

SPORTS & SCHOOL NEWS
BUFFALO TRIATHLON

Miles racking up for local triathlete

Competing with one kidney, 57-year old Zitur places first in age group, second among females at Buffalo Tri

By Rob LaPlante
Sports Editor

The year 2016 was a memorable one for Cheryl Zitur.

The 57-year old resident, of Rogers, donated a kidney to her oldest son, Chris, on June 30 of that year. Just 25 days prior, Zitur set a Buffalo Triathlon Sprint Course record in a time of 1:03.22.

One less kidney later, she's still finishing among the top of the pack.

She placed second among 63 females and 10th overall in a time of 1:06.54 in this year's Buffalo Triathlon on Sunday, June 5, at Sturges Park. Elena Hengel, 25, of Wayzata, was the top-female finisher in the Sprint Course in a time of 1:06.10.

The Sprint Course totaled 182 triathletes that start with a 0.25-mile swim in Buffalo Lake. A 12.06-mile bike ride followed, and 5k run concluded. While temperatures for Sunday's triathlon were in the upper-50s to start the day, Zitur says she was most prepared that day for the swim portion.

"I had done two open water swims earlier in the week, so when you only do a quarter mile, it's easy to acclimate," Zitur said. "The water wasn't bad. What was bad, was the end of the run, where most of it is uphill. The very last mile just wipes you out. It's fun though, when you get to run down into the finish line."

For Zitur, a veteran of eight Buffalo triathlons, she's been the top-female finisher in four of those eight races.

"It's nice to win, but you don't always get that either," Zitur said. "Mostly, you do this to try and get your personal bests. But I love to bike. I love to swim. Running, I just do it because I have to."



Triathlete Cheryl Zitur, 57, of Rogers, finished second among females and first in her age group (55-59) in the Sprint Course of this year's Buffalo Triathlon. (Photo by Rob LaPlante)

Her range of success covers the national and world level as well.

Zitur plans on competing in the Triple Bypass Bicycle Ride on August 20 in Evergreen, Colorado. The ride travels over three mountain passes and covers 110 miles at nearly 10,000 feet of elevation.

In 2014, she earned a bronze medal competing in the 50-54 female

age group at the World Triathlon Grand Final in Edmonton, Alberta. She duplicated her finish the following year at the World Triathlon Grand Final in Chicago.

Zitur was the highest overall finisher among area females, finishing 10th. Andrew Zabel won the overall Spring Course in 58.52. Ted Treise, 28, of Minnetonka, was the high-

est overall finisher in the Olympic Course in a time of 1:53.40. The Olympic Course had 148 triathletes that competed in a 0.9-mile swim, 24.12-mile bike ride, and 10k run.

Robert Kranz, 75, of Princeville, Hawaii was the oldest to compete in Sunday's event. He finished 158th overall in the Sprint Course in a time of 1:46.23.

Buffalo Triathlon

(Sunday, June 5 at Sturges Park)
Olympic Course: 0.9 mile swim, 24.12 mile bike ride, 10k run; 148 finishers - 113 men, 35 women; Average time: 2:45.48

Results: Place, Name, Age, City, Time:
Overall/Area: 1. Ted Treise, 28, (Minnetonka) 1:53.40; 2. Andrew Manning, 34, (Fargo, ND) 1:59.05; 25. Keith Thompson, 53, (Annandale) 2:23.40; 48. Jeff Gilmer, 63, (Annandale) 2:32.21; 102. Mary Deeg, 60, (Annandale) 2:56.43; 111. Scott Swanson, 37, (Buffalo) 3:01.42; 127. Eric Hill, 47, (Buffalo) 3:16.47.

Male: 1. Ted Treise, 28, (Minnetonka) 1:53.40; 2. Andrew Manning, 34, (Fargo, ND) 1:59.05.
Female: 1. Danielle Treise, 38, (Minnetonka) 2:09.21; 2. Maggie Swanson, 27, (Excelsior) 2:14.59.

Male Relay: 1. Lang Hunt, Darin Westphal, Jordan Roby 2:00.15; 2. Eric Hall, Matt Francis, Austin Frazer 2:16.24.

