

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. 67

December 2006

IN A FEW WORDS

Dear HVTC,

HAPPY HOLIDAYS!! I want to wish you and your family the best holiday season ever! Keep moving and always remember that you are what you think. It's the secret to higher living...and faster triathlon times. See ya out there!

Sincerely,



Mark H. Wilson
Professional Triathlon Coach
Founder/President-Hudson Valley Triathlon Club

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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Photo by Scott Schaffrick www.scottschaffrick.com

HVTC Featured Athlete: Art Boyko **By Mark H. Wilson**

Did you have a favorite super hero as a kid? You know; Batman, Superman, Wonder Woman, Isis, the Bionic Woman or the Hulk? What about Aquaman? In case you're unfamiliar with who he was, he could do just about anything in the water including communicating with all aquatic life; oh, yeah, and he could swim REALLY fast!! Well, Art Boyko is our Featured Athlete of the Month and he can do that, too. Okay, maybe he can't actually communicate with fish, but it appears he can swim as fast as them! Let's see how the aqua-ace got started.

Art was born in Albany, NY in 1966 and attended Vincentian Institute (St. Vincent's) for grade school (1st-8th grade) and Bishop Maginn High School in Albany. He went to undergraduate school at SUNY Cortland where he majored in Sociology with a minor in Criminology and Health. Art also obtained a Master's Degree in Public Administration from Marist College in 2003.

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Competitive swimming came early to Art; in fact, at the age of four just 1 week before his 5th birthday. However, he had to be bribed by his mother before he would race!! Get this; the organizers would actually stop the meet until Art's mother thought-up a worthwhile incentive before he plunged into the water for a 25 yard sprint. Wonder if the reward was ever any of his present-day junk food favorites; pizza, chicken wings, French fries, good quality cookies and pies! Nope, no way, never, uh-uh, not at all...really!! Art swam throughout his entire childhood and all the way through college. His high school did not have a swim team so he swam with a local club; Albany Starfish. Gotta love swim club names! Art didn't take his swimming seriously though until his junior year in high school and then he really picked-it-up once in college; consequently, he was captain of his university team all four years. Art was an 8-time All-American; he qualified in two events each year specializing in the 100 and 200 yard breaststroke. In addition, he broke school and conference records for both events and recently surrendered the 100 yard record after upholding it for 19 years. Goodness!

Art currently lives in Pleasant Valley, NY with his wife Martha and their three children Emily (12), Abigail (9) and Jason (7); and their dog Quincy (a yellow Labrador retriever). He is employed as a New York State Trooper and assigned as a Captain in the Bureau of Criminal Investigations. Art, a muscular 6' 3", supervises a state-wide undercover drug and gun enforcement unit. "Yeah, Endurolytes; sure, buddy!! And I suppose that's a frame pump ya got there, too, huh?!"

A few years ago, Art began swimming again but quickly became bored with it and decided to give triathlon a shot. One of his sisters, Sue (10:49 IM Hawaii Finisher-yes, she's on the HVTC recruit list!), had been trying to talk him into doing triathlons for years and now the time was right. His first experience was the Pawling Triathlon in 2005. He recalls worrying about finishing the race and whether or not he'd actually beat anybody in the 500 person field. Wow, things have definitely changed quickly for Art. He thinks about triathlons a lot, not only when he's working but also during his 89 mile commute from Dutchess County to his office north of Albany every day; ow, that's gotta hurt! Art simply visualizes the next race or a hard training day on the schedule and the time flies by. And despite everybody he knows outside the triathlon world thinking he's crazy for doing these things, the most amusing and innocent question he's asked regarding the Ironman at Lake Placid he completed is "How many days does it take to complete the three events?" Then he searches for a nonchalant way to tell them that he actually RUNS in between each one so as not to waste any time. At that point, it's usually the blank stare and..."How 'bout those Yankees?!" No matter, Art absolutely recommends the sport to others and will continue to promote the sport in the future. When Art has a few free moments, he's on the run again getting his kids to practice/meets, etc. They're active in soccer, swim club and track. But he does enjoy a little down-time cooking, and then of course, eating!! However, eating can make hill-

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climbing difficult since it's his intention to remain an age-grouper and NOT a Clydesdale (Men 200 lbs.+)! Back to the salad bar...again!

One week after Eagleman and a week prior to the Tupper Lake Half Ironman, Art was training for Lake Placid near his mother-in-laws in Malone, NY when he was struck by a motorist. He was 1 mile from completing his 60-mile ride, cruising down a hill at 30 mph, when a driver pulls out in front of him; oh, _ _ _ _! (Please provide appropriate expletive!). He attempted to miss the vehicle by swerving, but the car nipped the rear wheel of his new Kestrel. Needless to say, it was a total wipe-out! To top it all, the driver tears-off and leaves our friend to fend for himself?! The police did their best looking for the individual, but no luck. Art was obviously banged-up, got some stitches, had the bike shop do their magic with the Kestrel and all was well soon enough. Welcome to triathlon!

