



# 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. 79**

**December 2007**

## IN A FEW WORDS

Dear HVTC,

Okay, it's winter! There, I said it. However, all I can think of is how beautiful it is at Wilson State Park at the HVTC Summer Tri-Series #1 in June. The sun is at its highest point of the year, temperatures between 70-80 degrees and all of you are lined-up, ready to bust-out. It's a wonderful fantasy; capable of lasting a few more months of shoveling. HAPPY HOLIDAYS!! See ya out there.

Sincerely,

Mark H. Wilson

Professional Triathlon Coach

Founder/President-Hudson Valley Triathlon Club



## **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!***

---

# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007



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

## **HVTC Featured Athlete: Linda Rosenthal**

By Mark H. Wilson

What if our tri-bikes were horses? What if all us triathletes are just former Native Americans re-inventing our past lives by swimming in local lakes, riding and running the plains and thoroughly enjoying healthy competition? Are we actually longing for that tribal and simplistic experience; no electricity, no running water, no highways? Linda Rosenthal, Featured Athlete of the Month, raised her kids just like that; raw, natural, loving. This wise woman is loaded with nostalgic gems to die for; what led her to triathlon? Let's find out!



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

Linda was born in Rhinebeck, New York and lived in Pine Plains on a 500-acre dairy farm with horses. She LOVED horses! (She LOVES junk food, too, especially if it's chocolate and sweet; but that's another story. When she was a child, Linda was incredibly quiet and shy. Her life WAS horses. She rode in horse shows and fox hunted. Her goal was to make the Olympic team which she never quite made. She spent 13 years in the same school building in Pine Plains, attended Dutchess Community for a year and then went to Prescott College in Arizona. This is where Linda fell in love with hiking in the Grand Canyon among others, although she cried in the beginning because it was so different from the east. That didn't last long, though; she proceeded to live further out west for another 20 years! These days, she actually misses the open spaces. Other athletic endeavors include a little field hockey in high school and Outward Bound in College. Linda also dabbled in kayaking, rock climbing, and teaching orienteering despite always getting slightly lost. "I'm better at it now!" she says.

After college she moved to Forks of the Salmon in the Trinity Alps Wilderness area; the nearest electricity was 100 miles away. Oh, my! They labeled themselves "back-to-the-woods hippies." Linda loved her thermostat and hot water which were heated by wood heat and wood cooking stove; and, of course, only cold running water. Move over, Grizzly Adams!! Linda raised her kids at the Forks until she decided to move back east to Rhinebeck. Their introduction to society was very interesting; the kids would attempt to blow lights out because they had become so accustomed to kerosene lights. Rhinebeck was the big city to them and they couldn't sleep due to the traffic noise. Wow!

Linda is a social worker, and the past 8 years she specialized in working with alcohol and drug abuse/dependency; mostly court ordered DWI or individuals coming out of prison. She really enjoys her job; however, she'll be retiring this month. Yes!!! Although she admits, she doesn't really know what she's gonna do with herself with all the free-time; she could always turn pro!! Actually, she's completed an application for Semester at Sea working as a social worker with students. She'll keep training, but now there's no excuse for missing a workout!

Speaking of workouts, her nephew got her biking and then challenged her to do a triathlon. Her first triathlon was the Triangle Triathlon in North Carolina with her persistent nephew. Linda recalls a woman beat her coming out of the water, but she "...kicked that 80-year-olds butt on the bike." Linda's mother was there to witness her first tri-experience...at the age of 87! Now that's Motherly love!!! The poor dear, since there was another elderly woman in the race, the entire family kept torturing her about racing next time. NOT! She's happy as a spectator. Linda has one "old" friend who likes to exercise, but even she thinks Linda's nuts to take thirty mile bike rides...and then RUN. So, Linda would say that everyone she knows thinks she's crazy for doing triathlons; of course, with the exception of her friend/training partner Carol Covas and



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

her nephew. Since she's always thinking of the sport more than her work, Linda actually applies what she learns in triathlon to her job as a social worker with excellent results.

