

June 19th 2019

St Lawrence Valley Paddlers Run-Paddle-Run Duathlon

Wednesday at the Little River Boat launch on Park Street in Canton was the place to be for a fun event. The sign in for the free duathlon began at 5:30 pm and by start time of 6:30 pm twenty two people had assembled to run 1.2 miles, then paddle 1.2 miles and finish with a 1.2 mile run.

A GRB canoe was the boat for first overall finisher Emma Duffany, Canton, who soloed all three legs of the evening and crossed the finish line in a time of 30:35. Scott Visser, Potsdam, paddled an Epic V10 ski, and finished second overall with a time of 31:09. The third person across the finish line was also a solo competitor as Lyles Trombly paddled an Epic 18x kayak and ran across the finish line at 31:22.

This family friendly event is held the third Wednesday of May, June, July and August. Please join us for the July 24th 2019 run-paddle-run duathlon. Photos and results and more information can be found on the web at www.slvpaddlers.org Thank you to Ben Pierce for the photos.

Emma Duffany	0:30:35
Scott Visser	0:31:09
Lyles Trombly	0:31:22
Brian Bradford & Justin LaSalle	0:33:16
Johnny Newman	0:33:25
Lyn Short & Peter Cain	0:33:54
Lyn Short & Bill Short, kayak paddler	0:33:54
Eileen Visser & Juneau	0:34:08
Charlie Shene	0:34:21
Christopher LaPoint	0:35:49
Mary Kelly	0:35:55
Bill Jemison	0:36:23
Lia Call	0:36:32
Mary Kelly & Jackilyn Kelly	0:37:45
Heather Aschenbrenner	0:39:23
Nick Filannino & Raven Larcom	0:39:31
Dave & Lisa Guccione	0:40:35



Duathlon participants prior to the start



Start of the run with Juneau (dog) in the lead



Canoe paddler Peter Cain of Canton, NY