



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. 90

November 2008

IN A FEW WORDS

Dear HVTC,

It's the most wonderful time of the year; an abundance of gratitude around the globe is the best feeling. In fact, it's the **ONLY** way to go; the more grateful we are for our lives, the better our lives get. Let's be joyful swimmers, cyclists and runners. See ya out there!

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Mark Wilson

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

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HVTC Featured Athlete: Matt Merchant

By Mark H. Wilson

Do you know any kind people? Is there anyone in your life that just feels good to you? You know, someone who rarely complains and always does their fair share of the work and beyond? Or somebody who actually listens to you when you're speaking? These are all attributes that Our Featured Athlete of the Month, Matt Merchant, emanates deep from within. He truly has a gentle soul, that is...until he toes the line in triathlon; then, watch out, this guy's a rocket! How does he maintain such a balance? Here's his story.



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Matt was born in Oneonta, New York and left high school to get married and start a family when he was sixteen years old. He worked for his father insulating houses and later as an electrician. After realizing he wasn't going to progress any further without an education he got an equivalency diploma and subsequently attended SUNY Cobleskill. Matt worked part-time and commuted to school to support his family. After receiving an A.A.S. degree in Fisheries and Wildlife Technology, he was able to move to Maine with the family where he attended the University of Maine and received a B.S. degree in Wildlife Management. He was awarded several scholarships for school and worked for the Maine Department of Inland Fish and Wildlife; specifically with the Furbearer Unit as a work-study student. Today, Matt is a Wildlife Biologist for the New York State Department of Environmental Conservation. He is in charge of the Region 3 (Ulster, Sullivan, Orange, Rockland, Dutchess, Putnam and Westchester Counties) Black Bear Program and the Sportsman Education Program. He currently lives in Hurley, New York; he and his former wife of twenty-five years raised four lovely children; 2 girls and 2 boys. Today, the "youngsters" range from twenty-three to thirty-three. Matt's daughters have 2 girls each and his eldest son/wife are expecting their first child next spring; bringing the total grand-child count to 5 overall. Could be a nice triathlon team!

As for athletics, Matt wasn't involved with any high school or college sports teams. He did enjoy playing some sports before high school; mainly football and baseball. Matt was in an adult baseball league for a couple of years during his 30's. Surprisingly, he was one of the better hitters on the team, but his fielding needed some work; next! Even though he had to work hours and hours to raise the family Matt was always active and almost always exercised. Matt would swim now and then peppered with some running; but he wasn't very consistent with either. One thing he kept steady was weight lifting; however, he noticed he was really lacking aerobic capacity. So, he began adding a little aerobic work on the machines at the gym; then, in 1996 his oldest daughter's boyfriend introduced him to cycling and helped him pick-out his first real road bike. Nice job, Kid! That's when Matt moved to the Kingston area for his present job and started running in the Boot Camp class at the Kingston YMCA in 2001. He continued cycling, which by then had grown almost into an obsession, and slowly added running to his daily routine. It wasn't until 2003 that Matt introduced himself to swimming again; in fact, 2006 was the year he committed to a steady swim program.

Matt's first triathlon experience was the Piseco Lake Triathlon in 2007; it's a low key sprint in the southern Adirondacks. Despite preparing very well for his first race in the pool, often swimming more than a mile at a time, he completely panicked at the start with all of the flailing and friendly contact, etc. Matt literally forgot how to swim; he almost gave-up on-the-spot; luckily he gained his composure and got through it. He states that



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the feeling still bubbles-up once-in-a-while, but much less frequently these days. Thank goodness!

Since that first triathlon, Matt's been busy cleaning-up the hardware at some of the top local races; Piseco Lake (2x), Vermont Sun Triathlon Series (Olympic & Sprint), Keuka Lake Triathlon (Olympic), Lake George Triathlon (Olympic), HVTC Summer Tri-Series, Cayuga Lake Triathlon (USAT Sprint National Championship) and Pawling Triathlon. The best part of all is that Matt's oldest son and his wife come and cheer him on at several of his races during the summer, "I couldn't ask for better fans." Even though his co-workers and family think it's insane to work-out the way he does; they mostly respect the idea and it seems to motivate many of them to be more active.

For Matt, triathlon is a blast; he's constantly recommending the sport to others. He likes the variety of activities and the discipline, planning, coordination of time, training, nutrition and rest that are required for a person to compete or simply complete a triathlon. He enjoys and thrives on a consistent, varied, workout routine; in the past, Matt slacked-off his exercise regimen and got out of shape fast. Especially since he has such an extensive/delicious junk-food list; chocolate, Chex Mix, ice cream, cookies, or basically any kind of baked goods! It's a good thing he also enjoys Cross-country/downhill skiing, hiking and camping to keep the sugar-pounds at bay.

The truth be known, Matt is extremely focused; he loves his job, it's important to him and he wants to do his best at all times. Admittedly, Matt feels that triathlon has made him better at work and improved his overall quality of life tremendously; including a marked improvement in both his physical and mental sharpness. His number one goal is to maintain the incredible fitness he's gained. Beyond that, Matt would like to do a half Ironman in the near future; perhaps in 2009. Looking further ahead, Ironman is on the radar and the SOS is a "must do" race to check-off the list, as well; Matt views triathlon as he does his life; an enduring, multi-challenging event. "I hope to finish strong and with a smile." At this stage, he BEARly has to try. Thanks, Matt!



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2009 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.")

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?!?!?**

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/?/09) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi. www.nytc.org



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APRIL

Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k www.piranha-sports.com

Brooklyn Biathlon-Brooklyn, NY (4/5/09) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

Bronx Biathlon-Bronx, NY (4/26/09) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k www.usatriathlon.org

MAY

Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/3/09) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (5/16/09) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Toga Biathlon-Congers, NY (5/17/09) R 4.25k, B25k, R 4.25k www.togamultisport.com



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Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k
www.multisportmaniacs.org

Florida 70.3-Orlando, FL (5/17/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Saratoga Lions Duathlon-Saratoga, NY (5/?/09) R 5k, B 20 mi., R 5k
www.saratogalins.com

Cascade Lake Triathlon-Hampstead, MD (5/31/09) S .3 mi., B 15 mi., R 5k
www.piranha-sports.com

JUNE

Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5-7/09) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/7/09) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

Escape From Alcatraz-San Francisco, CA (6/14/09) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com



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NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi.
www.nytc.org

NY Tri Series #1 (Biathlon)-Harriman State Park (6/14/09) R 3 mi., B 16 mi., R 3 mi.
www.nytc.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Health Net Mossman Triathlon-Milford, CT (6/13/09) S 1.5k, B 40k, R 10k
www.trifitness.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k
www.patgriskustri.com

Thundergust Triathlon-Pittsgrove, NJ (6/?/09) S .4 mi., B 16 mi., R 5k www.lin-mark.com

Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k
www.xterraplanet.com

Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/09) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Philadelphia Triathlon-Philadelphia, PA (6/27/09) S 1.5k, B 40k, R 10k
www.phillytri.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/27/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com



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Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/27/09) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/28/09) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi. www.nytc.org

Flat As A Pancake Triathlon-Staten Island, NY (6/?/09) S ¼ mi., B 12 mi., R 5k www.greenbookracing.com

Stamford Olympic Triathlon-Stamford, CT (6/?/09) S 1.5k, B 40k, R 10k www.hartfordmarathon.com

JULY

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/8/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/8/09) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

Mossman Triathlon-Norwalk, CT (7/?/09) S .5 mi., B 12.5 mi., R 5k www.teammossmann.com

Diamond in the Rough Triathlon-Perryville, MD (7/11/09) S 1 mi., B 27 mi., R 5 mi. www.piranha-sports.com



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Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/12/09) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

Ironman 70.3 Rhode Island-Providence, RI (7/12/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

MetroMan-Long Branch, NJ (7/12/09) S .6 mi., B 12 mi., R 5k www.sunsetracing.com

Tri-Putnam-Carmel, NY (7/12/09) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

Musselman Triathlon (Half-IM)-Geneva, NY (7/18-19/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/18-19/09) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 12 mi., R 3 mi. www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/19/09) R 1 mi., B 12 mi., R 3 mi. www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/?/09) S 325 yds., B 11.5, R 3.25 www.pinebushtriathlon.org

Piseco Lake Triathlon-Speculator, NY (7/?/09) S .5 mi., B 11.5 mi., R 3 mi. www.adrkmts.com

New York City Triathlon-NYC, NY (7/26/09) S 1.5k, B 40k, R 10k www.nyctri.com



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**Ironman USA-Lake Placid, NY (7/26/09) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com**

AUGUST

**Sandy Beach Triathlon-Morris, CT (8/?/09) S 880 yds., B 10 mi., R 5k
www.greystoneracing.net**

**Lake Dunmore Triathlon-Salisbury, VT (8/9/09) S .9 mi., B 28 mi., R 6.2 mi.
www.vermontsun.com**

**Fronhofer Tool Triathlon-Cambridge, NY (8/?/09) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com**

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/2/09) S 1/2 mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org**

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/09) S 1.5k, B 40k,
R 10k www.teammossmann.com**

**Northern Columbia County Triathlon-Kinderhook, NY (8/?/09) S .25 mi., B 19.5 mi., R
4.5 mi. www.northerncolumbiatriathlon.com**

Central Park Triathlon-New York, NY (8/9/09) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

Steelman Triathlon-Quakertown, PA (8/?/09) S 1.5k, B 40k, R 10k www.lin-mark.us

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/12/09) S 400 yds, B 12 mi., R 2
mi. www.hvtc.net**



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NY Tri Series Race #2-Harriman State Park, NY (8/16/09) S ½ mi., B 16 mi., R 3mi.
www.nytc.org

Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21-23/09) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi.
www.piranha-sports.com

2009 USAT National Age Group Championships-Tuscaloosa, Alabama (8/22/09) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2010 ITU Short Course Triathlon World Championship)

Crystal Lake Triathlon (8/?/09) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org

West Point Triathlon-West Point, NY (8/?/09) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/30/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

SEPTEMBER

S.O.S.-New Paltz, NY(9/13/09) B 30mi., R 19mi., S .5mi.,R.7mi.
www.ulster.net/~sosnyta/



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HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/16/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Fox Run Duathlon-Bear, DE (9/?/09) R 5k, B 18.6 mi., R 5k www.lin-mark.us

Lake George Triathlon-Lake George, NY (9/?/09) S 1.5k, B 40k, R 10k www.adktri.org

Women's Triathlon-Farmington, CT (9/?/09) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

Hammerfest Triathlon-Branford, CT (9/?/09) S .5 mi., B 13.5 mi., R 4 mi. www.hammerfesttriathlon.com

Marshman Sprint Triathlon-Downingtown, PA (9/20/09) S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com

2009 ITU Short Course Triathlon World Championship-Gold Coast, Australia (9/?/09) S 1.5k, B 40k, R 10k www.usatriathlon.org

Westchester Toughman-Croton Point Park, NY (9/?/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k www.score-this.com

Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.com

Hudson Highlands Greenway Triathlon-Philipstown, NY (9/?/09) Kayak 6 mi., B 24 mi., R 8 mi. www.hudsonhighlandstriathlon.org



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ITU Short Course Duathlon World Championship-North Carolina (9/25-26/09) R 10k, B 40k, R 5k www.duathlon.it

Chesapeake-Cambridge, MD (9/26/09) S 2.4 mi., B 112 mi. www.tricolumbia.org

OCTOBER

Mightyman ½ Ironman Triathlon-Montauk, NY (10/04/09) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k www.piranha-sports.com

American Zofingen (Long Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 85 mi., R 15.45 mi. www.americanzofingen.racesonline.com

American Zofingen (Short Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 29 mi., R 5.15 mi. www.americanzofingen.racesonline.com

Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k www.togamultisport.com

NOVEMBER

Ironman Florida-Panama City, FL (11/7/09) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanlive.com

Ironman Arizona-Tempe, AZ (11/?/09) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com



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HVTC RACE RESULTS

JANUARY

Nature Coast Winter Duathlon, Crystal River FL, (1/13/08) R 2 mi., B 10 mi., R 2 mi. www.drcsports.com

Overall Female: Cindy Laroe 1:02:06

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

FEBRUARY

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

MARCH

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

Overall Female: Erica Ruge 1:02:23
Mary DeNitto (2nd Overall) 1:13:19

Overall Male: Nick Mancuso 0:53:46
Mike Halstead (2nd Overall) 0:54:37
Charles Pegg (1st M35-39) 0:58:59
Bob Gramling (1st M50-54) 1:00:29
Patrick Murphy 1:19:17



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

www.nytc.org

<u>Overall Female:</u>	Jean Norton	1:07:35
	Jeanette Shelow-MacDougall (2 nd Overall)	1:08:08
	Barbara Sessa (1 st F40-44)	1:09:14
	Alicia Olmoz	1:30:41

<u>Overall Male:</u>	Rich Burke	0:59:26
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APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k www.piranha-sports.com

<u>Overall Female:</u>	Suzanne Huelster	1:22:32
	Jan Pollo	1:47:18

<u>Overall Male:</u>	Chris Ganter	1:12:10
	Nick Brundage (1 st M20-24)	1:21:26

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

<u>Overall Female:</u>	Erika Csomor	09:14:49
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<u>Overall Male:</u>	Jozsef Major	08:34:19
	Henry Collins	13:22:49

