

SLVP Duathlon Results (R)un, (P)addle, (R)un - August 19, 2026	
Team	Time (h:mm:ss)
E. Weldy & W. Siegfried (P), E. Weldy (R) both loops	0:29:41
E. Visser (P), S. Dilger (R) both loops	0:30:00
E. Weldy & W. Siegfried (P), E. Weldy (R) 1st loop, W. Siegfried (R) 2nd loop	0:33:45
J. & E. Whittaker (P), J. Whittaker (R) 1st loop, E. Whittaker (R) 2nd loop	0:34:58
B. Basford & J. Donovan (P,R)	0:36:38
A. Kelly & M. Kelly (P), A. Kelly (R) both loops	0:39:00
L. Call, N. Goloski & A. Goloski (P), J. Goloski (R) both loops	0:39:24
N. Newman (P), J. Kelly (R) both loops	0:42:44
E. Shaw, M. Shaw & C. Shaw (P,R)	0:45:31

The Little River saw many happy paddlers chasing one another for the St. Lawrence Valley Paddlers' third Wednesday Run-paddle-run on August 19th. The evening featured perfect temperatures paired with low water. The team of Ella Weldy and Will Siegfried finished the season in first place with a clean sweep of all three duathlons; this event also marked the first time Ella paddled bow in a pro-am boat.

The spirit of trying something new was evident with the Shaw family (Emily, Mable, and Casper) in a canoe that was new to them. Additionally, Lia Call paddled a one-person canoe with assistance from her son Anthony (5) and daughter Natalie (3), while dad John Goloski anchored both running legs.

Thanks to Lyn Short for capably managing the complicated timing for this event, especially with teams mixing up who ran and paddled.

