

# Hudson Valley Triathlon Club

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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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**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**



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***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 12<sup>th</sup>, 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 2<sup>nd</sup> Overall. Last year, he placed 5<sup>th</sup> 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](http://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](http://www.cdymca.org)

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://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](http://www.pinehillarms.com)

## APRIL

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

Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k [www.set-upinc.com](http://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](http://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](http://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](http://www.piranha-sports.com)

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

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

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

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://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](http://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](http://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](http://www.firm-racing.com)

**Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1mi, B 20mi, R 6.2mi**  
[www.swimpower.com](http://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](http://www.keukalaketri.com)

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

19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.  
[www.nytc.org](http://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](http://www.hvtc.net)

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

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

## JULY

**USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://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](http://www.vermontsun.com)**

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://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](http://www.hvtc.net)**

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

**Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S 1/2 mi., B 13.5 mi., R 3 mi. [www.newburyporttriathlon.com](http://www.newburyporttriathlon.com)**

**Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k [www.trifitness.net](http://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](http://www.musselmantri.com)**

**Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi. [www.musselmantri.com](http://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](http://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](http://www.nytc.org)

Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25 [www.pinebushtriathlon.org](http://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](http://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](http://www.vermontsun.com)

## AUGUST

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

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

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

Grafton Lakes Off Road Triathlon-Grafton, NY (8/6/06) S 0.9mi, Mtn B 14mi, R 5mi. [www.skyhighadventures.com](http://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/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

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

Lake Dunmore Triathlon-Salisbury, VT (8/13/06) S .5 mi., B 28 mi., R 5 mi. [www.vermontsun.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.usatriathlon.org)

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

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

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

Saratoga Lake Triathlon-Saratoga, NY (Cancelled!!) S 1.5k, B 40k, R 10k  
[www.cdtriclub.org/saratoga\\_triathlon.htm](http://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](http://www.hvtc.net).

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

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

**Skylands Triathlon-Clinton, NJ (9/17/06) S ½ mi., B 14.1 mi., R 5k** [www.lin-mark.com](http://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](http://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](http://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](http://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](http://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](mailto:www.ironinfo@ironmanlive.com)

**Xterra World Championship-Maui, HI (10/29/06) S 1.5k, Mtn. B 30k, R 11k**  
[www.xterraplanet.com](http://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](http://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](http://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](mailto:mark@hvtc.net).

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

## RESULTS

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

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

Overall Male: Mark De Luccia 11.70 mi.  
Charles Pegg (1<sup>st</sup> M36-45) 11.21 mi.  
Bill Shashaty (2<sup>nd</sup> M36-45) 10.65 mi.  
Bill Pape (1<sup>st</sup> 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](http://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<sup>nd</sup> Overall) 0:50:24  
Bob Gramling (3<sup>rd</sup> 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](http://www.elgrantriale.com)

Overall Female: Sara Mari 3:47:57  
Mari Flores (3<sup>rd</sup> 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](http://www.nytc.org)

Overall Female: Kelli Montgomery 1:07:32  
Jeanette Shelow-MacDougall(2<sup>nd</sup> Overall)1:07:42

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

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

Overall Female: Suzanne Huelster 1:26:53  
Jean Norton\* (5<sup>th</sup> 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](http://www.ironmanarizona.com) (USAT Sanction TBD)

Overall Female: Michellie Jones 9:12:53

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

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

Overall Female: Donna McMahon 1:10:04

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

Powerman-Carrboro, NC (4/23/06) R 8k, 53k, R 8k [www.team-magic.com](http://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](http://www.crozer.org)

Overall Female: Kristin Talarovich 153 pts.

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

St. Anthony's Triathlon-St. Petersburg, FL (4/30/06) S 1.5k, B 40k, R 10k  
[www.satriathlon.com](http://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](http://www.set-upinc.com)**

**Overall Female:** Jeanna Chain 4:40:14

**Overall Male:** PJ Deschenes 4:09:05  
Art Boyko (1<sup>st</sup> 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](http://www.stcroixtriathlon.com)**

**Overall Female:** Mirinda Carfrae 4:30:13

**Overall Male:** Craig Alexander 4:07:33  
Doug Thompson 6:02:38  
Don Davis (3<sup>rd</sup> 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](http://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](http://www.nytc.org)**

**Overall Female:** Amy May 0:58:07

**Overall Male:** Dave Sargent 0:54:04  
Jason O'Neill (2<sup>nd</sup> 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](http://www.nytc.org)

Overall Female:

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

\*New Course Record!

