



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. 77

October 2007

IN A FEW WORDS

Dear HVTC,

Fall has to be my favorite time of year; the colors, cool air and base-building! I always feel tremendous relief after completing the final triathlon of the season; ah, rest. It's a wonderful time to create, dream and spend quality time with family. So, when's that Turkey Trot?! See ya out there.

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



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: Peter Oxenholm

By Mark H. Wilson

How many people do you know who have had the strength to stop smoking? Many state it's the most difficult habit to break. Did they have massive weight gain, mood swings or did they quit cold-turkey and become a triathlete? Yep, thought so! Triathlon has become one of the most appealing avenues for folks with chemical dependence (that's PC for seriously addicted); swim (cough, cough), bike (cough some more), and then run (cough, A LOT!). Our Featured Athlete of the Month is Peter Oxenholm and he's kicked the habit big-time and is blossoming into a wonderful triathlete. How did he do it?! Take a listen.



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Peter was born in Italy, his father was American and his mother was Italian; however, you may have noticed the Swedish surname (he says it's his grandfather's fault; long story). He attended the American School of Florence and majored in business. It paid off, too; now he is a Senior Account Executive for FedEx. While living in the hustle-and-bustle of Long Island, he and his family visited the Hudson Valley, fell in love with it and have been here ever since. He lives in Clinton Corners with his wife Cecilia (16 years and going strong) and his 2 lovely daughters; Marli (15) and Giulia (5).

Peter was a serious smoker and it's a major regret! He started running in 2000 to lose weight and improve his blood pressure; thank God, it worked. Now, if he could just take it easy on the Pizza and Buffalo Wings!!! Peter really got into it and completed 2 New York City Marathons and 4 or 5 half marathons. Life was good, but he wanted something a bit more challenging; triathlon was the perfect "next step." In 2006, Peter joined HVTC and basically drowned the first day in the lake. Thankfully, a good local triathlon coach (his name is on the tip of my tongue) assisted him with "straightening-out" his stroke and steadily improved throughout the summer. After some significant coaxing Peter agreed to participate in the final race of the 2006 HVTC Summer Tri-Series; there was this small problem, though...he didn't have a bike! D'oh!! So, he rented one and, get this, he hadn't been on one in 30 years. Oh, boy! He completed the bike portion but Peter says he got off the bike and literally could not feel his legs. "They felt like little wooden stubs!" He came in last place through the darkness while everyone else was eating and re-calling their race experience. He didn't care, it was a great feeling; he was a triathlete.

Triathlon definitely added a bit of challenge to Peter's workout schedule; in fact, his wife threatened to divorce if he "discovers" any additional hobbies. Peter likes triathlon because it brings out the best in him; "...it's you against yourself." He loves the feeling of accomplishment right after a race or a hard day of training; the nervous feeling before a race; the pain during, etc. To him, this is what being alive means! When his friends or work colleagues hear of his new activity he usually gets two types of responses; "Wow!" or "Why?!" Regardless of their reactions, he always recommends the sport to them and anyone who would listen. Like an Evangelist, he tells everybody how great this sport is for your mental and physical well being.

Although this was Peter's first official triathlon season, his achievements are admirable; 3 HVTC Summer Tri-Series, Pine Bush Triathlon, Hudson Valley Triathlon and a couple of Duathlons. His first attempt at the Olympic distance at Lake George ended with a flat. Peter's high-point of the year came at the final HVTC race at Wilson State Park after shaving 3 minutes off his PR (personal record). Nice!



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Peter's going to take it year by year and ramp-up to the Olympic distance in 2008. He may follow that with a shot at some halves and then who knows what the future holds. If his wife Cecilia gives her blessing, there may be an Ironman around the corner. What's for sure is that Peter's proud to be part of the HVTC; he's made many friends that share the same goal, excitement and level of commitment for improvement in the sport. Now, if he had only gone for a run instead of that first smoke; ah, who cares? He made it here! Thanks, Peter.

THE GOOD DOCTOR SAYS

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

Plantar Fascitis

Plantar Fascitis is a common condition that produces pain in your heel and in the arch of the foot. It is one of the most common injuries for runners. Symptoms of Plantar Fascitis are painful first steps when you get out of bed, or after sitting for a long time. More severe cases will cause pain when you run, and may require time off, and intense home therapy to return the foot to normal. Causes of Plantar fascitis are numerous and could be due to one or more of the following; high arch, flat foot, bad or overused running shoes, tight fitting women's shoes, over training, downhill, and / or uphill training, and being overweight. When one or more of these factors are present the structures that attach to the medial / inside part of the Calcaneous (heel Bone) become inflamed resulting in fascitis and tendonitis (inflammation of the fascia and tendons). This includes the plantar fascia (the covering of the bottom of the foot), the plantar aponeurosis (very thick ligament in the middle of the foot), and the flexor digitorum



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brevis muscle, and quadratus plantae muscle (muscles in the arch of the foot that flex the toes). Also present in people who have PF can be tight Achilles tendon, calf muscles, and hamstrings. Treatment of acute PF should be rest, stretching of the arch and calf, and ice / heat therapy. Night splints should be worn for the first 2 weeks to stretch the bottom of the foot. Heel cups can be used to cushion the heel for the first 2 weeks as well.

Taping the foot can help by supporting the arch while it is recovering. Great strengthening exercises are toe curls and marble pick - ups with the toes. Stretching the bottom of the foot around a golf ball (heel stays on the floor), and rolling the arch of the foot with the golf ball (5 minutes) are helpful to treat the fascia and muscles of the arch. Other treatments like massage therapy, and Active Release Techniques can help remove tough adhesions and scar tissue from injured areas that don't respond to other measures. When conservative treatment fails podiatrists or orthopedics may give a cortisone shot in to the heel or a series of them to decrease the inflammation, and they also may prescribe physical therapy. X-rays should be taken to rule out the presence of a heel spur.

Orthotics is a must for persons with a flat foot or high arch to support the type of foot you have. A new form of treatment is extracorporeal shock wave therapy (ESWT). This is a treatment where sound waves are sent through the damaged tissue in order to stimulate the damaged tissue and encourage healing. More invasive procedures would be surgery to release the fascia, call a fasciotomy, or having the heel spur removed if it is present.

