



# Hudson Valley Triathlon Club



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

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**Volume VII, Issue No. 78**

**November 2007**

## IN A FEW WORDS

Dear HVTC,

I am thankful to be a part of HVTC! I am thankful for the beautiful people in this club that help me grow, be a good person and successful triathlete. I am thankful for my work as a triathlon coach. I am thankful for my wife Rosa. I am thankful to be alive. Oh, yeah, one more thing...I am thankful for good desserts! See ya out there.

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



Photo: Scott Schaffrick

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

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# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007



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

## **HVTC Featured Athlete: Nick Brundage**

By Mark H. Wilson

Have you ever fantasized about being 22 again and becoming a professional triathlete? Have you ever hallucinated that you were extremely talented and had tons of potential? Have you ever imagined being surrounded by awesome athletes and coaches in your local club to help you realize your dream? Well, guess what? Our Featured Athlete of the Month, Nick Brundage, is on the cusp of such a creation and he's got everything it takes to make it stick. (Oops! Please excuse the drool.) Let's see what led him to triathlon!



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

Nick grew-up in Hurley, New York (made famous in the hysterical 80's flick *Tootsie* starring Dustin Hoffman). He attended Kingston High School and then went to SUNY Delhi for Metal Fabrication. In high school he wrestled/ran track for 5 years and cross country for 2 years. In college, he did 1 year of cross country and 1 year track. In high school, Nick was a 3-Time State Qualifier in track and cross country; and a 2-time medalist in track. He was also 7<sup>th</sup> Overall 4 x 800 relay in the NJCAA Nationals. As the need for ice cream and something new began calling, he took the last year off; to prepare his body for triathlon, of course. Good thinkin'!

He currently lives in Hurley with his lovely parents (Donna & Bill) and is "goin' steady" with Caitlin McElrath; "No kids, I'm way too young!" Until the triathlon earnings begin flowing Nick is a professional metal fabricator for Universal Metal Fabrication. (Does that mean he can make bike frames? Hmm, very interesting.) In his spare time he enjoys archery, creating metal sculptures, painting/drawing.

His first triathlon was at the 2006 HVTC Summer Tri-Series #2 and since then everyone thinks he's nuts for competing in triathlons; welcome to the sport. Nick was a lifeguard at the Lake and this Wilson guy kept sneakin' up on him and asking him when he was gonna become a triathlete and join HVTC; summer, after summer, after summer!! The determination (okay, pestering) worked and Nick finally took the tri-plunge and is totally loving it. Make no mistake; this young man has what it takes to really excel and make us all at HVTC proud; not to mention his parents!

As mentioned above, Nick was a standout runner and during his Senior year at the Indoor State Qualifiers a "miracle" happened. He was racing in the 1,000 meters as were all of the top elite runners in the region; at the final 200 meter mark he was in 5<sup>th</sup> place. Then all of a sudden the guy in front of him fell putting him in 4th. Then, incredibly, 10 feet from the finish another guy fell to the ground right next to Nick, advancing him to 3<sup>rd</sup> and qualifying him for states. Yes!!!

Although Nick is new to duathlon/triathlon, he's got good past racing experience with the taste of victory in his veins. His first few multisport race results aren't too shabby, either; Trooper Biathlon (2006-2<sup>nd</sup> M20-24, 2007-1<sup>st</sup> M20-24), 2007 Springtown Sprint Duathlon Series (2<sup>nd</sup> Points Overall), 2007 Brandywine Duathlon (1<sup>st</sup> M20-24), 2007 Woodstock Duathlon (3<sup>rd</sup> Overall), and 2007 HVTC Summer Tri-Series (#1-7<sup>th</sup> Overall, #4-6<sup>th</sup> Overall). Not bad for one year under the belt!

Nick's goals are clear-cut; short-term, get faster. Long-term, become a professional triathlete. 'Nough said! Nick says "It's as if I was born to be doing this!" He likes the challenge it provides; both physical and mental. He tells everyone about the sport, yet he admits triathlon is quite addicting. "It's the most difficult and rewarding sport." His



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

mental outlook is what's most intriguing; he thinks about racing while at work, unlike some folks who think most often about training. Get this, he visualizes what/how he did at the last race and what he can do to improve for the upcoming event. He's got confidence to boot; "I've always considered myself a very competitive and strong athlete, from wrestling to running to triathlons. I love being a perfectionist when it comes to sports; each race that I compete in I always take to heart." May the best dreamer win! Thanks, Nick.

