

Former champs abound for Sunday's race

By JASON BUTYNSKI

Recorder Staff

The 33rd running of the Greenfield Lightlife Triathlon will take place Sunday morning at the Green River Swimming & Recreation Area in Greenfield, where three former champions will be among the few hundred people competing.

Last year's Sprint Division champions Dan Benson and JoEllen Cameron are both returning to defend their titles, as is last year's International men's champion Carson Poe. Benson finished the .31-mile swim, 15.14-mile bike and 3.09-mile run in 1 hour, 8 minutes, 1.5 seconds to claim the 2015 Sprint men's championship, marking the second time the Greenfield native has won the event, the other coming in 2012. Last year was also Cameron's second title, as the 2011 champion hailing from Conway earned the Sprint women's championship with a time of 1:17:16.3, finishing five minutes ahead of her nearest rival.

Last year also marked the return of the Pumping Station covered bridge to the course, after what might be the most popular part of the course was washed away by Hurricane Irene in 2011. With the bridge again open, the Greenfield Recreation Department was able to return the course to its original bike route, which sees competitors leave the swimming area headed toward Leyden Road, where they take a left and head north. Bikers then head down Eunice Williams Drive, over the covered bridge and up the hill toward Green River Road, where they take a left and head down Plain Road for the return trip to the swimming area. Competitors in the Sprint Division do two loops, while competitors in the International Division (which consists of a .63-mile swim, 30.28-mile bike and 7.09-mile run) make four bike loops.

While the bike portion of the course is the same for both the Sprint and International Divisions, the running portion is a bit different for each. The International Division runs one loop on the same course as the bike, but the Sprint Division actually sends individuals West on Nashs Mill Road and then take a right up Colrain Road. Runners then take a right at the fork onto Plain Road, a left onto Meadow Lane and another left onto Colrain Road for the return stretch to the Greenfield pool.

Poe, who lives in Northfield, finished the International course in 2:23:47 and is registered again this season. He will be challenged by Lincoln competitor Frank Kjaersgaard, who finished third last season. Last year's International women's division champion Madeline Nagy from Hatfield is recovering from an injury and as of early this week, was not sure if she would participate. Nagy has won the women's division three times, tying her with Sally Howes of Whately for the most titles by a woman. Donald Dwight, of Merrimac, has the most men's titles with four.

The Greenfield DPW is helping out the triathlon this year by putting a temporary cap on the road repairs on Leyden Road to ensure the safety of all the participants, although all individuals are urged to pay attention while making their way down Leyden Road.

One new feature to this year's event is live timing, which will be updated on My Race Results, which can be found at my2.raceresult.com.

Anyone who has not yet registered but is interested can do so on Saturday from 4 to 6 p.m. at the Greenfield pool.

As always, Nashs Mill Road and Eu



There will be swimmers (above), cyclists (below) and runners competing Sunday at the 33rd annual Greenfield Lightlife Triathlon headquartered at the Green River Swimming and Recreation Area Sunday in Greenfield, where Nashs Mill and Eunice Williams roads will be closed to traffic to protect competitors.

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Triathlon

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nice Williams Drive will be closed Sunday morning from 8 a.m. until noon. All other roads on the course will be open but motorists are asked to use extreme caution. Spectators who arrive before the race begins will be able to park at the Swimming & Recreation Area, but will not be allowed to leave until the event is over. Spectator parking is available at Murphy Field on Leyden Road as well as at the Academy of Early Learning, and Valley Medical Center. For a map of parking go to www.greenfield-triathlon.com.



Competitors from last year's 32nd annual Greenfield Lightlife Triathlon run down Plain Road as they will again for this year's 33rd annual event scheduled for Sunday morning at Greenfield's Green River Swimming and Recreation Area on Nashs Mill Road.

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