

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. 71

April 2007

IN A FEW WORDS

Dear HVTC,

This is very exciting! HVTC is about to experience a new beginning on Wednesday, April 25th from 5:30-7:30 pm for the annual HVTC Registration & Packet Pick-Up at Wilson State Park (859 Wittenburg Rd. in Mt. Tremper)! Wilson State Park is absolutely gorgeous, peaceful and race-ready! If you need directions to the Park, please go to this link <http://hvtc.net/schedules.html#wlts>. See ya out there!

Sincerely,



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

HUDSON VALLEY TRIATHLON CLUB



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

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Photo by Jen May (www.jennifermay.com)

HVTC Featured Athlete: Zac Staszak

By Mark H. Wilson

Have you ever met someone who's so intense that it's sometimes tricky to be in their presence? Has that same person been there for you like a rock when your life seemed insurmountable? Has that same person beat your butt in ping-pong with such joy and utter fervor you wanted to knock-their-block off? And did that same person offer you support when you were fearful of failure? Well, that's the kind of person you want watchin' your back. Ladies and gentleman, in all his glory, our Featured Athlete of the Month is Zac Staszak.

Zac was born in Oak Park, Illinois and it's the first Suburb west of Chicago. It is the hometown of Ernest Hemingway, Frank Lloyd Wright, and Ray Crock, Founder of McDonalds. (Yum-Yum!) Zac graduated From Oak Park & River Forest High School then went out to Colorado Mountain College in Steamboat Springs, CO. The powder for skiing was great and he actually excelled in classes while there; which buoyed him to the University of Montana in Missoula and graduated with a degree in Recreation Management.

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Zac played or participated in almost every sport possible over the years. However, he was mainly a soccer player since he could walk. His older brother and sister played and sibling rivalry naturally honed his skills. Zac had talent, but his tempestuous spirit and lethal tongue got him into trouble whenever he played a team sport. Coaches found him to be a nuisance and declared “You don’t have the heart or determination to play varsity!” So he quit. Today, Zac often thinks about sending him his Ironman Finishers’ medal with a note that says, “Thanks for the pep talk, Coach!” God bless coaches. He also chews-up magazines by the dozen, as well as some great books: Lonesome Dove by Larry McMurty; A Prayer for Owen Meany by John Irving; It’s not about the Bike by Lance Armstrong; Into thin Air by Jon Krakauer and Winterdance by Gary Paulsen.

Zac’s inspiration as a kid was the great Chicago Bears running back, Walter Payton. Lance Armstrong inspired him to get a bike and the movie “A River Runs Through It” called him to Montana. However, the main person that motivated him as an athlete was his father. His father loved sports and kept in good shape. He used to take Zac for runs and enter him in 5K races when he was 10-11 years old. Zac also remembers experiencing triathlon on TV for the first time with his father watching “Escape from Alcatraz.” Auspicious beginning!

Now, Zac lives in Brewster, NY on the property of Hillside Outdoor Education Center. He has a little house back in the woods filled with bikes. He also has a lovely English rose in his fiancée Natalie Marriott; despite the name, there’s no known connection to the multi-million dollar hotel chain. (Shucks!) She is an impressive swimmer/runner herself and Zac is eagerly anticipating the prospects of her entering the tri-world...soon! Zac is the Recreation Facilitator at Green Chimneys Children’s Services; which is a Residential Treatment Center for emotionally injured children. He runs all the recreation programs with the kids; running clubs, track teams, acting club, high ropes courses, rock climbing, etc. The kids at Green Chimneys are great and some locals get intimidated by their presence because they are in residential care. Zac has a heart of gold which is evident in his work with them, “They’re just kids, who have a few more problems than the rest of us.” As the recreation guru, folks admire what he does with the rug-rats, but he likes the challenge and besides, it’s a good workout, too!! To Zac, it’s not work; it’s just a good time with a great bunch o’ kids.

