

**Bruce Cadenhead****"The Family Man"**

Age: 40

Profession: Actuary / Consultant with Mercer Human Resource Consulting

Years racing: 26 years

Racing Focus: Bruce has been a staple on the New York multi-sport scene for many years, and has done a wide variety of races. Bruce loves the offbeat races like the Escarpment trail run and the very arduous Survival of the Shawangunks (SOS), which he has been a top-ten finisher in all three of his attempts. Fatherhood and work constraints have led him to be efficient with his training time and to focus on shorter races, with a few longer (up to 1/2 IM or equivalent) ones thrown in each year. Bruce has placed in every triathlon he has entered dating back to the beginning of 2002, including 2nd place age group finishes in the 2002 New York City Triathlon and SOS. Bruce hopes to fight off the aging process for a few more years, continuing to improve through his mid-40s.

**Select 2002 - 2004 results****2004**

4/25/04	Leatherman's Loop 10k trail race	20 <sup>th</sup> overall / 7 <sup>th</sup> 40-49 (over 740 finishers)
6/05/04	Pawling Triathlon	10 <sup>th</sup> overall / 3 <sup>rd</sup> 40-44 (over 400 finishers)
6/19/04	Highland Triathlon	2 <sup>nd</sup> overall
7/25/04	Escarpment 30k trail run	3:37:18 / 20 <sup>th</sup> overall
8/15/04	New York Triathlon at Harriman State Park	6 <sup>th</sup> overall / 1 <sup>st</sup> 40-44
9/12/04	Survival of the Shawangunks Triathlon	10 <sup>th</sup> overall / 2 <sup>nd</sup> 40-44

**2003**

3/23/03	Race Around Briggs (7.2 miles)	8 <sup>th</sup> overall / 2 <sup>nd</sup> 30-39
5/17/03	Queens ½ marathon	1:23:58 / 96 out of 2257
6/21/03	Highland Triathlon	1 <sup>st</sup> overall
7/27/03	Escarpment 30k trail run	3:33:11 / 16 <sup>th</sup> overall
8/10/03	New York Triathlon at Harriman State Park	8 <sup>th</sup> overall / 2 <sup>nd</sup> 35-39
9/06/03	Shaupeneak trail run	7 <sup>th</sup> overall / 2 <sup>nd</sup> 30-39
10/12/03	Sadaro Talcott 5k	1 <sup>st</sup> overall
10/19/03	Billy Goat 5k trail race	3 <sup>rd</sup> overall / 1 <sup>st</sup> 30-39

**2002**

8/18/02	New York City Triathlon	2:18:58 / 2 <sup>nd</sup> 35-39
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## Other accolades:

- The 1998 Multi-sport athlete of the year and the 1997 Rookie of the year for the New York Flyers (New York's largest running club).
- Co-captain of the Harvard Varsity Volleyball team in 1986, where he was also a Phi Beta Kappa in Applied Math.