

# 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. 66

November 2006

## IN A FEW WORDS

Dear HVTC,

If there were any time to give thanks to those who've been supporting your year-long tri-endeavors, it's November! Think about it, your family and friends have to hear about your training and then finally all about every detail on race-day; they deserve some special care and attention. If they want to go shopping, cut the long run a bit short. If they want to play Monopoly, cut the trainer ride short. If they want to sleep-in, swim another day. Etc., etc., etc. When's your next race? Exactly, in April!! Please take the time to reflect on how wonderfully blessed you are to be alive and to be surrounded by family, friends and club presidents who truly love you. See ya out there!

Sincerely,



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

**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 by Scott Schaffrick [www.scottschaffrick.com](http://www.scottschaffrick.com)

## **HVTC Featured Athlete: Jeanette Shelow-MacDougall**

**By Mark H. Wilson**

Have you ever wondered why you did something for years and years only to discover a decade or so later WHY you had been doing it? You know, like all those years you spent hours playing video games (not to mention the cash) and today you're a professional Computer Diagnostic Technician (A.K.A.-triathlete!). Who knew?! Or maybe you're a professional Neuromuscular Transmitting Specialist (A.K.A-triathlete!). Who'da thunk?! Well, Jeanette Shelow-MacDougall is all that; she's been just about everything a person can be in preparation for her ultimate journey as a triathlete. So, what's she been doin'? Let's find out.

Jeanette was born in Lake Forest, IL and her family lived there for four years and then moved to Chicago. She attended St. Scholastica High School where her mom and sister were educated, as well. Jeanette was a gymnast from age 8 to 15 and went to the State Championships in 4 events, twice. Ultimately, Jeanette was too tall for the sport by her

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junior year in school, but stayed on as an assistant coach. That's when Jeanette discovered swimming and joined the local YMCA team her senior year to keep physically fit.

Jeanette went to Illinois State University and earned a degree in Biology, with a minor in Physical Education (allowing her a certificate to teach science and P.E. to grades 5 through 12. In college, she kept-up her swimming and was a "walk-on" as a sophomore; Jeanette qualified for the State and Regional Championships on a relay team and in the 100-free. After college, she moved to Boston, MA and became a Special Education teacher and got her Masters in the same field. She taught for 15 years in Boston, Greenwich, CT and Nyack, NY. She subsequently retired in Nyack and lives there with her husband Lonny, her two daughters and a step-son. Jeanette is a full-time mom, works part-time teaching swimming and spinning classes and puts the rest of her energy into her new favorite sport; triathlon. If there's time left, she enjoys gardening and cooking/eating...with emphasis on EATING (Fritos, party mix, chocolate cake, carrot cake, apple crisp and most homemade cookies). Talk about carb-loading!

Jeanette's first tri-experience was in 1993 as part of a relay. She was living in Boston and her brother asked if she would be interested in doing a triathlon with him and his buddy back in Chicago; at the time it was called Mrs. T's (after the famous Pierogies). She agreed to the bike portion of the relay and became totally exhilarated by the experience; she teamed-up with her brother again in '97. Jeanette remembers the size of the field being near 2,000 as opposed to the 7,000-plus these days. Bottom line; she was into it!

Before triathlon, Jeanette was a bodybuilder for 5 years. She was always a good athlete, but felt she could be even better but hadn't discovered the appropriate sport to showcase her natural talent. Triathlon proved to be the perfect outlet for her strength, flexibility and capacity for hard work. The surprising element she didn't expect was the intense emotional/spiritual effects the sport would offer; no matter, she's embracing it and "going with the flow" despite initial rumblings from friends and family. Let's put it this way, she silenced her critics with outstanding performances at the HVTC Summer Tri-Series, Escape From Alcatraz, Lifetime Fitness Triathlons, USAT Nationals and the ITU World Championships.

Today, her column of support includes her husband and numerous sponsors she's acquired through sheer physical effort "on the court." The unlimited and unconditional backup has catapulted Jeanette to higher levels and allowed her to focus on her training/racing. To Jeanette, triathlon is the perfect sport for her because she loves open water swimming (especially the ocean), the physical prowess she's attained and the incredible feelings of joy and accomplishment when she's finished.

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Her goals include having more fun in the sport and letting her supporters handle the nitty-gritty details of sponsorship, etc. Speaking of details, thanks to her husband, Jeanette has the fortune of promoting herself via her new website, too (<http://web.mac.com/lmacdougall1/iWeb/Jeanette%20Shelow-MacDougall/Home.html>). Thing is, she's becoming a professional Lightning Infused Ripped-O-Saurus (A.K.A.-triathlete!). Thanks, Jeanette!

## 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](http://www.usatriathlon.org) and click "calendar.")**

### FEBRUARY

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

Kingston YMCA Indoor Triathlon-Kingston, NY (2/??/07) 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/??/07) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

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## APRIL

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

Powerman North Carolina-Carrboro, NC (4/??/07) R 8k, B 53k, R 8k [www.set-upinc.com](http://www.set-upinc.com)

## MAY

Devil's Kitchen Duathlon-Phoenicia, NY (5/6/07) R 5k(?), B 50 mi.(?), R 10k(?) [www.triathletesonline.com](http://www.triathletesonline.com)

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/6/07) S 1.2mi., B 56mi., R 13.1mi. [www.stcroixtriathlon.com](http://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](http://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. (USA Clydesdale 2007 Long Course National Championship) [www.piranha-sports.com](http://www.piranha-sports.com)

Trooper Biathlon-Hurley, NY (5/13/07) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

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](http://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](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/20/07) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://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](http://www.xterraplanet.com/race/schedule.html)

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## JUNE

Pawling Triathlon-Pawling, NY (6/2/07) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://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](http://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](http://www.timbermantri.com)

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

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

Mighty Montauk Triathlon-Montauk, NY (6/??/07) S 1mi, B 20mi, R 6.2mi [www.swimpower.com](http://www.swimpower.com)

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

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

HVTC Summer Tri-Series #1-Rosendale, NY (6/13/07) S 700 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

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

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

Highland Triathlon-Yulan, NY (6/23/07) S ½ mi., B 15 mi., R 4 mi. [www.dougstern.com](http://www.dougstern.com)

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**Philadelphia Triathlon-Philadelphia, PA (6/24/07) S 1.5k, B 40k, R 10k**  
[www.phillytri.com](http://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](http://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](http://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](http://www.tupperlakeinfo.com)

## JULY

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

**HVTC Summer Tri-Series #2-Rosendale, NY (7/11/07) S 700 yds., B 12 mi., R 2 mi.**  
[www.hvtc.net](http://www.hvtc.net)

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

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

**2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-15/07)** [www.usatriathlon.org](http://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](http://www.musselmantri.com)

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

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

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

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

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/22/07) 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/??/07) S 600 yds. B 14 mi.,  
R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

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

## AUGUST

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

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

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

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

West Point Triathlon-West Point, NY (8/??/07) S 800 m, B 25k, R 5k  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

