

Hamlin Beach Triathlon History 1980 – 2006

18th Oldest Triathlon

Compiled/Written by Carl Johnston

Hamlin Beach began on Sept. 21, 1980, the same year as nine other triathlons. It is the 18th oldest tri in the world, according to cooltri.com. The oldest is the Los Alamos (N.M.) Triathlon, which started on Nov. 2, 1975, followed by the Ironman World Championship Triathlon in Hawaii in 1978.

Triathlete Dennis Moriarty of Webster remembers those not-necessarily-good old days.

"When I started, no one even knew anything about tri-marathons, tri-catholons or whatever it was called," says Moriarty, 49. "We looked for our leads from the experts in each sport at the time. (Local cyclists) Mike Carnahan and Bob Terbush offered a lot of help when I didn't have a clue about bike racing."

Lew Kidder -- the unofficial ombudsman for triathlon in America -- has been at work again. Last time, the list he unveiled on his cooltri.com website, was the 20 most influential people in our sport -- ever. That came, appropriately enough, on the eve of triathlon's Olympic debut in September.

Now comes another Kidder special: the definitive list of oldest triathlons in North America (with an open invitation for modifications, from those who know something different). With his permission, we republish his list below. He writes:

What multisport events have the longest current "streaks" - i.e., have been continuously staged since their opening act? Here is Cooltri's list of the North American suspects. We'd love your feedback. Did you do one of these in the early years? What do you remember? Have some of these streaks been interrupted? Do you have additional candidates, especially from other continents?

1. 1975 - Los Alamos Triathlon. Los Alamos, New Mexico. First race was November 2, 1975. For first 16 years or so, event was three closely-spaced time trials, scored cross country style.
2. 1975 - Eppie's Great Race. Paddle, bike, run. Sacramento, California.
3. 1975 - Pole, Pedal, Paddle. Winter version, with more than three legs. Jackson Hole, Wyoming.
4. 1977 - Pole, Pedal, Paddle. Son of the Wyoming parent. Bend, Oregon.
5. 1978 - Ironman World Championship Triathlon. Started on Oahu, moved to Kailua-Kona, Hawaii in 1981.
6. 1978 - Josh Billings Runaground. Canoe, bike, run. Massachusetts.
7. **1978 - The Great Race. Auburn, New York. 10k Run/20mi bike/4 mi canoe classic began in 1978. NOTE: Team competition only.**
8. 1978 - Seawolf Triathlon. Anchorage, Alaska.

9. 1978 - The Human Race Triathlon, now known as the Newport Beach Triathlon. Newport Beach, California.
10. 1979 - Black Hills Triathlon. Olympia, Washington. Began as a half-ironman, has since switched to shorter distances.
11. 1979 - Music City Triathlon. Nashville, Tennessee.
12. 1979 - Topeka Tinman. Topeka, Kansas.
13. 1979 - YMCA Triathlon. Cancelled twice in recent years because of flooding. Wilmington, North Carolina.
14. 1980 - Heart O'Dixie Triathlon. Point to point, ending at the Neshoba County fairgrounds. Philadelphia, Mississippi.
15. 1980 - Cypress Gardens Triathlon. Run, bike, swim. Madhouse sprint, with a teen-aged Nick Radkewich one of the early winners. Cypress Gardens, Florida.
16. 1980 - LaPorte Triathlon. LaPorte, Indiana.
17. 1980 - Little Miami Triathlon. Canoe, bike, run. Oregonia, Ohio.
18. **1980 - Hamlin Beach Triathlon. Began as a half-ironman, now conducted at shorter distances. Rochester, New York.**
19. 1980 - Smith Falls Triathlon. Smith Falls, Ontario.
20. 1980 - Wausau YMCA Triathlon. Wausau, Wisconsin. First race was one week before first Menomonie Tinman.
21. 1980 - Menomonie Tinman. Menomonie, Wisconsin. Half-ironman.
22. 1980 - Muncie Endurathon. Muncie, Indiana. Half-ironman debuted on September 13, 1980.
23. 1981 - Maine Tinman. Camden, Maine.
24. 1981 - Mark Mellon Memorial Triathlon. Gaylord, Michigan. First race was August of 1981.
25. 1981 - Sylvania Triathlon. Sylvania, Ohio. Initially conceived by local Vic Tanny club. Vic Tanny planned to drop in 1985, so Team Toledo picked up the torch.
26. 1982 - Greater Wilkes Barre Triathlon. Wilkes Barre, Pennsylvania. Year