## THE GOOD DOCTOR SAYS

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

Stay tuned for another wonderful article in the December issue!

**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](mailto:mail@drness.com)**



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## 2008 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

(Need to find a race somewhere in the United States? For a complete listing of USAT sanctioned races with event location and contact information go to [www.usatriathlon.org](http://www.usatriathlon.org) and click "calendar.")

### FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/??/08) S 15 min., B 15 min., R 15 min. [www.cdymca.org](http://www.cdymca.org)

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

### MARCH

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

### APRIL

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

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

2007 ITU Short Course Duathlon World Championship-Richmond, VA (4/27/08)

### MAY

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

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

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .6 mi., B 19 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

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

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

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

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

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

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

King of the Hill Xterra Triathlon-Lebanon, NJ (5/??/08) S .5 mi., B 12 mi., R 4 mi. [www.xterraplanet.com/race/schedule.html](http://www.xterraplanet.com/race/schedule.html)

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

## JUNE

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/6-8/08) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/29/08) S 1.2 mi., B 56 mi., R 13.1 mi.**

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

## JULY

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

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

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

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

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

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

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

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

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

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

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

**Grafton Lakes Off Road Triathlon-Grafton, NY (7/??/08) S 0.9mi, Mtn B 14mi, R 5mi. [www.skyhighadventures.com](http://www.skyhighadventures.com)**





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## AUGUST

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

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

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

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

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

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

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

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

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

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

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

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

Lake George Triathlon-Lake George, NY (8/31/08) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)

## SEPTEMBER

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

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

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

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

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

Crystal Lake Triathlon-Crystal Lake, NY (9/??/08) S .5 mi., B 18 mi., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)

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

Skylands Triathlon-Clinton, NJ (9/??/08) S ½ mi., B 14.1 mi., R 5k [www.lin-mark.com](http://www.lin-mark.com)

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## OCTOBER

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/05/08) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)

Ironman Triathlon World Championship (10/11/08) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)

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

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

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

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

Toga! Biathlon-Congers, NY (10/??/08) R 4.25k, B 24k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

## NOVEMBER

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

Ford 70.3 World Championship-Clearwater, FL (11/??/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmanlive.com](http://www.ironmanlive.com)

## AT THE RACES

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

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

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## RESULTS

### FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/25/07) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://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 <sup>st</sup> 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](http://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

### APRIL

March Madness Biathlon-New York, NY (4/1/07) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Christine Dunnery	1:05:04
	Jeanette Shelow-MacDougall(2 <sup>nd</sup> OA)	1:07:04
<u>Overall Male:</u>	Brendan Corcoran	0:59:25



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

## **Brandywine Duathlon-Delaware City, DE (4/14/07) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Overall Female:** Kerri Robbins 1:32:16

**Overall Male:** Chris Ganter 1:19:45  
Nick Brundage (1<sup>st</sup> 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](http://www.satriathlon.com)**

**Overall Female:** Michelle Dillon 1:57:45  
Jeanette Shelow-MacDougall 2:21:49  
Jean Norton (2<sup>nd</sup> 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](http://www.nytc.org)**

**Overall Female:** Kristen Budden 1:36:16

**Overall Male:** Terry Kerrigan 1:18:51  
Doug Thompson (3<sup>rd</sup> M40-44) 1:28:56

## **Trooper Biathlon-Hurley, NY (5/6/07) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Jean Norton 1:08:44  
Jeanette Shelow-MacDougall(2<sup>nd</sup> OA) 1:10:42  
Christene Spiezio (1<sup>st</sup> F35-39) 1:16:54  
Kathryn Flodquist (2<sup>nd</sup> F40-44) 1:17:49  
Pam Neimeth (1<sup>st</sup> F45-49) 1:20:06  
Mary DeNitto (1<sup>st</sup> F55-59) 1:21:21  
Jan Pollo 1:25:13  
Sue Metichecchia (2<sup>nd</sup> F45-49) 1:32:39  
Carol Covas 1:39:48

**Overall Male:** Alex Sherwood 1:01:40  
John McGovern (2<sup>nd</sup> Overall) 1:02:47  
Michael Bakker (3<sup>rd</sup> Overall) 1:03:38  
Charles Pegg (2<sup>nd</sup> M35-39) 1:06:27  
Michael Vance (1<sup>st</sup> M25-29) 1:06:44



