

## June: A Hot Month For SSI Athletes

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June has been a very exciting month for SSI athletes. They have been racing at Ironman Coeur d'Alene, the Buffalo Springs Lake half Ironman, and the Ontario Masters Championships. Here's the lowdown of this month's results:

At Ironman CDA, Rachel Robbins and Christine Jones completed their first Ironman and became members of the Ironman family. Christine's time was 14:06:41, and Rachel's time was 15:38:01. Also of note are the Barretts - Carrie and Shawn - who were interviewed on a recent episode of "Consumer's Guide To Health". Carrie finished in 11:46:29, while Shawn completed his first Ironman in 14:03:17.

Out in Lubbock, more great results appeared at the 20th annual Buffalo Springs Lake 70.3 triathlon. Greg Hogan led the way with a 5:23 - good for 14th place in his age group. This put Greg in a select group of athletes, having completed BSLT a total of 10 times! James Baumann set a personal best 5:45. IronTexans Dorian and Freddy Ramirez both completed their first BSLT - Dorian finishing in 7:03, and Freddy (after losing a significant amount of time surviving two flats on the bike) finishing in 8:09. As many of you know, a finish at BSLT is something special!

And last but not least, SSI athlete (of the Newmarket Huskies TC) Rita Quibell competed in the women's 1500m at the Ontario Masters Track And Field Championships. Rita was competing in the W50 division. Her time of 5:21.55 won her age group and was an age-rated performance of 89.4%! She followed this up with a 5:20.26 at the York University Twilight meet a week later, making her the number one ranked athlete in her age group. Rita will race in the Canadian Masters Championships later this month.

Photos can be found in the [Gallery](#).

Congratulations to everyone!