Nautica South Beach Triathlon-Miami, FL (4/13/08) S .5 mi., B 18 mi., R 4 mi. www.southbeachtri.com

<u>Overall Female:</u>	Leanda Cave	1:27:17
	Lana Shannon	1:56:55

<u>Overall Male:</u>	Chris Lieto	1:16:15
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Brooklyn Biathlon-Brooklyn, NY (4/13/08) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

<u>Overall Female:</u>	Cassie McWilliam	0:53:13
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<u>Overall Male:</u>	Terry Kerrigan	0:49:35
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Kinetic Half Ironman-Spotsylvania, VA (4/19/08) S 1.2 mi., B 56 mi., R 13.1

www.setupevents.com

Overall Female: Adrienne Kroepsch 4:52:08
Mary DeNitto (1st F60-64) 6:11:39

Overall Male: Benjamin Bartlett 4:19:16

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

Overall Female: Kristin Budden 1:35:19

Overall Male: Terry Kerrigan 1:19:52

2008 Duathlon National Championship-Richmond, VA (4/26-27/08) R 10k, B 40k, R 5k www.usatriathlon.org

Overall Female: Suzanne Huelster 2:16:26
Shannon Dawkins (6th f30-34) 2:26:39*

*Qualified World Duathlon Championships-Rimini, Italy (9/27-28/08)

Overall Male: Chris Ganter 2:02:08
Nick Brundage (5th M20-24) 2:15:41*

*Qualified World Duathlon Championships-Rimini, Italy (9/27-28/08)

MAY

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

Overall Female: Shannon Dawkins 1:10:08
Jeanette Shelow-MacDougall (2nd Overall) 1:10:46

Overall Male: John McGovern 1:02:59
Nick Brundage (2nd Overall) 1:04:16
Mike Halstead (3rd Overall) 1:04:32
Michael Bakker (1st M40-44) 1:04:47
Mark Wilson (3rd M40-44) 1:08:46
Bob Gramling (1st M50-54) 1:11:45
Tom Ganz (2nd M35-39) 1:12:18
Matt Merchant (2nd M45-49) 1:14:22
John Dowley 1:26:33



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New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female: Sally Speck 1:46:15

Overall Male: David Luscan 1:35:17
Andrew Schupak (2nd M40-44) 1:45:47
Troy Weaver 1:50:22

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

Overall Female: Caitlin Shea-Kenney 4:28:59

Overall Male: Dave Slavinski 4:05:39
Terry Kerrigan (3rd Overall) 4:06:35
Art Boyko 4:44:51

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

Overall Female: Shannon Dawkins 1:18:30
Jean Norton (2nd Overall) 1:20:08
Jeanette Shelow-MacDougall (3rd Overall) 1:21:00
Barbara Sessa (1st F40-44) 1:21:19
Alicia Olmoz (1st F30-34) 1:46:45
Julie LoRusso (3rd F35-39) 1:50:37

Overall Male: Robert Whalen 1:12:15

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

Overall Female: Pascale Butcher 2:46:59
Jean Norton (3rd Overall) 2:50:40
Kathryn Flodquist(1st F40-44)3:00:54
Mary DeNitto (1st F60-64) 3:16:36

Overall Male: Wolfgang Ermeling 2:25:06
Nick Brundage (3rd M20-24) 2:39:23
Mark Wilson 2:40:26
Patrick Nesbitt 3:27:11



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

Overall Female: Kristen Bowes 5:48:13
Jeanette Shelow-MacDougall (1st F45-49) 6:53:24

Overall Male: Chris Gebhardt 4:47:26
Michael Bakker (3rd M40-44) 5:23:10
Tom Ganz 5:56:03

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

Overall Female: Rebekkah Wassner 2:04:09

Overall Male: Chris Lieto 1:51:13
Alex Sherwood (2nd M30-34) 2:08:04
Mike Halstead (1st M40-44) 2:10:45

Pinchot Triathlon-Lewisberry, PA (5/18/08) S .5 mi., B 18 mi., R 5k www.multisportmaniacs.org

Overall Female: Angela Robison 1:38:44

Overall Male: Andrew Krebs 1:23:51
Troy Weaver 1:35:48

Florida 70.3-Orlando, FL (5/18/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female: Leanda Cave 4:22:52

Overall Male: Paul Amey 3:52:51
John Ferrara 6:16:51

Saratoga Lions Duathlon-Saratoga, NY (5/25/08) R 5k, B 20 mi., R 5k www.saratogalins.com

Overall Female: Shannon Dawkins 1:42:14

Overall Male: John Noonan 1:33:45



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Foothills Sprint Triathlon-Maryville, TN (5/26/08) S 350 meters, B 10 mi., R 2.6 mi.

www.swimandtri.com

Overall Female: Kelsey Williamson 0:58:23

Overall Male: Nick Waninger 0:47:56

Steve Fischer 1:09:07

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

Overall Female: Christine Dunnery 1:03:38

Jeanette Shelow-MacDougall (2nd Overall) 1:04:00

Jean Norton (1st F45-49) 1:08:07

Kathryn Flodquist (1st F40-44) 1:11:09

Natalie Marriott (1st F25-29) 1:13:35

Christine Honig 1:17:50

Alicia Olmoz 1:23:08

Julie LoRusso 1:25:57

Overall Male: John McGovern 0:59:47

Zac Staszak (3rd Overall) 1:01:37

Michael Bakker (3rd M40-44) 1:02:17

Mark Wilson 1:03:30

Art Boyko 1:03:37

Ken Buderman (2nd M25-29) 1:04:37

Matt Merchant 1:09:53

Bill Norton 1:11:39

Ray Canals 1:15:53

Mike Hargrove 1:16:51

Patrick Nesbitt 1:17:54

Steven Pressman 1:20:00

Steve Fischer 1:22:20

Peter Oxenholm 1:26:24

Tom Gill 1:34:09



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Ridgefield Sprint Triathlon-Ridgefield, CT (6/1/08) S .5 mi., B 14 mi., R 5k

www.triridgefield.com

<u>Overall Female:</u>	Pascale Butcher	1:11:04
	Lana Shannon	1:22:11
<u>Overall Male:</u>	Max Wunderle	1:02:18

Cascade Lake Triathlon-Hampstead, MD (6/1/08) S .3 mi., B 15 mi., R 5k

www.piranha-sports.com

<u>Overall Female:</u>	Amanda Hudson	1:24:29
<u>Overall Male:</u>	David Luscan	1:09:50
	Troy Weaver	1:22:30

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

<u>Overall Female:</u>	Helen Tucker	2:01:37
<u>Overall Male:</u>	Javier Gomez	1:49:48
	Zac Staszak (adjusted course)	1:49:19

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

<u>Overall Female:</u>	Caitlin Shea-Kenney	4:27:29
	Jean Norton (1 st F45-49)	5:18:36
<u>Overall Male:</u>	Alex McDonald	4:06:22

