

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. 62

July 2006

IN A FEW WORDS

Dear HVTC,

Living with a sense of deep gratitude for all of my blessings on a daily basis is how I intend to live my life. Of course, there are days when I don't feel particularly grateful for certain circumstances that arise and challenge me, but as long as I view it as another opportunity for learning and growing I am still on the path of living with an attitude of gratitude. I wish the same for you; now, I'm goin' out for a bike ride. 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: Mike Vance
By Mark H. Wilson

Do you know anyone in their 20's who's got act together? Did YOU have your head on straight during college and beyond? Do you know any 20-something-year-olds who take personal responsibility for their actions and show sincere respect for their elders? If you do, you are in the presence of a very special being who is living conscientiously and who was blessed enough to be raised by someone who loves them dearly. Mike Vance, the HVTC Featured Athlete of the Month, is one of those exceptional young men who embody all of the distinct qualities mentioned above despite his Reese's Peanut Butter Cup vice. He's also got athletic talent to die for, and triathlon has become the perfect avenue to express his gifts. Let's get to it!!

Michael Vance was born on December 12th, 1980 in Poughkeepsie, NY by his proud parents Hank and Nancy Vance. He went to New Paltz High School and SUNY Cortland where he studied Physical Education. His first sports love was baseball; he literally ate, slept and breathed baseball growing up. Of course, he played in high school and every night he would hit 200 balls off the batting tee into a net in the garage. Mike wanted to play for Cortland badly; he was an exceptional fielder, but his batting was too average for Division III play. He felt his size was an issue, too; Mike's top weight at the time was a whopping 145 lbs. soaking wet! (Perfect for tri's, though!).

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Mike currently lives in New Paltz and is dating a lovely young woman named Winter who works at Peak Performance Sports. Winter visited Williams Lake a few times last year which caught Mike's eye. Since then, he found himself heading to the store to purchase training shoes, racing flats, court shoes, hiking boots, snow shoes, ski boots, x-country skis, trail shoes, slippers and dress shoes. Once he ran out of money and discovered they didn't sell Penny Loafers, he finally got up the courage to ask her out and they've been together ever since. Mike teaches Physical Education at New Paltz Middle School; interestingly, most of the present faculty members were HIS teachers! Yikes!! Guess who'll be in the same boat 15 years from now?! Mike also enjoys rock climbing, roasting his own coffee beans and being Don Davis's drafting horse in lane 6 during the winter swim sessions at SUNY New Paltz.

For whatever reason, Mike decided he wanted to do a triathlon and picked the Tupper Lake Half Ironman for his debut. Let's just say he learned a lot in those 6-plus hours about respecting distance. One of Mike's favorite triathlon experiences was two years ago at the Highland Triathlon in Yulan, NY. He and Myron Baker Sr. helped each other zip-up their wetsuits before the race. Unfortunately, they should have chosen more skilled zipping buddies, as both needed outside assistance when attempting to strip themselves of the skin-tight material 10 minutes later. Needless to say, their T1 times were horrific; their combined transition time was well over 9 minutes!!! Point is, half the field passed them in the transition area; or at least it felt like it! After the race, they were looking at the results with a large group of people and they heard one woman say, "Helen look, I wasn't the slowest person at T1!"...as she was pointing to Myron's name. (Doh!!) That hurts; lesson learned.

Mike doesn't run into many people who think he is nuts for doing triathlon because most of his friends were endurance athletes during high school or college. He recommends the sport to anyone who wants a good challenge. Mike likes the sport of triathlon because he loves staying in shape and being active; it's difficult for him to sit still. He's always thinking about triathlon and at work he has to ease-up on the throttle while playing with the kids so he'll have energy to train when he gets home. He feels extremely fortunate to have a profession where he "...gets paid to workout in the fall and spring." During the fall he coaches cross country and in the spring he coaches varsity distance track; it keeps his running legs in excellent condition tri's.

One of the best things Mike enjoys about the sport is the people who have taken him under their wing and helped him with his training. Myron Baker Sr., Mike Halstead, Don Davis, to mention a few; have all offered endless guidance with training and racing. He loves hearing their stories and appreciates their generous advice. He looks forward to the Tuesday night Spinerval Session at Don's house with Baker, Halstead, Alex (Sherwood), followed by some carbacious refreshments. Mike notes, "Maybe after I do the Survival of the Shawangunks this year they will finally let me use an S.O.S. towel to wipe off my

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sweat!” However, until he crosses that line and becomes an official “Survivor” he’ll have to endure another winter of shame and ridicule that goes along with using the old, tattered and generic beach towel for sweat removal/absorption.

After Mike’s introduction to triathlon at the Half Ironman distance, he discovered the sprint triathlon which seemed to suit him quite well. In fact, Mike’s most recent success was at the Tupper Lake “Sprint” Triathlon; he placed 2nd Overall. Last year, he placed 5th Overall in the same race; looks like he’ll take the win in 2007! All told, Mike’s getting more racing under his belt and has completed the Tupper Lake Half (2x), Musselman Sprint Triathlon, Cayuga Sprint Triathlon (2x), Timberman Sprint Triathlon, Keuka Lake Triathlon, Highland Triathlon and the Trooper Biathlon.

Mike is on a steady and true path to reach his future goals. He plans to complete a sub-5 hour Half Ironman and become an Ironman in his lifetime. With his wide range of support, from his parents to training partners to HVTC, it appears he’ll hit every target with utter ease. It’s just a matter of time; okay, about another \$1,000 bucks, too. Thanks, Mike!

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

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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.stcroixtriathlon.com

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

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

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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

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

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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

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

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.nycetri.com

Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S 1/2 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

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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

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 (8/13/06) 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.

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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

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

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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.com

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

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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.

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 (2nd F26-35) 09.62 mi.
Linda Rosenthal (1st F56+) 07.82 mi.
Laila Walzer (2nd F46-55) 07.44 mi.

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

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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 (2nd Overall) 0:50:24
Bob Gramling (3rd 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.elgrantriale.com

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

Overall Male: Juan Carlos Padró Octaviani 3:16:47

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(2nd Overall)1:07:42

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

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

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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.

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

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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 (1st Master 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

Overall Female:

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!

Overall Male:

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

Overall Female:

Barbara Buenahora	1:27:38
Barbara Sessa (2 nd Overall)	1:31:30

Overall Male:

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

Overall Female:

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

Overall Male:

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
JeanetteShelow-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
	JeanetteShelow-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

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.)

Name	Age Group	Honors	Ranking
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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