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

Lake Dunmore Triathlon-Salisbury, VT (8/??/07) S .5 mi., B 28 mi., R 5 mi.  
[www.vermontsun.com](http://www.vermontsun.com)



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HVTC Summer Tri-Series #3-Rosendale, NY (8/15/07) S 700 yds, B 12 mi, R 2 mi.  
[www.hvtc.net](http://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](http://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](http://www.timbermantri.com)

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

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

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

## SEPTEMBER

Lake George Triathlon-Lake George, NY (9/??/07) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)

Boston Triathlon (Sprint)-Boston, MA (9/??/07) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) [www.bostontriathlon.org](http://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](http://www.vermontsun.com)

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

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

HVTC Summer Tri-Series #4-Rosendale, NY (9/12/07) S 700yds., B 12 mi., R 2mi.  
[www.hvtc.net](http://www.hvtc.net)

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

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**Mighty Hamptons-Sag Harbor, NY (9/??/07) S 1.5k, B 38k, R 10k**  
[www.swimpower.com](http://www.swimpower.com)

**Danskin Triathlon-Sandy Hook, NJ (9/??/07)** [www.danskin.com](http://www.danskin.com)

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

**ITPman-Darien, CT (9/29/07) S .5 mi., B 15 mi., R 5 mi.** [www.itpfoundation.org](http://www.itpfoundation.org)

## OCTOBER

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/??/07) S 1.2mi., B 56mi., R 13.1mi.** [www.swimpower.com](http://www.swimpower.com)

**2007 USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV (10/??/07) S 1.5k, B 40k, R 10k** [www.bbscendurancesports.com](http://www.bbscendurancesports.com)

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

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

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

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

**2007 ITU Long Course Duathlon World Championship-Richmond, VA (10/21/07)** [www.usatriathlon.org](http://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](http://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](http://www.ironmanlive.com)

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## AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. Good luck to everyone this season and thanks for your stats!

Send results to: [mark@hvtc.net](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

### 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)

Overall Female: Farrier Golgolski 6.42 mi.

Overall Male: Hugh Dunsteath 7.29 mi.

Steve Fischer 6.28 mi.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

Overall Female: Jeanette Shelow-MacDougall 10.39 mi.

Mari Flores (2<sup>nd</sup> F26-35) 09.62 mi.

Linda Rosenthal (1<sup>st</sup> F56+) 07.82 mi.

Laila Walzer (2<sup>nd</sup> F46-55) 07.44 mi.

Overall Male: Mark De Luccia 11.70 mi.

Charles Pegg (1<sup>st</sup> M36-45) 11.21 mi.

Bill Shashaty (2<sup>nd</sup> M36-45) 10.65 mi.

Bill Pape (1<sup>st</sup> M56+) 10.60 mi.

Harry Hansen 09.70 mi.

Steve Fischer 09.59 mi.

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## MARCH

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)

<u>Overall Female:</u>	Erica Ruge	0:58:21
	Julie Pape	1:33:07

<u>Overall Male:</u>	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

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

<u>Overall Female:</u>	Sara Mari	3:47:57
	Mari Flores (3 <sup>rd</sup> Overall)	4:18:49

<u>Overall Male:</u>	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)

<u>Overall Female:</u>	Kelli Montgomery	1:07:32
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	1:07:42

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

## APRIL

Brandywine Duathlon-Delaware City, DE (4/8/06) R 5k, B 30k, R 5k [www.piranhasports.com](http://www.piranhasports.com)

<u>Overall Female:</u>	Suzanne Huelster	1:26:53
	Jean Norton (5 <sup>th</sup> Overall)	1:30:21*

\*Qualified for the World Duathlon Championship in Newfoundland, Canada

<u>Overall Male:</u>	Jeff Miller	1:17:32
	Steve Fischer	2:15:28

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## **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)

**Overall Female:** Michellie Jones 9:12:53

**Overall Male:** Michael Lovato 8:20:56  
Terry Kerrigan (23<sup>rd</sup> Overall) 9:30:07

## **Bronx Biathlon-Bronx, NY (4/23/06) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Donna McMahon 1:10:04

**Overall Male:** Lee Sossen 1:03:36  
Mark De Luccia (2<sup>nd</sup> M30-34) 1:08:49

## **Powerman-Carrboro, NC (4/23/06) R 8k, 53k, R 8k [www.team-magic.com](http://www.team-magic.com)**

**Overall Female:** Brianna Boehmer 2:25:18

**Overall Male:** Tom Jeffrey 2:04:15  
Tom Gill 3:40:41

## **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

# Hudson Valley Triathlon Club

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## MAY

**White Lake Half-White Lake, NC(5/6/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.set-upinc.com](http://www.set-upinc.com)**

**Overall Female:** Jeanna Chain 4:40:14

**Overall Male:** PJ Deschenes 4:09:05  
Art Boyko (1<sup>st</sup> Master Clydes) 4:53:49

**St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**Overall Female:** Mirinda Carfrae 4:30:13

**Overall Male:** Craig Alexander 4:07:33  
Doug Thompson 6:02:38  
Don Davis (3<sup>rd</sup> M60-64) 6:20:48

**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Overall Female:** Jenny Fletcher 1:51:25

**Overall Male:** Andrew Yoder 1:36:37  
Steve Fischer 2:36:36

**Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Jean Norton 1:08:17\*  
Barbara Sessa (2<sup>nd</sup> Overall) 1:09:32  
Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 1:11:00  
Pam Neimeth (1<sup>st</sup> F45-49) 1:19:45  
Mary DeNitto (1<sup>st</sup> F55-59) 1:20:59  
Jan Pollo (2<sup>nd</sup> F40-44) 1:25:21  
Susan Meticecchia(3<sup>rd</sup> F45-49) 1:33:35

\*New Course Record!

**Overall Male:** John McGovern 1:01:42  
Mike Halstead (2<sup>nd</sup> Overall) 1:03:11  
Mark De Luccia (3<sup>rd</sup> Overall) 1:04:10  
Ronnie Severino (1<sup>st</sup> M35-39) 1:05:00  
Mike Vance (1<sup>st</sup> M25-29) 1:05:22

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Mark Wilson (2 <sup>nd</sup> M35-39)	1:05:37
Travis Turner (1 <sup>st</sup> M30-34)	1:06:49
Nick Brundage (2 <sup>nd</sup> M18-24)	1:09:18
Zac Staszak (2 <sup>nd</sup> M25-29)	1:09:26
Art Boyko (1 <sup>st</sup> Male Trooper)	1:10:39
Bill Norton (1 <sup>st</sup> M50-54)	1:12:30
Janek Szablinski	1:12:53
Jimmy Buff	1:13:20
Bill Shashaty	1:15:28
Don Davis (1 <sup>st</sup> M60-64)	1:17:08
Bill Pape (1 <sup>st</sup> M55-59)	1:18:55
Tom Ganz	1:20:15
Bob Bomba	1:24:40

