



# Hudson Valley Triathlon Club



---

**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

---

**Volume VII, Issue No. 82**

**March 2008**

## IN A FEW WORDS

Dear HVTC,

It's nice to see green again; okay, the ground!! I remember saying to my wife Rosa, "Nah, we're not even gonna get any snow this year." I guess I'll never make it as a weatherman or farmer. No matter, Wilson State Park is as beautiful as ever and calling all HVTC-ers to come-out to swim, bike and run. Full steam ahead! See ya out there.

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



**Moments of Greatness with HVTC**

Photo: Scott Schaffrick

---

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

---

# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008



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

## **HVTC Featured Athlete: Mike Hargrove**

By Mark H. Wilson

Do you know someone who is really smart? You know; someone whom everyone wants to be on their team when the family plays Trivial Pursuit during the holidays? Someone who knows more than just the Sports & Leisure section? Yeah; biology, geology, archeology, all the ology's? Well, our Featured Athlete of the Month is one of those folks who can just make your head spin when it comes to knowin' stuff; especially computers. Mike Hargrove has spent more time wrapping his brain around a computer system than most of us have spent sleeping. How did this smarty-pants get involved in triathlon? Let's find out.



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

Mike was born in Kingston, NY on July 6, 1954; he went to John A. Coleman High School in Hurley, NY. Mike played basketball and was on the Coleman golf team; he was an integral part of the “hacker squad.” He played a little baseball but didn’t have a good bat. He received a BS in Electrical and Computer Engineering from the University of Massachusetts in Amherst, MA. Then he acquired a Masters Degree in Material Science from the University of Vermont, and then topped-it-off with PhD in Electrical Engineering from Thayer School of Engineering at Dartmouth College in Hanover, NH.

Mike lives in quaint Clinton Corners in Dutchess County just east of Rhinebeck on a beautiful dirt road. He is married to his wife Eileen and they have three lovely daughters who have all left the nest. He’s currently an electrical engineer for AMD (Advanced Micro Devices) and the company designs and builds computer chips; in fact, they are Intel’s biggest rival (oh, no; computer smack!). Mike worked at IBM for 22 years, he left in 2001 to join a small start-up company called Epson Research and Development; then resigned in 2005 to begin his journey at AMD. He’s thrilled to be there, and he doesn’t think about tri’s more than his job! (Hmm, we’ll have to work on that one.) In his quiet time away from the inside of a computer, Mike enjoys many hobbies such as woodworking, playing guitar, reading, and eating brownies with vanilla ice cream. (That’s the Spirit!)

Mike has been a runner since 1976. When he and his family moved back to New York State from New Hampshire in 1994 he met some locals who were doin’ some precarious activities in the neighborhood. His fellow citizens Brian Lavender and Mike Kristofik would always run and then go for a swim. Mike didn’t understand this at all! What’s with all this swimming stuff, why not just run? “I thought there was only running.” By the late nineties he wised-up and started cross-training to avoid injury and bought a mountain bike. (Two down, one to go!) Mike really enjoyed riding and discovered that biking up a steep hill is actually harder than running up the hill! The bottom line was, it got him into really good shape while enjoying nature. It was at the 2000 SOS that Mike’s life changed forever; he was the crew-person for his training buddies Brian and Mike who were competing. Once he witnessed the SOS, he realized he had to do it!! (Oh, heavens-to-Betsy!) Mike never learned to swim as a kid; so, he started swimming at Bard College and realized after going down-n-back a couple of times he was completely exhausted. It wasn’t ‘til the third time around that he finally got it that you’re supposed to let the air OUT under the water as you swam so that you could get some air IN when you brought your head up again. (Details, details.) It was an “Aha!” moment and he progressed steadily from that point on. However, there was still this little panic button that triggered every so often.



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

The first triathlon Mike ever attempted was the Pawling Triathlon in 2002; it was almost his last triathlon, as well! It was his first open water swim and he had a major panic attack! (Welcome to triathlon!) Amazingly, he managed to complete the swim but it took almost 30 minutes. (Goodness!) The experience was so traumatic for him, that he didn't do another triathlon for a full year.

