

# 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. 61**

**June 2006**

## IN A FEW WORDS

Dear HVTC,

June is such an awesome time for triathlon! Many HVTC-ers race at Pawling, the club race, and Tupper Lake, to name a few. Those who are preparing for IM USA Lake Placid in July are going long on those warm summer days akin to the season, too. All in all, it's a wonderful time to greet yearly racing acquaintances, bolster club spirit, and thoroughly enjoy yourself while swimming, biking and running. Truly; life is good! 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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# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006



(Photo: Jennifer May [www.jennifermay.com](http://www.jennifermay.com))

## **Featured Athlete: Jean Norton** **By Mark H. Wilson**

Have you ever met someone you really admire as an athlete, and when you finally get to meet them you are doubly impressed with their poise, honest demeanor and sincere interest in YOU? How refreshing. Our Featured Athlete of the Month, Jean Norton, displays this type of altruistic behavior consistently wherever she trains/races. She's an extremely gifted athlete who's always pushing her limits on all levels; emotionally, mentally and, of course, physically. Jean has taken a round about way to triathlon, but at least she made it here; for all to enjoy. Here's her story.

Jean Norton was born in Chicago, IL and remained there for 5 years, but her father was transferred to Highland Telephone Company in Monroe so they moved to Walden, NY. She attended Valley Central School District and then went on to get her Bachelor's Degree in economics at SUNY Oneonta in 1985. She followed in her father's footsteps and began working at the telephone company in 1988. She married John Bowens and had two beautiful kids Rachel (18) and Johnny (16). Jean became a housewife which she found to be "...hard as hell, I'd rather do an Ironman!" As the years passed, the marriage was dissolving which auspiciously spawned her running career. She joined the Orange

# Hudson Valley Triathlon Club

---

Volume VI, Issue No. 61 June 2006

Runners Club out of Middletown and soon became an elite runner in the region. The talent was there; in high school she ran track and cross-country but never realized her potential due to lackluster grades which kept her from training/racing. At the ripe age of 32 she began running races ranging from 5k to the marathon. Jean loved every distance but excelled at going long; the marathon became her trade-mark distance. She really wanted to break the 3-hour barrier and did so at the Steamtown Marathon in Pennsylvania with a time of 2 hours and 57 minutes. Just awesome!

Soon after, Jean found the love of her life in Bill Norton. Bill became a solid foundation for her so the two made the promise for life and were married on top of Jay Peak in Vermont in their ski apparel. Once the “I do’s” were exchanged, they ripped down the mountain with a new lease on life. Speaking of new life, Jean and Bill are the proud parents of the latest addition to the family; Luke Vincent Norton. Luke is 2 ½ and, according to Jean, “adores his father.” On top of handling two teenagers and the baby, Jean works full-time as a nurse for the Napanoch Correctional Facility in Ellenville. All this combined; doesn’t that qualify her for Hawaii? It makes training for an Ironman look easy!

It was Bill who introduced this thing called triathlon to Jean. She enjoyed watching, but thought she couldn’t participate due to the leg called “the swim.” It terrified her! At this time, Jean became friendly with another gifted runner named Barbara Sessa. Barbara was also doing tri’s which incensed Jean to no end! “If my husband and Sessa could do it, damn if I couldn’t.” She’s not competitive, though. Jean had heard through the grapevine of this club called HVTC, so she and Bill decided to join. The swimming improved for Jean and, incredibly, one year after being introduced to triathlon she completed Ironman Florida in 11 hours 8 minutes. She loved it and couldn’t wait to do it again!! Definitely not your usual first-timer experience; she’s a natural.

Today, Jean is a walking billboard for the sport and couldn’t be prouder to say she’s a triathlete; she recommends the challenge to everyone. The combination of three sports is what she likes; she knows she has to be good at all three disciplines and then put them together, which is a true test of athletic ability. Even though her co-workers think she has a screw loose, she rolls with the punches and dreams of the next workout on the schedule. “The job is just a job for me.”

Jean is currently training for the Blackwater Eagleman in Maryland on Sunday, June 11<sup>th</sup>. The race is a qualifier for the Ironman Triathlon World Championship in Kona, HI on October 21<sup>st</sup>, 2006. She has already qualified for the 2006 Duathlon (Short Course) World Championship in Newfoundland, Canada but has declined the spot due to the extensive travel logistics involved. Bottom line, she’s ready to rock!

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

Jean wants to thank HVTC for the inspiration and the constant support she receives from all of the members. She's also grateful for her loving husband Bill who allows her to shine, and to her family for their unceasing encouragement. And a very special blessing for her best friend and training partner, Barbara Sessa, who's always there to push her to be the best she can be. Now, who wouldn't want this gal as their idol? Thanks, Jean!

## 2006 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

**(Need to find a race somewhere in the U.S.? For a complete listing of USA Triathlon 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)

## 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.piranhasports.com](http://www.piranhasports.com)

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

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)

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)

# Hudson Valley Triathlon Club

---

Volume VI, Issue No. 61 June 2006

**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)**

**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)**

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

## 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 ½ 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)

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)

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

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).

**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)



# Hudson Valley Triathlon Club

---

Volume VI, Issue No. 61 June 2006

**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 (9/??/06) 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)**

**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)**

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

## 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)

## 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?!?!?

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

## 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.

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

Don Davis 1:11:14

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

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

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.piranhasports.com](http://www.piranhasports.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

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

# Hudson Valley Triathlon Club

---

Volume VI, Issue No. 61 June 2006

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

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

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

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

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

# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

## 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

## 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

# Hudson Valley Triathlon Club

Volume VI, Issue No. 61 June 2006

## 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>
<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)

## 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**



# Hudson Valley Triathlon Club

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Volume VI, Issue No. 61 June 2006

## 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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Volume VI, Issue No. 61 June 2006

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