## **Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.**

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

### **Overall Female:**

Barbara Buenahora	1:27:38
Barbara Sessa (2 <sup>nd</sup> Overall)	1:31:30

### **Overall Male:**

Doug Clark	1:15:43
Alex Sherwood (2 <sup>nd</sup> Overall)	1:15:48
Mike Halstead (3 <sup>rd</sup> Overall)	1:21:10
Bill Norton	1:33:09
John Ferrara	1:55:31

## **EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 28 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

### **Overall Female:**

Jenny Fletcher	2:26:34
Jean Norton (2 <sup>nd</sup> Overall)	2:31:32
Jeanette Shelow-MacDougall (1 <sup>st</sup> F40-44)	2:39:41
Kathryn Flodquist(2 <sup>nd</sup> F40-44)	3:10:08

### **Overall Male:**

Mike Llerandi	2:16:31
Mark Wilson (1 <sup>st</sup> M35-39)	2:26:59
Patrick Murphy	3:12:44

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**EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park)**  
**(5/21/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Overall Female:** Mimi Boyle 5:29:56

**Overall Male:** Chris Gebhardt 4:36:53  
John McGovern (7<sup>th</sup> Overall) 5:05:49  
Michael Bakker (1<sup>st</sup> M40-44) 5:15:39  
Mark De Luccia 5:35:21

**Ironman Brazil-Florianopolis, Brazil (5/28/06) S 2.4 mi., B 112 mi., R 26.2 mi.**  
**[www.ironmanbrazil.com](http://www.ironmanbrazil.com)**

**Overall Female:** Lisbeth Kristensen 09:20:46

**Overall Male:** Oscar Galindez 08:15:18  
Terry Kerrigan (16<sup>th</sup> Overall) 09:17:26

**Saratoga Lions Duathlon-Saratoga Springs, NY (5/28/06) R 5k, B 20 mi., R 5k**  
**[www.finishright.com](http://www.finishright.com)**

**Overall Female:** Melissa Smith 1:45:20  
Mari Flores (2<sup>nd</sup> F30-34) 1:56:01

**Overall Male:** Corey Boilard 1:31:01

## **JUNE**

**Health Net Mossman Triathlon-Milford, CT (6/3/06) S 1.5k, B 40k, R 10k**  
**[www.trifitness.net](http://www.trifitness.net)**

**Overall Female:** Mimi Boyle 2:24:21  
Kathryn Flodquist(1<sup>st</sup>F40-44) 2:43:24

**Overall Male:** Dave Kane 2:09:12



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Pawling Triathlon-Pawling, NY (6/3/06) S 1/3 mi., \*B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Christine Dunnery	1:05:17
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	1:05:19
	Pam Neimeth (2 <sup>nd</sup> F45-49)	1:15:08
	Christine Honig	1:16:35
	Maureen Shilkunas	1:18:28
	Mindy Enochs	1:26:55
	Linda Rosenthal (1 <sup>st</sup> F55-59)	1:45:28

<u>Overall Male:</u>	John McGovern	0:59:15
	Mark Wilson (1 <sup>st</sup> M35-39)	1:01:18
	Mark De Luccia(2 <sup>nd</sup> M30-34)	1:02:58
	Zac Staszak (1 <sup>st</sup> M25-29)	1:03:10
	Art Boyko (2 <sup>nd</sup> M35-39)	1:03:56
	Bob Gramling (1 <sup>st</sup> M50-54)	1:05:36
	Steve Fischer	1:27:56
	Tom Gill	1:31:59

\*Bike course shortened by 1 due to new speed bumps on golf course road.

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)

<u>Overall Female:</u>	Kim Webster	4:42:29
	Dorothy Hamburg	6:24:59

<u>Overall Male:</u>	Nick Richardson	4:19:34
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New England Adult Triathlon-Worcester, MA (6/10/06) S .5 mi., B 12.8 mi., R 3.2 mi. [www.firm-racing.com](http://www.firm-racing.com)

<u>Overall Female:</u>	JeanetteShelow-MacDougall	1:08:58
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<u>Overall Male:</u>	Scott Roth	1:02:10
	John Jasinski	1:19:35

Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1 mi., B 20 mi., R 6.2 mi.

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

<u>Overall Female:</u>	Jean Bohan	2:11:50
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<u>Overall Male:</u>	Terry Kerrigan	1:51:35
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## Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)

<b><u>Overall Female:</u></b>	Natascha Badmann	4:18:12
	Jean Norton (2 <sup>nd</sup> F40-44)	5:06:02†
	Barbara Sessa (3 <sup>rd</sup> F40-44)	5:06:48†
	Mari Flores	5:38:36
	Mary DeNitto (1 <sup>st</sup> F50-54)	5:47:44*†
	Christine Honig (1 <sup>st</sup> Athena15-39)	6:06:19
	Pam Neimeth	6:24:13

<b><u>Overall Male:</u></b>	Chris Legh	3:54:15
	Alex Sherwood (1 <sup>st</sup> M30-34)	4:24:55*†
	Mark Wilson	4:54:06†
	Art Boyko	5:01:37†
	Charles Pegg	5:17:21
	Gary Walters	5:34:11
	Bob Bomba	6:21:04

\*Qualified Ironman Triathlon World Championship-Kona, HI

†Qualified Ironman 70.3 World Championship-Clearwater, FL

## 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)

<b><u>Overall Female:</u></b>	Claudia Kretschman	1:26:55
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<b><u>Overall Male:</u></b>	Doug Clark	1:10:33
	John McGovern (1 <sup>st</sup> M40-44)	1:15:06
	Jim Demis	1:36:38

## 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)

<b><u>Overall Female:</u></b>	JeanetteShelow-MacDougall	0:57:55*
	Mari Flores	1:05:19
	Mary DeNitto	1:07:38
	Pam Neimeth	1:08:24
	Maureen Shilkunas	1:09:59
	Dorothy Hamburg	1:11:30
	Rosibel Landau	1:16:14
	Jeanne Roth	1:16:20
	Michele Yasson	1:17:50
	Julie Pape	1:31:55

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	Linda Rosenthal	1:36:05
*New Course Record		
<u>Overall Male:</u>	Alex Sherwood	0:50:37
	John McGovern	0:52:53
	Ronnie Severino	0:53:03
	Michael Donnelly	0:55:12
	Henry Collins	0:55:20
	Mark Wilson	0:55:32
	Mark De Luccia	0:55:40
	Doug Thompson	0:55:47
	Michael Bakker	0:56:08
	Art Boyko	0:56:53
	Travis Turner	0:57:49
	Mike Vance	0:58:04
	Robert Goldsworthy	0:58:40
	Bill Pape	1:02:01
	Bill Shashaty	1:02:02
	Bill Norton	1:02:10
	John Jasinski	1:03:49
	Patrick Murphy	1:03:56
	Gary Walters	1:04:38
	Donald Roth	1:04:54
	Greg Bayer	1:06:36
	David Beaudry	1:08:54
	Tom Ganz	1:09:21
	Bob Bomba	1:09:52
	Henry Kaiser	1:10:22
	John Ferrara	1:11:12
	Jason Novak	1:14:11
	Tom Gill	1:14:42
	Janek Szablinski	1:15:15
	Steve Fischer	1:18:07
	Jim Demis	1:18:20
	Larry Knapp	1:19:45
	John DeJoy	1:39:23
	Tom Eanelli	1:44:50
	Mike Halstead	DNF
	Charles Pegg	DNF

