

# 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 V, Issue No. 54**

**November 2005**

## IN A FEW WORDS

Dear HVTC,

Once again, it's the time of year when we are encouraged to be thankful for our lives and the abundance we enjoy on a daily basis. Hopefully, your gratitude for living extends beyond this month and is a moment-to-moment experience enhancing your prosperity even more. Chances are, even if you forget, you'll be reminded while swimming with your buds, cycling around the reservoir or running-up your favorite local peak. Bottom line; we are truly blessed. See ya out there!

Sincerely,



Mark H. Wilson-Triathlon Coach  
Founder/President, Hudson Valley Triathlon Club  
Pose Method of Running Level II Certified Coach  
USA Triathlon Level II Certified Coach  
Serotta Bike Fit Technician

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

## **Featured Athlete: Andrew Schupak**

**By Mark H. Wilson**

Do you know anyone who works as hard as they play? And are they equally good at both? Is it possible for an individual to maintain the focus to be extremely successful in business while doing the same in triathlon? Andrew Schupak, our Featured Athlete of the Month, is doing just that! His work takes him around the globe and still he somehow manages to set new PR's each year. How's he do it? Let's find out.

Andrew grew up in Brooklyn, New York but moved to Manhattan during 9<sup>th</sup> grade. He went on to Poly Prep in Brooklyn and attended Syracuse University. Although his athletic ability peaked in 1977 when he was an Age Group Champ in the mile for his borough at the age of 10, he went on to play soccer, swim and run track. Andrew specialized in doing the 50 fly for relays in swimming and ran the 880 and mile in track. While in college he admits to majoring in "different things" and let's leave it at that. While he didn't nurture his inner athlete, he could recite every line from the Cheech & Chong movies from top to bottom.

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Andrew currently lives in NYC, Stone Ridge and on the road much of the time. He's not pleased that Stone Ridge has become the location least inhabited, either. He has a business in Houston, TX and an office in Barcelona, Spain so he logs more mileage in airport terminals than on rail trails. In fact, "It's an unofficial record, but I believe I hold the world record for traveling the length of DFW Airport in a suit and wing tips carrying a bag of PowerPoint presentations and a bulging garment bag." (We'll have to check on that one!) Also, he's got a special road binge-a-thon he likes to play while out of town. Although he attempts to eat healthy, that's usually out the window and he relishes in the local favorites wherever he travels: chili when in Cincinnati, Fried Chicken in Kentucky, Parma Ham in Spain, Gumbo and beignets [a small piece of seafood, covered in batter and then deep-fried] in New Orleans and when in Texas, Mexicano por favor. (R-O-L-A-I-D-S. 'Nough said!) His 2 year old son Sidney also lives in Houston whom he adores so there's that incentive to hit the road again, too.

He runs a merchant bank which he formed almost 3 years ago which "acquires significant ownership positions in middle-market, privately owned companies as principal and provides merger/acquisition, and financing advice to clients." (Somebody wanna translate?) His work keeps him extremely busy as you can imagine so he finds that training, maintaining and keeping track of equipment for triathlon has kept him out of after-hours clubs and strip joints in NYC. His prior hobbies used to be riding horses, fishing, playing the "ball sports" or watching movies for hours and hours on end. (That's gotta count for some endurance, right?)

His first triathlon was the Hudson Valley Triathlon in 2002. He survived the plethora of weeds and frightening Hudson River currents and finished in a respectable 2:36. Considering the challenges, he's shocked he ever came back for more! Prior to that experience, Andrew was working for an investment bank, frequently logging 100+ hours a week, eating in airports, going out until dawn six nights a week. He spent his "downtime" when not traveling in the Hamptons which was anything but relaxing; he was on the verge of completely short circuiting. "I looked like Al Pacino in the movie *Insomnia*, except older!" Andrew has many stories to share however, the partying and bad habits did take a toll on his memory, so he's positive a few (okay, lots!) have been lost. That's when he migrated from the Hamptons and bought a house in Stone Ridge. Danny Brennan from Bicycle Depot in New Paltz was the one who suggested Andrew give triathlon a shot and lent the time trial bike to him. (Thanks, Danny!) Since Andrew was already wired for self-abuse, triathlon seemed a "perfect match." (That's the spirit!) Upon returning the bike to Danny he picked-up a hard-copy of the HVTC Newsletter; he consequently joined the club the following spring and "has been enjoying the Club's camaraderie ever since."

It's been Andrew's experience that most folks don't "get" triathlon and therefore aren't educated enough to make a judgment regarding his sanity involving his tri-

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endeavors. Besides, according to him, they think he's crazy for other reasons! Especially when it comes to the midnight runs in Central Park. (Yikes!) Seriously, he says he gains pleasure from enduring intensity, pain and discomfort for unthinkable durations. He says "triathlon happened by accident, but became a major component of my efforts to make positive transformational changes in my life." But most of all, he loves all the gear!! (Danny, looks like you'll get to retire after all!)

On the race circuit, Andrew has raced in several local triathlons; Mightyman, New York City Triathlon, Westchester Triathlon, Hudson Valley Triathlon, Mighty Hamptons, Highland Triathlon, Hudson Valley Triathlon and, of course, the HVTC Summer Tri-Series. He considers the club race the most challenging. Recently, Andrew completed his first-ever Half IM at the Mightyman in a very respectable 5:01:36! He's won his age group at the Hudson Valley Triathlon and Highland Triathlon.

Just like in the office, Andrew has been tested and realized "the sport has taught me the hazards of setting unobtainable goals" but that's not gonna stop his ambitious goal-setting. He'd like to crack the top 10 at the HVTC Summer Tri-Series next year and someday also put an IM on his resume. And his ultimate goal would be to create a business that serves the triathlon community AND turns a profit. No translation needed! Thanks, Andrew.

