

# Hudson Valley Triathlon Club

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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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**Volume VII, Issue No. 75**

**August 2007**

## IN A FEW WORDS

Dear HVTC,

I'd like to share something with you; I am so content with the HVTC membership I can hardly stand it! Everywhere I go, folks tell me how kind and friendly you are; I'm truly honored to know every single one of you. Thanks for your support and I want you to know that it means the world to me that you choose to spend your precious time/energy with HVTC. From the bottom of my heart; thank you. See ya out there!

Sincerely,



Mark H. Wilson  
Professional Triathlon Coach  
Founder/President-Hudson Valley Triathlon Club

**HUDSON VALLEY TRIATHLON CLUB**



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***CAUTION: Participating in the sport of triathlon and HVTC could cause radiant health and spiritual well-being!***

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# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007



Photo by Scott Schaffrick ([www.scottschaffrick.com](http://www.scottschaffrick.com))

## **HVTC Featured Athlete: Janek Szablinski**

By Mark H. Wilson

Have you ever met someone whom you thought deserved more? Were you amazed to hear how tough their life has been, yet you'd never guess it unless they told you because of their shining presence? There's a glowing respect and honor about them despite the tragedy they've experienced. Well, Janek Szablinski is our Featured Athlete of the Month and he's just that type; strong, humble and courageous. Let's hear his story!

Janek was born in Brooklyn, NY in 1973. He and his family moved upstate to Saugerties when he was young; he attended Saugerties High School, UCCC (Ulster County Community College) and then SUNY New Paltz as a communications major.

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

However, Janek had to drop-out of college twice due to his father developing cancer and then later his mother. When they passed away, he realized just how short life can be and how many people never get to enjoy the gift of living. Janek's dad was a strong man who fought in World War II and horribly became a prisoner of war; Janek was born when his father was 60. To Janek, his father was a true Iron Man.

Janek lives in his small house in Kingston with two cats. Besides triathlon, Janek's hobbies include snowboarding, going on road trips with close friends and eating triple-bacon cheese burgers at Ruby Tuesday's; it's greasy, messy and soooo good! Pre-requisite; you need two big hands to pick it up! Janek didn't play sports in high school because he worked so much. Not much has changed in that department, either; Janek currently has several jobs; he's a Corrections Assistant in Kingston at an "alternate to jail" program for non-violent felons with drug and alcohol addictions. He's often asked by the "attendees" if he has any addictions; he usually says just one...triathlon. Another job is as a mover in New Paltz; he carries furniture into people's houses, usually up to 5 flights of stairs at a time; this really pumps-up his legs for cycling. Another, he's a Ski Patrol at Hunter Mountain; he assists injured skiers and teaches first aid. Lastly, he does landscaping in Woodstock; Janek works endless hours to fund his triathlon endeavor, but often he's not able to train the way he'd like in order to perform better despite the "training" while on the job. Incredibly, he brings a jump rope to work to stay limber as well as triathlon books and magazines to read during breaks.

His first triathlon was in 2006 at the HVTC Summer Tri-Series in June. The first one was tough; he had a rough day of moving stuff and he was very sore. Nonetheless, he was excited and it was his first time ever wearing a wetsuit. Oh, my! He bought a wetsuit online only to find that the suit was the wrong size! He couldn't breathe and wasn't sure if that was the way it should feel?! Most of his friends think he is nuts for doing tri's and mainly because he registered for an Ironman while still using "floaties" in the pool when training. OH, MY!! Yeah, attempting to convert them to triathlon at the time must have been difficult! He read that the wetsuit should be tight; so he got into the water and practically suffocated. He did the backstroke for most of the way and was able to finish the swim. Two triathlons later (he completed another HVTC race and the NYC Triathlon) he shipped the suit back and bought a sleeveless from a local shop that allowed him to try it on to make sure it was the proper fit. Now, Janek states he's no longer able to blame his slow swim splits on his wetsuit!

Janek saw the Ironman World Championship on television in 2005. He was impressed with how fast the athletes swam, biked and ran. There was also a part of the program that showed folks doing the race for other reasons. It was not about how fast they got to the finish line; it was for something far more important. They raced with their heart. Janek watched a father (Dick Hoyt) transport his son Ricky who has cerebral palsy and is a spastic Quadriplegic for 140.6 miles!! He towed him in a raft for 2.4 miles, then

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

biked 112 miles with him seated in front of him and then pushed his son in a high-tech wheel-chair for 26.2 miles. Janek was so inspired that he instantly registered for Ironman Florida in 2006. Now, all he had to do is learn to swim and by a bike!! “Yikes, what did I get myself into?!” It all worked-out well as Janek completed the race, but mostly he was just happy to finish; especially the swim portion. When Janek first signed-up for the Ironman, he just wanted to prove to himself that he could overcome something he thought was an impossible obstacle; he did it!

Triathlon is a form of therapy for Janek. It has freed him from a lot of his inner Demons; his partying and late night bar hopping has stopped...okay, slowed down quite a bit! When he races he feels so alive; each time, he's giving his best effort and overcoming his fear of the water. He is still trying to convince his friends to give triathlons a shot and join HVTC. “All the goody bags and great food after the races are such a treat!”

Janek has completed six HVTC Summer Tri-Series races, 4 Kingston Classic 10k's, NYC Triathlon ('06), American Zofingen (long course '06) and Ironman Florida ('06). His goals in 2008 are; Ironman USA Lake Placid in 11+ hours, complete the SOS and avoid being the last finisher at American Zofingen. Janek is grateful to be a part of HVTC...”meeting such nice and determined people. I feel that I have so much to learn and this sport has benefited me in all aspects of my life.” Your father would be proud. Thanks, Janek!

## **THE GOOD DOCTOR SAYS**

### **Dealing with Handlebar Palsy**

By Dr. David Ness, C.C.S.P.®, A.R.T.® Certified

Have you ever felt numbness, tingling or weakness in your hands when you have been riding your bike? This common condition is an irritation of the Ulnar nerve and is called Handlebar Palsy, when it effects the Median nerve is actually Carpal Tunnel Syndrome. These nerves supply the fingers of your hand with sensation, and the muscles of the fingers and hand with strength. Overuse from biking by using the same hand position over time, vibration from the road transmitted to the hand, and improper bike fitting, can cause a irritation or pinching of the Ulnar and Median nerves due to the

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

compressive forces on them. Either of these conditions affects Triathlete's due to the amount of time spent on the bike training. These conditions are worse in persons who spend time on computers, or work with power tools, due to underlying forearm and hand muscle overuse. In the beginning stages the tingling or numbness goes away when you change hand positions. Later stages of nerve inflammation and irritation can cause severe pain, and weakness of the fingers that is not relieved after changing the position of your hands, and can actually be so severe that you might not be able to bike for extended periods of time.

