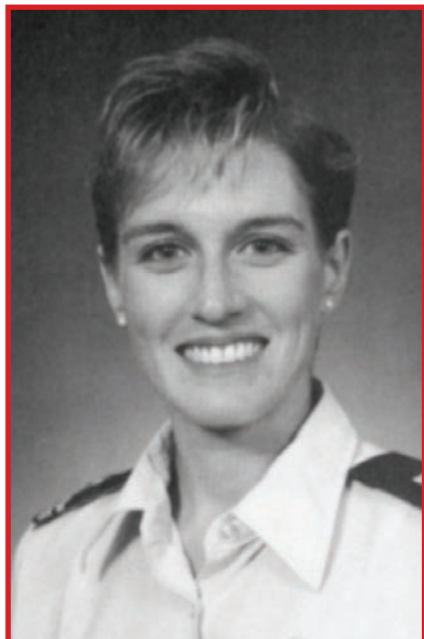


1995 Coast Guard Elite Athletes of the Year



LTJG Amy L. Baribeau

LTJG Baribeau is a Port Safety Officer assigned to the Marine Safety Office, Puget Sound, Washington. Her previous assignment was a deck watch officer aboard the Coast Guard Cutter **DEPENDABLE** homported in Galveston, Texas. In all her races in 1995, she was a top finisher in her very competitive age group (20-24). In the Danskin Women's Triathlon (.75k swim, 20k bike, 5k run), a national series event, she finished Sixth in her age group out of 95 other competitors (40th out of 1,009) and had a time of 1:10:33. In addition, she placed first in her age group with a time of 1:44:44 in the Cascade Clear Triathlon (.5 mile swim, 20.6

mile bike, 3.3 mile run), was the second female finisher in the Wild Blackberry Triathlon (.5 mile swim, 13.5 mile bike and 3.0 mile run) with a time of 1:14:15, and third in her age group in the Clear Lake Triathlon (.33 mile swim, 11.6 mile bike, 4 mile run) with a time of 1:27:11. She has also formed Coast Guard Teams from Puget Sound to run in 10K races and in a 75K relay. LTJG Baribeau also completed the Houston-Tenneco Marathon and Mercer Island Half Marathon. She also volunteers to teach aerobics at the base gym during the noon hour several times a week. LTJG Baribeau is a 1992 graduate of the U.S. Coast Guard Academy and was on the crew team.



LTJG Ganoung is assigned to the Operations Center (Oil Spill Response), Coast Guard National Strike Force Coordination Center, Elizabeth City, North Carolina. Prior to this assignment, he was stationed as a deck watch officer aboard the Coast Guard Cutter **BASSWOOD** from 1993 to 1995 and was homeported in Apra Harbor, Guam. An accomplished high and collegiate runner, LTJG Ganoung just started cycling and participating in triathlons in 1993. He has competed in a 3-day stage race in Guam which consisted of a 40-mile circuit road race, 25-mile time trial and 50-mile mountain stage and in several other cycling events in which he was a top finisher. In many races, triathlon, running or cycling, he was the overall

winner. He finished First in a 5K and 10K road race, First in the America's First Triathlon (1K swim, 30K bike, 8K run) with a time of 1:40:00, Second in a 10K (33:00) and 10-mile road race, Second in a 50-mile circuit cycling race and 25-mile time trial. After his move to North Carolina, he started racing again. He placed First in a 5K road race and participated in the Chesapeake Criterium Challenge Bicycle Series and Tour of the Albemarle Metric Century (100km) cycling events. LTJG Ganoung is a 1993 graduate of the U.S. Coast Guard Academy and was a four-year letterman in cross-country, indoor and outdoor track and was team captain in all three sports his senior year. He set school records in the indoor 300m, 1500m and 4x800 meter relay.



LTJG George D. Ganoung