Linda is fairly new to triathlon and has raced locally and in North Carolina. She and Carol have traveled together to Massachusetts, etc., but most of her races have been in our vicinity. Linda's most infamous race memory was at the Kure Triathlon in N.C. It was her first ocean swim! The race was a non-traditional race; swim, run, bike, run, swim. "The waves were 20 feet tall!" It's great how the story gets REALLY exaggerated as time passes. Most of the elite athletes couldn't finish due to the current and all Linda could think of was the last swim leg to complete the race. Always the Trooper; Linda dove in, lost her goggles, and lost her cap...on the FIRST swim. Uh-oh! But she did it; she's a Champion. Linda also did the Powerman (run, bike, run) in North Carolina. She admits she took a really long time to complete the race; but again, she did. Unfortunately, the race organizer was packing-up the finish-line as she came-in from the bike with another run to complete. Ouch! "That was a bit of an ego buster." The fact that she showed-up means she's a winner, but the sting is still in her cells.

The experience of triathlon gives Linda a sense of exhaustion which to her is good. It's a feeling of accomplishment. Linda is confident she can do it slow and steady and get to the end. For her it's "...part endurance and part head trip." Linda wants to do this for a long time; it gives her an opportunity to daydream. She's an incredible promoter of the sport, too. She tells lots of people about triathlon, but..."Most folks just look at me." That's it; they just look at her in shock, like they didn't know grey-haired individuals could do that. But triathlon isn't everything to Linda; she makes stain glass mobiles and jewelry out of found objects, broken things, and whatever is valuable. Once, upon exiting a trailhead she received a lot of interesting comments as she carted out old metal barrel hoops. "Some are still hanging on my fence while others have been turned into stain glass hangers." Recycling is King!

Linda's goals are altruistic; although recently she did accomplish a personal victory going sub-30 at a local 5k! She intends to continue to raise her family to be independent and self sufficient. Since her kids are pretty established in Portland (OR), Ireland and Australia, once retired we may find her with Crow feathers and beads in her hair while building that Teepee above the Ashokan Reservoir to house her many refurbished treasures from the forest. Regardless, the finish-line will always be there for her at the HVTC Summer Tri-Series. Thanks, Linda!



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

## THE GOOD DOCTOR SAYS

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

### **Swimmer's Shoulder**

Swimmer's shoulder (SS) is a term used by swim coaches to describe pain in one or both shoulders. The pain associated with SS is in the front of the shoulder. Under these muscles passes the supraspinatus muscle and tendon, which is a rotator cuff muscle. This muscle along with the Biceps tendon, are affected when you have SS causing tendonitis and inflammation of both tendons. As well, the ligaments that attach from the scapula (shoulder blade) and the clavicle (collar bone) become irritated and inflammation occurs. When this happens the space that the Supraspinatus tendon has to pass through to connect to the Humerus becomes smaller, pinching and further irritating the tendon. Due to age, hereditary factors, and arthritis the space for this tendon to pass through gets even smaller leading to more inflammation, scar tissue formation, pain, and shoulder weakness. Eventually, overuse of the shoulder that is common from triathlon training could cause a partial or full tear of the Supraspinatus tendon that could require a trip to the orthopedic to repair.

### **Why does SS happen?**

The answer is multi faceted because there are so many factors that can cause SS. The number one cause of SS is instability of the shoulder joint. What that means is that the head of the Humerus, which sits in a very shallow cavity called the Glenoid cavity (on the scapula) is not staying centered in the joint during movements like swimming crawl. Usually, there is weakness of the Subscapularis muscle. This muscle opposes the action of the Supraspinatus. When the Subscapularis muscle is weak, the Humerus slides to far forward in the Glenoid cavity decreasing the space anteriorly where the Supraspinatus tendon passes. This coupled with other factors like a degenerated Acromioclavicular joint, and inflammation of the ligaments around the anterior shoulder further decrease the space for the Supraspinatus tendon to pass through. When you swim the tendons rubs or gets pinched between these structures causing gradual breakdown of the tendons resulting in tendonitis or tendonosis. There is also a congenital variant to the acromion process that could further decrease the space for the tendon to pass through called a hooked acromion process.

When you add these factors together with the amount of time triathletes spend swimming you understand how at sometime you may develop this condition.



