

## THREE RECORDS FALL AT 30TH ANNUAL DYNAMIC DUO

By Wes St. Riders

"Old sage" Tom Bulger has told me many times that he and Linda Kimmey's 73-81 age group record would stand until Colonie Recreation Department boss Don Myers retires and the Dynamic Duo is retired along with him.

Not so fast, Tom. Don hasn't retired yet but your record was, by Ben Greenberg and Emily Bryans. Summer track phenom Emily toured the moderately challenging Colonie Town Park course in 17:18 and Ben responded with a 16:03 anchor leg to snatch Tom's most cherished and probably only record by 27 seconds to beat a tough, seasoned Mary Buck and Bob Irwin tandem.

Actually the first record of the day was smashed by the Ed Neiles brokered team of Alyssa Lotmore and Chuck Terry. The hastily formed squad chopped 12 seconds off former Colonie stars Michelle Simone and Mark Delfs' standard in the 46-54 category.

The third race record was taken down by Steve Sweeney and Judy Phelps in the 109+ age group. The winners nicked five seconds off the 2006 standard set by Martha DeGrazia and Dennis Fillmore. A visibly distraught DeGrazia said, "we'll get that record back next year." Martha was more upset when the pool had to be closed because of thunder.

The overall winners of the race came from the - 36 age group as Lizzie Predmore and brother Zak ran down Sam Rocker and Josh Henry and Ryan Pezzulo and sister Molly to gain the coveted overall winner's laurels. The Predmore team ran the 6th fastest time in the history of the Duo.

Josh and Sam won the rapidly expanding 37-45 age division. That grouping was arguably the most talent-laden group of the 117 finishing teams. Perennial Duo stalwarts like Sam Roecker (individual woman's winner), Seamus Nally/Meaghan Gregory and Scott Mindel (fastest male) helped their teams break into the top 50 all-time best times. Sam and Josh Henry are now the seventh fastest team ever, Shamus and Meaghan are 10th and Scott and Claire Hardwick are proud owners of the 26th best all time.

Other Duo highlights included Laurie Hoyt and Ed Menis winning their sixth race in the 82-90 division and Nancy Nicholson and Paul Bennett garnering their fourth triumph in the 100-108 age group. Both squads view the Duo as their own private domain but which team will be awarded the coveted number one bib for "Duo 2009"? The squeaky wheel gets the most grease so the Hoyt/Menis duo have the inside track it appears.

Other age-group winners included North Country invaders Kyle Merber and Kathy Champagne in the 55-63 category and Rick Munson and U Albany bound Ada Lauterbach in the 64-72 age group. Kathy is a former winner of the Stockadeathon and is the proud mother of Mary Kate Champagne. Mary Kate is a multi State Champion and is headed to Providence College in the fall.

And finally, Ma and Pa Predmore (Ellen and Dan) were not to be outdone by their offspring as they captured the 91-99 division.

The Dynamic Duo meet organizers have always taken a leaf out of long-time meet director Bob Oates' book. No computerized chips for us. In doing it our way we can give out the most awards (160 shirts) you'll see in a race since the end of the dead-ball era.

Many thanks to our usual Duo helpers which include Al Tamont, Wes. St. Riders, Tom Greene, Mary Beth Steffen, Don Myers, Diane Myers, Brandon Myers, Ellen Snee and Paul Forbes. Without them the Duo would be retired along with Don next year.