

# 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. 65

October 2006

## IN A FEW WORDS

Dear HVTC,

To do or not to do? That is the million dollar question as the season winds down. With the cool air and all of the monsoon rains, it's tempting to just hang-out inside and watch a movie, etc. However, the triathlon bug is a tough one and I'm sure you've already planned your racing schedule for 2007. Regardless, keep that wonderful body of yours moving throughout this fall/winter and you'll enjoy faster racing in the spring/summer. Oh, goody, *Forrest Gump* just came from Netflix! See ya out there.

Sincerely,



Mark H. Wilson-Triathlon Coach  
Founder/President, Hudson Valley Triathlon Club  
USA Triathlon Level II Certified Coach

HUDSON VALLEY TRIATHLON CLUB



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

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

## **HVTC Featured Tri-Athlete: Jim Wendel**

**By Mark H. Wilson**

Red 88. Red 88. Hut, hut!! Swoosh! Swoosh! Swoosh! He's on a breakaway, passed the blue line, he shoots, he scores!!! These are common sounds for guys like our HVTC Featured Tri-Athlete of the Month, Jim Wendel. He's used to fellas dressed in black/white from head-to-toe yellin' in his face; not to mention the coach with the big mouth screaming "Pick it up!" or "Hit it!" Ah, the good ol' days. Nope, no more of that; it's nothin' but silence except for his smooth stroke piercing the water, the whirr of rubber on pavement created by the infinite cycling ring of his NASA-like machine, and the tapping of his foot strike and rhythmic breathing during the run. There's no one to push him, but him; okay, there is one guy who's been there to blurt-out absurdities, but we'll get to that later. Let's see what enticed Jim from "team" sports into the "loner" sport.

Jim was born in Binghamton, NY and went to Auburn High School in Auburn, NY. He attended college at Syracuse University and New York University as a Political Economy major and received his Bachelor of Science degree (which involves the synthesis of economics, finance and political science). While in high school he ran track (hurdles/sprints), skied (water/snow), played football, lacrosse and wrestled. His sport of choice in college was 12 oz. curling! In fact, some days it may still be confused as his favorite; oh yeah, and pass a slice, too.

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Jim lives in Kingston, NY with his wife Mercedes (14 years together...nice name!) and their two children; Nils (12) and Mia (10). He's a consultant to financial institutions (mostly banks and credit unions) focusing on interest rate risk and earnings performance. Can you blame him for thinking about triathlon all day? Jim is also an avid fly fisherman, both fresh and saltwater. He has traveled to quite a few places around the world and experienced some great fishing, people and scenery.

John McGovern was the individual who introduced Jim to triathlon; via guilt! "He told me I was consuming too much Guinness and needed to lose some weight." Now that's callin' the kettle black! Regardless, it worked and last year Jim raced at the HVTC Summer Tri-Series #3 and "...boy did it hurt!" That explains why his whole family thinks he's nuts for doing it; although they're getting used to it now.

Jim's family must have questioned his passion for the sport recently due to his "little incident" on the bike this year. A young/new driver failed to see him and caused quite a collision. Jim separated his collar bone from his shoulder and will have to have it surgically repaired. Result, no swimming for three months, but the biking and running should be alright soon after surgery. Ugh! Hey, it's great to be alive, right?

Triathlon presents a test of mental and physical capacities for Jim. It keeps him in shape, it isn't boring and he feels extremely challenged when training/racing. At first, it seemed really daunting, but afterwards he feels a wonderful sense of accomplishment. Remember, Jim's been a fast-twitcher for 35 years, so all of this long stuff has his body a bit confused; and he loves the sport!!! Since turning 40, becoming an endurance athlete has made him rethink his entire fitness regimen, re-train his muscles and boost that aerobic capacity. Mass as a sprinter is desired, especially muscle, but goin' long requires some meal/portion discrimination; 1,500 calories out, 1,499 in. What?! It's under.

Jim would like to thank his Guinness Buddy, John McGovern, for getting him into the sport and helping him with all of his training, gear selection, nutrition advice, etc. As a result of his mentor's guidance, Jim has swiftly begun his triathlon career with several local races from sprint to half-iron; HVTC Summer Tri-Series, Hudson Valley Triathlon (Olympic distance), Trooper Biathlon and the Musselman Triathlon (1/2 Ironman) in Geneva, NY. He hasn't claimed any awards yet, but he experiences incredible satisfaction from attaining personal bests.