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

<u>Overall Female:</u>	Kathleen Hayden	2:31:17
<u>Overall Male:</u>	Brett Nichols	2:13:36
	Matt Merchant	2:44:22
	John Ferrara	3:12:23



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

Overall Female: Joann Zeiger 4:22:32

Overall Male: Paul Amey 3:53:33
Alex Sherwood 4:55:30

Escape From Alcatraz-San Francisco, CA (6/8/08) S 1.5 mi., B 18 mi., R 8 mi.
www.escapefromalcatraztriathlon.com

Overall Female: Leanda Cave 2:15:37
Mary DeNitto (1st F60-64) 3:22:46

Overall Male: Andy Potts 2:01:57

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

Overall Female: Claudia Kretschman 1:23:49
Lana Shannon (1st F40-44) 1:33:53

Overall Male: John McGovern 1:16:22
Nick Brundage (1st M20-24) 1:22:44
Jim Demis 1:29:09
Richard Miller 1:34:02

NY Tri Series #1 (Biathlon)-Harriman State Park (6/8/08) R 3 mi., B 16 mi., R 3 mi.
www.nytc.org

Overall Female: Shannon Dawkins 1:26:56

Overall Male: Robert Whalen 1:21:42

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

Overall Female: Shannon Dawkins 0:56:49
Mari Flores (2nd Overall) 0:57:21
Jean Norton (3rd Overall) 0:59:48
Erica Ruge (1st F35-39) 1:01:57
Christene Spiezio (2nd F35-39) 1:02:09



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Natalie Marriott (1st F25-29) 1:02:13
Mary DeNitto (1st F60-64) 1:07:36
Christine Honig (3rd F35-39) 1:08:20
Alicia Olmoz 1:10:30
Julie LoRusso (1st F40-44) 1:10:45
Mineke Etienne (1st F30-34) 1:17:04
Roge Nesbitt (2nd F40-44) 1:20:37
Diana Tsingopoulos(2nd F60-64)1:44:46

Overall Male:

Zac Staszak 0:51:06
Michael Bakker (2nd Overall) 0:51:10
Mike Halstead (3rd Overall) 0:51:36
Nick Brundage (1st M20-24) 0:52:10
James Stafford (1st M40-44) 0:53:13
Mark Wilson (2nd M40-44) 0:53:52
Tom Ganz (1st M35-39) 0:54:07
Art Boyko (3rd M40-44) 0:54:08
Charles Pegg (2nd M35-39) 0:56:24
Doug Thompson 0:59:00
Janek Szablinski(3rd M35-39)0:59:02
Bill Norton (1st M55-59) 0:59:12
Jon Stern (1st M45-49) 0:59:35
Nate Deboever (1st M19-Under) 0:59:38
Matt Merchant (1st M50-54) 1:00:16
Bill Shashaty 1:01:42
Jim Demis 1:01:49
John Jasinski (2nd M55-59) 1:02:21
Patrick Murphy 1:02:28
John Dowley 1:04:08
Mike Hargrove (2nd M50-54) 1:04:14
John Ferrara (3rd M50-54) 1:05:55
Patrick Nesbitt 1:07:26
Steven Pressman(3rd M55-59)1:08:45
Steve Fischer 1:10:03
Peter Oxenholm 1:11:09
Larry Knapp 1:11:32
Mark Graminski 1:11:55
Maurice Tessier 1:12:29
Mitch Donner 1:24:26
Ed Doyle (2nd M45-49) 1:39:13



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

Overall Female: Kristin Marvin 2:23:55
Jeanette Shelow-MacDougall (2nd Overall) 2:29:32
Kathryn Flodquist (3rd F40-44) 2:45:28

Overall Male: Chris Thomas 2:08:28
Zac Staszak 2:21:38
Ray Canals 2:53:52
Michael Hargrove 3:05:08
John Ferrara 3:10:48

Thundergust Triathlon-Pittsgrove, NJ (6/14/08) S .4 mi., B 16 mi., R 5k www.lin-mark.com

Overall Female: Laurie Hug 1:08:50

Overall Male: Todd Wiley 1:01:29
Troy Weaver 1:14:31

Xterra East Championship-Richmond, VA (6/15/08) S 1.5k, Mtn. B 30k, R 10k www.xterraplanet.com

Overall Female: Melanie McQuaid 2:18:45

Overall Male: Josiah Middaugh 2:02:51
Mike Halstead (2nd M40-44) 2:31:31

Lake Waramaug Sprint Triathlon-New Preston, CT (6/20/08) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Overall Female: Aubrey Fleszar 1:17:01

Overall Male: Eric Hodska 1:05:09
Tom Gill 1:47:22

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

Overall Female: Julie Gliesing 2:11:37
Jean Norton (2nd F45-49) 2:20:19



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Mari Flores (2nd F35-39) 2:25:30
Kathryn Flodquist (1st F40-44) 2:28:07

Overall Male: Chris Thomas 1:53:01

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

www.phillytri.com

Overall Female: Rebecca Wassner 2:03:25
Jeanette Shelow-MacDougall (1st F45-49) 2:22:57
Mary DeNitto (1st F60-64) 2:50:16

Overall Male: David Thompson 1:50:41
Steve Fischer 2:59:07

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

Overall Female: Maria Cimonetti 1:10:38

Overall Male: Kevin Bouchard-Hall 1:02:36
Matt Merchant 1:15:05

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

Overall Female: Amy Bevilaqua 1:03:53
Shannon Dawkins (2nd Overall) 1:06:48
Barbara Sessa (3rd Overall) 1:08:21
Alicia Olmoz (3rd F30-34) 1:24:38
Julie LoRusso 1:28:11

Overall Male: Tommy Nohilla 1:01:02
Patrick Nesbitt 1:20:47

Flat As A Pancake Triathlon-Staten Island, NY (6/28/08) S ¼ mi., B 12 mi., R 5k www.greenbookracing.com

Overall Female: Kerry Simmons 1:00:29
Barbara Sessa (3rd Overall) 1:02:12
Jean Norton (1st F45-49) 1:02:21



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Overall Male: David Gardiner 0:53:24

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

Overall Female: Leslie Sanderson 4:47:44

Overall Male:
Chris Gebhardt 4:18:38
Michael Bakker (1st M40-44) 4:38:45
Henry Collins 5:31:22
Patrick Murphy 6:19:56
Mark Graminski 6:58:43

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

Overall Female:
Meghan Newcomer 2:01:15
Jeanette Shelow-MacDougall (3rd Overall) 2:01:59
Christene Spiezio(1st F35-39) 2:15:40
Christine Honig 2:32:56

Overall Male: Art Boyko 1:56:40

Stamford Olympic Triathlon-Stamford, CT (6/29/08) S 1.5k, B 40k, R 10k www.hartfordmarathon.com