Art's season was rewarding, fun-filled, record-breaking and loong! Besides setting a NEW blazing swim-course record of 7:55 at the HVTC Summer Tri-Series, Art raced at the White Lake Half Ironman Triathlon, Pawling Triathlon, Eagleman Half Ironman, Tupper Lake Half Ironman, Pinebush Triathlon, Ironman Lake Placid, Northern Columbia Triathlon, Vermont Journey Half Ironman, inaugural Lake George Triathlon and the Ironman 70.3 World Championship in Clearwater, FL. Art likes triathlon because of the challenges it provides; mastering three individual sports and combining them into one. He feels triathlon mixes aspects such as tenacity, heart, strategy and hard work; that's what gives him a consistent sense of accomplishment, regardless of the race distance.

Due to Art's athleticism, he has had wonderful success in triathlon placing several times in an ever-tougher age-group (M40-44). His goals for the future are to remain healthy, strong and in love with the sport of triathlon. He'd like to qualify again for Clearwater 70.3 in 2007. Art feels fortunate to be involved in such a great sport and expresses his gratitude for the knowledge he gains from each training session or race. As with most super heroes, his work is never done. Thanks, Aquaman!

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2007 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/??/07) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/??/07) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/??/07) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

Brandywine Duathlon-Delaware City, DE (4/14/07) R 5k, B 30k, R 5k www.piranha-sports.com

Powerman North Carolina-Carrboro, NC (4/??/07) R 8k, B 53k, R 8k www.set-upinc.com

MAY

Devil's Kitchen Duathlon-Phoenicia, NY (5/6/07) R 8 mi., B 48 mi., R 8 mi. www.triathletesonline.com

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St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/6/07) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/6/07) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/6/07) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2007 Long Course National Championship)
www.piranha-sports.com

Trooper Biathlon-Hurley, NY (5/13/07) R 2, B 14, R 2 www.nytc.org

2007 ITU Short Course Duathlon World Championship-Gyor, Hungary (5/19-20/07)

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S-.6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/20/07) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/20/07) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Pawling Triathlon-Pawling, NY (6/2/07) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/2-3/07) S 1.5k, B 44k, R 10k www.timbermantri.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/2-3/07) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

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Health Net Mossman Triathlon-Milford, CT (6/9/07) S 1.5k, B 40k, R 10k
www.trifitness.net

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/??/07) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Mighty Montauk Triathlon-Montauk, NY (6/9/07) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/??/07) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/10/07) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

NY Tri Series #1-Harriman State Park (6/10/07) S ½ mi., B 16 mi., R 3 mi.
www.nytc.org

HVTC Summer Tri-Series #1-Rosendale, NY (6/13/07) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/07) S 1.5k, B 40k, R 10k
www.patgriskustri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/17/07) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Highland Triathlon-Yulan, NY (6/23/07) S ½ mi., B 15 mi., R 4 mi.
www.dougstern.com

Philadelphia Triathlon-Philadelphia, PA (6/24/07) S 1.5k, B 40k, R 10k
www.phillytri.com

2007 USA Triathlon National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2007 ITU Short Course Triathlon World Championship-Hamburg, Germany 8/30-9/2/07)

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

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Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/30/07) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

JULY

Mossman Triathlon-Norwalk, CT (7/8/07) S .5 mi., B 12.5 mi., R 5k www.trifitness.net

HVTC Summer Tri-Series #2-Rosendale, NY (7/11/07) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net.

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/11/07) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

New York City Triathlon-NYC, NY (7/22/07) S 1.5k, B 40k, R 10k www.nyctri.com

2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-15/07) www.usatriathlon.org

Musselman Triathlon (Half-IM)-Geneva, NY (7/15/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/15/07) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

Pine Bush Triathlon, Pine Bush, NY (7/15/07) S 325 yds., B 11.5, R 3.25 www.pinebushtriathlon.org

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/15/07) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

Hudson Valley Triathlon-Kingston, NY(7/22/07) S .3 mi., B 12 mi., R 3 mi. www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/22/07) R 1 mi., B 12 mi., R 3 mi. www.nytc.org

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/22/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

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2007 Duathlon National Championship-Mason, OH (7/29/07) R 10k, B 40k, R 5k
www.usatriathlon.org

AUGUST

Litchfield Hills Triathlon-New Hartford, CT (8/??/07) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/5/07) S 1/2 mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/07) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Grafton Lakes Off Road Triathlon-Grafton, NY (8/??/07) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

West Point Triathlon-West Point, NY (8/12/07) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Lake Dunmore Triathlon-Salisbury, VT (8/12/07) S .9 mi., B 28 mi., R 6.2 mi.
www.vermontsun.com

NY Tri Series Race #2-Harriman State Park, NY (8/19/07) S ½ mi., B 16 mi., R 3mi.
www.nytc.org

HVTC Summer Tri-Series #3-Rosendale, NY (8/15/07) S 700 yds, B 12 mi, R 2 mi.
www.hvtc.net.