Overall Male:

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

Overall Female:

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

Overall Male:

Doug Clark	1:15:43
Alex Sherwood (2 <sup>nd</sup> Overall)	1:15:48
Mike Halstead (3 <sup>rd</sup> 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](http://www.genesisadventures.com)

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

**Overall Male:** Mike Llerandi 2:16:31  
Mark Wilson (1<sup>st</sup> 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](http://www.genesisadventures.com)

**Overall Female:** Mimi Boyle 5:29:56

**Overall Male:** Chris Gebhardt 4:36:53  
John McGovern (7<sup>th</sup> Overall) 5:05:49  
Michael Bakker (1<sup>st</sup> 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](http://www.finishright.com)

**Overall Female:** Melissa Smith 1:45:20  
Mari Flores (2<sup>nd</sup> 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](http://www.trifitness.net)

**Overall Female:** Mimi Boyle 2:24:21  
Kathryn Flodquist(1<sup>st</sup>F40-44) 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](http://www.nytc.org)

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

<u>Overall Male:</u>	John McGovern	0:59:15
	Mark Wilson (1 <sup>st</sup> M35-39)	1:01:18
	Mark De Luccia(2 <sup>nd</sup> M30-34)	1:02:58
	Zac Staszak (1 <sup>st</sup> M25-29)	1:03:10
	Art Boyko (2 <sup>nd</sup> M35-39)	1:03:56
	Bob Gramling (1 <sup>st</sup> 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](http://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](http://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](http://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](http://www.tricolumbia.org)

**Overall Female:**

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

**Overall Male:**

Chris Legh	3:54:15
Alex Sherwood*†(1 <sup>st</sup> 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

**19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

**Overall Female:** Claudia Kretschman 1:26:55

**Overall Male:**

Doug Clark	1:10:33
John McGovern (1 <sup>st</sup> 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](http://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](http://www.patgriskustri.com)

**Overall Female:**

Amy Rice*	2:12:00
JeanetteShelow-MacDougall*(1 <sup>st</sup> F40-44)	2:20:43
Kathryn Flodquist*	2:39:35

**Overall Male:**

Dave Kane	2:04:54
Alex Sherwood (2 <sup>nd</sup> Overall)	2:05:09
Mike Halstead (2 <sup>nd</sup> 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](http://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](http://www.tupperlakeinfo.com)

**Overall Female:**

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

**Overall Male:**

James Roche	1:54:38
Mike Vance (2 <sup>nd</sup> 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](http://www.tupperlakeinfo.com)

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

<b><u>Overall Male:</u></b>	Chuck Perreault	4:09:17
	John McGovern (1 <sup>st</sup> 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](http://www.firm-racing.com)

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

<b><u>Overall Male:</u></b>	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](http://www.phillytri.com)

<b><u>Overall Female:</u></b>	Heather Houseknecht	2:12:16
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<b><u>Overall Male:</u></b>	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](http://www.ironman.com)

<b><u>Overall Female:</u></b>	Joanna Zeiger	09:31:07
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<b><u>Overall Male:</u></b>	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](http://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](http://www.set-upinc.com)**

Overall Female: Anne Basso 1:07:01  
Linda Rosenthal(2<sup>nd</sup>F55-59)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.)

<b>Name</b>	<b>Age Group</b>	<b>Honors</b>	<b>Ranking</b>
<b>John McGovern (Duathlon)</b>	<b>M40-44</b>	<b>AA</b>	<b>96.2270</b>
<b>Alex Sherwood</b>	<b>M30-34</b>	<b>AA</b>	<b>92.4403</b>
<b>Mark Wilson</b>	<b>M35-39</b>	<b>AA</b>	<b>88.7071</b>
<b>Charles Pegg</b>	<b>M35-39</b>	<b>HM</b>	<b>84.6444</b>
Mike Halstead	M35-39		83.2659
Mike Vance	M20-24		81.2255
Andrew Schupak	M35-39		81.1321
<b>Barbara Sessa</b>	<b>F40-44</b>	<b>HM</b>	<b>77.1341</b>
<b>Jean Norton</b>	<b>F40-44</b>	<b>HM</b>	<b>76.2606</b>
<b>Mary DeNitto</b>	<b>F55-59</b>	<b>AA</b>	<b>71.4236</b>
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**

2<sup>nd</sup> Place: **Mari Flores**

3<sup>rd</sup> Place: **Pam Neimeth**

4<sup>th</sup> Place: **Jean Norton**

5<sup>th</sup> Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**

2<sup>nd</sup> Place: **Mark Wilson**

3<sup>rd</sup> Place: **Charles Pegg**

4<sup>th</sup> Place: **Henry Collins**

5<sup>th</sup> Place: **Alex Sherwood**

## ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1<sup>st</sup>, 2006; Closing Day-Friday October 27<sup>th</sup>, 2006; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **HVTC Awards Banquet**-Wednesday, November 15<sup>th</sup> 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 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<sup>th</sup>-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **2006 HVTC \$200.00 membership** is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.

# Hudson Valley Triathlon Club

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