



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!

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Photo by Scott Schaffrick (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.



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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.



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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!



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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.



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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



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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 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

MARCH

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

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

APRIL

Brandywine Duathlon-Delaware City, DE (4/5/08) R 5k, B 30k, R 5k 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

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

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



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MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2, B 14, R 2 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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .6 mi., B 19 mi., R 4 mi. 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

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

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

EnduraSport Mini Triathlon-Harriman, NY (5/17/08) S .6 mi., B 29 mi., R 6.2 mi. 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

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

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

Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. 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



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2008 ITU Short Course Triathlon World Championship-Vancouver, Canada (6/7-8/08) S 1.5k, B 40k, R 10k 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

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

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/1/08) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Mighty Montauk Triathlon-Montauk, NY (6/7/08) S 1mi, B 20mi, R 6.2mi 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

Blackwater Eagleman Triathlon-Cambridge, MD (6/8/08) S 1.2mi, B 56mi, R13.1mi 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

NY Tri Series #1-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi. 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

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/14/08) S 1.5k, B 40k, R 10k 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

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

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



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

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

North Country Triathlon-Hague, NY (6/28/08) S 1.5k, B 40k, R 10k 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

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/29/08) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Wyckoff Triathlon-Wyckoff, NJ (6/??/08) S .5 mi., B 17 mi., R 5 mi. 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

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

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k 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

Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k 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



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

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

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

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

Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi.
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

New York City Triathlon-NYC, NY (7/20/08) S 1.5k, B 40k, R 10k 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

AUGUST

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

Patriot's Triathlon-Bath, PA (8/3/08) S 650 meters, B 24k, R 5k 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

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

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



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Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/10/08) S 1.5k, B 40k, R 10k 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

Litchfield Hills Triathlon-New Hartford, CT (8/??/08) S 1.5k, B 40k, R 10k 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

West Point Triathlon-West Point, NY (8/??/08) S 800 m, B 25k, R 5k 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

NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S ½ mi., B 16 mi., R 3mi. 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

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

Lums Pond Triathlon-Bear, DE (8/17/08) S .5 mi., B 19.5 mi., R 3.1 mi. 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

Crystal Lake Triathlon (8/23/08) S .5 mi., B 18 mi./., R 3 mi. 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

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



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

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

NorthEast Triathlon-North East, MD (8/??/08) S 1.5k, B 23.2 mi., R 10k 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/

Firmman Rhode Island (9/7/08) 1.2 mi., B 56 mi., R 13.1 mi. 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

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

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

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

2008 USAT National Age Group Championships-Portland, OR (9/20/08) S 1.5k, B 40K, R 10K 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

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

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



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

www.plattsys.com

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

www.hammerfesttriathlon.com

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

www.hartfordmarathon.com

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

www.triandduit.com

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

www.greystoneracing.net

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

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

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

www.triandduit.com

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

40k, R 10k www.usopentriathlon.com

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

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

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

5.15 www.americanzofingen.triathletesonline.com



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

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

Xterra World Championship-Maui, HI (10/18/08) S 1.5k, Mtn. B 30k, R 11k
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

NOVEMBER

Ironman Florida-Panama City, FL (11/1/08) S 2.4 mi., B 112 mi., R 26.2 mi.
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

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

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

Overall Female: Cindy Laroe 1:02:06

Overall Male: Eric Hall 0:46:20
Steve Fischer (2nd 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

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.)



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<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
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>
<u>Place</u>				
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)



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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



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2007 HVTC Summer Tri-Series Winners

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

2nd Place: **Barbara Sessa (59)**

3rd Place: **Sue Metichecchia (55)**

4th Place: **Jean Norton (53)**

5th Place: **Julie LoRusso (52)**

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

2nd Place: **Terry Kerrigan (60)**

3rd Place: **Mike Halstead (56)**

4th Place: **John McGovern (55)**

5th 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 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **2008 HVTC Summer Tri-Series #1, #2 & #3 are now USAT Sanctioned!**
- **2008 HVTC \$200.00 membership is valid from January 1st-December 31st.**



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