

**Lake George Triathlon - Yearly Winners & Course Records**

Note: All parts of the course have been tweaked over the years. We have settled on the 2009 as the best course and future benchmark.

Swim course finalized in 2009, Bike Course finalized in 2007, Run course finalized in 2008.

**Course Records**

|                      | Overall Time | Name                 | Year | Swim  | Name                   | Year | Bike    | Name              | Year | Run   | Name                 | Year |
|----------------------|--------------|----------------------|------|-------|------------------------|------|---------|-------------------|------|-------|----------------------|------|
| <b>Male</b>          | 2:01:53      | Patrick O'Keefe      | 2009 | 17:02 | Michael O'Keefe        | 2009 | 1:00:02 | Paul Fronhofer    | 2009 | 31:37 | Kenneth Schweighofer | 2009 |
| <b>Female</b>        | 2:17:53      | Christina Robeson    | 2009 | 20:36 | Penny Sorbello         | 2009 | 1:08:12 | Jessi Donovan     | 2009 | 34:07 | Carla Henderson      | 2009 |
| <b>Team (Male)</b>   | 2:07:53      | Knight who say Ni    | 2009 | 23:32 | Knight who say Ni      | 2009 | 59:57   | Knight who say Ni | 2007 | 35:56 | Knight who say Ni    | 2009 |
| <b>Team (Female)</b> | 2:30:08      | Steady States Sports | 2009 | 22:20 | Lady Jeffs             | 2009 | 1:01:44 | Team Catskills    | 2007 | 38:41 | Team JKC             | 2008 |
| <b>Team (Mixed)</b>  | 2:17:22      | Steady States Sports | 2009 | 20:03 | Team Fitness in Molton | 2009 | 1:02:46 | Bikeman.com       | 2009 | 40:26 | North-Knoeller       | 2008 |

\*Old swim course

|                      |          |                   |      |        |                            |      |        |              |      |        |             |      |
|----------------------|----------|-------------------|------|--------|----------------------------|------|--------|--------------|------|--------|-------------|------|
| <b>Male</b>          | 1:59:37* | Patrick O'Keefe   | 2008 | 16:23* | Patrick O'Keefe            | 2009 | 59:16* | Justin Daerr | 2006 |        |             |      |
| <b>Female</b>        | 2:16:46* | Madeline Nagy     | 2008 | 19:48* | Madeline Nagy              | 2008 |        |              |      |        |             |      |
| <b>Team (Male)</b>   | 1:59:14* | Knight who say Ni | 2008 | 18:51* | 2 skinny guys & a Fat Dude | 2008 |        |              |      | 35:29* | Team Advil  | 2007 |
| <b>Team (Female)</b> | 2:28:42* | Tri Dykes         | 2008 | 19:25* | A Shirley Temple & 2 Chard | 2008 |        |              |      | 35:52* | Team JKC    | 2007 |
| <b>Team (Mixed)</b>  | 2:08:39* | Acadia HR         | 2008 | 17:24  | Acadia HR                  | 2008 |        |              |      | 34:20* | Pam's Posse | 2007 |

\*Old swim course

|                    |         |                         |  |       |               |  |         |              |  |       |                         |  |
|--------------------|---------|-------------------------|--|-------|---------------|--|---------|--------------|--|-------|-------------------------|--|
| <b>Male</b>        | 6:46    | Matthew DeCennaro       |  | 6:46  | Justin Daerr  |  | 59:16   | Justin Daerr |  | 33:22 | Justin Daerr            |  |
| <b>Female</b>      | 14:43   | Any Aktivismo           |  | 12:39 | BelieveHTC    |  | 58:57   | SIMG Preuss  |  | 37:59 | Alison Heapy            |  |
| <b>Team Male</b>   | 1:50:53 | BelieveHTC              |  | 15:52 | Team Dornally |  | 1:12:07 | Prada - Not! |  | 33:01 | The Underdogs           |  |
| <b>Team Female</b> | 2:15:37 | Tri Dykes               |  | 14:33 | MKT           |  | 1:03:14 | Tri Diesel   |  | 42:11 | Back of the Packers     |  |
| <b>Team Mixed</b>  | 1:55:58 | Adirondack Runners Club |  |       |               |  |         |              |  | 35:01 | Adirondack Runners Club |  |

\*Old bike course

|                    |         |                   |  |         |                   |  |         |                   |  |       |                    |  |
|--------------------|---------|-------------------|--|---------|-------------------|--|---------|-------------------|--|-------|--------------------|--|
| <b>Male</b>        | 1:05:01 | Kevin Crossman    |  | 1:05:01 | Kevin Crossman    |  | 1:05:01 | Kevin Crossman    |  | 33:56 | Kevin Erbilidge    |  |
| <b>Female</b>      | 1:14:57 | Julie Burke       |  | 1:14:57 | Julie Burke       |  | 1:08:56 | Amy Minor         |  | 39:35 | Elizabeth Paaddock |  |
| <b>Team Male</b>   | 59:57   | Knight who say Ni |  | 59:57   | Knight who say Ni |  | 1:00:49 | Knight who say Ni |  | 35:29 | Team Advil         |  |
| <b>Team Female</b> | 1:01:44 | Team Catskills    |  | 1:01:44 | Team Catskills    |  | 1:22    | Moms of Steel     |  | 35:52 | Team JKC           |  |
| <b>Team Mixed</b>  | 1:14:22 | Team ODI          |  | 1:14:22 | Team ODI          |  | 1:11    | Team Catskill     |  | 34:20 | Pam's Posse        |  |

