

# 1996 Coast Guard Elite Athletes of the Year



**LT Amy L. Baribeau**



**BM2** Leiato is a small boat coxswain at USCG Station Honolulu, Sand Island, Hawaii. In late 1995, he competed on the U.S. World Powerlifting Team in the World Championship competition in England. He won the World Championship in the 275 pound weight category and had a total lift of 2,105 pounds (832 squat, 600 bench press and 716 dead lift). With his help, the U.S. won the team title. He holds seven Hawaiian state records and has won the state championship five consecutive times. He is also the first American under 300 pounds

to bench press 600 pounds in a national meet.

Petty Officer Leiato also participated in the 1996 Olympics representing American Samoa as a competitor and competed in the shot put event.

Petty Officer Leiato speaks at local schools stressing the importance of remaining drug free, competing and succeeding in athletics without the use of steroids and other performance enhancing drugs, and the dangers of drug use.

**LT** Baribeau is a graduate student at the University of Washington and served recently as a Port Safety Officer assigned to the Marine Safety Office, Puget Sound, Washington. Previously, she was assigned as a deck watch officer aboard the Coast Guard Cutter **DEPENDABLE** homeported in Galveston, Texas. In all her races in 1996, she was a top finisher in a very competitive age group (25-29). In most races, she placed First in her age group and First or Second Overall. At the memorial Day Duathlon (2 mile run, 12 mile bike, 2 mile run), she had a time of 1:06:35; in the Spring Classic Triathlon (.25 mile swim, 13.5 mile bike, 3 mile run), she had a time of

1:10:51; and in the Lake Forest Triathlon (1.5k swim, 40k bike, 10k run), she had a time of 2:28:45. For the entire 1996 triathlon season, LT Baribeau was ranked Third in her age group and Tenth Overall for all women in the Northwest Triathlon Series triathlete ratings.

She has also formed Coast Guard teams from Puget Sound to run in races, coached athletes on their swim stroke, and found new routes to bike to graduate school. LT Baribeau has completed the Houston-Tenneco Marathon. LT Baribeau is a 1992 graduate of the U.S. Coast Guard Academy and was on the crew team.



**BM2 Anthony T. Leiato**