

Trainer, Hare cruise to easy wins Sunday

By BOB CHATFIELD

SALISBURY — Rick Trainer of Ludlow showed why he is considered one of the best in this country in the biathlon, and Middlebury's Steve Hare cruised to the easy win in the triathlon at the Ninth Annual Great Keewaydin Biathlon and Canoe Triathlon held at Lake Dunmore Sunday.

The biathlon section of the race is a one-mile run, followed by a 40.5-mile bike and a nine-mile run. The canoe triathletes then finish the competition with a 3.3-mile canoe leg.

Hare and Essex Junction's Jeff Richie were able to stay with Trainer over the first 30 miles of the biathlon. But Trainer started opening some breathing room in the latter stages of the bike and then blew away his competition in the nine-mile run.

Trainer went on to capture first and set a new biathlon course record time of 2 hours, 40 minutes and 40 seconds. Hare was second in the biathlon with a time of 2:46:48. The rest of the top five rounded out with Fairfield, Conn., native Luke McCarthy in third place at 2:49:34, Richford's Stephan Marcoux fourth, at 2:51:22 and Bristol's Corey Malzac fifth at 2:52:39.

"Jeff (Richie) and I were very psyched staying with Rick as long as we did, but he is just amazing," Hare said. "He really showed why he is considered the best in his age group from this country in the biathlon."

Triathlon

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On the women's side, Killington's Tamsen Schurman opened up a huge 5.5-minute lead over nearest rival Laurie Sigloch of Manchester in the bike competition and then cruised the rest of the way to the win. Kerry Arsenault from Bradford, Conn., set a blistering pace in the nine-mile run that helped vault her past Sigloch in the final standings, but it was not enough to challenge Schurman's final time.

Schurman finished first with a time of 3:01:00, while Arsenault was second with a time of 3:05:24. The top five rounded out with Sigloch in third at 3:11:43, followed by Waterbury's Langley Eide at 3:13:28 and Suzanne Kreplin-Michaels of Skaneateles, N.Y., who was fifth with a time of 3:17:00.

The final leg of the biathlon didn't end the race for Hare as he jumped right into the canoe for the final leg of the triathlon. Stuart Olsen of Newburyport, Mass., and Sean Jennings of Hancock, Mass., actually tied for the fastest times in the canoe at 33 minutes and 18 seconds, but Hare had built enough of a lead in the biathlon to hold off

all challengers.

Hare captured top honors in the triathlon with a final time of 3:22:49, while Lex Burton of Randolph was second at 3:22:53. Olsen was third with a time of 3:29:48, Jennings was fourth at 3:42:00 and Fred Thompson from North Adams, Mass., was fifth at 3:43:40.

"This went the smoothest of the nine years we've had the Great Keewaydin Race and the quality of the field we attracted this year was amazing," Hare said.

"A lot of the people who compete in the regular Vermont Sun Triathlon series were taken back by the size of the distances in this event. I think a lot of them thought it just meant having to go a few extra miles, but it really started hitting them in the nine-mile run," Hare said. "That is why we are giving people who are competing in series five extra points for being able to finish this event. Just because it is that much tougher than what they are used to."

The Vermont Sun Triathlon series will resume Saturday, Aug. 13, with a race at Branbury State Park that will consist of a 600-yard swim, 14-mile bike and 3.1-mile run. -

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