

Team Nature's Path / 3 Sports Triathlon and Duathlon Squad

| First Name | Last Name | MultiSport(s) (USAT) | Category | Years Racing | Races Plan | Peak Race(s) | Other races | Cycling (USCF) | E-Mail |
|-------------|---------------|-------------------------|--------------|--------------|------------|---|---|---------------------------------------|---------------------------------------|
| Nick | Blend | Duathlon | 45-49 Male | 2 | 3 - 4 | National Duathlon | | 20+ | nblend@verizon.net |
| Edward | Bump | Triathlon | 40-44 Male | 2.5 | 3 - 5 | Eagleman 70.3 | | | EBump@mcvh.vcu.edu |
| Michael | Christman | Triathlon | 40-44 Male | 2 | 6 - 8 | Patriot Half | | | Michael.Christman@Anthem.com |
| Sean | Cusack | Duathlon | 45-49 Male | 3 | | | | | vscusack@gmail.com |
| Darell | Marion | Triathlon/Duathlon | | | | Eagleman 70.3 and Patriot Half | | | Darrell.Marion@genworth.com |
| Joe Earley | Earley | Triathlon | 40-44 Male | | 3 - 5 | Eagleman 70.3 and Olympic (Fall) | | 5 - 10 | Joseph.Earley@genworth.com |
| Cherie | Fernandez | Triathlon/Duathlon | 40-44 Female | 9 | ~8 | Eagleman 70.3 and Patriot Half | National Du, 3 Sports Du, Tavern, ACAC, Naylor's plus 4 VTS races | 8 - 10 | cheriefernandez@comcast.net |
| Pascal | Fernandez | Triathlon/Duathlon | 40-44 Male | 4+ | 6+ | Eagleman 70.3 and Ironman Arizona | National Duathlon | 4+ | pascal.a.fernandez@mac.com |
| Rob | Green | Triathlon/Duathlon | 30-34 Male | 8 | 15 | Alcatraz and IM Louisville | | | rgreen@activechiropractic.com |
| Alissa | Herko | Triathlon | 30-34 Female | 3 | 5 - 6 | Austin 70.3 | | 4 - 5 | Alissa.Herko@capitalone.com |
| Moose | Herring | Triathlon | | | | | | | mherring@aacortho.com |
| Tony | Miller | Triathlon | | | | Yorktown Sprint | Bryandt Park | | Tony_Miller@circuitcity.com |
| Troy | McGill | Triathlon | 40-44 Male | ~10+ | 3 - 5 | Eagleman 70.3 and Ironman USA | | 2 - 4 | troy.mcquill@comcast.net |
| Greg | Mathe | Triathlon | 25 - 29 Male | TBD | 6+ | Halfmax | | | Greg.Mathe@pmusa.com |
| Ed | McNelis | Duathlon | 40-44 Male | | 1 | 3 Sports Duathlon | Boston Marathon | 30 - 40 | emcnelis@rawismcnelis.com |
| Andy | Melton | Triathlon | 30-34 Male | 8 | 10 | Yorktown Sprint, 3 Sports Sprint, Culpepper | | 3 - 5 | Andy.Melton@SMNA.com |
| Chris | Ratchford | Triathlon | 35-39 Male | 15 | 6 | 3 Ironman (Brazil, Florida, Arizona) | Kinetic Half, Eagleman 70.2, Patriot Half | TBD | Christopher.Ratchford@PacifiClife.com |
| Shane | Schlesman | Triathlon | 40-44 Male | 5 | 4 | Beach to Battleship - Ironman | | 4 USCF races - plus Bryan Park series | shane@weaq.org |
| Cory | Scott | Duathlon | 20-24 Male | 1 | 5 - 8 | Duathlon Nationals, Ironman Florida | | 10 | eisurfer81287@yahoo.com |
| Joseph | Strukl | Triathlon/Duathlon | 20-24 Male | 3 | 6 - 10 | Lurray International Distance | | 3 | strukli@vcu.edu |
| Adam | Switzer | Triathlon | 30-34 Male | 11 | 6 | Steelman Sprint, Patriots Sprint, Richmond Sprint | | | aswitzer@deltaairport.com |
| Christopher | Tucker | Triathlon/Duathlon | 20-24 Male | 1 | 14 | Patriots 70.3 | | 2 - 3 | tuckerct3@vcu.edu |
| Jed | Vanichkachorn | Triathlon/Duathlon | 35-39 Male | 3 | 6 - 8 | Eagleman 70.3 and Ironman Florida | kinetic half, the new york tri, patriot half | Tuesday Criterium | jedvan@gmail.com |