Zac’s first triathlon race experience was in 2004 at a sprint-tri in Danbury, CT. He had just moved to Brewster about a month earlier and recently bought a bike on eBay. He registered the day before the race; it was to be his first open water swim, bike race and triathlon. He took 4th place in his age group and won a bottle of Hammer Gel. Nice! He loved it; in fact, the next triathlon he registered for was Ironman Wisconsin. (Oh, my!) He did fine and finished in a very respectable first-time IM in 12 hours 31 minutes.

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The closest people in Zac's life would never have guessed he'd being where he is today; literally, his biggest achievement was graduating from College. Considering at one point his weight got up to 238 (he's currently 180). His favorite junk was/is food...that's it, food! But if he HAD to pick one it would be pie. There is a place called "The Park Cafe" in the town of St. Mary's near Glacier National Park in Montana that makes a "Razzleberry" Pie; made with blueberries, raspberries, huckleberries and lots of love for good measure! He's also a sucker for a big stack of pancakes and anything with melted cheese all over it. And to add to his ever-growing body at the time, his post-pool (as in Billiard's) recovery drink was Pabst Blue Ribbon. (Ick!) Thank goodness he's over that!

Lots of folks think he's nuts for doing triathlons; in fact, Zac thinks most folks are nuts for NOT doing triathlons! He feels each sport is such a rush so recommends it to everyone! He's recruited his sister for the Chicago Triathlon this summer. Zac swears the sport of triathlon was made for him. "It's a sport made for the 'jack of all trades' kind of person." Zac is very competitive, and mostly with himself. Even after he won a Cat 5 race in Bethel, CT he wasn't happy because he felt he didn't go hard enough. As soon as he won he immediately started thinking that he should have broken away from the group and won big! He's always disappointed with his performance because he feels it keeps him motivated and improving each workout. More power to ya!

Zac is seeking a bigger and better job so he can begin building a family with Natalie; maybe even move to Boulder to become a professional triathlete. Hey, ya never know. His immediate goals are to win a triathlon, just to see how it feels! He's competing at Escape From Alcatraz in June and he really wants to do well in his age group; getting on the podium would be a huge rush for him and definitely boost his confidence; not that he needs any. Check-out his website www.Zacstaszak.com. Thanks, Zac!

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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 500 yds., B 11 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

Highland Triathlon-Yulan, NY (Cancelled!) S ½ mi., B 15 mi., R 4 mi. www.dougstern.com

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

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 500 yds., B 11 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

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

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

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

www.usatriathlon.org

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AUGUST

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

Grafton Lakes Off Road Triathlon-Grafton, NY (8/??/07) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

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

West Point Triathlon-West Point, NY (8/12/07) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

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

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

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/07) S 500 yds, B 11 mi, R 2 mi.
www.hvtc.net

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

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

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

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SEPTEMBER

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

Boston Triathlon (Sprint)-Boston, MA (Cancelled) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.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 500yds., B 11 mi., R 2mi.
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

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.lin-mark.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

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OCTOBER

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

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

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

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

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

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

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?!?!?

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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
	Bill Shashaty	1:12:26
	Bill Pape	1:16:49
	Don Davis	1:18:32

APRIL

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

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

<u>Overall Male:</u>	Brendan Corcoran	0:59:25
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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 two USA Triathlon Sanctioned races that year; i.e. S.O.S. and EnduraSport Half.)

<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
Tom Ganz	M35-39		75.4349	1476

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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 Metichecchia**

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**

NEW 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

- **2007 HVTC Registration/Package Pick-Up: 5:30-7:30 pm Wednesday, April 25th, 2007 @ Wilson State Park-859 Wittenburg Rd., Mt. Tremper, NY 845-679-7020!**
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Wednesday, May 9th, 2007; Closing Day-Friday, October 5th, 2007.
- **2007 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).
- **2007 HVTC \$200.00 membership is valid from January 1st-December 31st.**
- **Wallkill Time Trial/Tour-May 6th, 2007.** Registration time starts at 7:00 with rides beginning at 8 (62, 35, and 15 miles). Cost of event is \$25.00 pre and \$30.00 day of. Time trial is an extra \$5.00. For information go to website is <http://shawangunkbicycle.tripod.com> or call 778-7286.

Hudson Valley Triathlon Club

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