



# 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. 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

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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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Photo by Scott Schaffrick ([www.schaffrick.com](http://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 15<sup>th</sup> 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](mailto: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](http://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](http://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](http://www.pinehillarms.com)

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

## APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k [www.piranha-sports.com](http://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](http://www.nytc.org)

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

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

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

## MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://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](http://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](http://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](http://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](http://www.togamultisport.com)

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

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

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

Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://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](http://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](http://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](http://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](http://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](http://www.timbermantri.com)

Mighty Montauk Triathlon-Montauk, NY (6/7/08) S 1mi, B 20mi, R 6.2mi  
[www.swimpower.com](http://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](http://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](http://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](http://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](http://www.hvtc.net)

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

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

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

**Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k**  
[www.phillytri.com](http://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](http://www.vermontsun.com)

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

**North Country Triathlon-Hague, NY (6/28/08) S 1.5k, B 40k, R 10k**  
[www.northcountrytri.com](http://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](http://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](http://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](http://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](http://www.hvtc.net)**

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://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](http://www.piranha-sports.com)**

**Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://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](http://www.musselmantri.com)**

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

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

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

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

**Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi. [www.nytc.org](http://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](http://www.vermontsun.com)**

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

Tri-Putnam-Carmel, NY (7/20/08) S .3 mi., B 18 mi., R 3 mi. [www.nytc.org](http://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](http://www.vermontsun.com)

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

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

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

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

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

Crystal Lake Triathlon (8/23/08) S .5 mi., B 18 mi/., R 3 mi. [www.cdtriclub.org](http://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/](http://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](http://www.cranberrycountrytri.com)

Chicago Triathlon-Chicago, IL (8/24/08) S 1.5k, B 40k, R 10k  
[www.chicagotriathlon.com](http://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/](http://www.ulster.net/~sosnyta/)

Firmman Rhode Island (9/7/08) 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 (9/10/08) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

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

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

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

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

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

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

**Hudson Highlands Greenway Triathlon-Philipstown, NY (9/28/08) Kayak 6 mi., B 24 mi., R 8 mi.** [www.hudsonhighlandstriathlon.org](http://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](http://www.njmultisport.com)

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

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

**Hammerfest Triathlon-Branford, CT (9/??/07) S .5 mi., B 13.5 mi., R 4 mi.**  
[www.hammerfesttriathlon.com](http://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](http://www.triandduit.com)

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

## **OCTOBER**

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

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

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

**Ironman Triathlon World Championship (10/11/08) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.ironman.com](http://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](http://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](http://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](http://www.nytc.org)

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

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

**Silverman-Henderson, NV (11/9/08) S 2.4 mi., B 112 mi., R 26.2 mi.**  
**[www.silvermannv.com](http://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](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?!?!?

## 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](http://www.drmsports.com)**

**Overall Female:** Cindy Laroe 1:02:06

**Overall Male:** Eric Hall 0:46:20  
Steve Fischer (2<sup>nd</sup> 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](http://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](http://www.pinehillarms.com)

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

<u>Overall Male:</u>	Nick Mancuso	0:53:46
	Mike Halstead (2 <sup>nd</sup> Overall)	0:54:37
	Charles Pegg (1 <sup>st</sup> M35-39)	0:58:59
	Bob Gramling (1 <sup>st</sup> 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](http://www.nytc.org)

<u>Overall Female:</u>	Jean Norton	1:07:35
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	1:08:08
	Barbara Sessa (1 <sup>st</sup> 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](http://www.piranhasports.com)

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

**Overall Male:** Chris Ganter 1:12:10  
Nick Brundage (1<sup>st</sup> 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](http://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](http://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](http://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](http://www.setupevents.com)

**Overall Female:** Adrienne Kroepsch 4:52:08  
Mary DeNitto (1<sup>st</sup> 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](http://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](http://www.usatriathlon.org)

Overall Female: Suzanne Huelster 2:16:26  
Shannon Dawkins (6<sup>th</sup> f30-34) 2:26:39\*

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

Overall Male: Chris Ganter 2:02:08  
Nick Brundage (5<sup>th</sup> 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](http://www.nytc.org)