## 2005 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.")**

### MAY

**St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/1/05) S 1.2mi., B 56mi., R 13.1mi.**[www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

**Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k** [www.set-upinc.com](http://www.set-upinc.com)

Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

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New Jersey Devilman Festival (Sprint)-Millville, NJ (5/15/05) 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 (5/15/05) 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)

Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi. [www.transitiontimes.com](http://www.transitiontimes.com)

SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/22/05) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://www.tricolumbia.org)

King of the Hill Xterra Triathlon-Lebanon, NJ (5/22/05) 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 (6/4/05) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

Mooseman Sprint Triathlon Festival-Wellington State Park, NH (6/4/05) S ¼ mi., B 15 mi., R 3.5 mi.(Special National Championship Qualifier) [www.timbermantri.com](http://www.timbermantri.com)

Mooseman Xterra Triathlon-(Wellington State Park) Bristol, NH (6/5/05) S ¼ mi., B 5.5 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/5/05) S ½ mi., B 14 mi., R 4 mi. [www.firm-racing.com](http://www.firm-racing.com)

Mighty Montauk Triathlon-Montauk, NY (6/11/05) S 1mi, B 20mi, R 6.2mi [www.swimpower.com](http://www.swimpower.com)

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) [www.keukalaketri.com](http://www.keukalaketri.com)

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**Blackwater Eagleman Triathlon-Cambridge, MD (6/12/05) 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 (6/12/05) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

HVTC Summer Tri-Series #1-Rosendale, NY (6/15/05) S 700 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

**Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k [www.americansportsevents.com](http://www.americansportsevents.com)**

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/05) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/19/05) 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 (6/25/05) 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 (6/25/05) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Philadelphia Triathlon-Philadelphia, PA (6/26/05) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

## JULY

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/6/05) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)**

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/10/05) S 1.5k, B 40k, R 10k [www.vermontsun.com](http://www.vermontsun.com)

HVTC Summer Tri-Series #2-Rosendale, NY (7/13/05) S 700 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

**Newburyport Sprint Triathlon-Newburyport, MA (7/16/05) S ½ mi., B 13.5 mi., R 3 mi. [www.newburyporttriathlon.com](http://www.newburyporttriathlon.com)**

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**Try the Tri-Danbury, CT (7/16/05) S 500 yds., B 12 mi., R 5k**  
[www.americansportsevents.com](http://www.americansportsevents.com)

**Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k**  
[www.trifitness.net](http://www.trifitness.net)

Hudson Valley Triathlon-Kingston, NY(7/17/05) S 1.5k, B 26 mi., R 10k [www.nytc.org](http://www.nytc.org)

Hudson Valley Biathlon-Kingston, NY(7/17/05) R 2 mi., B 26 mi., R 10k [www.nytc.org](http://www.nytc.org)

Pine Bush Triathlon, Pine Bush, NY (7/17/05) 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 (7/24/05) 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 (7/24/05) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

## AUGUST

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/05) S-1.5 k, B-40k, R-10k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Grafton Lakes Off Road Triathlon-Grafton, NY (8/7/05) S 0.9mi, Mtn B 14mi, R 5mi.** [www.skyhighadventures.com](http://www.skyhighadventures.com)

**USAT National Age Group Championships-Kansas City, MO (8/13/05) S 1.5k, B 40K, R 10K** [www.usatriathlon.org](http://www.usatriathlon.org)

West Point Triathlon-West Point, NY (8/14/05) S 800 m, B 25k, R 5k  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/14/05) S 1.5k, B 40k, R 10k** [www.trifitness.net](http://www.trifitness.net)

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19<sup>th</sup> New York Triathlon Race #2-Harriman State Park, NY (8/14/05) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)

Lake Dunmore Triathlon-Salisbury, VT (8/14/05) S .5 mi., B 28 mi., R 5 mi. [www.vermontsun.com](http://www.vermontsun.com)

HVTC Summer Tri-Series #3-Rosendale, NY (8/17/05) S 700 yds, B 12 mi, R 2 mi. [www.hvtc.net](http://www.hvtc.net).

Try the Tri-Danbury, CT (8/20/05) S 500 yds., B 12 mi., R 5k [www.americansportsevents.com](http://www.americansportsevents.com)

Timberman Sprint Triathlon-Gilford, NH (8/20/05) S 1/3 mi., B 15 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)

Greater Hartford Triathlon-New Hartford, CT Brodie Park (8/28/05) S 1 mi., B 23.8 mi., R 6.2 mi. [www.catstri.com](http://www.catstri.com)

Cranberry Country Triathlon-Lakeville, MA (8/28/05) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) [www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)

Cinco Ranch Triathlon-Katy, TX (8/28/05) S 850 meters, B 20 mi., R 5 mi. (USA Triathlon National Club Championship) [www.cincotri.com](http://www.cincotri.com)

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/28/05) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

## SEPTEMBER

Boston Triathlon (Sprint)-Boston, MA (9/4/05) 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(9/11/05) B 30mi., R 19mi., S .5mi.,R.7mi. [www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

Firmman Rhode Island (9/11/05) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)



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**Lobsterman Triathlon-Freeport, ME (9/11/05) S 1.5k, B 40k, R 10k**  
[www.lobstermantriathlon.com](http://www.lobstermantriathlon.com)

**Saratoga Lake Triathlon-Saratoga, NY (9/11/05) 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 (9/14/05) S 700yds., B 12 mi., R 2mi.**  
[www.hvtc.net](http://www.hvtc.net)

**Pine Bush Triathlon-Pine Bush, NY (9/17/05) S 325 yds., B 11.5 mi., R 3.25 mi.**  
[www.pinebushtriathlon.org/](http://www.pinebushtriathlon.org/)

**Danskin Triathlon-Sandy Hook, NJ (9/17-18/05)** [www.danskin.com](http://www.danskin.com)

**Mighty Hamptons-Sag Harbor, NY (9/18/05) S 1.5k, B 38k, R 10k**  
[www.swimpower.com](http://www.swimpower.com)

**Skylands Triathlon-Clinton, NJ (9/18/05) S ½ mi., B 14.1 mi., R 5k** [www.lin-mark.com](http://www.lin-mark.com)

**Westchester Triathlon-Rye, NY (9/25/05) S 1.5k, B 40k, R 10k**  
[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**Granite Ledges Triathlon-Wellington State Park, NH (9/25/05) S 1.5k., B 44k, R 10k**  
[www.timbermantri.com](http://www.timbermantri.com)