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 N.Y.T.C., and H.V.T.C., and at the S.O.S. For questions about any sports injury email Dr. Ness at mail@drness.com



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2007 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/17/07) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/25/07) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

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

Ironman Arizona-Tempe, AZ (4/15/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com

MAY

Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 www.nytc.org

Devil's Kitchen Duathlon-Phoenicia, NY (Postponed 'til 2008) R 8 mi., B 48 mi., R 8 mi. www.triathletesonline.com



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St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/6/07) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/6/07) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/6/07) S 1.2 mi., B 56 mi., R 13.1 mi. (2007 USA Clydesdale Long Course National Championship)
www.piranha-sports.com

2007 ITU Short Course Duathlon World Championship-Gyor, Hungary (5/19-20/07)

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S .6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/20/07) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/20/07) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Pawling Triathlon-Pawling, NY (6/2/07) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/2-3/07) S 1.5k, B 44k, R 10k www.timbermantri.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/2-3/07) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

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



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

Mighty Montauk Triathlon-Montauk, NY (6/9/07) S 1mi, B 20mi, R 6.2mi www.swimpower.com

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

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

NY Tri Series #1-Harriman State Park (6/10/07) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/07) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

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

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/17/07) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Springtown Sprint Duathlon Series-New Paltz, NY (6/24/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

Philadelphia Triathlon-Philadelphia, PA (6/24/07) S 1.5k, B 40k, R 10k www.phillytri.com

2007 USA Triathlon National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2007 ITU Short Course Triathlon World Championship-Hamburg, Germany 8/30-9/2/07)

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/30/07) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com



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JULY

Regional YMCA Spirit Triathlon-Brookfield, CT (7/4/07) S .5k, B 20k, R 5k
<http://www.regionalmca.org/triathlon.html>

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

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/07) S 400 yds., B 12 mi., R 2 mi.
www.hvtc.net

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

2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-15/07) www.usatriathlon.org

Musselman Triathlon (Half-IM)-Geneva, NY (7/15/07) S 1.2 mi., B 56 mi., R 13.1 mi.
www.musselmantri.com

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/15/07) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

New York City Triathlon-NYC, NY (7/22/07) S 1.5k, B 40k, R 10k www.nyctri.com

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

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

Ironman USA-Lake Placid, NY (7/22/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com



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

Springtown Sprint Duathlon Series-New Paltz, NY (7/29/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

Grafton Lakes Off Road Triathlon-Grafton, NY (7/29/07) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/4/07) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

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

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

Litchfield Hills Triathlon-New Hartford, CT (8/12/07) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

Lake Dunmore Triathlon-Salisbury, VT (8/12/07) S .9 mi., B 28 mi., R 6.2 mi.
www.vermontsun.com

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/07) S 400 yds, B 12 mi., R 2 mi.
www.hvtc.net.

West Point Triathlon-West Point, NY (8/19/07) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

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

Timberman Sprint Triathlon-Gilford, NH (8/18-19/07) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/18-19/07) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com



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Cranberry Country Triathlon-Lakeville, MA (8/26/07) S .8 mi., B 24.9 mi., R 10k
(USAT New England Regional Championship) www.cranberrycountrytri.com

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

Springtown Sprint Duathlon Series-New Paltz, NY (8/26/07) R 2.25 mi., B 12 mi. R
2.25 mi. www.hvsports.net

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

SEPTEMBER

Xterra Onteora-Livingston Manor, NY (9/2/07) S .5 mi., Mtn. B 14 mi., R 5k
www.triandduit.com

Lake George Triathlon-Lake George, NY (9/2/07) S 1.5k, B 40k, R 10k
www.adktri.org

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (9/9/07) S 1.2
mi., B 56 mi., R 13.1 mi. www.vermontsun.com

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

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

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/12/07) S 400 yds., B 12 mi., R 2 mi.
www.hvtc.net.

2007 USAT National Club Championship-St. Louis, MO (9/15-16/07) S 1.5k, B 40k,
R 10k www.usatriathlon.org

Mighty Hamptons-Sag Harbor, NY (9/16/07) S 1.5k, B 38k, R 10k
www.swimpower.com

Crystal Lake Triathlon-Crystal Lake, NY (9/22/07) S .5 mi., B 18 mi., R 3 mi.
www.cdtriclub.org



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

Skylands Triathlon-Clinton, NJ (9/??/07) S ½ mi., B 14.1 mi., R 5k www.linmark.com

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

Mightyman ½ Ironman Triathlon-Montauk, NY (9/30/07) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

OCTOBER

Ironman Triathlon World Championship (10/13/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfoironmanlive.com

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

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

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

Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/21/07) R 2 mi., B 12 mi., R 2 mi. www.woodstockclassic.com

2007 ITU Long Course Duathlon World Championship-Richmond, VA (10/21/07) www.usatriathlon.org

Toga! Biathlon-Congers, NY (10/21/07) R 4.25k, B 24k, R 4.25k www.togamultisport.com

NOVEMBER

Ironman Florida-Panama City, FL (11/3/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/10/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmanlive.com



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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

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Karin Linner	09.98
	Carol Covas	08.38
	Linda Rosenthal	07.85
	Laila Brady	07.03

<u>Overall Male:</u>	John Mitchell	11.64
	Charles Pegg	11.20
	Bill Shashaty	10.64
	Ben Munger	09.94
	Steve Fischer (1 st M50-54)	09.71

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/25/07) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

<u>Overall Female:</u>	Karin Linner	1:05:53
	Susan Metichecchia	1:25:10
	Carol Covas	1:34:46

<u>Overall Male:</u>	Alex Sherwood	0:54:04
	Mike Halstead	0:56:32
	Charles Pegg	0:58:46
	Bob Gramling	1:02:39
	Bill Norton	1:03:42



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APRIL

March Madness Biathlon-New York, NY (4/1/07) R 2 mi., B 12 mi., R 2 mi.

www.nytc.org

Overall Female: Christine Dunnery 1:05:04
Jeanette Shelow-MacDougall(2nd OA)1:07:04

Overall Male: Brendan Corcoran 0:59:25

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

Overall Female: Kerri Robbins 1:32:16

Overall Male: Chris Ganter 1:19:45
Nick Brundage (1st M20-24) 1:32:36

St. Anthony's Triathlon-St. Petersburg, FL (4/29/07) S 1.5k, B 40k, R 10k

www.satriathlon.com

Overall Female: Michelle Dillon 1:57:45
Jeanette Shelow-MacDougall 2:21:49
Jean Norton (2nd F45-49) 2:22:06

Overall Male: Matt Reed 1:46:10

Bronx Biathlon-Bronx, NY (4/29/07) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

Overall Female: Kristen Budden 1:36:16

Overall Male: Terry Kerrigan 1:18:51
Doug Thompson (3rd M40-44) 1:28:56

Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 www.nytc.org

Overall Female: Jean Norton 1:08:44
Jeanette Shelow-MacDougall(2nd OA)1:10:42
Christene Spiezio(1st F35-39) 1:16:54
Kathryn Flodquist (2nd F40-44) 1:17:49
Pam Neimeth (1st F45-49) 1:20:06
Mary DeNitto (1st F55-59) 1:21:21



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Jan Pollo	1:25:13
Sue Metichecchia (2 nd F45-49)	1:32:39
Carol Covas	1:39:48

Overall Male:

Alex Sherwood	1:01:40
John McGovern (2 nd Overall)	1:02:47
Michael Bakker (3 rd Overall)	1:03:38
Charles Pegg (2 nd M35-39)	1:06:27
Michael Vance (1 st M25-29)	1:06:44
Mark Wilson (2 nd M40-44)	1:07:17
Nick Brundage (1 st M20-24)	1:08:29
Bouazza Abidi (3 rd M35-39)	1:10:42
Gary Walters (2 nd M50-54)	1:15:59
Michael Hargrove	1:18:05
Patrick Murphy	1:21:59
John Dowley	1:29:58
Patrick Nesbitt	1:30:39
Tom Gill	1:38:39
Peter Oxenholm	1:39:04

Overall Team:

R. Severino/M. Halstead	1:00:28
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New Jersey Devilman Festival (Sprint)-Millville, NJ (5/6/07) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

Overall Female:

Katherine Ward	1:48:56
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Overall Male:

Todd Wiley	1:32:09
John Ferrara (3 rd M50-54)	2:09:19
Steve Fischer	2:19:15

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/19/07) S-.6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

Overall Female:

Christine Dunnery	2:36:59
Kathryn Flodquist (1 st F40-44)	3:00:12

Overall Male:

Chris Gebhardt	2:12:54
John McGovern (3 rd Overall)	2:24:53
Zac Staszak (1 st M25-29)	2:31:28
Mark Wilson (2 nd M40-44)	2:33:51



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MetroMan-Long Branch, NJ (5/20/07) S .6 mi., B 12 mi., R 5k

www.sunsetracing.com

Overall Female: Nicole Navratil 1:14:34
Julie LoRusso 1:36:15

Overall Male: Eric Marquard 1:00:40

Pawling Triathlon-Pawling, NY (6/2/07) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Overall Female: Carol Wilke 1:03:59
Jean Norton (1st F40-44) 1:06:22
Barbara Sessa (2nd F40-44) 1:06:32
Kathryn Flodquist(3rdF40-44) 1:12:00
Mary DeNitto (1st F55-59) 1:15:58
Linda Rosenthal 1:42:27

Overall Male: John McGovern 0:59:17
Mark Wilson (1st M40-44) 1:01:43
Art Boyko (3rd M40-44) 1:02:25
Bob Gramling (2nd M50-54) 1:05:06
Doug Thompson 1:06:22
Mike Vance (1st M25-29) 1:07:43
Gary Walters 1:10:20
Mike Hargrove 1:16:16
Steven Pressman(3rd M55-59) 1:18:28
Tom Gill 1:34:42
Larry Knapp 1:38:24

Escape From Alcatraz-San Francisco, CA (6/3/07) S 1.5 mi., B 18 mi., R 8 mi.

www.escapefromalcatraztriathlon.com

Overall Female: Leanda Cave 2:18:47
Jeanette Shelow-MacDougall (2nd F40-44) 2:46:51

Overall Male: Andy Potts 1:59:34
Charles Pegg 2:31:52
Zac Staszak 2:32:32



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Health Net Mossman Triathlon-Milford, CT (6/9/07) S 1.5k, B 40k, R 10k

www.trifitness.net

Overall Female: Julie Gliesing 2:27:47

Overall Male: Mitch West 2:12:14

Zac Staszak (1st M25-29) 2:17:46

Mighty Montauk Triathlon-Montauk, NY (6/9/07) S 1mi, B 20mi, R 6.2mi

www.swimpower.com

Overall Female: Laurel Wassner 1:57:55

Overall Male: Gary Jensen 1:51:06

Andrew Schupak (3rd M40-44) 2:00:10

SBR Triathlon Series #2-Harriman State Park, NY (6/9/07) S .5 mi., B 16 mi., R 4

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

Overall Female: Jody Klaus 1:39:15

Overall Male: John McGovern 1:21:36

Blackwater Eagleman Triathlon-Cambridge, MD (6/10/07) S 1.2mi, B 56mi,

R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:08:17

Jean Norton 5:08:42

Kathryn Flodquist 5:15:01

Mary DeNitto* (2nd F55-59) 5:28:20

Pam Neimeth 5:29:07

Overall Male: TJ Tollakson 3:46:28

Terry Kerrigan 4:06:39

Alex Sherwood* (5th M30-34) 4:20:28

Mike Halstead* (6th M40-44) 4:23:08

Art Boyko 4:38:28

Gary Walters 5:13:12

*TDKS (Turned Down Kona Slot)



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

Overall Female: Ericka Foster 2:28:36

Overall Male: Carl Johnston 2:08:26

John Ferrara 2:58:49

NY Tri Series #1-Harriman State Park (6/10/07) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Shannon Puzio 1:25:45

Overall Male: Bruce Cadenhead 1:17:20

Gabriel Tenenbaum 1:29:26

Jim Demis 1:29:33

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/07) S 400 yds., B 12 mi., R 2 mi.

www.hvtc.net

Overall Female: Barbara Sessa 0:55:36

Jeanette Shelow-MacDougall 0:56:15

Jean Norton 0:59:43

Christene Spiezio 1:04:45

Pam Neimeth 1:09:35

Mary DeNitto 1:09:39

Mineke Etienne 1:13:50

Sue Metichecchia 1:16:24

Julie LoRusso 1:17:46

Lana Shannon 1:20:56

Laila Brady-Walzer 1:45:13

Overall Male: Terry Kerrigan 0:49:57

John McGovern 0:50:41

Mike Halstead 0:51:56

Mike Bakker 0:52:37

Charles Pegg 0:53:17

Mark Wilson 0:54:07

Nick Brundage 0:55:08

Doug Thompson 0:56:02



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Bill Norton	0:57:10
Myron Baker Sr.	0:59:23
Patrick Murphy	1:00:06
Gabriel Tenenbaum	1:01:52
Jon Stern	1:02:26
Janek Szablinski	1:02:47
Ben Munger	1:04:42
Julian Palmer	1:04:53
John Dowley	1:08:19
Mark Graminski	1:08:32
Steven Pressman	1:08:42
Mike Hargrove	1:09:43
Bob Bomba	1:11:49
John Ferrara	1:15:06
Larry Knapp	1:18:32
Anthony Stronconi	1:19:16
Tom Eanelli	1:33:22
Zac Staszak	1:50:40

Wyckoff Triathlon-Wyckoff, NJ (6/16/07) S .5 mi., B 17 mi., R 5 mi.

www.wyckoffymca.org

<u>Overall Female:</u>	Chris Gebhardt	1:23:51
	Tom Eanelli	2:41:35

<u>Overall Male:</u>	Claudia Kretschman	1:38:51
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Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/07) S 1.5k, B 40k, R 10k

www.patgriskustri.com

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	2:26:01
	Jan Pollo	3:02:26
	Carol Covas	3:25:50
	Linda Rosenthal (1 st F55-59)	4:21:40