Year	Male		Female	Participants
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A Nice Day for 36 ½ Miles of Agony

It was billed as “Iron Man Competition” after a half mile of swimming, 26 miles of biking and a 10 mile run, the title seemed appropriate.

9/21/1980 (1 st)	1. Randy Drake	2:44:09	Linda Kohn	3:20:33 (107 Participants/
Olympic	2. Mike Carnahan	2:46:08	Barbara Ludington	3:24:22 97 Finishers)
½M/26M/10M	3. Mike Rowley	2:50:17	Carolyn Kriesen	3:33:15

Race Director- Mike Carnahan
Cost of the 1980 Race = \$6.00

They’re Trying Their Luck with the Triathlon

Race director Mike Carnahan said the event may be moved earlier in September next year in hopes that the water will be warmer.

9/20/1981 (2 nd)	1. Steve Ketchum	2:50:00	Joan Alley	3:14:48 (109 Participants/
Olympic	2. Mike Rowley	2:52:32	Lynn Fennell	3:17:59 78 Finishers)
1M/26M/10M	3. Tony Clement	2:52:46	Linda Kohn	3:29:38 (Only 7 Women)

Race Director- Mike Carnahan

Pair from Bethlehem Pa. Triumph in Local Triathlon

8/22/1982 (3 rd)	1. Bill Ruth	4:18	Lori Adams	5:01 (193 Participants)
1/2 Ironman	2. Richard Adams	4:34	Peg Adams	5:09
1 1/8/55/13.1M	3. Rocky Philips	4:38	Shirley Ruth	5:29

1. Mike Carnahan 5:07 1st Masters
44. Dennis Moriarty 5:28:35
Hawaii Ironman Qualifier

Race Director- Mike Carnahan

Light Bicycle Helps Martin in Triathlon

“I checked them out,” Martin said of his competitor’s bicycles. “You’ve got to know your competition.”

8/21/1983 (4 th)	1. Mac Martin	4:27:52	Peg Adams	5:12:36 (220 Participants/
1/2 Ironman	2. Mike Carnahan	4:37:22	Elaine Jones	5:17:42 166 Finishers)
1.2/56/13.1M	3. Ron Mitchell	4:37:55	Nancy Wolk	5:32:03

7. Dennis Moriarty 4:51:01
Hawaii Ironman Qualifier

Race Director- Mike Carnahan
Cost of 1983 Race = \$14

Carson Wins at Hamlin Beach - He’s the Athlete not the comedian.

Carson has been training almost full time since March. An average week consists of 400 miles on his bike, 55-75 miles running and 15 swimming. Every Wednesday he said he takes a 100-mile ride and runs 20 miles.

8/19/1984 (5 th)	1. Johnny Carson	4:24:00	Denise Hannon	5:00:48
1/2 Ironman	2. Scott Wolcott	4:31:54	Nancy Wolk	5:26:03
1.2/56/13.1M	3. John Brockenbrough	4:33:59	Beth Haag	5:31:40

7. Dennis Moriarty 4:43:29
1. Mike Carnahan 4:59 1st Masters
Hawaii Ironman Qualifier

Race Director- Mike Carnahan

Surviving Frigid Lake Ontario for a Chance at More Agony –

Boston Triathlete wins Hamlin Beach event.

Having narrowly lost out just seven days ago in an Ironman qualifier in Rhode Island, Barnett was back punishing his body yesterday. These athletes defy the laws of endurance. "Hawaii" Barnett said afterwards, "that's the whole thing; it's the race like the Super Bowl for us."

