

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 VI, Issue No. 63

August 2006

IN A FEW WORDS

Dear HVTC,

Wow, do we love triathlon or what?! Or do we? Ironman Lake Placid filled in less than 90 minutes the day after the last one ended. It's an Iron-craze alright, but let's not forget a golden rule; "Know thyself." It's easy to jump on the bandwagon and declare your Iron Quest before really considering what it's gonna do to your body, let alone your job or relationship. I'm not saying never do an Ironman, because it's one the most incredibly rewarding experiences you'll ever have crossing that line. However, please know that you never HAVE to do an Ironman to enjoy an extremely satisfying triathlon lifestyle. With the 70.3 series blossoming nicely, there's plenty of opportunity to "go long" in training/racing. Bottom line, think and take a deep breath before you "click" submit for your next or first Ironman. See ya out there!

Sincerely,



Mark H. Wilson-Triathlon Coach
Founder/President, Hudson Valley Triathlon Club
USA Triathlon Level II Certified Coach

HUDSON VALLEY TRIATHLON CLUB



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

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Featured Athlete: Tom Gill

By Mark H. Wilson

Do you know anyone who's been doing a certain activity for twenty years or more? If so, isn't there a feeling of assuredness and omniscience about how they approach it? It's not a big deal, they've been there done that; and those who've stuck with it for that long are usually void of any need for applause or fanfare. They're doin' it because they love it and it makes them feel good! Our Featured Athlete of the Month, Tom Gill, is one such individual who truly enjoys talkin' triathlon throw-back, about retro-gear or tri-series' you've probably never heard of. It's a gift having an experienced tri-vet in HVTC. Let's hear how it all began.

Tom Gill was born November 30, 1952 and shares the same date with Dick Clark and Mark Twain. He grew up in Flushing, NY and came to the Hudson Valley as a transfer student to Marist College in 1971. He met his wife Barbara at Marist while becoming English teachers and they just celebrated their 32nd anniversary. Wow, now that's endurance! They have two kids; Rob, who starts Vassar College in the fall, and Bernadette, who will be a junior at Arlington High School. Barbara and Tom live in Beekman off Route 55; you pass their corner on the way to the Pawling Triathlon every June. Tom began his career as a teacher at the Astor Home with preschoolers who had

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behavior disorders. He's currently the Director of Special Education for Putnam/Northern Westchester BOCES based in Yorktown Heights. The programs serve 450 kids with disabilities from 50 different school districts. Tom's been a school administrator for 27 years and he views his work as a form of social engineering; intending to make communities safe for people with disabilities, women and children. The rest of us have to fend for ourselves!!

As a youngster, Tom wasn't much of an athlete. However, he used to ride his bike all over the place and learned to swim well, too. In swimming, he was an overnight sensation! Tom competed in CYO leagues, specializing in both sprints and long distance. The lack of pools in those days was a limitation for ongoing competition, though, but he kept swimming whenever possible. He began running around 1980, and from reading sports magazines became intrigued with all these guys named Scott; Dave [Scott], [Scott] Tinley, and [Scott] Molina. These were three of the biggest names in the sport of triathlon at the time. So with his new interest in running, it seemed a perfect fit to begin his triathlon career; so he bought a bike and started training.

Tom saw an advertisement for a triathlon in Dutchess County called the Sons of Italy and the swim was being held in "his" local swimming hole. He registered and was devastated when he developed influenza on the day of the race. Ugh!! So, his first triathlon was a year later at the 2nd Annual Sons of Italy. In the olden days, most triathletes stripped in the transition area; no tri-suits, just men and women takin' care of business during T1 and T2. In fact, that's how Tom convinced his wife to come and watch a race; "Come on, Honey; you'll get to see lots of naked fit people!!" Yes, it was a sad day for all when the "No nudity in the transition area!" signs went up! The social circle Tom enjoys is void of any triathletes, so it's a solitary endeavor. Although they're not tri fans, Tom is fortunate to hang with his college roommates, participating in a 30 year pinochle game that still is fiercely competitive. Initially everyone thought he was crazy, now they're pretty much used to it; they don't even flinch when he strips anymore!

