

SLVP Duathlon #3
Wednesday, July 19th, 2017

Runslingers Showdown at SLVP Canoe Duathlon #3

Most every Wednesday evening from ice out to ice up, members of St. Lawrence Valley Paddlers (SLVP) converge for a weekly paddle event. On the third Wednesdays of the months of May, June, July and August they mix things up with a run, paddle, run event known as a duathlon. This past Wednesday marked the third duathlon in the series and featured several top local runners that partnered with the paddling faithful. Days leading up to the event paddlers that are looking to form teams, start to vie for the fastest runners that are willing to contest a 1.25 mile trail run, wait for their paddling partner to navigate the 1.1 mile segment on the Little River then return to the trails to complete the final 1.25 mile running leg.

This week featured three solo women competing for individual honors. Canton's own Recreation Director, Caitlin Boreyko led the solo category with a time of 35:34 followed by Lisa Guccione in 38:50. Lynn Short, a local running legend who has recently taken to paddling, completed the course in 44:35.

In the team competition, there were eight entrants with a lot of place changes happening at the front end. Several top local runners joined the fun and made for some exciting races on St. Lawrence University running trail and the Little River. Allen Kelly and Josh Akins who are often seen at the top of the leaderboard for kayaking and running events were seriously challenged this week by Bill Short and his runslinger, Brandon Moran a St. Lawrence University cross country/track and field runner. Brandon Moran running the fastest leg on foot, led the first run giving Bill a short a lead on the water. Allen ground his way to the lead on the water in the battle of the kayaks to give his runner Josh Akins a slight lead going into the final run. Moran cruised the second run to edge Akins by a narrow margin at the finish by only 13 seconds to give the Short/Moran team the title in a very fast time of 25:40. Kelly/Akins completed the course in 25:53 to finish second overall and in the team division.

The closest finish of the day was for third place in the team competition between the teams of Jeff Lyndaker/John Newman and Mary Kate Curran/Gene Newman. In similar fashion to the first place battle, Lyndaker had the edge in the first run over Curran giving his partner, John Newman a slight lead over his uncle, Gene Newman at the start of the paddle segment. John held off Gene until just before the turnaround point of the paddle leg but gave up some time on the upstream leg to give Curran a lead at the start of the second run. Lyndaker closed some of the gap through the woods section but took it until the final minutes of the run and in sight of the finish to surpass Curran by four seconds at the line for third place.

Additional teams included Helen Eifert running with tandem kayak team of Scott and Eileen Visser. Emma Duffany partnered with Jon Ignatoski in a configuration where both members each ran and paddled. Will Siegfried brought in a first time participant, Arianna Whittaker who is an upcoming high school cross country runner. Jackilyn Kelly and Mary Kelly represented the only all women's team while Bill Jemison competed as solo man but suffered from course navigation issues.

Complete results are included below and can be found on the St. Lawrence Valley Paddlers website: <http://www.slvpaddlers.org> The fourth and final SLVP Canoe Duathlon of the season will take place on Wednesday, August 23rd with a 6:00 convergence and registration followed by a 6:30 send off. Any configuration of runner and paddler is free game and almost any combination has been configured over the years. Sometimes it's a runner linking up with a paddler to form a team, other times a group of four or more that break up the legs to

make a family team. For those that are looking to get their full money's worth, there is even an option to do the event as an individual. Keep in mind the entry fee is free so it's easy to get a great experience just by participating.

Wednesday July 19th 2017
SLVP Run-Paddle-Run
RESULTS

Time **Name - Solo Women**

0:35:34 Caitlin Boreyko

0:38:50 Lisa Guccione

0:44:35 Lynn Short

Time **Name - Teams**

25:40 Brandon Moran & Bill Short

25:53 Josh Akins & Allen Kelly

26:49 Jeff Lyndaker & John Newman

26:51 Mary Kate Curran & Gene Newman

28:10 Helen Eifert & Scott/Eileen Visser

30:35 Emma Duffany & Jon Ignatowski

31:10 Arianna Whittaker & Will Siegfried

44:12 Jackilyn Kelly & Mary Kelly

Bill Jemison









