



Rock 'n Rollman proves to be an all-around success

Moss and Sharpless win down South

By Denise Dillon

You can't ask for more inspiration than having one of the original Ironman competitors count you down to the start of a race. Henry Forrest fired the starting gun at the Coliseum Rock 'n Rollman Half in Macon, Ga., on June 4. Forrest's presence, along with the great weather, led to a record-breaking day.

We all know, it's not the heat, it's the humidity. So while it was June in Georgia and the temperatures were in the high 80s, the humidity was low, which meant faster times.

Twenty-five-year-old pro Dan Moss led the pack by more than 10 minutes on the men's side. He sliced a minute off the old course record with a 4:15:53 time.

Moss was 10th out of the water, almost four minutes behind 29-year-old Radek Parnica, of the Czech Republic, who hit the beach in 26:43. Moss made up time on the bike, covering the 56 miles of hilly, country roads in 2:16:25.

On the women's side, pro Carole Sharpless won after two DNF's the past couple of years. Sharpless sailed across Lake Tobesofkee in 27:32, less than a minute behind the lead man.

Race director Jim Rainey, of Georgia Multisports Productions, who organized the race along with Set-Up, Inc. said, "It's fantastic to see some of the local pros race so well on a difficult course and qualify for the USAT long-course nationals."

The race attracted more than 400 competitors ranging in age from 17 (Zac Epperson of Indian Springs, Ala.) to 70 (Michael Dayoube of Savannah, Ga.). Close to half of the competitors were from out of state. They may have come for the race, but they all stayed for the party. Two bands played at the Rock 'n Rollman. With free beer on hand and Southern rock blaring in the background, it wasn't hard for many of the athletes to get their second wind for the post-race party.



Carole Sharpless, above, runs to the win while Daniel Moss, right, made up time on the bike and run to grab the victory in Georgia.

ROCK 'N ROLLMAN HALF IRON TRIATHLON

June 4, 2006

Macon, Ga.

1.2-mile swim, 56-mile bike, 13.1-mile run

WOMEN

1. Carole Sharpless (Marietta, Ga.) 4:42:55
2. Anna Stauss (Duxbury, Mass.) 5:05:58
3. Jennifer Hanley-Pinto (Jacksonville, Fla.) 5:07:52
4. Virginia Smith (Nashville, Tenn.) 5:11:40
5. Lynne Crump (Dunwoody, Ga.) 5:11:53

MEN

1. Daniel Moss (Alpharetta, Ga.) 4:15:53
2. Christopher Jones (Columbus, Ga.) 4:26:32
3. Felipe Bastos (Gainesville, Fla.) 4:30:07
4. Radek Parnica (CZE) 4:34:32
5. Chris Olson (Spartanburg, S.C.) 4:35:13