As for the future, he'd like to do an Ironman in the next year or two and ultimately complete the Norseman in Norway. FYI, this race is sick!! It's a point-to-point course of 38k swimming, 180k of biking and 42.2k of running; yes, all nearly "regulation" Ironman distances. However, it's REALLY cold water, EXTREMELY steep gradient cycling and just in case you hadn't had enough, the last 17k of the run is UP a mountain. Sounds like fun; where do we sign-up!! Jim is half Norwegian from his mother's side and he spent

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all his summers there as a kid with relatives. Jim says, "I feel it would be a fun time although probably really painful!" And, "I don't think there is one flat kilometer in the whole country let alone a road or trail under 5 percent grade!" Yeah, he's really green. Thanks, Jim!

## 2006 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

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

### FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. [www.cdymca.org](http://www.cdymca.org)

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

### MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

### APRIL

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

Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k [www.set-upinc.com](http://www.set-upinc.com)

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## MAY

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

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

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)  
[www.piranha-sports.com](http://www.piranha-sports.com)

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

Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.  
[www.dougstern.com](http://www.dougstern.com)

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/21/06) S 1.5k, Bike 41k, R 10k  
[www.tricolumbia.org](http://www.tricolumbia.org)

King of the Hill Xterra Triathlon-Lebanon, NJ (5/21/06) S .5 mi., B 12 mi., R 4 mi.  
[www.xterraplanet.com/race/schedule.html](http://www.xterraplanet.com/race/schedule.html)

## JUNE

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

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/3-4/06) S 1.5k, B 44k, R 10k [www.timbermantri.com](http://www.timbermantri.com)

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**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)

**Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/4/06) S ½ mi., B 14 mi., R 4 mi.** [www.firm-racing.com](http://www.firm-racing.com)

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

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

**Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/11/06) S 1.5k, B 40k, R 10k (Special National Championship Qualifier)** [www.keukalaketri.com](http://www.keukalaketri.com)

**Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi** [www.tricolumbia.org](http://www.tricolumbia.org)

**19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.**

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

**HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi.**

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

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

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

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/18/06) S 600 yds., B 14 mi., R 3.1 mi.**

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

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi.**

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

**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R 10k**

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

**Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k**

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

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## 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)**

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

HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net).

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

**Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S ½ mi., B 13.5 mi., R 3 mi. [www.newburyporttriathlon.com](http://www.newburyporttriathlon.com)**

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

**Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)**

**Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi. [www.musselmantri.com](http://www.musselmantri.com)**

Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25 [www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/23/06) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

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## AUGUST

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

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/6/06) S 1/2 mi., B 14.2 mi., R 5k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

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

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/6/06) S 1.5k, B 40k, R 10k**  
[www.trifitness.net](http://www.trifitness.net)

**Grafton Lakes Off Road Triathlon-Grafton, NY (8/6/06) S 0.9mi, Mtn B 14mi, R 5mi.** [www.skyhighadventures.com](http://www.skyhighadventures.com)

**West Point Triathlon-West Point, NY (8/13/06) S 800 m, B 25k, R 5k**  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**19<sup>th</sup> New York Triathlon Race #2-Harriman State Park, NY (8/20/06) S 1/2 mi., B 16 mi., R 3mi.** [www.nytc.org](http://www.nytc.org)

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

**HVTC Summer Tri-Series #3-Rosendale, NY (8/16/06) S 700 yds, B 12 mi, R 2 mi.**  
[www.hvtc.net](http://www.hvtc.net).

**Timberman Sprint Triathlon-Gilford, NH (8/19-20/06) S 1/3 mi., B 15 mi., R 3 mi.**  
[www.timbermantri.com](http://www.timbermantri.com)

**Timberman Half-Ironman Triathlon-Gilford, NH (8/19-20/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship)** [www.timbermantri.com](http://www.timbermantri.com)

**Cranberry Country Triathlon-Lakeville, MA (8/27/06) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship)** [www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)

**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/27/06) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.vermontsun.com](http://www.vermontsun.com)

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## SEPTEMBER

2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland (9/2-3/06) S 1.5k, B 40k, R 10k  
[www.usatriathlon.org](http://www.usatriathlon.org)

Lake George Triathlon-Lake George, NY (9/3/06) S 1.5k, B 40k, R 10k  
[www.adktri.org](http://www.adktri.org)

Boston Triathlon (Sprint)-Boston, MA (9/3/06) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) [www.bostontriathlon.org](http://www.bostontriathlon.org)