Tom's done many races in many places; Sons of Italy, Harriman Tri-Series, Allsport Tri-athlon, Westchester Tri, Kure Beach Double Sprint (NC), Fairlee Tri (VT), Vytra TOBAY Tri, Town of Hempstead Point Lookout Tri, Hudson Historical Tri, Albany Tricentennial Tri, Pawling, TRR Biathlon, AZ short Course, Powerman NC, Shamrock Duathlon, Danbury Tri-Series, Pat Griskus Sprint, Bud Light USTS (Mt. Snow, VT), Freedom Tower Aquathlon, Sandy Beach Tri (CT) and the Lake Terramuggas Tri (CT), to name a few! It was at the Fairlee Tri where he met the incredible Ricky and Dick Hoyt; Ricky was born with Cerebral Palsy and his father literally pulls, hauls and pushes his son through many triathlons including the Ironman Triathlon World Championship in Kona, HI. (Please see the '99 footage in Kona for more on them!) Since Tom is a father, he often reflects on that overwhelming display of a man's love for his son.

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Having more than a full time job, a family and doing triathlon have made Tom extremely effective in managing and budgeting his time. The sport is a great stress relief for him. When he thinks back, though, it's where he's been and the things he's seen that make triathlon dear to him. He recalls a moment in the movie *Forest Gump* when Tom Hanks describes to Robin Penn (Jenny) all the amazing things he saw/learned while running. Tom is limited to training for sprints due to time constraints with work. While he probably doesn't think of triathlon more than work, he does build every day around his workouts. (So, what-a-ya-sayin?!) Usually, it's a swim before work and a bike afterwards.

Regarding junk-food/vices, a few years ago when he left a job, his colleagues gave him a year of "Ale in the Mail." Each month, 12 microbrews were delivered to his doorstep for a year! Always thinking of his best interests, they insisted he tell everyone they got him a briefcase. As a result, he's grown quite a taste for India Pale Ales! Tom's also a big Heavy Metal music fan; frequenting the Chance in Poughkeepsie where he's been going to shows longer than he's been doing triathlon. Ah, ha!! Now we know why he can't train for the Olympic distance races; you party animal!! There are set-backs though; he's the oldest person there by 30 years. D'oh! That's gotta hurt.

Tom has had the pleasure of meeting some wonderful people through his athletic travels; he's taken bike lessons from John Howard, running lessons from Jeff Galloway, held Mark Allen's bike for him after a BATC event, and run next to Elvis and all of his imposters at the 1st Rock n' Roll Marathon. Despite his charm, Tom is very shy and introverted and the club experience encourages him to relate/connect. The last 2 years, he began to reap the benefits of his endurance endeavors; winning a couple of age group awards. Tom wishes he had HVTC a long time ago! To him, it's a unique community that helped make last year one of his proudest.

The future holds much of the same for Tom. He plans to continue racing at the sprint distance and announcing the moment he passes the 30-year mark in triathlon. Tom would like to thank his children for being a constant source of joy and inspiration, and his wife for that comment 25 years ago or so..."I wish you'd get on a fitness kick!" 'Nough said! Thanks, Tom.

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2006 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

Brandywine Duathlon-Delaware City, DE (4/8/06) R 5k, B 30k, R 5k www.piranha-sports.com

Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k www.set-upinc.com

MAY

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi. www.stercoixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

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New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)
www.piranha-sports.com

Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 www.nytc.org

Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.
www.dougstern.com

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/21/06) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/21/06) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Health Net Mossman Triathlon-Milford, CT (6/3/06) S 1.5k, B 40k, R 10k
www.trifitness.net

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/3-4/06) S 1.5k, B 44k, R 10k www.timbermantri.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/3-4/06) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/4/06) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

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Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/11/06) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k www.patgriskustri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/18/06) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k www.phillytri.com

JULY

USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland 9/2-3/06)

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/9/06) S 1.5k, B 40k, R 10k www.vermontsun.com

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

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HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k www.nyctri.com

Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S ½ mi., B 13.5 mi., R 3 mi. www.newburyporttriathlon.com

Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k
www.trifitness.net

Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi.
www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi.
www.musselmantri.com

Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25
www.pinebushtriathlon.org

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/23/06) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

AUGUST

Litchfield Hills Triathlon-New Hartford, CT (8/6/06) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/6/06) S 1/2 mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

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Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/6/06) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/6/06) S 1.5k, B 40k, R 10k www.trifitness.net

Grafton Lakes Off Road Triathlon-Grafton, NY (8/6/06) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

West Point Triathlon-West Point, NY (8/13/06) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

19th New York Triathlon Race #2-Harriman State Park, NY (8/20/06) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Lake Dunmore Triathlon-Salisbury, VT (Cancelled!) S .5 mi., B 28 mi., R 5 mi.
www.vermontsun.com

HVTC Summer Tri-Series #3-Rosendale, NY (8/16/06) S 700 yds, B 12 mi, R 2 mi.
www.hvtc.net.