People who suffer from this condition need to switch hand positions every 15 minutes on the bike, or try to weight different parts of the hands. Padded gloves or padding on your handlebars can also help relieve pressure on the hands. Stretches of the Ulnar and Median nerves should be done daily to relieve tightness in the muscles of the forearm and hand. Exercises can be used to strengthen the flexors and extensors of the wrist, hand, and fingers. If the problem persists some form of manual therapy like deep tissue massage, Active Release Techniques®, or Graston Technique® to help break up scar tissue that forms in and around the affected muscles of the forearm and hand.

If you are think you are experiencing symptoms like handlebar palsy that do not go away you should see a sports medicine professional, or a neurologist to get a proper examination of your neck, shoulder, arm, and hand to get an accurate diagnosis. When properly diagnosed a course of treatment can be prescribed and the recovery time is normally 2-4 weeks. As mentioned above, failure to treat this condition, or continued overuse can cause further injury. This could lead to a longer recovery time, decreased training time on, and possibly off the bike.

**About Dr. Ness: A chiropractor for over 18 years, Dr. Ness has been a Sports Chiropractor and certified Active Release Provider since 2004. He has treated patients at the past four Ironman events at Lake Placid, and has provided treatment at races for the N.Y.T.C., and H.V.T.C., and at the S.O.S. For questions about any sports injury email Dr. Ness at [mail@drness.com](mailto:mail@drness.com)**

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## 2007 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

(Need to find a race somewhere in the U.S.? For a complete listing of USAT Sanctioned Races with event location and contact information go to [www.usatriathlon.org](http://www.usatriathlon.org) and click "calendar.")

### FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/17/07) S 15 min., B 15 min., R 15 min. [www.cdymca.org](http://www.cdymca.org)

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

### MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/25/07) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

### APRIL

Brandywine Duathlon-Delaware City, DE (4/14/07) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

Ironman Arizona-Tempe, AZ (4/15/07) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://www.ironmanarizona.com)

### MAY

Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

Devil's Kitchen Duathlon-Phoenicia, NY (Postponed 'til 2008) R 8 mi., B 48 mi., R 8 mi. [www.triathletesonline.com](http://www.triathletesonline.com)

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/6/07) S 1.2mi., B 56mi., R 13.1mi.[www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/6/07) S .6 mi., B 19 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/6/07) S 1.2 mi., B 56 mi., R 13.1 mi. (2007 USA Clydesdale Long Course National Championship)  
[www.piranha-sports.com](http://www.piranha-sports.com)

2007 ITU Short Course Duathlon World Championship-Gyor, Hungary (5/19-20/07)

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S-.6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/20/07) S 1.5k, Bike 41k, R 10k  
[www.tricolumbia.org](http://www.tricolumbia.org)

King of the Hill Xterra Triathlon-Lebanon, NJ (5/20/07) S .5 mi., B 12 mi., R 4 mi.  
[www.xterraplanet.com/race/schedule.html](http://www.xterraplanet.com/race/schedule.html)

## JUNE

Pawling Triathlon-Pawling, NY (6/2/07) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/2-3/07) S 1.5k, B 44k, R 10k [www.timbermantri.com](http://www.timbermantri.com)

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/2-3/07) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)  
[www.timbermantri.com](http://www.timbermantri.com)

Health Net Mossman Triathlon-Milford, CT (6/9/07) S 1.5k, B 40k, R 10k  
[www.trifitness.net](http://www.trifitness.net)

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

**Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/??/07) S ½ mi., B 14 mi., R 4 mi. [www.firm-racing.com](http://www.firm-racing.com)**

**Mighty Montauk Triathlon-Montauk, NY (6/9/07) S 1mi, B 20mi, R 6.2mi [www.swimpower.com](http://www.swimpower.com)**

**Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/10/07) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) [www.keukalaketri.com](http://www.keukalaketri.com)**

**Blackwater Eagleman Triathlon-Cambridge, MD (6/10/07) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**NY Tri Series #1-Harriman State Park (6/10/07) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/07) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/07) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/17/07) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Springtown Sprint Duathlon Series-New Paltz, NY (6/24/07) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)**

**Philadelphia Triathlon-Philadelphia, PA (6/24/07) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

**2007 USA Triathlon National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2007 ITU Short Course Triathlon World Championship-Hamburg, Germany 8/30-9/2/07)**

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/30/07) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## JULY

Regional YMCA Spirit Triathlon-Brookfield, CT (7/4/07) S .5k, B 20k, R 5k  
<http://www.regionalmca.org/triathlon.html>

Mossman Triathlon-Norwalk, CT (7/8/07) S .5 mi., B 12.5 mi., R 5k  
[www.trifitness.net](http://www.trifitness.net)

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/07) S 400 yds., B 12 mi., R 2 mi.  
[www.hvtc.net](http://www.hvtc.net)

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/11/07) S .5 mi., B 10.5 mi., R 5k  
[www.patgriskustri.com](http://www.patgriskustri.com)

2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-15/07) [www.usatriathlon.org](http://www.usatriathlon.org)

Musselman Triathlon (Half-IM)-Geneva, NY (7/15/07) S 1.2 mi., B 56 mi., R 13.1 mi.  
[www.musselmantri.com](http://www.musselmantri.com)

Musselman Triathlon (Sprint)-Geneva, NY (7/15/07) S 500 yd., B 15 mi., R 3 mi.  
[www.musselmantri.com](http://www.musselmantri.com)

Pine Bush Triathlon, Pine Bush, NY (7/15/07) S 325 yds., B 11.5, R 3.25  
[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/15/07) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

New York City Triathlon-NYC, NY (7/22/07) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

Hudson Valley Triathlon-Kingston, NY(7/22/07) S .3 mi., B 12 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)

Hudson Valley Biathlon-Kingston, NY(7/22/07) R 1 mi., B 12 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)

Ironman USA-Lake Placid, NY (7/22/07) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

**2007 Duathlon National Championship-Mason, OH (7/29/07) R 10k, B 40k, R 5k**  
[www.usatriathlon.org](http://www.usatriathlon.org)

**Springtown Sprint Duathlon Series-New Paltz, NY (7/29/07) R 2.25 mi., B 12 mi. R 2.25 mi.** [www.hvsports.net](http://www.hvsports.net)

**Grafton Lakes Off Road Triathlon-Grafton, NY (7/29/07) S 0.9mi, Mtn B 14mi, R 5mi.** [www.skyhighadventures.com](http://www.skyhighadventures.com)

## AUGUST

**Fronhofer Tool Triathlon-Cambridge, NY (8/4/07) S 1.5k, B 40k, R 10k**  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/5/07) S 1/2 mi., B 14.2 mi., R 5k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/07) S-1.5 k, B-40k, R-10k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Litchfield Hills Triathlon-New Hartford, CT (8/12/07) S 1.5k, B 40k, R 10k**  
[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**Lake Dunmore Triathlon-Salisbury, VT (8/12/07) S .9 mi., B 28 mi., R 6.2 mi.**  
[www.vermontsun.com](http://www.vermontsun.com)

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/07) S 400 yds, B 12 mi., R 2 mi.**  
[www.hvtc.net](http://www.hvtc.net).