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

Overall Male: John McGovern 1:02:59  
Nick Brundage (2<sup>nd</sup> Overall) 1:04:16  
Mike Halstead (3<sup>rd</sup> Overall) 1:04:32  
Michael Bakker (1<sup>st</sup> M40-44) 1:04:47  
Mark Wilson (3<sup>rd</sup> M40-44) 1:08:46  
Bob Gramling (1<sup>st</sup> M50-54) 1:11:45  
Tom Ganz (2<sup>nd</sup> M35-39) 1:12:18  
Matt Merchant (2<sup>nd</sup> 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](http://www.piranha-sports.com)

Overall Female: Sally Speck 1:46:15

Overall Male: David Luscan 1:35:17  
Andrew Schupak (2<sup>nd</sup> 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](http://www.piranha-sports.com)

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

**Overall Male:** Dave Slavinski 4:05:39  
Terry Kerrigan (3<sup>rd</sup> 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](http://www.togamultisport.com)

**Overall Female:** Shannon Dawkins 1:18:30  
Jean Norton (2<sup>nd</sup> Overall) 1:20:08  
Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 1:21:00  
Barbara Sessa (1<sup>st</sup> F40-44) 1:21:19  
Alicia Olmoz (1<sup>st</sup> F30-34) 1:46:45  
Julie LoRusso (3<sup>rd</sup> 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](http://www.genesisadventures.com)

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

**Overall Male:** Wolfgang Ermeling 2:25:06  
Nick Brundage (3<sup>rd</sup> 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](http://www.genesisadventures.com)

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

**Overall Male:** Chris Gebhardt 4:47:26  
Michael Bakker (3<sup>rd</sup> 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](http://www.tricolumbia.org)

**Overall Female:** Rebecca Wassner 2:04:09

**Overall Male:** Chris Lieto 1:51:13

Alex Sherwood (2<sup>nd</sup> M30-34) 2:08:04

Mike Halstead (1<sup>st</sup> M40-44) 2:10:45

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

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

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

<b>Overall Male:</b>	John McGovern	0:59:47
	Zac Staszak (3 <sup>rd</sup> Overall)	1:01:37
	Michael Bakker (3 <sup>rd</sup> M40-44)	1:02:17
	Mark Wilson	1:03:30
	Art Boyko	1:03:37
	Ken Buderman (2 <sup>nd</sup> 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](http://www.triridgefield.com)

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

<b>Overall Male:</b>	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](http://www.piranha-sports.com)

<b>Overall Female:</b>	Amanda Hudson	1:24:29
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<b>Overall Male:</b>	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](http://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](http://www.timbermantri.com)

**Overall Female:** Caitlin Shea-Kenney 4:27:29  
Jean Norton (1<sup>st</sup> 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](http://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](http://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](http://www.escapefromalcatraztriathlon.com)

**Overall Female:** Leanda Cave 2:15:37  
Mary DeNitto (1<sup>st</sup> 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](http://www.nytc.org)

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

Overall Male:  
John McGovern 1:16:22  
Nick Brundage (1<sup>st</sup> 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](http://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](http://www.hvtc.net)

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

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



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Tom Ganz (1 <sup>st</sup> M35-39)	0:54:07
Art Boyko (3 <sup>rd</sup> M40-44)	0:54:08
Charles Pegg (2 <sup>nd</sup> M35-39)	0:56:24
Doug Thompson	0:59:00
Janek Szablinski(3 <sup>rd</sup> M35-39)	0:59:02
Bill Norton (1 <sup>st</sup> M55-59)	0:59:12
Jon Stern (1 <sup>st</sup> M45-49)	0:59:35
Nate Deboever (1 <sup>st</sup> M19-Under)	0:59:38
Matt Merchant (1 <sup>st</sup> M50-54)	1:00:16
Bill Shashaty	1:01:42
Jim Demis	1:01:49
John Jasinski (2 <sup>nd</sup> M55-59)	1:02:21
Patrick Murphy	1:02:28
John Dowley	1:04:08
Mike Hargrove (2 <sup>nd</sup> M50-54)	1:04:14
John Ferrara (3 <sup>rd</sup> M50-54)	1:05:55
Patrick Nesbitt	1:07:26
Steven Pressman(3 <sup>rd</sup> 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 <sup>nd</sup> M45-49)	1:39:13