## OCTOBER

**Colonial Series-Danbury, CT (10/1/05) S 1.5K, B 40K, R 10K**  
[www.americansportsevents.com](http://www.americansportsevents.com)

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/2/05) S 1.2mi., B 56mi., R 13.1mi.** [www.swimpower.com](http://www.swimpower.com)

**Ironman Triathlon World Championship (10/15/05) 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 (10/22/05) S 1.5k, Mtn. B 30k, R 11k**  
[www.xterraplanet.com](http://www.xterraplanet.com)

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**American Zofingen (Long)-New Paltz, NY (10/23/05) R 5.15 mi., B 85 mi., R 15.45**  
[www.americanzofingen.com](http://www.americanzofingen.com)

**American Zofingen (Short)-New Paltz, NY (10/23/05) R 5.15 mi., B 29 mi., R 5.15**  
[www.americanzofingen.com](http://www.americanzofingen.com)

## NOVEMBER

**Ironman Florida-Panama City, FL (11/5/05) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.ironmanlive.com](http://www.ironmanlive.com)

**Gold's Gym Indoor Triathlon-Newburgh, NY (11/?/05) S 400 yds., B 8 m., R 5k**  
[www.goldsgym.com](http://www.goldsgym.com)

## AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information required. HVTC Annual Awards are based on the results that are posted in the newsletter. Good luck to everyone this season and thanks for your stats!

Send results to: [Markstriclub@hotmail.com](mailto:Markstriclub@hotmail.com)

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

**Ironman New Zealand-Taupo, New Zealand (3/4/05) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.ironman.co.nz](http://www.ironman.co.nz)

**Overall Female:** Joanna Lawn 9:30:14 (CR-course record)

**Overall Male:** Cameron Brown 8:20:15 (CR)  
Terry Kerrigan (38<sup>th</sup> overall) 9:37:27

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Pine Hill Arms Triathlon-Pine Hill, NY (3/19/05) Ski 2 mi., B 10 mi., R 3 mi.  
[www.pinehillarms.com](http://www.pinehillarms.com)

**Overall Female:** Meredith Nitzberg 1:02:55  
Mary DeNitto (2<sup>nd</sup> FOverall) 1:03:12  
Jeanne Roth (3<sup>rd</sup> F30-39) 1:19:44

**Overall Male:** Alex Sherwood 0:46:48  
Mike Halstead (2<sup>nd</sup> Overall) 0:47:35  
Charles Pegg (3<sup>rd</sup> Overall) 0:50:21  
Jimmy Buff 0:54:15  
Bill Shashaty (3<sup>rd</sup> M30-39) 0:56:26  
Bill Pape (2<sup>nd</sup> M50-59) 0:57:49  
Carlos Perez 1:00:39  
Donald Roth 1:09:16

El Gran Trialo (The Grand Triathlon)-Joyuda, Puerto Rico (3/20/05) S 1.8k, B 40 mi., R 10 mi. [www.elgrantriale.com](http://www.elgrantriale.com)

**Overall Female:** Diana City 4:07:17  
Mari Flores (1<sup>st</sup> F30-34) 4:28:29

**Overall Male:** Carlos Lomba 3:15:15

Azalea Festival Triathlon-Wilmington, NC (4/2/05) S 300 yds., B 20k, R 5k [www.set-upinc.com](http://www.set-upinc.com)

**Overall Female:** Rebecca Moore 0:59:08  
Linda Rosenthal (3<sup>rd</sup> F55-59) 1:36:02

**Overall Male:** Sonni Dyer 0:51:24

Brandywine Duathlon-Delaware City, DE (4/16/05) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

**Overall Female:** Suzanne Huelster 1:33:11  
Dorothy Hamburg(3<sup>rd</sup>F40-44)1:57:50  
Rosemarie Hunt (3<sup>rd</sup> F50-54) 2:04:57

**Overall Male:** Spencer Smith 1:16:58

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## St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/1/05) S 1.2mi., B 56mi., R 13.1mi.[www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

**Overall Female:** Joanna Zeiger 4:44:47

**Overall Male:** Shane Reed 4:10:41

\*Mike Halstead (2<sup>nd</sup> M35-39) 4:39:19

\*\*Myron BakerSr (1<sup>st</sup> M55-59) 5:34:43

\*Qualified for Ironman Triathlon World Championship in Kona, HI (3<sup>rd</sup> Year!)

\*\*Qualified for Ironman Triathlon World Championship in Kona, HI (6<sup>th</sup> Year!)

## Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k [www.set-upinc.com](http://www.set-upinc.com)

**Overall Female:** Tamara Kozulina 2:26:48

**Overall Male:** Greg Watson 2:06:32

John McGovern (9<sup>th</sup> Overall) 2:13:40

## Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

**Overall Female:** Barbara Sessa 1:10:40.5

Pam Neimeth (2<sup>nd</sup> F 45-49) 1:20:49.7

DorothyHamburg (1<sup>st</sup> F40-44) 1:24:27.8

Ro Hunt (1<sup>st</sup> F50-54) 1:28:39.9

Michele Yasson (3<sup>rd</sup> F45-49) 1:35:40.9

**Overall Male:** John McGovern 0:59:30.2

Mike Halstead (2<sup>nd</sup> Overall) 1:00:33.8

Alex Sherwood (3<sup>rd</sup> Overall) 1:01:36.0

Mark Wilson (1<sup>st</sup> M35-39) 1:03:40.7

RonnieSeverino (2<sup>nd</sup> M35-39) 1:06:10.9

Charles Pegg (3<sup>rd</sup> M35-39) 1:06:59.0

Tom deHaan (2<sup>nd</sup> M40-44) 1:07:57.0

Mike Vance (2<sup>nd</sup> M18-24) 1:07:59.5

Bob Gramling (2<sup>nd</sup> M45-49) 1:09:21.1

Bill Pape (1<sup>st</sup> M55-59) 1:10:53.0

Bill Shashaty 1:11:53.4

Bill Norton (2<sup>nd</sup> M 50-54) 1:11:58.7

Jason O'Neill (3<sup>rd</sup> M25-29) 1:12:23.2

Carlos Perez 1:21:09.8

Harry Hansen 1:30:08.9

Brian Lavender 1:37:20.3

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## Powerman Ohio-Lexington, OH (5/15/05) R 8k, B 57k, R 8k