Timberman Sprint Triathlon-Gilford, NH (8/19-20/06) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-20/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Cranberry Country Triathlon-Lakeville, MA (8/27/06) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/27/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

SEPTEMBER

2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland (9/2-3/06) S 1.5k, B 40k, R 10k
www.usatriathlon.org

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Lake George Triathlon-Lake George, NY (9/3/06) S 1.5k, B 40k, R 10k
www.adktri.org

Boston Triathlon (Sprint)-Boston, MA (9/3/06) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 19mi., S .5mi.,R.7mi.
www.ulster.net/~sosnyta/

Firmman Rhode Island (9/10/06) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Saratoga Lake Triathlon-Saratoga, NY (Cancelled!!) S 1.5k, B 40k, R 10k
www.cdtriclub.org/saratoga_triathlon.htm

HVTC Summer Tri-Series #4-Rosendale, NY (9/13/06) S 700yds., B 12 mi., R 2mi.
www.hvtc.net.

Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k
www.westchestertriathlon.com

Mighty Hamptons-Sag Harbor, NY (9/17/06) S 1.5k, B 38k, R 10k
www.swimpower.com

Danskin Triathlon-Sandy Hook, NJ (9/16-17/06) www.danskin.com

Skylands Triathlon-Clinton, NJ (9/17/06) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

OCTOBER

Mightyman ½ Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV (10/15/06) S 1.5k, B 40k, R 10k www.bbscendurancesports.com

American Zofingen (Long)-New Paltz, NY (10/15/06) R 5.15 mi., B 85 mi., R 15.45
www.americanzofingen.triathletesonline.com

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American Zofingen (Short)-New Paltz, NY (10/15/06) R 5.15 mi., B 29 mi., R 5.15
www.americanzofingen.com

Ironman Triathlon World Championship (10/21/06) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/29/06) S 1.5k, Mtn. B 30k, R 11k
www.xterraplanet.com

NOVEMBER

Ironman Florida-Panama City, FL (11/4/06) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/11/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmanlive.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

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Overall Female: Farrier Golgolski 6.42 mi.

Overall Male: Hugh Dunsteath 7.29 mi.

Steve Fischer 6.28 mi.

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Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

Overall Female:

Jeanette Shelow-MacDougall	10.39 mi.
Mari Flores (2 nd F26-35)	09.62 mi.
Linda Rosenthal (1 st F56+)	07.82 mi.
Laila Walzer (2 nd F46-55)	07.44 mi.

Overall Male:

Mark De Luccia	11.70 mi.
Charles Pegg (1 st M36-45)	11.21 mi.
Bill Shashaty (2 nd M36-45)	10.65 mi.
Bill Pape (1 st M56+)	10.60 mi.
Harry Hansen	09.70 mi.
Steve Fischer	09.59 mi.

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., Bike 10 miles, R 3 mi. www.pinehillarms.com

Overall Female:

Erica Ruge	0:58:21
Julie Pape	1:33:07

Overall Male:

Mike Halstead	0:49:54
Charles Pegg (2 nd Overall)	0:50:24
Bob Gramling (3 rd Overall)	0:52:44
Bill Norton	0:55:13
Bill Pape	0:58:02

El Gran Trialo-Joyuda, Puerto Rico S 1.8k, B 40 mi., R 10 mi. www.elgrantrialo.com

Overall Female:

Sara Mari	3:47:57
Mari Flores (3 rd Overall)	4:18:49

Overall Male:

Juan Carlos Padró Octaviani	3:16:47
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March Madness Biathlon-Central Park, NY R 2 mi., B 12 mi., R 2 mi. www.nytc.org

Overall Female:

Kelli Montgomery	1:07:32
Jeanette Shelow-MacDougall (2 nd Overall)	1:07:42

Overall Male:

Lee Sossen	0:56:12
Terry Kerrigan (2 nd Overall)	0:58:40

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Brandywine Duathlon-Delaware City, DE (4/8/06) R 5k, B 30k, R 5k www.piranhasports.com

Overall Female: Suzanne Huelster 1:26:53
Jean Norton* (5th Overall) 1:30:21

*Qualified for the World Duathlon Championship in Newfoundland, Canada

Overall Male: Jeff Miller 1:17:32
Steve Fischer 2:15:28

Ironman Arizona-Phoenix, AZ (4/9/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com (USAT Sanction TBD)