Female Relay: 1. Andrea Potvondy-Smith, Lisa Brecht 3:27.15.

Co-Ed Relay: 1. Elizabeth Swartout, Lenny Crouse 2:40.02; 2. Jordan Tangen, Susan Lamour, Parker Tangen 2:41.29.

Overall Male Elite: 1. Ted Treise, 28, (Minnetonka) 1:53.40; 2. Andrew Manning, 34, (Fargo, ND) 1:59.05.

Overall Female Elite: 1. Danielle Treise, 38, (Minnetonka) 2:09.21; 2. Maggie Swanson, 27, (Excelsior) 2:14.59.

Overall Male Clydesdale: 1. Samuel Roden, 26, (Minneapolis) 2:36.37; 2. Wes Combs, 38, (Prior Lake) 2:41.55.

Overall Female Athena: 1. Julie Van Den Heuvel, 53, (Holmen) 3:13.35.

Female Age Group 19-under: 1. Marina Mascarenas, 19, (Minneapolis) 3:15.12; 2. Amber Croonquist, 18, (Champlin) 3:19.09.

Male Age Group 20-24: 1. Jake Russ, 23, (Minneapolis) 2:31.42; 2. Justin Norby, 24, (Minneapolis) 2:40.33.

Female Age Group 20-24: 1. Arianna Werts, 20, (Rochester) 2:33.16.

Male Age Group 25-29: 1. Bradley Kovacovich, 25, (Minneapolis) 2:26.38; 2. Reid Larson, 27, (Forest Lake) 2:29.28.

Female Age Group 25-29: 1. Elizabeth Warren, 29, (Minneapolis) 2:41.06; 2. Carolyn Fittipaldi, 28, (Edina) 2:52.26.

Male Age Group 30-34: 1. Collin Johnson, 33, (Roseville) 2:10.39; 2. Elliot Wilcox, 30, (Hastings) 2:15.09.

Female Age Group 30-34: 1. Laura Brennan, 30, (Bloomington) 2:44.07; 2. Francesca Rossi, 32, (Minneapolis) 2:54.52.

Male Age Group 35-39: 1. Robert Alderson, 36, (Omaha, NE) 2:19.39; 2. Alex Arnason, 35, (Minneapolis) 2:20.44.

Female Age Group 35-39: 1. Rebecca Broderson, 36, (Watertown) 2:40.29; 2. Sara Sykes, 39, (Chanhassen) 2:54.41.

Male Age Group 40-44: 1. Nik Miller, 40, (Minneapolis) 2:22.01; 2. Gordy Hill, 40, (Falcon Heights) 2:34.57.

Female Age Group 40-44: 1. Nicole Chow, 40, (St. Paul) 2:48.27; 2. Jessica Bratsch, 40, (La Crosse, WI) 2:54.52.

Male Age Group 45-49: 1. Corey McKusick, 46, (Fridley) 2:24.24; 2. Eric Roesner, 47, (Minnetonka) 2:25.26.

Female Age Group 45-49: 1. Karry Tierney, 45, (Eden Prairie) 3:33.17.

Male Age Group 50-54: 1. John Wolfe, 50, (Cold Spring) 2:23.24; 2. Keith Thompson, 53, (Annandale) 2:23.40.

Female Age Group 50-54: 1. Jennifer Martone, 50, (Minneapolis) 2:31.36; 2. Carole Weitland, 51, (Champlin) 2:45.59.

Male Age Group 55-59: 1. John Kelley, 58, (Duluth) 2:25.08; 2. Robert Kaufman, 59, (Chanhassen) 2:27.10.

Female Age Group 55-59: 1. Amy Woolsey, 56, (Foley) 2:44.27; 2. Karen Aaron, 55, (Minneapolis) 2:53.53.

Male Age Group 60-64: 1. Jeffrey Warshaw, 60, (Minneapolis) 2:24.40; 2. Jeff Gilmer, 63, (Annandale) 2:32.21.

Female Age Group 60-64: 1. Jan Guenther, 63, (Long Lake) 2:32.46; 2. Mary Deeg, 60, (Annandale) 2:56.43.