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## Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k

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

<b><u>Overall Female:</u></b>	Amy Rice*	2:12:00
	Jeanette Shelow-MacDougall*(1 <sup>st</sup> F40-44)	2:20:43
	Kathryn Flodquist*	2:39:35

<b><u>Overall Male:</u></b>	Dave Kane	2:04:54
	Alex Sherwood (2 <sup>nd</sup> Overall)	2:05:09
	Mike Halstead (2 <sup>nd</sup> M35-39)	2:14:10
	Mark Wilson*	2:17:13

\*Rode 1.4 mile less due to race official misdirection

## Lake Waramaug Triathlon, New Preston, CT (6/23/06) S . 5 mi., B 9.1 mi., R 3.3 mi.

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

<b><u>Overall Female:</u></b>	Vicki Dalton	1:07:29
<b><u>Overall Male:</u></b>	John Hirsch	0:56:25
	Tom Gill	1:24:19

## 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)

<b><u>Overall Female:</u></b>	Heather Johnston	1:59:43
	Christine Honig	2:27:10
	Star Walters (5 <sup>th</sup> F40-59)	2:28:52

<b><u>Overall Male:</u></b>	James Roche	1:54:38
	Mike Vance (2 <sup>nd</sup> Overall)	1:55:04

## 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)

<b><u>Overall Female:</u></b>	Leslie Myers	4:51:55
	Mari Flores	5:39:48
	Mary DeNitto (2 <sup>nd</sup> F55-59)	5:48:42
	Pam Neimeth (4 <sup>th</sup> F45-49)	5:50:07

<b><u>Overall Male:</u></b>	Chuck Perreault	4:09:17
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John McGovern (1 <sup>st</sup> M40-44)	4:28:19
Mark De Luccia	4:45:42
Mark Wilson	4:54:23
Art Boyko	4:58:23
Doug Thompson	5:33:50
Gary Walters	5:34:12
Patrick Murphy	5:46:34

## **Webster Lake Triathlon-Webster, MA (6/25/06) S .5 mi., B 12 mi., R 3 mi.**

[www.firm-racing.com](http://www.firm-racing.com)

<b><u>Overall Female:</u></b>	Alicia Kaye	1:01:59
	Jeanette Shelow-MacDougall(2 <sup>nd</sup> Overall)	1:08:40

<b><u>Overall Male:</u></b>	Jonathan McCall	1:01:54
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## **\*Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k**

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

<b><u>Overall Female:</u></b>	Heather Houseknecht	2:12:16
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<b><u>Overall Male:</u></b>	Chris Ganter	1:54:56
	Zac Staszak	2:11:34

\*Due to inclement weather, the race format was changed to a Duathlon; a 3 mile run replaced the swim.

## **Ironman Coeur d'Alene-Coeur d'Alene, ID (6/25/06) S 2.4 mi., B 112 mi., R 26.2 mi.**

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

<b><u>Overall Female:</u></b>	Joanna Zeiger	09:31:07
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<b><u>Overall Male:</u></b>	Chris Hauth	09:07:05
	Henry Collins	11:50:56

## **Westchester Medical Center Biathlon-Valhalla, NY (6/25/06) R 2 mi., B 15 mi., R 2 mi.,**

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

<b><u>Overall Female:</u></b>	Barbara Sessa	1:07:29
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<b><u>Overall Male:</u></b>	Chris Bohannon	1:01:50
	Steve Fischer	1:31:01

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**Kure Beach Triathlon-Kure Beach, NC (6/25/06) S 375 yds., R 1.5 k, B 20k, R 1.5k, R 1.5k, S 375 yds. [www.set-upinc.com](http://www.set-upinc.com)**

**Overall Female:** Anne Basso 1:07:01  
Linda Rosenthal(2<sup>nd</sup>F55-59)1:55:37

**Overall Male:** Zachary Stroud 0:59:44

## 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)**

**Overall Female:** Jennifer Garrison 1:06:53  
Jeanette Shelow-MacDougall 1:30:20

**Overall Male:** Marc Bonnet-Eymard 0:59:58

**Diamond in the Rough Triathlon-Perryville, MD (6/8/06) \*S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Overall Female:** Sally Speck 2:11:09

**Overall Male:** Andrew Yoder 1:56:54  
Steve Fischer 2:58:24

\*Due to inclement weather, the swim became a 2.5 mi. run.

**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)**

**Overall Female:** Jeanette Shelow-MacDougall 0:58:04  
Lauren Warren 1:02:44  
Mari Flores 1:04:16  
Pam Neimeth 1:06:52  
Maureen Shilkunas 1:10:17  
Mary DeNitto 1:10:59  
Jeanne Roth 1:12:24  
Michele Yasson 1:14:51  
Star Walters 1:14:58  
Rosibel Landau 1:17:00  
Julie Geisler 1:17:31  
Laurel Gross 1:19:17  
Sue Meticecchia 1:20:43  
Scarlet Duba 1:25:32

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Julie Pape	1:31:40
Linda Rosenthal	1:34:10
Carol Covas	NA

Overall Male:

Alex Sherwood	0:50:27*
Terry Kerrigan	0:51:11
Ronnie Severino	0:51:18
Mike Halstead	0:54:32
John McGovern	0:54:40
Charles Pegg	0:55:03
Michael Donnelly	0:55:18
Mark De Luccia	0:55:26
Mike Vance	0:55:40
Zac Staszak	0:56:37
Doug Thompson	0:56:56
Mark Wilson	0:57:19
Bob Gramling	0:57:22
Michael Bakker	0:57:36
Robert Goldsworthy	0:58:39
Art Boyko	0:58:42
Bill Norton	1:00:50
Bill Pape	1:01:39
Jim Demis	1:02:06
Bill Shashaty	1:02:33
Nick Brundage	1:02:50
Patrick Murphy	1:03:36
Gary Walters	1:04:12
Tom Ganz	1:04:52
Jason Novak	1:07:22
Greg Bayer	1:07:57
Donald Roth	1:08:34
Jim Wendel	1:08:52
Bob Bomba	1:09:48
Yanek Szablinski	1:10:16
John Ferrara	1:13:50
Larry Knapp	1:15:20
Steve Fischer	1:17:58
Philip Milio	1:22:32
John DeJoy	1:26:15
Tom Eanelli	1:36:59
Andrew Schupak	NA
Travis Turner	NA

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## Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 3.1 mi. [www.patgriskustri.com](http://www.patgriskustri.com)

<b><u>Overall Female:</u></b>	Danielle Sullivan	1:01:51
	Kathryn Flodquist	1:13:43
<b><u>Overall Male:</u></b>	Domenic Gillen	0:56:13

