

## Triathlon Raises Funds for Survivors of Domestic Violence

By Nicole Yannelli

**SEASIDE PARK** – More than 800 participants, spectators and volunteers gathered in celebration of the Friends of Dottie's House 3<sup>rd</sup> Annual Triathlon and Duathlon on October 10<sup>th</sup> at Island Beach State Park. This year's event also featured an Aqua Velo, which consists of swimming and biking. The race, which took place on the memorable date of 10/10/10, is an annual event held during the month of October which marks National Domestic Violence Awareness Month.

The Triathlon had 450 participants and raised funds for Dottie's House, a 17 unit apartment facility providing housing and support services to women and children who are survivors of domestic violence. This non-profit transitional housing program is designed to empower women to gain emotional and financial independence and break the generational cycle of domestic violence.

All were in awe as Carina Duffy, a 16 year old Toms River resident, sang the National Anthem to kick off Sunday's events. Participants, who ranged from 9 to 72 years of age, traveled from near and far. While a majority of the participants were from the tri-state area, there were participants who traveled from as far as Massachusetts, Delaware, Washington DC, Rhode Island and even Indiana! Spectators danced the morning away with music donated by Paul DiPasquale of Backstage Entertainment as they anxiously awaited for their loved ones to cross the finish line. The race was concluded by a pasta and chicken lunch donated by Carrabba's Italian Grill of Brick, a pasta dish donated by Hemmingway's Café of Seaside Heights, and an awards ceremony where participants from 23 age categories received mugs and gift certificates to sports stores. Additionally, three lucky participants won wetsuits with a value of \$300!

The triathlon began with a ¼ mile swim in the ocean and was followed by a 10 mile bike and 3.1 mile run through the scenic State Park. The 1<sup>st</sup> place male winner, Ian King from New London, CT, crossed the finish line at 53:03, followed shortly thereafter by 2<sup>nd</sup> place male winner Chris Ward of Brick, NJ who came in at 53:23. The 3<sup>rd</sup> place male winner, Karim Mabrouk of Naugatuck, CT finished at 54:04. The female winners were as follows: 1<sup>st</sup> place Carlene Messinger (57:06), 2<sup>nd</sup> place Diane Rogers (57:25), and 3<sup>rd</sup> place Midge Kerr (58:38).

The duathlon consisted of a 2 mile run, 10 mile bike, and 3.1 mile run. The male winners were as follows: 1<sup>st</sup> place Greg Pelican (57:54), 2<sup>nd</sup> place Brice Shirbach (58:54) & 3<sup>rd</sup> place Pedro Rodriguez (59:39). The female winners were: 1<sup>st</sup> place Lorrie Beck (1:03:21), 2<sup>nd</sup> place Maggie Freeman (1:03:24) & 3<sup>rd</sup> place Jocelyn Shilling (1:05:11).

The new event, the aqua velo, consisted of a ¼ mile swim and 20 mile bike. The male winners were 1<sup>st</sup> place Michael Novemsky (58:20), 2<sup>nd</sup> place John Stock (1:03:01) & 3<sup>rd</sup> place Kevin Kennedy (1:04:11). The female winners were 1<sup>st</sup> place Amy Biasucci (1:04:28), 2<sup>nd</sup> place Michelle Siegrist (1:19:17) & 3<sup>rd</sup> place Michele Ball (1:32:25).

Carol A. Wolfe, Founder and Executive Director of Dottie's House, thanked all who helped make their 3<sup>rd</sup> Annual Triathlon a success. "On behalf of the women and children of Dottie's House, I appreciate everyone's participation. As the current economy has impacted our funding sources, the Triathlon will help support the women at Dottie's House as they work towards achieving independence," added Wolfe.

Join Friends of Dottie's House on Friday, November 5<sup>th</sup> as they host their first ever Casino Night at Hemingway's Café in Seaside Park. Tickets are \$65 per person and includes a buffet dinner and \$100 in chips. To purchase tickets, sponsor the event or place an ad in their Annual Ad Journal, please contact Jayme Emanuelli or Nicole Yannelli at (732) 295-7380. To learn more about Dottie's House please visit their website at [www.dottieshouse.org](http://www.dottieshouse.org).



Participants begin the race with a ¼ mile swim in the ocean.



Triathlon participants concluded the race with a 10 mile bike and 5k run.  
The event also featured a duathlon and aqua velo.