"No one knows what makes us go,
Some for glory, some for show
Others can make it
With the help of a friend
But the reason I keep going
Is to reach
The end."

8/25/1985 (6 th)	1. Dave Barnett	4:30:31	Hillary Matte	4:43:33 (164 Participants/
1/2 Ironman	2. Dennis Moriarty	4:32:54	Leslie Fedon	4:57:40 125 Finishers)
1.2/56/13.1M	3. Pete Tateo	4:34:41	Jane Banks	5:01:01
	Water Temp 62F	Hawaii Ironman Qualifier		Race Director- Mike Carnahan
				Cost of the 1985 Race = \$25

Moriarty Sets Mark in Triathlon - 4:20:11 time at Hamlin aided by teams.

The winning team of Dan Wall (Fairport) 29:45 swim, Ron Lorman (Pittsford) 2:17:34 bike, and Paul Zepmel (Victor) 1:22:02 run for a total of 4:10:33. Moriarty went 31:43, 2:22:34, and 1:22:45 for a 4:20:11)

Moriarty, whose wife of less than one year Sue is expecting a child in January, trains about 25 hours a week with (Jerry) Karl. "I see more of him than my wife," Moriarty joked. "It's a sickness, without a doubt" Moriarty said of being a triathlete. (Karl flatted at 14 miles).

8/17/1986 (7 th)	1. Dennis Moriarty	4:20:11	Joanne Wansart	5:06:23 (70 Individuals)
1/2 Ironman	2. Dan Rothenberger	4:29:11	Melissa Grout	5:37:36 (31 Teams)
1.2/56/13.1M	Dennis Sets New Course Record			Race Director-Pete Tateo

Seneca Falls' Murdock Rallies, Captures Hamlin Beach Triathlon.

Moriarty said, "I tried to repeat but you never know what will happen here, you'll find that the younger guys will have a little better time. We've got a new baby and he was up crying all last night." But the smile Moriarty flashed indicated he wasn't too upset about the baby, nor that he lost to an excellent athlete.

8/16/1987 (8 th)	1. Scott Murdock	1:57:25	Erika Weller	2:21:11(200 Participants)
Olympic	2. Dennis Moriarty	1:58:06	Emily Ward	2:26:17
1.5/40/10k	3. Jerry Karl	2:00:53	Anne Ide	2:37:26
				Race Director-Pete Tateo

Splashing to Record in Hamlin Triathlon – Choppy Lake Ontario fails to slow down Webster's Moriarty.

For Moriarty competing in triathlons is not a weekend adventure, but rather a full time passion. In a typical week, he bikes 150-200 miles, runs another 45 to 50 miles and swims seven or eight. "I spend a lot of time sitting at a desk so this is how I get my kicks" he said, but he says his biggest kick comes from winning at Hamlin "This is the one I want to win, the hometown one, our own little Super Bowl."

8/21/1988 (9 th) Olympic 1.5/40/10k	1. Dennis Moriarty 2. Jerry Karl 3. John Wilkerson 4 foot Waves	1:56:80 1:59:25 2:00:25	Marie Kramer Laura Franz Julie Williams	2:14:55 (200 Individuals/ 2:15:39 (35 Teams – New Record) 2:17:45	Race Director-Cathie Durand
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Moriarty Dominates Hamlin - Triathlete wins by 8 minutes.

As Dennis Moriarty swigged water moments after winning his third Hamlin beach Triathlon, his wife glided across the beach sand to offer congratulations. "It could have been a fun day" he told her, "but a team made it across before me." It took three specialists – a swimmer, biker and runner – to complete the grueling test of physical endurance in 22 seconds fewer than Moriarty did the same three events himself.

8/20/1989 (10 th) Olympic 1.5/40/10k	1. Dennis Moriarty 2. Mike Baxter 3. Jerry Karl 7. Mark Page	2:05:08 2:13:18 2:13:45 2:16:50	Krista Leale Laurie Grover Maria Kramer	2:20:35 (255 Participants) 2:26:12 (39 Teams) 2:33:29	Race Director-Cathie Durand
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Moriarty Triumphs in Rain – Swimming Dropped Because of Weather.

