

On Wednesday, July 17, with hot humid air and a threat of thunder storms the second St. Lawrence Valley Paddlers duathlon took place in Canton for those dedicated enough to brave the weather. The team of Will Glass and Allen Kelly produced the fastest time of 28:54, followed by Emma Duffany and Gene Newman at 29:28, Solo men were Phil Lamarche: 31:11 and Will Siegfried: 37:50, while solo women honor went to Liz Weir: 41:09.

Allen Kelly and Will Glass: 28:54

Gene Newman and Emma Duffany: 29:28

Gene Newman and Rob Cruikshank: 29:31

Phil Lamarche: 31:11

Will Siegfried: 37:50

John and Rory Newman: 39:13

Blanche Town and Kathy Duffany: 39:56

Liz Weir: 41:09

David Robertson and Mary Kelly: 42:11

Kellie, Haley, Rorie, and Wyatt Newman: 49:03

St. Lawrence Valley Paddlers would like to invite everyone to participate in the third and final duathlon of the season on Wednesday, August 21, 6:00 pm at the Little River boat launch off Park Street in Canton. You do not have to be a member of SLVP to participate. The free event consists of a 1.2 mile cross country run, a 1.5 mile paddle (canoe or kayak of any type), and another 1.25 mile run. For more information please go to SLVPaddlers.org