[www.powermanohio.com](http://www.powermanohio.com)

**Overall Female:** Andrea Ratkovic 2:48:34

**Overall Male:** Josh Beck 2:26:20

John McGovern (4<sup>th</sup> Overall) 2:35:41

## SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

**Overall Female:** Mimi Boyle 5:36:37

Jeanne Roth 8:17:59

**Overall Male:** Mike Llerandi 4:53:57

Terry Kerrigan (4<sup>th</sup> Overall) 5:05:28

Henry Collins (1<sup>st</sup> Clydes.) 6:20:06

Donald Roth 7:44:31

## Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi.

[www.transitiontimes.com](http://www.transitiontimes.com)

Overall Female: Irina Ryjova 1:33:51

Julie Pape (1<sup>st</sup> F60-64) 2:22:54

Overall Male: Doug Clark 1:14:21

Mike Halstead (2<sup>nd</sup> Overall) 1:16:27

Mike Vance (1<sup>st</sup> M20-24) 1:29:05

Bill Pape (1<sup>st</sup> M55-59) 1:30:49

Myron Baker Sr.(2<sup>nd</sup> M55-59)1:32:02

Bill Norton (1<sup>st</sup> M50-54) 1:33:26

## Florida Half Ironman-Orlando, FL (5/22/05) S 1.2 mi., B 56 mi., R 13.1 mi.

[www.floridahalfironman.com](http://www.floridahalfironman.com)

**Overall Female:** Natascha Badmann 4:23:17

Mary DeNitto (2<sup>nd</sup> F55-59) 5:47:48

**Overall Male:** Simon Lessing 3:52:06

\*Alex Sherwood(3<sup>rd</sup> M30-34)4:20:28

\*Qualified for Ironman Triathlon World Championship in Kona, HI (1<sup>st</sup> Time!)

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**ITU Long Distance Duathlon World Championships-Barcis, Italy (5/29/05) R 16.5k, B 80k, R 11k [www.valcellinatriathlon.com](http://www.valcellinatriathlon.com)**

**Overall Female:** Erika Csomor 4:14:33

**Overall Male:** Benny Vansteelant 3:40:59  
John McGovern(4<sup>th</sup> M40-44) 4:09:37

**Pawling Triathlon-Pawling, NY (6/4/05) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Christine Dunnery 1:09:06  
Kathryn Loyer (1<sup>st</sup> F35-39) 1:17:16  
Sandy Mancuso-Lopez(2<sup>nd</sup> F45-49) 1:22:09  
Star Walters (3<sup>rd</sup> F50-54) 1:25:44  
Dorothy Hamburg(3<sup>rd</sup> F40-44) 1:26:12  
Jan Pollo 1:28:36  
Ro Hunt 1:30:29  
Mindy Enochs 1:35:32

**Overall Male:** Matthew Thibodeau 1:01:25  
Mark Wilson (1<sup>st</sup> M35-39) 1:04:44  
Bob Gramling (1<sup>st</sup> M45-49) 1:10:31  
Gary Walters 1:15:26  
Mike Kristofik 1:17:29  
Andrew Colyer 1:25:46  
Rich Schatteles 1:30:50  
Tom Gill 1:31:47  
Ross Enochs 1:34:39  
Steve Fischer 1:44:58

**Ludlow Boys & Girls Triathlon-Ludlow, MA (6/5/05) S ½ mi., B 14, R 4 [www.firm-racing.com](http://www.firm-racing.com)**

**Overall Female:** Donna Kay-Ness 1:13:56

**Overall Male:** Dean Phillips 1:08:53  
John Jasinski 1:25:16

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## **Mighty Montauk Triathlon-Montauk, NY (6/11/05) S 1mi, B 20mi, R 6.2mi**

[www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Magdalena Stovickova 1:58:52

**Overall Male:** Jean-Paul Gowdy 1:51:48

Greg Sautner (2<sup>nd</sup> Overall) 1:51:52

Terry Kerrigan (3<sup>rd</sup> Overall) 1:52:12

## **Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) [www.keukalaketri.com](http://www.keukalaketri.com)**

**Overall Female:** Amity Hall 2:29:57

**Overall Male:** Ben Delia 2:12:42

Mike Vance 2:35:55

## **Blackwater Eagleman Triathlon-Cambridge, MD (6/12/05) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**Overall Female:** Natascha Badmann 4:21:00

Barbara Sessa (2<sup>nd</sup> F40-44) 5:13:21

\*Mary DeNitto (1<sup>st</sup> F55-59) 5:34:12

\*Qualified for Ironman Triathlon World Championship in Kona, HI (4th Time!)

**Overall Male:** Luke Bell 3:53:53

Charles Pegg 4:47:02

Mark DeLuccia 4:57:15

Rob Zittle 5:02:49

Bob Bomba 6:35:37

## **19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi.**

[www.nytc.org](http://www.nytc.org)

**Overall Female:** Claudia Kretschman 1:23:05

Jeanne Roth 1:50:41

**Overall Male:** Jesse Kropelnicki 1:13:41

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## **2005 USA Triathlon National Championship-Mason, OH (6/12/05) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)**

**Overall Female:** Talis Apud-Martinez 2:05:01

**Overall Male:** Timothy Menoher 1:51:30  
John McGovern (2<sup>nd</sup> M40-44) 1:59:49

**HVTC Summer Tri-Series #1-Rosendale, NY (6/15/05) S 700 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net) (Please see website. Thanks!)**

## **Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k [www.americansportsevents.com](http://www.americansportsevents.com)**

