

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 VII, Issue No. 73

June 2007

IN A FEW WORDS

Dear HVTC,

The first race of the 2007 HVTC Summer Tri-Series is complete and I couldn't be happier with the entire experience! It was as if the club went to a new level of connected-ness, joy and camaraderie. Besides, we had the whole Park to ourselves; it doesn't get any better than that! To all of the volunteers, HVTC members, Photographers (Tamme & Scott), NYS Troopers, Main Street Bistro, Mobile Life Support, Wilson State Park Staff, Overlook Mountain Bikes and my lovely wife Rosa...from the bottom of my heart; thank you. See ya out there!

Sincerely,



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

HUDSON VALLEY TRIATHLON CLUB



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

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Photo by Scott Schaffrick (www.scottschaffrick.com)

HVTC Featured Athlete: Alex Sherwood

By Mark H. Wilson

Do you ever wonder about your gifts? You know...the ones you were born with. Like wiggling your ears, putting your foot behind your head or being able to whistle and hum at the same time? Truly, these are all blessings from God! Well our Featured Athlete of the Month, Alex Sherwood, was given the ability to run...FAST!! In fact, it's physically difficult for him to run any other speed except fast. Let's find out how his environment nurtured this gift and how he got involved in triathlon.

He was born in Johnstown, PA and attended Westmont Hilltop High School. Afterward, he went to Lock Haven University and majored in Resort Recreation (good thinkin'). It paid off, too, 'cause Alex is now the Director of Recreation at Mohonk Mountain House in New Paltz. Besides triathlon; he's big-time into sock collecting, eating cookies, being a self-proclaimed connoisseur of "fine" chocolate milks and a pretty decent handyman around the house. He's also the Assistant Director of his local running camp www.gunksrunning.com. Alex and his wife Amy have a house in Tillson with their six children; a time trial bike, a Cyclocross bike, twin road bikes and twin mountain bikes. Yeah...it gets pretty hectic, with the grease an' all, but they manage.

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Alex's running career began at age 7 when he entered the Salix, PA Mile and finished in 8:47. Then he ran high school x-county and track; and the same in college. It was during college he really wanted to become a marathoner, but decided to pass some time with something different and chose triathlon. Actually, his mother wouldn't let him play baseball, so he started running instead. "Thank you, Mom!!" He also credits his introduction to endurance sports to his 5th grade social studies teacher, Mike Harchick. "Aside from my parents, he is the most influential person in my pre-adult life." Mike, or "Harch," was also Alex's high school cross country coach and is legally blind. He's a hardcore runner and has competed at all distances and is still a local hero back in Johnstown. (And in Alex's heart.)

Alex experienced his first triathlon in Salisbury, MD. It was the Coors/Pepsi Sprint Triathlon with 450 people. He was 170th out of the water, 95th fastest cyclist and the quickest run of the day for 27th place overall. (Not bad for the first time out!) The rest is history. Alex's resume is impressive; Ironman Triathlon World Championship, Ironman 70.3 World Championship, HVTC Summer Tri-Series Champion, S.O.S. Runner-Up, top 20 at Eagleman Half Ironman, USAT All-American, member of the Zoot Triathlon Team, etc., etc. Bottom line, he's a Champ!

Most everyone thinks he's a bit nuts for doing triathlons, but he says they realize that "this is who Alex is." His mom still can't figure it out, and his wife likes the "cute" little outfits. Close enough! He likes training and racing because of the sense of accomplishment it brings. "Workouts are opportunities to search and destroy challenges. I like to do that!" He says training gives him a sense of peace. "Racing and training are the two places I can go and hide! It is what gets me through the uncertain times life deals out to me." Alex especially appreciates the community that triathlon represents; the people, the venues, the fitness. "Being surrounded by such high levels of fitness kicks BLEEP." Mostly, it's the inspiration from everyone else that fuels his fire, though. Having the privilege to train and know people like Mike Halstead, Don Davis, Myron Baker Sr., and most of all Mary DeNitto, is something he feels fortunate to experience. Ultimately, it pushes him to places he's never been. So, Alex wishes to offer acknowledgement of his success in triathlon to all the people involved; friends, family, and competitors. "Thank You!!"

