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. 81 **February 2008**

IN A FEW WORDS

Dear HVTC,

Okay, so the month of February is for LoveBirds; I suppose when it's this cold, slushy and blustery folks don't have much else to do but cuddle. Works for me! See ya out there.

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach

Moments of Greatness with HVTC
Photo: Scott Schaffrick

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

Photo by Scott Schaffrick (www.scottschaffrick.com)

HVTC Featured Athlete: Julie LoRusso

By Mark H. Wilson

Have you ever met folks who just glow with energy and enthusiasm? They always seem to be perky, spunky and ready to tackle the day regardless of the immensity of the task ahead? Most individuals like this have a friendly smile, a good sense of humor and usually willing to help those in need of assistance. Julie LoRusso, our Featured Athlete of the Month, is exactly like this; she's a trooper! She's what you'd call a "Happy Camper." Even if a situation really isn't that fantastic, Julie finds a way to crack a joke or poke fun at herself in order to raise the spirits of others around her; it's truly a gift. Let's find out what makes this awesome girl go.

Julie was born in Manhattan, NY; she attended Howell High School in New Jersey and went to Montclair State College where she received a BFA in Acting/Directing. In high school she played intramural soccer, was on the track team (Discus, Javelin, Shot-put) and even managed the gymnastic team which allowed her "play-time" on all of the wonderful equipment every-now-and-then. Today, she is a Television Director, Associate Director & Stage Manager for Nickelodeon and lives in Chester, NY with her extremely supportive husband Gary (long-time cyclist) and their two beautiful children Liam (3 1/2) and Luke (5 1/2). (The ½ is important; it's tough competing for brownies against those whipper-snapper 3 year-olds!) In her "down" time, Julie enjoys skiing, Pilates, and anything outside.

The first triathlon Julie ever did was in 2006 at the Danskin Women's Triathlon in Sandy Hook, NJ. Julie has always been inspired by the crazy people who did triathlon. It was on her "bucket list" and her friend's sister always competed at the Danskin race and suggested that she give it a go; noting that she has an addictive personality, the rest is history. She loved it! Interestingly, last May she registered for the MetroMan in Long Branch; the water was frickin' cold!!! "What, were they kidding…the water is freezing in May?!" Subsequently, she couldn't feel her feet until mid-way through the run; now THAT"S a trooper! Julie never really swam as a kid, but did join the diving team; that ended abruptly as she attempted a back layout and whacked her chin on the diving board. Ow!! That had to hurt; Mom put an end to that career. Acting seemed much safer.

Julie thrives on triathlon; "I love the feeling of finishing and pushing myself harder than I ever have before. What a rush!" To her, the sport is powerful and amazing; she often recommends the sport to others and even thinks about triathlon endlessly while at work. She really loves her job; Julie gets to work on all sorts of shows and even travels a bit. Julie is fairly new to triathlon, but is gaining experience quickly; she did all 4 HVTC Summer Tri-Series events, 2 Danskin, MetroMan, Central Park Biathlon, and several 5 and 10 k's. She shaved 9:18 off of her second Danskin time and sliced 5 minutes 39 seconds from her time at the club races. She also eliminated 2:58 from her previous 5k PR; 2007 turned-out to be a fantastic athletic year! Oh, yeah, and she got a medal for her first-ever Turkey Trot; the first 25 men/women get a medal…Julie was #24! Woohoo!!! Uh, gobble-gobble.

This summer will mark a major shift in triathlon for Julie. She will be racing at the Olympic and half iron distances in 2008. She's pretty pumped; she and HVTC-er Alicia Olmoz have been training and racing together since last summer and Julie couldn't be happier with her comrade. "Alicia makes training and racing even more fun!"

Julie is very grateful to have found HVTC and to have met such a wonderful group of people. In fact, she and Alicia are hiring one of the club's big guns to train them this

year; Barbara Sessa. Although she's had a minor set-back with a fracture in her foot; for sure, there's no dampening her bubbly spirit. Thanks, Julie!

THE GOOD DOCTOR SAYS

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

Eating for healthy muscles and decreased inflammation.

