



Hudson Valley Triathlon Club



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

Volume VII, Issue No. 87

August 2008

IN A FEW WORDS

Dear HVTC,

What an incredible season you're all having; congratulations! Many of you are parents who work long hours and then train on top of that; you are truly amazing. Thanks for your commitment to good health, joyful work and being a part of HVTC! See ya out there.

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

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

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Photo by Scott Schaffrick (www.schaffrick.com)

HVTC Featured Athlete: Mitch Donner

By Mark H. Wilson

What does it take to be a triathlete? Is there some special DNA that folks must have or inherit from their parents? Are there certain personality traits that individuals must create or obtain in order to be a multi-sport specialist? The words discipline, commitment and desire come to mind; however, is it even more than that? How about willingness, spiritual or determined? It seems as though each and every triathlete resembles these adjectives in one way or another and our Featured Athlete of the Month, Mitch Donner, is an excellent example of ALL of them! Let's discover his triathlon evolution together.



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Mitch grew up on Long Island and attended Plainedge High School in North Massapequa. He did a bit of wrestling and lacrosse in high school. He then went on to SUNY Stony Brook where he majored in Political Science; he also attended New York Law School. Today, Mitch is a project manager for Prudential in Newark, New Jersey. He and his wife Alesia live in Ulster Park and just celebrated their 15th wedding anniversary (congratulations!!). They have three lovely children; Henry (12), William (8) and Charlotte (1). In fact, Henry is now competing in his Sophomore year in triathlon; nice! Mitch is really proud of him and looking forward to racing with his son as he gets older.

Mitch has an extremely long commute each day to work and has developed a hobby/habit of listening to the always entertaining Howard Stern; yes, this is still a PG-rated newsletter. Another option during his “free-time” is eating his favorite junk-food; hot fudge sundaes (yum!). In order to keep his vices in check, Mitch applied for lottery entry into the 2006 NYC Marathon; he wanted to set a training goal, exercise more regularly and challenge himself physically. He signed-up for a couple of biathlons, too, throughout the summer to keep his fitness fine-tuned and have sub-goals to complete, and by the time he ran the marathon he discovered that the multi-sport lifestyle was something he wanted to explore more deeply. He hadn’t seriously considered a triathlon because of his intimidation of the swim leg of the event. Mitch had swum recreationally, but never as a race competitor; he learned to swim adequately and decided to join HVTC in 2007.

The first triathlon of Mitch’s life happened to be race #2 of the 2007 HVTC Summer Tri-Series; many of you may remember the day...an absolute downpour!!! That took some guts; the fact that he actually did another race ever again is testament to his resolve. Not only was the first race a hurdle to overcome, but his work colleague’s wonder where he finds the time to train; much of it, in fact, happens during darkness when he arrives home in the evenings. Nonetheless, Mitch is always kind-hearted and soft-spoken ready to tackle the next goal on the list. He’s quick to offer encouragement to others to participate in triathlon if given the opportunity, but otherwise keeps the sport and his accomplishments to himself.

For Mitch, triathlon offers incredible feelings of achievement. He receives tremendous gratification from the payoff he witnesses from training; “It’s so easy to see how increased training leads to increased results and vice versa. You can’t cram, you can’t cheat – you get out of it exactly what you put into it.” He also finds it pretty cool that he can participate in the same races as professional triathletes. Mitch gains inspiration from the company of other competitors; he feels exhilarated by his own achievement and finds himself wishing for more time to train. (Keep asking, it may come true!) Admittedly, he thinks about triathlon more than his work, and unfortunately



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he spends more time at work than he does doing triathlon. Early retirement, yeah, that's the ticket; then he can turn Pro.

Speaking of Pro triathletes, last year when Mitch was checking his bike into transition at Timberman, he asked a couple of people in the parking lot for some advice on what time to arrive the next morning prior to the race-start; you know, whether to attend the pre-race meeting, etc. The folks he'd spoken with were so friendly and helpful (usually the case in our sport) and eventually they exchanged names and to Mitch's amazement it was Alex McDonald; the Ironman Lake Placid Champion three weeks earlier. What a thrill! A "close encounter" of another sort occurred in the NYC Triathlon this summer when Mitch felt his face burning and tingling during the swim. In the transition area, a bunch of athletes talked about having the same experience and so they all surmised they'd been swimming through the jellyfish that they spotted on the way to the swim start. (No, thanks!)

Mitch has been pretty active since that rainy-day more than a year ago; he's completed every HVTC Summer Tri-Series event since joining, several local sprints, Timberman 2007/2008, Finger Lakes Triathlon 2007, and he also received the 2007 HVTC Rookie of the Year Award. Age-group awards have eluded Mitch right now, but he thinks he's about ready to move beyond the mode of "it's an achievement just to finish." He's registered for the Lake Placid Ironman next July; he and his son Henry drove from The NYC Tri up to Placid, camped on the street outside the Olympic skating oval and then received one of the precious IM slots. His goals for 2009 are to move-up to the middle of the pack in his races and to finish in a "respectable" time at the Ironman. Yep, better get that Pro card!

Mitch would also like to publicly thank his greatest sponsor. "I would not be able to train without the ongoing support of my wonderful wife. Last year we started a practice of Alesia having a getaway at the end of the season so she can recover and get some time on her own as a small payback for all the extra work she absorbs so I can train. It's great for both us – she has something to look forward to and it helps assuage any guilt I feel about those long runs and rides!" Compassionate; yes, that's another one! Thanks, Mitch.



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THE GOOD DOCTOR SAYS

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

The Doc's on Vacation...more next month!

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 H.V.T.C Club races since 2005, and N.Y.T.C. Club races since 2006 and at the S.O.S Triathlon since 2004. For questions about any sports injury email Dr. Ness at mail@drness.com

2008 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the United States? For a complete listing of USAT sanctioned races with event location and contact information go to www.usatriathlon.org and click "calendar.")