Alex finds himself dreaming more about triathlon than he does his professional career. To him, triathlon helps him meet so many different personal needs. "I think life needs to be something you enjoy whenever possible. And training and racing are something I enjoy." His advice to newbies? "This sport rocks..." He explains it like this "People that are doing it understand, people around it kinda understand, and people who don't know about it are missing the boat."

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What about his future goals? Alex would like to stay healthy and someday go back to Kona to improve his finish time. He'd also like to do a few dream races like Alcatraz, Wildflower, and Ironman Switzerland as well as earn a Western States 100 belt buckle. His ultimate goal, however, is to learn to shave his legs as fast as his wife. Now we're talkin'!! "Leading a healthy lifestyle is the best thing about triathlon, having something like HVTC is mind-blowing when it comes to the talent, personality and passion for life. The people in it are amazing, I am so proud to be a part of it!" Thanks, Alex.

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2007 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/17/07) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/25/07) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

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

Ironman Arizona-Tempe, AZ (4/15/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com

MAY

Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 www.nytc.org

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Devil's Kitchen Duathlon-Phoenicia, NY (Postponed 'til 2008) R 8 mi., B 48 mi., R 8 mi. www.triathletesonline.com

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

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

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

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

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

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

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

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

JUNE

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

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

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

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

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

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

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

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

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

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/07) S 400 yds., B 12 mi., R 2 mi.
www.hvtc.net

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

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

Highland Triathlon-Yulan, NY (Cancelled!) S ½ mi., B 15 mi., R 4 mi.
www.dougstern.com

Springtown Sprint Duathlon Series-New Paltz, NY (6/24/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

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

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

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

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

JULY

Regional YMCA Spirit Triathlon-Brookfield, CT (7/4/07) S .5k, B 20k, R 5k <http://www.regionallymca.org/triathlon.html>

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

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/07) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

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

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

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

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

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

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

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

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

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

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

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

**Springtown Sprint Duathlon Series-New Paltz, NY (7/29/07) R 2.25 mi., B 12 mi. R
2.25 mi. www.hvsports.net**

AUGUST

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

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

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

**Litchfield Hills Triathlon-New Hartford, CT (8/12/07) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com**

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

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

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

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/07) S 400 yds, B 12 mi., R 2 mi.
www.hvtc.net**

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

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

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

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

Springtown Sprint Duathlon Series-New Paltz, NY (8/26/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

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

SEPTEMBER

Lake George Triathlon-Lake George, NY (9/2/07) S 1.5k, B 40k, R 10k www.adktri.org

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

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

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

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

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/12/07) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

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

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

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Crystal Lake Triathlon-Crystal Lake, NY (9/22/07) S .5 mi., B 18 mi., R 3 mi.
www.cdtriclub.org

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

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

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

OCTOBER

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

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

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

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

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

NOVEMBER

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

Ford 70.3 World Championship-Clearwater, FL (11/10/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmanlive.com

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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

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Karin Linner	09.98
	Carol Covas	08.38
	Linda Rosenthal	07.85
	Laila Brady	07.03

<u>Overall Male:</u>	John Mitchell	11.64
	Charles Pegg	11.20
	Bill Shashaty	10.64
	Ben Munger	09.94
	Steve Fischer (1 st M50-54)	09.71

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/25/07) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

<u>Overall Female:</u>	Karin Linner	1:05:53
	Susan Metichecchia	1:25:10
	Carol Covas	1:34:46

<u>Overall Male:</u>	Alex Sherwood	0:54:04
	Mike Halstead	0:56:32
	Charles Pegg	0:58:46
	Bob Gramling	1:02:39
	Bill Norton	1:03:42

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APRIL

March Madness Biathlon-New York, NY (4/1/07) R 2 mi., B 12 mi., R 2 mi.