He did finally race again with more confidence and yardage under his belt. Considering where he's come from swim-wise, it's no wonder many of his non-triathlon friends think he's crazy for doing the sport. "They simply don't get it." However, Mike's mom thinks he's nuts for doing them, too, but somehow she understands his passion for it. "Thanks, Mom! You're the greatest!!"

Triathlons are excellent for Mike because when he's completed one he realizes that he really accomplished something special; especially when he accomplishes his first goal...to make it out of the water. (Thank you, Lord!) He sees it as a combination of physical and mental fortitude. "You really need to push yourself and when it's over for that day you can sit back and know you did something good that day." Mike feels great when he completes a triathlon, and he always feels that he can do even better next time. However, he's reserved about whom he shares his tri-experiences with; he recommends triathlons only to those people who are physically active and are looking for a new adventure.

Despite facing his nemesis at each and every triathlon, the swim, Mike has accomplished and logged an impressive tri-resume. He's competed at; Pawling Triathlon, Pat Griskus Olympic Triathlon (CT), Blackwater Eagleman (MD), Tupper Lake Tinman, NYTC Races in Harriman State Park, West Point Triathlon, West Hartford Olympic Triathlon (CT-no longer exists), and the SOS (twice!). "The SOS is by far the greatest race of all; it combines everything good...running, biking, swimming, beautiful scenery, great people and great food!"

Mike has some realistic and attainable goals for 2008; number one is to improve in the swim by 20%. He also wants to complete a half Ironman under 5 hours 30 minutes and complete the SOS sub-six. He also wants to note that HVTC has been wonderful, "I really enjoy competing against so many incredibly talented people." Now, for the final wedge; how many triathletes does it take to change a light-bulb? Yes, that's right! Just 1; after he swims across the pool, rides his bike across town, runs the length of the mall, disassembles a Mac Book Pro, puts it back together, rides back to the gym and swims across the pool. Thanks, Mike!



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## THE GOOD DOCTOR SAYS

By Dr. David Ness, C.C.S.P.® , A.R.T.® Certified

### **Preventing Early Season Injuries; Shin Splints**

So as the days get longer and warmer as spring approaches I wanted to remind everyone to take it easy as you switch to running outside. The following are the most frequent causes of shin splints, and other types of lower extremity sprain, and strains:

1. Running Downhill
2. Running on a canted (slanted) surface
3. Running in worn out footwear
4. Running without the proper support if you're a pronator or supinator
5. Training too hard, too fast, too long... and too soon in the season

The signs of shin splints are tenderness; soreness, pain, and possibly swelling at the inside lower Tibia (Shin Bone). It happens when the Tibialis Posterior muscle, and the surrounding muscles, fascia, and periosteum (covers the bone) are overloaded and then injured.

The treatment for shin splints is rather straight forward, and the following are things you can do at home:

1. Rest- until you are healed you must avoid running temporarily. Replace with bike, swim, or aqua jogging.
2. Advil, Advil, and Advil- It works, this is coming from a chiropractor, and I use it also. 400-600mg every 4-6 hours for the first 1-4 days . If swelling lasts longer than 7 days consult a doctor.
3. ICE, ICE, and ICE- it also works to take down swelling, and tighten connective tissue after injury. 10-15 minutes of ice wrapped in a thin towel every hour when you can. Elevate the leg above the heart when you ice to help lymph drainage. Wear an ace bandage for compression.
4. Check your shoes and your feet. If your shoes are too old and worn out... throw them out! If you know you are a pronator and are not in the proper running shoe with the right support or orthotics inside, get them. Store bought or custom made will work, and something is better than nothing. It applies if you are high arched or supinated. You need the right shoe, and the right support inside.

You can return to running when you have full range of motion of the ankle and foot without pain in the tibia, and full strength in plantar flexion, and dorsi flexion of the ankle.



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

There are cases where simple home - based care is not enough and medical advice should be sought. If the swelling gets hot, or seems to be getting worse, and pain persists during rest consult a sports medicine professional. Occasionally, a stress fracture must be ruled out with an x-ray.