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

## **So what do you do if you have SS?**

To get an accurate diagnosis you must see a sports medicine professional. X-rays should be taken to rule out arthritis of the AC joint or having a hooked acromion process. After an examination where the doctor tests for rotator cuff tear, bicep's injury, and impingent signs, range of motion of the shoulder along with muscle testing of all the rotator cuff muscles should be performed. After these tests an accurate diagnosis can be made. If no tear is suspected physical therapy is recommended to reduce pain, inflammation, and to strengthen the shoulder. If physical therapy fails after 4-6 weeks usually a trip back to the orthopedic for an MRI is done. This can check for rotator cuff tears, bicep's injury, and cartilage damage, which may require surgery. In the presence of a normal MRI where surgery is not needed but physical therapy has failed. Active release treatment to the scapula, rotator cuff muscles, and arm muscles can remove the scar tissue in the injured muscles, tendons, and ligaments. This will restore normal range of motion, strength, and relive pain. Once the shoulder is clear of scar tissue, exercises to strengthen the shoulder can begin. Rehab of the shoulder should include exercises that not only strengthen and balance the rotator cuff, but also strengthen the scapula stabilization muscles that hold the scapula on your upper back. Arm exercises to strengthen and balance the Biceps and Triceps should also be included in the rehab program.

Once you have full range of motion without pain, and full strength of all the muscles of the shoulder swimming should be pain free and training can resume or be increased.

Dr. David Ness is a certified sports chiropractor, practicing in New Paltz. He has worked the last 4 years at the Lake Placid Ironman event as part of the ART treatment team. As well, Dr. Ness has been the ART provider for the HVTC for the past three years providing complimentary ART care after club races. Dr. Ness also provides treatment at NYTC races around the NY metro area, and has worked the past 4 years as part of the SOS Triathlon post race care team.

**About Dr. Ness: A chiropractor for over 18 years, Dr. Ness has been a Sports Chiropractor and certified Active Release Provider since 2004. He has treated patients at the past four Ironman events at Lake Placid, and has provided treatment at races for the N.Y.T.C., and H.V.T.C., and at the S.O.S. For questions about any sports injury email Dr. Ness at 845-255-1200, [mail@drness.com](mailto:mail@drness.com) or [www.drness.com](http://www.drness.com).**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

## 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

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/??/08) S 15 min., B 15 min., R 15 min. [www.cdymca.org](http://www.cdymca.org)

Kingston YMCA Indoor Triathlon-Kingston, NY (2/??/08) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

### MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/22/08) 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-Delaware City, DE (4/5/08) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

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)

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

## MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2, B 14, R 2 [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 .6 mi., B 19 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

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

**Springtown Sprint Duathlon Series-New Paltz, NY (5/11/08) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)**

**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

**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)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

**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)

**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)

**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)

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

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

**Springtown Sprint Duathlon Series-New Paltz, NY (6/8/08) R 2.25 mi., B 12 mi. R 2.25 mi.** [www.hvsports.net](http://www.hvsports.net)

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)

**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)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

**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)**

**SBR Triathlon Series #2-Harriman State Park, NY (6/??/08) S .5 mi., B 16 mi., R 4 mi. [www.sbrshop.com](http://www.sbrshop.com)**

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

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

## 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.trifitness.net](http://www.trifitness.net)**

**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)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

**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)

**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)

## 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)

**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)

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

**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)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

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)

**Litchfield Hills Triathlon-New Hartford, CT (8/??/08) S 1.5k, B 40k, R 10k**  
[www.hartfordmarathon.com](http://www.hartfordmarathon.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)

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

NY Tri Series Race #2-Harriman State Park, NY (8/17/08) 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)

**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)

**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)

**Springtown Sprint Duathlon Series-New Paltz, NY (8/24/08) R 2.25 mi., B 12 mi. R 2.25 mi.** [www.hvsports.net](http://www.hvsports.net)

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

**Lake George Triathlon-Lake George, NY (8/31/08) S 1.5k, B 40k, R 10k**  
[www.adktri.org](http://www.adktri.org)

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

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

Westchester Triathlon-Rye, NY (9/14/08) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.com](http://www.westchestertriathlon.com)

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

2008 USAT 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)

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)

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

Crystal Lake Triathlon-Crystal Lake, NY (9/??/08) S .5 mi., B 18 mi., R 3 mi.  
[www.cdtriclub.org](http://www.cdtriclub.org)

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

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

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

**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)

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

## OCTOBER

**Mightyman ½ 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 ¾ 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)

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/??/08)  
R 2 mi., B 12 mi., R 2 mi. [www.woodstockclassic.com](http://www.woodstockclassic.com)

Toga! Biathlon-Congers, NY (10/??/08) R 4.25k, B 24k, R 4.25k  
[www.togamultisport.com](http://www.togamultisport.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/??/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?!?!?