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

Mark Wilson (2 <sup>nd</sup> M40-44)	1:07:17
Nick Brundage (1 <sup>st</sup> M20-24)	1:08:29
Bouazza Abidi (3 <sup>rd</sup> M35-39)	1:10:42
Gary Walters (2 <sup>nd</sup> 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

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

**Overall Female:** Katherine Ward 1:48:56

**Overall Male:** Todd Wiley 1:32:09  
John Ferrara (3<sup>rd</sup> 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](http://www.genesisadventures.com)**

**Overall Female:** Christine Dunnery 2:36:59  
Kathryn Flodquist (1<sup>st</sup> F40-44) 3:00:12

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

## **MetroMan-Long Branch, NJ (5/20/07) S .6 mi., B 12 mi., R 5k [www.sunsetracing.com](http://www.sunsetracing.com)**

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

**Overall Male:** Eric Marquard 1:00:40



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

<b>Overall Male:</b>	John McGovern	0:59:17
	Mark Wilson (1 <sup>st</sup> M40-44)	1:01:43
	Art Boyko (3 <sup>rd</sup> M40-44)	1:02:25
	Bob Gramling (2 <sup>nd</sup> M50-54)	1:05:06
	Doug Thompson	1:06:22
	Mike Vance (1 <sup>st</sup> M25-29)	1:07:43
	Gary Walters	1:10:20
	Mike Hargrove	1:16:16
	Steven Pressman (3 <sup>rd</sup> 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](http://www.escapefromalcatraztriathlon.com)

<b>Overall Female:</b>	Leanda Cave	2:18:47
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> F40-44)	2:46:51

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

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

<b>Overall Female:</b>	Julie Gliesing	2:27:47
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<b>Overall Male:</b>	Mitch West	2:12:14
	Zac Staszak (1 <sup>st</sup> M25-29)	2:17:46



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

**Overall Female:** Laurel Wassner 1:57:55

**Overall Male:** Gary Jensen 1:51:06

Andrew Schupak (3<sup>rd</sup> 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](http://www.tricolumbia.org)

**Overall Female:** Natascha Badmann 4:08:17

Jean Norton 5:08:42

Kathryn Flodquist 5:15:01

Mary DeNitto\* (2<sup>nd</sup> F55-59) 5:28:20

Pam Neimeth 5:29:07

**Overall Male:** TJ Tollakson 3:46:28

Terry Kerrigan 4:06:39

Alex Sherwood\* (5<sup>th</sup> M30-34) 4:20:28

Mike Halstead\* (6<sup>th</sup> M40-44) 4:23:08

Art Boyko 4:38:28

Gary Walters 5:13:12

\*TDKS (Turned Down Kona Slot)

## 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](http://www.keukalaketri.com)

**Overall Female:** Ericka Foster 2:28:36

**Overall Male:** Carl Johnston 2:08:26

John Ferrara 2:58:49





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

<u>Overall Female:</u>	Shannon Puzio	1:25:45
<u>Overall Male:</u>	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](http://www.hvtc.net)

<u>Overall Female:</u>	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
<u>Overall Male:</u>	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
	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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

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](http://www.wyckoffymca.org)

<u>Overall Female:</u>	Claudia Kretschman	1:38:51
<u>Overall Male:</u>	Chris Gebhardt	1:23:51
	Tom Eanelli	2:41:35

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

[www.patgriskustri.com](http://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 <sup>st</sup> F55-59)	4:21:40
<u>Overall Male:</u>	Chris Thomas	2:11:10
	John McGovern (1 <sup>st</sup> M40-44)	2:12:54
	Zac Staszak (2 <sup>nd</sup> M25-29)	2:22:16
	Mike Hargrove	3:03:08

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

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

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

**Overall Female:** Erica Ruge 1:07:24  
Sue Meticecchia (2<sup>nd</sup> F45-49) 1:14:50

**Overall Male:** John McGovern 0:54:48  
Mike Halstead (2<sup>nd</sup> Overall) 0:55:32  
Jim Stafford (1<sup>st</sup> M40-44) 0:55:23  
Nick Brundage (1<sup>st</sup> M25-29) 0:58:33  
Doug Thompson (2<sup>nd</sup> M40-44) 0:58:39  
Mark Wilson (3<sup>rd</sup> M40-44) 0:58:49  
Bob Gramling (1<sup>st</sup> M50-54) 1:01:15  
Bob Bomba (2<sup>nd</sup> M25-29) 1:15:05  
Patrick Nesbitt 1:15:09