If pain returns with running even after a home care program and rest have been attempted, a consult with a sports medicine professional should be made. This would be to get an accurate diagnosis, and for referral to the proper specialty for treatment. This would include physical therapy, sports massage, or active release techniques. Goals of professional care would be to relieve pain, to reduce inflammation, strengthen the weakened muscles, and to educate how to safely stretch the affected muscles. When the muscles and surrounding connective tissue have been injured scar tissue and adhesions form in the muscle, fascia, and tendons. This must be broken up to restore normal muscle fiber direction and length, to improve circulation within the muscle, and to decrease the friction and tension in between the surrounding tissues. All of these techniques may be necessary for a complete recovery and return to running and or triathlon training.

When starting back to running after home based or professional treatment use the following as a guide to getting back to running safely:

When you return to running remember to start back slowly at first, and be sure that you run on the FLATS!!!!. Spin or walk for 5 minutes, then stretch your legs, thighs, hips, and back for 5 minutes. Then you can run or jog for 15 to 20 minutes, and do a light post run stretch. Maintain this every other day for 2 weeks if you have no pain during running, and minimal to no post run pain the day after. After 2 weeks if you still have no pain while running and post run you can increase your time by 15-20 minutes. Do this again for 2 weeks, every other day. If there is no pain in your shins or calves at this point you could continue to increase the duration of your workouts, and start other more intense training or drills GRADUALLY!!! Be mindful of hills, hill repeats, speed work, and other intense workouts when you are starting back.

It's a long season ahead, and there is plenty of time for intensity when you are sure your leg is 100%. See you all at the Trooper Biathlon! Dr. Dave

**About Dr. Ness: A chiropractor for over 18 years, Dr. Ness has been a Sports Chiropractor and certified Active Release Provider since 2004. He has treated patients at the past four Ironman events at Lake Placid, and has provided treatment at races for the H.V.T.C Club races since 2005, and N.Y.T.C. Club races since 2006 and at the S.O.S Triathlon since 2004. For questions about any sports injury email Dr. Ness at [mail@drness.com](mailto:mail@drness.com)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## 2008 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

(Need to find a race somewhere in the United States? 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

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

### MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/22/08) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

March Madness Biathlon-New York, NY (3/30/08) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

### APRIL

Brandywine Duathlon-Delaware City, DE (4/5/08) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

Ironman Arizona-Tempe, AZ (4/13/08) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://www.ironmanarizona.com)

2007 Duathlon National Championship-Mason, OH (4/26-27/08) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

Bronx Biathlon-Bronx, NY (4/27/08) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/4/08) S 1.2mi., B 56mi., R 13.1mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) 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 (5/4/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

Springtown Sprint Duathlon Series-New Paltz, NY (5/11/08) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)

Toga Biathlon-Congers, NY (5/11/08) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

EnduraSport Mini Triathlon-Harriman, NY (5/17/08) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

EnduraSport Half Ironman Triathlon-Harriman, NY (5/17/08) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/18/08) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://www.tricolumbia.org)

2008 Long Course Duathlon National Championship-Auburn, CA (5/18/08) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

## JUNE

SBR Triathlon Series #1-Harriman State Park, NY (6/1/08) S .5 mi., B 16 mi., R 4 mi. [www.sbrshop.com](http://www.sbrshop.com)





# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

2008 ITU Short Course Triathlon World Championship-Vancouver, Canada (6/7-8/08) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

Mooseman Triathlon Festival-Wellington State Park, Bristol, NH (6/6-8/08) S 1.5k, B 44k, R 10k [www.timbermantri.com](http://www.timbermantri.com)

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/6-8/08) 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 (6/1/08) S ½ mi., B 14 mi., R 4 mi. [www.firm-racing.com](http://www.firm-racing.com)

Mighty Montauk Triathlon-Montauk, NY (6/7/08) S 1mi, B 20mi, R 6.2mi [www.swimpower.com](http://www.swimpower.com)

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/8/08) S 1.5k, B 40k, R 10k (USAT Regional Championship) [www.keukalaketri.com](http://www.keukalaketri.com)

Blackwater Eagleman Triathlon-Cambridge, MD (6/8/08) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)

Springtown Sprint Duathlon Series-New Paltz, NY (6/8/08) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)

