

For Immediate Release
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Team LMR Races to Another Silver Medal in Team Triathlon!

Lake Castaic, CA – It was a warm and sunny day for the second (and final) Castaic Lake Triathlon of the season on August 11th as Team LMR consisting of Larry Mason (bike) and Bryce Rubie (swim/run) returned to compete again as an all-male team. As it turned out, they finished second in class and fourth overall. Rubie had his usual sensational swim coming out of the water with the leaders and tapping Mason’s hand so he could start the bike portion. The organizers of the event had the team competitors in the first wave group this time which meant that Rubie and Mason would be competing in the “young guys (most competitive)” age group. Mason was impressed with some of the other tri-bikes in the transition area with many costing well over \$5k and some over \$10k. Racked next to Mason was a triathlete who had competed in the Ironman World Championships in Kona last year! Mason was determined to go faster this time compared to the last race and he did just that. He was only passed by one competitor (although they traded positions a couple of times) but unfortunately that guy was also on an all-male team. Their runner ran a 19-minute 5k and they ended up with the gold. Rubie ran a bit quicker than last time, but between the two guys they couldn’t beat the three-person team of males. Nevertheless, it was a great event. Mason’s Polar CS600X bike computer showed him averaging 209 Watts on his ride and 161 bpm heart rate!

Stay tuned to www.LMRUSA.com or the team’s FB page at Facebook.com/TeamLMRUSA for the latest news.

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Bryce Rubie (l) and Larry Mason (r) show off their well-earned hardware.