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. www.ymcaulster.org



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MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/22/08) Ski 2.5 mi., B 10 mi., R 3 mi.
www.pinehillarms.com

March Madness Biathlon-New York, NY (3/30/08) R 2 mi., B 12 mi., R 2 mi.
www.nytc.org

APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k www.piranha-sports.com

Brooklyn Biathlon-Brooklyn, NY (4/13/08) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

Ironman Arizona-Tempe, AZ (4/13/08) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanarizona.com

Bronx Biathlon-Bronx, NY (4/27/08) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

2007 Duathlon National Championship-Mason, OH (4/26-27/08) R 10k, B 40k, R 5k
www.usatriathlon.org

MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/4/08) S 1.2mi., B 56mi., R
13.1mi.www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .45 mi., B 23.5 mi., R
4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/4/08) S 1.2 mi., B 56
mi., R 13.1 mi. www.piranha-sports.com



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Toga Biathlon-Congers, NY (5/11/08) R 4.25k, B25k, R 4.25k
www.togamultisport.com

EnduraSport Mini Triathlon-Harriman, NY (5/17/08) S .6 mi., B 29 mi., R 6.2 mi.
www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (5/17/08) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/18/08) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

2008 Long Course Duathlon National Championship-Auburn, CA (5/18/08) R 10k, B 40k, R 5k www.usatriathlon.org

Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. www.nytc.org

JUNE

SBR Triathlon Series #1-Harriman State Park, NY (6/1/08) S .5 mi., B 16 mi., R 4 mi. www.sbrshop.com

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/1/08) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

2008 ITU Short Course Triathlon World Championship-Vancouver, Canada (6/7-8/08) S 1.5k, B 40k, R 10k www.usatriathlon.org

Mooseman Triathlon Festival-Wellington State Park, Bristol, NH (6/6-8/08) S 1.5k, B 44k, R 10k www.timbermantri.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/6-8/08) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

Mighty Montauk Triathlon-Montauk, NY (6/7/08) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/8/08) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com



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Blackwater Eagleman Triathlon-Cambridge, MD (6/8/08) S 1.2mi, B 56mi, R13.1mi
www.tricolumbia.org

NY Tri Series #1-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/11/08) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Wyckoff Triathlon-Wyckoff, NJ (6/14/08) S .5 mi., B 17 mi., R 5 mi.
www.wyckoffymca.org

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/14/08) S 1.5k, B 40k, R 10k
www.patgriskustri.com

Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/08) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Health Net Mossman Triathlon-Milford, CT (6/21/08) S 1.5k, B 40k, R 10k
www.trifitness.net

Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k
www.phillytri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/22/08) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Westchester Medical Center Biathlon-Valhalla, NY (6/22/08) R 2 mi., B 15 mi., R 2 mi.
www.nytc.org

North Country Triathlon-Hague, NY (6/28/08) S 1.5k, B 40k, R 10k
www.northcountrytri.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/29/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/29/08) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com



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JULY

Patriot Half Ironman Triathlon-Freetown, MA (7/5/08) S 1.3 mi., B 59 mi., R 13.5 mi. www.patriohalf.com

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/9/08) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

Diamond in the Rough Triathlon-Perryville, MD (7/12/08) S 1 mi., B 27 mi., R 5 mi. www.piranha-sports.com

Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k www.teammossmann.com

Musselman Triathlon (Half-IM)-Geneva, NY (7/12-13/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/12-13/08) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

MetroMan-Long Branch, NJ (7/13/08) S .6 mi., B 12 mi., R 5k www.sunsetracing.com

Pine Bush Triathlon, Pine Bush, NY (7/13/08) S 325 yds., B 11.5, R 3.25 www.pinebushtriathlon.org

Hudson Valley Triathlon-Kingston, NY(7/13/08) S .3 mi., B 12 mi., R 3 mi. www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi. www.nytc.org

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/13/08) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

Litchfield Hills Triathlon-New Hartford, CT (7/20/08) S 1.5k, B 40k, R 10k www.hartfordmarathon.com



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New York City Triathlon-NYC, NY (7/20/08) S 1.5k, B 40k, R 10k www.nyctri.com

Ironman USA-Lake Placid, NY (7/20/08) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

Tri-Putnam-Carmel, NY (7/20/08) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

AUGUST

Lake Dunmore Triathlon-Salisbury, VT (8/2/08) S .9 mi., B 28 mi., R 6.2 mi.
www.vermontsun.com

Fronhofer Tool Triathlon-Cambridge, NY (8/2/08) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

Patriot's Triathlon-Bath, PA (8/3/08) S 650 meters, B 24k, R 5k www.piranha-sports.com

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/3/08) S 1/2 mi., B 14.2 mi., R 5k
(USAT National Sprint Championship) www.ithacatriathlonclub.org

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/3/08) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/10/08) S 1.5k, B 40k,
R 10k www.trifitness.net

Northern Columbia County Triathlon-Kinderhook, NY (8/10/08) S .25 mi., B 19.5 mi., R
4.5 mi. www.northerncolumbiatriathlon.com

Steelman Triathlon-Quakertown, PA (8/10/08) S 1.5k, B 40k, R 10k www.lin-mark.com

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/13/08) S 400 yds, B 12 mi., R 2
mi. www.hvtc.net

SBR Triathlon Series #2-Harriman State Park, NY (8/16/08) S .5 mi., B 16 mi., R 4
mi. www.sbrshop.com



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NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S ½ mi., B 16 mi., R 3mi.
www.nytc.org

Timberman Sprint Triathlon-Gilford, NH (8/15-17/08) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/15-17/08) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Lums Pond Triathlon-Bear, DE (8/17/08) S .5 mi., B 19.5 mi., R 3.1 mi.
www.piranha-sports.com

NorthEast Triathlon-North East, MD (8/17/08) S 1.5k, B 23.2 mi., R 10k www.lin-mark.com

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/23/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

Crystal Lake Triathlon (8/23/08) S .5 mi., B 18 mi/., R 3 mi. www.cdtriclub.org

West Point Triathlon-West Point, NY (8/24/08) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Cranberry Country Triathlon-Lakeville, MA (8/24/08) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Chicago Triathlon-Chicago, IL (8/24/08) S 1.5k, B 40k, R 10k
www.chicagotriathlon.com

SEPTEMBER

S.O.S.-New Paltz, NY(9/7/08) B 30mi., R 19mi., S .5mi.,R.7mi.
www.ulster.net/~sosnyta/

Firmman Rhode Island (9/7/08) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/10/08) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Mighty Hamptons-Sag Harbor, NY (9/14/08) S 1.5k, B 38k, R 10k
www.swimpower.com



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Lake George Triathlon-Lake George, NY (9/14/08) S 1.5k, B 40k, R 10k
www.adktri.org

Danskin Triathlon-Sandy Hook, NJ (9/13-14/08) S .5 mi., B 11 mi., R 5k
www.danskin.com

Women's Triathlon-Farmington, CT (9/14/08) S .5 mi., B 12 mi., R 5k
www.hartfordmarathon.com

2008 USA Triathlon National Age Group Championships-Portland, OR (9/20/08) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2008 ITU Short Course Triathlon World Championship)

Westchester Toughman-Croton Point Park, NY (9/21/08) S 1.2 mi., B 56 mi., R 13.1 mi.
www.westchestertoughman.com

Nutmeg Half Ironman-New Preston, CT (9/21/08) S 1.2 mi., B 56 mi., R 13.1 mi.
www.endureitmultisports.com

Westchester Triathlon-Rye, NY (9/21/08) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.com

Finger Lakes Triathlon-Canandaigua, NY (9/21/08) S 1.5k, B 40k, R 10k
www.score-this.com

