

# 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. 60**

**May 2006**

## IN A FEW WORDS

Dear HVTC,

It's here, it's here!! Yes, at last the 2006 triathlon season is upon us and we'll all be racing soon enough; ready or not. I want to invite you to have fun, introduce yourself to the new members and generally be happy. Life is so precious and we deserve to enjoy every moment; they say NOW is all we have anyways. Eat it up; swim, bike, run. 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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(Photo: Scott Schaffrick [www.scottschaffrick.com](http://www.scottschaffrick.com))

## **Featured Athlete: Bob Bomba** **By Mark H. Wilson**

Have you ever seen marathoner runners in the ring with Hulk Hogan or the Rock? How about Ballet Dancers on a rugby field? The visuals are hilarious and terrifying, yet look at the number of former football players registering for a 2.4 mile swim, 112 mile bike and a 26.2 mile run!?! What's going on here? Our Featured Athlete of the Month is one of those courageous studs willing to put their ego aside and play "ball" with their whippet-like counterparts; triathletes. Bob Bomba is breaking all the rules and toeing the line from sprint to Ironman! Let's get the story.

Bob was born and raised in Ridgway, PA and graduated from high school in 1991. He grew up in a very small town located in the Allegheny Mountains over an hour northwest of Penn State. When Bob was in high school he played the traditional western Pennsylvania sports; football, basketball and baseball. Then he attended Robert Morris College in Pittsburgh and majored in Sports Management. Since sports and recreation were a part of his college degree he participated in just about every intramural activity from softball, basketball, flag football, team handball; plus several other activities to be left to your imagination. To his great fortune, his college internship was at Mohonk Mountain House. That's when he discovered New Paltz and the Hudson Valley.

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Once he graduated from college, he immediately returned to New Paltz to begin working full-time at Mohonk. Subsequently, he's been a solid member of the Recreation Department for the past twelve years. Presently, he is the XC ski manager during the winter and a Group Recreation Facilitator the remainder of the year. Also, Bob happens to work closely with another HVTC member at Mohonk, the famed Alex Sherwood. (More on him later.) Since Bob is still single, has neither kids, nor animals to look after; he happily fills his free time with golf, tennis, hiking, skiing, and softball. However, his most decadent hobby? Ice cream consumption!! "To accomplish my goals I may have to overcome my passion for ice cream. It's the one junk food I can't resist. I get anywhere near Boice Bros. and I'm in trouble!" Amen, brother.

Each year, the rugged and yet endearing triathlon called the S.O.S (Survival of the Shawangunks) finishes atop Mohonk Mountain where Bob works. Of course, Bob has routinely volunteered his time to ensure a smooth and well-run race. Inevitably, his menacing co-worker Alex would chirp, "You're gonna do that race someday." Bob's response was, "Yeah right, you're crazy!" After 2003, Alex challenged him to train for the next one. Picture this, Bob had zilch experience in swimming, biking or running and had to qualify by completing a half Ironman in less than 7 hours. Oh, my! By the spring of 2004, Bob did his first sprint at the American Cancer Society Triathlon in Salisbury, MD. A month later he did his SECOND triathlon; the Blackwater-Eagleman half Ironman. My goodness; skipped right over the Olympic distance! After finishing in 6 hours and 48 minutes he thought he was ready. Then, training slacked off (ate more ice cream), the summer came and went, and he didn't feel up to the challenge. Instead, he settled for the West Point Triathlon in August. Phew! Another year to train. By 2005, he entered the Trooper Biathlon in May, completed the Eagleman again and by golly became a Survivor of the race he had helped execute years prior. Congratulations, Bob! Although, it must have been a bit unsettling when his father walked-up to him before the start of the race and said, "Ya know Bob, everyone else here is in really great shape, you sure 'bout this." Thanks, Dad! Love you, too! His parents think triathlon's somewhat nuts, but they support him 100% 'cause they can see the benefit their son derives from the three disciplines.

Bob enjoys the different challenges triathlon provides for him both mentally and physically. Each year has been a progression to go further, continue to improve, and try new races/venues. There's no doubt in his mind the healthier lifestyle and improved fitness offers him a well-rounded approach to daily living. That's why he recommends triathlon to others, but he encourages them to keep in mind their own reasons and personal pursuits. The greatest value he's gained from doing triathlon is enjoying swimming, cycling or running simply as a fun activity rather than a bodily torture technique. So, what-a-ya sayin'?

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For Bob, race starts are nerve-wracking! His confidence wanes during the early stages of a triathlon, but soon after he gathers his composure and begins enjoying the moment and feels ecstatic once he's finished. His future goals are true and measured, he'd like to experience the International (Olympic) distance, continue to log-off time from his half Ironman and one day take a shot at the daddy of 'em all; Ironman. Do they provide Haagan Das or Ben & Jerry's at the aid stations? Thanks, Bob!

## 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)

### 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)

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## 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/devilman.html](http://www.piranha-sports.com/devilman.html)

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/devilman.html](http://www.piranha-sports.com/devilman.html)

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

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)

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**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)**

## 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)**

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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)

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)

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## 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)

**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)



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## 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)

## 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)

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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?!?!?

## 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.

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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> FOverall)	4:18:49

Overall Male:

Juan Carlos Padró Octaviani	3:16:47
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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> FOverall)	1:07:42

Overall Male:

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

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## 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> FOverall) 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 McMahan 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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## 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 Vermont Journey Half Ironman.)

<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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## 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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