<u>Overall Male:</u>	Chris Thomas	2:11:10
	John McGovern (1 st M40-44)	2:12:54
	Zac Staszak (2 nd M25-29)	2:22:16
	Mike Hargrove	3:03:08



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Lake Waramaug Triathlon-New Preston, CT (6/22/07) S .5 mi., B 9.1 mi., R 3.3 mi.

www.plattsys.com

Overall Female:	Dana Carbone	1:03:33
Overall Male:	John Hirsch	0:55:41
	Zac Staszak (1 st M25-29)	0:58:00
	Tom Gill	1:30:13

Springtown Sprint Duathlon Series-New Paltz, NY (6/24/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

Overall Female:	Erica Ruge	1:07:24
	Sue Metichecchia (2 nd F45-49)	1:14:50
Overall Male:	John McGovern	0:54:48
	Mike Halstead (2 nd Overall)	0:55:32
	Jim Stafford (1 st M40-44)	0:55:23
	Nick Brundage (1 st M25-29)	0:58:33
	Doug Thompson (2 nd M40-44)	0:58:39
	Mark Wilson (3 rd M40-44)	0:58:49
	Bob Gramling (1 st M50-54)	1:01:15
	Bob Bomba (2 nd M25-29)	1:15:05
	Patrick Nesbitt	1:15:09
Overall Team:	Alex Sherwood/Danny Brennan	0:52:22

Philadelphia Triathlon-Philadelphia, PA (6/24/07) S 1.5k, B 40k, R 10k

www.phillytri.com

Overall Female:	Rebecca Wassner	2:01:12
	Jeanette Shelow-MacDougall (1 st F40-44)	2:22:48
Overall Male:	Craig Alexander	1:52:18
	Steve Fischer	3:07:50

Ironman USA-Coeur D'Alene, ID (6/24/07) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironman.com

Overall Female:	Kim Young	10:27:55
Overall Male:	Victor Zyemtsev	08:33:32
	Terry Kerrigan (12 th Overall)	09:21:20



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Westchester Medical Center Biathlon-Valhalla, NY (6/24/07) R 2 mi., B 15 mi., R 2 mi.

www.nytc.org

Overall Female: Amy Bevilacqua 1:05:25

Overall Male: Keith Strudler 1:00:10

Peter Oxenholm 1:28:38

Tom Gill 1:37:11

2007 USA Triathlon National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2007 ITU Short Course Triathlon World Championship-Hamburg, Germany 8/30-9/2/07)

Overall Female: Jennifer Garrison 2:09:36

Jeanette Shelow-MacDougall* 2:27:15

*Qualified ITU World Championship, Hamburg, Germany

Overall Male: Ben Collins 1:57:08

North Country Triathlon-Hague, NY (6/30/07) S 1.5k, B 40k, R 10k

www.northcountrytri.com

Overall Female: Heidi Underwood 2:34:11

Overall Male: Zac Staszak 2:13:06

Steven Pressman (3rd M55-59) 3:06:54

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/30/07) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Overall Female: Leslie Myers 2:05:30

Christene Spiezio (1st F35-39) 2:16:48

Overall Male: Matt Migonis 1:45:43

Ronnie Severino (1st M35-39) 1:54:35

Mark Wilson (1st M40-44) 1:58:27

Mike Vance (1st M25-29) 1:59:28

Art Boyko (2nd M40-44) 2:00:51



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Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female:

Victoria Tiase	4:53:41
Mineke Etienne	6:33:14
Sue Metichecchia	6:37:40

Overall Male:

Alex Mroszczk-McDonald	4:05:03
John McGovern (4 th Overall)	4:23:46
Mike Bakker	4:32:39
Bob Gramling	5:12:01

JULY

Patriot Half Ironman Triathlon-Freetown, MA (7/1/07) S 1.3 mi., B 59 mi., R 13.5 mi. www.patriothalf.com

Overall Female:

Lisbeth Kenyon	4:54:36
Mary DeNitto (1 st F55-59)	5:46:07
Pam Neimeth	5:51:01

Overall Male:

Tony DeLogne	4:15:38
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Mountaineer Triathlon-Morgantown, WV (7/1/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.mountaineertri.com

Overall Female:

Heather Gollnick	4:35:04
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Overall Male:

Bryan Rhodes	4:00:05
John Ferrara	6:26:31

Diamond in the Rough Triathlon-Perryville, MD (7/7/07) S 1 mi., B 27 mi., R 5 mi. www.piranha-sports.com

Overall Female:

Sally Speck	2:21:51
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Overall Male:

Scoogie Snyder	2:04:59
Steve Fischer	3:00:47



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HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/07) S 400 yds., B 12 mi., R 2 mi.

www.hvtc.net

<u>Overall Female:</u>	Barbara Sessa	0:55:29*
	Jeanette Shelow-MacDougall	0:55:39
	Tomi Stern	1:04:02
	Sue Metichecchia	1:09:35
	Julie LoRusso	1:19:32

*Course Record

<u>Overall Male:</u>	Terry Kerrigan	0:48:01*
	John McGovern	0:49:19
	Mike Halstead	0:50:07
	Zac Staszak	0:51:13
	Michael Bakker	0:51:55
	Charles Pegg	0:53:03
	Mark Wilson	0:53:11
	Tom Ganz	0:56:13
	Bill Norton	0:58:02
	Jim Demis	0:58:53
	Jon Stern	0:59:15
	Janek Szablinski	0:59:30
	Patrick Murphy	1:00:25
	Gabriel Tenenbaum	1:00:32
	Ben Munger	1:02:05
	Steven Pressman	1:05:36
	John Dowley	1:05:55
	Bob Bomba	1:07:07
	John Ferrara	1:08:57
	Peter Oxenholm	1:12:43
	Larry Knapp	1:14:12
	Steve Fischer	1:18:49
	Mitch Donner	1:30:22

*Course Record

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/11/07) S .5 mi., B 10.5 mi., R 5k

www.patgriskustri.com

<u>Overall Female:</u>	Danielle Sullivan	1:04:18
<u>Overall Male:</u>	Chris Thomas	1:00:44
	Gary Walters	1:16:36
	Tom Gill	1:44:20



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Lifetime Fitness Triathlon-Minneapolis, MN (7/14/07) S 1.5k, B 40k, R 10k

www.lfttriathlon.com

Overall Female: Vanessa Fernandes 2:00:27
Jeanette Shelow-MacDougall 2:26:12

Overall Male: Greg Bennett 1:48:46

2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-15/07) www.usatriathlon.org

Overall Female: Leanda Cave 4:04:03

Overall Male: Julien Loy 3:30:11
Andrew Schupak 4:34:50

Musselman Triathlon (Half-IM)-Geneva, NY (7/15/07) S 1.2 mi., B 56 mi., R 13.1 mi.

