

## For Immediate Release

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### Triathletes take top spots for a second year



**Timothy Suter, Dean Hewson and Eric Dewitt pose near the finish line after completing the Splash, Pedal, Dash Triathlon. Hewson was the overall male triathlon winner at 1:03:54. Dewitt finished at 1:06:14 and Suter at 1:09:09.**

Two triathletes returned to claim the top finishes in Schaumburg Park District's Triathlon: Splash, Pedal, Dash early Sunday morning.

Dean Hewson of Palatine powered through the triathlon's 400-meter swim, 15-mile bike ride and 5K run with a time of 1:03:54. Triathlete Juli Misch of St. Charles was the overall female winner in 1:16:22. Both athletes took home the gold in the 2010 triathlon.

"It feels great to finish in first again," said Hewson.

Hewson, an enthusiastic triathlete and father of three, runs the Park District's Triathlon Training program. He enjoys helping new triathletes train for their first races and watching them improve dramatically. Teaching new triathletes allows him to return his own training to the basics and improve it while helping others.

"I see people I've met while training and friends from the community along the race route," said Hewson.

Hewson has raced for the past twenty years in competitions in Canada, Europe, Australia and the USA including the Ironman World Championship. He has competed in the Park District's annual triathlon from time to time since moving to the area in 1995. This year, Hewson participated with his wife, Village of Schaumburg Assistant Village Manager Paula, and his training partner, Eric Dewitt.

Misch, a triathlete and energetic mother of three, has participated in the District's triathlon for three years and has been competing for seven years in local races throughout the Chicago area. She loves the challenge of the cross training and meeting her goal of keeping in shape. Misch participated with her sister in this year's swim, bike and run.

The morning also featured the Park District's Duathlon: Dash, Pedal, Dash. Duathletes completed a 5K run, 15-mile bike ride and a second 5K run. Scott Schultes of Northbrook led the male division of the duathlon at 1:17:24 while female winner Cari Setzler of Wonder Lake finished at 1:28:48.

Setzler said it was her first duathlon and a very good initial experience.

Both races kicked off at the Park District's Meineke Recreation Center.

The Park District's Indoor Sprint Triathlon is set for Nov. 6 at the Community Recreation Center, 505 N. Springinsguth Road. The event is part of the Midwest Indoor Sprint Triathlon Series with eight other park districts.

For more information and complete race results, visit [www.parkfun.com](http://www.parkfun.com).