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

**Overall Female:** Rebecca Wassner 2:01:12  
Jeanette Shelow-MacDougall (1<sup>st</sup> 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](http://www.ironman.com)

**Overall Female:** Kim Young 10:27:55

**Overall Male:** Victor Zyemtsev 08:33:32  
Terry Kerrigan (12<sup>th</sup> Overall) 09:21:20

## Westchester Medical Center Biathlon-Valhalla, NY (6/24/07) R 2 mi., B 15 mi., R 2 mi. [www.nytc.org](http://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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

**2007 USAT National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://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](http://www.northcountrytri.com)**

**Overall Female:** Heidi Underwood 2:34:11

**Overall Male:** Zac Staszak 2:13:06  
Steven Pressman (3<sup>rd</sup> 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](http://www.tupperlakeinfo.com)**

**Overall Female:** Leslie Myers 2:05:30  
Christene Spiezio (1<sup>st</sup> F35-39) 2:16:48

**Overall Male:** Matt Migonis 1:45:43  
Mark Wilson (1<sup>st</sup> M40-44) 1:58:27  
Mike Vance (1<sup>st</sup> M25-29) 1:59:28  
Art Boyko (2<sup>nd</sup> M40-44) 2:00:51

**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](http://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<sup>th</sup> Overall) 4:23:46  
Michael Bakker 4:32:39  
Bob Gramling 5:12:01



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## JULY

### Patriot Half Ironman Triathlon-Freetown, MA (7/1/07) S 1.3 mi., B 59 mi., R 13.5 mi. [www.patriohalf.com](http://www.patriohalf.com)

<b><u>Overall Female:</u></b>	Lisbeth Kenyon	4:54:36
	Mary DeNitto (1 <sup>st</sup> F55-59)	5:46:07
	Pam Neimeth	5:51:01

<b><u>Overall Male:</u></b>	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](http://www.mountaineertri.com)

<b><u>Overall Female:</u></b>	Heather Gollnick	4:35:04
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<b><u>Overall Male:</u></b>	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](http://www.piranha-sports.com)

<b><u>Overall Female:</u></b>	Sally Speck	2:21:51
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<b><u>Overall Male:</u></b>	Scoogie Snyder	2:04:59
	Steve Fischer	3:00:47

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

<b><u>Overall Female:</u></b>	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

<b><u>Overall Male:</u></b>	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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

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

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

<b><u>Overall Female:</u></b>	Vanessa Fernandes	2:00:27
	Jeanette Shelow-MacDougall	2:26:12
<b><u>Overall Male:</u></b>	Greg Bennett	1:48:46

## **2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-**

**15/07) [www.usatriathlon.org](http://www.usatriathlon.org)**

<b><u>Overall Female:</u></b>	Leanda Cave	4:04:03
<b><u>Overall Male:</u></b>	Julien Loy	3:30:11
	Andrew Schupak	4:34:50



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 78 November 2007

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

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

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

**Overall Male:** Ian Young 4:09:46  
Terry Kerrigan (4<sup>th</sup> 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](http://www.musselmantri.com)

**Overall Female:** Laurel Wassner 1:10:42

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

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

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

**Overall Female:** Barbara Sessa 0:58:46

**Overall Male:** Keith Murray 0:55:15  
Art Boyko (1<sup>st</sup> 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](http://www.nyctri.com)

**Overall Female:** Emma Snowsill 1:57:23  
Barbara Sessa (8<sup>th</sup> EFO\*) 2:18:10  
Jeanette Shelow-MacDougall (11<sup>th</sup> EFO\*) 2:19:31  
Mary DeNitto (1<sup>st</sup> F55-59) 2:40:55  
Sue Meticecchia 2:59:14

\*Elite Female Overall

**Overall Male:** Greg Bennett 1:47:38  
Michael Donnelly (16<sup>th</sup> EMO\*) 2:03:24



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

Zac Staszak	2:05:22
Charles Pegg	2:12:21
Mark Wilson	2:12:35
Art Boyko	2:12:54
Don Davis (3 <sup>rd</sup> 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.nyc.org](http://www.nyc.org)