Timberman Sprint Triathlon-Gilford, NH (8/18-19/07) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/18-19/07) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Cranberry Country Triathlon-Lakeville, MA (8/26/07) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/26/07) S 1.5k, B 40k, R 10k www.trifitness.net

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2007 ITU Short Course Triathlon World Championship-Hamburg, Germany (8/30-9/2/07) S 1.5k, B 40k, R 10k www.usatriathlon.org

SEPTEMBER

Lake George Triathlon-Lake George, NY (9/??/07) S 1.5k, B 40k, R 10k www.adktri.org

Boston Triathlon (Sprint)-Boston, MA (9/??/07) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (9/9/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

S.O.S.-New Paltz, NY(9/9/07) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

Firmman Rhode Island (9/??/07) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

HVTC Summer Tri-Series #4-Rosendale, NY (9/12/07) S 700yds., B 12 mi., R 2mi. www.hvtc.net.

2007 USAT National Club Championship-St. Louis, MO (9/15-16/07) S 1.5k, B 40k, R 10k www.usatriathlon.org

Mighty Hamptons-Sag Harbor, NY (9/16/07) S 1.5k, B 38k, R 10k www.swimpower.com

Westchester Triathlon-Rye, NY (9/23/07) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.com

Danskin Triathlon-Sandy Hook, NJ (9/??/07) www.danskin.com

Skylands Triathlon-Clinton, NJ (9/??/07) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

**ITPman-Darien, CT (9/29/07) S .5 mi., B 15 mi., R 5 mi. www.itpfoundation.org
Mightyman ½ Ironman Triathlon-Montauk, NY (9/30/07) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com**

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OCTOBER

American Zofingen (Long Course)-New Paltz, NY (10/14/07) R 5.15 mi., B 85 mi., R 15.45 www.americanzofingen.triathletesonline.com

American Zofingen (Short Course)-New Paltz, NY (10/14/07) R 5.15 mi., B 29 mi., R 5.15 www.americanzofingen.triathletesonline.com

Ironman Triathlon World Championship (10/13/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/20/07) S 1.5k, Mtn. B 30k, R 11k www.xterraplanet.com

2007 ITU Long Course Duathlon World Championship-Richmond, VA (10/21/07) www.usatriathlon.org

NOVEMBER

Ironman Florida-Panama City, FL (11/3/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/10/07) 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

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2006 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>
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AA-All American (Top 5% of respective age group in the USA)

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

2006 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2006 HVTC Volunteer of the Year Award: **Tom Ganz**

2006 HVTC Most Improved Award: **Steve Fischer**

2006 HVTC Rookie of the Year Award: **Sue Metichecchia**

2006 HVTC Honorable Mention Award: **Jean Norton**

2006 HVTC Honorable Mention Award: **Jeanette Shelow-MacDougall**

2006 HVTC Honorable Mention Award: **Terry Kerrigan**

2006 HVTC Honorable Mention Award: **Mike Halstead**

2006 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2006 HVTC Male Triathlete of the Year Award: **Alex Sherwood**

2006 HVTC Special Qualifiers

Bakker, Michael-Ironman World Championship

Boyko, Art-Ironman 70.3 World Championship

DeNitto, Mary-Ironman 70.3 World Championship, Ironman World Championship

Gramling, Bob-Ironman World Championship

Halstead, Mike-Xterra World Championship

Neimeth, Pam-Ironman 70.3 World Championship

Norton, Jean-ITU Duathlon World Championship, Ironman 70.3 World Championship

Pegg, Charles-Escape From Alcatraz

Sessa, Barbara-Ironman 70.3 World Championship

Shelow-MacDougall, Jeanette-ITU World Championship, Escape From Alcatraz,
Lifetime Fitness Championship

Sherwood, Alex-Ironman 70.3 World Championship, Ironman World Championship

Staszak, Zac-Escape From Alcatraz

Wilson, Mark-Ironman 70.3 World Championship

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2006 HVTC Summer Tri-Series Winners

Women's Champion: **Jeanette Shelow-MacDougall**

2nd Place: **Mari Flores**

3rd Place: **Maureen Shilkunas**

4th Place: **Lauren Warren**

5th Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2nd Place: **Ronnie Severino**

3rd Place: **Michael Donnelly**

4th Place: **Terry Kerrigan**

5th Place: **John McGovern**

NEW Summer Tri-Series Course Records

Christine Honig-Swim (9:18)

Barbara Sessa-Bike (33:32)

Art Boyko-Swim (7:55)

Jeanette Shelow-MacDougall-Course Record (57:33)

Alex Sherwood-Run (10:43)

Alex Sherwood-Course Record (49:58)

ANNOUNCEMENTS

- **2007 HVTC Registration/Package Pick-Up: 5:30-7:30 pm Wednesday, April 25th, 2007 @ Williams Lake Resort!**
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Wednesday, May 2nd, 2007; Closing Day-Friday, October 26th, 2007.
- **Mark Wilson's Triathlon Training Camps-Clermont, FL (National Training Center-January 22-27, 2007) & Rosendale, NY (Williams Lake Resort-July 29-August 4, 2007).**
- **2007 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).
- **2007 HVTC \$200.00 membership is valid from January 1st-December 31st.**

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SPONSORS

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