NY Tri Series #1-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/11/08) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/14/08) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)

Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/08) S .5 mi., B 9.1 mi., R 3.3 mi. [www.plattsys.com](http://www.plattsys.com)

Health Net Mossman Triathlon-Milford, CT (6/21/08) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)

Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/22/08) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

Westchester Medical Center Biathlon-Valhalla, NY (6/22/08) R 2 mi., B 15 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

North Country Triathlon-Hague, NY (6/28/08) S 1.5k, B 40k, R 10k [www.northcountrytri.com](http://www.northcountrytri.com)

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/29/08) 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 (6/29/08) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

Wyckoff Triathlon-Wyckoff, NJ (6/??/08) S .5 mi., B 17 mi., R 5 mi. [www.wyckoffymca.org](http://www.wyckoffymca.org)

## JULY

Patriot Half Ironman Triathlon-Freetown, MA (7/5/08) S 1.3 mi., B 59 mi., R 13.5 mi. [www.patriohalf.com](http://www.patriohalf.com)

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/9/08) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)

Diamond in the Rough Triathlon-Perryville, MD (7/12/08) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://www.teammossmann.com)

Musselman Triathlon (Half-IM)-Geneva, NY (7/12-13/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

**Musselman Triathlon (Sprint)-Geneva, NY (7/12-13/08) S 500 yd., B 15 mi., R 3 mi.**  
[www.musselmantri.com](http://www.musselmantri.com)

**MetroMan-Long Branch, NJ (7/13/08) S .6 mi., B 12 mi., R 5k**  
[www.sunsetracing.com](http://www.sunsetracing.com)

**Pine Bush Triathlon, Pine Bush, NY (7/13/08) S 325 yds., B 11.5, R 3.25**  
[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

**Hudson Valley Triathlon-Kingston, NY(7/13/08) S .3 mi., B 12 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

**Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

**Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/13/08) S 600 yds. B 14 mi., R 3.1 mi.** [www.vermontsun.com](http://www.vermontsun.com)

**New York City Triathlon-NYC, NY (7/20/08) S 1.5k, B 40k, R 10k** [www.nyctri.com](http://www.nyctri.com)

**Ironman USA-Lake Placid, NY (7/20/08) S 2.4 mi., B 112 mi., R 26.2 mi.** [www.ironmanusa.com](http://www.ironmanusa.com)

## AUGUST

**Lake Dunmore Triathlon-Salisbury, VT (8/2/08) S .9 mi., B 28 mi., R 6.2 mi.**  
[www.vermontsun.com](http://www.vermontsun.com)

**Patriot's Triathlon-Bath, PA (8/3/08) S 650 meters, B 24k, R 5k** [www.piranha-sports.com](http://www.piranha-sports.com)

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/3/08) S 1/2 mi., B 14.2 mi., R 5k (USAT National Sprint Championship)** [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/3/08) S-1.5 k, B-40k, R-10k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Fronhofer Tool Triathlon-Cambridge, NY (8/?/08) S 1.5k, B 40k, R 10k**  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/10/08) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

Northern Columbia County Triathlon-Kinderhook, NY (8/10/08) S .25 mi., B 19.5 mi., R 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)

**Litchfield Hills Triathlon-New Hartford, CT (8/??/08) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/13/08) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

West Point Triathlon-West Point, NY (8/??/08) S 800 m, B 25k, R 5k [www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**SBR Triathlon Series #2-Harriman State Park, NY (6/1/08) S .5 mi., B 16 mi., R 4 mi. [www.sbrshop.com](http://www.sbrshop.com)**

NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)

**Timberman Sprint Triathlon-Gilford, NH (8/15-17/08) S 1/3 mi., B 15 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)**

**Timberman Half-Ironman Triathlon-Gilford, NH (8/15-17/08) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)**

**Lums Pond Triathlon-Bear, DE (8/17/08) S .5 mi., B 19.5 mi., R 3.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/23/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Crystal Lake Triathlon (8/23/08) S .5 mi., B 18 mi./., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)**

**Cranberry Country Triathlon-Lakeville, MA (8/24/08) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) [www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)**