Overall Female: Michellie Jones 9:12:53

Overall Male: Michael Lovato 8:20:56
Terry Kerrigan (23rd Overall) 9:30:07

Bronx Biathlon-Bronx, NY (4/23/06) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

Overall Female: Donna McMahon 1:10:04

Overall Male: Lee Sossen 1:03:36
Mark De Luccia (2nd M30-34) 1:08:49

Powerman-Carrboro, NC (4/23/06) R 8k, 53k, R 8k www.team-magic.com

Overall Female: Brianna Boehmer 2:25:18

Overall Male: Tom Jeffrey 2:04:15
Tom Gill 3:40:41

Healthplex Indoor Triathlon-Springfield, PA (4/23/06) S 15 min., R 15 min. (Yes, the run was next!), B 15 min. www.crozer.org

Overall Female: Kristin Talarovich 153 pts.

Overall Male: James Mooney 170 pts.
Steve Fischer (1st M40-49) 123 pts.

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St. Anthony's Triathlon-St. Petersburg, FL (4/30/06) S 1.5k, B 40k, R 10k

www.satriathlon.com

Overall Female: Becky Lavelle 2:00:04
Jeanette Shelow-MacDougall 2:30:55

Overall Male: Rasmus Henning 1:46:14

White Lake Half-White Lake, NC(5/6/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.set-upinc.com

Overall Female: Jeanna Chain 4:40:14

Overall Male: PJ Deschenes 4:09:05
Art Boyko (1stMaster Clydes)4:53:49

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

Overall Female: Mirinda Carfrae 4:30:13

Overall Male: Craig Alexander 4:07:33
Doug Thompson 6:02:38
Don Davis (3rd M60-64) 6:20:48

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

Overall Female: Jenny Fletcher 1:51:25

Overall Male: Andrew Yoder 1:36:37
Steve Fischer 2:36:36

Brooklyn Biathlon-Brooklyn, NY (5/7/06) R 2 mi., B 10 mi., R 2 mi. www.nytc.org

Overall Female: Amy May 0:58:07

Overall Male: Dave Sargent 0:54:04
Jason O'Neill (2nd M30-34) 0:58:06

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Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 www.nytc.org

<u>Overall Female:</u>	Jean Norton	1:08:17*
	Barbara Sessa (2 nd Overall)	1:09:32
	Jeanette Shelow-MacDougall(3 rd Overall)	1:11:00
	Pam Neimeth (1 st F45-49)	1:19:45
	Mary DeNitto (1 st F55-59)	1:20:59
	Jan Pollo (2 nd F40-44)	1:25:21
	Susan Metichecchia(3 rd F45-49)	1:33:35

*New Course Record!

<u>Overall Male:</u>	John McGovern	1:01:42
	Mike Halstead (2 nd Overall)	1:03:11
	Mark De Luccia (3 rd Overall)	1:04:10
	Ronnie Severino (1 st M35-39)	1:05:00
	Mike Vance (1 st M25-29)	1:05:22
	Mark Wilson (2 nd M35-39)	1:05:37
	Travis Turner (1 st M30-34)	1:06:49
	Nick Brundage (2 nd M18-24)	1:09:18
	Zac Staszak (2 nd M25-29)	1:09:26
	Jason O'Neill (3 rd M30-34)	1:09:49
	Art Boyko (1 st Male Trooper)	1:10:39
	Bill Norton (1 st M50-54)	1:12:30
	Janek Szablinski	1:12:53
	Jimmy Buff	1:13:20
	Bill Shashaty	1:15:28
	Don Davis (1 st M60-64)	1:17:08
	Bill Pape (1 st M55-59)	1:18:55
	Tom Ganz	1:20:15
	Bob Bomba	1:24:40

Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.

www.dougstern.com

<u>Overall Female:</u>	Barbara Buenahora	1:27:38
	Barbara Sessa (2 nd Overall)	1:31:30

<u>Overall Male:</u>	Doug Clark	1:15:43
	Alex Sherwood (2 nd Overall)	1:15:48
	Mike Halstead (3 rd Overall)	1:21:10
	Bill Norton	1:33:09
	John Ferrara	1:55:31

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EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 28 mi., R 6.2 mi. www.genesisadventures.com

Overall Female: Jenny Fletcher 2:26:34
Jean Norton (2nd Overall) 2:31:32
Jeanette Shelow-MacDougall (1st F40-44) 2:39:41
Kathryn Flodquist(2ndF40-44)3:10:08