## New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k [www.nycetri.com](http://www.nycetri.com)

<b><u>Overall Female:</u></b>	Emma Snowsill	1:56:14
	Jeanette Shelow-MacDougall(6 <sup>th</sup> F-Elite Wave)	2:19:00*
	Mary DeNitto (2 <sup>nd</sup> F55-59)	2:36:53

<b><u>Overall Male:</u></b>	Greg Bennett	1:43:43
	Charles Pegg(11 <sup>th</sup> M-Elite Wave)	2:06:38
	Mark Wilson	2:12:11
	Don Davis (1 <sup>st</sup> M60-64)	2:29:01
	Janek Szablinski	2:35:22
	Shervyn von Hoerl	3:18:19

\*Qualified-Lifetime Fitness Championship

## Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k [www.trifitness.net](http://www.trifitness.net)

<b><u>Overall Female:</u></b>	Meghan Newcomer	1:09:03
	Kathryn Flodquist (2 <sup>nd</sup> F40-44)	1:14:30
<b><u>Overall Male:</u></b>	Max Wunderle	1:02:59

## 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)

<b><u>Overall Female:</u></b>	Kim Loeffler	4:33:30
<b><u>Overall Male:</u></b>	Alex Mroszcyck-McDonald	4:19:54
	Terry Kerrigan (4 <sup>th</sup> Overall)	4:25:32
	John McGovern (3 <sup>rd</sup> M40-44)	4:53:14
	Travis Turner	5:20:34
	Jim Wendel	6:18:31
	Patrick Murphy	DNF



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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)

Overall Female:                      Rebecca Niesen                      1:38:22  
  Rosibel Landau (1<sup>st</sup> F25-29)    1:49:51

Overall Male:                        Mike Halstead                      1:17:24  
  Ronnie Severino (2<sup>nd</sup> Overall) 1:18:03  
  Mark De Luccia (3<sup>rd</sup> Overall) 1:19:05  
  Bill Shashaty (1<sup>st</sup> M35-39)    1:35:45  
  Gabriel Tenenbaum (3<sup>rd</sup> M45-49) 1:38:36

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)

Overall Female:                      Maggie Freeman                    1:30:29  
  Laurel Gross (1<sup>st</sup> F40-44)    1:54:03

Overall Male:                        Chris Bohannon                    1:20:33

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)

Overall Female:                      Kirsten McKay-Smith              1:01:30  
  Christine Honig                    1:08:38

Overall Male:                        Paul Gaffuri                        0:54:25  
  Art Boyko (2<sup>nd</sup> M40-44)        0:59:16

Steelman Triathlon-Lehigh Valley, PA (7/16/06) S 1.5k, 40k, 10k [www.steelman.org](http://www.steelman.org)

Overall Female:                      Katrina Dowichuk                 2:29:41

Overall Male:                        Charles Sperazza                 2:14:21  
  Steve Fischer                     3:48:29

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## 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)

**Overall Female:** Molly Zahr 10:11:35  
Dorothy Hamburg 15:47:39

**Overall Male:** Victor Zyemtsev 08:38:18  
Michael Bakker 10:20:52\*  
Bob Gramling (3<sup>rd</sup> M50-54) 10:58:55\*  
Mark De Luccia 11:07:01  
Art Boyko 11:19:09  
Henry Collins (2<sup>nd</sup> Clydes.) 11:24:46  
Jason O'Neill 13:59:21  
Donald Roth 15:45:53

\*Qualified Ironman Triathlon World Championship-Kona, HI!

## New Jersey State Triathlon-Mercy County Park, NJ (7/23/06) S 1.5k, B 40k, R 10k [www.cgiracing.com](http://www.cgiracing.com)

**Overall Female:** Heather Leiggi 2:13:04  
Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 2:16:28

**Overall Male:** Christopher Martin 1:54:37

## Niantic Triathlon-Niantic, CT (7/23/06) S ½ mi., B 12 mi., R 3.5 mi. [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**Overall Female:** Elise Vonhousen 1:11:21  
Kathryn Flodquist (3<sup>rd</sup> F40-44) 1:17:20

**Overall Male:** Jordan Rapp 0:59:07

## Philadelphia Independence Triathlon-Philadelphia, PA (7/30-06) S .5 mi., B 17 mi., R 4 mi. [www.envirosports.com](http://www.envirosports.com)

**Overall Female:** Michele Pollio 1:31:21

**Overall Male:** Brian Duffy 1:14:59  
Steve Fischer 2:04:32

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## AUGUST

### Sandy Beach Triathlon-Bantam, CT (8/4/06) S ½ mi., B 10 mi., R 3.1 mi. [www.greystoneracing.net](http://www.greystoneracing.net)

Overall Female: Kathleen Peck 1:13:21

Overall Male: Paul McClaskey 1:00:42  
Tom Gill 1:20:40

### Litchfield Hills Triathlon-New Hartford, CT (8/6/06) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

Overall Female: Kelly Bergkessel 2:24:45  
Pam Neimeth (2<sup>nd</sup> F45-49) 2:53:55

Overall Male: William Schumann 2:11:57  
Mark Wilson (1<sup>st</sup> M35-39) 2:23:54

### Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/6/06) S-1.5 k, B-40k, R-10k [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

Overall Female: Heather Leiggi 2:22:57  
Jeanette Shelow-MacDougal 2:27:09

Overall Male: Andrew Boone 2:06:49  
Travis Turner (3<sup>rd</sup> Overall) 2:15:56  
Bob Gramling (1<sup>st</sup> M50-54) 2:25:47

### Wilkes Barre Triathlon-Penn State Campus, PA (8/6/06) S 1.5k, B 40k, R 10k [www.wilesbarretriathlon.com](http://www.wilesbarretriathlon.com)

Overall Female: Karen Smyers 2:13:28  
Barbara Sessa (1<sup>st</sup> F40-44) 2:30:35  
Star Walters (2<sup>nd</sup> F50-54) 3:06:44

Overall Male: Marcel Vifian 1:59:33  
Gary Walters 2:46:28

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## 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)

Overall Female: Elizabeth Vineis 1:57:26

Overall Male: Mike Nahom 1:30:00

Mike Halstead (1<sup>st</sup> M40-44) 1:36:58

## Greenfield Triathlon-Greenfield, MA (8/6/06) S .63 mi., B 30.4 mi., R 7.2 mi. [www.greenfield-triathlon.com](http://www.greenfield-triathlon.com)

Overall Female: Kim Webster 2:30:35

Mari Flores (3<sup>rd</sup> F30-34) 2:51:58

Overall Male: PJ Deschenes 2:12:45

## 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/)

Overall Female: Barbara Sessa 1:16:32

Lauren Warren (1<sup>st</sup> F35-39) 1:18:03

Jean Norton (2<sup>nd</sup> F40-44) 1:23:14

Sandy Mancuso-Lopez 1:31:49

Julie Geisler (2<sup>nd</sup> Athena) 1:37:56

Michele Yasson 1:38:34

Overall Male: Alex Sherwood 1:06:41

Michael Donnelly (1<sup>st</sup> M45-49) 1:12:45

Mark De Luccia (3<sup>rd</sup> M30-34) 1:15:09

Michael Noel 1:15:39

Bill Norton 1:18:38

Don Davis (1<sup>st</sup> M60-64) 1:23:12

Bob Bomba 1:33:39

Larry Knapp 1:43:15

Philip Milio 1:50:33

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Northern Columbia Triathlon-Kinderhook, NY (8/13/06) S ¼ mi., B 19.5 mi., R 4.5 mi.  
[www.northerncolumbiatrithlon.com](http://www.northerncolumbiatrithlon.com)