ITPman-Darien, CT (9/27/08) S .5 mi., B 15 mi., R 5 mi. www.itpfoundation.org

Hudson Highlands Greenway Triathlon-Philipstown, NY (9/28/08) Kayak 6 mi., B 24 mi., R 8 mi. www.hudsonhighlandstriathlon.org

The Jerseyman (Half Iron)-Clinton, NJ (9/28/08) S 1.2 mi., B 56 mi., R 13.1 mi.
www.njmultisport.com

The Jerseyman (Sprint)-Clinton, NJ (9/28/08) S .6 mi., B 18.5 mi., R 5k
www.njmultisport.com

Madison Triathlon-Madison, CT (9/??/08) S .5 mi., B 13 mi., R 3 mi.
www.plattsys.com

Hammerfest Triathlon-Branford, CT (9/??/07) S .5 mi., B 13.5 mi., R 4 mi.
www.hammerfesttriathlon.com



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Bear Mountain Triathlon-Bear Mountain, NY (9/??/08) S .5 mi., B 13 mi., R 5k
www.triandduit.com

Lake Compounce Triathlon-Bristol, CT (9/??/08) S 700 yds., B 13 mi., R 5k
www.greystoneracing.net

OCTOBER

Solberg Duathlon-Readington, NJ (10/4/08) R 2 mi., B 20 mi., R 5k
www.njmultisport.com

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/05/08) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Cedar Beach Triathlon-Miller Place, NY (10/5/08) S 3/4 mi., B 17 mi., R 3 mi.
www.triandduit.com

US Open Triathlon (Lifetime Fitness Championship)-Dallas, TX (10/5/08) S 1.5k, B 40k, R 10k www.usopentriathlon.com

Ironman Triathlon World Championship (10/11/08) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironman.com

American Zofingen (Long Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 85 mi., R 15.45 www.americanzofingen.racesonline.com

American Zofingen (Short Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 29 mi., R 5.15 www.americanzofingen.triathletesonline.com

Central Park Biathlon-New York, NY (10/12/08) R 2.2 mi., B 12 mi., R 2.2 mi.
www.nytc.org

Toga Biathlon-Congers, NY (10/18/08) R 4.25k, B25k, R 4.25k
www.togamultisport.com

Xterra World Championship-Maui, HI (10/18/08) S 1.5k, Mtn. B 30k, R 11k
www.xterraplanet.com



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Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/19/08)
R 2 mi., B 12 mi., R 2 mi. www.woodstockclassic.com

NOVEMBER

Ironman Florida-Panama City, FL (11/1/08) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/8/08) S 1.2 mi., B 56 mi., R 13.1 mi.
www.ironmanlive.com

Silverman-Henderson, NV (11/9/08) S 2.4 mi., B 112 mi., R 26.2 mi.
www.silvermannv.com

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.

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?!?!?

HVTC RACE RESULTS

JANUARY

Nature Coast Winter Duathlon, Crystal River FL, (1/13/08) R 2 mi., B 10 mi., R 2 mi. www.drmsports.com

Overall Female: Cindy Laroe 1:02:06

Overall Male: Eric Hall 0:46:20
Steve Fischer (2nd M50-54) 1:10:11



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FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Kimberlee Scott	10.109
	Mary DeNitto	09.092
	Linda Rosenthal	07.286

<u>Overall Male:</u>	John McGovern	11.595
	John Dowley	10.392
	Steve Fischer	09.867

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/22/08) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

<u>Overall Female:</u>	Erica Ruge	1:02:23
	Mary DeNitto (2 nd Overall)	1:13:19

<u>Overall Male:</u>	Nick Mancuso	0:53:46
	Mike Halstead (2 nd Overall)	0:54:37
	Charles Pegg (1 st M35-39)	0:58:59
	Bob Gramling (1 st M50-54)	1:00:29
	Patrick Murphy	1:19:17

March Madness Biathlon-New York, NY (3/30/08) R 2 mi., B 12 mi., R 2 mi. www.nytc.org

<u>Overall Female:</u>	Jean Norton	1:07:35
	Jeanette Shelow-MacDougall (2 nd Overall)	1:08:08
	Barbara Sessa (1 st F40-44)	1:09:14
	Alicia Olmoz	1:30:41

<u>Overall Male:</u>	Rich Burke	0:59:26
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APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k www.piranhasports.com

Overall Female: Suzanne Huelster 1:22:32
Jan Pollo 1:47:18

Overall Male: Chris Ganter 1:12:10
Nick Brundage (1st M20-24) 1:21:26

Ironman Arizona-Tempe, AZ (4/13/08) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com

Overall Female: Erika Csomor 09:14:49

Overall Male: Jozsef Major 08:34:19
Henry Collins 13:22:49

Nautica South Beach Triathlon-Miami, FL (4/13/08) S .5 mi., B 18 mi., R 4 mi. www.southbeachtri.com

Overall Female: Leanda Cave 1:27:17
Lana Shannon 1:56:55

Overall Male: Chris Lieto 1:16:15

Brooklyn Biathlon-Brooklyn, NY (4/13/08) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

Overall Female: Cassie McWilliam 0:53:13

Overall Male: Terry Kerrigan 0:49:35

Kinetic Half Ironman-Spotsylvania, VA (4/19/08) S 1.2 mi., B 56 mi., R 13.1 www.setupevents.com

Overall Female: Adrienne Kroepsch 4:52:08
Mary DeNitto (1st F60-64) 6:11:39

Overall Male: Benjamin Bartlett 4:19:16



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Bronx Biathlon-Bronx, NY (4/27/08) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

Overall Female: Kristin Budden 1:35:19

Overall Male: Terry Kerrigan 1:19:52

2008 Duathlon National Championship-Richmond, VA (4/26-27/08) R 10k, B 40k, R 5k www.usatriathlon.org

Overall Female: Suzanne Huelster 2:16:26
Shannon Dawkins (6th f30-34) 2:26:39*

*Qualified World Duathlon Championships-Rimini, Italy (9/27-28/08)

Overall Male: Chris Ganter 2:02:08
Nick Brundage (5th M20-24) 2:15:41*

*Qualified World Duathlon Championships-Rimini, Italy (9/27-28/08)

MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

Overall Female: Shannon Dawkins 1:10:08
Jeanette Shelow-MacDougall (2nd Overall) 1:10:46

Overall Male: John McGovern 1:02:59
Nick Brundage (2nd Overall) 1:04:16
Mike Halstead (3rd Overall) 1:04:32
Michael Bakker (1st M40-44) 1:04:47
Mark Wilson (3rd M40-44) 1:08:46
Bob Gramling (1st M50-54) 1:11:45
Tom Ganz (2nd M35-39) 1:12:18
Matt Merchant (2nd M45-49) 1:14:22
John Dowley 1:26:33