Overall Female:
Caitlin Shea-Kenney 2:06:39
Kathryn Flodquist (3rd F40-44) 2:34:51

Overall Male: Tim Snow 1:59:52

Kure Beach Double Sprint Triathlon-Kure Beach, NC (6/29/08) S 375 meters, R 1.5 mi., B 20k, R 1.5 mi., S 375 meters www.setupevents.com

Overall Female:
Kate Martin 1:05:26
Linda Rosenthal (3rd F60-64) 1:50:25

Overall Male: Matthew Wisthoff 0:56:55



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General Smallwood Triathlon-Indianhead, MD (6/29/08) S 750 meters, B 16 mi., R 5k www.setupevents.com

<u>Overall Female:</u>	Molly Jacobs	1:26:55
<u>Overall Male:</u>	Raymond Matthews	1:18:52
	Troy Weaver (2 nd M40-44)	1:29:26

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

<u>Overall Female:</u>	Shannon Dawkins	0:55:07
	Jeanette Shelow-MacDougall (2 nd Overall)	0:55:13
	Barbara Sessa (3 rd Overall)	0:55:40
	Jean Norton (1 st F45-49)	0:56:11
	Mari Flores (1 st F35-39)	0:57:41
	Erica Ruge (2 nd F35-39)	0:59:59
	Natalie Marriott (1 st F25-29)	1:01:50
	Lana Shannon (1 st F40-44)	1:05:23
	Mary DeNitto (1 st F60-64)	1:07:00
	Julie LoRusso (2 nd F40-44)	1:07:40
	Alicia Olmoz (3 rd F35-39)	1:10:57
	Mineke Etienne (1 st F30-34)	1:23:36
	Roge Nesbitt (3 rd F40-44)	1:25:25
	Diana Tsingopoulos (2 nd F60-64)	1:39:25
	Brigitte Truxell	2:22:53

<u>Overall Male:</u>	Terry Kerrigan	0:49:37
	Mike Halstead (2 nd Overall)	0:50:02
	Michael Bakker (3 rd Overall)	0:51:03
	Zac Staszak (1 st M30-34)	0:51:37
	Mark Wilson (1 st M40-44)	0:54:18
	Charles Pegg (1 st M35-39)	0:55:27
	James Stafford (2 nd M40-44)	0:55:53
	Doug Thompson (3 rd M40-44)	0:56:19
	Ken Buderman (1 st M25-29)	0:57:08
	Bill Norton (1 st M55-59)	0:57:25
	Andrew Schupak	0:58:02
	Mike Deboever (2 nd M25-29)	0:58:29
	Jim Demis	0:59:39
	Nate Deboever (1 st M19-Under)	0:59:47



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Bill Shashaty (2 nd M35-39)	1:00:23
Matt Merchant (1 st M50-54)	1:00:48
Janek Szablinski (3 rd M35-39)	1:01:01
John Jasinski (2 nd M55-59)	1:01:11
Jerry Deboever (2 nd M19-Under)	1:01:16
Patrick Murphy	1:02:26
John Dowley	1:02:37
Richard Miller (3 rd M55-59)	1:03:56
John Ferrara (2 nd M50-54)	1:04:10
Adrian Crockett (2 nd M30-34)	1:04:40
Ray Canals (3 rd M50-54)	1:05:21
Michael Hargrove	1:06:13
Patrick Nesbitt	1:06:45
Mark Graminski	1:07:40
Steven Pressman	1:09:02
Peter Oxenholm	1:10:21
Larry Knapp	1:11:16
Maurice Tessier	1:11:33
Mitch Donner	1:25:27

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

www.patgriskustri.com

Overall Female:

Michele Wolfson	1:06:01
Kathryn Flodquist (3 rd F40-44)	1:12:39

Overall Male:

Domenic Gillen	0:56:37
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Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k

www.teammossmann.com

Overall Female:

Jessica Broderick	1:06:59
Kathryn Flodquist (1 st F40-44)	1:15:45
Lana Shannon	1:22:25

Overall Male:

Peter Eddy	1:04:04
Ken Buderman	1:14:12
John Jasinski (2 nd M55-59)	1:16:47
John Ferrara	1:24:07



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

Overall Female:

Julie Rosa	4:56:10
Christene Spiezio	5:53:19
Mary DeNitto (1 st F60-64)	6:23:34

Overall Male:

Doug Clark	4:22:05
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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

Overall Female:

Julie Rosa	1:12:18
Jeanette Shelow-MacDougall (1 st F45-49)	1:23:33
Tamme Stitt	1:43:14
Linda Rosenthal (3 rd F60-64)	1:50:34

Overall Male:

Matt Migonis	1:03:02
Mike Vance (3 rd M25-29)	1:10:20

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

Overall Female:

Stacy Karwacki	2:17:55
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Overall Male:

Steven Back	2:00:29
Troy Weaver	2:33:57
Steve Fischer	3:08:28

Ironman 70.3 Rhode Island-Providence, RI (7/13/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female:

Lisa Bentley	4:27:50
Mari Flores	5:35:13

Overall Male:

Oscar Galindez	3:54:03
Terry Kerrigan	4:29:06
Andrew Schupak	4:55:25



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

Overall Female: Jessie Donovan 1:10:53

Overall Male: Kevin Bouchard-Hall 1:02:48
Matt Merchant 1:14:47

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

Overall Female: Edna Harrison 1:37:40

Overall Male: Greg Sautner 1:15:52
Mike Halstead (3rd Overall) 1:19:36

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

Overall Female: Shannon Dawkins 1:24:04

Overall Male: James Stafford 1:21:53

MetroMan-Long Branch, NJ (7/13/08) S .6 mi., B 12 mi., R 5k www.sunsetracing.com (Became a Duathlon R 5k, B 30k, R 5k)

Overall Female: Marianne Bellino 1:19:36
Julie LoRusso (3rd F40-44) 1:47:05
Alicia Olmoz 1:48:43

Overall Male: Scott Gray 1:15:05

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

Overall Female: Alison Heaphy 1:02:27
Christine Honig 1:10:53

Overall Male: Todd Shatynski 0:52:16
Art Boyko 0:57:08
(1st M40-44, 1st "Lt John Finn Public Safety Award")



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Piseco Lake Triathlon-Speculator, NY (7/19/08) S .5 mi., B 11.5 mi., R 3 mi.
www.adrkmts.com

