

# 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. 73**

**June 2007**

## IN A FEW WORDS

Dear HVTC,

The first race of the 2007 HVTC Summer Tri-Series is complete and I couldn't be happier with the entire experience! It was as if the club went to a new level of connected-ness, joy and camaraderie. Besides, we had the whole Park to ourselves; it doesn't get any better than that! To all of the volunteers, HVTC members, Photographers (Tamme & Scott), NYS Troopers, Main Street Bistro, Mobile Life Support, Wilson State Park Staff, Overlook Mountain Bikes and my lovely wife Rosa...from the bottom of my heart; thank you. See ya out there!

Sincerely,



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

**HUDSON VALLEY TRIATHLON CLUB**



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

## **HVTC Featured Athlete: Alex Sherwood**

By Mark H. Wilson

Do you ever wonder about your gifts? You know...the ones you were born with. Like wiggling your ears, putting your foot behind your head or being able to whistle and hum at the same time? Truly, these are all blessings from God! Well our Featured Athlete of the Month, Alex Sherwood, was given the ability to run...FAST!! In fact, it's physically difficult for him to run any other speed except fast. Let's find out how his environment nurtured this gift and how he got involved in triathlon.

He was born in Johnstown, PA and attended Westmont Hilltop High School. Afterward, he went to Lock Haven University and majored in Resort Recreation (good thinkin'). It paid off, too, 'cause Alex is now the Director of Recreation at Mohonk Mountain House in New Paltz. Besides triathlon; he's big-time into sock collecting, eating cookies, being a self-proclaimed connoisseur of "fine" chocolate milks and a pretty decent handyman around the house. He's also the Assistant Director of his local running camp [www.gunksrunning.com](http://www.gunksrunning.com). Alex and his wife Amy have a house in Tillson with their six children; a time trial bike, a Cyclocross bike, twin road bikes and twin mountain bikes. Yeah...it gets pretty hectic, with the grease an' all, but they manage.

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Alex's running career began at age 7 when he entered the Salix, PA Mile and finished in 8:47. Then he ran high school x-county and track; and the same in college. It was during college he really wanted to become a marathoner, but decided to pass some time with something different and chose triathlon. Actually, his mother wouldn't let him play baseball, so he started running instead. "Thank you, Mom!!" He also credits his introduction to endurance sports to his 5th grade social studies teacher, Mike Harchick. "Aside from my parents, he is the most influential person in my pre-adult life." Mike, or "Harch," was also Alex's high school cross country coach and is legally blind. He's a hardcore runner and has competed at all distances and is still a local hero back in Johnstown. (And in Alex's heart.)

Alex experienced his first triathlon in Salisbury, MD. It was the Coors/Pepsi Sprint Triathlon with 450 people. He was 170<sup>th</sup> out of the water, 95<sup>th</sup> fastest cyclist and the quickest run of the day for 27<sup>th</sup> place overall. (Not bad for the first time out!) The rest is history. Alex's resume is impressive; Ironman Triathlon World Championship, Ironman 70.3 World Championship, HVTC Summer Tri-Series Champion, S.O.S. Runner-Up, top 20 at Eagleman Half Ironman, USAT All-American, member of the Zoot Triathlon Team, etc., etc. Bottom line, he's a Champ!

Most everyone thinks he's a bit nuts for doing triathlons, but he says they realize that "this is who Alex is." His mom still can't figure it out, and his wife likes the "cute" little outfits. Close enough! He likes training and racing because of the sense of accomplishment it brings. "Workouts are opportunities to search and destroy challenges. I like to do that!" He says training gives him a sense of peace. "Racing and training are the two places I can go and hide! It is what gets me through the uncertain times life deals out to me." Alex especially appreciates the community that triathlon represents; the people, the venues, the fitness. "Being surrounded by such high levels of fitness kicks BLEEP." Mostly, it's the inspiration from everyone else that fuels his fire, though. Having the privilege to train and know people like Mike Halstead, Don Davis, Myron Baker Sr., and most of all Mary DeNitto, is something he feels fortunate to experience. Ultimately, it pushes him to places he's never been. So, Alex wishes to offer acknowledgement of his success in triathlon to all the people involved; friends, family, and competitors. "Thank You!!"