Overall Female:  
Sue Dean(Art Boyko's Sister) 1:38:48  
Christine Honig 1:57:51  
Linda Rosenthal (3<sup>rd</sup> F55-59) 2:29:23

Overall Male:  
Steve Pyle 1:25:34  
Art Boyko (1<sup>st</sup> M40-44) 1:35:50

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)

Overall Female:  
Barbara Sessa 0:57:38\*  
Jeanette Shelow-MacDougall 0:58:02  
Lauren Warren 0:58:55  
Kathryn Flodquist 1:00:58  
Mari Flores 1:02:21  
Christine Honig 1:05:59  
Maureen Shilkunas 1:08:28  
Sandy Mancuso-Lopez 1:09:06  
Star Walters 1:09:14  
Jeanne Roth 1:12:11  
Michele Yasson 1:13:25  
Sue Metichecchia 1:13:53  
Rosibel Landau 1:14:06  
Laurel Gross 1:15:09  
Julie Geisler 1:15:11  
Dorothy Hamburg 1:15:37  
Carol Covas 1:24:57  
Julie Pape 1:30:08  
Linda Rosenthal 1:36:19  
Julie Riestler 1:40:43

\*New Course Record

Overall Male:  
Alex Sherwood 0:50:30  
Terry Kerrigan 0:50:50  
Ronnie Severino 0:51:32  
Mike Halstead 0:53:16  
Michael Donnelly 0:54:41  
John McGovern 0:55:07  
Zac Staszak 0:55:24  
Robert Goldsworthy 0:55:35  
Art Boyko 0:55:53  
Mark Wilson 0:56:06

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Travis Turner	0:56:21
Michael Bakker	0:56:40
Bob Gramling	0:56:51
Andrew Schupak	0:56:53
Mark De Luccia	0:57:02
Patrick Murphy	0:59:34
Bill Shashaty	0:59:59
Jim Demis	1:00:27
John Jasinski	1:01:31
Gary Walters	1:01:45
Tom Ganz	1:02:49
Bill Pape	1:02:56
Jim Wendel	1:05:45
Dave Beaudry	1:07:17
Janek Szablinski	1:09:47
John Ferarra	1:11:12
Harry Hansen	1:14:33
Steve Fischer	1:18:08
Tom Gill	1:18:20
Philip Milio	1:18:48
John DeJoy	1:22:50
Larry Knapp	DNF

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)

Overall Female: Carol Wilke 1:22:34

Overall Male: Arland Macasieb 1:12:02  
Mark De Luccia(2<sup>nd</sup> M30-34) 1:18:39  
Jim Demis 1:25:40  
Greg Bayer 1:34:41  
Steven Pressman 1:47:43  
Steve Fischer 1:49:30

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)

Overall Female: Karen Smyers 4:34:36  
Pam Neimeth 5:57:05\*

Overall Male: Bjorn Andersson 3:57:46  
Alex Sherwood (3<sup>rd</sup> M30-34) 4:24:13

\*Qualified Ironman 70.3 World Championship-Clearwater, FL

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Ironman UK-Sherborne, England (8/20/06) S 2.4 mi., B 112 mi., R 26.2 mi.

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

Overall Female: Dede Griesbauer 09:37:45

Overall Male: Frank Heldoorn 08:36:38

Charles Pegg 11:30:39

Lake Terramuggus Triathlon-Marlborough, CT (8/24/06) S 400 yds., B 12 mi., R 3.1

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

Overall Female: Rebecca Stephenson 1:02:19

Overall Male: Chris Schulten 0:52:44

Mike Vance (3<sup>rd</sup> Overall) 0:57:11

Chicago Triathlon-Chicago, IL (8/27/06) S 1.5k, B 40k, R 10k

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

Overall Female: Samantha McGlone 2:02:25

Jeanette Shelow-MacDougall(5<sup>th</sup> FElite)2:24:12

Overall Male: Craig Alexander 1:49:54

Zac Staszak 2:15:01

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)

Overall Female: Leslie Myers 4:56:51

Mari Flores (5<sup>th</sup> Overall) 5:23:42

Maureen Shilkunas 6:13:02

Overall Male: Brian Sheldon 4:31:35

Mark Wilson (2<sup>nd</sup> M35-39) 4:56:23

Art Boyko (1<sup>st</sup> M40-44) 4:57:57

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## Peak Performance Duathlon-New Paltz, NY (8/27/06) R 2.25 mi., B 12 mi., R 2.25

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

<b><u>Overall Female:</u></b>	Barbara Sessa	0:59:50
	Jean Norton (3 <sup>rd</sup> Overall)	1:04:18
	Sue Metichecchia(2 <sup>nd</sup> F40-49)	1:15:27
	Julie Geisler (3 <sup>rd</sup> F40-49)	1:18:22
	Michele Yasson	1:19:40

<b><u>Overall Male:</u></b>	Mike Halstead	0:55:54
	Mike Vance (2 <sup>nd</sup> Overall)	0:57:05
	Mark De Luccia (3 <sup>rd</sup> Overall)	0:57:09
	Doug Thompson (1 <sup>st</sup> M30-39)	0:57:52
	Bob Gramling (1 <sup>st</sup> M50-59)	0:58:31
	Travis Turner (2 <sup>nd</sup> M30-39)	0:59:23
	Don Davis (2 <sup>nd</sup> M60 & Over)	1:09:08
	Philip Milio (3 <sup>rd</sup> M50-59)	1:15:24

## **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)

<b><u>Overall Female:</u></b>	Emma Snowsill	2:04:03
	Jeanette Shelow-MacDougall (13 <sup>th</sup> F40-44)	2:36:46

<b><u>Overall Male:</u></b>	Tim Don	1:51:32
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### **Lake George Triathlon-Lake George, NY (9/3/06) S 1.5k, B 40k, R 10k**

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

<b><u>Overall Male:</u></b>	Justin Daerr	1:46:37
	Michael Donnelly (3 <sup>rd</sup> M45-49)	1:58:05
	Zac Staszak (2 <sup>nd</sup> M25-29)	2:00:14
	Mark Wilson	2:00:23
	Art Boyko (3 <sup>rd</sup> M40-44)	2:04:17
	Tom Ganz	2:14:28
	Bob Bomba	2:27:32
	Larry Knapp	2:44:04

<b><u>Overall Female:</u></b>	Alison Heaphy	2:06:30
	Sandy Mancuso-Lopez	2:30:06
	Rosibel Landau	2:41:32
	Melinda Hitchcock-Fanning	2:43:33
	Linda Rosenthal	3:14:01



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## Madison Triathlon-Madison, CT (9/9/06) S .5 mi., B 13 mi., R 3 mi.

