

SLVP Duathlon #3
Wednesday, July 20th, 2016

Nearly 30 enjoy a fun day and sundae at SLVP Canoe Duathlon

The St. Lawrence Valley Paddlers (SLVP) hosted the third Canoe Duathlon of the 2016 season on Wednesday evening. The end of this hot summer day was capped off with fun participation and yes, even some spirited competition on the trails and water from the Little River Boat Ramp. This third of four canoe duathlons featured an added treat for all those in attendance as ice cream was served along with chocolate sauce and local maple syrup toppings providing a sweet and refreshing conclusion to the event.

This regular gathering on the SLVP race schedule has grown to continually draw around 30 club members and newcomers each third Wednesday of the summer months of May, June, July and August. The course consists of a 1.25 mile trail run, 1.5 mile paddle leg and another 1.25 mile run. Any configuration of runner and paddler is free game and we've seen most any combination 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.

Ten teams of two or three participated this week in many different configurations that saw both kayak as well as solo and tandem canoes for the on water portion of the event. There were couples, friends, father-daughter, mother-daughter and almost every imaginable combination competing in the team category. The team segment was led by an SLVP regular Allen Kelly in kayak and his new runner, Chase Thomson in quick time of 28:43. The mixed portion of the competition included Jake Fredericks on the run and Caitlin Boreyko in kayak finishing first in 32:25 while juniors, Tera Siegfried and Autumn Crabtree teamed up to lead all women's teams with a time of 35:45.

Seven solo competitors took on the Little River and trail that included two women and five men. Mary Kelly led the woman's division with a time of 35:08 and Eileen Visser took second place. For the men, five competitors frequently, exchanged positions throughout the race with Jake Malcomb finishing exceptionally strong in the run to regain the top place in 29:22. Malcomb was followed closely by Dylan Kirk in second only 19 seconds behind him.

Complete results are included below and can be found on the St. Lawrence Valley Paddlers website: <http://www.slv paddlers.org> The fourth and final SLVP Canoe Duathlon of the season will take place on Wednesday, August 17th with a 6:00 convergence and registration followed by a 6:30 send off.

Wednesday July 20th 2016
SLVP Run-Paddle-Run
RESULTS

<u>Time</u>	<u>Name - Teams</u>
0:28:43	Allen Kelly & Chase Thomson
0:32:25	Jake Fredericks & Caitlin Boreyko
0:35:45	Tera Siegfried & Autumn Crabtree

0:37:01 Gene & Haley Newman
0:38:13 Jackilyn & Mary Kelly
0:38:38 Kim Covill & Dan Sandburg
0:39:37 Lisa & Dave Guccione
0:39:40 Kathy Duffany & Blanche Town & John Ozard
0:39:51 Nadia & Jeff & Adam
0:46:44 Wyatt & Kelli Newman

Time Name - Solo Women

0:35:08 Mary Kelly
0:36:06 Eileen Visser and Juneau

Time Name - Solo Men

0:29:22 Jake Malcolm
0:29:41 Dylan Kirk
0:31:39 Josh Akins
0:31:41 John Newman
0:34:45 Will Siegfried

Wyatt Newman awaits her runner, Kelli Newman





Autumn Crabtree, Tera Siegfried, Lisa Guccione, Will Siegfried, Mary Kelly, Romesh Joseph, Wyatt Newman, Juneau and Eileen Visser, Adam Marano, Nadia Marano, Jeff Marano, Caitlin Boreyko, Jackilyn Kelly, Josh Akins, Haley Newman, Kelli Newman, John Newman, Jake Malcolm, Jake Fredericks, Dylan Kirk, Dan Sandburg, Allen Kelly (hidden) Gene Newman, Chase Thomson, Kathy Duffany Missing from photo: Dave Guccione, Blanche Town, John Ozard