**West Point Triathlon-West Point, NY (8/19/07) S 800 m, B 25k, R 5k**  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**NY Tri Series Race #2-Harriman State Park, NY (8/19/07) S ½ mi., B 16 mi., R 3mi.**  
[www.nytc.org](http://www.nytc.org)

**Timberman Sprint Triathlon-Gilford, NH (8/18-19/07) S 1/3 mi., B 15 mi., R 3 mi.**  
[www.timbermantri.com](http://www.timbermantri.com)

**Timberman Half-Ironman Triathlon-Gilford, NH (8/18-19/07) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship)** [www.timbermantri.com](http://www.timbermantri.com)

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# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Cranberry Country Triathlon-Lakeville, MA (8/26/07) S .8 mi., B 24.9 mi., R 10k  
(USAT New England Regional Championship) [www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/26/07) S 1.5k, B 40k,  
R 10k [www.trifitness.net](http://www.trifitness.net)

Springtown Sprint Duathlon Series-New Paltz, NY (8/26/07) R 2.25 mi., B 12 mi. R  
2.25 mi. [www.hvsports.net](http://www.hvsports.net)

2007 ITU Short Course Triathlon World Championship-Hamburg, Germany (8/30-  
9/2/07) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

## SEPTEMBER

Xterra Onteora-Livingston Manor, NY (9/2/07) S .5 mi., Mtn. B 14 mi., R 5k  
[www.triandduit.com](http://www.triandduit.com)

Lake George Triathlon-Lake George, NY (9/2/07) S 1.5k, B 40k, R 10k  
[www.adktri.org](http://www.adktri.org)

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (9/9/07) S 1.2  
mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

S.O.S.-New Paltz, NY(9/9/07) B 30mi., R 19mi., S .5mi.,R.7mi.  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

Firmman Rhode Island (9/9/07) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/12/07) S 400 yds., B 12 mi., R 2 mi.  
[www.hvtc.net](http://www.hvtc.net).

2007 USAT National Club Championship-St. Louis, MO (9/15-16/07) S 1.5k, B 40k,  
R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

Mighty Hamptons-Sag Harbor, NY (9/16/07) S 1.5k, B 38k, R 10k  
[www.swimpower.com](http://www.swimpower.com)

Crystal Lake Triathlon-Crystal Lake, NY (9/22/07) S .5 mi., B 18 mi., R 3 mi.  
[www.cdtriclub.org](http://www.cdtriclub.org)

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Westchester Triathlon-Rye, NY (9/23/07) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.com](http://www.westchestertriathlon.com)

Skylands Triathlon-Clinton, NJ (9/??/07) S ½ mi., B 14.1 mi., R 5k [www.lin-mark.com](http://www.lin-mark.com)

ITPman-Darien, CT (9/29/07) S .5 mi., B 15 mi., R 5 mi. [www.itpfoundation.org](http://www.itpfoundation.org)

Mightyman ½ Ironman Triathlon-Montauk, NY (9/30/07) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)

## OCTOBER

Ironman Triathlon World Championship (10/13/07) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)

American Zofingen (Long Course)-New Paltz, NY (10/14/07) R 5.15 mi., B 85 mi., R 15.45 [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)

American Zofingen (Short Course)-New Paltz, NY (10/14/07) R 5.15 mi., B 29 mi., R 5.15 [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)

Xterra World Championship-Maui, HI (10/20/07) S 1.5k, Mtn. B 30k, R 11k [www.xterraplanet.com](http://www.xterraplanet.com)

2007 ITU Long Course Duathlon World Championship-Richmond, VA (10/21/07) [www.usatriathlon.org](http://www.usatriathlon.org)

Toga! Biathlon-Congers, NY (10/21/07) R 4.25k, B 24k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

## NOVEMBER

Ironman Florida-Panama City, FL (11/3/07) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanlive.com](http://www.ironmanlive.com)

Ford 70.3 World Championship-Clearwater, FL (11/10/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmanlive.com](http://www.ironmanlive.com)

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. Good luck to everyone this season and thanks for your stats!

Send results to: [mark@hvtc.net](mailto:mark@hvtc.net).

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. Race website?!?!?

## RESULTS

### FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

<u>Overall Female:</u>	Karin Linner	09.98
	Carol Covas	08.38
	Linda Rosenthal	07.85
	Laila Brady	07.03

<u>Overall Male:</u>	John Mitchell	11.64
	Charles Pegg	11.20
	Bill Shashaty	10.64
	Ben Munger	09.94
	Steve Fischer (1 <sup>st</sup> M50-54)	09.71

### MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/25/07) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

<u>Overall Female:</u>	Karin Linner	1:05:53
	Susan Metichecchia	1:25:10
	Carol Covas	1:34:46

<u>Overall Male:</u>	Alex Sherwood	0:54:04
	Mike Halstead	0:56:32
	Charles Pegg	0:58:46
	Bob Gramling	1:02:39
	Bill Norton	1:03:42

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## APRIL

March Madness Biathlon-New York, NY (4/1/07) R 2 mi., B 12 mi., R 2 mi.

[www.nytc.org](http://www.nytc.org)

Overall Female: Christine Dunnery 1:05:04  
Jeanette Shelow-MacDougall(2<sup>nd</sup> OA) 1:07:04

Overall Male: Brendan Corcoran 0:59:25

Brandywine Duathlon-Delaware City, DE (4/14/07) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

Overall Female: Kerri Robbins 1:32:16

Overall Male: Chris Ganter 1:19:45  
Nick Brundage (1<sup>st</sup> M20-24) 1:32:36

St. Anthony's Triathlon-St. Petersburg, FL (4/29/07) S 1.5k, B 40k, R 10k

[www.satriathlon.com](http://www.satriathlon.com)

Overall Female: Michelle Dillon 1:57:45  
Jeanette Shelow-MacDougall 2:21:49  
Jean Norton (2<sup>nd</sup> F45-49) 2:22:06

Overall Male: Matt Reed 1:46:10

Bronx Biathlon-Bronx, NY (4/29/07) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Overall Female: Kristen Budden 1:36:16

Overall Male: Terry Kerrigan 1:18:51  
Doug Thompson (3<sup>rd</sup> M40-44) 1:28:56

Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

Overall Female: Jean Norton 1:08:44  
Jeanette Shelow-MacDougall(2<sup>nd</sup> OA) 1:10:42  
Christene Spiezio(1<sup>st</sup> F35-39) 1:16:54  
Kathryn Flodquist (2<sup>nd</sup> F40-44) 1:17:49  
Pam Neimeth (1<sup>st</sup> F45-49) 1:20:06  
Mary DeNitto (1<sup>st</sup> F55-59) 1:21:21

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Jan Pollo	1:25:13
Sue Metichecchia (2 <sup>nd</sup> F45-49)	1:32:39
Carol Covas	1:39:48

Overall Male:

Alex Sherwood	1:01:40
John McGovern (2 <sup>nd</sup> Overall)	1:02:47
Michael Bakker (3 <sup>rd</sup> Overall)	1:03:38
Charles Pegg (2 <sup>nd</sup> M35-39)	1:06:27
Michael Vance (1 <sup>st</sup> M25-29)	1:06:44
Mark Wilson (2 <sup>nd</sup> M40-44)	1:07:17
Nick Brundage (1 <sup>st</sup> M20-24)	1:08:29
Bouazza Abidi (3 <sup>rd</sup> M35-39)	1:10:42
Gary Walters (2 <sup>nd</sup> M50-54)	1:15:59
Michael Hargrove	1:18:05
Patrick Murphy	1:21:59
John Dowley	1:29:58
Patrick Nesbitt	1:30:39
Tom Gill	1:38:39
Peter Oxenholm	1:39:04

Overall Team:

R. Severino/M. Halstead	1:00:28
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**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/6/07) S .6 mi., B 19 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Overall Female:**

Katherine Ward	1:48:56
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**Overall Male:**

Todd Wiley	1:32:09
John Ferrara (3 <sup>rd</sup> M50-54)	2:09:19
Steve Fischer	2:19:15

**EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S-.6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Overall Female:**

Christine Dunnery	2:36:59
Kathryn Flodquist (1 <sup>st</sup> F40-44)	3:00:12

**Overall Male:**

Chris Gebhardt	2:12:54
John McGovern (3 <sup>rd</sup> Overall)	2:24:53
Zac Staszak (1 <sup>st</sup> M25-29)	2:31:28
Mark Wilson (2 <sup>nd</sup> M40-44)	2:33:51

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## MetroMan-Long Branch, NJ (5/20/07) S .6 mi., B 12 mi., R 5k

[www.sunsetracing.com](http://www.sunsetracing.com)

<b><u>Overall Female:</u></b>	Nicole Navratil	1:14:34
	Julie LoRusso	1:36:15
<b><u>Overall Male:</u></b>	Eric Marquard	1:00:40

## Pawling Triathlon-Pawling, NY (6/2/07) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Carol Wilke	1:03:59
	Jean Norton (1 <sup>st</sup> F40-44)	1:06:22
	Barbara Sessa (2 <sup>nd</sup> F40-44)	1:06:32
	Kathryn Flodquist(3 <sup>rd</sup> F40-44)	1:12:00
	Mary DeNitto (1 <sup>st</sup> F55-59)	1:15:58
	Linda Rosenthal	1:42:27

<b><u>Overall Male:</u></b>	John McGovern	0:59:17
	Mark Wilson (1 <sup>st</sup> M40-44)	1:01:43
	Art Boyko (3 <sup>rd</sup> M40-44)	1:02:25
	Bob Gramling (2 <sup>nd</sup> M50-54)	1:05:06
	Doug Thompson	1:06:22
	Mike Vance (1 <sup>st</sup> M25-29)	1:07:43
	Gary Walters	1:10:20
	Mike Hargrove	1:16:16
	Steven Pressman(3 <sup>rd</sup> M55-59)	1:18:28
	Tom Gill	1:34:42
	Larry Knapp	1:38:24

## Escape From Alcatraz-San Francisco, CA (6/3/07) S 1.5 mi., B 18 mi., R 8 mi.

[www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

<b><u>Overall Female:</u></b>	Leanda Cave	2:18:47
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> F40-44)	2:46:51
<b><u>Overall Male:</u></b>	Andy Potts	1:59:34
	Charles Pegg	2:31:52
	Zac Staszak	2:32:32



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## Health Net Mossman Triathlon-Milford, CT (6/9/07) S 1.5k, B 40k, R 10k

[www.trifitness.net](http://www.trifitness.net)

**Overall Female:** Julie Gliesing 2:27:47

**Overall Male:** Mitch West 2:12:14  
Zac Staszak (1<sup>st</sup> M25-29) 2:17:46

## Mighty Montauk Triathlon-Montauk, NY (6/9/07) S 1mi, B 20mi, R 6.2mi

[www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Laurel Wassner 1:57:55

**Overall Male:** Gary Jensen 1:51:06  
Andrew Schupak (3<sup>rd</sup> M40-44) 2:00:10

## SBR Triathlon Series #2-Harriman State Park, NY (6/9/07) S .5 mi., B 16 mi., R 4 mi. [www.sbrshop.com](http://www.sbrshop.com)

**Overall Female:** Jody Klaus 1:39:15

**Overall Male:** John McGovern 1:21:36

## Blackwater Eagleman Triathlon-Cambridge, MD (6/10/07) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)

**Overall Female:** Natascha Badmann 4:08:17  
Jean Norton 5:08:42  
Kathryn Flodquist 5:15:01  
Mary DeNitto\* (2<sup>nd</sup> F55-59) 5:28:20  
Pam Neimeth 5:29:07

**Overall Male:** TJ Tollakson 3:46:28  
Terry Kerrigan 4:06:39  
Alex Sherwood\* (5<sup>th</sup> M30-34) 4:20:28  
Mike Halstead\* (6<sup>th</sup> M40-44) 4:23:08  
Art Boyko 4:38:28  
Gary Walters 5:13:12

\*TDKS (Turned Down Kona Slot)

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/10/07) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) [www.keukalaketri.com](http://www.keukalaketri.com)

Overall Female: Ericka Foster 2:28:36

Overall Male: Carl Johnston 2:08:26  
John Ferrara 2:58:49

## NY Tri Series #1-Harriman State Park (6/10/07) S ½ mi., B 16 mi., R 3 mi.

[www.nytc.org](http://www.nytc.org)

Overall Female: Shannon Puzio 1:25:45

Overall Male: Bruce Cadenhead 1:17:20  
Gabriel Tenenbaum 1:29:26  
Jim Demis 1:29:33

## HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/07) S 400 yds., B 12 mi., R 2 mi.

[www.hvtc.net](http://www.hvtc.net)

Overall Female: Barbara Sessa 0:55:36  
Jeanette Shelow-MacDougall 0:56:15  
Jean Norton 0:59:43  
Christene Spiezio 1:04:45  
Pam Neimeth 1:09:35  
Mary DeNitto 1:09:39  
Mineke Etienne 1:13:50  
Sue Metichecchia 1:16:24  
Julie LoRusso 1:17:46  
Lana Shannon 1:20:56  
Laila Brady-Walzer 1:45:13