**Springtown Sprint Duathlon Series-New Paltz, NY (8/24/08) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

**Chicago Triathlon-Chicago, IL (8/24/08) S 1.5k, B 40k, R 10k**  
[www.chicagotriathlon.com](http://www.chicagotriathlon.com)

**Steelman Triathlon-Quakertown, PA (8/??/08) S 1.5k, B 40k, R 10k** [www.lin-mark.com](http://www.lin-mark.com)

**NorthEast Triathlon-North East, MD (8/??/08) S 1.5k, B 23.2 mi., R 10k** [www.lin-mark.com](http://www.lin-mark.com)

## SEPTEMBER

**S.O.S.-New Paltz, NY(9/7/08) B 30mi., R 19mi., S .5mi.,R.7mi.**  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

**Firmman Rhode Island (9/7/08) 1.2 mi., B 56 mi., R 13.1 mi.** [www.firm-racing.com](http://www.firm-racing.com)

**HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/10/08) S 400 yds., B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)

**Mighty Hamptons-Sag Harbor, NY (9/14/08) S 1.5k, B 38k, R 10k**  
[www.swimpower.com](http://www.swimpower.com)

**Lake George Triathlon-Lake George, NY (9/14/08) S 1.5k, B 40k, R 10k**  
[www.adktri.org](http://www.adktri.org)

**Danskin Triathlon-Sandy Hook, NJ (9/13-14/08) S .5 mi., B 11 mi., R 5k**  
[www.danskin.com](http://www.danskin.com)

**2008 USAT National Age Group Championships-Portland, OR (9/20/08) S 1.5k, B 40K, R 10K** [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2008 ITU Short Course Triathlon World Championship)

**Nutmeg Half Ironman-New Preston, CT (9/21/08) S 1.2 mi., B 56 mi., R 13.1 mi.**  
[www.endureitmultisports.com](http://www.endureitmultisports.com)

**Westchester Triathlon-Rye, NY (9/21/08) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz)** [www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**ITPman-Darien, CT (9/27/08) S .5 mi., B 15 mi., R 5 mi.** [www.itpfoundation.org](http://www.itpfoundation.org)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

**Madison Triathlon-Madison, CT (9/??/08) S .5 mi., B 13 mi., R 3 mi.**

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

**Hammerfest Triathlon-Branford, CT (9/??/07) S .5 mi., B 13.5 mi., R 4 mi.**

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

**Women's Triathlon-Farmington, CT (9/??/08) S .5 mi., B 12 mi., R 5k**

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

**Bear Mountain Triathlon-Bear Mountain, NY (9/??/08) S .5 mi., B 13 mi., R 5k**

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

**Lake Compounce Triathlon-Bristol, CT (9/??/08) S 700 yds., B 13 mi., R 5k**

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

**Finger Lakes Triathlon-Canandaigua, NY (9/??/08) S 1.5k, B 40k, R 10k**

[www.score-this.com](http://www.score-this.com)

## OCTOBER

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/05/08) S 1.2mi., B 56mi., R**

**13.1mi. [www.swimpower.com](http://www.swimpower.com)**

**Cedar Beach Triathlon-Miller Place, NY (10/5/08) S ¾ mi., B 17 mi., R 3 mi.**

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

**US Open Triathlon (Lifetime Fitness Championship)-Dallas, TX (10/5/08) S 1.5k, B**

**40k, R 10k [www.usopentriathlon.com](http://www.usopentriathlon.com)**

**Ironman Triathlon World Championship (10/11/08) S 2.4 mi., B 112 mi., R 26.2 mi.**

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

**American Zofingen (Long Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 85 mi., R**

**15.45 [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)**

**American Zofingen (Short Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 29 mi., R**

**5.15 [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

Central Park Biathlon-New York, NY (10/12/08) R 2.2 mi., B 12 mi., R 2.2 mi.  
[www.nytc.org](http://www.nytc.org)

Toga Biathlon-Congers, NY (10/18/08) R 4.25k, B25k, R 4.25k  
[www.togamultisport.com](http://www.togamultisport.com)

Xterra World Championship-Maui, HI (10/18/08) S 1.5k, Mtn. B 30k, R 11k  
[www.xterraplanet.com](http://www.xterraplanet.com)

Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/??/08)  
R 2 mi., B 12 mi., R 2 mi. [www.woodstockclassic.com](http://www.woodstockclassic.com)

## NOVEMBER

Ironman Florida-Panama City, FL (11/1/08) 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/??/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmanlive.com](http://www.ironmanlive.com)

Silverman-Henderson, NV (11/9/08) S 2.4 mi., B 112 mi., R 26.2 mi.  
[www.silvermannv.com](http://www.silvermannv.com)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## 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

### Nature Coast Winter Duathlon, Crystal River FL, (1/13/08) R 2 mi., B 10 mi., R 2 mi. [www.drmsports.com](http://www.drmsports.com)

Overall Female: Cindy Laroe 1:02:06

Overall Male: Eric Hall 0:46:20  
Steve Fischer (2<sup>nd</sup> M50-54) 1:10:11

### Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

Overall Female: Kimberlee Scott 10.109  
Mary DeNitto 09.092  
Linda Rosenthal 07.286

Overall Male: John McGovern 11.595  
John Dowley 10.392  
Steve Fischer 09.867

## 2007 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 3 USA Triathlon Sanctioned races that year; i.e. S.O.S., HVTC Summer Tri-Series #1 and Half Vermont Journey.)





# Hudson Valley Triathlon Club

Volume VII, Issue No. 82 March 2008

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<b>Place</b>				
Jeanette Shelow-MacDougall	40-44	AA	89.50666	22
Jean Norton	45-49	AA	86.16250	32
Kathryn Flodquist	40-44		79.86227	259
Christine Spiezio	35-39		79.79536	306
Mary DeNitto	55-59	AA	78.73634	7
Pam Neimeth	45-49		76.39392	241
Sue Metichecchia	45-49		66.66074	665
Mineke Etienne	30-34		66.62834	1,055
Linda Rosenthal	55-59		53.27335	241

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

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

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<b>Place</b>				
John McGovern (Duathlon)	40-44	AA	93.51317	9
Mike Halstead (Duathlon)	40-44	AA	92.96416	12
Mike Halstead	40-44	AA	90.26222	52
John McGovern	40-44	AA	89.99511	57
Michael Bakker	40-44	AA	88.55233	80
Zac Staszak	25-29	HM	87.90950	197
Nick Brundage (Duathlon)	20-24		86.15871	15
Michael Donnelly	45-49	AA	86.05528	52
Art Boyko	40-44	HM	84.38255	236
Mark Wilson	40-44	HM	83.92702	262
Andrew Schupak	35-39	HM	83.02353	331
Charles Pegg	35-39	HM	83.25455	377
Myron Baker Sr. (Duathlon)	55-59	HM	81.81686	12
Ken Buderman	25-29		76.43829	609
Tom Ganz	35-39		74.33466	1,422
Gary Walters	50-54		72.49959	485
John Ferrara	50-54		66.04019	928
Steven Pressman	55-59		63.83558	514
Steve Fischer	50-54		63.62231	1,080
Tom Gill	55-59		55.76312	755

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## 2007 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2007 HVTC Volunteer of the Year Award: **Karen Henry**  
2007 HVTC Female Honorable Mention Award: **Barbara Sessa**  
2007 HVTC Female Honorable Mention Award: **Jean Norton**  
2007 HVTC Female Triathlete of the Year Award: **Jeannette Shelow-MacDougall**

### MALE

2007 HVTC Most Improved Award: **Art Boyko**  
2007 HVTC Rookie of the Year Award: **Mitch Donner**  
2007 HVTC Male Honorable Mention Award: **Zac Staszak**  
2007 HVTC Male Honorable Mention Award: **Mike Halstead**  
2007 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

### 2007 HVTC Special Qualifiers/Championships

#### **Ironman Triathlon World Championship**

Jean Norton

#### **Ironman 70.3 World Championship**

Art Boyko

#### **ITU Age Group World Championship**

Jeanette Shelow-MacDougall

#### **Lifetime Fitness National Championship**

Jeanette Shelow-MacDougall

#### **Duathlon National Championship**

Myron Baker Sr.