Overall Male: Mike Llerandi 2:16:31
Mark Wilson (1st M35-39) 2:26:59
Patrick Murphy 3:12:44

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.genesisadventures.com

Overall Female: Mimi Boyle 5:29:56

Overall Male: Chris Gebhardt 4:36:53
John McGovern (7th Overall) 5:05:49
Michael Bakker (1st M40-44) 5:15:39
Mark De Luccia 5:35:21
Jason O'Neill 5:54:15

Saratoga Lions Duathlon-Saratoga Springs, NY (5/28/06) R 5k, B 20 mi., R 5k www.finishright.com

Overall Female: Melissa Smith
1:45:20

Mari Flores (2nd F30-34) 1:56:01

Overall Male: Corey Boilard 1:31:01

Health Net Mossman Triathlon-Milford, CT (6/3/06) S 1.5k, B 40k, R 10k www.trifitness.net

Overall Female: Mimi Boyle 2:24:21
Kathryn Flodquist(1stF40-44) 2:43:24

Overall Male: Dave Kane 2:09:12

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Pawling Triathlon-Pawling, NY (6/3/06) S 1/3 mi., *B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Christine Dunnery	1:05:17
	Jeanette Shelow-MacDougall (2 nd Overall)	1:05:19
	Pam Neimeth (2 nd F45-49)	1:15:08
	Christine Honig	1:16:35
	Maureen Shilkunas	1:18:28
	Mindy Enochs	1:26:55
	Linda Rosenthal (1 st F55-59)	1:45:28

<u>Overall Male:</u>	John McGovern	0:59:15
	Mark Wilson (1 st M35-39)	1:01:18
	Mark De Luccia(2 nd M30-34)	1:02:58
	Zac Staszak (1 st M25-29)	1:03:10
	Art Boyko (2 nd M35-39)	1:03:56
	Bob Gramling (1 st M50-54)	1:05:36
	Steve Fischer	1:27:56
	Tom Gill	1:31:59

*Bike course shortened by 1 due to new speed bumps on golf course road.

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/3-4/06) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)

www.timbermantri.com

<u>Overall Female:</u>	Kim Webster	4:42:29
	Dorothy Hamburg	6:24:59

<u>Overall Male:</u>	Nick Richardson	4:19:34
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New England Adult Triathlon-Worcester, MA (6/10/06) S .5 mi., B 12.8 mi., R 3.2 mi. www.firm-racing.com

<u>Overall Female:</u>	JeanetteShelow-MacDougall	1:08:58
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<u>Overall Male:</u>	Scott Roth	1:02:10
	John Jasinski	1:19:35

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Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1 mi., B 20 mi., R 6.2 mi.
www.swimpower.com

Overall Female: Jean Bohan 2:11:50

Overall Male: Terry Kerrigan 1:51:35

Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

Overall Female:

Natascha Badmann	4:18:12
Jean Norton† (2 nd F40-44)	5:06:02
Barbara Sessa† (3 rd F40-44)	5:06:48
Mari Flores	5:38:36
Mary DeNitto*†(1 st F50-54)	5:47:44
Christine Honig(1 st Athena15-39)	6:06:19
Pam Neimeth	6:24:13

Overall Male:

Chris Legh	3:54:15
Alex Sherwood*†(1 st M30-34)	4:24:55
Mark Wilson†	4:54:06
Art Boyko†	5:01:37
Charles Pegg	5:17:21
Gary Walters	5:34:11
Bob Bomba	6:21:04

*Qualified Ironman Triathlon World Championship-Kona, HI

†Qualified Ironman 70.3 World Championship-Clearwater, FL

19th Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.
www.nytc.org

Overall Female: Claudia Kretschman 1:26:55

Overall Male:

Doug Clark	1:10:33
John McGovern (1 st M40-44)	1:15:06
Jim Demis	1:36:38

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HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi.

www.hvtc.net

<u>Overall Female:</u>	JeanetteShelow-MacDougall*	0:57:55
	Mari Flores	1:05:19
	Mary DeNitto	1:07:38
	Pam Neimeth	1:08:24
	Maureen Shilkunas	1:09:59
	Dorothy Hamburg	1:11:30
	Rosibel Landau	1:16:14
	Jeanne Roth	1:16:20
	Michele Yasson	1:17:50
	Julie Pape	1:31:55
	Linda Rosenthal	1:36:05