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female: Sally Speck 1:46:15

Overall Male: David Luscan 1:35:17
Andrew Schupak (2nd M40-44) 1:45:47
Troy Weaver 1:50:22



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New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/4/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

Overall Female: Caitlin Shea-Kenney 4:28:59

Overall Male: Dave Slavinski 4:05:39
Terry Kerrigan (3rd Overall) 4:06:35
Art Boyko 4:44:51

Toga Biathlon-Congers, NY (5/11/08) R 4.25k, B25k, R 4.25k www.togamultisport.com

Overall Female: Shannon Dawkins 1:18:30
Jean Norton (2nd Overall) 1:20:08
Jeanette Shelow-MacDougall (3rd Overall) 1:21:00
Barbara Sessa (1st F40-44) 1:21:19
Alicia Olmoz (1st F30-34) 1:46:45
Julie LoRusso (3rd F35-39) 1:50:37

Overall Male: Robert Whalen 1:12:15

EnduraSport Mini Triathlon-Harriman, NY (5/17/08) S .6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

Overall Female: Pascale Butcher 2:46:59
Jean Norton (3rd Overall) 2:50:40
Kathryn Flodquist(1st F40-44)3:00:54
Mary DeNitto (1st F60-64) 3:16:36

Overall Male: Wolfgang Ermeling 2:25:06
Nick Brundage (3rd M20-24) 2:39:23
Mark Wilson 2:40:26
Patrick Nesbitt 3:27:11

EnduraSport Half Ironman Triathlon-Harriman, NY (5/17/08) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Overall Female: Kristen Bowes 5:48:13
Jeanette Shelow-MacDougall (1st F45-49) 6:53:24

Overall Male: Chris Gebhardt 4:47:26
Michael Bakker (3rd M40-44) 5:23:10
Tom Ganz 5:56:03



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Columbia Triathlon-Ellicott City, MD (5/18/08) S 1.5k, Bike 41k, R 10k

www.tricolumbia.org

Overall Female: Rebecca Wassner 2:04:09

Overall Male: Chris Lieto 1:51:13
Alex Sherwood (2nd M30-34) 2:08:04
Mike Halstead (1st M40-44) 2:10:45

Pinchot Triathlon-Lewisberry, PA (5/18/08) S .5 mi., B 18 mi., R 5k

www.multisportmaniacs.org

Overall Female: Angela Robison 1:38:44

Overall Male: Andrew Krebs 1:23:51
Troy Weaver 1:35:48

Florida 70.3-Orlando, FL (5/18/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female: Leanda Cave 4:22:52

Overall Male: Paul Amey 3:52:51
John Ferrara 6:16:51

Saratoga Lions Duathlon-Saratoga, NY (5/25/08) R 5k, B 20 mi., R 5k

www.saratogalins.com

Overall Female: Shannon Dawkins 1:42:14

Overall Male: John Noonan 1:33:45

Foothills Sprint Triathlon-Maryville, TN (5/26/08) S 350 meters, B 10 mi., R 2.6 mi.

www.swimandtri.com

Overall Female: Kelsey Williamson 0:58:23

Overall Male: Nick Waninger 0:47:56
Steve Fischer 1:09:07



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Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. www.nytc.org

<u>Overall Female:</u>	Christine Dunnery	1:03:38
	Jeanette Shelow-MacDougall (2 nd Overall)	1:04:00
	Jean Norton (1 st F45-49)	1:08:07
	Kathryn Flodquist (1 st F40-44)	1:11:09
	Natalie Marriott (1 st F25-29)	1:13:35
	Christine Honig	1:17:50
	Alicia Olmoz	1:23:08
	Julie LoRusso	1:25:57

<u>Overall Male:</u>	John McGovern	0:59:47
	Zac Staszak (3 rd Overall)	1:01:37
	Michael Bakker (3 rd M40-44)	1:02:17
	Mark Wilson	1:03:30
	Art Boyko	1:03:37
	Ken Buderman (2 nd M25-29)	1:04:37
	Matt Merchant	1:09:53
	Bill Norton	1:11:39
	Ray Canals	1:15:53
	Mike Hargrove	1:16:51
	Patrick Nesbitt	1:17:54
	Steven Pressman	1:20:00
	Steve Fischer	1:22:20
	Peter Oxenholm	1:26:24
	Tom Gill	1:34:09

JUNE

Ridgefield Sprint Triathlon-Ridgefield, CT (6/1/08) S .5 mi., B 14 mi., R 5k
www.triridgefield.com

<u>Overall Female:</u>	Pascale Butcher	1:11:04
	Lana Shannon	1:22:11

<u>Overall Male:</u>	Max Wunderle	1:02:18
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Cascade Lake Triathlon-Hampstead, MD (6/1/08) S .3 mi., B 15 mi., R 5k
www.piranha-sports.com

<u>Overall Female:</u>	Amanda Hudson	1:24:29
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<u>Overall Male:</u>	David Luscan	1:09:50
	Troy Weaver	1:22:30



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2008 ITU Short Course Triathlon World Championship-Vancouver, Canada (6/7-8/08) S 1.5k, B 40k, R 10k www.usatriathlon.org

Overall Female: Helen Tucker 2:01:37

Overall Male: Javier Gomez 1:49:48
Zac Staszak (adjusted course) 1:49:19

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/6-8/08) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)

www.timbermantri.com

Overall Female: Caitlin Shea-Kenney 4:27:29
Jean Norton (1st F45-49) 5:18:36

Overall Male: Alex McDonald 4:06:22

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/8/08) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com

Overall Female: Kathleen Hayden 2:31:17

Overall Male: Brett Nichols 2:13:36
Matt Merchant 2:44:22
John Ferrara 3:12:23

Blackwater Eagleman Triathlon-Cambridge, MD (6/8/08) S 1.2mi, B 56mi, R13.1mi

www.tricolumbia.org

Overall Female: Joann Zeiger 4:22:32
Jeanette Shelow-MacDougall DNF

Overall Male: Paul Amey 3:53:33
Alex Sherwood 4:55:30

Escape From Alcatraz-San Francisco, CA (6/8/08) S 1.5 mi., B 18 mi., R 8 mi.

www.escapefromalcatraztriathlon.com

Overall Female: Leanda Cave 2:15:37
Mary DeNitto (1st F60-64) 3:22:46

Overall Male: Andy Potts 2:01:57



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NY Tri Series #1 (Triathlon)-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Claudia Kretschman 1:23:49
Lana Shannon (1st F40-44) 1:33:53

Overall Male: John McGovern 1:16:22
Nick Brundage (1st M20-24) 1:22:44
Jim Demis 1:29:09
Richard Miller 1:34:02

NY Tri Series #1 (Biathlon)-Harriman State Park (6/8/08) R 3 mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Shannon Dawkins 1:26:56