#### **Escape From Alcatraz**

Jeanette Shelow-MacDougall

Zac Staszak

Charles Pegg

#### **NYC Triathlon Club Champions**

Barbara Sessa

Jeanette Shelow-MacDougall

Michael Donnelly

Zac Staszak

Art Boyko

Mark Wilson



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## 2007 HVTC Summer Tri-Series Winners

Women's Champion: **Jeanette Shelow-MacDougall (78)**

2<sup>nd</sup> Place: **Barbara Sessa (59)**

3<sup>rd</sup> Place: **Sue Metichecchia (55)**

4<sup>th</sup> Place: **Jean Norton (53)**

5<sup>th</sup> Place: **Julie LoRusso (52)**

Men's Champion: **Mark Wilson (61)**

2<sup>nd</sup> Place: **Terry Kerrigan (60)**

3<sup>rd</sup> Place: **Mike Halstead (56)**

4<sup>th</sup> Place: **John McGovern (55)**

5<sup>th</sup> Place: **Zac Staszak (54)**

## 2007 HVTC Summer Tri-Series Course Records

### Women

**Course**-Jeannette Shelow-MacDougall (54:32)

**Swim**-Jeannette Shelow-MacDougall (5:25)

**Bike**-Jeannette Shelow-MacDougall (36:49)

**Run**-Barbara Sessa (11:19)

### Men

**Course**-Terry Kerrigan (47:20)

**Swim**-Art Boyko (4:16)

**Bike**-Terry Kerrigan (32:05)

**Run**-Terry Kerrigan (10:19)

## ANNOUNCEMENTS

- **2008 HVTC Summer Tri-Series: June 11, July 9, August 13 & September 10.** 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).
- **2008 HVTC Summer Tri-Series #1, #2 & #3 are now USAT Sanctioned!**
- **2008 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 82 March 2008

## SPONSORS

*** METZE PUBLICATION DESIGN ***	<a href="http://www.metzedesign.com">www.metzedesign.com</a>
*** PEAK PERFORMANCE SPORTS ***	<a href="http://www.hvsports.net">www.hvsports.net</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** METROTRI ***	<a href="http://www.metrotri.com">www.metrotri.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.e-caps.com">www.e-caps.com</a>
*** BICYCLE DEPOT ***	<a href="http://www.bicycledepot.com">www.bicycledepot.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** MAIN STREET BISTRO ***	<a href="http://www.mainstreetbistro.com">www.mainstreetbistro.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** XTERRA WETSUITS ***	<a href="http://www.xterrawetsuits.com">www.xterrawetsuits.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>
*** USAT NORTHEAST REGION ***	<a href="http://www.usat-ne.org">www.usat-ne.org</a>
*** INSIDE TRIATHLON ***	<a href="http://www.insidetriathlon.com">www.insidetriathlon.com</a>
*** HEADSWEATS ***	<a href="http://www.headsweats.com">www.headsweats.com</a>
*** DR. DAVID NESS ***	<a href="http://www.drness.com">www.drness.com</a>
*** TRIFUEL.COM ***	<a href="http://www.trifuel.com">www.trifuel.com</a>
*** VERMONT SUN TRIATHLON SERIES ***	<a href="http://www.vermontsun.com">www.vermontsun.com</a>
*** GENESIS ADVENTURES ***	<a href="http://www.genesisadventures.com">www.genesisadventures.com</a>
*** FINIS ***	<a href="http://www.finisinc.com">www.finisinc.com</a>
*** NYS TROOPERS ***	<a href="http://www.troopers.state.ny.us">www.troopers.state.ny.us</a>
*** ACCELERADE ***	<a href="http://www.accelerade.com">www.accelerade.com</a>
*** QUINTANA ROO ***	<a href="http://www.rooworld.com">www.rooworld.com</a>
*** SBR ***	<a href="http://www.sbrshop.com">www.sbrshop.com</a>
*** BETHEL CYCLES ***	<a href="http://www.bethelcycles.com">www.bethelcycles.com</a>
*** BE ***	<a href="http://www.thinkfeelbe.com">www.thinkfeelbe.com</a>

**THANK YOU SPONSORS!!!**

