.

If a true test of character is being put on a pedestal and not looking down on those that helped put you there, then you are describing Mike.

He doesn't just associate with his fellow brothers & sisters, he adopts them. In community as well as triathlon, he takes an active role in all. A devout Christian, Mike even stood by me at my own baptism.

Long after we are all gone, the legend of "Iron Mike" will be told in locker rooms across the country.

If the Hall of Fame seeks to honor those heroes amongst us who have not only excelled in the world of sport, but more importantly chosen the path of a true human being, then Iron Mike Baker more than meets that bar.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark Balsiger". The signature is fluid and cursive, with the first name "Mark" being more prominent and the last name "Balsiger" following in a similar style.

Mark Balsiger



P.O. BOX 20500
EL PASO, TX 79998-0500
915.831.3722
WWW.EPCC.EDU

January 9, 2025

El Paso Athletic Hall of Fame

To the members of the El Paso Athletic Hall of Fame

If I were given the task of endorsing the best and most deserving individual for induction into the El Paso Athletic Hall of Fame, I am certain the task would be very challenging. Until, that is, I reviewed the credentials of Michael Timothy Baker.

To merely suggest that Mr. Baker should receive this honor is an understatement. Mr. Baker embodies the true spirit of the award. Having had the privilege of witnessing his exceptional athletic career firsthand as a competitor and coach, I can confidently assert that he stands out as one of the most dominant and impactful triathletes in the history of the sport.

Throughout his competitive career, Mr. Baker has consistently demonstrated a remarkable combination of integrity, unwavering character, and an unmatched sportsmanship spirit. His CV speaks volumes about his successes. Beyond statistics, he is a true leader, consistently motivating fellow competitors around him and elevating the level of competition around them.

Mr. Baker has not only left a legacy on the triathlon circuit but also earned the respect and admiration of those who participated in the events, spectators, and opponents alike. He is a shining example of what it means to be a true champion, and I am honored to support his nomination for the El Paso Athletic Hall of Fame.

Please do not hesitate to contact me if you require any further information.
Sincerely,

A handwritten signature in black ink, appearing to read "F. Hinojosa".

Felix Hinojosa
Director of Athletics
Head Cross Country
Kinesiology Professor

915.831.2623 | 915.831.2283 fax | fhinojo3@epcc.edu | www.epcc.edu

Bobby Gonzales
904 La Cabana Lane
El Paso, Texas 79912

To the Members of the El Paso Athletic Hall of Fame:

As one who has been actively involved in the sports of triathlon, duathlon, cycling, swimming, and running in a variety of capacities — athlete, race director, USA Triathlon certified coach and advocate — for over 40 years, it is my pleasure to recommend Michael T. Baker for induction into the El Paso Athletic Hall of Fame.

I have known Mike for over 45 years and in the years that I've known him, his moral character, ethical values, kindness, and respect are second to none. Mike Baker is unquestionably one of the finest multisport athletes that El Paso has ever produced and one of this region's true multisport pioneers. His long list of athletic accomplishments are extremely impressive and will be hard to match. He is unbelievably modest and doesn't seek honors and recognition. Those of us who know Mike the best, know that a finer and more deserving person has never entered our lives. His smile and laugh are infectious, and he is without a doubt, a true human being.

Mike was not only a world class multisport athlete, but he gives back to the sport as a phenomenal USA Triathlon certified race official and world class ambassador for his sport/lifestyle. The friends he has made in his travels as a stellar athlete and race official are too numerous to count. He is a loving family man, a great role model, a great friend, an outstanding contributor to the sport of triathlon and to his community and, above all, a man who deserves all of the recognition and respect that we can bestow upon him.

If the Hall of Fame exists to honor those amongst us who have chosen paths to admire and imitate, then Mike is a sterling example of that rare individual. Being inducted into the Hall of Fame is a great honor and should be reserved for truly special people, I can't think of anyone more deserving or more a model of what the achievement should represent than Michael T. Baker. I wholeheartedly recommend Mike for this prestigious accolade.

Thank you for your consideration,



Bobby Gonzales
Triathlete/Duathlete
2007 Inductee El Paso Athletic Hall of Fame

NOMINEE FOR EL PASO ATHLETIC HALL OF FAME

To: Selectors of El Paso Athletic Hall of Fame

Thank you for the opportunity to nominate Michael (Mike) T. Baker into the athlete hall of fame. I have known Mike for over 30 years as a competitor, but not in the same age group lucky for me. After 2015 Mike was the head official at the events I did in New Mexico. He was a fair and thoughtful ref who always had time to listen to the athletes.

Mike competed in triathlons from 1984-2015 and in those 100+ events he was consistently at or near the top of his age group. The events included 25 full IM events (2.4mile swim/112 mile bike/26.2 mile run) eight of them were the World Championships in Kona, Hawaii. This quantity of full IM events places him in a league by himself! Mike's dominance in his age group was demonstrated by being selected USA Triathlon All American multiple times. No bragging from this guy who let his racing both short and very long events speak for what he could do.

Mike's competing days were cut short by a knee injury, but he decided to give back to the sport by becoming a USA Triathlon certified referee which he continues to do to the present.

I highly recommend Mike for the hall of fame, he is worthy of this honor!

Respectfully submitted,

Barry D. Field

1612 Lafayette Dr. NE

Albuquerque, NM 87106

El Paso Athletic Hall of Fame Nomination Cover Sheet (2024)-(2025)

Categories (Please circle one)

JAR
Posthumous

Living Athlete Coach/Administrator Media/Supporter of Athletics Official/Trainer

Name of Nominee MICHAEL T. BAKER

Mailing Address 10556 CRETE DRIVE

Home Phone 915 822 3529

Cell Phone 915 252 3689

E-Mail Address KONA.MIKE@OUTLOOK.COM

Name of Presenter JAMES ARTHUR "FLIP" LYLE

Date of Presentation _____

Mailing Address 811 RPM ROAD

Cell Phone 915 494 1511

E-Mail Address FLIP.ZARINA@gmail.com

The candidate will be judged on his or her athletic record, ability, integrity, sportsmanship, character, and contributions. The candidate must have been born in El Paso County or lived in El Paso County for at least 10 years and not consecutively and does not need to be an El Paso County resident at the time of election. They may be elected at any time during or after his or her athletic career and there shall be no restrictions as to race, creed, color, sex, or nationality. The candidate must not have been convicted of a felony.

I hereby acknowledge this Nominee for El Paso Athletic Hall of Fame has not been convicted of a felony as per my signature below.

Signed by Presenter or Nominee:

JAMES ARTHUR LYLE

Name (Please Print)

James Arthur Lyle

Name (Signature)

8 Jan 2025

Date

Nominee concurs with his/her Nomination.

60 copies of the Nominees Resume Packet are Provided.

Cover Letter is filled out with Nominees Information.

Cover Letter is signed by Nominee or Presenter acknowledging No Felony.

Nominee will be presented in person or by Zoom (Please note which one)

- If any of above info is incomplete candidate will not be eligible for Nomination

Ruben R. Ramirez, President
El Paso Athletic Hall of Fame

