

# POTCAKEMAN TRIATHLON RAISES OVER \$28,000 FOR BAARK!



● MIXING IT UP: Members of the Mixed Relay Teams on the podium after the Sixth Powerade Potcakeman Triathlon

★ A NEW date and an exciting new "International" distance were in store for participants of the sixth annual Powerade Potcakeman Triathlon. Athletes started with a 1,000m swim at Jaws Beach, followed by a three-loop bike course totally 28k and ending with a 7k run along the Clifton Heritage trails. 2016 champion Simone Bertoldo took another victory in a time of 1:28:04, narrowly beating Mark Dietrich. In third was Gustavo Mery with the fastest run leg of the day. In the women's race, previous winner Anna Zywiolok and Emily Michiela

who travelled from Michigan to compete, were neck and neck throughout the swim and bike. And Emily pulled away on the run, finishing in 1:42:56, just under three minutes ahead of Anna who had to settle for second this time around. Third place went to Elizabeth Shaddock. In the relay event, victories went to team "Turbo Townends" in the all male category, "Splash, Flash & Dash" in the female division and "The Speedy Gamma" in the mixed team race. Following the adult races the Junior and Puppy Aquathon sponsored by

Dunkin Donuts took place. And a raffle draw concluded proceedings with the top prize of a Jamis Earth Cruiser bike donated by Cycles Unlimited. Race director Sarah Kennedy announced that the event raised over \$28,000 for Baark! (Bahamas Alliance for Animal Rights and Kindness). "This is one of our main fundraisers. So making a good amount is important for the continuation of our important programs," she said. "Our volunteers deserve a special mention. They were essential to the event's success." Photos by: JASON COOPER



● RUNNING PUP: Girl in Puppy race



● TOP TRIO: Top three men Simone Bertoldo, Mark Dietrich and Gustavo Mery



● SPEEDY SWIMMERS: Swimmers exit the water after the first leg



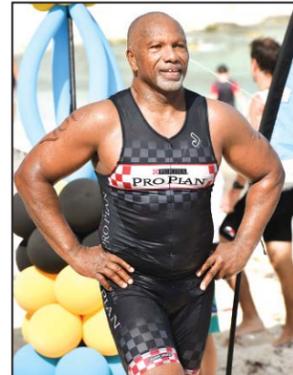
● SUPER SECOND: Kadin Mott, Patrick Paul and Kimwood Mott—sponsored by PFI—finished second



● SUPER SIMONE: Mens overall winner Simone Bertoldo



● LEADING LADIES (L-R): Female winners Anna, Emily & Elizabeth



● TERRIFIC TYNES: Peter 'Pappa' Tynes



● I DID IT: Erin smiles at the finish line



● SUPER SPONSOR: Pugsley with CBC ladies handing out Powerade



● GILES ON THE GO: Relay biker Giles out on the course



● TOP JUNIORS: Junior Aquathon Boys on the podium



● LUCKY LADY: She won a bike donated by Cycles Unlimited in the raffle



● RACE TO THE FINISH: KPMG Relay runner



● SHE'S FAST: Fastest swimmer of the day Anya MacPhail



● GO-GETTER GIRLS: Girl winners in the Puppy Aquathon



● REFRESHING POWERADE: Team CBC—and Pugsley—at the 2018 Powerade Potcakeman Triathlon BAARK! fundraiser



● FINAL LEG: Runners complete the final leg of the Potcakeman



● HELPING HAND: Some of the great volunteers who helped the event run smoothly



● BUSY BIKERS: Participants on the second-leg of the triathlon—the bike course



● READY TO GO: Lady starting the bike-leg of the event