www.musselmantri.com

Overall Female: Jennifer Coombs 4:55:32
Christene Spiezio 5:47:11

Overall Male: Ian Young 4:09:46
Terry Kerrigan (4th Overall) 4:17:24
Doug Thompson 5:17:45
Mike Vance 5:20:42
Gabriel Tenenbaum 5:40:51

Musselman Triathlon (Sprint)-Geneva, NY (7/15/07) S 500 yd., B 15 mi., R 3 mi.

www.musselmantri.com

Overall Female: Laurel Wassner 1:10:42

Overall Male: Matt Migonis 1:03:23
John McGovern (2nd Overall) 1:05:21
Bob Bomba 1:28:38



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Pine Bush Triathlon, Pine Bush, NY (7/15/07) S 325 yds., B 11.5, R 3.25

www.pinebushtriathlon.org

Overall Female: Barbara Sessa 0:58:46

Overall Male: Keith Murray 0:55:15

Art Boyko (1st M40-44) 0:57:04

Peter Oxenholm 1:15:33

New York City Triathlon-NYC, NY (7/22/07) S 1.5k, B 40k, R 10k www.nyctri.com

Overall Female: Emma Snowsill 1:57:23

Barbara Sessa (8th EFO*) 2:18:10

Jeanette Shelow-MacDougall (11th EFO*) 2:19:31

Mary DeNitto (1st F55-59) 2:40:55

Sue Metichecchia 2:59:14

*Elite Female Overall

Overall Male: Greg Bennett 1:47:38

Michael Donnelly (16th EMO*) 2:03:24

Zac Staszak 2:05:22

Ronnie Severino (2nd M35-39) 2:08:20

Charles Pegg 2:12:21

Mark Wilson 2:12:35

Art Boyko 2:12:54

Don Davis (3rd M60-64) 2:35:22

John Dowley 2:48:36

Shervyn Von Hoerl 3:06:03

Roger Roberson 3:11:32

*Elite Male Overall

2007 NYC Triathlon Club Challenge Champions-Hudson Valley Triathlon Club

Hudson Valley Triathlon-Kingston, NY(7/22/07) S .3 mi., B 12 mi., R 3 mi.

www.nytc.org

Overall Female: Nancy Stutman 1:33:26

Overall Male: Mike Halstead 1:18:20

Ben Munger (2nd M40-44) 1:37:04

Steven Pressman (2nd M55-59) 1:44:44

Patrick Nesbitt 1:58:20

Tom Gill 2:01:56



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Hudson Valley Biathlon-Kingston, NY(7/22/07) R 1 mi., B 12 mi., R 3 mi.

www.nytc.org

Overall Female: Katherine Walkden 1:47:13

Overall Male: John McGovern 1:15:58

New Jersey State Triathlon-Mercer County Park, NJ (7/22/07) S 1.5k, B 40k, R 10k

www.cgiracing.com

Overall Female: Catherine Sterling 2:07:25

Overall Male: David Silver 1:51:51
Steve Fischer 2:49:46

Ironman USA-Lake Placid, NY (7/22/07) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironmanusa.com

Overall Female: Belinda Granger 09:40:20
Jean Norton 11:30:07
Kathryn Flodquist 12:54:02
Mineke Etienne 15:03:22

Overall Male: Alex Mroszcyk-McDonald 09:16:02
Tom Ganz 12:54:03
Henry Collins 12:59:24

Littleton Appleman Triathlon-Littleton, MA (7/22/07) S .5 mi, B 10 mi., R 3 mi.

www.firm-racing.com

Overall Female: Elise VonHousen 1:02:44
Carol Covas 1:25:18
Linda Rosenthal (3rd F55-59) 1:39:41

Overall Male: Andy McCarron 0:57:10

Vineman Triathlon-Sonoma County, CA (7/22/07) S 1.2 mi., B 56 mi., R 13.1 mi.

www.vineman.com

Overall Female: Samantha McGlone 4:16:36
Pam Neimeth 5:59:11

Overall Male: Craig Alexander 3:50:49



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2007 Duathlon National Championship-Mason, OH (7/29/07) R 10k, B 40k, R 5k

www.usatriathlon.org

Overall Female: Amy Kloner 2:11:18

Overall Male: Jeff Miller 1:55:51
Myron Baker Sr. (3rd M55-59) 2:20:24

Newfoundland Ironman 70.3-Corner Brook, Newfoundland (Canada) (7/29/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmannewfoundland.com

Overall Female: Melissa Ashton 4:32:22

Overall Male: Craig Alexander 3:58:26
Art Boyko* 5:01:16

*Qualified Ironman 70.3 World Championship-Clearwater, FL

Springtown Sprint Duathlon Series-New Paltz, NY (7/29/07) R 2.25 mi., B 12 mi. R 2.25 mi. www.hvsports.net

Overall Female: Barbara Sessa 1:00:58
Jean Norton (2nd Overall) 1:04:04
Erica Ruge (3rd Overall) 1:05:15
Sue Metichecchia 1:16:21

Overall Male: Keith Strudler 0:54:58
Nick Brundage (2nd Overall) 0:58:40
Bob Gramling (3rd Overall) 0:59:45
Jim Stafford 1:00:12
Bob Bomba 1:10:48
Patrick Nesbitt 1:15:04

Grafton Lakes Off-Road Triathlon-Grafton Lake, NY (7/29/07) S 1k, B 20k, R 5k www.skyhighadventures.com

Overall Female: Sabra Davison 1:59:54

Overall Male: Paul Fronhofer 1:35:18
John Ferrara 2:45:22



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Sandy Beach Triathlon-Litchfield, CT (8/3/07) S .5 mi., B 10 mi., R 5k

www.greystoneracing.net

Overall Female: Cindy Anderson 1:09:34
Kathryn Flodquist (2nd Overall) 1:09:56

Overall Male: Paul McClosley 0:58:09
Tom Gill 1:28:54

Fronhofer Tool Triathlon-Cambridge, NY (8/4/07) S 1.5k, B 40k, R 10k

www.fronhofertooltriathlon.com

Overall Female: Lisa Dunn 2:19:08
Tomi Stern (3rd Overall) 2:32:23

Overall Male: Zac Staszak 2:03:01
Tom Ganz 2:23:57

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/5/07) S 1/2 mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

Overall Female: Jeanette Shelow-MacDougall 1:16:06

Overall Male: Curt Eggers 1:10:32
Mark Wilson (2nd M40-44) 1:13:14

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/07) S-1.5 k, B-40k, R-10k

www.ithacatriathlonclub.org

Overall Female: Christina Robeson 2:22:55

Overall Male: Matt Migonis 2:06:23
Bob Gramling (1st M50-54) 2:29:09
Steven Pressman 3:04:18