Male Age Group 65-69: 1. Ed Patton, 68, (Golden Valley) 2:54.38.

Female Age Group 65-69: 1. Pam Stevens, 69, (Sartell) 2:56.01.

Sprint Course: 0.25 mile swim, 12.06 mile bike ride, 5k run; 182 finishers - 119 men,

63 women; Average time: 1:29.02.

Top-2 results: Name, Age, Time

Overall/Area: 1. Andrew Zabel, 42, (Sartell) 58.52; 2. Brian Storhaug, 31, (Alexandria) 1:00.28; 3. Kyle Lithgow, 23, (Rockford) 1:00.37; 10. Cheryl Zitur, 57, (Corcoran) 1:06.54; 38. George Ross, 66, (Delano) 1:16.50; 43. Connor Mann, 27, (Montrose) 1:17.56; 47. Matthew Wuollet, 33, (Annandale) 1:18.28; 57. Luke DeLacey, 25, (Buffalo) 1:20.34; 66. Adam Terison, 34, (Buffalo) 1:23.06; 78. Lincoln Heckendorf, 14, (Monticello) 1:25.18; 89. Andrew Smude, 36, (Buffalo) 1:26.34; 94. Taylor Laube, 19, (Buffalo) 1:28.25; 96. Miranda Duske, 31, (Buffalo) 1:28.37; 99. Justine Glover, 35, (Buffalo) 1:29.17; 102. Trevor Raisanen, 29, (Buffalo) 1:29.51; 107. Aaron Halonen, 37, (Cokato) 1:31.30; 115. Danielle Schirm, 38, (Buffalo) 1:32.58; 120. Holly Corbin, 42, (Buffalo) 1:34.17; 128. Jennie Zeiss, 49, (Buffalo) 1:36.02; 129. Marc Plese, 49, (Delano) 1:36.03; 130. Jill McNamara, 55, (Monticello) 1:36.07; 131. Arik Hillukka, 27, (Buffalo) 1:36.17; 138. Benjy Schirm, 38, (Buffalo) 1:38.12; 140. Jack Dobbs, 33, (Montrose) 1:39.19; 164. Sheila Smude, 38, (Buffalo) 1:48.13; 172. Amy Van Beusekom, 42, (Buffalo) 1:52.46; 173. Jonah Anderson, 16, (Buffalo) 1:52.57; 180. Angela Ramsdell, 24, (Buffalo) 2:09.00.

Male: 1. Andrew Zabel, 42, (Sartell) 58.52; 2. Brian Storhaug, 31, (Alexandria) 1:00.28.

Female: 1. Elena Hengel, 25, (Wayzata) 1:06.10; 2. Cheryl Zitur, 57, (Corcoran) 1:06.54.

Male Relay: 1. Matt Collins, Alex Hirman, Jordan Hirman 1:27.31.

Co-Ed Relay: 1. Thu Aguirre, Raychel Tong, Ramon Aguirre 1:08.33; 2. Eric Wang, Julie Wang, Matthew Wang 1:24.33.

Overall Male Clydesdale: 1. Michael Zirbel, 48, (Minneapolis) 1:18.35; 2. Alexander Leikikh, 49, (Marblehead, MA) 1:19.27.

Overall Female Athena: 1. Bethany Baker, 29, (Mankato) 1:36.20; 2. Lea Kirdatt, 46, (Minneapolis) 1:46.26.

Male Age Group 19-under: 1. Morgan Bell, 19, (Maple Grove) 1:15.17; 2. Macy Bell, 17, (Maple Grove) 1:23.58; 3. Taylor Laube, 19, (Buffalo) 1:28.25.

Male Age Group 20-24: 1. Kyle Lithgow, 23, (Rockford) 1:00.37; 2. Patrick Carroll, 22, (Minneapolis) 1:03.20.

Female Age Group 20-24: 1. Megan Doi, 24, (Minneapolis) 1:50.23; 2. Angela

Ramsdell, 24, (Buffalo) 2:09.00.