Overall Male: Robert Whalen 1:21:42

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/11/08) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Shannon Dawkins 0:56:49
Mari Flores (2nd Overall) 0:57:21
Jean Norton (3rd Overall) 0:59:48
Erica Ruge (1st F35-39) 1:01:57
Christene Spiezio (2nd F35-39) 1:02:09
Natalie Marriott (1st F25-29) 1:02:13
Mary DeNitto (1st F60-64) 1:07:36
Christine Honig (3rd F35-39) 1:08:20
Alicia Olmoz 1:10:30
Julie LoRusso (1st F40-44) 1:10:45
Mineke Etienne (1st F30-34) 1:17:04
Roge Nesbitt (2nd F40-44) 1:20:37
Diana Tsingopoulos(2nd F60-64) 1:44:46

Overall Male: Zac Staszak 0:51:06
Michael Bakker (2nd Overall) 0:51:10
Mike Halstead (3rd Overall) 0:51:36
Nick Brundage (1st M20-24) 0:52:10
James Stafford (1st M40-44) 0:53:13
Mark Wilson (2nd M40-44) 0:53:52



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Tom Ganz (1 st M35-39)	0:54:07
Art Boyko (3 rd M40-44)	0:54:08
Charles Pegg (2 nd M35-39)	0:56:24
Doug Thompson	0:59:00
Janek Szablinski(3 rd M35-39)	0:59:02
Bill Norton (1 st M55-59)	0:59:12
Jon Stern (1 st M45-49)	0:59:35
Nate Deboever (1 st M19-Under)	0:59:38
Matt Merchant (1 st M50-54)	1:00:16
Bill Shashaty	1:01:42
Jim Demis	1:01:49
John Jasinski (2 nd M55-59)	1:02:21
Patrick Murphy	1:02:28
John Dowley	1:04:08
Mike Hargrove (2 nd M50-54)	1:04:14
John Ferrara (3 rd M50-54)	1:05:55
Patrick Nesbitt	1:07:26
Steven Pressman(3 rd M55-59)	1:08:45
Steve Fischer	1:10:03
Peter Oxenholm	1:11:09
Larry Knapp	1:11:32
Mark Graminski	1:11:55
Maurice Tessier	1:12:29
Mitch Donner	1:24:26
Ed Doyle (2 nd M45-49)	1:39:13

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/14/08) S 1.5k, B 40k, R 10k

www.patgriskustri.com

Overall Female:

Kristin Marvin	2:23:55
Jeanette Shelow-MacDougall (2 nd Overall)	2:29:32
Kathryn Flodquist (3 rd F40-44)	2:45:28

Overall Male:

Chris Thomas	2:08:28
Zac Staszak	2:21:38
Ray Canals	2:53:52
Michael Hargrove	3:05:08
John Ferrara	3:10:48



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Thundergust Triathlon-Pittsgrove, NJ (6/14/08) S .4 mi., B 16 mi., R 5k www.linmark.com

Overall Female: Laurie Hug 1:08:50

Overall Male: Todd Wiley 1:01:29
Troy Weaver 1:14:31

Xterra East Championship-Richmond, VA (6/15/08) S 1.5k, Mtn. B 30k, R 10k www.xterraplanet.com

Overall Female: Melanie McQuaid 2:18:45

Overall Male: Josiah Middaugh 2:02:51
Mike Halstead (2nd M40-44) 2:31:31

Lake Waramaug Sprint Triathlon-New Preston, CT (6/20/08) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Overall Female: Aubrey Fleszar 1:17:01

Overall Male: Eric Hodska 1:05:09
Tom Gill 1:47:22

Health Net Mossman Triathlon-Milford, CT (6/21/08) S 1.5k, B 40k, R 10k www.trifitness.net

Overall Female: Julie Gliesing 2:11:37
Jean Norton (2nd F45-49) 2:20:19
Mari Flores (2nd F35-39) 2:25:30
Kathryn Flodquist (1st F40-44) 2:28:07

Overall Male: Chris Thomas 1:53:01

Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k www.phillytri.com

Overall Female: Rebecca Wassner 2:03:25
Jeanette Shelow-MacDougall (1st F45-49) 2:22:57
Mary DeNitto (1st F60-64) 2:50:16

Overall Male: David Thompson 1:50:41
Steve Fischer 2:59:07



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Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/22/08) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Overall Female: Maria Cimonetti 1:10:38

Overall Male: Kevin Bouchard-Hall 1:02:36
Matt Merchant 1:15:05

Westchester Medical Center Biathlon-Valhalla, NY (6/22/08) R 2 mi., B 15 mi., R 2 mi. www.nytc.org

Overall Female: Amy Bevilaqua 1:03:53
Shannon Dawkins (2nd Overall) 1:06:48
Barbara Sessa (3rd Overall) 1:08:21
Alicia Olmoz (3rd F30-34) 1:24:38
Julie LoRusso 1:28:11

Overall Male: Tommy Nohilla 1:01:02
Patrick Nesbitt 1:20:47

Flat As A Pancake Triathlon-Staten Island, NY (6/28/08) S ¼ mi., B 12 mi., R 5k www.greenbookracing.com

Overall Female: Kerry Simmons 1:00:29
Barbara Sessa (3rd Overall) 1:02:12
Jean Norton (1st F45-49) 1:02:21

Overall Male: David Gardiner 0:53:24

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/29/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female: Leslie Sanderson 4:47:44

Overall Male: Chris Gebhardt 4:18:38
Michael Bakker (1st M40-44) 4:38:45
Henry Collins 5:31:22
Patrick Murphy 6:19:56
Mark Graminski 6:58:43



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Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/29/08) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Overall Female: Meghan Newcomer 2:01:15
Jeanette Shelow-MacDougall (3rd Overall) 2:01:59
Christene Spiezio(1st F35-39) 2:15:40
Christine Honig 2:32:56

Overall Male: Art Boyko 1:56:40

Stamford Olympic Triathlon-Stamford, CT (6/29/08) S 1.5k, B 40k, R 10k www.hartfordmarathon.com

Overall Female: Caitlin Shea-Kenney 2:06:39
Kathryn Flodquist (3rd F40-44) 2:34:51

Overall Male: Tim Snow 1:59:52

Kure Beach Double Sprint Triathlon-Kure Beach, NC (6/29/08) S 375 meters, R 1.5 mi., B 20k, R 1.5 mi., S 375 meters www.setupevents.com

Overall Female: Kate Martin 1:05:26
Linda Rosenthal (3rd F60-64) 1:50:25

Overall Male: Matthew Wisthoff 0:56:55

General Smallwood Triathlon-Indianhead, MD (6/29/08) S 750 meters, B 16 mi., R 5k www.setupevents.com