Overall Female: ??? 1:18:16

Overall Male: ??? 1:05:20

Matt Merchant (1st M50-54) 1:16:12

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

Overall Female: Liz Blatchford 1:58:34

Jeanette Shelow-MacDougall (9th EF) 2:19:56

Shannon Dawkins (12th EF) 2:20:53

Barbara Sessa 2:24:29

Jean Norton 2:30:38

Kathryn Flodquist 2:39:48

Overall Male: Greg Bennett 1:46:30

Zac Staszak 2:12:20

Charles Pegg 2:22:21

Nick Brundage (2nd M20-24) 2:25:05

Richard Miller 2:42:44

Steven Pressman 2:54:18

Patrick Nesbitt 3:05:32

Mitchell Donner 3:15:02

Ironman USA-Lake Placid, NY (7/20/08) S 2.4 mi.,

B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Caitlin Shea-Kenney 09:51:00

Overall Male: Francisco Pantano 08:43:32

Tom Ganz 12:13:33

Henry Collins (5th Clydes 40+) 12:15:54

Janek Szablinski 14:32:52

Tri-Putnam-Carmel, NY (7/20/08) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

Overall Female: Kelli Kidd 1:09:03

Overall Male: Michael Bakker 1:02:01

Peter Oxenholm 1:28:23



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New Jersey State Triathlon-Mercer County Park, NJ 7/27/08)

Overall Female: Aimee Backhouse 1:00:08

Overall Male: Christian Baumbach 0:53:38

Troy Weaver 1:03:57

Sandy Beach Triathlon-Morris, CT (8/1/08) S 880 yds., B 10 mi., R 5k

www.greystoneraicing.net

Overall Female: Kathryn Flodquist 1:09:04

Overall Male: Parker Prescott 0:59:10

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

www.vermontsun.com

Overall Female: Kathy Rakel 2:24:27

Overall Male: Justin Ryea 2:09:10

Mark Wilson 2:25:14

Fronhofer Tool Triathlon-Cambridge, NY (8/2/08) S 1.5k, B 40k, R 10k

www.fronhofertooltriathlon.com

Overall Female: Lisa Dunn 2:19:15

Overall Male: Ryan Kelly 1:59:31

Jon Stern 2:27:32

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

Overall Female: Tamara Salomon 1:14:52

Jeanette Shelow-MacDougall 1:15:32

(2nd Overall; USAT Masters National Sprint Champion)

Jean Norton (2nd F45-49) 1:20:03

Alicia Olmoz 1:36:28

Julie LoRusso 1:38:13

Overall Male: Travis Kuhl 1:04:23

Alex Sherwood(2nd M30-34) 1:07:52



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Mike Halstead (2 nd M40-44)	1:08:35
Zac Staszak	1:11:27
Nick Brundage	1:13:19
Charles Pegg	1:13:27
Bob Gramling	1:16:48
Troy Weaver	1:19:51
Matt Merchant	2:01:26

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

Overall Female:

Kerry Simons	2:12:35
Kathryn Flodquist (3 rd F40-44)	2:27:26

Overall Male:

Arland Macasieb	1:58:20
John Ferrara	2:45:30

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

Overall Female:

Erica Ruge	1:39:58
Linda Rosenthal (1 st F60-64)	2:27:45

Overall Male:

John McGovern	1:25:19
James Stafford (3 rd Overall)	1:30:49
Bob Gramling (1 st M50-54)	1:33:18
Peter Oxenholm	2:02:07
Patrick Nesbitt	2:17:32

Central Park Triathlon-New York, NY (8/10/08) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

Overall Female:

Alexandra Forte	1:02:15
Diana Tsingopoulos (1 st F60-64)	1:54:58

Overall Male:

Nathaniel Horne	0:57:19
Richard Miller (1 st M55-59)	1:09:08



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

<u>Overall Female:</u>	Jessica Chong	2:15:23
<u>Overall Male:</u>	Eric Schrading	2:05:49
	Steve Fischer	3:08:48

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

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	0:51:04
	Jean Norton (2 nd Overall)	0:52:58
	Erica Ruge (3 rd Overall)	0:54:44
	Mari Flores (1 st F35-39)	0:55:25
	Lana Corsano (1 st F40-44)	1:00:44
	Mary DeNitto (1 st F60-64)	1:03:09
	Lori Cassia-Decker (1 st F45-49)	1:03:22
	Julie LoRusso (2 nd F40-44)	1:03:27
	Christine Honig (2 nd F35-39)	1:07:19
	Alicia Olmoz (3 rd F35-39)	1:07:59
	Mineke Etienne (1 st F30-34)	1:11:19
	Roge Nesbitt (3 rd F40-44)	1:16:03
	Kimberly Kuppenheimer	1:16:05
	Linda Rosenthal (2 nd F60-64)	1:24:16
	Diana Tsingopoulos (3 rd F60-64)	1:31:57

<u>Overall Male:</u>	Nick Brundage	0:47:41
	Michael Bakker (2 nd Overall)	0:48:20
	Mike Halstead (3 rd Overall)	0:50:05
	Andrew Schupak (1 st M40-44)	0:50:43
	Mark Wilson (2 nd M40-44)	0:51:28
	Nate Deboever (1 st M19-Under)	0:51:31
	Jim Demis (3 rd M40-44)	0:52:35
	Jon Stern (1 st M45-49)	0:53:19
	Mark Rabens	0:53:36
	Matt Merchant (1 st M50-54)	0:54:18
	Richard Miller (1 st M55-59)	0:56:42
	Jerry Deboever (2 nd M19-Under)	0:56:59
	Bill Shashaty (1 st M35-39)	0:57:12
	Bob Gramling (2 nd M50-54)	0:57:58
	Doug Thompson	0:58:48



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John Dowley (2 nd M35-39)	0:58:57
Bill Norton (2 nd M55-59)	0:59:23
John Ferrara (3 rd M50-54)	1:00:10
Don Davis (1 st M60-64)	1:00:19
Patrick Murphy (3 rd M35-39)	1:00:36
Brian Chew (1 st M30-34)	1:00:51
Gabriel Danaher	1:01:13
Patrick Nesbitt	1:01:52
Steven Pressman (3 rd M55-59)	1:02:05
Steve Fischer	1:02:24
Chris Giam (2 nd M45-49)	1:04:07
Maurice Tessier	1:04:33
Peter Oxenholm	1:06:20
Mitch Donner	1:22:07

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

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:23:08
	Lana Corsano (1 st F40-44)	1:33:30
<u>Overall Male:</u>	Arland Macasieb	1:10:40
	Jim Demis (3 rd M40-44)	1:23:04

Timberman Sprint Triathlon-Gilford, NH (8/15-17/08) S 1/3 mi., B 15 mi., R 3 mi.

www.timbermantri.com

<u>Overall Female:</u>	Cait Snow	1:08:10
<u>Overall Male:</u>	Tim Snow	1:03:41
	Patrick Nesbitt	1:54:58

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

<u>Overall Female:</u>	Chrissie Wellington	4:11:46
	Jeanette Shelow-MacDougall	5:15:27
<u>Overall Male:</u>	Andy Potts	3:52:32
	Art Boyko	5:04:01
	John Ferrara	6:11:00



