

# 1992 Coast Guard Elite Athletes of the Year



**LT Patricia Mountcastle**

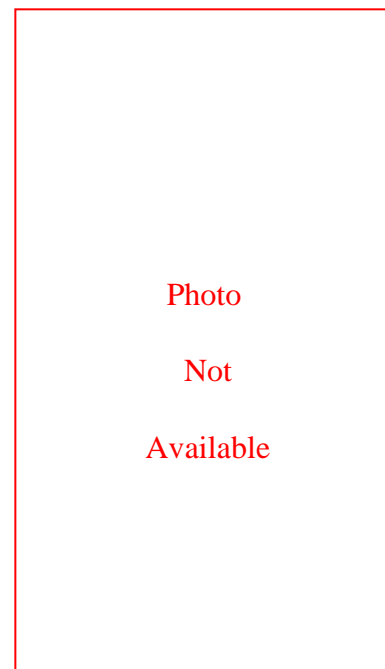
LT Patricia Mountcastle, the Coast Guard Female Athlete of the Year, is a Marine Safety Inspector with the Seventh Coast Guard District in Miami, FL. During the 1992 athletic year she had outstanding performances in both rowing and triathlon events. LT Mountcastle is the first Coast Guard Female Athlete of the Year to be selected as the Armed Forces Female Athlete of the Year. At the 1991 U.S. Master's National Rowing Championships 1,000 Meter Sprints in Austin TX, she placed first in the Mixed Fours, second in the Mixed Doubles, first in the Women's Singles. At the 1991 International Rowing Federation World Championships 1,000 meter sprints in Miami,

FL, she placed first in the Mixed Eights, second in the Mixed Doubles, third in the Women's Doubles, and second in the Women's Singles. In the sport of triathlon, LT Mountcastle finished third in the Big Sun Biathlon, and had a first, a second, and three third place finishes in the Bud Light Sprintman Triathlon Series. LT Mountcastle is active in the community conducting instructional sessions to groups and individuals on rowing and running. She also works with the Florida Sea Grant program in the education of the public on the marine environment and marine resources.



YN3 Nicholas Frangos is the Coast Guard Elite Male Athlete of the Year, who distinguished himself as one of the best Cyclist in the Coast Guard.

No Other Info Available.



**YN2 Nicholas Frangos**