

WILL RONCO Freelance Professional Triathlete

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2007 Season:

- Lone Star Half Ironman **1st**
- Coast Guard Air Duathlon **1st**
- Johnny Kelley Half Marathon **1st**
- Lone Star Sprint Triathlon **2nd**
- EAS 5430 Half Ironman **6th**
- Eagleman 70.3 **7th**
- Timberman 70.3 **7th**
- EAS Boulder Peak Triathlon **15th**



After a promising early season of two-race weekends, I have had very strong races at the half ironman distance during the summer. During this span I recorded personal record splits of 2:10 for a 56 mile bike and 1:16 for a 13.1 mile run. I look forward to carrying this new found speed into the fall, when I plan to race at Ironman Florida. All of my race reports are available on my website, featuring in-depth analysis and occasional pictures of my nephews.

Previous Years' Results:

2006 Snow Mountain Offroad Tri: **1st**
 2006 Timberman 70.3: **9th**
 2005 Coast Guard Duathlon **1st**
 2003 Coast Guard Duathlon **1st**
 2001 Coast Guard Duathlon **1st**

2004 Harvest Moon Half Ironman **6th**
 2004 Ironman Florida **35th**
 2005 SOMA Half Ironman **9th**

Other:

I work to stay involved in my community and participate through tutoring, volunteering at races, and acting at a local community theatre. For the past eleven summers, I have taught a youth group at a week-long intensive summer retreat in New Hampshire.



Personal Best Times

Ironman Triathlon	9:23
Half Ironman	3:56:58
3000 Meter Run	8:45

Strengths	Running
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Weaknesses	Graphic Design
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Career Highlights

Member of 1996 Duathlon Team USA

12th Place, 1996 Cyclocross National Championships

Received Elite License, September 2003