**Overall Female:** Jeanette Shelow-MacDougal 1:09:26  
Sandy Mancuso-Lopez (1<sup>st</sup> F45-49) 1:18:23  
Pam Neimeth (2<sup>nd</sup> F45-49) 1:20:09  
Melinda Hitchcock (1<sup>st</sup> Athena) 1:24:57

**Overall Male:** Alister Ratcliff 1:01:23  
Mark Wilson (2<sup>nd</sup> Overall) 1:01:34  
Andrew Colyer 1:22:00  
Tom Gill (3<sup>rd</sup> M50-54) 1:28:20

## **Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/05) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Overall Female:** Donna Kay-Ness 2:19:18

**Overall Male:** Alex Sherwood 2:06:18

## **Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/05) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Overall Female:** Isabelle Gagnon 5:01:59  
Mari Flores 5:42:50  
Jean Norton 5:52:07  
Dorothy Hamburg 6:42:33  
Michele Yasson 7:00:41  
Jan Pollo 7:17:40  
Jeanne Roth 7:30:47



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<b><u>Overall Male:</u></b>	Travis Kuhl	4:13:54
	Terry Kerrigan (3 <sup>rd</sup> M35-39)	4:36:44
	Bill Pape (4 <sup>th</sup> M55-59)	5:21:30
	Tom deHaan	5:29:54
	Henry Collins	5:44:30
	Gary Walters	5:55:05
	Bill Norton	5:58:05
	Michael Hargrove	6:20:05
	Patrick Murphy	6:25:43
	John Wheeler	7:17:40
	Larry Phillips	DNF
	Donald Roth	DNF

## **Tupper Lake "Sprint" Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

<b><u>Overall Female:</u></b>	Amy Farrell	2:04:25
	Pam Neimeth (4 <sup>th</sup> F40-59)	2:29:27
	Ro Hunt	2:41:36

<b><u>Overall Male:</u></b>	William Drexler	1:53:10
	Mike Vance (4 <sup>th</sup> M20-39)	1:59:31
	Mark Wilson (5 <sup>th</sup> M20-39)	2:04:45
	Greg Bayer (4 <sup>th</sup> M40-59)	2:18:47

## **Philadelphia Triathlon-Philadelphia, PA (6/26/05) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

<b><u>Overall Female:</u></b>	Margaret Shapiro	2:10:34
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<b><u>Overall Male:</u></b>	Christopher Martin	1:58:50
	Mark DeLuccia	2:16:51
	Rob Zittle	2:26:07

## **Westchester Medical Center Biathlon-Westchester, NY (6/26/05) R 2 mi., B 16 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

<b><u>Overall Female:</u></b>	Barbara Sessa	1:08:11
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<b><u>Overall Male:</u></b>	John McGovern	0:59:22
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## Nissan Xterra Triathlon (Northeast Championship)-Richmond, VA (7/3/05) S .5 mi., Mtn. B 18 mi., R 6 mi. [www.xterraplanet.com](http://www.xterraplanet.com)

**Overall Female:** Melanie McQuaid 2:19:48

**Overall Male:** Conrad Stolz 1:59:42  
Mike Halstead 2:48:52  
Jimmy Buff 3:02:28

## Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/6/05) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)

**Overall Female:** Donna Kay-Ness 1:02:34  
Kathryn Loyer (2<sup>nd</sup> F35-39) 1:13:05

**Overall Male:** Paul Fritzsche 0:56:03  
Mark Wilson 1:03:38  
Michael Russo 1:14:10  
Steve Axelson (3<sup>rd</sup> M55-59) 1:14:19  
Greg Bayer 1:15:23  
Tom Gill 1:30:13

## Powerman Levis-Levis, Quebec (7/8-9/05) R 10k, B 156.2k, R 30k [www.triathlon-levis.com](http://www.triathlon-levis.com)

Overall Female: Chercuitte Louise 10:20:55

Overall Male: John McGovern 06:58:20

## New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

**Overall Female:** Julie Swail 1:58:52  
Mary DeNitto (1<sup>st</sup> F55-59) 2:39:00

**Overall Male:** Jared Shoemaker 1:49:46  
Charles Pegg (3<sup>rd</sup> M35-39) 2:04:35  
Don Davis (1<sup>st</sup> M60-64) 2:31:47

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## Triangle Triathlon-Morrisville, NC (7/10/05) S 750 meters, B 15, R 5k [www.set-upinc.com](http://www.set-upinc.com)

**Overall Female:** Alicia Parr 1:10:14  
Linda Rosenthal (3<sup>rd</sup> F55-59) 2:02:27

**Overall Male:** Daniel Williams 1:00:29

## Vermont State Triathlon-Branbury State Park-Salisbury, VT (7/10/05) S 1.5k, B 40k, R 10k [www.vermontsun.com](http://www.vermontsun.com)

**Overall Female:** Maria Cimonetti 2:28:58

**Overall Male:** Zachary Soucy 2:15:44  
Tom deHaan (2<sup>nd</sup> M40-44) 2:29:07

## HVTC Summer Tri-Series #2-Rosendale, NY (7/13/05) S 700 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net). (Please see HVTC website. Thanks!)

## Try the Tri-Danbury, CT (7/16/05) S 500 yds., B 12 mi., R 5k [www.americansportsevents.com](http://www.americansportsevents.com)

**Overall Female:** Jeanette Shelow-MacDougall 1:08:40  
Kathryn Loyer (2<sup>nd</sup> Overall) 1:12:59  
Mari Flores (1<sup>st</sup> F30-34) 1:15:53  
Pam Neimeth (1<sup>st</sup> F45-49) 1:18:02  
Melinda Hitchcock ?  
Linda Rosenthal (3<sup>rd</sup> F55-59) 1:50:06

**Overall Male:** Sproule Love 1:00:27  
Mark Wilson (1<sup>st</sup> M35-39) 1:02:57  
Tom Gill (3<sup>rd</sup> M55-59) 1:33:54

## Musselman Triathlon (Half-IM)-Geneva, NY (7/17/05) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)

**Overall Female:** Donna McMahon 4:53:06

**Overall Male:** Ryan Jones 4:23:02  
Terry Kerrigan (2<sup>nd</sup> Overall) 4:28:18  
Greg Sautner (5<sup>th</sup> Overall) 4:33:26  
Alex Sherwood (1<sup>st</sup> M30-34) 4:37:12  
Steve Axelson (3<sup>rd</sup> M55-59) 5:38:59

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## Musselman Triathlon (Sprint)-Geneva, NY (7/17/05) S 500 yd., B 15 mi., R 3 mi.