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Wilkes Barre Triathlon-Wilkes Barre, PA (8/5/07) S 1.5k, B 40k, R 11k

www.wilkesbarretriathlon.com

Overall Female: Kelly Ochreiter 2:26:08
Barbara Sessa (2nd Overall) 2:28:47

Overall Male: Andrew Yoder 2:02:24
John Ferrara 3:06:35

Nutmeg Lake Waramaug Sprint Triathlon-Washington, CT (8/11/07) S .5 mi., B 9.1 mi., R 3.1 mi. www.plattsys.com

Overall Female: Pascale Butcher 1:05:16

Overall Male: John Hirsch 0:59:55
Zac Staszak (3rd Overall) 1:00:18

Northern Columbia County Triathlon-Kinderhook, NY (8/11/07) S .25 mi., B 19.5 mi., R 4.5 mi. www.northerncolumbiatriathlon.com

Overall Female: Toni Weeks 1:41:14
Carol Covas 2:10:31
Linda Rosenthal (1st F55-59) 2:26:18

Overall Male: Damian Callahan 1:24:43
Art Boyko (1st M40-44) 1:33:02

Litchfield Hills Triathlon-New Hartford, CT (8/12/07) S 1.5k, B 40k, R 10k

www.hartfordmarathon.com

Overall Female: Rebecca Stephenson 2:32:01
Pam Neimeth (2nd F45-49) 2:55:12

Overall Male: Jeff Kotecki 2:16:16

Steelman Triathlon-Quakertown, PA (8/12/07) S 1.5k, B 40k, R 10k www.linmark.com

Overall Female: Samantha Bausher-Grybo 2:17:41

Overall Male: Adam Sierakowski 2:09:04
Steve Fischer 3:15:04



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HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/07) S 400 yds, B 12 mi., R 2 mi.

www.hvtc.net

<u>Overall Female:</u>	Jeanette Shelow-MacDougall*	0:54:32
	Barbara Sessa	0:56:06
	Jean Norton	0:56:27
	Tomi Stern	1:00:36
	Christene Spiezio	1:00:46
	Mary DeNitto	1:09:11
	Sue Metichecchia	1:10:00
	Lana Shannon	1:11:38
	Julie LoRusso	1:13:01
	Alicia Olmoz	1:14:52
	Linda Rosenthal	1:27:01
	Laila Walzer	1:39:50

*NEW Course Record

<u>Overall Male:</u>	Terry Kerrigan*	0:47:20
	Alex Sherwood	0:48:42
	Zac Staszak	0:50:59
	John McGovern	0:52:30
	Mark Wilson	0:53:13
	Bob Gramling	0:54:09
	Art Boyko	0:55:44
	Bill Norton	0:56:55
	Jim Demis	0:57:12
	Tom Ganz	0:57:21
	Jon Stern	0:58:20
	Janek Szablinski	0:58:53
	Patrick Murphy	1:00:11
	Ben Munger	1:00:28
	Jerry Deboever	1:00:57
	Don Davis	1:01:26
	John Ferrara	1:03:54
	Steven Pressman	1:04:33
	Mark Graminski	1:05:24
	Bob Bomba	1:05:28
	Nate Deboever	1:06:30
	Steve Fischer	1:08:37
	Roger Roberson	1:09:50
	Peter Oxenholm	1:10:21
	Larry Knapp	1:10:41



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Anthony Stronconi	1:13:12
Mitch Donner	1:20:18

*NEW Course Record

West Point Triathlon-West Point, NY (8/19/07) S 800 m, B 25k, R 5k

www.usma.edu/USCC/DCA/Clubs/trit/

<u>Overall Female:</u>	Ashley Morgan	1:09:35
	Barbara Sessa (2 nd Overall)	1:11:18
	Jean Norton (1 st F45-49)	1:13:00
	Mary DeNitto (1 st F55-59)	1:22:33

<u>Overall Male:</u>	Mike Llerandi	1:01:44
	Michael Donnelly (1 st M45-49)	1:05:25
	Bill Norton	1:13:59
	Gary Walters	1:15:32
	Don Davis (2 nd M60-64)	1:21:17
	John Ferrara	1:22:58

NY Tri Series Race #2-Harriman State Park, NY (8/19/07) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

<u>Overall Female:</u>	Carol Wilke	1:20:53
	Lana Shannon	1:42:14
	Linda Rosenthal (1 st F55-59)	2:09:14

<u>Overall Male:</u>	Arland Macasieb	1:13:38
	Jim Demis	1:23:51
	Gabriel Tenenbaum	1:29:03
	Steven Pressman (3 rd M55-59)	1:37:13

Timberman Half-Ironman Triathlon-Gilford, NH (8/18-19/07) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

<u>Overall Female:</u>	Desiree Ficker	4:25:54
	Kathryn Flodquist	5:41:31

<u>Overall Male:</u>	Simon Lessing	4:00:02
	Michael Bakker (2 nd M40-44)	4:38:27
	Mark Wilson	5:07:45
	Doug Thompson	5:07:49



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Patrick Murphy	5:49:54
Mark Graminski	6:28:45
Larry Knapp	7:07:56
Mitch Donner	7:44:51

Lums Pond Triathlon-Bear, DE (8/19/07) S .5 mi., B 19.5 mi., R 3.1 mi.

www.piranha-sports.com

Overall Female: Louise Nunan 1:24:33

Overall Male: Scoogie Snyder 1:16:59
Steve Fischer 1:46:04

Endurance Challenge Triathlon-Hillsborough, NC (8/25/07) S 500 meters (pool), B 16 mi., R 5k www.setupevents.com

Overall Female: Kat Clewley 1:17:37
Linda Rosenthal (1st F55-59) 2:10:01

Overall Male: William Harrison 1:08:16

Cranberry Country Triathlon-Lakeville, MA (8/26/07) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Overall Female: Julie Nievergelt 2:09:52
Jeanette Shelow-MacDougall (2nd F40-44) 2:19:59

Overall Male: Matt Nuffort 1:55:58

Ironman Kentucky-Louisville, Kentucky (8/26/07) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

Overall Female: Heather Gollnick 09:23:22
Mary DeNitto (2nd F55-59) 15:07:13

Overall Male: Chris McDonald 08:38:39



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Chicago Triathlon-Chicago, IL (8/26/07) S 1.5k, B 40k, R 10k

www.chicagotriathlon.com

Overall Female: Emma Snowsill 1:59:45

Overall Male: Greg Bennett 1:48:48

Zac Staszak 2:10:28

NorthEast Triathlon-North East, MD (8/26/07) S 1.5k, B 23.2 mi., R 10k [www.lin-](http://www.lin-mark.com)

[mark.com](http://www.lin-mark.com)