www.nytc.org

Overall Female: Christine Dunnery 1:05:04
Jeanette Shelow-MacDougall (2nd OA) 1:07:04

Overall Male: Brendan Corcoran 0:59:25

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

Overall Female: Kerri Robbins 1:32:16

Overall Male: Chris Ganter 1:19:45
Nick Brundage (1st M20-24) 1:32:36

St. Anthony's Triathlon-St. Petersburg, FL (4/29/07) S 1.5k, B 40k, R 10k

www.satriathlon.com

Overall Female: Michelle Dillon 1:57:45
Jeanette Shelow-MacDougall 2:21:49
Jean Norton (2nd F45-49) 2:22:06

Overall Male: Matthew Reed 1:46:10

Bronx Biathlon-Bronx, NY (4/29/07) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

Overall Female: Kristen Budden 1:36:16

Overall Male: Terry Kerrigan 1:18:51
Doug Thompson(3rd M40-44)1:28:56

Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 www.nytc.org

Overall Female: Jean Norton 1:08:44
Jeanette Shelow-MacDougall(2nd FOA) 1:10:42
Christene Spiezio(1st F35-39) 1:16:54
Kathryn Flodquist (2nd F40-44) 1:17:49
Pam Neimeth (1st F45-49) 1:20:06
Mary DeNitto (1st F55-59) 1:21:21

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Jan Pollo	1:25:13
Susan Metichecchia (2 nd F45-49)	1:32:39
Carol Covas	1:39:48

Overall Male:

Alex Sherwood	1:01:40
John McGovern (2 nd Overall)	1:02:47
Michael Bakker (3 rd Overall)	1:03:38
Charles Pegg (2 nd M35-39)	1:06:27
Michael Vance (1 st M25-29)	1:06:44
Mark Wilson (2 nd M40-44)	1:07:17
Nick Brundage (1 st M20-24)	1:08:29
Bouazza Abidi (3 rd M35-39)	1:10:42
Gary Walters (2 nd M50-54)	1:15:59
Michael Hargrove	1:18:05
Patrick Murphy	1:21:59
John Dowley	1:29:58
Patrick Nesbitt	1:30:39
Tom Gill	1:38:39
Peter Oxenholm	1:39:04

Overall Team:

Ronnie Severino/Mike Halstead 1:00:28

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

Overall Female:

Katherine Ward	1:48:56
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Overall Male:

Todd Wiley	1:32:09
John Ferrara (3 rd M50-54)	2:09:19
Steve Fischer	2:19:15

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

Overall Female:

Christine Dunnery	2:36:59
Kathryn Flodquist(1 st F40-44)	3:00:12

Overall Male:

Chris Gebhardt	2:12:54
John McGovern (3 rd Overall)	2:24:53
Zac Staszak (1 st M25-29)	2:31:28
Mark Wilson (2 nd M40-44)	2:33:51

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MetroMan-Long Branch, NJ (5/20/07) S .6 mi., B 12 mi., R 5k

www.sunsetracing.com

Overall Female: Nicole Navratil 1:14:34
Julie LoRusso 1:36:15

Overall Male: Eric Marquard 1:00:40

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

Overall Female: Carol Wilke 1:03:59
Jean Norton (1st F40-44) 1:06:22
Barbara Sessa (2nd F40-44) 1:06:32
Kathryn Flodquist(3rdF40-44) 1:12:00
Mary DeNitto (1st F55-59) 1:15:58
Linda Rosenthal 1:42:27

Overall Male: John McGovern 0:59:17
Mark Wilson (1st M40-44) 1:01:43
Art Boyko (3rd M40-44) 1:02:25
Bob Gramling (2nd M50-54) 1:05:06
Doug Thompson 1:06:22
Mike Vance (1st M25-29) 1:07:43
Gary Walters 1:10:20
Mike Hargrove 1:16:16
Steven Pressman(3rd M55-59) 1:18:28
Tom Gill 1:34:42
Larry Knapp 1:38:24

