

2008 Duathlon Results: July 16 & August 20

July 16, 2008

The first running/paddling duathlon hosted by Saint Lawrence Valley Paddlers was completed last Wednesday night. The modest field of 17 competitors were a mixture of paddlers and runners of varying abilities. All of which combated the humid heat and each other to be the first winner of this new series hosted by SLVP. The fastest time of the night (28:11) was run/paddled by the men's team of Don Roy and Chad Colbert. Other Division winners included Jenny Townsend in the solo women's division, Jim Allot in the solo men's division, and Ethan Townsend and April Martin in the Mixed Division. Congratulations to all competitors who participated and finished.

The next and last duathlon of the summer will be held on Wednesday, August 20 at 5:30pm. The race is located by the Little River Boat Launch off park street in Canton. It is free for all participants and all are welcome. Both canoes and kayaks are allowed and can consist of one or two paddlers. There is also a good chance that participants in need of a runner or paddler will be able to find someone at the event on race night. The race consists of one paddling leg of approximately 2 miles and two running legs that are about a 1 1/4 miles each. Total race time varied between 28-41 minutes depending on ability. For further information on the race go to our website at slvpaddlers.org. You can also find race information on local canoe and kayak races in the north country. So get out and have fun either running or paddling this summer and we will see you at the next duathlon.