\*Old run course

|                      |         |                   |  |         |                   |  |         |                   |  |       |                    |  |
|----------------------|---------|-------------------|--|---------|-------------------|--|---------|-------------------|--|-------|--------------------|--|
| <b>Male</b>          | 1:00:02 | Paul Fronhofer    |  | 1:00:02 | Paul Fronhofer    |  | 1:00:06 | Paul Fronhofer    |  | 38:06 | Bryan Parker       |  |
| <b>Female</b>        | 1:08:12 | Jessi Donovan     |  | 1:08:12 | Jessi Donovan     |  | 1:00:49 | Knight who say Ni |  | 40:20 | Jennifer Erbilidge |  |
| <b>Team (Male)</b>   | 59:57   | Knight who say Ni |  | 59:57   | Knight who say Ni |  | 1:00:49 | Knight who say Ni |  | 36:00 | The Invalids       |  |
| <b>Team (Female)</b> | 1:01:44 | Team Catskills    |  | 1:01:44 | Team Catskills    |  | 1:22    | Moms of Steel     |  | 38:41 | Team JKC           |  |
| <b>Team (Mixed)</b>  | 1:02:46 | Bikeman.com       |  | 1:02:46 | Bikeman.com       |  | 1:11    | Team Catskill     |  | 40:26 | North-Knoeller     |  |

**Yearly Winners**

2006 swim course shortened due to weather (fog)

**2006**

|                    | Overall | Name                    |
|--------------------|---------|-------------------------|
| <b>Male</b>        | 1:46:37 | Justin Daerr            |
| <b>Female</b>      | 2:06:30 | Alison Heapy            |
| <b>Team Male</b>   | 1:50:53 | BelieveHTC              |
| <b>Team Female</b> | 2:15:37 | Prada - Not!            |
| <b>Team Mixed</b>  | 1:55:58 | Adirondack Runners Club |

|                    | Swim** | Name              |
|--------------------|--------|-------------------|
| <b>Male</b>        | 6:46   | Matthew DeCennaro |
| <b>Female</b>      | 12:39  | BelieveHTC        |
| <b>Team Male</b>   | 15:52  | Team Dornally     |
| <b>Team Female</b> | 14:33  | MKT               |

|                    | Bike *  | Name         |
|--------------------|---------|--------------|
| <b>Male</b>        | 59:16   | Justin Daerr |
| <b>Female</b>      | 58:57   | SIMG Preuss  |
| <b>Team Male</b>   | 1:12:07 | Prada - Not! |
| <b>Team Female</b> | 1:03:14 | Tri Diesel   |

|                    | Run*  | Name                    |
|--------------------|-------|-------------------------|
| <b>Male</b>        | 33:22 | Justin Daerr            |
| <b>Female</b>      | 37:59 | Alison Heapy            |
| <b>Team Male</b>   | 33:01 | The Underdogs           |
| <b>Team Female</b> | 42:11 | Back of the Packers     |
| <b>Team Mixed</b>  | 35:01 | Adirondack Runners Club |

**Course Record**

|               | T1    | Name           | T2  | Name           |
|---------------|-------|----------------|-----|----------------|
| <b>Male</b>   | :32*  | Justin Daerr   | :37 | Scott Stavelly |
| <b>Female</b> | 1:08* | Mary Kogelmann | :44 | Nicole Andres  |

\*Old transition

**2007**

|                    | Overall | Name              |
|--------------------|---------|-------------------|
| <b>Male</b>        | 2:05:18 | Patrick O'Keefe   |
| <b>Female</b>      | 2:22:41 | Leslie Myers      |
| <b>Team Male</b>   | 2:02:48 | Knight who say Ni |
| <b>Team Female</b> | 2:28:42 | Tri DYKES         |
| <b>Team Mixed</b>  | 2:03:00 | Pam's Posse       |

|                    | Swim** | Name                  |
|--------------------|--------|-----------------------|
| <b>Male</b>        | 17:36  | Patrick O'Keefe       |
| <b>Female</b>      | 21:55  | Leslie Myers          |
| <b>Team Male</b>   | 17:59  | Tin-iron Diesel       |
| <b>Team Female</b> | 23:46  | Nothing is impossible |
| <b>Team Mixed</b>  | 22:34  | Triumph               |

|                    | Bike**  | Name              |
|--------------------|---------|-------------------|
| <b>Male</b>        | 1:05:01 | Kevin Crossman    |
| <b>Female</b>      | 1:14:57 | Julie Burke       |
| <b>Team Male</b>   | 59:57   | Knight who say Ni |
| <b>Team Female</b> | 1:01:44 | Team Catskills    |
| <b>Team Mixed</b>  | 1:14:22 | Team ODI          |