Overall Female: Ana Leonard 2:12:51

Overall Male: Adam Sierakowski 2:03:21

Steve Fischer 3:06:18

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/26/07) S 1.5k, B 40k,

R 10k www.teammossmann.com

Overall Female: Rebecca Stephenson 2:15:10

Overall Male: Terry Kerrigan 1:57:19

Springtown Sprint Duathlon Series-New Paltz, NY (8/26/07) R 2.25 mi., B 12 mi. R

2.25 mi. www.hvsports.net

Overall Female: Erica Ruge 1:05:26

Sue Meticecchia (2nd Overall) 1:15:03

Alicia Olmoz (3rd Overall) 1:17:48

Overall Male: Mike Halstead 0:57:15

John McGovern (2nd Overall) 0:57:46

Jim Stafford (3rd Overall) 0:57:52

Doug Thompson (1st M40-44) 0:59:03

Bob Gramling (1st M50-54) 0:59:06

Nick Brundage (1st M20-24) 0:50:46

Jon Stern (2nd M40-44) 1:05:32

Bob Bomba (2nd M30-34) 1:09:24



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

Overall Female: Vanessa Fernandes 1:53:27
Jeanette Shelow-MacDougall(14th F40-44)2:29:24

Overall Male: Daniel Unger 1:43:18

Lake George Triathlon-Lake George, NY (9/2/07) S 1.5k, B 40k, R 10k

www.adktri.org

Overall Female: Leslie Myers 2:22:41
Linda Rosenthal (2nd F55-59) 3:44:58

Overall Male: Patrick O'Keefe 2:05:18
Michael Donnelly(2nd M45-49) 2:11:33
Zac Staszak (1st M25-29) 2:12:10
Art Boyko (3rd M40-44) 2:17:57
Jon Stern 2:27:52
Gary Walters (3rd M50-54) 2:32:24
John Ferrara 2:50:29
Steven Pressman 2:51:06
Mark Graminski 3:05:45

Madison Triathlon-Madison, CT (9/8/07) S .5 mi., B 13 mi., R 3 mi.

www.plattsys.com

Overall Female: Jane Zee-Zoufaly 1:14:27
Kathryn Flodquist 1:18:11

Overall Male: Peter Daly 1:05:30

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (9/9/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

Overall Female: Megan Fix 5:13:50

Overall Male: Scout May 4:36:55
Tom Ganz (2nd M35-39) 5:16:05



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L.A. Triathlon-Los Angeles, CA (9/9/07) S 1.5k, B 40k, R 40k www.latriathlon.com

Overall Female: Emma Snowsill 2:00:45
Jeannette Shelow-MacDougall(7th EL Female) 2:28:23

Overall Male: Greg Bennett 1:51:49

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

Overall Female: Katherine Cimonetti 5:02:09
Tomi Stern 5:33:40
Jean Norton (1st F45-49) 5:39:30
Christene Spiezio (2nd F35-39) 5:52:22
Mary DeNitto (1st F55-59) 5:55:48
Sue Meticecchia 7:14:30

Overall Male: Keith Strudler 4:28:02
Mike Halstead (3rd Overall) 4:43:56
Alex Sherwood 4:44:55
Michael Bakker (1st M40-44) 5:00:59
Art Boyko (1st NYS Trooper, 3rd M40-44) 5:05:43
Mark Wilson 5:13:47
Charles Pegg 5:20:41
Myron Baker Sr. (1st M55-59) 5:25:03
Jim Demis 5:30:08
Gary Walters (2nd M50-54) 5:57:26
Patrick Murphy 6:03:03
Bob Bomba 6:13:35
Bill Norton 6:19:00

Mighty Hamptons-Sag Harbor, NY (9/16/07) S 1.5k, B 38k, R 10k www.swimpower.com

Overall Female: Karen Smyers 2:13:00

Overall Male: Grant Connelly 2:05:27
Andrew Schupak (2nd M40-44) 2:18:03



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Hammerfest Triathlon-Branford, CT (9/16/07) S .5 mi., B 13.5 mi., R 4 mi.

www.hammerfesttriathlon.com

Overall Female: Pascale Butcher 1:16:51
Kathryn Flodquist (2nd F40-44) 1:22:56

Overall Male: Peter Daly 1:08:49
Tom Gill 1:47:33

Women's Triathlon-Farmington, CT (9/16/07) S .5 mi., B 12 mi., R 5k

www.hartfordmarathon.com

Overall Female: Jen Lemieux 1:09:49
Lana Shannon 1:18:34

Bear Mountain Triathlon-Bear Mountain, NY (9/16/07) S .5 mi., B 13 mi., R 5k

www.triandduit.com

Overall Female: Jean Bohan 1:19:06

Overall Male: Chris Gebhardt 1:03:11
Michael Bakker (2nd Overall) 1:07:01
John McGovern (1st M40-44) 1:10:15

Danskin Triathlon-Sandy Hook, NJ (9/16/07) S .5 mi., B 11 mi., R 5k

www.danskin.com

Overall Female: Maggie Freeman 0:59:30
Julie LoRusso 1:18:04

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

Overall Female: Rebeccah Wassner 1:58:55
Jeanette Shelow-MacDougall*(1st F40-44) 2:12:35
Mary DeNitto* (1st F55-59) 2:38:26
Mineke Etienne 3:04:26

*Qualified-2008 Escape From Alcatraz

Overall Male: Eric Limkemann 1:51:55
Zac Staszak* (1st M25-29) 2:07:00
Charles Pegg 2:10:30

*Qualified-2008 Escape From Alcatraz



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Lake Compounce Triathlon-Bristol, CT (9/23/07) S 700 yds., B 13 mi., R 5k

www.greystoneracing.net

<u>Overall Female:</u>	Kathryn Flodquist	1:12:23
<u>Overall Male:</u>	William Schumann	1:00:51

Nutmeg Half Ironman-New Preston, CT (9/23/07) S 1.2 mi., B 56 mi., R 13.1 mi.

www.endureit.com

<u>Overall Female:</u>	Caitlin Shea-Kenney	5:11:23
	Pam Neimeth (2 nd F45-49)	6:45:55
<u>Overall Male:</u>	Janda Ricci Munn	4:28:56

Patriot's Triathlon-Bath, PA (9/23/07) S 650 meters, B 24k, R 5k www.piranha-sports.com

<u>Overall Female:</u>	Jessica Chong	1:14:15
<u>Overall Male:</u>	Brian Lovett	1:07:41
	Steve Fischer	1:30:33

Finger Lakes Triathlon-Canandaigua, NY (9/23/07) S 1.5k, B 40k, R 10k

www.score-this.com

<u>Overall Female:</u>	Erika Foster	2:18:31
<u>Overall Male:</u>	Carl Johnston	2:01:51
	Mitch Donner	3:07:47