"It was a little disappointing because we were mentally geared up for a triathlon" Moriarty said, "but I don't have a real major weakness one way or the other in any of the three disciplines, so it didn't make much difference to me."

8/19/1990 (11 th) Olympic 5/40/5k	1. Dennis Moriarty 2. Horia Neamtu 3. Mike Colucci Swim was cancelled	1:39:35 1:42:26 1:42:26	Erika Schwarz Maria Kram Laurie Cuomo	1:59:14 (357 Participants/ 2:01:43 321 Finishers) 2:03:10 (Largest Field)	Race Director- Gary Austin
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8/18/1991 (12 th) Olympic 1.5/40/10k	1. Dennis Moriarty 2. Horia Neamtu 3. Erik Grimm	1:57.30 2:00:03 2:01:45	Michelle Hanshrine Terry Storrs Laurie Cuomo	2:18:08 2:20:22 2:21:24	Race Director- Gary Austin
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No Ordinary Day at the Beach – Race perhaps neither tie nor "tri", Moriarty believe Grimm triumphed.

"I just know what I feel right about" Moriarty said, "I fell like he beat me. I guess in my heart I feel like maybe he had the better day." Erik's the new guy on the blocks, you know," Moriarty said. "He's young, and he improves every race. He is very talented and very determined so; I don't feel bad losing to a guy like that. He drew the best out of me, that's for sure."

8/16/1992 (13 th) Olympic 2.4/24.8/6.2M	1. Erik Grimm 1. Dennis Moriarty 3. Alan Brick Swim was cancelled –Water Temp 55F	1:45.08 1:45:08 1:49:32	Chris Agresta Beth Dwyer Chris Brick	2:11:28 2:11:56 2:13:22	Race Director-Lou Asmuth Grimm Reaps Another Hamlin Title - Rochester runner beats field with 1:56:29 time.
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“Today’s time was right on level with my best time, He’s just raising the level,” Moriarty Said. “Erik just did his homework this year and I knew he’d be tough to catch, at least I pushed him. He’s not going to get away that easily.”

Race Became known as Mark Page Memorial Hamlin Beach Triathlon

8/23/1993 (14 th)	1. Erik Grimm	1:56:29	Terri Storrs	2:16:59	103 (Individuals)
Olympic	2. Dennis Moriarty	1:57:32	Beth Dwyer	2:25:05	16 (Teams)
1.5/40/10k	3. Jim Krapf	2:00:29	R. Nicol	2:28:04	

Race Director-Lou Asmuth

Dear Triathlete,

During mildly rainy and blustery conditions I went out to the lake the other day equipped with a brand new staff and a copy of the Book of Exodus and attempted to calm the waves. I damn near got hit by lightning. – Bill Kehoe

Grimm, Hosmer Top Hamlin Beach Field

Moriarty tried making it as difficult as he could for the eventual winner. “I could see him, and I ran really, really hard. I thought I was going to run out of real estate, and I did, but I got within 11 seconds. I was gaining pretty fast at the end,” he said.

8/21/1994 (15 th)	1. Erik Grimm	1:54:47	Rachel Hosmer	2:16:13	105 (Individuals)
Olympic	2. Dennis Moriarty	1:54:57	Anne Fishback	2:23:53	18 (Teams)
1.5/40/10k	3. Carl Johnston	1:57:44	Tiffany Pezzulo	2:26:33	

Bike course not on parkway

Race Director-Bill Kehoe

Cost of 1994 Race = \$30

Triathletes Deal with Heat and Humidity –

Moriarty, Hosmer overcome conditions to take Hamlin Beach Titles.

“Carl’s a very talented athlete. ... He’s beaten me a number of times this year, so I respect his ability,” Moriarty said, “I just had a better day today.” Moriarty he had a great race, “I can’t complain, I put together, I think as good as I can do,” he said.