## RESULTS



# Hudson Valley Triathlon Club

Volume VII, Issue No. 79 December 2007

## 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			
Barbara Sessa	40-44			
Jean Norton	45-49			
Kathryn Flodquist	40-44			
Christine Spiezio	35-39			
Mary DeNitto	55-59			
Pam Neimeth	45-49			
Jan Pollo	40-44			
Mineke Etienne	30-34			
Sue Metichecchia	45-49			
Julie LoRusso	35-39			
Linda Rosenthal	55-59			

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>				
Terry Kerrigan	35-39			
Mike Halstead	40-44			
John McGovern	40-44			
Alex Sherwood	30-34			
Michael Bakker	40-44			
Zac Staszak	25-29			
Michael Donnelly	45-49			
Art Boyko	40-44			
Mark Wilson	40-44			
Charles Pegg	35-39			
Andrew Schupak	35-39			
Myron Baker Sr.	55-59			
Mike Vance	25-29			
Jim Demis	40-44			
Doug Thompson	40-44			



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

Bob Gramling	50-54
Ken Buderman	25-29
Jon Stern	45-49
Henry Collins	40-44
Tom Ganz	35-39
Gary Walters	50-54
Patrick Murphy	35-39
Don Davis	55-59
Bill Norton	50-54
Bob Bomba	30-34
John Ferrara	50-54
Mike Hargrove	50-54
Steven Pressman	55-59
Steve Fischer	50-54
Mark Graminski	50-54
Larry Knapp	50-54
Tom Gill	55-59

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

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

## 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**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

## 2007 HVTC Special Qualifiers/Championships

### **Ironman Triathlon World Championship**

Jean Norton

### **Ironman 70.3 World Championship**

Art Boyko

### **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

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 Meticecchia (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)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 79 December 2007

## 2007 HVTC Summer Tri-Series Course Records

### Women

**Course**-Jeannette Shelow-MacDougall (54:32)

**Swim**-Jeannette Shelow-MacDougall (5:25)

**Bike**-Jeannette 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).
- **2008 HVTC Summer Tri-Series #1 is 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

---

Volume VII, Issue No. 79 December 2007

## SPONSORS

*** METZE PUBLICATION DESIGN ***	<a href="http://www.metzedesign.com">www.metzedesign.com</a>
*** PEAK PERFORMANCE SPORTS ***	<a href="http://www.hvsports.net">www.hvsports.net</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** METROTRI ***	<a href="http://www.metrotri.com">www.metrotri.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.e-caps.com">www.e-caps.com</a>
*** BICYCLE DEPOT ***	<a href="http://www.bicycledepot.com">www.bicycledepot.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** MAIN STREET BISTRO ***	<a href="http://www.mainstreetbistro.com">www.mainstreetbistro.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** XTERRA WETSUITS ***	<a href="http://www.xterrawetsuits.com">www.xterrawetsuits.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>
*** USAT NORTHEAST REGION ***	<a href="http://www.usat-ne.org">www.usat-ne.org</a>
*** INSIDE TRIATHLON ***	<a href="http://www.insidetriathlon.com">www.insidetriathlon.com</a>
*** HEADSWEATS ***	<a href="http://www.headsweats.com">www.headsweats.com</a>
*** DR. DAVID NESS ***	<a href="http://www.drness.com">www.drness.com</a>
*** TRIFUEL.COM ***	<a href="http://www.trifuel.com">www.trifuel.com</a>
*** VERMONT SUN TRIATHLON SERIES ***	<a href="http://www.vermontsun.com">www.vermontsun.com</a>
*** GENESIS ADVENTURES ***	<a href="http://www.genesisadventures.com">www.genesisadventures.com</a>
*** FINIS ***	<a href="http://www.finisinc.com">www.finisinc.com</a>
*** NYS TROOPERS ***	<a href="http://www.troopers.state.ny.us">www.troopers.state.ny.us</a>
*** ACCELERADE ***	<a href="http://www.accelerade.com">www.accelerade.com</a>
*** QUINTANA ROO ***	<a href="http://www.rooworld.com">www.rooworld.com</a>
*** SBR ***	<a href="http://www.sbrshop.com">www.sbrshop.com</a>
*** BETHEL CYCLES ***	<a href="http://www.bethelcycles.com">www.bethelcycles.com</a>
*** BE ***	<a href="http://www.thinkfeelbe.com">www.thinkfeelbe.com</a>

**THANK YOU SPONSORS!!!**

