

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. 74

July 2007

IN A FEW WORDS

Dear HVTC,

I feel as if I'm living in a dream! HVTC has become such a joy in my life that I often forget that I actually created it; I feel truly blessed. Thank you so much for being a part of this creation; now, it's time to go for a run. 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 Scott Schaffrick (www.scottschaffrick.com)

HVTC Featured Athlete: Barbara Sessa

By Mark H. Wilson

Would you like to have the genetics to be any kind of athlete imaginable? Would you like to be fit, strong, flexible, and adaptable; and add to that a personality that's very bubbly? How would you like to enter an event for the first time and be the overall female winner? Well, our Featured Athlete of the Month, Barbara Sessa, is all that! She has an infectious spirit that commands attention regardless of the circumstances. It hasn't always been an easy road, though. Let's see what this little dynamo's been up to for the past 40 years!

Barbara was born in Massapequa, NY (Long Island) and then moved to Orange County in Upstate New York in 1993. She and her husband Joe have a 11 year old son, Joey, who is already quite the athlete! (Takes after mom, of course.) Currently, she teaches physical education at Monroe Woodbury High School and has coached gymnastics, soccer and track & field. Her non-triathlon interests include reading and

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gardening. Her most consuming interest is Joey who plays football, lacrosse, basketball, and tennis. Barbara's husband is her "home base." "He's my #1 supporter and biggest fan. Without him I know I wouldn't be half the athlete I am today. Thanks Joe!"

Unbelievably, Barbara was very heavy in high school and did NOT do sports! She really didn't start training until college. Barbara was drawn to weight training and quickly merged with the bodybuilding community. Soon after, she entered the Ms. Cortland (where she went to college) bodybuilding competition and a few days later saw an ad for the 1st Annual Cortland State Triathlon. She figured "WOW!" the tri-training can help her to lose fat for the weight training/bodybuilding. So, get this; she lifted weights, swam half a mile, biked 20 and then ran 5...EVERYDAY! In her own words, "I never said I was smart!" Barbara believed the more she trained, the leaner she would get for the competition. Oh, yeah, incidentally she took 2nd Overall Female in the bodybuilding contest and 1st Overall Female in the triathlon! Her first triathlon EVER!!! (Must be nice.)

However, Barbara did not do another tri for 17 years. Throughout college Barbara had a terrible personal health issue. She had a serious eating disorder that sent her spiraling into depression and isolation. She tried to remedy the situation by lifting weights, running, aerobics, swimming, etc.; for nearly 8 hours a day. She was obsessed with exercise, food, weight, and her looks which lasted for more than 10 years. Barbara would sometimes teach an aerobics class at a studio she owned 4 or 5 times a day. Her body was falling apart, to say the least.

Luckily, they moved to Orange County and there were no aerobic studios, so Barbara began running more for her exercise. As one would guess she became very competitive, enjoyed the racing and was very successful. Then, in 2002 Barbara re-started her triathlon career which totally changed her life; she finally found an outlet that combined power, aerobic endurance and physical strength. "In this sport you feel empowered every time you finish a race from a sprint to an IM." Barbara used to feel that people looked at her oddly because of her fitness lifestyle. But now she feels that triathlon contributes to her self-confidence, a superior body and mind. "The sport uses every muscle in the body and teaches you about yourself."

A couple of years ago, Barbara did triathlons to test my physical strength. Now she does triathlons to test her mental strength. You see, she has an incredible fear of the water; she has to convince herself to show up for every race. The minute she steps out of the water she has won her race; the rest of the race is to see how fast she can go. Barbara is extremely fortunate to have a gifted training partner in Jean Norton; Jean is her best friend. "Every training session with Jean is an adventure!" Jean helped Barbara realize that this sport is for life, it will always be there tomorrow; however, your family and friends come first. "I think I've found that happy medium." It's also helpful when she's

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surrounded by like-minded folks. “The people in HVTC are so inspiring.” When she was invited to the Summer Tri-Series 4 years ago she was terrified, she got lost on the course 3 times, but notes that it is one of the most memorable days of her life. “I felt like a part of something for the first time.” Finally, she found people that trained more than her! (Scary!) She often remembers one of her favorite quotes from Ironbaker (Myron Baker Sr.), “Stop complaining and just train!!” (He has a wonderful effect on newcomers!)