Male Age Group 25-29: 1. Ian Manske, 28, (Waconia) 1:14.35; 2. Austin Hingtgen, 26, (Inver Grove Heights) 1:15.30.

Female Age Group 25-29: 1. Elena Hengel, 25, (Wayzata) 1:06.10; 2. Melissa Morrison, 28, (Minneapolis) 1:26.32.

Male Age Group 30-34: 1. Brian Storhaug, 31, (Alexandria) 1:00.28; 2. Kole Seiler, 32, (St. Paul) 1:02.53.

Female Age Group 30-34: 1. Deana Jagielo, 30, (Carver) 1:09.57; 2. Miranda Duske, 31, (Buffalo) 1:28.37.

Male Age Group 35-39: 1. Craig Schroeder, 39, (Dayton) 1:08.44; 2. Jason Larson, 38, (Minneapolis) 1:09.13.

Female Age Group 35-39: 1. Bettina Keppers, 39, (St. Paul) 1:07.32; 2. Meghan Henry, 37, (Champlin) 1:13.08.

Male Age Group 40-44: 1. Andrew Zabel, 42, (Sartell) 58.52; 2. Josh Sell, 43, (Waconia) 1:07.08.

Female Age Group 40-44: 1. Kelli Moretter-Blue, 44, (Eden Prairie) 1:08.54; 2. Kristine Schott, 42, (Loretto) 1:25.36.

Male Age Group 45-49: 1. Steve Rothmeier, 48, (Albert Lea) 1:20.10; 2. Jeffrey Ryan, 45, (Maple Grove) 1:23.56.

Female Age Group 45-49: 1. Connie Wurst, 49, (Chaska) 1:25.59; 2. Heidi Duffy, 48, (St. Paul) 1:32.20.

Male Age Group 50-54: 1. David Younglove, 52, (Lakeville) 1:12.36; 2. Greg Skaggs, 53, (Minneapolis) 1:17.52.

Female Age Group 50-54: 1. Nicole Slattery, 53, (Minneapolis) 1:18.05; 2. Lynn Rothmeier, 50, (Albert Lea) 1:23.29.

Male Age Group 55-59: 1. Todd White, 55, (St. Paul) 1:13.19; 2. Ian Leonard, 56, (Eden Prairie) 1:24.22.

Female Age Group 55-59: 1. Cheryl Zitur, 57, (Corcoran) 1:06.54; 2. Christine Kippenhan, 57, (Bemidji) 1:11.42.

Male Age Group 60-64: 1. Craig Peterson, 60, (Minneapolis) 1:08.04; 2. Tom Wesely, 64, (Plymouth) 1:47.41.

Female Age Group 60-64: 1. Judith Peters, 62, (St. Cloud) 1:22.38; 2. Joann Marshall, 63, (Saug Rapids) 1:37.50; 61, (St. Peter) 1:33.07.

Male Age Group 65-69: 1. George Ross, 66, (Delano) 1:16.50; 2. Mike Borneke, 68, (Eagle Lake) 1:25.51.

Female Age Group 70-74: 1. Bill Minge, 70, (Minneapolis) 1:23.50; 2. Tom Amundson, 71, (Minneapolis) 1:27.27.

Male Age Group 75-79: 1. Robert Kranz, 75, (Princeville, Hawaii) 1:46.23.



Buffalo Lake was full of swimmers that competed in Sunday's Buffalo Triathlon. A total of 330 triathletes finished either the Sprint or Olympic Course. (Photo by Rob LaPlante)



Andrew Zabel, 42, of Sartell, was the overall winner of this year's sprint course in a time of 58.52. Zabel ranked first in the 12.06-mile bike ride (pictured above) in a time of 29:34. (Photo by Brianna Burnham)

BOYS GOLF

Bison come up empty from Park Rapids

Buffalo sixth at sections; Ylitalo misses state cut

By Rob LaPlante
Sports Editor

Only a couple times this season, members of the Buffalo boys' golf team left the course feeling disappointed in their team performance.

Unfortunately for the Bison, one of those meets came at the most important time of the year.