Escape From Alcatraz-San Francisco, CA (6/3/07) S 1.5 mi., B 18 mi., R 8 mi.

www.escapefromalcatraztriathlon.com

Overall Female: Leanda Cave 2:18:47
Jeanette Shelow-MacDougall (2nd F40-44) 2:46:51

Overall Male: Andy Potts 1:59:34
Charles Pegg 2:31:52
Zac Staszak 2:32:32

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

www.trifitness.net

Overall Female: Julie Gliesing 2:27:47

Overall Male: Mitch West 2:12:14

Zac Staszak (1st M25-29) 2:17:46

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

www.swimpower.com

Overall Female: Laurel Wassner 1:57:55

Overall Male: Gary Jensen 1:51:06

Andrew Schupak (3rd M40-44) 2:00:10

SBR Triathlon Series #2-Harriman State Park, NY (6/9/07) S .5 mi., B 16 mi., R 4

[mi. www.sbrshop.com](http://www.sbrshop.com)

Overall Female: Jody Klaus 1:39:15

Overall Male: John McGovern 1:21:36

Blackwater Eagleman Triathlon-Cambridge, MD (6/10/07) S 1.2mi, B 56mi,

R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:08:17

Jean Norton 5:08:42

Kathryn Flodquist 5:15:01

Mary DeNitto (2nd F55-59) 5:28:20

Pam Neimeth 5:29:07

Overall Male: TJ Tollakson 3:46:28

Terry Kerrigan 4:06:39

Alex Sherwood (5th M30-34) 4:20:28

Mike Halstead (6th M40-44) 4:23:08

Art Boyko 4:38:28

Gary Walters 5:13:12

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

Overall Female: Ericka Foster 2:28:36

Overall Male: Carl Johnston 2:08:26
John Ferrara 2:58:49

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

www.nytc.org

Overall Female: Shannon Puzio 1:25:45

Overall Male: Bruce Cadenhead 1:17:20
Gabriel Tenenbaum 1:29:26
Jim Demis 1:29:33

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/07) S 400 yds., B 12 mi., R 2 mi.

www.hvtc.net

Overall Female: Barbara Sessa 0:55:36
Jeanette Shelow-MacDougall 0:56:15
Jean Norton 0:59:43
Christene Spiezio 1:04:45
Pam Neimeth 1:09:35
Mary DeNitto 1:09:39
Mineke Etienne 1:13:50
Sue Metichecchia 1:16:24
Julie LoRusso 1:17:46
Lana Shannon 1:20:56
Laila Brady-Walzer 1:45:13

Overall Male: Terry Kerrigan 0:49:57
John McGovern 0:50:41
Mike Halstead 0:51:56
Mike Bakker 0:52:37
Charles Pegg 0:53:17
Mark Wilson 0:54:07
Nick Brundage 0:55:08
Doug Thompson 0:56:02
Bill Norton 0:57:10
Myron Baker Sr. 0:59:23

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Patrick Murphy	1:00:06
Gabriel Tenenbaum	1:01:52
Jon Stern	1:02:26
Janek Szablinski	1:02:47
Ben Munger	1:04:42
Julian Palmer	1:04:53
John Dowley	1:08:19
Mark Graminski	1:08:32
Steven Pressman	1:08:42
Mike Hargrove	1:09:43
Bob Bomba	1:11:49
John Ferrara	1:15:06
Larry Knapp	1:18:32
Anthony Stronconi	1:19:16
Tom Eanelli	1:33:22
Zac Staszak	1:50:40

Wyckoff Triathlon-Wyckoff, NJ (6/16/07) S .5 mi., B 17 mi., R 5 mi.

www.wyckoffymca.org

<u>Overall Female:</u>	Chris Gebhardt	1:23:51
	Tom Eanelli	2:41:35

<u>Overall Male:</u>	Claudia Kretschman	1:38:51
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Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/07) S 1.5k, B 40k, R 10k

www.patgriskustri.com

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	2:26:01
	Jan Pollo	3:02:26
	Carol Covas	3:25:50
	Linda Rosenthal (1 st F55-59)	4:21:40