Alex finds himself dreaming more about triathlon than he does his professional career. To him, triathlon helps him meet so many different personal needs. "I think life needs to be something you enjoy whenever possible. And training and racing are something I enjoy." His advice to newbies? "This sport rocks..." He explains it like this "People that are doing it understand, people around it kinda understand, and people who don't know about it are missing the boat."

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What about his future goals? Alex would like to stay healthy and someday go back to Kona to improve his finish time. He'd also like to do a few dream races like Alcatraz, Wildflower, and Ironman Switzerland as well as earn a Western States 100 belt buckle. His ultimate goal, however, is to learn to shave his legs as fast as his wife. Now we're talkin'!! "Leading a healthy lifestyle is the best thing about triathlon, having something like HVTC is mind-blowing when it comes to the talent, personality and passion for life. The people in it are amazing, I am so proud to be a part of it!" Thanks, Alex.

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

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)

### 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)

### APRIL

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

### MAY

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

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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 (5/6/07) S 1.2mi., B 56mi., R 13.1mi.[www.stcroixtriathlon.com](http://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](http://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](http://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](http://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](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/20/07) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://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](http://www.xterraplanet.com/race/schedule.html)

## JUNE

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

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

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

**Mighty Montauk Triathlon-Montauk, NY (6/9/07) S 1mi, B 20mi, R 6.2mi**  
[www.swimpower.com](http://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](http://www.keukalaketri.com)

**Blackwater Eagleman Triathlon-Cambridge, MD (6/10/07) S 1.2mi, B 56mi, R13.1mi** [www.tricolumbia.org](http://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](http://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](http://www.hvtc.net)

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

**Highland Triathlon-Yulan, NY (Cancelled!) S ½ mi., B 15 mi., R 4 mi.**  
[www.dougstern.com](http://www.dougstern.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](http://www.hvsports.net)

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

**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)

**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)

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**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)**

## JULY

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

**Mossman Triathlon-Norwalk, CT (7/8/07) S .5 mi., B 12.5 mi., R 5k [www.trifitness.net](http://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](http://www.hvtc.net)**

**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)**

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

**2007 ITU Long Course Triathlon World Championship-Lorient, France (7/14-15/07) [www.usatriathlon.org](http://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](http://www.musselmantri.com)**

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

**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)**

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

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

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



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**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)**

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

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

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

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

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**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)**

**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)**

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/26/07) S 1.5k, B 40k, R 10k [www.trifitness.net](http://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](http://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](http://www.usatriathlon.org)**

## SEPTEMBER

**Lake George Triathlon-Lake George, NY (9/2/07) S 1.5k, B 40k, R 10k [www.adktri.org](http://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](http://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](http://www.vermontsun.com)**

**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/)**

**Firmman Rhode Island (9/9/07) 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 (9/12/07) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://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](http://www.usatriathlon.org)**

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

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

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)

Skylands Triathlon-Clinton, NJ (9/??/07) S ½ mi., B 14.1 mi., R 5k [www.lin-mark.com](http://www.lin-mark.com)

ITPman-Darien, CT (9/29/07) S .5 mi., B 15 mi., R 5 mi. [www.itpfoundation.org](http://www.itpfoundation.org)  
Mightyman ½ Ironman Triathlon-Montauk, NY (9/30/07) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://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](http://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](http://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](mailto:www.ironinfo@ironmanlive.com)

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

2007 ITU Long Course Duathlon World Championship-Richmond, VA (10/21/07)  
[www.usatriathlon.org](http://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](http://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](http://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](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?!?!?