[www.musselmantri.com](http://www.musselmantri.com)

**Overall Female:** Kim Comeau 1:12:47

**Overall Male:** PJ Deschenes 1:03:30

Willie Miller (3<sup>rd</sup> M40-44) 1:16:24

Mike Vance 1:16:34

## Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k

[www.trifitness.net](http://www.trifitness.net)

**Overall Female:** Patsy Thomas 1:05:58

**Overall Male:** Brent Perdrizet 0:58:58

Andrew Colyer 1:18:52

## Hudson Valley Triathlon-Kingston, NY(7/17/05) S 1.5k, B 26 mi., R 10k [www.nytc.org](http://www.nytc.org)

**Overall Female:** Jean Norton 2:27:54

Barbara Sessa (2<sup>nd</sup> Overall) 2:29:56

Mary DeNitto (1<sup>st</sup> F55-59) 2:45:38

Michele Yasson (1<sup>st</sup> F45-49) 3:00:14

**Overall Male:** Mike Halstead 2:08:42

Ronnie Severino (2<sup>nd</sup> Overall) 2:10:56

Mark DeLuccia (3<sup>rd</sup> Overall) 2:18:12

Michael Russo (1<sup>st</sup> M35-39) 2:36:45

Jim Wendel 3:04:54

## Hudson Valley Biathlon-Kingston, NY(7/17/05) R 2 mi., B 26 mi., R 10k [www.nytc.org](http://www.nytc.org)

**Overall Female:** Maggie Freeman 2:21:32

**Overall Male:** Josh Beck 1:55:17

John McGovern (3<sup>rd</sup> Overall) 2:02:21

Bob Gramling (1<sup>st</sup> M45-49) 2:16:01

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Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/24/05) S 2.4 mi.,  
B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

Overall Female: Heather Fuhr 09:45:06  
Jeanne Roth 15:18:38

Overall Male: Tony DeLogne 08:56:11  
Charles Pegg 11:06:45  
Mark Wilson 11:35:17  
Tom deHaan 11:54:19  
Henry Collins 12:17:39  
Bill Shashaty 12:49:12  
Greg Bayer 13:48:04  
Donald Roth 14:53:21

BMW Greenwich Cup Triathlon-Greenwich, CT (7/31/05) S .5 mi., B 15 mi., R 3 mi.  
[www.threadsandtreads.com](http://www.threadsandtreads.com)

Overall Female: Donna Kay-Ness 1:11:35  
Mari Flores 1:28:02

Overall Male: Paul Fritzche 1:03:42

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

Overall Female: Katie Ross 1:23:35

Overall Male: Brian Olmstead 1:11:50  
Mark Wilson (2<sup>nd</sup> M35-39) 1:13:56  
Mike Vance (2<sup>nd</sup> M20-24) 1:16:24

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/05) S-1.5 k, B-40k, R-10k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

Overall Female: Yvette DeBoer 2:30:12

Overall Male: Jack MaCafee 2:09:35  
Bob Gramling (2<sup>nd</sup> M45-49) 2:26:58  
Willie Miller (2<sup>nd</sup> M40-44) 2:28:41

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## Grafton Lakes Off Road Triathlon-Grafton, NY (8/7/05) S 0.9mi, Mtn B 14mi, R 5mi. [www.skyhighadventures.com](http://www.skyhighadventures.com)

**Overall Female:** Andrea Sauer 2:06:56

**Overall Male:** Eric Bowker 1:42:25

Bill Shashaty (3<sup>rd</sup> M35-39) 1:57:31

## Wilkes-Barre Triathlon-Wilkes Barre, PA (8/7/05) S 1.5k, B 40k, R 10k [www.wilkesbarretriathlon.com](http://www.wilkesbarretriathlon.com)

**Overall Female:** Karen Smyers 2:16:20

Jean Norton (2<sup>nd</sup> F40-44) 2:33:51

**Overall Male:** Greg Remaly 1:58:24

## Northern Columbia Triathlon-Canaan, NY (8/7/05) S ¼ mi., 18 mi., 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)

**Overall Female:** Toni Weeks 1:38:51

Mari Flores (3<sup>rd</sup> Overall) 1:40:30

Julie Geisler 2:04:10

**Overall Male:** John Noonan 1:25:15

Philip Milio 2:11:26

## Niantic Bay Triathlon-Niantic, CT (8/7/05) S ½ mi., B 12 mi., R 3.5 mi. [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**Overall Female:** Pascale Butcher 1:11:52

Kathryn Loyer (1<sup>st</sup> F35-39) 1:15:46

**Overall Male:** Jordan Rapp 1:01:40

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West Point Triathlon-West Point, NY (8/14/05) S 800 m, B 25k, R 5k

[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

<u>Overall Female:</u>	Barbara Sessa	1:17:48
	Jean Norton (1 <sup>st</sup> F40-44)	1:20:26
	Mary DeNitto (1 <sup>st</sup> F55-59)	1:26:30
	Sandy Mancuso-Lopez (3 <sup>rd</sup> F45-49)	1:29:34
	Star Walters (3 <sup>rd</sup> F50-54)	1:32:32
	Dorothy Hamburg	1:33:10
	Ro Hunt	1:42:44

<u>Overall Male:</u>	Kevin Cunningham	1:08:39
	Mark DeLuccia (1 <sup>st</sup> M25-29)	1:16:08
	Bill Norton (1 <sup>st</sup> M50-54)	1:19:12
	Gary Walters	1:23:45
	Don Davis (1 <sup>st</sup> M60-64)	1:24:24
	Mike Kristofik	1:26:06
	Harry Hansen	1:38:16

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/14/05) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)

<u>Overall Female:</u>	Marissa Ryan	2:28:22
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<u>Overall Male:</u>	Brent Perdrizet	1:59:35
	Terry Kerrigan (2 <sup>nd</sup> Overall)	2:03:52

19<sup>th</sup> New York Triathlon Race #2-Harriman State Park, NY (8/14/05) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Claudia Kretschman	1:27:02
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<u>Overall Male:</u>	Arland Macasieb	1:18:04
	Jim Demis	1:34:30

Lake Dunmore Triathlon-Salisbury, VT (8/14/05) S .5 mi., B 28 mi., R 5 mi.