Overall Male: Terry Kerrigan 0:49:57  
John McGovern 0:50:41  
Mike Halstead 0:51:56  
Mike Bakker 0:52:37  
Charles Pegg 0:53:17  
Mark Wilson 0:54:07  
Nick Brundage 0:55:08  
Doug Thompson 0:56:02  
Bill Norton 0:57:10  
Myron Baker Sr. 0:59:23  
Patrick Murphy 1:00:06

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Gabriel Tenenbaum	1:01:52
Jon Stern	1:02:26
Janek Szablinski	1:02:47
Ben Munger	1:04:42
Julian Palmer	1:04:53
John Dowley	1:08:19
Mark Graminski	1:08:32
Steven Pressman	1:08:42
Mike Hargrove	1:09:43
Bob Bomba	1:11:49
John Ferrara	1:15:06
Larry Knapp	1:18:32
Anthony Stronconi	1:19:16
Tom Eanelli	1:33:22
Zac Staszak	1:50:40

Wyckoff Triathlon-Wyckoff, NJ (6/16/07) S .5 mi., B 17 mi., R 5 mi.

[www.wyckoffymca.org](http://www.wyckoffymca.org)

<u>Overall Female:</u>	Chris Gebhardt	1:23:51
	Tom Eanelli	2:41:35

<u>Overall Male:</u>	Claudia Kretschman	1:38:51
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Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/07) S 1.5k, B 40k, R 10k

[www.patgriskustri.com](http://www.patgriskustri.com)

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	2:26:01
	Jan Pollo	3:02:26
	Carol Covas	3:25:50
	Linda Rosenthal (1 <sup>st</sup> F55-59)	4:21:40

<u>Overall Male:</u>	Chris Thomas	2:11:10
	John McGovern (1 <sup>st</sup> M40-44)	2:12:54
	Zac Staszak (2 <sup>nd</sup> M25-29)	2:22:16
	Mike Hargrove	3:03:08

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## Lake Waramaug Triathlon-New Preston, CT (6/22/07) S .5 mi., B 9.1 mi., R 3.3 mi.

[www.plattsys.com](http://www.plattsys.com)

**Overall Female:** Dana Carbone 1:03:33

**Overall Male:** John Hirsch 0:55:41  
Zac Staszak (1<sup>st</sup> M25-29) 0:58:00  
Tom Gill 1:30:13

## Springtown Sprint Duathlon Series-New Paltz, NY (6/24/07) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)

**Overall Female:** Erica Ruge 1:07:24  
Sue Metichecchia (2<sup>nd</sup> F45-49) 1:14:50

**Overall Male:** John McGovern 0:54:48  
Mike Halstead (2<sup>nd</sup> Overall) 0:55:32  
Jim Stafford (1<sup>st</sup> M40-44) 0:55:23  
Nick Brundage (1<sup>st</sup> M25-29) 0:58:33  
Doug Thompson (2<sup>nd</sup> M40-44) 0:58:39  
Mark Wilson (3<sup>rd</sup> M40-44) 0:58:49  
Bob Gramling (1<sup>st</sup> M50-54) 1:01:15  
Bob Bomba (2<sup>nd</sup> M25-29) 1:15:05  
Patrick Nesbitt 1:15:09

**Overall Team:** Alex Sherwood/Danny Brennan 0:52:22

## Philadelphia Triathlon-Philadelphia, PA (6/24/07) S 1.5k, B 40k, R 10k

[www.phillytri.com](http://www.phillytri.com)

**Overall Female:** Rebecca Wassner 2:01:12  
Jeanette Shelow-MacDougall (1<sup>st</sup> F40-44) 2:22:48

**Overall Male:** Craig Alexander 1:52:18  
Steve Fischer 3:07:50

## Ironman USA-Coeur D'Alene, ID (6/24/07) S 2.4 mi., B 112 mi., R 26.2 mi.

[www.ironman.com](http://www.ironman.com)

**Overall Female:** Kim Young 10:27:55

**Overall Male:** Victor Zyemtsev 08:33:32  
Terry Kerrigan (12<sup>th</sup> Overall) 09:21:20

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Westchester Medical Center Biathlon-Valhalla, NY (6/24/07) R 2 mi., B 15 mi., R 2 mi.

[www.nytc.org](http://www.nytc.org)

Overall Female: Amy Bevilacqua 1:05:25

Overall Male: Keith Strudler 1:00:10

Peter Oxenholm 1:28:38

Tom Gill 1:37:11

**2007 USA Triathlon National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2007 ITU Short Course Triathlon World Championship-Hamburg, Germany 8/30-9/2/07)**

**Overall Female:** Jennifer Garrison 2:09:36

Jeanette Shelow-MacDougall\* 2:27:15

\*Qualified ITU World Championship, Hamburg, Germany

**Overall Male:** Ben Collins 1:57:08

**North Country Triathlon-Hague, NY (6/30/07) S 1.5k, B 40k, R 10k**

[www.northcountrytri.com](http://www.northcountrytri.com)

**Overall Female:** Heidi Underwood 2:34:11

**Overall Male:** Zac Staszak 2:13:06

Steven Pressman (3<sup>rd</sup> M55-59) 3:06:54

**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/30/07) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Overall Female:** Leslie Myers 2:05:30

Christene Spiezio (1<sup>st</sup> F35-39) 2:16:48

**Overall Male:** Matt Migonis 1:45:43

Ronnie Severino (1<sup>st</sup> M35-39) 1:54:35

Mark Wilson (1<sup>st</sup> M40-44) 1:58:27

Mike Vance (1<sup>st</sup> M25-29) 1:59:28

Art Boyko (2<sup>nd</sup> M40-44) 2:00:51

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

<b><u>Overall Female:</u></b>	Victoria Tiase	4:53:41
	Mineke Etienne	6:33:14
	Sue Metichecchia	6:37:40

<b><u>Overall Male:</u></b>	Alex Mroszczk-McDonald	4:05:03
	John McGovern (4 <sup>th</sup> Overall)	4:23:46
	Mike Bakker	4:32:39
	Bob Gramling	5:12:01

## JULY

## Patriot Half Ironman Triathlon-Freetown, MA (7/1/07) S 1.3 mi., B 59 mi., R 13.5 mi. [www.patriothalf.com](http://www.patriothalf.com)

<b><u>Overall Female:</u></b>	Lisbeth Kenyon	4:54:36
	Mary DeNitto (1 <sup>st</sup> F55-59)	5:46:07
	Pam Neimeth	5:51:01

<b><u>Overall Male:</u></b>	Tony DeLogne	4:15:38
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## Mountaineer Triathlon-Morgantown, WV (7/1/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.mountaineertri.com](http://www.mountaineertri.com)

<b><u>Overall Female:</u></b>	Heather Gollnick	4:35:04
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<b><u>Overall Male:</u></b>	Bryan Rhodes	4:00:05
	John Ferrara	6:26:31

## Diamond in the Rough Triathlon-Perryville, MD (7/7/07) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

<b><u>Overall Female:</u></b>	Sally Speck	2:21:51
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<b><u>Overall Male:</u></b>	Scoogie Snyder	2:04:59
	Steve Fischer	3:00:47

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/07) S 400 yds., B 12 mi., R 2 mi.

