

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. 69

February 2007

IN A FEW WORDS

Dear HVTC,

It's been said that the only constant in the Universe is change; resistance is futile! In fact, what we resist, persists!! So, what is the appropriate recourse? Think about what you want. The Law of Attraction says you get what you think/feel/act upon. Keep the end result firmly in your mind, feel the feelings of having it now and take massive action when the time is right. In the meantime; keep swimming, biking and running. 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!

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007



Photo by Scott Schaffrick www.scottschaffrick.com

HVTC Featured Athlete: Michael Bakker

By Mark H. Wilson

Triathlon has so many interesting characters participating in the multi-disciplined event that discovering each individual's story is simply fascinating! Lining-up for a race start can be a jarring experience to say the least, and listening to folks discuss their personal and professional lives can be just as riveting...as the gun fires. Michael Bakker is our Featured Athlete of the Month who's loaded with stories and a quick wit to boot.

You can often find him (a.k.a. Murph) at a popular triathlon forum slowtwitch.com created by the venerable Dan Empfield; Mike's always teasing and cajoling other forum members regarding race courses, times, etc. as if in a virtual barroom debate. As an athlete, he's the real deal and qualified for the "big show" in Kona by ripping-off a 10:20 at Ironman Lake Placid last July. Nice stuff! So what's goin' on in his world? Let's find out.

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

Mike was born in Valhalla, New York during the “Paleolithic Era.” He attended Valhalla High School and went on to Syracuse University. His major was drinking with a minor in finance. Once upon a time, fraternities were “in” and Mike was a “Mighty Sig Ep Trooper.” Think “Revenge of the Nerds.” No worries, though, he graduated and now lives in Garrison, New York with his wife Cathy, daughter Emma and dog Murphy. He must have done some studying (unless he’s one of those sleep-through-class-get-an-A-types) because he’s the Financial Advisor/Vice President at Wachovia Securities. Nice! A former skier, Mike now enjoys rock climbing, ice climbing, hiking, paddling, mountain biking, adventure racing and, of course, beer guzzlin’. And just for the record, Mike insists that pizza, ice cream and beer are ALL good for you due to the high content of carbohydrate, protein and moderate fat; more power to ya!

When Mike was a kid he used to jump his bike like he was Evel Knevel. His athleticism showed promise and it led him to competitive running in high school; 800 meters in track and also cross-country. He remarks that the coolest thing about being a successful triathlete is that he doesn’t have to recall the “good ol’ days” as a youngster; it’s happening right now! No re-living “the glory days” for Mike; his entry into triathlon was via adventure racing during the 90’s. A teammate convinced him to do a triathlon because he had already established himself as a good mountain biker and his running was adequate, at the time. His Achilles heel? “But I can’t swim!” he moaned. His buddy encouraged him to purchase a wetsuit (thank goodness for wetsuit companies!), and Mike completed the Hudson Valley Triathlon in July 2002 and finished in the top third of the field. Not bad for the first time out!!

Despite the fact that some of Mike’s co-workers didn’t even know he was a triathlete until AFTER he finished Lake Placid and qualified for Kona, the company quickly sent a video crew to one of the HVTC Summer Tri-Series races to film/interview him. Since becoming a tri-celebrity, his love and enjoyment of the sport has grown tremendously! Nah, truly he finds triathlon to be interesting and challenging; “you can improve yourself in so many ways, and set goals and achieve them.” Mike has come to know so many incredible athletes through the sport and subsequent internet forums like Slowtwitch. When asked if he thinks about triathlon more than his job, his response is...”Doesn’t everybody?!” ‘Nuff said.

The second year he entered the Hudson Valley Triathlon, the water level was so low that most of the field was able to walk most of the swim leg! Being an honest gentleman, Mike felt obliged to take a few strokes on the return “with the current.” Uh-huh! Consequently, he had a fantastic “swim” split. A word to the wise, running the swim exhausts the legs; Michael’s legs were spent for the bike and run. Back to the drawing board!