A team score of 663 was sixth overall in the Section 8AAA tournament, which took place over two days, starting Thursday, June 2, and concluding Friday, June 3, at Headwaters Golf Club in Park Rapids.

Alexandria will represent the section at this year's state meet on June

14-15 at Bunker Hills in Coon Rapids. The Cardinals finished first with a score of 628. The Bison concluded day one in sixth place with a score of 331. The top-six teams and select individuals qualified for day two.

While they admittedly had an off day, Buffalo was only 19 strokes back of Brainerd, who led after 18 holes with a score of 312.

Head Coach Paul Olson said the team remained optimistic heading into the final 18 holes, but the script the following day went similar to the first.

"The guys started well, but there was so little margin for error, that a few tough holes quickly pushed them back down in the standings," Olson said. "All year long, they

have played so well as a team, supporting and encouraging each other. When they knew that some of their teammates were struggling, they would push hard, but this time it was too late. Credit to our guys, even when they were obviously out of contention they never quit."

Buffalo came into the section meet having built some momentum. They finished higher in the standings than No. 1 ranked Edina during the team's final Lake meet of the season.

Buffalo placed third in the final overall Lake Conference standings. They also set a team record this past season with a low round of 291 in a dual meet at home against Bemidji.

"Unfortunately, their high level of play during

the season did not carry over into sections," Olson said. "The guys were never able to get on track and feel comfortable. They had had some great days of practice and were excited to compete but struggled early and were playing from behind almost immediately."

Not only did the season end for the team, but no individuals qualified for state, including last year's third-place state finisher Arthur Ylitalo, who finished 14th overall and missed the state cut by six places with a score of 161.

The top-five golfers not on the winning team qualified for state. Joe Kortton, of Moorhead, won the section title with a low round of 149 on a par 144.

The pressures of playing from behind, along with a course that only one Bison golfer (Ylitalo) had previously played, factored in.

Weather also was a factor.

"The high winds came up later in the morning," Olson said. "That made it even more difficult to make a move up the standings. Golf is unique in that it requires four-plus hours of focus and playing within your game. Once the wheels start to spin and you try harder, it can have the opposite effect."

Buffalo's top-four scorers all finished in the top-37 in the field. Ylitalo was low at 161. Jayce Hansen finished 21st at 165. Harvey Ylitalo was 22nd at 166. Justin Swenson was 37th at 173. Sam Mahannah shot 174 and Russell Ylitalo 178.

While moods were down, Olson felt the season was a success.

"Though we were all disappointed in the outcome, the guys knew they should not let these two days define their season, or who they are," Olson said.

"Over the spring, they had accomplished a lot and grown as both golfers and individuals. Coach Mark Pokorney and I couldn't be more proud of them."

Section 8AAA Tourney

(Thurs.-Fri., June 2-3 at Headwaters GC)

Team scores: 1. Alexandria 316-312-628; 2. Brainerd 312-320-632; 3. Moorhead 324-317-641; 4. Sartell-St. Stephen 326-318-644; 5. Bemidji 317-327-644; 6. Buffalo 331-332-663; 7. Detroit Lakes 338-326-664. Missed cut (Day 1): 8. Bemidji 383; 9. St. Cloud 395; 10. Willmar 402; 11. Sauk Rapids-Rice 408; 12. Rocori 483.

Individual totals/finals (Day 2): Willmar 244; Becker 90; Sauk Rapids-Rice 276.

Medalist (Par 72/144): Joe Kortton (Moorhead) 79-70-149.

Individual State Qualifiers (Top-5 not on section winning team): 1. Joe Kortton (Moorhead) 79-70-149; 2. Carson Andel (Sartell) 78-75-153; 4. Turner Patters (Brainerd) 76-79-255; 5. Euston Lammer (Moorhead) 76-80-156; 6. Max Holmstrom (Brainerd) 79-77-150.

Buffalo scores: 1-14. Arthur Ylitalo 80-81-161; 2-21. Jayce Hansen 84-81-165; 3-22. Harvey Ylitalo 82-84-166; 4-37. Justin Swenson 87-86-173; 5-39. Sam Mahannah 85-89-174; 6-45. Russell Ylitalo 88-90-178.