Overall Female: Molly Jacobs 1:26:55

Overall Male: Raymond Matthews 1:18:52
Troy Weaver (2nd M40-44) 1:29:26

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/9/08) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Shannon Dawkins 0:55:07
Jeanette Shelow-MacDougall (2nd Overall) 0:55:13
Barbara Sessa (3rd Overall) 0:55:40
Jean Norton (1st F45-49) 0:56:11
Mari Flores (1st F35-39) 0:57:41



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Erica Ruge (2 nd F35-39)	0:59:59
Natalie Marriott (1 st F25-29)	1:01:50
Lana Shannon (1 st F40-44)	1:05:23
Mary DeNitto (1 st F60-64)	1:07:00
Julie LoRusso (2 nd F40-44)	1:07:40
Alicia Olmoz (3 rd F35-39)	1:10:57
Mineke Etienne (1 st F30-34)	1:23:36
Roge Nesbitt (3 rd F40-44)	1:25:25
Diana Tsingopoulos (2 nd F60-64)	1:39:25
Brigitte Truxell	2:22:53

Overall Male:

Terry Kerrigan	0:49:37
Mike Halstead (2 nd Overall)	0:50:02
Michael Bakker (3 rd Overall)	0:51:03
Zac Staszak (1 st M30-34)	0:51:37
Mark Wilson (1 st M40-44)	0:54:18
Charles Pegg (1 st M35-39)	0:55:27
James Stafford (2 nd M40-44)	0:55:53
Doug Thompson (3 rd M40-44)	0:56:19
Ken Buderman (1 st M25-29)	0:57:08
Bill Norton (1 st M55-59)	0:57:25
Andrew Schupak	0:58:02
Mike Deboever (2 nd M25-29)	0:58:29
Jim Demis	0:59:39
Nate Deboever (1 st M19-Under)	0:59:47
Bill Shashaty (2 nd M35-39)	1:00:23
Matt Merchant (1 st M50-54)	1:00:48
Janek Szablinski (3 rd M35-39)	1:01:01
John Jasinski (2 nd M55-59)	1:01:11
Jerry Deboever (2 nd M19-Under)	1:01:16
Patrick Murphy	1:02:26
John Dowley	1:02:37
Richard Miller (3 rd M55-59)	1:03:56
John Ferrara (2 nd M50-54)	1:04:10
Adrian Crockett (2 nd M30-34)	1:04:40
Ray Canals (3 rd M50-54)	1:05:21
Michael Hargrove	1:06:13
Patrick Nesbitt	1:06:45
Mark Graminski	1:07:40
Steven Pressman	1:09:02
Peter Oxenholm	1:10:21



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Larry Knapp	1:11:16
Maurice Tessier	1:11:33
Mitch Donner	1:25:27

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

Overall Female:	Michele Wolfson	1:06:01
	Kathryn Flodquist (3 rd F40-44)	1:12:39

Overall Male:	Domenic Gillen	0:56:37
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Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k www.teammossmann.com

Overall Female:	Jessica Broderick	1:06:59
	Kathryn Flodquist (1 st F40-44)	1:15:45
	Lana Shannon	1:22:25

Overall Male:	Peter Eddy	1:04:04
	Ken Buderman	1:14:12
	John Jasinski (2 nd M55-59)	1:16:47
	John Ferrara	1:24:07

Musselman Triathlon (Half-IM)-Geneva, NY (7/12-13/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Overall Female:	Julie Rosa	4:56:10
	Christene Spiezio	5:53:19
	Mary DeNitto (1 st F60-64)	6:23:34

Overall Male:	Doug Clark	4:22:05
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Musselman Triathlon (Sprint)-Geneva, NY (7/12-13/08) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

Overall Female:	Julie Rosa	1:12:18
	Jeanette Shelow-MacDougall (1 st F45-49)	1:23:33
	Tamme Stitt	1:43:14
	Linda Rosenthal (3 rd F60-64)	1:50:34



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<u>Overall Male:</u>	Matt Migonis	1:03:02
	Mike Vance (3 rd M25-29)	1:10:20

Diamond in the Rough Triathlon-Perryville, MD (7/12/08) S 1 mi., B 27 mi., R 5 mi.
www.piranha-sports.com

<u>Overall Female:</u>	Stacy Karwacki	2:17:55
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<u>Overall Male:</u>	Steven Back	2:00:29
	Troy Weaver	2:33:57
	Steve Fischer	3:08:28

Ironman 70.3 Rhode Island-Providence, RI (7/13/08) S 1.2 mi., B 56 mi., R 13.1 mi.
www.ironman.com

<u>Overall Female:</u>	Lisa Bentley	4:27:50
	Mari Flores	5:35:13

<u>Overall Male:</u>	Oscar Galindez	3:54:03
	Terry Kerrigan	4:29:06
	Andrew Schupak	4:55:25

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/13/08) S 600 yds. B 14 mi., R 3.1 mi.
www.vermontsun.com

<u>Overall Female:</u>	Jessie Donovan	1:10:53
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<u>Overall Male:</u>	Kevin Bouchard-Hall	1:02:48
	Matt Merchant	1:14:47

Hudson Valley Triathlon-Kingston, NY(7/13/08) S .3 mi., B 12 mi., R 3 mi.
www.nytc.org

<u>Overall Female:</u>	Edna Harrison	1:37:40
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<u>Overall Male:</u>	Greg Sautner	1:15:52
	Mike Halstead (3 rd Overall)	1:19:36



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Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi.

www.nytc.org

Overall Female: Shannon Dawkins 1:24:04

Overall Male: James Stafford 1:21:53

MetroMan-Long Branch, NJ (7/13/08) S .6 mi., B 12 mi., R 5k
www.sunsetracing.com (Became a Duathlon R 5k, B 30k, R 5k)

Overall Female: Marianne Bellino 1:19:36

Julie LoRusso (3rd F40-44) 1:47:05

Alicia Olmoz 1:48:43

Overall Male: Scott Gray 1:15:05

Pine Bush Triathlon, Pine Bush, NY (7/13/08) S 325 yds., B 11.5, R 3.25

www.pinebushtriathlon.org

Overall Female: Alison Heaphy 1:02:27

Christine Honig 1:10:53

Overall Male: Todd Shatynski 0:52:16

Art Boyko 0:57:08

(1st M40-44, 1st "Lt John Finn Public Safety Award")

Piseco Lake Triathlon-Speculator, NY (7/19/08) S .5 mi., B 11.5 mi., R 3 mi.