8/20/1995 (16 th)	1. Dennis Moriarty	1:55:52	Rachel Hosmer	2:13:13	105 (Individuals)
Olympic	2. Carl Johnston	1:57:46	Stephanie Carrol	2:20:16	20 (Teams)
1.5/40/10k	3. Al Brick	2:02:03	Laura Igloe	2:22:33	

Race Director-Dave Marchetti

Grimm Back on Top of Hamlin Triathlon

Grimm edged seven-time champion Dennis Moriarty by 26 seconds. “I don’t think I expected to win at all,” Grimm said. “It was a big question mark with me not doing it last year, and Dennis being such a tough competitor.”

8/18/1996 (17 th)	1. Erik Grimm	1:54:38	Gae Parlato	2:19:58	115 (Individuals)
Olympic	2. Dennis Moriarty	1:55:04	Chris Brick	2:24:13	18 (Teams)
1.5/40/10k	3. Horia Neamtu	1:58:32	Debbie Glaster	2:27:21	

Race Director-Bill Kehoe

8/24/1997 (18 th)	1. Erik Grimm	1:52:09	Robin Cowdry	2:14:14	93 (Individuals)
Olympic	2. Dennis Moriarty	1:52:33	Chris Brick	2:15:58	12 (Teams)
3M/40k/10k	3. Carl Johnston	1:54:38	Heidi Grimm	2:16:55	

Swim was cancelled

Race Director- Bill Kehoe

Cost of 1997 Race = \$40

8/16/1998 (19 th)	1. Erik Grimm	2:06:01	Sandy Rubsam	2:31:17	82 (Individuals)
Olympic	2. Curt Eggers	2:06:11	Lisa Plescia	2:33:25	15 (Teams)
1.5/40/10k	3. Carl Johnston	2:07:50	Nancy Caffo	2:49:15	
	5. Dennis Moriarty	2:09:44			1st Masters

Choppy waters and a fierce east wind **Race Director- Bill Kehoe**

Triathlon Win is Johnston's Bliss

"It was a nice feeling, I've always wanted to do well out here," Johnston said. The one drawback that plagued competitors – Seaweed. "The only difference was that it was pretty green out there, we got seaweed stuck all over us," seven-time champion Dennis Moriarty said.

8/15/1999 (20 th)	1. Carl Johnston	1:58:12	Mary Workman	2:17:44	113 (Olympic Individuals)
Olympic	2. Erik Grimm	1:59:12	Heidi Grimm	2:19:44	97 (Sprint Individuals)
1.5/40/10k	3. Bobby Behen	2:01:06	Tiffany Pizzolo	2:27:53	11 (Teams)
Sprint	4. Dennis Moriarty	2:04:09			1st Masters

.4/10/2.5M **Race Director-Bob Massey**

8/27/2000 (21 st)	1. Erik Grimm	1:55:42	Jeanie Young	2:09:44	135 (Olympic Individuals)
Olympic	2. Carl Johnston	1:56:51	Heidi Grimm	2:12:17	31 (Duathlon Individuals)
1.5/40/10k	3. Dennis Moriarty	1:57:51	Lisa Plescia	2:20:11	12 (Teams)

Duathlon **Race Director-Carolyn Kriesen**
5/40/10k

8/26/2001 (22 nd)	1. Erik Grimm	1:46:39	Gae Orsini	2:03:56	138 (Olympic Individuals)
Olympic	2. Carl Johnston	1:48:58	Joan Gregorie	2:10:57	52 (Duathlon Individuals)
.4/25/6.2M	3. Jim Defoe	1:49:06	Robin Cowdery	2:11:41	14 (Teams)
Duathlon	5. Dennis Moriarty	1:50:14			1st Masters

5/25/10k **Race Director-Carolyn Kriesen**

Grimm Claims 9th Hamlin Title

8/25/2002 (23 rd)	1. Erik Grimm	1:55:45	Mary Eggers	2:12:01	152 (Olympic Individuals)
Olympic	2. Carl Johnston	1:58:30	Kelly B	2:12:30	51 (Duathlon Individuals)
1.5/40/10k	3. Dennis Moriarty	2:00:50	Joan Gregoire	2:18:17	23 (Teams)