Overall Female: Nancy Stutman 1:33:26

Overall Male: Mike Halstead 1:18:20  
Ben Munger (2<sup>nd</sup> M40-44) 1:37:04  
Steven Pressman (2<sup>nd</sup> M55-59) 1:44:44  
Patrick Nesbitt 1:58:20  
Tom Gill 2:01:56

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

[www.nyc.org](http://www.nyc.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](http://www.cgiracing.com)

Overall Female: Catherine Sterling 2:07:25

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





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

<b><u>Overall Female:</u></b>	Belinda Granger	09:40:20
	Jean Norton	11:30:07*
	Kathryn Flodquist	12:54:02
	Mineke Etienne	15:03:22

\*Qualified-2007 Ironman Triathlon World Championship

<b><u>Overall Male:</u></b>	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](http://www.firm-racing.com)

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

<b><u>Overall Male:</u></b>	Andy McCarron	0:57:10
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## Vineman Triathlon-Sonoma County, CA (7/22/07) S 1.2 mi., B 56 mi., R 13.1 mi.

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

<b><u>Overall Female:</u></b>	Samantha McGlone	4:16:36
	Pam Neimeth	5:59:11

<b><u>Overall Male:</u></b>	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](http://www.usatriathlon.org)

<b><u>Overall Female:</u></b>	Amy Kloner	2:11:18
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<b><u>Overall Male:</u></b>	Jeff Miller	1:55:51
	Myron Baker Sr. (3 <sup>rd</sup> M55-59)	2:20:24



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## 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](http://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](http://www.hvsports.net)

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

**Overall Male:** Keith Strudler 0:54:58  
Nick Brundage (2<sup>nd</sup> Overall) 0:58:40  
Bob Gramling (3<sup>rd</sup> 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](http://www.skyhighadventures.com)

**Overall Female:** Sabra Davison 1:59:54

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

## Sandy Beach Triathlon-Litchfield, CT (8/3/07) S .5 mi., B 10 mi., R 5k [www.greystoneracing.net](http://www.greystoneracing.net)

**Overall Female:** Cindy Anderson 1:09:34  
Kathryn Flodquist (2<sup>nd</sup> Overall) 1:09:56

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

<b><u>Overall Female:</u></b>	Lisa Dunn	2:19:08
	Tomi Stern (3 <sup>rd</sup> Overall)	2:32:23
<b><u>Overall Male:</u></b>	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](http://www.ithacatriathlonclub.org)

<b><u>Overall Female:</u></b>	Jeanette Shelow-MacDougall	1:16:06
<b><u>Overall Male:</u></b>	Curt Eggers	1:10:32
	Mark Wilson (2 <sup>nd</sup> 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](http://www.ithacatriathlonclub.org)

<b><u>Overall Female:</u></b>	Christina Robeson	2:22:55
<b><u>Overall Male:</u></b>	Matt Migonis	2:06:23
	Bob Gramling (1 <sup>st</sup> M50-54)	2:29:09
	Steven Pressman	3:04:18

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

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

<b><u>Overall Female:</u></b>	Kelly Ochreiter	2:26:08
	Barbara Sessa (2 <sup>nd</sup> Overall)	2:28:47
<b><u>Overall Male:</u></b>	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](http://www.plattsys.com)

<b><u>Overall Female:</u></b>	Pascale Butcher	1:05:16
<b><u>Overall Male:</u></b>	John Hirsch	0:59:55
	Zac Staszak (3 <sup>rd</sup> Overall)	1:00:18



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

<u>Overall Male:</u>	Damian Callahan	1:24:43
	Art Boyko (1 <sup>st</sup> M40-44)	1:33:02

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

<u>Overall Female:</u>	Rebecca Stephenson	2:32:01
	Pam Neimeth (2 <sup>nd</sup> F45-49)	2:55:12

<u>Overall Male:</u>	Jeff Kotecki	2:16:16
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Steelman Triathlon-Quakertown, PA (8/12/07) S 1.5k, B 40k, R 10k [www.lin-mark.com](http://www.lin-mark.com)

<u>Overall Female:</u>	Samantha Bausher-Grybo	2:17:41
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<u>Overall Male:</u>	Adam Sierakowski	2:09:04
	Steve Fischer	3:15:04