[www.vermontsun.com](http://www.vermontsun.com)

<u>Overall Female:</u>	Kiersa Johnson-Chapp	2:10:56
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<u>Overall Male:</u>	Nick Richardson	1:55:09
	Steve Axelson (1 <sup>st</sup> M55-59)	2:13:40

HVTC Summer Tri-Series #3-Rosendale, NY (8/17/05) S 700 yds, B 12 mi, R 2 mi.

[www.hvtc.net](http://www.hvtc.net). (Please see HVTC website. Thanks!)

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## Try the Tri-Danbury, CT (8/20/05) S 500 yds., B 12 mi., R 5k

[www.americansportsevents.com](http://www.americansportsevents.com)

**Overall Female:** Christine Dunnery 1:06:31  
Linda Rosenthal (1<sup>st</sup> F55-59) 1:43:35

**Overall Male:** Mark Foster 1:00:28  
Mark Wilson (2<sup>nd</sup> Overall) 1:01:11  
Tom Gill 1:29:00

## Timberman Sprint Triathlon-Gilford, NH (8/20/05) S 1/3 mi., B 15 mi., R 3 mi.

[www.timbermantri.com](http://www.timbermantri.com)

**Overall Female:** Caitlin Shea-Kenney 1:12:19

**Overall Male:** Bill Reeves 1:03:59  
Michael Vance 1:13:57

## Timberman Half-Ironman Triathlon-Gilford, NH (8/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)

**Overall Female:** Susan Williams 4:24:13  
Jeanne Roth 6:34:02

**Overall Male:** Chris Legh 3:58:02  
Greg Sautner 4:33:05  
Donald Roth 6:50:27

## Ironman Canada-Penticton, BC (8/28/05) S 2.4 mi., B 112 mi., R 26.2 mi.

[www.ironman.ca](http://www.ironman.ca)

**Overall Female:** Karen Holloway 09:51:31

**Overall Male:** Chris Lieto 08:33:32  
Terry Kerrigan 09:45:33  
Henry Collins 12:24:28

## Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/28/05) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

**Overall Female:** Dierdre Douglas 4:53:09  
Jean Norton (3<sup>rd</sup> FOverall) 5:00:24  
Barbara Sessa (4<sup>th</sup> FOverall) 5:01:49  
Amy Newkirk (3<sup>rd</sup> F25-29) 6:01:56  
Pam Neimeth 6:16:36

**Overall Male:** Christopher Ramsey 4:10:34



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Mark Wilson (3 <sup>rd</sup> M35-39)	4:49:45
Michael Russo	5:29:45
Rich Schatteles	6:35:51

**Half Vermont Journey Triathlon (Aqua Bike)-Branbury State Park-Salisbury, VT  
(8/28/05) S 1.2 mi., B 56 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Overall Female:** Mari Flores 3:44:39

**Overall Male:** Thomas Ball 2:24:07

**S.O.S.-New Paltz, NY(9/11/05) B 30mi., R 19mi., S .5mi.,R.7mi.**

**[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)**

**Overall Female:**

Christine Dunnery	5:01:30
Barbara Sessa (2nd FOverall)	5:12:52
Jean Norton (3rd FOverall)	5:17:33
Mary DeNitto (1st F55-59)	5:47:39
Mari Flores (3rd F30-34)	5:52:39
SandyMancuso-Lopez(1stF45-49)	6:29:28
Jan Pollo (2nd F40-44)	6:33:58
DorothyHamburg(3rdF40-44)	6:58:09
Jeanne Roth	7:27:48

**Overall Male:**

Chris Gephardt	4:17:06
Alex Sherwood (2nd Overall)	4:19:06
Mike Halstead (1st M35-39)	4:47:02
Mark Wilson (2nd M35-39)	4:50:38
Charles Pegg (3rd M35-39)	4:53:44
Myron Baker Sr.(1st M55-59)	5:10:16
Jason O'Neill (1st COP)	5:35:03
Jim Demis	5:36:04
Mark DeLuccia(2nd M25-29)	5:36:27
Bill Shashaty	5:47:36
Jimmy Buff	6:00:51
Don Davis (1st M60-64)	6:06:53
Bill Norton (2nd M50-54)	6:13:22
David Beaudry (2nd M55-59)	6:13:29
Patrick Murphy	6:25:52
Mike Kristofik	6:26:04
Donald Roth	6:27:26
Michael Hargrove	6:33:08
Bob Bomba	6:42:16
John Wheeler	7:35:35

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## Saratoga Lake Triathlon-Saratoga, NY (9/11/05) S 1.5k, B 40k, R 10k

[www.cdtriclub.org/saratoga\\_triathlon.htm](http://www.cdtriclub.org/saratoga_triathlon.htm)

**Overall Female:** Karen Mackin 2:20:56

**Overall Male:** Trevor Jones 2:08:49

Mark Wilson (2nd M35-39) 2:14:11

Greg Bayer 2:42:56

## HVTC Summer Tri-Series #4-Rosendale, NY (9/14/05) S 700yds., B 12 mi., R 2mi.

[www.hvtc.net](http://www.hvtc.net). (Please see HVTC website. Thanks!)