The stress and strain put on a triathlete's body during training and racing can take its toll on your body. We can't escape that even with the best training practices and biomechanics our bodies break down, inflammation happens and the result is acute or chronic conditions of the muscles (Myositis), tendons (tendonitis), and even our joints (arthritis). So what can you do to help your body cope with stress, strain, and eventual breakdown of our tissues? Everyone has heard of the supplements Glucosamine and Chondroitin for ligament and cartilage damage. But it's reported benefit has been widely debated.

Below is a list of Nutrients and Vitamins essential for re-building healthy muscles, tendons, and ligaments from the National Strength and Conditioning Association Performance Training journal:

EPA(Eicosapentaenoic acid), **DHA** (docosa-hexaenoic acid, and **GLA** (gamma-linolenic acid) found in fatty fish and plant oils, and walnuts, flaxseed, canola or soybean oils. These compounds are essential in reducing inflammation and preempting it.

Selenium: Protection against oxidative injury by helping the pathways operate at peek efficiency. Sources include; tuna, cod, turkey, eggs, garlic, oatmeal, and other fortified grains.

Zinc is important for wound healing, inflammation, and immune response. Sources include yogurt, lentils, beans, peas, milk, spinach, and seafood.

B6 is vital for proper protein and red blood cell metabolism. Sources include garbanzo beans, potatoes, seafood, and avocados.

Vitamin C is used in the formation of collagen. We need collagen to repair tendons, and ligaments. Sources are citrus fruits, cabbage, tomatoes, broccoli, and strawberries.

Vitamin E studies on animals have shown a decrease in the amount of oxidative stress and inflammatory damage that occurs with exercise. Sources are wheat germ, sunflower oil, peanuts, almonds, spinach, and broccoli.

Protein: When muscles need to recover protein needs are increased. For mild muscle soreness protein and energy can be increased for up to 48 hours after post injury. For more severe injury your basal metabolism rate may be increased by 32% for 3 weeks.

Remember your body is a machine and as the old adage goes "you are what you eat." Eating right can help you recovery when you get injured, but more importantly eating right can also help you prevent injury.

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 or www.drness.com.

2008 RACE SCHEDULE

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

FEBRUARY

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

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

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

APRIL

Brandywine Duathlon-Delaware City, DE (4/5/08) R 5k, B 30k, R 5k 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

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

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

MAY

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

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

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

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

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

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

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

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

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

JUNE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

JULY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

AUGUST

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

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

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

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

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

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

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

Litchfield Hills Triathlon-New Hartford, CT (8/??/08) S 1.5k, B 40k, R 10k 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

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

SBR Triathlon Series #2-Harriman State Park, NY (6/1/08) S .5 mi., B 16 mi., R 4 mi. www.sbrshop.com

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

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

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

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

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

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

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

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

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

NorthEast Triathlon-North East, MD (8/??/08) S 1.5k, B 23.2 mi., R 10k 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/

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Finger Lakes Triathlon-Canandaigua, NY (9/??/08) S 1.5k, B 40k, R 10k
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

Cedar Beach Triathlon-Miller Place, NY (10/5/08) S ¾ mi., B 17 mi., R 3 mi.
www.triandduit.com

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

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

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

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

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

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

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

Toga! Biathlon-Congers, NY (10/??/08) R 4.25k, B 24k, R 4.25k 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

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

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

AT THE RACES

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

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

RESULTS

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

Overall Female:	Cindy Laroe	1:02:06
Overall Male:	Eric Hall	0:46:20
	Steve Fischer (2nd M50-54)	1:10:11

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.)

Name (Women)	AG	Honors	Rank	Nat'l AG Place
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)

Name (Men)	AG	Honors	Rank	Nat'l AG Place
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
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**

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)**
2nd Place: **Barbara Sessa (59)**
3rd Place: **Sue Metichecchia (55)**
4th Place: **Jean Norton (53)**
5th Place: **Julie LoRusso (52)**

Men's Champion: **Mark Wilson (61)**
2nd Place: **Terry Kerrigan (60)**
3rd Place: **Mike Halstead (56)**
4th Place: **John McGovern (55)**
5th Place: **Zac Staszak (54)**

2007 HVTC Summer Tri-Series Course Records

Women

Course-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 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **2008 HVTC Summer Tri-Series #1 & #2 are now USAT Sanctioned!**
- **2008 HVTC** $200.00 membership is valid from January 1st-December 31st.

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