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

<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
	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/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

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

<u>Overall Male:</u>	Mike Llerandi	1:01:44
	Michael Donnelly (1 <sup>st</sup> M45-49)	1:05:25
	Bill Norton	1:13:59



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

Gary Walters	1:15:32
Don Davis (2 <sup>nd</sup> 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](http://www.nytc.org)

<u>Overall Female:</u>	Carol Wilke	1:20:53
	Lana Shannon	1:42:14
	Linda Rosenthal (1 <sup>st</sup> 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 <sup>rd</sup> 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](http://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 <sup>nd</sup> M40-44)	4:38:27
	Mark Wilson	5:07:45
	Doug Thompson	5:07:49
	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](http://www.piranha-sports.com)

<u>Overall Female:</u>	Louise Nunan	1:24:33
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<u>Overall Male:</u>	Scoogie Snyder	1:16:59
	Steve Fischer	1:46:04



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

**Overall Female:** Kat Clewley 1:17:37  
Linda Rosenthal (1<sup>st</sup> 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](http://www.cranberrycountrytri.com)

**Overall Female:** Julie Nievergelt 2:09:52  
Jeanette Shelow-MacDougall (2<sup>nd</sup> 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](http://www.ironman.com)

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

**Overall Male:** Chris McDonald 08:38:39

## Chicago Triathlon-Chicago, IL (8/26/07) S 1.5k, B 40k, R 10k [www.chicagotriathlon.com](http://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-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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/26/07) S 1.5k, B 40k, R 10k [www.teammossman.com](http://www.teammossman.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](http://www.hvsports.net)

**Overall Female:** Erica Ruge 1:05:26  
Sue Metichecchia (2<sup>nd</sup> Overall) 1:15:03  
Alicia Olmoz (3<sup>rd</sup> Overall) 1:17:48

**Overall Male:** Mike Halstead 0:57:15  
John McGovern (2<sup>nd</sup> Overall) 0:57:46  
Jim Stafford (3<sup>rd</sup> Overall) 0:57:52  
Doug Thompson (1<sup>st</sup> M40-44) 0:59:03  
Bob Gramling (1<sup>st</sup> M50-54) 0:59:06  
Nick Brundage (1<sup>st</sup> M20-24) 0:50:46  
Jon Stern (2<sup>nd</sup> M40-44) 1:05:32  
Bob Bomba (2<sup>nd</sup> M30-34) 1:09:24

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

**Overall Female:** Vanessa Fernandes 1:53:27  
Jeanette Shelow-MacDougall(14<sup>th</sup> 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](http://www.adktri.org)

**Overall Female:** Leslie Myers 2:22:41  
Linda Rosenthal (2<sup>nd</sup> F55-59) 3:44:58

**Overall Male:** Patrick O'Keefe 2:05:18  
Michael Donnelly(2<sup>nd</sup> M45-49) 2:11:33  
Zac Staszak (1<sup>st</sup> M25-29) 2:12:10  
Art Boyko (3<sup>rd</sup> M40-44) 2:17:57





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

Jon Stern	2:27:52
Gary Walters (3 <sup>rd</sup> 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](http://www.plattsys.com)

<b>Overall Female:</b>	Jane Zee-Zoufaly	1:14:27
	Kathryn Flodquist	1:18:11

<b>Overall Male:</b>	Peter Daly	1:05:30
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## 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](http://www.vermontsun.com)

<b>Overall Female:</b>	Megan Fix	5:13:50
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<b>Overall Male:</b>	Scout May	4:36:55
	Tom Ganz (2nd M35-39)	5:16:05

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

<b>Overall Female:</b>	Emma Snowsill	2:00:45
	Jeannette Shelow-MacDougall(7th EL Female)	2:28:23*

\*Qualified-2007 Lifetime Fitness National Championship

<b>Overall Male:</b>	Greg Bennett	1:51:49
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## S.O.S.-New Paltz, NY(9/9/07) B 30mi., R 19mi., S .5mi.,R.7mi.