S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 19mi., S .5mi.,R.7mi.  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

Firmman Rhode Island (9/10/06) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)

Saratoga Lake Triathlon-Saratoga, NY (Cancelled!!) S 1.5k, B 40k, R 10k  
[www.cdtriclub.org/saratoga\\_triathlon.htm](http://www.cdtriclub.org/saratoga_triathlon.htm)

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

Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k  
[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

Mighty Hamptons-Sag Harbor, NY (9/17/06) S 1.5k, B 38k, R 10k  
[www.swimpower.com](http://www.swimpower.com)

Danskin Triathlon-Sandy Hook, NJ (9/16-17/06) [www.danskin.com](http://www.danskin.com)

Skylands Triathlon-Clinton, NJ (9/17/06) S ½ mi., B 14.1 mi., R 5k [www.lin-mark.com](http://www.lin-mark.com)

## OCTOBER

Mightyman ½ Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)

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**USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV (10/15/06) S 1.5k, B 40k, R 10k [www.bbscendurancesports.com](http://www.bbscendurancesports.com)**

**American Zofingen (Long)-New Paltz, NY (10/15/06) R 5.15 mi., B 85 mi., R 15.45 [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)**

**American Zofingen (Short)-New Paltz, NY (10/15/06) R 5.15 mi., B 29 mi., R 5.15 [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)**

**Ironman Triathlon World Championship (10/21/06) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)**

**Xterra World Championship-Maui, HI (10/29/06) S 1.5k, Mtn. B 30k, R 11k [www.xterraplanet.com](http://www.xterraplanet.com)**

## **NOVEMBER**

**Ironman Florida-Panama City, FL (11/4/06) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanlive.com](http://www.ironmanlive.com)**

**Ford 70.3 World Championship-Clearwater, FL (11/11/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmanlive.com](http://www.ironmanlive.com)**

## **AT THE RACES**

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

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

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**

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## 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.

### 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)

Overall Female: Erica Ruge 0:58:21

Julie Pape 1:33:07

Overall Male: Mike Halstead 0:49:54

Charles Pegg (2<sup>nd</sup> Overall) 0:50:24

Bob Gramling (3<sup>rd</sup> Overall) 0:52:44

Bill Norton 0:55:13

Bill Pape 0:58:02

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

Overall Female: Sara Mari 3:47:57

Mari Flores (3<sup>rd</sup> Overall) 4:18:49

Overall Male: Juan Carlos Padró Octaviani 3:16:47

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March Madness Biathlon-Central Park, NY R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

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

Overall Male: 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.piranha-sports.com](http://www.piranha-sports.com)

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

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

Overall Male: Jeff Miller 1:17:32  
Steve Fischer 2:15:28

Ironman Arizona-Phoenix, AZ (4/9/06) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://www.ironmanarizona.com) (USAT Sanction TBD)

Overall Female: Michellie Jones 9:12:53

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

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

Overall Female: Donna 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

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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

## 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

# Hudson Valley Triathlon Club

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**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

**Brooklyn Biathlon-Brooklyn, NY (5/7/06) R 2 mi., B 10 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Amy May 0:58:07

**Overall Male:** Dave Sargent 0:54:04  
Jason O'Neill (2<sup>nd</sup> M30-34) 0:58:06

**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 Metichecchia(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  
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  
Jason O'Neill (3<sup>rd</sup> M30-34) 1:09:49  
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

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## 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

## 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  
Jason O'Neill 5:54:15

## 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

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Saratoga Lions Duathlon-Saratoga Springs, NY (5/28/06) R 5k, B 20 mi., R 5k

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

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

<u>Overall Female:</u>	Mimi Boyle	2:24:21
	Kathryn Flodquist(1 <sup>st</sup> F40-44)	2:43:24
<u>Overall Male:</u>	Dave Kane	2:09:12

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.