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

The swim has been such a knuckle-ball for Mike that he feels like a “shipwreck survivor” when exiting the water! He’s really at home on the bike and best likens his experience to that of a “fighter pilot” and then he proclaims his running as “a very pale Kenyan.” The speed is there, but he may have a bit too much muscle for that one! He always recommends the sport to others, and in his own words triathlon has the highest “cool people to A-hole ratio” out of any sport he’s ever done. Guess we’ll just keep this one among us, huh?!

Since those first couple of tri’s, Mike has been busy racing with some very impressive results; the “ultimate” HVTC Summer Tri-Series, Timberman, American Zofingen, Hudson Valley Triathlon, IM Lake Placid, Westchester Triathlon, Harriman Half IM and Kona. Recent highlights include qualifying for Kona at his first-ever Ironman and finishing the Ironman World Championship in daylight. He also placed 4th Overall at the unbelievably rugged American Zofingen as well as 1st M40-44 Harriman Half Ironman.

Besides being a good father for his daughter Emma, his future triathlon plans involve: top-10 at Harriman Half IM, top-10 at Tupper Lake Half IM, and an age-group award at the Timberman Half IM. Mike would also like to do well in the latest of John McGovern’s exciting duathlons; Devil’s Kitchen Du, break 8 hours at A-Z, and maybe even subject his inner-duathlete to a swim-challenged thrash-fest of fun at the famous SOS. Only time will tell!

Mike has a special “thank you” for HVTC. “I’m pleased and honored to be a part of HVTC, which has to be the best Tri club in the universe! If I can ever learn to swim, mebbe I can give the fast guys a run for their \$ someday. Thanks again to all for the overwhelming support when I was asking about borrowing a bike case for the Kona trip. I was humbled by your collective generosity.” Thanks, Mike!

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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/??/07) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/??/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

Powerman North Carolina-Carrboro, NC (4/??/07) R 8k, B 53k, R 8k www.set-upinc.com

MAY

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

Devil's Kitchen Duathlon-Phoenicia, NY (5/??/07) R 8 mi., B 48 mi., R 8 mi. www.triathletesonline.com

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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-Rosendale, NY (6/13/07) S 700 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

Highland Triathlon-Yulan, NY (6/23/07) 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

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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-Rosendale, NY (7/11/07) S 700 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

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 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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Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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-Rosendale, NY (8/15/07) S 700 yds, B 12 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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Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

SEPTEMBER

Lake George Triathlon-Lake George, NY (9/??/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-Rosendale, NY (9/12/07) S 700yds., B 12 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

Danskin Triathlon-Sandy Hook, NJ (9/??/07) www.danskin.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

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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?!?!?

RESULTS

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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 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

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

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 @ Williams Lake Resort!**
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Wednesday, May 2nd, 2007; Closing Day-Friday, October 26th, 2007.
- **Mark Wilson's Triathlon Training Camps-Clermont, FL (National Training Center-January 22-27, 2007) & Rosendale, NY (Williams Lake Resort-July 29-August 4, 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.**

Hudson Valley Triathlon Club

Volume VII, Issue No. 69 February 2007

SPONSORS

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** PEAK PERFORMANCE SPORTS ***	www.hvsports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** KINGSTON CYCLERY ***	www.kingstoncyclery.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** METROTRI ***	www.metrotri.com
*** WILLIAMS LAKE HOTEL ***	www.willylake.com
*** HAMMER NUTRITION, LTD. ***	www.e-caps.com
*** BICYCLE DEPOT ***	www.bicycledepot.com
*** PLACID PLANET BICYCLES ***	www.placidplanetbicycles.com
*** ADIRONDACK SPORTS & FITNESS ***	www.adksportsfitness.com
*** MAIN STREET BISTRO ***	www.mainstreetbistro.com
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