www.adrkmts.com

Overall Female: ??? 1:18:16

Overall Male: ??? 1:05:20

Matt Merchant (1st M50-54) 1:16:12

New York City Triathlon-NYC, NY (7/20/08) S 1.5k, B 40k, R 10k www.nyctri.com

Overall Female: Liz Blatchford 1:58:34

Jeanette Shelow-MacDougall (9th EF) 2:19:56

Shannon Dawkins 2:20:53

Barbara Sessa 2:24:29

Jean Norton 2:30:38

Kathryn Flodquist 2:39:48



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<u>Overall Male:</u>	Greg Bennett	1:46:30
	Zac Staszak	2:12:20
	Charles Pegg	2:22:21
	Nick Brundage (2 nd M20-24)	2:25:05
	Richard Miller	2:42:44
	Steven Pressman	2:54:18
	Patrick Nesbitt	3:05:32
	Mitchell Donner	3:15:02

Ironman USA-Lake Placid, NY (7/20/08) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

<u>Overall Female:</u>	Caitlin Shea-Kenney	09:51:00
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<u>Overall Male:</u>	Francisco Pantano	08:43:32
	Tom Ganz	12:13:33
	Henry Collins (5th Clydes 40+)	12:15:54
	Janek Szablinski	14:32:52

Tri-Putnam-Carmel, NY (7/20/08) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Kelli Kidd	1:09:03
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<u>Overall Male:</u>	Michael Bakker	1:02:01
	Peter Oxenholm	1:28:23

New Jersey State Triathlon-Mercer County Park, NJ 7/27/08)

<u>Overall Female:</u>	Aimee Backhouse	1:00:08
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<u>Overall Male:</u>	Christian Baumbach	0:53:38
	Troy Weaver	1:03:57

Sandy Beach Triathlon-Morris, CT (8/1/08) S 880 yds., B 10 mi., R 5k www.greystonering.net

<u>Overall Female:</u>	Kathryn Flodquist	1:09:04
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<u>Overall Male:</u>	Parker Prescott	0:59:10
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Lake Dunmore Triathlon-Salisbury, VT (8/2/08) S .9 mi., B 28 mi., R 6.2 mi.

www.vermontsun.com

Overall Female: Kathy Rakel 2:24:27

Overall Male: Justin Ryea 2:09:10

Mark Wilson 2:25:14

Fronhofer Tool Triathlon-Cambridge, NY (8/2/08) S 1.5k, B 40k, R 10k

www.fronhofertooltriathlon.com

Overall Female: Lisa Dunn 2:19:15

Overall Male: Ryan Kelly 1:59:31

Jon Stern 2:27:32

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/3/08) S 1/2 mi., B 14.2 mi., R 5k

(USAT National Sprint Championship) www.ithacatriathlonclub.org

Overall Female: Tamara Salomon 1:14:52

Jeanette Shelow-MacDougall 1:15:32

(2nd Overall; USAT Masters National Sprint Champion)

Jean Norton (2nd F45-49) 1:20:03

Alicia Olmoz 1:36:28

Julie LoRusso 1:38:13

Overall Male: Travis Kuhl 1:04:23

Alex Sherwood(2nd M30-34) 1:07:52

Mike Halstead (2nd M40-44) 1:08:35

Zac Staszak 1:11:27

Nick Brundage 1:13:19

Charles Pegg 1:13:27

Bob Gramling 1:16:48

Troy Weaver 1:19:51

Matt Merchant 2:01:26

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/10/08) S 1.5k, B 40k,

R 10k www.trifitness.net

Overall Female: Kerry Simons 2:12:35

Kathryn Flodquist (3rd F40-44) 2:27:26



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Overall Male: Arland Macasieb 1:58:20
John Ferrara 2:45:30

Northern Columbia County Triathlon-Kinderhook, NY (8/10/08) S .25 mi., B 19.5 mi., R 4.5 mi. www.northerncolumbiatriathlon.com

Overall Female: Erica Ruge 1:39:58
Linda Rosenthal (1st F60-64) 2:27:45

Overall Male: John McGovern 1:25:19
James Stafford (3rd Overall) 1:30:49
Bob Gramling (1st M50-54) 1:33:18
Peter Oxenholm 2:02:07
Patrick Nesbitt 2:17:32

Central Park Triathlon-New York, NY (8/10/08) S ¼ mi., B 12 mi., R 3 mi. www.nyc.org

Overall Female: Alexandra Forte 1:02:15
Diana Tsingopoulos (1st F60-64) 1:54:58

Overall Male: Nathaniel Horne 0:57:19
Richard Miller (1st M55-59) 1:09:08

Steelman Triathlon-Quakertown, PA (8/10/08) S 1.5k, B 40k, R 10k www.lin-mark.com

Overall Female: Jessica Chong 2:15:23

Overall Male: Eric Schradling 2:05:49
Steve Fischer 3:08:48

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/13/08) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Jeanette Shelow-MacDougall 0:51:04
Jean Norton (2nd Overall) 0:52:58
Erica Ruge (3rd Overall) 0:54:44
Mari Flores (1st F35-39) 0:55:25
Lana Corsano (1st F40-44) 1:00:44



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Mary DeNitto (1 st F60-64)	1:03:09
Lori Cassia-Decker (1 st F45-49)	1:03:22
Julie LoRusso (2 nd F40-44)	1:03:27
Christine Honig (2 nd F35-39)	1:07:19
Alicia Olmoz (3 rd F35-39)	1:07:59
Mineke Etienne (1 st F30-34)	1:11:19
Roge Nesbitt (3 rd F40-44)	1:16:03
Kimberly Kuppenheimer	1:16:05
Linda Rosenthal (2 nd F60-64)	1:24:16
Diana Tsingopoulos (3 rd F60-64)	1:31:57

Overall Male:

Nick Brundage	0:47:41
Michael Bakker (2 nd Overall)	0:48:20
Mike Halstead (3 rd Overall)	0:50:05
Andrew Schupak (1 st M40-44)	0:50:43
Mark Wilson (2 nd M40-44)	0:51:28
Nate Deboever (1 st M19-Under)	0:51:31
Jim Demis (3 rd M40-44)	0:52:35
Jon Stern (1 st M45-49)	0:53:19
Mark Rabens	0:53:36
Matt Merchant (1 st M50-54)	0:54:18
Richard Miller (1 st M55-59)	0:56:42
Jerry Deboever (2 nd M19-Under)	0:56:59
Bill Shashaty (1 st M35-39)	0:57:12
Bob Gramling (2 nd M50-54)	0:57:58
Doug Thompson	0:58:48
John Dowley (2 nd M35-39)	0:58:57
Bill Norton (2 nd M55-59)	0:59:23
John Ferrara (3 rd M50-54)	1:00:10
Don Davis (1 st M60-64)	1:00:19
Patrick Murphy (3 rd M35-39)	1:00:36
Brian Chew (1 st M30-34)	1:00:51
Gabriel Danaher	1:01:13
Patrick Nesbitt	1:01:52
Steven Pressman (3 rd M55-59)	1:02:05
Steve Fischer	1:02:24
Chris Giam (2 nd M45-49)	1:04:07
Maurice Tessier	1:04:33
Peter Oxenholm	1:06:20
Mitch Donner	1:22:07