Duathlon **Race Director-Carolyn Kriesen**
5/25/5k

You've Got to Walk before You can Swim-Bike-Run

Twenty-one years have passed with 14 top-three finishes, including seven titles, and Moriarty is still going strong. The Hamlin Beach Triathlon is still special, still one of the first things to go on the calendar each year. Forget the reminders, Sue. Moriarty, 46 of Webster, who was preparing to compete in the **24th annual Hamlin Beach on Sunday until it was cancelled because of differences between the state park and race organizers.** Moriarty is one of those guys that a young triathlete dreams of being when he grows up. "He has the inner ability to really push himself to the limit," says Erik Grimm, 37, winner of six of the past seven Hamlin Beach titles. "I think that he feels as if he lets himself and others down if he doesn't push hard while racing." "Dennis is quite amazing," Grimm Says. His enthusiasm for the sport is infectious." Carl Johnston, 38, says Moriarty "kind of got everybody in triathlons," including himself. Moriarty recruited Johnston to do the Hamlin Beach race in 1993. Not bad for a guy who swore he'd never do another triathlon after that first Hamlin Beach experience so many years ago.

8/24/2003 (24th)
Olympic
1.5/40/10k

Race Cancelled

Race Director-Joe Meritt

Johnston, Eggers take Shoreline

Carl Johnston and Mary Eggers took the male-female titles at the Shoreline Triathlon last Sunday at Hamlin Beach. Johnston, 38, of Ontario, Wayne County, won in 1 hour, 1 minute, 53.19 seconds. Eggers, 30, of Henrietta, were fifth overall in 1:07:26.179.

Race Becomes Shoreline Triathlon

7/25/2004 (25 th)	1. Carl Johnston	1:01:53	Mary Eggers	1:07:26	74 (Individuals) Sprint
	2. Horia Neamtu	1:03:52	Linda Guiberson	1:13:22	4 (Teams) .5/13.1/3.1
	3. Dennis Moriarty	1:04:26	Brandi Boyanslo	1:14:45	

Race Director-Yellow Jacket Racing

In it's Over 20 Years of History Having a Triathlon at Hamlin Beach State Park

This years Shoreline Triathlon had one of the best race day conditions in its history. The water was a warm 76 degrees and like glass, the sun was beaming, a scenic flat bike course and a run course where you can see your competitors throughout. Carl Johnston and Kathy Hayden won this year's event. Both got the opportunity to represent New York in the Best of the US Championship in New Hampshire on August 20th.

7/24/2005 (26 th)	1. Carl Johnston	1:12:35	Kathleen Hayden	1:24:17	98 (Individuals)
Sprint	2. Dennis Moriarty	1:15:54	Sandy Rubsam	1:30:03	3 (Teams)
.5/15/4	3. Brian Emelson	1:16:52	Angela Schnuerder	1:31:17	

Race Director-Yellow Jacket Racing

Shoreline Tri is One of Those Triathlons

You see many long time area triathletes race or volunteer and newbie's race. Travis Kuhl, professional triathlete from Lowville, won in grand style. Carl Johnston, last year's winner and a many time winner at a tri at Hamlin, was second; and the man of triathlon in Rochester, Dennis Moriarty was third male. One of the most incredible efforts of the day was the women's winner, Heidi Grimm. Heidi not only won for women, but was third overall. She simply crushed this course.

7/30/2006 (27 th)	1. Travis Kuhl	1:39:38	Heidi Grimm	1:45:57	162 (Individuals)
Olympic	2. Carl Johnston	1:41:45	Robyn OKane	1:54:14	1 (Team)
.5/22/5	3. Dennis Moriarty	1:47:16	Maureen Minavio	1:59:07	

Race Director-Yellow Jacket Racing

Bike course returns to parkway.

Cost of 2006 Race = \$45

Compiled/Written by Carl Johnston