Barbara’s goals for the future are very simple; race hard, race often and have fun! Oh, yeah, and to out-split Bill Norton on the bike at the club races!!! Speaking of the club races, the HVTC Summer Tri-Series is her all-time favorite. The camaraderie, the course and THE FOOD are just the best! “I feel blessed to know HVTC.” And we’re blessed to know her! Thanks, Barbara.

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2007 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

FEBRUARY

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

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

MARCH

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

APRIL

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

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

MAY

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

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

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

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

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

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

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

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

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

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

JUNE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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JULY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 400 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

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

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

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

SEPTEMBER

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 400 yds., B 12 mi., R 2 mi. www.hvtc.net.

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

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

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

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

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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

OCTOBER

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

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

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

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AT THE RACES

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

Send results to: mark@hvtc.net.

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

RESULTS

FEBRUARY

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

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

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

MARCH

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

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

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

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APRIL

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

www.nytc.org

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

Overall Male: Brendan Corcoran 0:59:25

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

Overall Female: Kerri Robbins 1:32:16

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

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

www.satriathlon.com

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

Overall Male: Matthew Reed 1:46:10

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

Overall Female: Kristen Budden 1:36:16

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

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

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

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

Overall Male:

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

Overall Team:

Ronnie Severino/Mike Halstead 1:00:28

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

Overall Female:

Katherine Ward	1:48:56
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Overall Male:

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

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

Overall Female:

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

Overall Male:

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

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

www.sunsetracing.com

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

Overall Male: Eric Marquard 1:00:40

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

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

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

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

www.escapefromalcatraztriathlon.com

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

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

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

www.trifitness.net

Overall Female: Julie Gliesing 2:27:47

Overall Male: Mitch West 2:12:14
Zac Staszak (1st M25-29) 2:17:46

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

www.swimpower.com

Overall Female: Laurel Wassner 1:57:55

Overall Male: Gary Jensen 1:51:06
Andrew Schupak (3rd M40-44) 2:00:10

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

Overall Female: Jody Klaus 1:39:15

Overall Male: John McGovern 1:21:36

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

Overall Female: Natascha Badmann 4:08:17
Jean Norton 5:08:42
Kathryn Flodquist 5:15:01
Mary DeNitto* (2nd F55-59) 5:28:20
Pam Neimeth 5:29:07

Overall Male: TJ Tollakson 3:46:28
Terry Kerrigan 4:06:39
Alex Sherwood* (5th M30-34) 4:20:28
Mike Halstead* (6th M40-44) 4:23:08
Art Boyko 4:38:28
Gary Walters 5:13:12

*TDKS (Turned Down Kona Slot)

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

Overall Female: Ericka Foster 2:28:36

Overall Male: Carl Johnston 2:08:26
John Ferrara 2:58:49

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

www.nytc.org

Overall Female: Shannon Puzio 1:25:45

Overall Male: Bruce Cadenhead 1:17:20
Gabriel Tenenbaum 1:29:26
Jim Demis 1:29:33

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

www.hvtc.net

Overall Female: Barbara Sessa 0:55:36
Jeanette Shelow-MacDougall 0:56:15
Jean Norton 0:59:43
Christene Spiezio 1:04:45
Pam Neimeth 1:09:35
Mary DeNitto 1:09:39
Mineke Etienne 1:13:50
Sue Metichecchia 1:16:24
Julie LoRusso 1:17:46
Lana Shannon 1:20:56
Laila Brady-Walzer 1:45:13

Overall Male: Terry Kerrigan 0:49:57
John McGovern 0:50:41
Mike Halstead 0:51:56
Mike Bakker 0:52:37
Charles Pegg 0:53:17
Mark Wilson 0:54:07
Nick Brundage 0:55:08
Doug Thompson 0:56:02
Bill Norton 0:57:10
Myron Baker Sr. 0:59:23
Patrick Murphy 1:00:06

