

39TH GREENFIELD TRIATHLON



STAFF PHOTO/THOMAS JOHNSTON

Competitors exit the Green River and head toward their bikes during the 39th Greenfield Triathlon on Sunday.

Reino wins 9th title

South Deerfield resident triumphs for sixth time in a row

By **THOMAS JOHNSTON**
Staff Writer

GREENFIELD — South Deerfield's JoEllen Reino is going to need to add another shelf to her trophy case with the way she continues to dominate the Greenfield Triathlon.

Reino, now 60 years old, has come out the winner in the women's sprint race the last five Greenfield Triathlons and made it six in a row on Sunday during the 39th running of the race, completing the course in a time of one hour, 18 minutes and 53 seconds. That time was the

fastest among all women and placed her seventh overall in the race.

It was the ninth career Greenfield Triathlon victory for Reino.

"I love this race," Reino said. "It's my favorite one. Of all the races it's my favorite. I do take pride in winning this for the ninth time. I work really hard for it. I run the track and I'm always riding hard on the bike to be ready."

The 39th Greenfield Triathlon was a return to the normal format, as the swim portion of it was canceled last year.

Having it back in full was

something many racers said they enjoyed, with Reino one of them.

"I like it however they do it but I did like the full triathlon," Reino said. "I have to say it's such a great triathlon. How hard all the people work and puts it together is great. It has all the great qualities of a great triathlon. It's well organized."

In any race, it helps to have some competition to push you and that's what Reino had on Sunday.

The sprint race — which begins with a .31 mile swim down the Green River before a 15.14

mile bike ride and ending with a 3.08 mile run — set the women competitors out in three heats, meaning that just because you're the first across the finish line doesn't mean you'll be the winner.

Luckily for Reino, Shrewsbury's Tonya Spagnuolo was in her heat, and wasn't far behind Reino during the race.

Spagnuolo ended up taking second for women and 10th overall with a finish of 1:20:04.

"I was racing [Spagnuolo] the whole way," Reino said. "It's so

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fun racing someone. I love it. You never know because the women start in three different waves so you never know. Racing with her back-and-forth, whatever happened it was going to be fun.”

It's not the winning that Reino loves most about the Greenfield Triathlon, rather the atmosphere of the race which she says is some of the best and most supportive she has seen.

“It has an atmosphere where you cheer for everyone and everyone is cheering for everyone,” Reino said. “Someone had their bike stolen last night and immediately this morning someone offered a bike to them. That's the kind of atmosphere it is. It's friendly and everyone is supportive. Everyone helps and talks to each other. It's great.”

Rounding out the top 10 women finishers in the sprint race was Elena Betke-Brunswick of Hadley (1:24:53), Megan Desanty of Leominster (1:25:22), Melissa Warwick of Shutesbury (1:27:14), Melissa Warwick of Shutesbury (1:27:14), Kathryn Flodquist of Terryville, Conn. (1:27:25), Alison Berman of Williamsburg (1:29:05), Alicia Wendolowski of Hatfield (1:30:01) and Audrey Boraski of Greenfield (1:30:55).

Harvard's Magnus Hermans was the first to cross the finish line on the men's side of the race, though he would have to settle for second overall.

While Hermans crossed the line first, it was Tom Dizenzo of South Burlington who finished with the top time, taking first with a finish of 1:08:45.

Hermans took second with a time of 1:08:45,



STAFF PHOTO/THOMAS JOHNSTON

Competitors race down Nash's Mill Road during the bike portion of the 39th Greenfield Triathlon on Sunday.

“First podium is great,” Hermans said. “I'm coming back for sure.”

Hermans, 25, was running the Greenfield Triathlon for the first time and said how much he enjoyed competing on the course afterward.

“It was a sweet race,” Hermans said. “The swim was way better than I thought it would be. The current was nice. It's easy to see. Sometimes you get lost in the sun but that wasn't the case here. It was a short and smooth transition to the bike. The bike course was sick and there were some hills that I was glad I was warned about. The flat run at the end was sweet. There wasn't much traffic either.”

Hermans said there was one portion of the race that interests him the most, but likes competing in triathlons for the diversity of the race.

“I love cycling,” Hermans said. “Running and swim-

ming are things to keep me from sitting on the bike the whole time.”

Greenfield's Daniel Bensen was the third runner across with a time of 1:12:41 followed by Jacob Revelo of Florence (1:14:43) and Riley Cooney of Upton (1:15:15).

Palmer's Daniel Moran (1:18:09), Mt. Spofford, N.H.'s Charlie Herr (1:19:12), Greenfield's Ben Whitbeck (1:19:19), Greenfield's Garth Shaneyfelt (1:20:04) and Boylston's Charles Brown (1:20:08) rounded out the top 10 male finishers in the sprint race.

Mackenzie Hall of Manchester, N.H., blazed through the international course — which is made up of a .63 mile swim, a 30.28 mile bike ride and a 6.5 mile run — being the first female finisher and first overall finisher with a time of 2:29:50.

Hall finished nearly 30 minutes ahead of the second women to cross, Sierra

Loomis of Williamsburg, who took second with a time of 2:56:53.

Watertown's Lindsay Naber took third (2:58:35), Stockbridge's Meagan Leden-decker came in fourth (2:59:34) while Amherst's Linda Fijol took fifth (3:00:41) on the women's side.

Winthrop's Adam Crombie was the winner on the men's side of the international course, placing second overall with a time of 2:29:53. Milford, N.H.'s Guilford Mack took second (2:34:52), West Hartford, Conn.'s Peter Kuhn came in third (2:38:37), Southwick's Matthew Musiak finished in fourth (2:39:04) while New York's Nathan Wright came in fifth (2:43:01) in the men's race.

Team Steel Grey Sharks was the top two-person relay team with a time of 1:20:25. Team Beethover won the three-person relay with a time of 1:09:51.