

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. 72

May 2007

IN A FEW WORDS

Dear HVTC,

It's very exciting as HVTC embarks on a new era! In less than a month, we'll be racing at Wilson State Park; new course, new fun, new records. If you're unable to make it to one of the weekly workouts, be sure to view the maps online to familiarize yourself with the new venue. All I can say is that I'm thrilled with the folks at the Park; their support and encouragement has been heart-warming. Let the games begin! 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!

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007



Photo by Stephen Olefson

HVTC Featured Athlete: John Ferrara

By Mark H. Wilson

How many people do you know who would begin a new athletic career at the age of 50? How many lawyers do you know who are triathletes? (Okay, there's quite a few in HVTC!) And how many folks do you know who actually have children who introduced the sport of triathlon to THEM? Well, John Ferrara is our Featured Athlete of the Month and he fits all of these categories precisely. He's sacrificed to make triathlon a reality for him and yet he's not about to let go of his favorite vices; anything made from the cocoa bean and grapes. 'Nough said! Let's get to the story.

John was born in Queens, New York and grew up on Long Island. He went to Farmingdale High School which was a football powerhouse at the time. John played some baseball, but mostly basketball and occasionally logging 12 hours per day; there were even days he'd never step into a classroom. ("Nope, no homework today, Mom!") Since he was very resourceful, he got into college at SUNY Stony Brook where he studied and participated in various extra curricular activities as well as getting his BA in a mere five years. John proved that the LSAT (Law School Admission Test) prep courses actually work since he was admitted to American University's Washington College of Law; he graduated in 1983.

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

John has lived in Barryville, New York (along the Delaware River) for the past 14 years. He lives with his wife, Claire, and their three sons; Nicholas (11), Damon (9) and Galen (3). Claire is also a lawyer and home-schools the boys. John is a lawyer doing mostly divorce litigation and criminal defense. Sadly, there does not appear to be a shortage of work for him. His professional life is largely about damage control, trying to keep bad situations from getting worse.

John's entire family loves to hike and camp; he also enjoys photography. However, many of their camping trips involve triathlon! Nice. Recently, his sons Nicholas and Damon attended a triathlon day-camp for two weeks while Claire and Galen camp nearby. John joins them for the weekend; 2007 will be the third year in a row triathlon has been central to their summer vacation.

In fact, John's first triathlon experience is not actually his own. When Nick and Day were 8 and 6, respectively, they attended their first triathlon camp. John had no idea that such a thing even existed! On the second weekend, the camp held a kids triathlon; it was hilarious, the race numbers were practically bigger than the kids who weighed-in at about 55 pounds, soaking wet!! Nearly 100 kids lined-up in the lake and swam, jumped, and splashed the 100 meters. John remembers thinking how proud he was that these two little guys, and all of these children, were really pushing themselves; biking up and down hills and running over the sand of a beach to stay fit. He also saw broad smiles light up their faces as each child accomplished their goal of finishing. As he watched, he knew he would really like to do it himself. A long time ago, it was in preparation for basketball season that John discovered his enjoyment/solitude of long distance running. His coach believed that to be successful throughout a long season the kids needed to be in better shape than the competition. (That-a-way, Coach!) So, after about two months of attempting to swim, "At first, I could not get back and forth in a pool!" he enrolled in the September 2005 Sandy Point Triathlon Summer Series. "I was pathetic, but I had a lot of fun."

John has only participated in a few triathlons and he doesn't need anyone around him to convince him he's nuts for doing the sport; he thinks he's plenty nuts himself! Understandably, his wife and kids think it's great he's involved in triathlon and wish him only the best in the endeavor. Of course, now that there are races at Disney World in Florida the kids have extra incentive for keeping dad interested. (That's the spirit, Kids!) Truly, John's kids totally inspire him to do triathlons and he loves it! And joining HVTC has been an incredible vehicle for helping him to stick to his commitment to improve. The sport seemed like fun to him and an efficient way to get physically fit. Bottom-line, he feels a sense of accomplishment that he rarely feels after a hard day at work.

John continues to recommend the sport to others because he'd like to see triathlon attract less competitive athletes. He believes everyone can benefit from better physical

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

fitness, and the cross-training that triathlon offers has helped him create the athlete he was as a teenager; okay, plus or minus a few strands of hair. In addition, weight-training has opened-up a whole new world to John thanks to a tri-camp he attended in Clermont, FL.

Being fairly new to triathlon, John has competed in several sprints; HVTC Summer Tri-Series, Highland Triathlon and the Sandy Point Hooker Triathlon. This month, he actually won his first age-group award (3rd M50-54) at the Devilman Triathlon! Wonderful. He would like to complete a ½ Ironman this year and has two on the schedule; Mountaineer Triathlon (WV) and Diamondman (DE). He'll do just fine!

John is proud to be a part of HVTC because it's "filled with people who inspire one another." He remains excited and confident that he'll finish his half Ironman events with a deep sense of gratitude and accomplishment. One question; do they serve red or white wine at the aid stations? Thanks, John!

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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.piranha-sports.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

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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 500 yds., B 11 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

Springtown Sprint Duathlon Series-New Paltz, NY (6/17/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

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

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

2007 USA Triathlon 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

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

JULY

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 500 yds., B 11 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.nyctri.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

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

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Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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 500 yds, B 11 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

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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 500yds., B 11 mi., R 2mi. 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

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

OCTOBER

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

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

Charles Pegg	0:58:46
Bob Gramling	1:02:39
Bill Norton	1:03:42
Bill Shashaty	1:12:26
Bill Pape	1:16:49
Don Davis	1:18:32

APRIL

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

www.nytc.org

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

<u>Overall Male:</u>	Brendan Corcoran	0:59:25
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Brandywine Duathlon-Delaware City, DE (4/14/07) R 5k, B 30k, R 5k www.piranhasports.com

<u>Overall Female:</u>	Kerri Robbins	1:32:16
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<u>Overall Male:</u>	Chris Ganter	1:19:45
	Nick Brundage (1 st 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

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

<u>Overall Male:</u>	Matthew Reed	1:46:10
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Bronx Biathlon-Bronx, NY (4/29/07) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Kristen Budden	1:36:16
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<u>Overall Male:</u>	Terry Kerrigan	1:18:51
	Doug Thompson(3 rd M40-44)	1:28:56

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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

Overall Male:

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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 two USA Triathlon Sanctioned races that year; i.e. S.O.S. 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
Bill Norton	M50-54		74.5521	365

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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 Metichecchia**

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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 Registration/Package Pick-Up: 5:30-7:30 pm Wednesday, April 25th, 2007 @ Wilson State Park-859 Wittenburg Rd., Mt. Tremper, NY 845-679-7020!**
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Wednesday, May 2nd, 2007; Closing Day-Friday, October 5th, 2007.
- **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.**

Hudson Valley Triathlon Club

Volume VII, Issue No. 72 May 2007

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