Mightyman 1/2 Ironman Triathlon-Montauk, NY (9/30/07) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

<u>Overall Female:</u>	Liz Vitai	4:50:00
<u>Overall Male:</u>	Mike Halstead	4:25:39
	Art Boyko (1 st M40-44)	4:47:01
	Andrew Schupak (2 nd M40-44)	4:52:12



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Wilmington YMCA Triathlon-Wilmington, NC (9/30/07) S 1.5k, B 20k, R 5k

www.setupevents.com

Overall Female: Stacey Richardson 1:10:41
Linda Rosenthal 2:07:06

Overall Male: Matthew Wisthoff 1:03:23

OCTOBER

Central Park Biathlon-New York, NY (10/7/07) R 2.2 mi., B 12 mi., R 2.2 mi.

www.nytc.org

Overall Female: Kristin Budden 1:05:09
Alicia Olmoz 1:21:21
Julie LoRusso 1:25:50

Overall Male: Keith Strudler 0:55:57
Mitch Donner 1:21:26

Cedar Beach Triathlon-Miller Place, NY (10/7/07) S ¾ mi., B 17 mi., R 3 mi.

www.triandduit.com

Overall Female: Amy Noll 1:27:40
Tara Pipia 1:56:51

Overall Male: Kevin Cunningham 1:22:53

Ironman Triathlon World Championship (10/13/07) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironinfoironmanlive.com

Overall Female: Chrissie Wellington 09:08:45
Jean Norton 13:52:41

Overall Male: Chris McCormack 08:15:34



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

Overall Female: Kate Kelly 09:59:34

Overall Male: Josh Beck 07:05:21

Mike Halstead* (2nd Overall) 07:34:35

Michael Bakker (3rd Overall) 07:35:02

*SOS/AZ Double Winner

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

Overall Female: Andrea Bell 3:30:36

Overall Male: Mark DeLuccia 2:48:32

Myron Baker Sr. (1st M55-59) 3:13:15

Tom Ganz (2nd M35-39) 3:17:57

Don Davis (1st M60-64) 4:08:58

Patrick Nesbitt 4:23:16

US Open Triathlon (Lifetime Fitness Championship)-Dallas, TX (10/14/07) S 1.5k, B 40k, R 10k www.usopentriathlon.com

Overall Female: Sarah Haskins 1:55:45

Jeanette Shelow-MacDougall(16th EliteFemale)2:22:26

Overall Male: Greg Bennett 1:44:41



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2006 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least 3 USA Triathlon Sanctioned races that year; i.e. S.O.S., New York City Triathlon and Cayuga Lake Triathlon.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Jeanette Shelow-MacDougall	F40-44	AA	90.8566	17
Barbara Sessa	F40-44	AA	88.9722	44
Jean Norton	F40-44	AA	86.8383	78
Lauren Warren	F40-44	HM	84.2786	127
Mari Flores	F30-34		82.2965	255
Kathryn Flodquist	F40-44		80.9899	229
Mary DeNitto	F55-59	AA	77.7577	12
Pam Neimeth	F45-49		76.8410	239
Christine Honig	F35-39		71.7541	922
Star Walters	F50-54		71.6222	172
Michele Yasson	F45-49		63.0684	848
Linda Rosenthal	F55-59		54.7865	222

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>				
Mike Halstead	M40-44	AA	96.8499	1
Alex Sherwood	M30-34	AA	96.0795	17
John McGovern	M40-44	AA	88.2500	103
Charles Pegg	M35-39	AA	88.0429	149
Zac Staszak	M25-29		86.0843	207
Travis Turner	M30-34	HM	85.9013	241
Mike Vance	M25-29		85.6792	229
Mark Wilson	M35-39	HM	85.0058	324
Mark De Luccia	M30-34	HM	84.6434	313
Andrew Schupak	M35-39	HM	84.0247	410
Art Boyko	M40-44	HM	83.3481	339
Bob Gramling	M50-54	AA	83.0860	63
Michael Bakker	M40-44		82.3278	409
Michael Noel	M20-24		78.7339	328
Doug Thompson	M40-44		76.7555	992



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Tom Ganz	M35-39	75.4349	1476
Bill Norton	M50-54	74.5521	365
Gary Walters	M50-54	73.1290	451
Patrick Murphy	M35-39	72.2080	2086
Bill Pape	M50-54	69.3881	300
Bob Bomba	M30-34	68.1817	2074
Steve Fischer	M45-49	61.1731	2269
Tom Gill	M50-54	60.8181	1289
Shervyn Von Hoerl	M30-34	54.1336	3135

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

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

2006 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2006 HVTC Volunteer of the Year Award: **Tom Ganz**

2006 HVTC Most Improved Award: **Steve Fischer**

2006 HVTC Rookie of the Year Award: **Sue Meticecchia**

2006 HVTC Honorable Mention Award: **Jean Norton**

2006 HVTC Honorable Mention Award: **Jeanette Shelow-MacDougall**

2006 HVTC Honorable Mention Award: **Terry Kerrigan**

2006 HVTC Honorable Mention Award: **Mike Halstead**

2006 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2006 HVTC Male Triathlete of the Year Award: **Alex Sherwood**

2006 HVTC Special Qualifiers

Bakker, Michael-Ironman World Championship

Boyko, Art-Ironman 70.3 World Championship

DeNitto, Mary-Ironman 70.3 World Championship, Ironman World Championship

Gramling, Bob-Ironman World Championship

Halstead, Mike-Xterra World Championship

Neimeth, Pam-Ironman 70.3 World Championship

Norton, Jean-ITU Duathlon World Championship, Ironman 70.3 World Championship

Pegg, Charles-Escape From Alcatraz

Schupak, Andrew-2007 ITU Long Course Triathlon World Championships

Sessa, Barbara-Ironman 70.3 World Championship

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

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

Staszak, Zac-Escape From Alcatraz

Wilson, Mark-Ironman 70.3 World Championship



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2006 HVTC Summer Tri-Series Winners

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

2nd Place: **Mari Flores**

3rd Place: **Maureen Shilkunas**

4th Place: **Lauren Warren**

5th Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2nd Place: **Ronnie Severino**

3rd Place: **Michael Donnelly**

4th Place: **Terry Kerrigan**

5th Place: **John McGovern**

2006 HVTC Summer Tri-Series Course Records

Christine Honig-Swim (9:18)

Barbara Sessa-Bike (33:32)

Art Boyko-Swim (7:55)

Jeanette Shelow-MacDougall-Course Record (57:33)

Alex Sherwood-Run (10:43)

Alex Sherwood-Course Record (49:58)

ANNOUNCEMENTS

- **2008 HVTC Summer Tri-Series.** 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 \$200.00 membership** is valid from January 1st-December 31st.



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