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Gabriel Tenenbaum	1:01:52
Jon Stern	1:02:26
Janek Szablinski	1:02:47
Ben Munger	1:04:42
Julian Palmer	1:04:53
John Dowley	1:08:19
Mark Graminski	1:08:32
Steven Pressman	1:08:42
Mike Hargrove	1:09:43
Bob Bomba	1:11:49
John Ferrara	1:15:06
Larry Knapp	1:18:32
Anthony Stronconi	1:19:16
Tom Eanelli	1:33:22
Zac Staszak	1:50:40

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

www.wyckoffymca.org

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

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

www.patgriskustri.com

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

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

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

www.plattsys.com

Overall Female: Dana Carbone 1:03:33

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

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

Overall Female: Erica Ruge 1:07:24
Sue Metichecchia (2nd F45-49) 1:14:50

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

Overall Team: Alex Sherwood/Danny Brennan 0:52:22

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

www.phillytri.com

Overall Female: Rebecca Wassner 2:01:12
Jeanette Shelow-MacDougall (1st F40-44) 2:22:48

Overall Male: Craig Alexander 1:52:18
Steve Fischer 3:07:50

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

www.ironman.com

Overall Female: Kim Young 10:27:55

Overall Male: Victor Zyemtsev 08:33:32
Terry Kerrigan (12th Overall) 09:21:20

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

www.nytc.org

Overall Female: Amy Bevilacqua 1:05:25

Overall Male: Keith Strudler 1:00:10

Peter Oxenholm 1:28:38

Tom Gill 1:37:11

2007 USA Triathlon National Age Group Championships-Portland, OR (6/30/07) S 1.5k, B

40K, R 10K www.usatriathlon.org (Qualifier 2007 ITU Short Course Triathlon

World Championship-Hamburg, Germany 8/30-9/2/07)

Overall Female: Jennifer Garrison 2:09:36

Jeanette Shelow-MacDougall 2:27:15

Overall Male: Ben Collins 1:57:08

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

www.northcountrytri.com

Overall Female: Heidi Underwood 2:34:11

Overall Male: Zac Staszak 2:13:06

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

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

10k www.tupperlakeinfo.com

Overall Female: Leslie Myers 2:05:30

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

Overall Male: Matt Migonis 1:45:43

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

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

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

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

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

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

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

JULY

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

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

Overall Male: Tony DeLogne 4:15:38

Mountaineer Triathlon-Morgantown, WV (7/1/07) S 1.2 mi., B 56 mi., R 13.1 mi. www.mountaineertri.com

Overall Female: Heather Gollnick 4:35:04

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

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

Overall Female: Sally Speck 2:21:51

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

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

www.hvtc.net

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

*Course Record

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

*Course Record

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

www.patgriskustri.com

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

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2006 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

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

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

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

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

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

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

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

2006 HVTC Special Qualifiers

Bakker, Michael-Ironman World Championship

Boyko, Art-Ironman 70.3 World Championship

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

Gramling, Bob-Ironman World Championship

Halstead, Mike-Xterra World Championship

Neimeth, Pam-Ironman 70.3 World Championship

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

Pegg, Charles-Escape From Alcatraz

Schupak, Andrew-2007 ITU Long Course Triathlon World Championships

Sessa, Barbara-Ironman 70.3 World Championship

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

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

Staszak, Zac-Escape From Alcatraz

Wilson, Mark-Ironman 70.3 World Championship

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2006 HVTC Summer Tri-Series Winners

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

2nd Place: **Mari Flores**

3rd Place: **Maureen Shilkunas**

4th Place: **Lauren Warren**

5th Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2nd Place: **Ronnie Severino**

3rd Place: **Michael Donnelly**

4th Place: **Terry Kerrigan**

5th Place: **John McGovern**

2006 HVTC Summer Tri-Series Course Records

Christine Honig-Swim (9:18)

Barbara Sessa-Bike (33:32)

Art Boyko-Swim (7:55)

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

Alex Sherwood-Run (10:43)

Alex Sherwood-Course Record (49:58)

ANNOUNCEMENTS

- **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.**

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