*New Course Record

<u>Overall Male:</u>	Alex Sherwood	0:50:37
	John McGovern	0:52:53
	Ronnie Severino	0:53:03
	Michael Donnelly	0:55:12
	Henry Collins	0:55:20
	Mark Wilson	0:55:32
	Mark De Luccia	0:55:40
	Doug Thompson	0:55:47
	Michael Bakker	0:56:08
	Art Boyko	0:56:53
	Travis Turner	0:57:49
	Mike Vance	0:58:04
	Robert Goldsworthy	0:58:40
	Bill Pape	1:02:01
	Bill Shashaty	1:02:02
	Bill Norton	1:02:10
	John Jasinski	1:03:49
	Patrick Murphy	1:03:56
	Gary Walters	1:04:38
	Donald Roth	1:04:54
	Greg Bayer	1:06:36
	David Beaudry	1:08:54
	Tom Ganz	1:09:21
	Bob Bomba	1:09:52
	Henry Kaiser	1:10:22
	John Ferrara	1:11:12
	Jason Novak	1:14:11

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Tom Gill	1:14:42
Janek Szablinski	1:15:15
Steve Fischer	1:18:07
Jim Demis	1:18:20
Larry Knapp	1:19:45
John DeJoy	1:39:23
Tom Eanelli	1:44:50
Mike Halstead	DNF
Charles Pegg	DNF

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k

www.patgriskustri.com

Overall Female:

Amy Rice*	2:12:00
Jeanette Shelow-MacDougall*(1 st F40-44)	2:20:43
Kathryn Flodquist*	2:39:35

Overall Male:

Dave Kane	2:04:54
Alex Sherwood (2 nd Overall)	2:05:09
Mike Halstead (2 nd M35-39)	2:14:10
Mark Wilson*	2:17:13

*Rode 1.4 mile less due to race official misdirection

Lake Waramaug Triathlon, New Preston, CT (6/23/06) S . 5 mi., B 9.1 mi., R 3.3 mi.

www.plattsys.com

Overall Female:

Vicki Dalton	1:07:29
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Overall Male:

John Hirsch	0:56:25
Tom Gill	1:24:19

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R

10k www.tupperlakeinfo.com

Overall Female:

Heather Johnston	1:59:43
Christine Honig	2:27:10
Star Walters (5 th F40-59)	2:28:52

Overall Male:

James Roche	1:54:38
Mike Vance (2 nd Overall)	1:55:04

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Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

<u>Overall Female:</u>	Leslie Myers	4:51:55
	Mari Flores	5:39:48
	Mary DeNitto (2 nd F55-59)	5:48:42
	Pam Neimeth (4 th F45-49)	5:50:07

<u>Overall Male:</u>	Chuck Perreault	4:09:17
	John McGovern (1 st M40-44)	4:28:19
	Mark De Luccia	4:45:42
	Mark Wilson	4:54:23
	Art Boyko	4:58:23
	Doug Thompson	5:33:50
	Gary Walters	5:34:12
	Patrick Murphy	5:46:34

Webster Lake Triathlon-Webster, MA (6/25/06) S .5 mi., B 12 mi., R 3 mi. www.firm-racing.com

<u>Overall Female:</u>	Alicia Kaye	1:01:59
	Jeanette Shelow-MacDougall(2 nd Overall)	1:08:40

<u>Overall Male:</u>	Jonathan McCall	1:01:54
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***Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k www.phillytri.com**

<u>Overall Female:</u>	Heather Houseknecht	2:12:16
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<u>Overall Male:</u>	Chris Ganter	1:54:56
	Zac Staszak	2:11:34

*Due to inclement weather, the race format was changed to a Duathlon; a 3 mile run replaced the swim.

Ironman Coeur d'Alene-Coeur d'Alene, ID (6/25/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

<u>Overall Female:</u>	Joanna Zeiger	09:31:07
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<u>Overall Male:</u>	Chris Hauth	09:07:05
	Henry Collins	11:50:56

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Westchester Medical Center Biathlon-Valhalla, NY (6/25/06) R 2 mi., B 15 mi., R 2 mi.,

www.nytc.org

Overall Female: Barbara Sessa 1:07:29

Overall Male: Chris Bohannon 1:01:50

Steve Fischer 1:31:01

Kure Beach Triathlon-Kure Beach, NC (6/25/06) S 375 yds., R 1.5 k, B 20k, R 1.5k, R 1.5k, S 375 yds. www.set-upinc.com