## Danskin Triathlon-Sandy Hook, NJ (9/17-18/05) [www.danskin.com](http://www.danskin.com)

**Overall Female:** Kathryn Bertine 1:00:37

Jeanne Roth 1:19:13

Michele Yasson 1:25:04

## Mighty Hamptons Triathlon-Sag Harbor, NY (9/18/05) S 1.5k, B 38k, R 10k

[www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Jenny Fletcher 2:14:45

**Overall Male:** Will Iaia 2:01:04

Andrew Schupak 2:18:05

## Westchester Triathlon-Rye, NY (9/25/05) S 1.5k, B 40k, R 10k

[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**Overall Female:** Susan Williams 1:55:20

**Overall Male:** Bjorn Andersson 1:46:31

\*Mark Wilson (1<sup>st</sup> M35-39) 2:03:06

Andrew Schupak 2:08:29

(\*Qualified for Escape From Alcatraz 2006!)

## Colonial Series-Danbury, CT (10/1/05) S 1.5K, B 40K, R 10K

[www.americansportsevents.com](http://www.americansportsevents.com)

**Overall Female:** Amy Zindell 2:10:49

Ro Hunt (1<sup>st</sup> 50-54) 2:46:59

**Overall Male:** Mark Wilson 2:04:04

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**Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/2/05) S 1.2mi., B 56mi., R 13.1 mi. [www.swimpower.com](http://www.swimpower.com)**

**Overall Female:** Christine Dunnery 4:53:14

**Overall Male:** Dave Thomas 4:09:26  
Terry Kerrigan (3<sup>rd</sup> Overall) 4:24:39  
Mike Halstead (1<sup>st</sup> M35-39) 4:24:46  
Andrew Schupak 5:01:36

**Ironman Triathlon World Championship (10/15/05) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)**

**Overall Female:** Natascha Badmann 09:09:30  
Mary DeNitto (12<sup>th</sup> F55-59) 13:41:47

**Overall Male:** Faris Al-Sultan 08:14:17  
Alex Sherwood 10:18:38  
Myron Baker Sr. DNF

**American Zofingen (Short)-New Paltz, NY (10/23/05) R 5.15 mi., B 29 mi., R 5.15 [www.americanzofingen.com](http://www.americanzofingen.com)**

**Overall Female:** Michele Yasson 4:47:05

**Overall Male:** Ben Showman 2:47:51  
Bob Gramling (2<sup>nd</sup> M45-49) 3:13:21  
Bill Shashaty (1<sup>st</sup> M35-39) 3:33:05  
Don Davis (1<sup>st</sup> M60-64) 3:53:40  
Dave Beaudry (2<sup>nd</sup> M55-59) 4:08:59  
Tom Gill (1<sup>st</sup> M50-54) 5:20:45

# Hudson Valley Triathlon Club

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## 2004 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 three USA Triathlon Sanctioned races that year; i.e. Mossman Triathlon, Cranberry Country Triathlon and Timberman Half Ironman.)

<b>Name (Honors)</b>	<b>Age Group</b>	<b>Nat'l A.G. Plc.</b>	<b>Nat'l Ranking</b>
<b>John McGovern AA</b>	<b>M40-44</b>	<b>1</b>	<b>97.5498 (Duathlon)</b>
<b>Greg Sautner AA</b>	<b>M25-29</b>	<b>8</b>	<b>94.0000</b>
<b>Alex Sherwood HM</b>	<b>M25-29</b>	<b>66</b>	<b>89.0267</b>
<b>Mike Halstead HM</b>	<b>M35-39</b>	<b>265</b>	<b>84.6424</b>
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
<b>Myron Baker Sr. AAM</b>	<b>55-59</b>	<b>26</b>	<b>81.2402</b>
<b>Bill Pape AA</b>	<b>M55-59</b>	<b>28</b>	<b>81.0008</b>
<b>Kathryn Loyer HM</b>	<b>F35-39</b>	<b>112</b>	<b>77.9227</b>
Bill Shashaty	M35-39	1563	71.6261
Donald Roth	M35-39	2374	63.6986
Jeanne Roth	F30-34	968	59.7063

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

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

## 2004 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2004 HVTC Volunteer of the Year Award: **Ray Grehl**

2004 HVTC Most Improved Award: **Mary Lockett**

2004 HVTC Rookie of the Year Award: **Jeanne Roth**

2004 HVTC Honorable Mention Award: **Mary DeNitto**

2004 HVTC Honorable Mention Award: **Sandy Mancuso-Lopez**

2004 HVTC Honorable Mention Award: **Myron Baker Sr.**

2004 HVTC Honorable Mention Award: **John McGovern**

2004 HVTC Female Triathlete of the Year Award: **Lauren Warren**

2004 HVTC Male Triathlete of the Year Award: **Greg Sautner**

# Hudson Valley Triathlon Club

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## The Outdoor Life Network (OLN) To Feature Ironman Qualifying Events

Those who were unable to experience this year's Ironman Triathlon events firsthand will get their chance to watch the sportsmanship and raw emotion of Ironman as the Outdoor

Life Network (OLN) will air seven of the 2005 Ironman qualifying events this Fall.

Extending last year's agreement for another three years, OLN will air an Ironman event each Sunday at 3:00 p.m. EST, during the months of October, September and December.

Viewers will get a glimpse into both domestic and international races, with the unique opportunity to see a range of Ironman venues. Additionally, each telecast will re-air the following week, and exact times may be found in local listings.

- Ford Ironman Florida Triathlon Sunday, December 18

## CLASSIFIEDS

**Triathlon Coach.** Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, Pose Method of Running Level II Certified Coach and Serotta Bike Fit Technician at 845-679-8602 or [mark@hvtc.net](mailto:mark@hvtc.net). Call or e-mail today!

## 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!"
- **2006 HVTC Registration & Packet Pick Up-5:30 pm-Wednesday April 26<sup>th</sup>** Williams Lake Resort!
- **Mark Wilson's Triathlon Training Camps**-January 23-28, 2006 National Training Center (Clermont, FL) & August 21-26, 2006 PICO Sports Center (Killington, VT).
- **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).
- **Important message from USAT...**To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **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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