[www.force5sports.com](http://www.force5sports.com)

**Overall Female:** Pascale Butcher 1:12:43  
Kathryn Flodquist(2<sup>nd</sup>F40-44)1:17:06

**Overall Male:** William Schumann 1:03:37

## Endura Sport Mini Triathlon-Philadelphia, PA (9/9/06) S .6 mi., B 38.2 mi., 6.2 mi.

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

**Overall Female:** Jean Norton 3:05:24  
Barbara Sessa (2<sup>nd</sup> Overall) 3:14:05

**Overall Male:** David Dixon 2:49:26

## S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 4.5 mi., S 1.1 mi., R 5.5 mi., S .5 mi., R 8 mi., S .5 mi., R 8 mi., S .7mi. [www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

**Overall Female:** Kelly Bergkessel 4:58:01  
Lauren Warren (2nd F40-44) 5:34:19  
Mari Flores (3rd F30-34) 6:01:04  
Jeanne Roth 7:19:06  
Dorothy Hamburg 7:24:10  
Michele Yasson (3rd F45-49) 7:45:31

**Overall Male:** Chris Gephardt 4:21:35  
Alex Sherwood (2nd Overall) 4:29:32  
Mike Halstead (3rd Overall) 4:33:01  
Mike Vance (1st M25-29) 5:00:15  
Travis Turner (3rd M30-34) 5:11:41  
Mark Wilson 5:11:49  
Mark De Luccia 5:12:04  
John McGovern(3rd M40-44)5:18:45  
Doug Thompson 5:26:10  
Jim Demis 5:32:59  
Gary Walters (2nd M50-54) 5:48:11  
Bill Shashaty 5:52:52  
Patrick Murphy 5:54:25  
Bill Norton (3rd M50-54) 6:14:50  
Bob Bomba 6:17:54  
Dave Beaudry 6:25:53  
Bill Pape 6:28:19  
Donald Roth 6:45:06

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## North Myrtle Beach Triathlon-Myrtle Beach, SC (9/9/06) S 77 yds., B 13 mi., R 3.1

[www.nmb.us](http://www.nmb.us)

<b>Overall Female:</b>	???	???
<b>Overall Male:</b>	Todd Ricketts	???
	Tom Gill	1:43:28

## American Memorial Triathlon-Greenwood Lake, NY (9/10/06) S .5 mi., B 16 mi., R 4 mi. [www.americanmemorialtriathlon.com](http://www.americanmemorialtriathlon.com)

<b>Overall Female:</b>	Claudia Kretschman	1:30:33
<b>Overall Male:</b>	Andy Cahoy	1:19:41
	Gabriel Tenenbaum (2nd M45-49)	1:36:41
	Steven Pressman (2nd M55-59)	1:46:19

## FirmMan-Narrangansett, RI (9/10/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)

<b>Overall Female:</b>	Donna Kay-Ness	4:27:20
<b>Overall Male:</b>	Matt Nuffort	4:03:17
	Bob Gramling	4:44:10

## HVTC Summer Tri-Series #4-Rosendale, NY (9/13/06) S 700yds., B 12 mi., R 2mi. [www.hvtc.net](http://www.hvtc.net).

<b>Overall Female:</b>	Jeanette Shelow-MacDougall	0:57:33*
	Lauren Warren	0:59:55
	Kathryn Flodquist	1:01:06
	Jean Norton	1:02:28
	Maureen Shilkunas	1:07:18
	Mary DeNitto	1:07:38
	Mari Flores	1:11:06
	Star Walters	1:11:52
	Laurel Gross	1:12:15
	Michele Yasson	1:12:17
	Julie Geisler	1:13:33
	Sue Metichecchia	1:18:16
	Christine Honig	1:22:00
	Carol Covas	1:24:14
	Julienne Pape	1:29:04

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	Linda Rosenthal	1:49:51
<u>Overall Male:</u>	Alex Sherwood	0:49:58*
	Terry Kerrigan	0:50:25
	Ronnie Severino	0:53:37
	Charles Pegg	0:54:32
	Andrew Schupak	0:54:33
	Michael Donnelly	0:55:02
	Zac Staszak	0:55:23
	Travis Turner	0:55:40
	Mark Wilson	0:55:51
	Doug Thompson	0:56:03
	Art Boyko	0:56:24
	Michael Bakker	0:56:34
	Mark De Luccia	0:56:33
	Nick Brundage	0:59:00
	Bill Norton	0:59:22
	Bill Pape	1:00:09
	Tom Ganz	1:01:57
	John Jasinski	1:04:45
	Greg Bayer	1:05:59
	Janek Szablinski	1:06:54
	Bob Bomba	1:07:50
	John Ferrara	1:11:23
	Larry Knapp	1:11:46
	Steve Fischer	1:13:27
	John Wheeler	1:18:59
	Philip Milio	1:19:00
	Jason Novak	1:20:50
	Peter Oxenholm	1:32:15

\*New Course Records

**Grand Columbian Triathlon-Grand Coulee Dam, WA (9/16/06) S 1.2 mi., B 56 mi.,  
R 13.1 mi. [www.thegrandcolumbian.com](http://www.thegrandcolumbian.com)**

**Overall Female:** Julie Pittsinger 5:00:01

**Overall Male:** Brent Ruby 4:38:35  
Shervyn von Hoerl 8:23:42

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## Hammerfest Triathlon-Branford, CT (9/17/06) S .5 mi., B 13.5 mi., R 3.9 mi.

[www.race-productions.com](http://www.race-productions.com)

**Overall Female:** Kristen Butler 1:20:40

**Overall Male:** Janda Ricci-Munn 1:07:43

Tom Gill 1:41:23

## The Nation's Triathlon-Washington, DC (9/16/06) S 1.5k, B 40k, R 10k

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

**Overall Female:** Hilary Cairns 1:54:40

**Overall Male:** Billy Edwards 1:36:38

Michael Noel 1:53:33

## Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k

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

**Overall Female:** Sarah Haskins 1:55:54

Jeanette Shelow-MacDougall (1<sup>st</sup> F40-44) 2:15:54\*

Pam Neimeth 2:49:30

**Overall Male:** Jarrod Shoemaker 1:44:05

Charles Pegg (2<sup>nd</sup> M35-39) 2:06:58\*

Andrew Schupak 2:08:23

Zac Staszak (1<sup>st</sup> M25-29) 2:09:06\*

Mark Wilson 2:17:26

Gabriel Tenenbaum 2:31:53

\*Qualified-Escape From Alcatraz

## Mighty Hamptons-Sag Harbor, NY (9/17/06) S 1.5k, B 38k, R 10k

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

**Overall Female:** Danielle Sullivan 2:13:35

**Overall Male:** Grant Connelly 2:02:19

Terry Kerrigan (2<sup>nd</sup> Overall) 2:02:39

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**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)**