[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

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

<b>Overall Male:</b>	Keith Strudler	4:28:02
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# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

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

Overall Female:

Jeanette Shelow-MacDougall	0:55:17
Kathryn Flodquist	0:59:47
Christine Spiezio	1:01:05
Jean Norton	1:02:10
Tomi Stern	1:03:25
Tara Pipia	1:07:58
Lana Shannon	1:09:25
Mary DeNitto	1:09:52
Julie LoRusso	1:12:07
Sue Metichecchia	1:12:10
Alicia Olmoz	1:12:12
Linda Rosenthal	1:25:08
Kathleen Francese	1:29:01

Overall Male:

Mike Halstead	0:50:03
Michael Bakker	0:51:36
Zac Staszak	0:51:50
Michael Donnelly	0:52:02
Mark Wilson	0:52:19
Nick Brundage	0:53:44
Art Boyko	0:54:30
Bob Gramling	0:54:43
Tom Ganz	0:57:23
Bill Norton	0:57:28
Jon Stern	0:57:54



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

Janek Szablinski	0:58:00
Jerry Deboever	0:59:37
Jim Demis	1:01:39
Matt Merchant	1:01:51
John Ferrara	1:02:06
John Dowley	1:04:19
Nate Deboever	1:04:26
Steven Pressman	1:06:04
Steven Fischer	1:07:27
Peter Oxenholm	1:07:39
Larry Knapp	1:11:28
Mitch Donner	1:12:53

## **Mighty Hamptons-Sag Harbor, NY (9/16/07) S 1.5k, B 38k, R 10k**

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

**Overall Female:** Karen Smyers 2:13:00

**Overall Male:** Grant Connelly 2:05:27  
Andrew Schupak (2<sup>nd</sup> M40-44) 2:18:03

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

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

**Overall Female:** Pascale Butcher 1:16:51  
Kathryn Flodquist (2<sup>nd</sup> 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](http://www.hartfordmarathon.com)

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

**Overall Female:** Jean Bohan 1:19:06

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

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

[www.danskin.com](http://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](http://www.westchestertriathlon.com)**

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

\*Qualified-2008 Escape From Alcatraz

†Qualified-2008 ITU Age Group World Championship

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

\*Qualified-2008 Escape From Alcatraz

†Qualified-2008 ITU Age Group World Championship

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

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

**Overall Female:** Kathryn Flodquist 1:12:23

**Overall Male:** William Schumann 1:00:51



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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

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

<b><u>Overall Female:</u></b>	Caitlin Shea-Kenney	5:11:23
	Pam Neimeth (2 <sup>nd</sup> F45-49)	6:45:55

<b><u>Overall Male:</u></b>	Janda Ricci Munn	4:28:56
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## Patriot's Triathlon-Bath, PA (9/23/07) S 650 meters, B 24k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

<b><u>Overall Female:</u></b>	Jessica Chong	1:14:15
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<b><u>Overall Male:</u></b>	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](http://www.score-this.com)

<b><u>Overall Female:</u></b>	Erika Foster	2:18:31
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<b><u>Overall Male:</u></b>	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](http://www.swimpower.com)

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

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

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

<b><u>Overall Female:</u></b>	Stacey Richardson	1:10:41
	Linda Rosenthal	2:07:06

<b><u>Overall Male:</u></b>	Matthew Wisthoff	1:03:23
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# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## OCTOBER

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

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

<u>Overall Female:</u>	Kristin Budden	1:05:09
	Alicia Olmoz	1:21:21
	Julie LoRusso	1:25:50

<u>Overall Male:</u>	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](http://www.triandduit.com)

<u>Overall Female:</u>	Amy Noll	1:27:40
	Tara Pipia	1:56:51

<u>Overall Male:</u>	Kevin Cunningham	1:22:53
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Ironman Triathlon World Championship (10/13/07) S 2.4 mi., B 112 mi., R 26.2 mi.

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

<u>Overall Female:</u>	Chrissie Wellington	09:08:45
	Jean Norton	13:52:41

<u>Overall Male:</u>	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.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)

<u>Overall Female:</u>	Kate Kelly	09:59:34
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<u>Overall Male:</u>	Josh Beck	07:05:21
	Mike Halstead* (2 <sup>nd</sup> Overall)	07:34:35
	Michael Bakker (3 <sup>rd</sup> Overall)	07:35:02

\*SOS/AZ Double Winner



# Hudson Valley Triathlon Club

Volume VII, Issue No. 78 November 2007

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

**Overall Female:** Andrea Bell 3:30:36

**Overall Male:** Mark DeLuccia 2:48:32  
Myron Baker Sr. (1<sup>st</sup> M55-59) 3:13:15  
Tom Ganz (2<sup>nd</sup> M35-39) 3:17:57  
Don Davis (1<sup>st</sup> 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](http://www.usopentriathlon.com)**