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Michael Hargrove	6:29:35
Patrick Nesbitt	6:42:31
Mitch Donner	7:36:15

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

Overall Female: Margaret Amidon 1:26:42

Overall Male: David Luscan 1:16:37
Troy Weaver (3rd M40-44) 1:27:24

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

Overall Female: Donna Smyers 4:59:34
Julie LoRusso 6:28:23
Alicia Olmoz 6:55:45

Overall Male: Peter Konecny 4:30:57
Mark Wilson (2nd M40-44) 5:07:12
Steven Pressman (2nd M55-59) 6:16:09
Mark Graminski 6:32:21
Patrick Murphy 6:34:19

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

Overall Female: Alison Heaphy 1:35:22
Linda Rosenthal (3rd F60-64) 2:24:58

Overall Male: Matt Mallet 1:23:53
Bob Gramling (3rd Overall) 1:31:04

West Point Triathlon-West Point, NY (8/24/08) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Overall Female: Barbara Sessa 1:13:19
Jean Norton (1st F45-49) 1:16:02

Overall Male: Andrew Kalley 1:05:27
Michael Donnelly (1st M45-49) 1:09:12



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Bill Norton (1 st M55-59)	1:16:59
Don Davis (2 nd M60-64)	1:24:43
Steve Fischer	1:31:08

Long Course World Championships-Almere, Netherlands (8/31/08) S 4k, B 120k, R 30k www.triathlon-almere-2008.org

<u>Overall Female:</u>	Chrissie Wellington	6:12:44
	Mary DeNitto (1 st F60-64)	9:41:18

<u>Overall Male:</u>	Julien Loy	5:43:22
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S.O.S.-New Paltz, NY(9/7/08) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

<u>Overall Female:</u>	Christine Dunnery	4:52:21
	Christene Spiezio	5:51:20
	Jean Norton (2 nd F45-49)	5:56:31
	Mary DeNitto (1 st F60-64)	6:13:50

<u>Overall Male:</u>	Alex Sherwood	4:24:03
	Mike Halstead (3 rd Overall)	4:31:54
	Art Boyko (3 rd M40-44, 1 st NYS Trooper)	4:55:13
	Mark Wilson	5:07:55
	Mike Vance (1 st M25-29)	5:20:07
	Jim Demis	5:38:34
	Doug Thompson	5:39:15
	Bill Shashaty	6:03:44
	Don Davis	6:45:39
	Patrick Murphy	6:46:53
	John Ferrara	6:49:11
	Janek Szablinski	6:54:54

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

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	0:51:59
	Shannon Dawkins (2 nd Overall)	0:52:12
	Jean Norton (3 rd Overall)	0:55:05
	Erica Ruge (1 st F35-39)	0:55:26
	Mari Flores (2 nd F35-39)	0:58:41



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Lori Cassia-Decker (1 st F45-49)	1:02:02
Mary DeNitto (1 st F60-64)	1:04:26
Julie LoRusso (1 st F40-44)	1:05:06
Alicia Olmoz (1 st F30-34)	1:08:36
Barbara Ferrante (3 rd F35-39)	1:11:45
Linda Rosenthal (2 nd F60-64)	1:27:06
Diana Tsingopoulos (3 rd F60-64)	1:32:11

Overall Male:

Alex Sherwood	0:45:16
Michael Bakker (2 nd Overall)	0:46:41
Terry Kerrigan (3 rd Overall)	0:46:44
Mike Halstead (1 st M40-44)	0:46:56
Nick Brundage (1 st M20-24)	0:46:59
Mark Wilson (2 nd M40-44)	0:49:42
Andrew Schupak (3 rd M40-44)	0:50:39
Nate Deboever (1 st M19-Under)	0:51:04
Charles Pegg (1 st M35-39)	0:51:22
Bob Gramling (1 st M50-54)	0:51:42
Tom Ganz (2 nd M35-39)	0:51:54
Art Boyko	0:53:54
Jon Stern (1 st M45-49)	0:54:25
Ken Buderman (1 st M25-29)	0:55:16
Janek Szablinski (3 rd M35-39)	0:57:59
Brian Chew (1 st M30-34)	0:58:17
Bill Norton (1 st M55-59)	0:59:49
John Dowley	0:59:51
Matt Merchant (2 nd M50-54)	0:59:52
Mark Graminski (3 rd M50-54)	1:00:38
Gabriel Danaher	1:01:09
Steven Pressman (2 nd M55-59)	1:02:06
Larry Knapp	1:03:01
Chris Giam (2 nd M45-49)	1:03:07
Steve Fischer	1:03:49
Maurice Tessier	1:04:00
Peter Oxenholm	1:07:39



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Triathlon de Montreal Demi-Esprit-Montreal, Canada (9/13/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.sportstats.ca

Overall Female: Magali Tisseyre 4:10:06

Overall Male: Andrew Tanner 3:51:56
Michael Bakker (1st M40-44) 4:09:11

Fox Run Duathlon-Bear, DE (9/13/08) R 5k, B 18.6 mi., R 5k www.lin-mark.com

Overall Female: Suzanne Huelster 1:24:50

Overall Male: David Roche 1:18:26
Steve Fischer (3rd M50-54) 1:55:33

Lake George Triathlon-Lake George, NY (9/14/08) S 1.5k, B 40k, R 10k www.adktri.org (HVTC was 2nd in the club competition!)

Overall Female: Madeline Nagy 2:16:46
Linda Rosenthal (2nd F60-64) 3:45:34

Overall Male: Patrick O'Keefe 1:59:37
Art Boyko (2nd M40-44) 2:11:13
Nick Brundage (1st M20-24) 2:14:08
Bob Gramling (1st M50-54) 2:19:10
Ken Buderman 2:24:53
Matt Merchant 2:32:32
Maurice Tessier 2:55:55
Peter Oxenholm 2:58:53

Women's Triathlon-Farmington, CT (9/14/08) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

Overall Female: Rebecca Stephenson 1:10:15
Erica Ruge (1st F35-39) 1:17:03
Lana Shannon 1:18:44



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Hammerfest Triathlon-Branford, CT (9/14/08) S .5 mi., B 13.5 mi., R 4 mi.

www.hammerfesttriathlon.com

Overall Female: Victoria Wardle 1:16:04
Kathryn Flodquist (2nd F40-44) 1:22:41

Overall Male: Ian Ray 1:06:16

Marshman Sprint Triathlon-Downingtown, PA (9/14/08) S ¼ mi., B 12.5 mi., R 2 mi.

www.piranha-sports.com

Overall Female: Susie Yaffa 1:03:29

Overall Male: Bryan Verdeur 0:55:02
Troy Weaver (3rd M40-44) 1:01:14

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)