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## 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)

**Overall Female:** Kim Webster 4:42:29  
Dorothy Hamburg 6:24:59

**Overall Male:** Nick Richardson 4:19:34

## 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)

**Overall Female:** JeanetteShelow-MacDougall 1:08:58

**Overall Male:** 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)

**Overall Female:** Jean Bohan 2:11:50

**Overall Male:** Terry Kerrigan 1:51:35

## Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi,

R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)

**Overall Female:** 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

**Overall Male:** 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

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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)

Overall Female: Claudia Kretschman 1:26:55

Overall Male: 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)

Overall Female: 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

Linda Rosenthal 1:36:05

\*New Course Record

Overall Male: 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

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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

## Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)

### Overall Female:

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

### Overall Male:

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)

### Overall Female:

Vicki Dalton	1:07:29
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### Overall Male:

John Hirsch	0:56:25
Tom Gill	1:24:19

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## 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)

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

**Overall Male:** 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)

**Overall Female:** 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

**Overall Male:** Chuck Perreault 4:09:17  
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)

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

**Overall Male:** Jonathan McCall 1:01:54

## \*Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)

**Overall Female:** Heather Houseknecht 2:12:16

**Overall Male:** 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.

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**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)

**Overall Female:** Joanna Zeiger 09:31:07

**Overall Male:** 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)

**Overall Female:** Barbara Sessa 1:07:29

**Overall Male:** Chris Bohannon 1:01:50  
Steve Fischer 1:31:01

**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.

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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)

<u>Overall Female:</u>	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 Metichecchia	1:20:43
	Scarlet Duba	1:25:32
	Julie Pape	1:31:40
	Linda Rosenthal	1:34:10
	Carol Covas	NA

<u>Overall Male:</u>	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

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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

## **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.nyctri.com](http://www.nyctri.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

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## Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k

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

**Overall Female:** Meghan Newcomer 1:09:03  
Kathryn Flodquist (2<sup>nd</sup> F40-44) 1:14:30

**Overall Male:** 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)

**Overall Female:** Kim Loeffler 4:33:30

**Overall Male:** 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

## 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

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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

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

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## Niantic Triathlon-Niantic, CT (7/23/06) S ½ mi., B 12 mi., R 3.5 mi.

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

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

<b><u>Overall Female:</u></b>	Michele Pollio	1:31:21
<b><u>Overall Male:</u></b>	Brian Duffy	1:14:59
	Steve Fischer	2:04:32

### 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)

<b><u>Overall Female:</u></b>	Kathleen Peck	1:13:21
<b><u>Overall Male:</u></b>	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)

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

<b><u>Overall Female:</u></b>	Heather Leiggi	2:22:57
	Jeanette Shelow-MacDougal	2:27:09
<b><u>Overall Male:</u></b>	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

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## 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

## 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 Riester 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 19mi., S .5mi.,R.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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Julienne Pape	1:29:04
Linda Rosenthal	1:49:51

Overall Male:

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
Zak 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

# Hudson Valley Triathlon Club

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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  
Zak 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

## **2005 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS**

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

<b>Name</b>	<b>Age Group</b>	<b>Honors</b>	<b>Ranking</b>
<b>John McGovern (Duathlon)</b>	<b>M40-44</b>	<b>AA</b>	<b>96.2270</b>
<b>Alex Sherwood</b>	<b>M30-34</b>	<b>AA</b>	<b>92.4403</b>
<b>Mark Wilson</b>	<b>M35-39</b>	<b>AA</b>	<b>88.7071</b>
<b>Charles Pegg</b>	<b>M35-39</b>	<b>HM</b>	<b>84.6444</b>
Mike Halstead	M35-39		83.2659
Mike Vance	M20-24		81.2255
Andrew Schupak	M35-39		81.1321
<b>Barbara Sessa</b>	<b>F40-44</b>	<b>HM</b>	<b>77.1341</b>
<b>Jean Norton</b>	<b>F40-44</b>	<b>HM</b>	<b>76.2606</b>
<b>Mary DeNitto</b>	<b>F55-59</b>	<b>AA</b>	<b>71.4236</b>
Pam Neimeth	F45-49		67.1655
Bill Norton	M50-54		66.8788
Jeanne Roth	F30-34		64.4122
Tom Gill	M50-54		60.5422

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

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

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## 2006 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2006 HVTC Volunteer of the Year Award: **TBA**  
2006 HVTC Most Improved Award: **TBA**  
2006 HVTC Rookie of the Year Award: **TBA**  
2006 HVTC Honorable Mention Award: **TBA**  
2006 HVTC Honorable Mention Award: **TBA**  
2006 HVTC Honorable Mention Award: **TBA**  
2006 HVTC Honorable Mention Award: **TBA**  
2006 HVTC Female Triathlete of the Year Award: **TBA**  
2006 HVTC Male Triathlete of the Year Award: **TBA**

## 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**

## 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.
- **HVTC Awards Banquet**-Wednesday, November 15<sup>th</sup>, 2006 5:30-7:30 pm at Williams Lake Resort.
- **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>.

# Hudson Valley Triathlon Club

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