[www.hvtc.net](http://www.hvtc.net)

<u>Overall Female:</u>	Barbara Sessa	0:55:29*
	Jeanette Shelow-MacDougall	0:55:39
	Tomi Stern	1:04:02
	Sue Metichecchia	1:09:35
	Julie LoRusso	1:19:32

\*Course Record

<u>Overall Male:</u>	Terry Kerrigan	0:48:01*
	John McGovern	0:49:19
	Mike Halstead	0:50:07
	Zac Staszak	0:51:13
	Michael Bakker	0:51:55
	Charles Pegg	0:53:03
	Mark Wilson	0:53:11
	Tom Ganz	0:56:13
	Bill Norton	0:58:02
	Jim Demis	0:58:53
	Jon Stern	0:59:15
	Janek Szablinski	0:59:30
	Patrick Murphy	1:00:25
	Gabriel Tenenbaum	1:00:32
	Ben Munger	1:02:05
	Steven Pressman	1:05:36
	John Dowley	1:05:55
	Bob Bomba	1:07:07
	John Ferrara	1:08:57
	Peter Oxenholm	1:12:43
	Larry Knapp	1:14:12
	Steve Fischer	1:18:49
	Mitch Donner	1:30:22

\*Course Record

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/11/07) S .5 mi., B 10.5 mi., R 5k

[www.patgriskustri.com](http://www.patgriskustri.com)

<u>Overall Female:</u>	Danielle Sullivan	1:04:18
<u>Overall Male:</u>	Chris Thomas	1:00:44
	Gary Walters	1:16:36
	Tom Gill	1:44:20

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## **Lifetime Fitness Triathlon-Minneapolis, MN (7/14/07) S 1.5k, B 40k, R 10k**

[www.ltftriathlon.com](http://www.ltftriathlon.com)

**Overall Female:** Vanessa Fernandes 2:00:27  
Jeanette Shelow-MacDougall 2:26:12

**Overall Male:** Greg Bennett 1:48:46

## **2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-**

**15/07) [www.usatriathlon.org](http://www.usatriathlon.org)**

**Overall Female:** Leanda Cave 4:04:03

**Overall Male:** Julien Loy 3:30:11  
Andrew Schupak 4:34:50

## **Musselman Triathlon (Half-IM)-Geneva, NY (7/15/07) S 1.2 mi., B 56 mi., R 13.1 mi.**

[www.musselmantri.com](http://www.musselmantri.com)

**Overall Female:** Jennifer Coombs 4:55:32  
Christene Spiezio 5:47:11

**Overall Male:** Ian Young 4:09:46  
Terry Kerrigan (4<sup>th</sup> Overall) 4:17:24  
Doug Thompson 5:17:45  
Mike Vance 5:20:42  
Gabriel Tenenbaum 5:40:51

## **Musselman Triathlon (Sprint)-Geneva, NY (7/15/07) S 500 yd., B 15 mi., R 3 mi.**

[www.musselmantri.com](http://www.musselmantri.com)

**Overall Female:** Laurel Wassner 1:10:42

**Overall Male:** Matt Migonis 1:03:23  
John McGovern (2<sup>nd</sup> Overall) 1:05:21  
Bob Bomba 1:28:38



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Pine Bush Triathlon, Pine Bush, NY (7/15/07) S 325 yds., B 11.5, R 3.25

[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

<u>Overall Female:</u>	Barbara Sessa	0:58:46
<u>Overall Male:</u>	Keith Murray	0:55:15
	Art Boyko (1 <sup>st</sup> M40-44)	0:57:04
	Peter Oxenholm	1:15:33

**New York City Triathlon-NYC, NY (7/22/07) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)**

<b><u>Overall Female:</u></b>	Emma Snowsill	1:57:23
	Barbara Sessa (8 <sup>th</sup> EFO*)	2:18:10
	Jeanette Shelow-MacDougall (11 <sup>th</sup> EFO*)	2:19:31
	Mary DeNitto (1 <sup>st</sup> F55-59)	2:40:55
	Sue Metichecchia	2:59:14

\*Elite Female Overall

<b><u>Overall Male:</u></b>	Greg Bennett	1:47:38
	Michael Donnelly (16 <sup>th</sup> EMO*)	2:03:24
	Zac Staszak	2:05:22
	Ronnie Severino (2 <sup>nd</sup> M35-39)	2:08:20
	Charles Pegg	2:12:21
	Mark Wilson	2:12:35
	Art Boyko	2:12:54
	Don Davis (3 <sup>rd</sup> M60-64)	2:35:22
	John Dowley	2:48:36
	Shervyn Von Hoerl	3:06:03
	Roger Roberson	3:11:32

\*Elite Male Overall

\*\*2007 NYC Triathlon Club Challenge Champions-Hudson Valley Triathlon Club\*\*

Hudson Valley Triathlon-Kingston, NY(7/22/07) S .3 mi., B 12 mi., R 3 mi.

[www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Nancy Stutman	1:33:26
<u>Overall Male:</u>	Mike Halstead	1:18:20
	Ben Munger (2 <sup>nd</sup> M40-44)	1:37:04
	Steven Pressman (2 <sup>nd</sup> M55-59)	1:44:44
	Patrick Nesbitt	1:58:20
	Tom Gill	2:01:56

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Hudson Valley Biathlon-Kingston, NY(7/22/07) R 1 mi., B 12 mi., R 3 mi.

[www.nytc.org](http://www.nytc.org)

Overall Female: Katherine Walkden 1:47:13

Overall Male: John McGovern 1:15:58

New Jersey State Triathlon-Mercer County Park, NJ (7/22/07) S 1.5k, B 40k, R 10k

[www.cgiracing.com](http://www.cgiracing.com)

Overall Female: Catherine Sterling 2:07:25

Overall Male: David Silver 1:51:51  
Steve Fischer 2:49:46

Ironman USA-Lake Placid, NY (7/22/07) S 2.4 mi., B 112 mi., R 26.2 mi.