|                    | Run*  | Name               |
|--------------------|-------|--------------------|
| <b>Male</b>        | 33:56 | Kevin Erbilidge    |
| <b>Female</b>      | 39:35 | Elizabeth Paaddock |
| <b>Team Male</b>   | 35:29 | Team Advil         |
| <b>Team Female</b> | 35:52 | Team JKC           |
| <b>Team Mixed</b>  | 34:20 | Pam's Posse        |

|               | T1    | Name         | T2   | Name            |
|---------------|-------|--------------|------|-----------------|
| <b>Male</b>   | 1:00* | Michael Root | :25* | Mike Sorrentino |
| <b>Female</b> | 1:14* | Leslie Myers | :34  | Kimberly Matus  |

\*Old Transition

**2008**

|                    | Overall | Name              |
|--------------------|---------|-------------------|
| <b>Male</b>        | 1:59:37 | Patrick O'Keefe   |
| <b>Female</b>      | 2:16:46 | Madeline Nagy     |
| <b>Team Male</b>   | 1:59:14 | Knight who say Ni |
| <b>Team Female</b> | 2:30:31 | Team JKC          |
| <b>Team Mixed</b>  | 2:08:39 | Acadia HR         |

|                    | Swim*** | Name                       |
|--------------------|---------|----------------------------|
| <b>Male</b>        | 16:23   | Patrick O'Keefe            |
| <b>Female</b>      | 19:48   | Madeline Nagy              |
| <b>Team Male</b>   | 18:51   | 2 Skinny guy & Fat Dude    |
| <b>Team Female</b> | 19:25   | A Shirley Temple & 2 Chard |
| <b>Team Mixed</b>  | 17:24   | Acadia HR                  |

|                    | Bike    | Name              |
|--------------------|---------|-------------------|
| <b>Male</b>        | 1:00:06 | Paul Fronhofer    |
| <b>Female</b>      | 1:08:56 | Amy Minor         |
| <b>Team Male</b>   | 1:00:49 | Knight who say Ni |
| <b>Team Female</b> | 1:22    | Moms of Steel     |
| <b>Team Mixed</b>  | 1:11    | Team Catskill     |

|                    | Run** | Name               |
|--------------------|-------|--------------------|
| <b>Male</b>        | 38:06 | Bryan Parker       |
| <b>Female</b>      | 40:20 | Jennifer Erbilidge |
| <b>Team Male</b>   | 36:00 | The Invalids       |
| <b>Team Female</b> | 38:41 | Team JKC           |
| <b>Team Mixed</b>  | 40:26 | North-Knoeller     |

|               | T1   | Name            | T2  | Name            |
|---------------|------|-----------------|-----|-----------------|
| <b>Male</b>   | 1:05 | Kevin Crossman  | :27 | Kevin Crossman  |
| <b>Female</b> | 1:33 | Heidi Underwood | :35 | Heidi Underwood |

**2009**

|                    | Overall | Name                 |
|--------------------|---------|----------------------|
| <b>Male</b>        | 2:01:53 | Patrick O'Keefe      |
| <b>Female</b>      | 2:17:53 | Christina Robeson    |
| <b>Team Male</b>   | 2:07:07 | Knight who say Ni    |
| <b>Team Female</b> | 2:30:08 | Maul North           |
| <b>Team Mixed</b>  | 2:17:22 | Steady States Sports |

|                    | Swim**** | Name                   |
|--------------------|----------|------------------------|
| <b>Male</b>        | 17:01    | Michael O'Keefe        |
| <b>Female</b>      | 20:36    | Christina Robeson      |
| <b>Team Male</b>   | 23:32    | Knight who say Ni      |
| <b>Team Female</b> | 22:20    | Lady Jeffs             |
| <b>Team Mixed</b>  | 20:03    | Team Fitness in Molton |

|                    | Bike    | Name              |
|--------------------|---------|-------------------|
| <b>Male</b>        | 1:00:02 | Paul Fronhofer    |
| <b>Female</b>      | 1:08:12 | Jessi Donovan     |
| <b>Team Male</b>   | 1:05:45 | Knight who say Ni |
| <b>Team Female</b> | 1:17:02 | Maul North        |
| <b>Team Mixed</b>  | 1:02:46 | Bikeman.com       |

|                    | Run   | Name                 |
|--------------------|-------|----------------------|
| <b>Male</b>        | 31:37 | Kenneth Schweighofer |
| <b>Female</b>      | 34:07 | Carla Henderson      |
| <b>Team Male</b>   | 35:56 | Knight who say Ni    |
| <b>Team Female</b> | 46:50 | Maul North           |
| <b>Team Mixed</b>  | 40:28 | deupstrab            |

\*\*Current Start - counter clockwise rectangle

\*\*Current Run Course

|               | T1   | Name           | T2  | Name           |
|---------------|------|----------------|-----|----------------|
| <b>Male</b>   | 1:09 | Kevin Sheridan | :25 | Kevin Crossman |
| <b>Female</b> | 1:30 | Nicole Andres  | :41 | Kelly Vinkler  |