## 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

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

Overall Female: Christine Dunnery 1:05:04  
Jeanette Shelow-MacDougall (2<sup>nd</sup> 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](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: Matthew 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> FOA) 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

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Jan Pollo	1:25:13
Susan 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
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

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](http://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 <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

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## 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

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

**Overall Female:** 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

**Overall Male:** 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)

**Overall Female:** Leanda Cave 2:18:47  
Jeanette Shelow-MacDougall (2<sup>nd</sup> 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](http://www.trifitness.net)

**Overall Female:** Julie Gliesing 2:27:47

**Overall Male:** Mitch West 2:12:14

Zac Staszak (1<sup>st</sup> M25-29) 2:17:46

## 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



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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](http://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](http://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](http://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

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

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

[www.wyckoffymca.org](http://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](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 (3 <sup>rd</sup> M25-29)	2:22:16
	Mike Hargrove	3:03:08

# Hudson Valley Triathlon Club

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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>				
<b>Jeanette Shelow-MacDougall</b>	<b>F40-44</b>	<b>AA</b>	<b>90.8566</b>	<b>17</b>
<b>Barbara Sessa</b>	<b>F40-44</b>	<b>AA</b>	<b>88.9722</b>	<b>44</b>
<b>Jean Norton</b>	<b>F40-44</b>	<b>AA</b>	<b>86.8383</b>	<b>78</b>
<b>Lauren Warren</b>	<b>F40-44</b>	<b>HM</b>	<b>84.2786</b>	<b>127</b>
Mari Flores	F30-34		82.2965	255
Kathryn Flodquist	F40-44		80.9899	229
<b>Mary DeNitto</b>	<b>F55-59</b>	<b>AA</b>	<b>77.7577</b>	<b>12</b>
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>				
<b>Mike Halstead</b>	<b>M40-44</b>	<b>AA</b>	<b>96.8499</b>	<b>1</b>
<b>Alex Sherwood</b>	<b>M30-34</b>	<b>AA</b>	<b>96.0795</b>	<b>17</b>
<b>John McGovern</b>	<b>M40-44</b>	<b>AA</b>	<b>88.2500</b>	<b>103</b>
<b>Charles Pegg</b>	<b>M35-39</b>	<b>AA</b>	<b>88.0429</b>	<b>149</b>
Zac Staszak	M25-29		86.0843	207
<b>Travis Turner</b>	<b>M30-34</b>	<b>HM</b>	<b>85.9013</b>	<b>241</b>
Mike Vance	M25-29		85.6792	229
<b>Mark Wilson</b>	<b>M35-39</b>	<b>HM</b>	<b>85.0058</b>	<b>324</b>
<b>Mark De Luccia</b>	<b>M30-34</b>	<b>HM</b>	<b>84.6434</b>	<b>313</b>
<b>Andrew Schupak</b>	<b>M35-39</b>	<b>HM</b>	<b>84.0247</b>	<b>410</b>
<b>Art Boyko</b>	<b>M40-44</b>	<b>HM</b>	<b>83.3481</b>	<b>339</b>
<b>Bob Gramling</b>	<b>M50-54</b>	<b>AA</b>	<b>83.0860</b>	<b>63</b>
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

# Hudson Valley Triathlon Club

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## 2006 HVTC Summer Tri-Series Winners

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

2<sup>nd</sup> Place: **Mari Flores**

3<sup>rd</sup> Place: **Maureen Shilkunas**

4<sup>th</sup> Place: **Lauren Warren**

5<sup>th</sup> Place: **Mary DeNitto**

Men's Champion: **Alex Sherwood**

2<sup>nd</sup> Place: **Ronnie Severino**

3<sup>rd</sup> Place: **Michael Donnelly**

4<sup>th</sup> Place: **Terry Kerrigan**

5<sup>th</sup> 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 Summer Tri-Series.** 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).
- **2007 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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