



MUSSELMAN

triathlon

For Immediate Release
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IT'S A NEW YORK SWEEP IN THE MINI-MUSSEL: SYRACUSANS TAKE MEN'S, WOMEN'S MIGONIS BREAKS OWN COURSE RECORD

(GENEVA, NY) Athletes from New York state took first, second, and third in the mini-Mussel Triathlon, held Saturday, July 12 in Geneva, New York, with both the men's and women's races won by athletes from Syracuse.

The mini-Mussel, consisting of more than six hundred athletes from over twenty states across the U.S., was won by Matt Migonis, 28, of Syracuse, who finished with a final time of 1:03:02.

Kevin Crossman, 32, from Glens Falls took second place, with a time of 1:05:08. Paul Fronhofer, 32, of Argyle, took third, with a time of 1:05:30. The top five was rounded out by Matt Nuffort, 32, of Sudbury, MA, who finished in 1:05:47, and Steve Rosinski, 23, of Rochester, with a time of 1:05:49.

Migonis was the mini-Mussel winner in 2007, setting a new course record that year, coming in at 1:03:23. He shaved twenty-one seconds off of that time this year, beating his own record.

The women's race was won by Julie Rosa, 33, of LaFayette, with a time of 1:12:18.

Second place went to Valerie Cross, 27, of Ithaca, 1:14:47. Third place was taken by Mary Eggers, 34, of Henrietta, who finished with a time of 1:15:08. Rounding out the Top Five: Jennifer Peterson, 41, of Skaneateles, finishing in 1:16:09, and Mary Dougherty, 24, from Fillmore, with a time of 1:16:45.

C. D. Henderson, race media coordinator, notes that several of the racers in the Top 5 are technically DoubleMussel participants. "They're not just racing in the mini-Mussel on Saturday, they're also competing in the half-Iron Musselman on Sunday. That's a true test of stamina," Henderson says. The half-Iron Musselman typically sees athletes come from farther distances, with participants from more than thirty states coming for this year's race.

In winning the mini-Mussel, Rosa join the ranks of race winners from the last four years, including Migonis; along with wetsuits and other prizes, both win the coveted *Free Entry for Life* enjoyed by each year's mini-Mussel winners.

For complete results, visit <http://score-this.com/2008races/multisport/071208MiniMusselResults.pdf>.

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The Musselman Triathlon is a four-triathlon weekend held in Geneva, NY July 12th and 13th. Now in its fifth year, the event consists of: the Musselman ITU Pan-American Cup, an Olympic-distance triathlon; the Musselman Triathlon, a half-Iron distance race; and the mini-Mussel spring and MusselKids races. For more information on the Musselman Triathlon please contact race director Jeff Henderson at jeff@onemillionrevolutions.org. For more information on this release please contact public relations and media coordinator C. D. Henderson at press@musselmantri.com.