**Overall Female:** Louise Nunan 1:19:46  
Julienne Pape (2<sup>nd</sup> F60-64) 2:07:34

**Overall Male:** John Kenny 1:07:43  
Bill Pape (1<sup>st</sup> M55-59) 1:24:21

**Big Lick Triathlon-Huddleston, VA (9/23/06) S 1.5k, B 40k, R 10k [www.set-upinc.com](http://www.set-upinc.com)**

**Overall Female:** Julie Gliesing 2:22:06

**Overall Male:** Andrew Hodges 1:57:54  
Michael Noel 2:24:58

**ITPman-Darien, CT (9/30/06) S .5 mi., B 15 mi., R 5 mi. [www.itpfoundation.org](http://www.itpfoundation.org)**

**Overall Female:** Rebeccah Wassner 1:27:15

**Overall Male:** Jordan Rapp 1:20:28  
Mark De Luccia (2<sup>nd</sup> M30-34) 1:31:21  
Tom Ganz 1:38:59  
Tom Gill 2:07:11

## **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)**

**Overall Female:** Emily Deppe 4:17:24  
Kathryn Flodquist (2<sup>nd</sup> F40-44) 5:17:59

**Overall Male:** Lars Finanger 3:52:43  
Mike Halstead(2<sup>nd</sup> Overall) 4:00:31

\*Due to inclement weather/flooding, the bike course was shortened by 8 miles.

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**Pinehurst Triathlon-Pinehurst, NC (10/7/06) S 1.5k, B 40k, R 10k [www.set-upinc.com](http://www.set-upinc.com)**

**Overall Female:** Kristin Price 2:13:21  
Linda Rosenthal 3:53:43

**Overall Male:** Kevin Lisska 2:02:47

**Bassman Triathlon-Bass River State Forest, NJ (10/8/06) S .5 mi., B 29 mi., R 4 mi. [www.citytri.com](http://www.citytri.com)**

**Overall Female:** Laurel Wassner 2:10:54

**Overall Male:** Scott Duprex 1:54:49  
Bill Pape (1<sup>st</sup> M55-59) 2:20:43  
Steve Fischer 2:43:08

**Cape Henlopen Triathlon-Cape Henlopen, DE (10/8/06) S .25 mi., B 14 mi., R 3.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Overall Female:** Heather Leiggi 1:09:29  
Lauren Warren (1<sup>st</sup> F40-44) 1:16:52  
Michele Yasson (3<sup>rd</sup> F45-49) 1:38:33

**Overall Male:** Rick Fessler 1:02:54

**American Zofingen (Long Course)-New Paltz, NY (10/15/06) R 5 mi., B 84 mi., R 15 mi. [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)**

**Overall Female:** Bianca Simpson 08:34:55

**Overall Male:** Josh Beck 06:57:20  
Travis Turner (1<sup>st</sup> M30-34) 08:25:32  
Mark De Luccia (2<sup>nd</sup> M30-34) 08:34:50  
Janek Szablinski 11:07:20  
Dave Beaudry DNF

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**American Zofingen (Short Course)-New Paltz, NY (10/15/06) R 5 mi., B 28 mi., R 5 mi. [www.americanzofingen.com](http://www.americanzofingen.com)**

**Overall Female:** Orla Bannan 3:32:44

**Overall Male:** Bruce Cadenhead 3:02:48  
Mark Wilson (2<sup>nd</sup> Overall) 3:05:25  
Art Boyko (3<sup>rd</sup> M40-44) 3:28:26  
Bill Shashaty 3:39:55

**Doug Maloney Memorial Duathlon-Woodstock, NY (10/22/06) R 2 mi., B 12 mi., R 2 mi. [www.woodstockclassic.com](http://www.woodstockclassic.com)**

**Overall Female:** Laura Wong-Pan 1:09:52  
Susan Metichecchia (1<sup>st</sup> F45-49) 1:17:23  
Carol Covas 1:41:55  
Linda Rosenthal (1<sup>st</sup> F55-59) 1:46:51

**Overall Male:** Alex Sherwood 0:56:13  
John McGovern (2<sup>nd</sup> Overall) 0:57:51  
Mike Vance (3<sup>rd</sup> Overall) 0:58:56  
Tom Ganz (2<sup>nd</sup> M35-39) 1:05:36  
Bill Shashaty (3<sup>rd</sup> M35-39) 1:06:46  
Don Davis (1<sup>st</sup> M60-64) 1:09:33  
Bob Bomba 1:18:47  
Steve Fischer 1:21:03

**Xterra Triathlon World Championship-Maui, HI (10/29/06) S .93 mi., B 19.10 mi., R 6.90 [www.xterraplanet.com](http://www.xterraplanet.com)**

**Overall Female:** Melanie McQuaid 3:07:53

**Overall Male:** Hamish Carter 2:42:36  
Mike Halstead (5<sup>th</sup> M40-44) 3:28:23

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## 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)

**Overall Female:**

Bella Comerford	09:28:28
Christine Honig	13:42:59
Maureen Shilkunas	14:04:45

**Overall Male:**

Jan Raphael	08:22:44
Terry Kerrigan	09:09:17
Janek Szablinski	13:08:21
Patrick Murphy	14:19:38
Donald Roth	15:18:07

### 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)

**Overall Female:**

Samantha McGlone	4:12:58
Jean Norton	5:11:38
Mary DeNitto (3 <sup>rd</sup> F55-59)	5:54:15
Pam Neimeth	5:57:00

**Overall Male:**

Craig Alexander	3:45:37
Alex Sherwood	4:22:54
Art Boyko	4:44:41
Mark Wilson	4:52:12

### Miami Man Triathlon-Miami, FL (11/11/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.multirace.com](http://www.multirace.com)

**Overall Female:**

Melissa Reifschneider	4:50:02
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**Overall Male:**

Darin Shearer	3:57:52
Andrew Schupak	4:42:57



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## 2006 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

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

<u>Name</u>	<u>Age Group</u>	<u>Honors</u>	<u>Ranking</u>
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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

**Sessa, Barbara**-Ironman 70.3 World Championship

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

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

**Staszak, Zac**-Escape From Alcatraz

**Wilson, Mark**-Ironman 70.3 World Championship

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## 2006 HVTC Summer Tri-Series Winners

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

2<sup>nd</sup> Place: **Mari Flores**

3<sup>rd</sup> Place: **Maureen Shilkunas**

4<sup>th</sup> Place: **Lauren Warren**

5<sup>th</sup> Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2<sup>nd</sup> Place: **Ronnie Severino**

3<sup>rd</sup> Place: **Michael Donnelly**

4<sup>th</sup> Place: **Terry Kerrigan**

5<sup>th</sup> 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 25<sup>th</sup>, 2007 @ Williams Lake Resort!**
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Wednesday, May 2<sup>nd</sup>, 2007; Closing Day-Friday, October 26<sup>th</sup>, 2007.
- **Mark Wilson's Triathlon Training Camps-Clermont, FL (National Training Center-January 22-27, 2007) & Rosendale, NY (Williams Lake Resort-July 29-August 4, 2007).**
- **2007 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).
- **2007 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

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