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

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

### **Overall Female:**

Kristin Marvin	2:23:55
Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	2:29:32
Kathryn Flodquist (3 <sup>rd</sup> 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.lin-mark.com](http://www.lin-mark.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](http://www.xterraplanet.com)

**Overall Female:** Melanie McQuaid 2:18:45

**Overall Male:** Josiah Middaugh 2:02:51  
Mike Halstead (2<sup>nd</sup> 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](http://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](http://www.trifitness.net)

**Overall Female:** Julie Gliesing 2:11:37  
Jean Norton (2<sup>nd</sup> F45-49) 2:20:19  
Mari Flores (2<sup>nd</sup> F35-39) 2:25:30  
Kathryn Flodquist (1<sup>st</sup> 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](http://www.phillytri.com)

**Overall Female:** Rebecca Wassner 2:03:25  
Jeanette Shelow-MacDougall (1<sup>st</sup> F45-49) 2:22:57  
Mary DeNitto (1<sup>st</sup> 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](http://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](http://www.nytc.org)

Overall Female: Amy Bevilaqua 1:03:53  
Shannon Dawkins (2<sup>nd</sup> Overall) 1:06:48  
Barbara Sessa (3<sup>rd</sup> Overall) 1:08:21  
Alicia Olmoz (3<sup>rd</sup> 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](http://www.greenbookracing.com)

Overall Female: Kerry Simmons 1:00:29  
Barbara Sessa (3<sup>rd</sup> Overall) 1:02:12  
Jean Norton (1<sup>st</sup> 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](http://www.tupperlakeinfo.com)

Overall Female: Leslie Sanderson 4:47:44

Overall Male: Chris Gebhardt 4:18:38  
Michael Bakker (1<sup>st</sup> 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](http://www.tupperlakeinfo.com)

**Overall Female:**  
Meghan Newcomer 2:01:15  
Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 2:01:59  
Christene Spiezio(1<sup>st</sup> 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](http://www.hartfordmarathon.com)

**Overall Female:**  
Caitlin Shea-Kenney 2:06:39  
Kathryn Flodquist (3<sup>rd</sup> 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](http://www.setupevents.com)

**Overall Female:**  
Kate Martin 1:05:26  
Linda Rosenthal (3<sup>rd</sup> 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](http://www.setupevents.com)

**Overall Female:** Molly Jacobs 1:26:55

**Overall Male:**  
Raymond Matthews 1:18:52  
Troy Weaver (2<sup>nd</sup> 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](http://www.hvtc.net)

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



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

## Overall Male:

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

<b><u>Overall Female:</u></b>	Michele Wolfson	1:06:01
	Kathryn Flodquist (3 <sup>rd</sup> F40-44)	1:12:39

<b><u>Overall Male:</u></b>	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](http://www.teammossmann.com)

<b><u>Overall Female:</u></b>	Jessica Broderick	1:06:59
	Kathryn Flodquist (1 <sup>st</sup> F40-44)	1:15:45
	Lana Shannon	1:22:25

<b><u>Overall Male:</u></b>	Peter Eddy	1:04:04
	Ken Buderman	1:14:12
	John Jasinski (2 <sup>nd</sup> 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](http://www.musselmantri.com)

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

<b><u>Overall Male:</u></b>	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](http://www.musselmantri.com)

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



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<b><u>Overall Male:</u></b>	Matt Migonis	1:03:02
	Mike Vance (3 <sup>rd</sup> 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](http://www.piranha-sports.com)

<b><u>Overall Female:</u></b>	Stacy Karwacki	2:17:55
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<b><u>Overall Male:</u></b>	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](http://www.ironman.com)

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

<b><u>Overall Male:</u></b>	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](http://www.vermontsun.com)

<b><u>Overall Female:</u></b>	Jessie Donovan	1:10:53
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<b><u>Overall Male:</u></b>	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](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Edna Harrison	1:37:40
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<b><u>Overall Male:</u></b>	Greg Sautner	1:15:52
	Mike Halstead (3 <sup>rd</sup> 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](http://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](http://www.sunsetracing.com) (Became a Duathlon R 5k, B 30k, R 5k)

Overall Female: Marianne Bellino 1:19:36

Julie LoRusso (3<sup>rd</sup> 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](http://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](http://www.adrkmts.com)