Overall Female: Anne Basso 1:07:01

Linda Rosenthal(2ndF55-59)1:55:37

Overall Male: Zachary Stroud 0:59:44

USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland 9/2-3/06)

Overall Female: Jennifer Garrison 1:06:53

Jeanette Shelow-MacDougall 1:30:20

Overall Male: Marc Bonnet-Eymard 0:59:58

Diamond in the Rough Triathlon-Perryville, MD (6/8/06) *S 1 mi., B 27 mi., R 5 mi.

www.piranha-sports.com

Overall Female: Sally Speck 2:11:09

Overall Male: Andrew Yoder 1:56:54

Steve Fischer 2:58:24

*Due to inclement weather, the swim became a 2.5 mi. run.

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HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Overall Female:

Jeanette Shelow-MacDougall	0:58:04
Lauren Warren	1:02:44
Mari Flores	1:04:16
Pam Neimeth	1:06:52
Maureen Shilkunas	1:10:17
Mary DeNitto	1:10:59
Jeanne Roth	1:12:24
Michele Yasson	1:14:51
Star Walters	1:14:58
Rosibel Landau	1:17:00
Julie Geisler	1:17:31
Laurel Gross	1:19:17
Sue Metichecchia	1:20:43
Scarlet Duba	1:25:32
Julie Pape	1:31:40
Linda Rosenthal	1:34:10
Carol Covas	NA

Overall Male:

Alex Sherwood*	0:50:27
Terry Kerrigan	0:51:11
Ronnie Severino	0:51:18
Mike Halstead	0:54:32
John McGovern	0:54:40
Charles Pegg	0:55:03
Michael Donnelly	0:55:18
Mark De Luccia	0:55:26
Mike Vance	0:55:40
Zac Staszak	0:56:37
Doug Thompson	0:56:56
Mark Wilson	0:57:19
Bob Gramling	0:57:22
Michael Bakker	0:57:36
Robert Goldsworthy	0:58:39
Art Boyko	0:58:42
Bill Norton	1:00:50
Bill Pape	1:01:39
Jim Demis	1:02:06
Bill Shashaty	1:02:33
Nick Brundage	1:02:50
Patrick Murphy	1:03:36

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Gary Walters	1:04:12
Tom Ganz	1:04:52
Jason Novak	1:07:22
Greg Bayer	1:07:57
Donald Roth	1:08:34
Jim Wendel	1:08:52
Bob Bomba	1:09:48
Yanek Szablinski	1:10:16
John Ferrara	1:13:50
Larry Knapp	1:15:20
Steve Fischer	1:17:58
Philip Milio	1:22:32
John DeJoy	1:26:15
Tom Eanelli	1:36:59
Andrew Schupak	NA
Travis Turner	NA

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 3.1 mi. www.patgriskustri.com

<u>Overall Female:</u>	Danielle Sullivan	1:01:51
	Kathryn Flodquist	1:13:43

<u>Overall Male:</u>	Domenic Gillen	0:56:13
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New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k www.nyctri.com

<u>Overall Female:</u>	Emma Snowsill	1:56:14
	Jeanette Shelow-MacDougall(6 th F-Elite Wave)	2:19:00
	Mary DeNitto (2 nd F55-59)	2:36:53

<u>Overall Male:</u>	Greg Bennett	1:43:43
	Charles Pegg(11 th M-Elite Wave)	2:06:38
	Mark Wilson	2:12:11
	Don Davis (1 st M60-64)	2:29:01
	Janek Szablinski	2:35:22
	Shervyn von Hoerl	3:18:19

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Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k

www.trifitness.net

<u>Overall Female:</u>	Meghan Newcomer	1:09:03
	Kathryn Flodquist (2 nd F40-44)	1:14:30
<u>Overall Male:</u>	Max Wunderle	1:02:59

Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi.

www.musselmantri.com

<u>Overall Female:</u>	Kim Loeffler	4:33:30
<u>Overall Male:</u>	Alex Mroszcyck-McDonald	4:19:54
	Terry Kerrigan (4 th Overall)	4:25:32
	John McGovern (3 rd M40-44)	4:53:14
	Travis Turner	5:20:34
	Jim Wendel	6:18:31
	Patrick Murphy	DNF

Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Rebecca Niesen	1:38:22
	Rosibel Landau (1 st F25-29)	1:49:51
<u>Overall Male:</u>	Mike Halstead	1:17:24
	Ronnie Severino (2 nd Overall)	1:18:03
	Mark De Luccia (3 rd Overall)	1:19:05
	Bill Shashaty (1 st M35-39)	1:35:45
	Gabriel Tenenbaum (3 rd M45-49)	1:38:36

Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Maggie Freeman	1:30:29
	Laurel Gross (1 st F40-44)	1:54:03
<u>Overall Male:</u>	Chris Bohannon	1:20:33

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Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25

www.pinebushtriathlon.org

Overall Female: Kirsten McKay-Smith 1:01:30
Christine Honig 1:08:38

Overall Male: Paul Gaffuri 0:54:25
Art Boyko (2nd M40-44) 0:59:16

Steelman Triathlon-Lehigh Valley, PA (7/16/06) S 1.5k, 40k, 10k www.steelman.org

Overall Female: Katrina Dowichuk 2:29:41

Overall Male: Charles Sperazza 2:14:21
Steve Fischer 3:48:29

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Molly Zahr 10:11:35
Dorothy Hamburg 15:47:39

Overall Male: Victor Zyemtsev 08:38:18
Michael Bakker* 10:20:52
Bob Gramling (3rd M50-54) 10:58:55
Mark De Luccia 11:07:01
Art Boyko 11:19:09
Henry Collins (2nd Clydes.) 11:24:46
Jason O'Neill 13:59:21
Donald Roth 15:45:53

*Qualified Ironman Triathlon World Championship Kona, HI!

New Jersey State Triathlon-Mercy County Park, NJ (7/23/06) S 1.5k, B 40k, R 10k
www.cgiracing.com

Overall Female: Heather Leiggi 2:13:04
Jeanette Shelow-MacDougall (3rd Overall) 2:16:28

Overall Male: Christopher Martin 1:54:37

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Niantic Triathlon-Niantic, CT (7/23/06) S ½ mi., B 12 mi., R 3.5 mi.

www.hartfordmarathon.com

Overall Female:

Elise Vonhousen 1:11:21

Kathryn Flodquist (3rd F40-44) 1:17:20

Overall Male:

Jordan Rapp 0:59:07

2005 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 two USA Triathlon Sanctioned** races that year; i.e. S.O.S. and EnduraSport Half.)

<u>Name</u>	<u>Age Group</u>	<u>Honors</u>	<u>Ranking</u>
John McGovern (Duathlon)	M40-44	AA	96.2270
Alex Sherwood	M30-34	AA	92.4403
Mark Wilson	M35-39	AA	88.7071
Charles Pegg	M35-39	HM	84.6444
Mike Halstead	M35-39		83.2659
Mike Vance	M20-24		81.2255
Andrew Schupak	M35-39		81.1321
Barbara Sessa	F40-44	HM	77.1341
Jean Norton	F40-44	HM	76.2606
Mary DeNitto	F55-59	AA	71.4236
Pam Neimeth	F45-49		67.1655
Bill Norton	M50-54		66.8788
Jeanne Roth	F30-34		64.4122
Tom Gill	M50-54		60.5422

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

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

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2005 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2005 HVTC Volunteer of the Year Award: **Myron Baker Sr.**
2005 HVTC Most Improved Award: **Jim Demis**
2005 HVTC Rookie of the Year Award: **Linda Rosenthal**
2005 HVTC Honorable Mention Award: **Jean Norton**
2005 HVTC Honorable Mention Award: **Barbara Sessa**
2005 HVTC Honorable Mention Award: **Mike Halstead**
2005 HVTC Honorable Mention Award: **Alex Sherwood**
2005 HVTC Female Triathlete of the Year Award: **Mary DeNitto**
2005 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

2005 HVTC Summer Tri-Series Winners

Women's Champion: **Mary DeNitto**

2nd Place: **Mari Flores**

3rd Place: **Pam Neimeth**

4th Place: **Jean Norton**

5th Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**

2nd Place: **Mark Wilson**

3rd Place: **Charles Pegg**

4th Place: **Henry Collins**

5th Place: **Alex Sherwood**

ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1st, 2006; Closing Day-Friday October 27th, 2006; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **HVTC Awards Banquet**-Wednesday, November 15th 5:30-7:30 pm at Williams Lake Resort.
- **Mark Wilson's Triathlon Training Camps**-August 21-26, 2006 PICO Sports Center (Killington, VT) & January 22-27, 2007 National Training Center (Clermont, FL).
- **2006 HVTC Summer Tri-Series.** 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).
- **2006 HVTC \$200.00 membership** is valid from January 1st-December 31st.

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