**Overall Female:** Sarah Haskins 1:55:45  
Jeanette Shelow-MacDougall(16<sup>th</sup> EliteFemale)2:22:26

**Overall Male:** Greg Bennett 1:44:41

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

**Overall Female:** Shannon Fitzgerald 1:06:11  
Erica Ruge (2<sup>nd</sup> Overall) 1:06:39  
Mary DeNitto (1<sup>st</sup> F55-59) 1:12:25  
Sue Metichecchia (1<sup>st</sup> F45-49) 1:17:42  
Carol Covas (3<sup>rd</sup> F45-49) 1:25:47  
Christine Spiezio (1<sup>st</sup> F35-39) 1:29:18  
Linda Rosenthal (2<sup>nd</sup> F55-59) 1:34:28

**Overall Male:** Ian Sullivan 0:57:13  
John McGovern (2<sup>nd</sup> Overall) 0:59:04  
Nick Brundage (3<sup>rd</sup> Overall) 0:59:56  
Bob Gramling (1<sup>st</sup> M50-54) 1:02:26  
Matt Merchant (2<sup>nd</sup> M45-49) 1:06:08  
Nate Deboever (1<sup>st</sup> M15-19) 1:09:18  
Steven Pressman (3<sup>rd</sup> M55-59) 1:12:40  
Patrick Nesbitt 1:15:04  
Peter Oxenholm 1:15:16  
Steve Fischer 1:18:16



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## Toga! Biathlon-Congers, NY (10/21/07) R 4.25k, B 24k, R 4.25k

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

**Overall Female:** Jennifer Cromie 1:25:33

**Overall Male:** Joshua Levin-Soler 1:09:55  
Tom Ganz (2<sup>nd</sup> M35-39) 1:22:10

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

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

**Overall Female:** Nina Kraft 09:05:35

**Overall Male:** Stephan Vuckovic 08:21:29  
Terry Kerrigan (20<sup>th</sup> Overall) 08:52:19  
Andrew Schupak 10:24:09  
Henry Collins 11:06:44

## Ironman 70.3 World Championship-Clearwater, FL (11/10/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmanlive.com](http://www.ironmanlive.com)

**Overall Female:** Mirinda Carfrae 04:07:25

**Overall Male:** Andy Potts 03:42:33  
Art Boyko 04:37:01

## Silverman-Henderson, NV (11/11/07) S 2.4 mi., B 112 mi., R 26.2 mi.

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

**Overall Female:** Alicia Parr 11:32:37

**Overall Male:** Petr Vabrousek 09:48:07  
Myron Baker Sr. (1<sup>st</sup> M55-59) 12:47:13





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## 2007 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least 3 USA Triathlon Sanctioned races that year; i.e. S.O.S., New York City Triathlon 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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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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AA-All American (Top 5% of respective age group in the USA)  
HM-Honorable Mention (Top 10% of respective age group in the USA)

## 2007 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

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

### MALE

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## 2007 HVTC Special Qualifiers/Championships

### **Ironman Triathlon World Championship**

Jean Norton

### **Ironman 70.3 World Championship**

Art Boyko

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

Jeanette Shelow-MacDougall

### **Lifetime Fitness National Championship**

Jeanette Shelow-MacDougall

### **Duathlon National Championship**

Myron Baker Sr.

### **Escape From Alcatraz**

Jeanette Shelow-MacDougall

Zac Staszak

Charles Pegg

### **NYC Triathlon Club Champions**

Barbara Sessa

Jeanette Shelow-MacDougall

Michael Donnelly

Zac Staszak

Art Boyko

Mark Wilson

## 2007 HVTC Summer Tri-Series Winners

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

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

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

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

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

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

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

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

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

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

## 2007 HVTC Summer Tri-Series Course Records

### Women

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

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

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

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

### Men

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

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

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

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

## ANNOUNCEMENTS

- **2008 HVTC Summer Tri-Series: June 11, July 9, August 13 & September 10.**  
Points will be awarded accordingly; Female/Male 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<sup>th</sup>-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a “total score” for overall awards. The most points one could receive is 80 (20/race for 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **2008 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 78 November 2007

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