Overall Female: ??? 1:18:16

Overall Male: ??? 1:05:20

Matt Merchant (1<sup>st</sup> M50-54) 1:16:12

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

Overall Female: Liz Blatchford 1:58:34

Jeanette Shelow-MacDougall (9<sup>th</sup> 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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<b><u>Overall Male:</u></b>	Greg Bennett	1:46:30
	Zac Staszak	2:12:20
	Charles Pegg	2:22:21
	Nick Brundage (2 <sup>nd</sup> 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](http://www.ironmanusa.com)**

<b><u>Overall Female:</u></b>	Caitlin Shea-Kenney	09:51:00
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<b><u>Overall Male:</u></b>	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](http://www.nytc.org)**

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

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

<b><u>Overall Female:</u></b>	Aimee Backhouse	1:00:08
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<b><u>Overall Male:</u></b>	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.greystoneracing.net](http://www.greystoneracing.net)**

<b><u>Overall Female:</u></b>	Kathryn Flodquist	1:09:04
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<b><u>Overall Male:</u></b>	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](http://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](http://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](http://www.ithacatriathlonclub.org)

**Overall Female:** Tamara Salomon 1:14:52

Jeanette Shelow-MacDougall 1:15:32

(2<sup>nd</sup> Overall; USAT Masters National Sprint Champion)

Jean Norton (2<sup>nd</sup> F45-49) 1:20:03

Alicia Olmoz 1:36:28

Julie LoRusso 1:38:13

**Overall Male:** Travis Kuhl 1:04:23

Alex Sherwood(2<sup>nd</sup> M30-34) 1:07:52

Mike Halstead (2<sup>nd</sup> 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](http://www.trifitness.net)

**Overall Female:** Kerry Simons 2:12:35

Kathryn Flodquist (3<sup>rd</sup> 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](http://www.northerncolumbiatriathlon.com)

**Overall Female:** Erica Ruge 1:39:58  
Linda Rosenthal (1<sup>st</sup> F60-64) 2:27:45

**Overall Male:** John McGovern 1:25:19  
James Stafford (3<sup>rd</sup> Overall) 1:30:49  
Bob Gramling (1<sup>st</sup> 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](http://www.nyc.org)

**Overall Female:** Alexandra Forte 1:02:15  
Diana Tsingopoulos (1<sup>st</sup> F60-64) 1:54:58

**Overall Male:** Nathaniel Horne 0:57:19  
Richard Miller (1<sup>st</sup> M55-59) 1:09:08

Steelman Triathlon-Quakertown, PA (8/10/08) S 1.5k, B 40k, R 10k [www.lin-mark.com](http://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](http://www.hvtc.net)

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



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

## Overall Male:

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

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

Overall Male: Arland Macasieb 1:10:40  
Jim Demis (3<sup>rd</sup> 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](http://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](http://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](http://www.piranha-sports.com)

Overall Female: Margaret Amidon 1:26:42

Overall Male: David Luscan 1:16:37  
Troy Weaver (3<sup>rd</sup> 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](http://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 <sup>nd</sup> M40-44)	5:07:12
Steven Pressman (2 <sup>nd</sup> 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](http://www.cdtriclub.org)

**Overall Female:**

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

**Overall Male:**

Matt Mallet	1:23:53
Bob Gramling (3 <sup>rd</sup> 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/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**Overall Female:**

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

**Overall Male:**

Andrew Kalley	1:05:27
Michael Donnelly (1 <sup>st</sup> M45-49)	1:09:12
Bill Norton (1 <sup>st</sup> M55-59)	1:16:59
Don Davis (2 <sup>nd</sup> 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)



# Hudson Valley Triathlon Club

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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)**

2<sup>nd</sup> Place: **Barbara Sessa (59)**

3<sup>rd</sup> Place: **Sue Metichecchia (55)**

4<sup>th</sup> Place: **Jean Norton (53)**

5<sup>th</sup> Place: **Julie LoRusso (52)**

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

2<sup>nd</sup> Place: **Terry Kerrigan (60)**

3<sup>rd</sup> Place: **Mike Halstead (56)**

4<sup>th</sup> Place: **John McGovern (55)**

5<sup>th</sup> 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 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).
- **ALL 2008 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2008 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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