[www.ironmanusa.com](http://www.ironmanusa.com)

Overall Female: Belinda Granger 09:40:20  
Jean Norton 11:30:07  
Kathryn Flodquist 12:54:02  
Mineke Etienne 15:03:22

Overall Male: Alex Mroszcyk-McDonald 09:16:02  
Tom Ganz 12:54:03  
Henry Collins 12:59:24

Littleton Appleman Triathlon-Littleton, MA (7/22/07) S .5 mi, B 10 mi., R 3 mi.

[www.firm-racing.com](http://www.firm-racing.com)

Overall Female: Elise VonHousen 1:02:44  
Carol Covas 1:25:18  
Linda Rosenthal (3rd F55-59) 1:39:41

Overall Male: Andy McCarron 0:57:10

Vineman Triathlon-Sonoma County, CA (7/22/07) S 1.2 mi., B 56 mi., R 13.1 mi.

[www.vineman.com](http://www.vineman.com)

Overall Female: Samantha McGlone 4:16:36  
Pam Neimeth 5:59:11

Overall Male: Craig Alexander 3:50:49

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## 2007 Duathlon National Championship-Mason, OH (7/29/07) R 10k, B 40k, R 5k

[www.usatriathlon.org](http://www.usatriathlon.org)

**Overall Female:** Amy Kloner 2:11:18

**Overall Male:** Jeff Miller 1:55:51  
Myron Baker Sr. (3<sup>rd</sup> M55-59) 2:20:24

## Newfoundland Ironman 70.3-Corner Brook, Newfoundland (Canada) (7/29/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmannewfoundland.com](http://www.ironmannewfoundland.com)

**Overall Female:** Melissa Ashton 4:32:22

**Overall Male:** Craig Alexander 3:58:26  
Art Boyko\* 5:01:16

\*Qualified Ironman 70.3 World Championship-Clearwater, FL

## Springtown Sprint Duathlon Series-New Paltz, NY (7/29/07) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)

**Overall Female:** Barbara Sessa 1:00:58  
Jean Norton (2<sup>nd</sup> Overall) 1:04:04  
Erica Ruge (3<sup>rd</sup> Overall) 1:05:15  
Sue Metichecchia 1:16:21

**Overall Male:** Keith Strudler 0:54:58  
Nick Brundage (2<sup>nd</sup> Overall) 0:58:40  
Bob Gramling (3<sup>rd</sup> Overall) 0:59:45  
Jim Stafford 1:00:12  
Bob Bomba 1:10:48  
Patrick Nesbitt 1:15:04

## Grafton Lakes Off-Road Triathlon-Grafton Lake, NY (7/29/07) S 1k, B 20k, R 5k

[www.skyhighadventures.com](http://www.skyhighadventures.com)

**Overall Female:** Sabra Davison 1:59:54

**Overall Male:** Paul Fronhofer 1:35:18  
John Ferrara 2:45:22

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## Sandy Beach Triathlon-Litchfield, CT (8/3/07) S .5 mi., B 10 mi., R 5k

[www.greystoneracing.net](http://www.greystoneracing.net)

**Overall Female:** Cindy Anderson 1:09:34  
Kathryn Flodquist (2<sup>nd</sup> Overall) 1:09:56

**Overall Male:** Paul McClosley 0:58:09  
Tom Gill 1:28:54

## Fronhofer Tool Triathlon-Cambridge, NY (8/4/07) S 1.5k, B 40k, R 10k

[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

**Overall Female:** Lisa Dunn 2:19:08  
Tomi Stern (3<sup>rd</sup> Overall) 2:32:23

**Overall Male:** Zac Staszak 2:03:01  
Tom Ganz 2:23:57

## Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/5/07) S 1/2 mi., B 14.2 mi., R 5k

[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Overall Female:** Jeanette Shelow-MacDougall 1:16:06

**Overall Male:** Curt Eggers 1:10:32  
Mark Wilson (2<sup>nd</sup> M40-44) 1:13:14

## Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/07) S-1.5 k, B-40k, R-10k

[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Overall Female:** Christina Robeson 2:22:55

**Overall Male:** Matt Migonis 2:06:23  
Bob Gramling (1<sup>st</sup> M50-54) 2:29:09  
Steven Pressman 3:04:18

## Wilkes Barre Triathlon-Wilkes Barre, PA (8/5/07) S 1.5k, B 40k, R 11k

[www.wilkesbarretriathlon.com](http://www.wilkesbarretriathlon.com)

**Overall Female:** Kelly Ochreiter 2:26:08  
Barbara Sessa (2<sup>nd</sup> Overall) 2:28:47

**Overall Male:** Andrew Yoder 2:02:24  
John Ferrara 3:06:35

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## Nutmeg Lake Waramaug Sprint Triathlon-Washington, CT (8/11/07) S .5 mi., B 9.1 mi., R 3.1 mi. [www.plattsys.com](http://www.plattsys.com)

**Overall Female:** Pascale Butcher 1:05:16

**Overall Male:** John Hirsch 0:59:55  
Zac Staszak (3<sup>rd</sup> Overall) 1:00:18

## Northern Columbia County Triathlon-Kinderhook, NY (8/11/07) S .25 mi., B 19.5 mi., R 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)

**Overall Female:** Toni Weeks 1:41:14  
Carol Covas 2:10:31  
Linda Rosenthal (1<sup>st</sup> F55-59) 2:26:18

**Overall Male:** Damian Callahan 1:24:43  
Art Boyko (1<sup>st</sup> M40-44) 1:33:02

## Litchfield Hills Triathlon-New Hartford, CT (8/12/07) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**Overall Female:** Rebecca Stephenson 2:32:01  
Pam Neimeth (2<sup>nd</sup> F45-49) 2:55:12

**Overall Male:** Jeff Kotecki 2:16:16

## Steelman Triathlon-Quakertown, PA (8/12/07) S 1.5k, B 40k, R 10k [www.lin-mark.com](http://www.lin-mark.com)

**Overall Female:** Samantha Bausher-Grybo 2:17:41

**Overall Male:** Adam Sierakowski 2:09:04  
Steve Fischer 3:15:04

## HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/07) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

**Overall Female:** Jeanette Shelow-MacDougall\* 0:54:32  
Barbara Sessa 0:56:06  
Jean Norton 0:56:27  
Tomi Stern 1:00:36  
Christene Spiezio 1:00:46

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Mary DeNitto	1:09:11
Sue Metichecchia	1:10:00
Lana Shannon	1:11:38
Julie LoRusso	1:13:01
Alicia Olmoz	1:14:52
Linda Rosenthal	1:27:01
Laila Walzer	1:39:50

\*NEW Course Record

Overall Male:

