

Congratulations Team Seagate!

August 24, 2011

Way to go TEAM SEAGATE, Erik Pentland (bike), Kim Polite (swim) & Karla Bailey (run), for an outstanding 3rd place win in the relay division of last weekend's San Francisco Triathlon at Alcatraz.



Kim started the day for Team Seagate with a 7:00 AM plunge into the San Francisco Bay off of the California Hornblower parked right off of the shores of Alcatraz Island. 1,800 athletes jumped off the boat within a six minute time frame and made the treacherous swim, fighting the strong currents and ever looming fear of what lies below the water's surface to the shores of Crissy Field. **1.5 miles and 51 min and 22 seconds** later her feet were firmly on the ground and off running the .5 mile run to the transition area where Erik was waiting with his bike.



The swim will start the journey but the hills of San Francisco that Erik was about to tackle on his bike may have been the hardest section on the course. Erik found sharp turns, fast descents and agonizing climbs to test his aerobic endurance and mental fortitude. **1:26:18 and 25 miles** of hills, wind, twists and turns later, Erik made his way back to transition where Karla was waiting to battle the tough run course.



The 7 mile run course took Karla down the Marina Green and up under the Golden Gate Bridge with views of the San Francisco Bay and the shadows of Alcatraz looming. Next up, a beach run down Baker Beach and then up the 400 step sand ladder. After **7 miles and 1:19:29** of running, she weaved her way back to the finish line where Erik and Kim were waiting.



With **3:47:37** showing on the official race clock, **TEAM SEAGATE** crossed the finish line on their way to a **3rd place finish** in their division.

