

# 1993 Coast Guard Elite Athletes of the Year



**LT Michelle L. Kane**

**LT**Kane, selected as the Armed Forces Female Athlete of the Year, had an outstanding year in triathlon, duathlon, long distance running, biking and swimming competitions. She finished the 1992 Honolulu Marathon in 3:32:51, the 1993 Maui Marathon (Sixth Overall) in 3:39:24, the Volcano National Park Marathon (First Military), and the Windward Half-

Marathon in 1:37:50. In the Hard Rock, Straub's Women, and Kailua 10km (43:00 average) races, she was 20th, 29th, 5th overall and finished as high as First in her age group. In the Waikiki Rough Water Swim (2.4 mile), she finished in 2:13 and in the Honolulu Advertiser 100m Bike, she finished in 7:15. LT Kane was the Coast Guard Female Athlete of the Year in 1991.



**BM2**Leiato is a small boat coxswain at USCG Station Honolulu, Sand Island, Hawaii. At the American Drug Free Powerlifting Association (ADFPA) National Championship, in St. Louis, Missouri, in February 1993, he won the national championship with a lift of 1,923 pounds (755 squat, 562 bench, 606 deadlift) in his 275 pound weight division. He set two national records (bench and total lift) in the championship effort. Petty Officer Leiato also won the 1992 Hawaii State Championship, a USPF sanctioned event, with a total

of 1,970 pounds (800 squat, 550 bench, 620 deadlift) and the 1992 Hawaii ADPFA State Championship with a 821 pound squat, 534 pound bench, and 639 pound deadlift for a total of 1,994 pounds. At this meet, he broke three state records (squat, bench and total). Petty Officer Leiato volunteers his extra time to work with the Honolulu Police Department's DARE Program to keep kids off drugs and with the local chapter of Special Olympics. He conducts lifting demonstrations in high schools and talks about drug free lifting.



**BM2 Anthony T. Leiato**