Terry Kerrigan*	0:47:20
Alex Sherwood	0:48:42
Zac Staszak	0:50:59
John McGovern	0:52:30
Mark Wilson	0:53:13
Bob Gramling	0:54:09
Art Boyko	0:55:44
Bill Norton	0:56:55
Jim Demis	0:57:12
Tom Ganz	0:57:21
Jon Stern	0:58:20
Janek Szablinski	0:58:53
Patrick Murphy	1:00:11
Ben Munger	1:00:28
Jerry Deboever	1:00:57
Don Davis	1:01:26
John Ferrara	1:03:54
Steven Pressman	1:04:33
Mark Graminski	1:05:24
Bob Bomba	1:05:28
Nate Deboever	1:06:30
Steve Fischer	1:08:37
Roger Roberson	1:09:50
Peter Oxenholm	1:10:21
Larry Knapp	1:10:41
Anthony Stronconi	1:13:12
Mitch Donner	1:20:18

\*NEW Course Record

# Hudson Valley Triathlon Club

Volume VII, Issue No. 75 August 2007

## 2006 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least 3 USA Triathlon Sanctioned races that year; i.e. S.O.S., New York City Triathlon and Cayuga Lake Triathlon.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
<b>Jeanette Shelow-MacDougall</b>	<b>F40-44</b>	<b>AA</b>	<b>90.8566</b>	<b>17</b>
<b>Barbara Sessa</b>	<b>F40-44</b>	<b>AA</b>	<b>88.9722</b>	<b>44</b>
<b>Jean Norton</b>	<b>F40-44</b>	<b>AA</b>	<b>86.8383</b>	<b>78</b>
<b>Lauren Warren</b>	<b>F40-44</b>	<b>HM</b>	<b>84.2786</b>	<b>127</b>
Mari Flores	F30-34		82.2965	255
Kathryn Flodquist	F40-44		80.9899	229
<b>Mary DeNitto</b>	<b>F55-59</b>	<b>AA</b>	<b>77.7577</b>	<b>12</b>
Pam Neimeth	F45-49		76.8410	239
Christine Honig	F35-39		71.7541	922
Star Walters	F50-54		71.6222	172
Michele Yasson	F45-49		63.0684	848
Linda Rosenthal	F55-59		54.7865	222

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
<b>Mike Halstead</b>	<b>M40-44</b>	<b>AA</b>	<b>96.8499</b>	<b>1</b>
<b>Alex Sherwood</b>	<b>M30-34</b>	<b>AA</b>	<b>96.0795</b>	<b>17</b>
<b>John McGovern</b>	<b>M40-44</b>	<b>AA</b>	<b>88.2500</b>	<b>103</b>
<b>Charles Pegg</b>	<b>M35-39</b>	<b>AA</b>	<b>88.0429</b>	<b>149</b>
Zac Staszak	M25-29		86.0843	207
<b>Travis Turner</b>	<b>M30-34</b>	<b>HM</b>	<b>85.9013</b>	<b>241</b>
Mike Vance	M25-29		85.6792	229
<b>Mark Wilson</b>	<b>M35-39</b>	<b>HM</b>	<b>85.0058</b>	<b>324</b>
<b>Mark De Luccia</b>	<b>M30-34</b>	<b>HM</b>	<b>84.6434</b>	<b>313</b>
<b>Andrew Schupak</b>	<b>M35-39</b>	<b>HM</b>	<b>84.0247</b>	<b>410</b>
<b>Art Boyko</b>	<b>M40-44</b>	<b>HM</b>	<b>83.3481</b>	<b>339</b>
<b>Bob Gramling</b>	<b>M50-54</b>	<b>AA</b>	<b>83.0860</b>	<b>63</b>
Michael Bakker	M40-44		82.3278	409
Michael Noel	M20-24		78.7339	328
Doug Thompson	M40-44		76.7555	992
Tom Ganz	M35-39		75.4349	1476

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

Bill Norton	M50-54	74.5521	365
Gary Walters	M50-54	73.1290	451
Patrick Murphy	M35-39	72.2080	2086
Bill Pape	M50-54	69.3881	300
Bob Bomba	M30-34	68.1817	2074
Steve Fischer	M45-49	61.1731	2269
Tom Gill	M50-54	60.8181	1289
Shervyn Von Hoerl	M30-34	54.1336	3135

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

## 2006 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2006 HVTC Volunteer of the Year Award: **Tom Ganz**

2006 HVTC Most Improved Award: **Steve Fischer**

2006 HVTC Rookie of the Year Award: **Sue Meticecchia**

2006 HVTC Honorable Mention Award: **Jean Norton**

2006 HVTC Honorable Mention Award: **Jeanette Shelow-MacDougall**

2006 HVTC Honorable Mention Award: **Terry Kerrigan**

2006 HVTC Honorable Mention Award: **Mike Halstead**

2006 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2006 HVTC Male Triathlete of the Year Award: **Alex Sherwood**

## 2006 HVTC Special Qualifiers

**Bakker, Michael**-Ironman World Championship

**Boyko, Art**-Ironman 70.3 World Championship

**DeNitto, Mary**-Ironman 70.3 World Championship, Ironman World Championship

**Gramling, Bob**-Ironman World Championship

**Halstead, Mike**-Xterra World Championship

**Neimeth, Pam**-Ironman 70.3 World Championship

**Norton, Jean**-ITU Duathlon World Championship, Ironman 70.3 World Championship

**Pegg, Charles**-Escape From Alcatraz

**Schupak, Andrew**-2007 ITU Long Course Triathlon World Championships

**Sessa, Barbara**-Ironman 70.3 World Championship

**Shelow-MacDougall, Jeanette**-ITU World Championship, Escape From Alcatraz,  
Lifetime Fitness Championship

**Sherwood, Alex**-Ironman 70.3 World Championship, Ironman World Championship

**Staszak, Zac**-Escape From Alcatraz

**Wilson, Mark**-Ironman 70.3 World Championship



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

## 2006 HVTC Summer Tri-Series Winners

Women's Champion: **Jeanette Shelow-MacDougall**

2<sup>nd</sup> Place: **Mari Flores**

3<sup>rd</sup> Place: **Maureen Shilkunas**

4<sup>th</sup> Place: **Lauren Warren**

5<sup>th</sup> Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2<sup>nd</sup> Place: **Ronnie Severino**

3<sup>rd</sup> Place: **Michael Donnelly**

4<sup>th</sup> Place: **Terry Kerrigan**

5<sup>th</sup> Place: **John McGovern**

## 2006 HVTC Summer Tri-Series Course Records

**Christine Honig-Swim (9:18)**

**Barbara Sessa-Bike (33:32)**

**Art Boyko-Swim (7:55)**

**Jeanette Shelow-MacDougall-Course Record (57:33)**

**Alex Sherwood-Run (10:43)**

**Alex Sherwood-Course Record (49:58)**

## ANNOUNCEMENTS

- **2007 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<sup>th</sup>-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **2007 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

# Hudson Valley Triathlon Club

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Volume VII, Issue No. 75 August 2007

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