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NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

Overall Female: Claudia Kretschman 1:23:08
Lana Corsano (1st F40-44) 1:33:30

Overall Male: Arland Macasieb 1:10:40
Jim Demis (3rd M40-44) 1:23:04

Timberman Sprint Triathlon-Gilford, NH (8/15-17/08) S 1/3 mi., B 15 mi., R 3 mi.

www.timbermantri.com

Overall Female: Cait Snow 1:08:10

Overall Male: Tim Snow 1:03:41
Patrick Nesbitt 1:54:58

Timberman Half-Ironman Triathlon-Gilford, NH (8/15-17/08) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Chrissie Wellington 4:11:46
Jeanette Shelow-MacDougall 5:15:27

Overall Male: Andy Potts 3:52:32
Art Boyko 5:04:01
John Ferrara 6:11:00
Michael Hargrove 6:29:35
Patrick Nesbitt 6:42:31
Mitch Donner 7:36:15

Lums Pond Triathlon-Bear, DE (8/17/08) S .5 mi., B 19.5 mi., R 3.1 mi.

www.piranha-sports.com

Overall Female: Margaret Amidon 1:26:42

Overall Male: David Luscan 1:16:37
Troy Weaver (3rd M40-44) 1:27:24



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Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/23/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

Overall Female:

Donna Smyers	4:59:34
Julie LoRusso	6:28:23
Alicia Olmoz	6:55:45

Overall Male:

Peter Konecny	4:30:57
Mark Wilson (2 nd M40-44)	5:07:12
Steven Pressman (2 nd M55-59)	6:16:09
Mark Graminski	6:32:21
Patrick Murphy	6:34:19

Crystal Lake Triathlon (8/23/08) S .5 mi., B 18 mi/., R 3 mi. www.cdtriclub.org

Overall Female:

Alison Heaphy	1:35:22
Linda Rosenthal (3 rd F60-64)	2:24:58

Overall Male:

Matt Mallet	1:23:53
Bob Gramling (3 rd Overall)	1:31:04

West Point Triathlon-West Point, NY (8/24/08) S 800 m, B 25k, R 5k www.usma.edu/USCC/DCA/Clubs/trit/

Overall Female:

Barbara Sessa	1:13:19
Jean Norton (1 st F45-49)	1:16:02

Overall Male:

Andrew Kalley	1:05:27
Michael Donnelly (1 st M45-49)	1:09:12
Bill Norton (1 st M55-59)	1:16:59
Don Davis (2 nd M60-64)	1:24:43
Steve Fischer	1:31:08



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2007 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., HVTC Summer Tri-Series #1 and Half Vermont Journey.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Jeanette Shelow-MacDougall	40-44	AA	89.50666	22
Jean Norton	45-49	AA	86.16250	32
Kathryn Flodquist	40-44		79.86227	259
Christine Spiezio	35-39		79.79536	306
Mary DeNitto	55-59	AA	78.73634	7
Pam Neimeth	45-49		76.39392	241
Sue Metichecchia	45-49		66.66074	665
Mineke Etienne	30-34		66.62834	1,055
Linda Rosenthal	55-59		53.27335	241

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>				
John McGovern (Duathlon)	40-44	AA	93.51317	9
Mike Halstead (Duathlon)	40-44	AA	92.96416	12
Mike Halstead	40-44	AA	90.26222	52
John McGovern	40-44	AA	89.99511	57
Michael Bakker	40-44	AA	88.55233	80
Zac Staszak	25-29	HM	87.90950	197
Nick Brundage (Duathlon)	20-24		86.15871	15
Michael Donnelly	45-49	AA	86.05528	52
Art Boyko	40-44	HM	84.38255	236
Mark Wilson	40-44	HM	83.92702	262
Andrew Schupak	40-44	HM	83.02353	331
Charles Pegg	35-39	HM	83.25455	377
Myron Baker Sr. (Duathlon)	55-59	HM	81.81686	12
Ken Buderman	25-29		76.43829	609
Tom Ganz	35-39		74.33466	1,422
Gary Walters	50-54		72.49959	485
John Ferrara	50-54		66.04019	928
Steven Pressman	55-59		63.83558	514
Steve Fischer	50-54		63.62231	1,080
Tom Gill	55-59		55.76312	755

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

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



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2007 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2007 HVTC Volunteer of the Year Award: **Karen Henry**
2007 HVTC Female Honorable Mention Award: **Barbara Sessa**
2007 HVTC Female Honorable Mention Award: **Jean Norton**
2007 HVTC Female Triathlete of the Year Award: **Jeannette Shelow-MacDougall**

MALE

2007 HVTC Most Improved Award: **Art Boyko**
2007 HVTC Rookie of the Year Award: **Mitch Donner**
2007 HVTC Male Honorable Mention Award: **Zac Staszak**
2007 HVTC Male Honorable Mention Award: **Mike Halstead**
2007 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

2007 HVTC Special Qualifiers/Championships

Ironman Triathlon World Championship

Jean Norton

Ironman 70.3 World Championship

Art Boyko

Long Course Triathlon World Championship (Half Ironman)

Andrew Schupak

ITU Age Group World Championship

Jeanette Shelow-MacDougall

Lifetime Fitness National Championship

Jeanette Shelow-MacDougall

Duathlon National Championship

Myron Baker Sr.

Escape From Alcatraz

Jeanette Shelow-MacDougall

Zac Staszak

Charles Pegg

NYC Triathlon Club Champions

Barbara Sessa

Jeanette Shelow-MacDougall

Michael Donnelly



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Zac Staszak
Art Boyko
Mark Wilson

2007 HVTC Summer Tri-Series Winners

Women's Champion: **Jeanette Shelow-MacDougall (78)**

2nd Place: **Barbara Sessa (59)**

3rd Place: **Sue Metichecchia (55)**

4th Place: **Jean Norton (53)**

5th Place: **Julie LoRusso (52)**

Men's Champion: **Mark Wilson (61)**

2nd Place: **Terry Kerrigan (60)**

3rd Place: **Mike Halstead (56)**

4th Place: **John McGovern (55)**

5th Place: **Zac Staszak (54)**

2007 HVTC Summer Tri-Series Course Records

Women

Course-Jeanette Shelow-MacDougall (54:32)

Swim-Jeanette Shelow-MacDougall (5:25)

Bike-Jeanette Shelow-MacDougall (36:49)

Run-Barbara Sessa (11:19)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (4:16)

Bike-Terry Kerrigan (32:05)

Run-Terry Kerrigan (10:19)

ANNOUNCEMENTS

- **2008 HVTC Summer Tri-Series: June 11, July 9, August 13 & September 10.**
Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-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 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2008 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2008 HVTC \$200.00 membership is valid from January 1st-December 31st.**



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