<u>Overall Male:</u>	Chris Thomas	2:11:10
	John McGovern (1 st M40-44)	2:12:54
	Zac Staszak (3 rd M25-29)	2:22:16
	Mike Hargrove	3:03:08

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2006 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least 3 USA Triathlon Sanctioned races that year; i.e. S.O.S., New York City Triathlon and EnduraSport Half.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Jeanette Shelow-MacDougall	F40-44	AA	90.8566	17
Barbara Sessa	F40-44	AA	88.9722	44
Jean Norton	F40-44	AA	86.8383	78
Lauren Warren	F40-44	HM	84.2786	127
Mari Flores	F30-34		82.2965	255
Kathryn Flodquist	F40-44		80.9899	229
Mary DeNitto	F55-59	AA	77.7577	12
Pam Neimeth	F45-49		76.8410	239
Christine Honig	F35-39		71.7541	922
Star Walters	F50-54		71.6222	172
Michele Yasson	F45-49		63.0684	848
Linda Rosenthal	F55-59		54.7865	222

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

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

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Mike Halstead	M40-44	AA	96.8499	1
Alex Sherwood	M30-34	AA	96.0795	17
John McGovern	M40-44	AA	88.2500	103
Charles Pegg	M35-39	AA	88.0429	149
Zac Staszak	M25-29		86.0843	207
Travis Turner	M30-34	HM	85.9013	241
Mike Vance	M25-29		85.6792	229
Mark Wilson	M35-39	HM	85.0058	324
Mark De Luccia	M30-34	HM	84.6434	313
Andrew Schupak	M35-39	HM	84.0247	410
Art Boyko	M40-44	HM	83.3481	339
Bob Gramling	M50-54	AA	83.0860	63
Michael Bakker	M40-44		82.3278	409
Michael Noel	M20-24		78.7339	328
Doug Thompson	M40-44		76.7555	992
Tom Ganz	M35-39		75.4349	1476

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Bill Norton	M50-54	74.5521	365
Gary Walters	M50-54	73.1290	451
Patrick Murphy	M35-39	72.2080	2086
Bill Pape	M50-54	69.3881	300
Bob Bomba	M30-34	68.1817	2074
Steve Fischer	M45-49	61.1731	2269
Tom Gill	M50-54	60.8181	1289
Shervyn Von Hoerl	M30-34	54.1336	3135

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

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

2006 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

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

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

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

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

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

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

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

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

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

2006 HVTC Special Qualifiers

Bakker, Michael-Ironman World Championship

Boyko, Art-Ironman 70.3 World Championship

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

Gramling, Bob-Ironman World Championship

Halstead, Mike-Xterra World Championship

Neimeth, Pam-Ironman 70.3 World Championship

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

Pegg, Charles-Escape From Alcatraz

Schupak, Andrew-2007 ITU Long Course Triathlon World Championships

Sessa, Barbara-Ironman 70.3 World Championship

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

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

Staszak, Zac-Escape From Alcatraz

Wilson, Mark-Ironman 70.3 World Championship

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2006 HVTC Summer Tri-Series Winners

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

2nd Place: **Mari Flores**

3rd Place: **Maureen Shilkunas**

4th Place: **Lauren Warren**

5th Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2nd Place: **Ronnie Severino**

3rd Place: **Michael Donnelly**

4th Place: **Terry Kerrigan**

5th Place: **John McGovern**

NEW Summer Tri-Series Course Records

Christine Honig-Swim (9:18)

Barbara Sessa-Bike (33:32)

Art Boyko-Swim (7:55)

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

Alex Sherwood-Run (10:43)

Alex Sherwood-Course Record (49:58)

ANNOUNCEMENTS

- **2007 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **2007 HVTC \$200.00 membership is valid from January 1st-December 31st.**

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