

# VHS alumni finds success in triathlons

Vermillion High School graduate Justin Manning, now alumni of South Dakota State University, finished his first triathlon of the 2011 season in incredible fashion.

The "I'm Ready for Summer" triathlon was held on May 1 in Brookings, and consisted of a 500 yard swim, 12.4 mile bike, and a 3.1 mile run. Despite having 104 competitors and 25 mph winds, Manning managed to finish first overall completing the race in 1:05:10, 2:50 ahead of the second place finisher.

Originally there were 157 registered for the event but many withdrew due to the inclement weather.

For complete race results please visit [www.allsportcentral.com/results/results.cfm?EventID=24233](http://www.allsportcentral.com/results/results.cfm?EventID=24233).

Over the past three months Manning has competed in six triathlons, finishing all of them in the top 10. Most notable of these races is the Liberty Triathlon, which was held on June 11 in Lake Independence, MN. Manning finished first in the Olympic distance race with a time of 2:03:09, which qualified him for the Age Group Nationals in Burlington, VT.

Another notable race was the DakotaMan Triathlon in Harrisburg. Manning finished second



TRIATHLETE JUSTIN MANNING

overall in this race with a time of 1:06:30, but first out of all the competitors from South Dakota which qualifies him for the BOUS (Best of United States) amateur race in Alabama.

With sponsorship assistance from both

Sanford Health and Sanford Vermillion over the past three years, Manning has participated in over 14 area triathlons and traveled over 3,474 miles.

Manning, son of Mike and Linda Manning is married to Colette (Joy)

Manning, also of Vermillion.

Justin is a pharmacist at the West 10th Street Hy-Vee in Sioux Falls.

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Center Vermillion, a medical facility including a family medicine clinic, 25-bed acute care hospital, 66-bed nursing home, and 23-unit senior living apartment complex in southeast South Dakota, is a member of Sanford Health, a non-

profit, integrated health system headquartered in Fargo, ND and Sioux Falls.

To learn more about Sanford Vermillion, visit [www.sanfordvermillion.org](http://www.sanfordvermillion.org).

## su|do|ku

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Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 |   |   |   |   | 7 | 6 |   |   |
|   |   |   | 9 |   |   | 3 |   |   |
|   | 3 | 2 |   |   |   | 4 |   |   |
|   |   |   |   | 4 | 2 |   |   |   |
| 7 | 2 |   |   |   |   |   | 4 | 9 |
|   |   |   | 1 | 6 |   |   |   |   |
|   |   | 5 |   |   |   |   | 8 |   |
|   |   | 4 |   |   | 8 |   |   |   |
|   |   | 7 | 5 |   |   |   |   | 2 |

Check today's issue for the solution to the puzzle. INT Book 24 #1

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