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named

Sprinting or paddling to the finish

Club holds triathlon and paddle race on the same day

by James McCarthy
Northern News Services

It was a busy weekend for multi-sport enthusiasts.

The Yk Multisport Club held two events on Aug. 9 in the hopes of having athletes take part in four events on one day. The first order of business was the Long Lake Triathlon, which was held in the area of Long Lake. This was followed by the Latham Island Paddle Race in the afternoon.

Triathlon competitors had a choice of doing either the sprint course, consisting of a 0.75-km swim, a 20-km bike along Highway 3 and a 2.5-km run on the highway, or the Olympic distance, which was double the sprint course.

When the dust settled, Stephen Giovanetto was the big winner in the men's sprint, finishing in a time of one hour, 23 minutes and 22 seconds, 21 seconds better than runner-up Rohan Brown. Giovanetto said other than a touch of some pain in his legs, he felt fine after the race.

"I hated the running," he said. "I bike lots in the summer, but I never ran at all, so I found that very difficult."

Giovanetto was first out of the water after the swim, which isn't surprising seeing as how he is a top-level swimmer with the Yk Polar Bear Swim Club. However, he said it wasn't as normal a swim as one would think.

"Whenever I looked up (out of the water), I was a little crooked, so I was always changing which way I was swimming," he said. "It was weird not being able to see the bottom and I think that's what made things difficult."

On the ladies side, Michele Culhane came out on top in the sprint division, clocking a winning time of one hour, 29 minutes and 36 seconds, just under five minutes ahead of Lisa Giovanetto.

Culhane said she was happy to have won.

"I've never won a triathlon before," she said. "The last half of the run was really hard. I was burning the whole way."

Going out on the bike portion, Culhane had a slight breeze at her back, but fought that same breeze coming back.

She said the conditions were actually very ideal for racing.

"I've raced in a lot worse up here," she said.

In the Olympic-distance races, Jennifer Butler was best on the women's side in a time of two hours, 46 minutes and nine seconds, while Rauri Carthew was first across the line in the men's division, finishing in two hours, 37 minutes and 35 seconds.

With the triathlon out of the way, the fourth event of the day took place later on in the afternoon, when canoes and kayaks hit the water in Great Slave Lake for the Latham Island Paddle Race. A total of 32 vessels hit the start line for the third annual race around Latham Island and the top overall boat this year was the two-person canoe team

of Doug Townson and Julian Kanigan in a time of 26 minutes and 24 seconds.

Kanigan said the conditions were just right for racing.

"Not too much wind and it was warm," he said. "I had a good guy to paddle with and there was a great crowd. Lots of good competition out there."

The race was a mass start, meaning every single vessel began at the same time, which made for a huge traffic jam at the start. Kanigan said that was the toughest part of the race.

"It was hard to get out and there was actually some pushing off of other people's boats," he said. "I won't admit to doing

it, but everyone seemed to be doing it just a little bit."

Kanigan and Townson have competed together in the past, most recently in the Pedal, Paddle, Pound event last month. Townson was a winner in this event two years ago and Kanigan said that, combined with the experience of being a team in prior events, was a factor in getting the win.

"We knew where we were at, but we didn't expect to see such tough competition," he said. "There are a lot of good paddlers out here."

Not everyone competed in both events, but there were a couple who did. The lucky duo were Carthew and Mike Argue.

fact FILE

MULTI-SPORT CLUB TRIATHLON AND LATHAM ISLAND PADDLE RACE RESULTS

Long Lake Triathlon

Men's sprint

Stephen Giovanetto – 1hr: 23min :22sec

Rohan Brown – 1:23:43

Derek Young – 1:41:16

Women's sprint

Michele Culhane – 1:29:36

Lisa Giovanetto – 1:34:29

Hanna Latour – 1:36:02

Men's Olympic

Rauri Carthew – 2:37:35

Mike Argue – 2:41:28

John Lloy – 2:45:10

Women's Olympic

Jennifer Butler – 2:46:09

Lore-Ann Krysko – 2:48:47

Shauna Morgan – 3:06:18

Latham Island Paddle

One-person kayak

Philip Boulton – 28min: 04sec

Nicole Chatel – 30:21

Bob Gamble – 31:11

Two-person canoe

Doug Townson/Julian Kanigan – 26:24

Mike Argue/Rauri Carthew – 27:08

Craig Scott/Kristian Goodman – 27:55

Two-person kayak

Jen Potten/Jeremy Caris – 28:48

One-person canoe

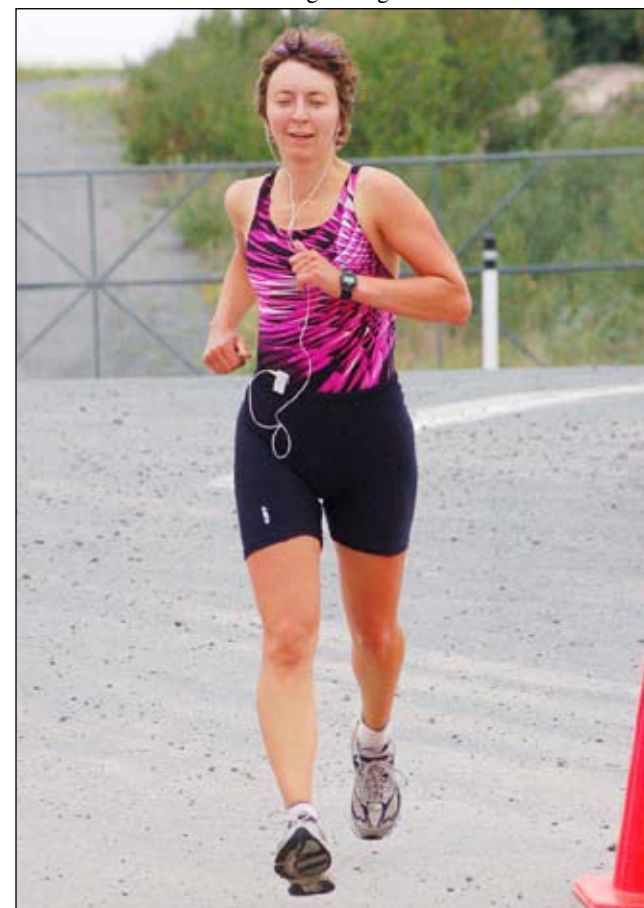
Alex Lothian – 32:46

One-person rowboat

Magdy El-Beheiry – 26:35



Stephen Giovanetto keeps his eye on the road as he comes into the start/finish area after completing the bike portion of the Yk Multisport Club's Long Lake Triathlon on Aug. 8.



Michele Culhane crosses the finish line first in the women's sprint division of the Yk Multisport Club's Long Lake Triathlon on Aug. 8.