Overall Female: Julie Ertel 2:05:46
Jeanette Shelow-MacDougall (4th F45-49) 2:24:43*

*Qualified 2009 ITU World Championship-Gold Coast, Australia

Overall Male: Matt Reed 1:54:29

Westchester Toughman-Croton Point Park, NY (9/21/08) S 1.2 mi., B 56 mi., R 13.1 mi.

www.westchestertoughman.com

Overall Female: Christine Dunnery 4:57:47

Overall Male: Dominic Gillen 4:14:25
Jim Stafford (1st M40-44) 4:55:50
Tom Ganz 5:31:16



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

<u>Overall Female:</u>	Rebecca Wassner	2:08:02
	Jeanette Shelow-MacDougall (1 st F45-49)	2:29:23*
	Kathryn Flodquist (2 nd F40-44)	2:39:01

*Qualified 2009 Escape From Alcatraz-San Francisco, CA

<u>Overall Male:</u>	John Kenney	1:55:20
	Alex Sherwood (1 st M30-34)	2:08:10*
	Michael Donnelly (1 st M45-49)	2:17:42*
	Charles Pegg	2:22:46
	Mark Rabens	2:32:07
	Ken Buderman	2:33:33

*Qualified 2009 Escape From Alcatraz-San Francisco, CA

Finger Lakes Triathlon-Canandaigua, NY (9/21/08) S 1.5k, B 40k, R 10k www.score-this.com

<u>Overall Female:</u>	Dana Woody	2:19:39
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<u>Overall Male:</u>	Kevin Crossman	2:03:24
	Mitch Donner	3:20:17

War at the Shore Triathlon-Long Branch, NY (9/21/08) S ¼ mi., B 8.5 mi., R 3 mi. www.sandyhookers.org

<u>Overall Female:</u>	Jenny Rossano	0:56:13
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<u>Overall Male:</u>	Philip Hume	0:50:05
	Brian Chew (3 rd M30-34)	0:57:32
	Gabriel Danaher	1:06:50

Hudson Highlands Greenway Triathlon-Philipstown, NY (9/28/08) Kayak 6 mi., B 24 mi., R 8 mi. www.hudsonhighlandstriathlon.org

<u>Overall Female:</u>	Krista Osborn	4:10:38
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<u>Overall Male:</u>	Michael Bakker	3:15:47
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ITU Short Course Duathlon World Championship-Rimini, Italy (9/28/08) R 10k, B 40k, R 5k www.dutahlon.it

<u>Overall Female:</u>	Vanessa Fernandes	2:00:51
	Shannon Dawkins (13 th F30-34)	2:21:57
<u>Overall Male:</u>	Paul Amey	1:48:00
	Nick Brundage (13 th M20-24)	2:14:13

Cape Henlopen Triathlon-Lewes, DE (9/28/08) S ¼ mi., B 14 mi., R 5k www.piranha-sports.com

<u>Overall Female:</u>	Kristen Donohue	1:12:27
<u>Overall Male:</u>	Scott Ward	1:05:05
	Troy Weaver	1:12:48

Chesapeakeman Aqua Velo-Cambridge, MD (9/27/08) S 2.4 mi., B 112 mi. www.tricolumbia.org

<u>Overall Female:</u>	Jessica Chang	6:36:40
<u>Overall Male:</u>	Scott Duprex	4:50:35
	Mark Graminski	7:43:24

Mightyman ½ Ironman Triathlon-Montauk, NY (10/05/08) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

<u>Overall Female:</u>	Carol Wilke	4:59:21
<u>Overall Male:</u>	Nils Goerke	4:20:37
	Mike Halstead (1 st M40-44)	4:30:48
	Art Boyko	4:48:39
	Jim Demis	5:22:57

American Zofingen (Long Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 85 mi., R 15.45 mi. www.americanzofingen.racesonline.com

<u>Overall Female:</u>	Mimi Boyle	9:14:05
<u>Overall Male:</u>	Alex Lamberix	6:53:48
	Michael Bakker (1 st M40-44)	7:24:46



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

Overall Female: Kristin Villopoto 3:13:25

Overall Male: Justin Harris 2:32:58
Mike Halstead (2nd Overall) 2:45:05
Mike Vance (1st M25-29) 2:57:22
Steven Pressman(3rd M55-59)3:53:11
Larry Knapp (3rd M50-54) 3:53:44

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

Overall Female: Randall(?) Wintermante 1:22:53
Alicia Olmoz (2nd F35-39) 1:43:57
Barbara Ferrante (3rd F35-39) 1:44:47
Julie LoRusso (2nd F40-44) 1:45:55
Deb Torpey (3rd F50-54) 1:57:37

Overall Male: Nicholas Vandam 1:07:49

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

Overall Female: Bella Comerford 09:07:48
Mari Flores 12:35:27

Overall Male: Tom Evans 08:07:59

Ironman Arizona-Phoenix, AZ (11/23/08) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

Overall Female: Heleen Bij de Vaate 09:21:06
Mineke Etienne 15:11:04

Overall Male: Raelert Andreas 08:14:16
Larry Knapp 16:25:33



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2008 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.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
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Place
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>
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Place
AA-All American (Top 5% of respective age group in the USA)
HM-Honorable Mention (Top 10% of respective age group in the USA)

2008 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2008 HVTC Rookie of the Year Award: **Erica Ruge**
2008 HVTC Female Honorable Mention Award: **Shannon Dawkins**
2008 HVTC Female Honorable Mention Award: **Jeanette Shelow-MacDougall**
2008 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

MALE

2008 HVTC Most Improved Award: **Nick Brundage**
2008 HVTC Volunteer of the Year Award: **Roger Roberson**
2008 HVTC Male Honorable Mention Award: **Michael Bakker**
2008 HVTC Male Honorable Mention Award: **Alex Sherwood**
2008 HVTC Male Triathlete of the Year Award: **Mike Halstead**

2008 HVTC Summer Tri-Series Winners

Women's Champion: **Jean Norton (72)**
2nd Place: **Mari Flores (68)**
3rd Place: **Erica Ruge (67)**
4th Place: **Jeanette Shelow-MacDougall (59)**
5th Place: **Shannon Dawkins (59)**



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Men's Champion: **Michael Bakker (75)**

2nd Place: **Mike Halstead (72)**

3rd Place: **Mark Wilson (62)**

4th Place: **Nick Brundage (53)**

5th Place: **Nate DeBoever (42)**

2008 HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette Shelow-MacDougall (54:32)

Swim-Christine Honig (4:50)

Bike-Shannon Dawkins (36:30)

Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (4:16)

Bike-Terry Kerrigan (32:05)

Run-Terry Kerrigan (10:19)

ANNOUNCEMENTS

- **2009 HVTC Summer Tri-Series: June 10, July 8, August 12 & September 16.** 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).
- **ALL 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1st-December 31st.**



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