

# 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. 70**

**March 2007**

## IN A FEW WORDS

Dear HVTC,

Holy moly! Is it time to race already? Yikes, better start training!!! Triathlon has become such a long season that one could almost (ALMOST!) not train 'til June and still have one heck of a year; think about it, there are tri's in the northeast right to the first weekend in October!! None-the-less, when the warm weather blesses us as in the past few days it's truly a joy to get out and do what we do best; swim, bike, run. 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 Jennifer May [www.jennifermay.com](http://www.jennifermay.com)

## **HVTC Featured Athlete: Mary DeNitto**

**By Mark H. Wilson**

(Originally published in the November 2004 newsletter.)

Who is the most modest person you know? Is it your mother? Father? Maybe a high school teacher who taught you more than all the others put together? How about your local farmer or policeman? And what are the qualities that lead you to believe that he or she is in fact “the most humble person on Earth” bar none? Do they talk about themselves and their accomplishments over and over again? Do they rattle-off training stats to impress you? Of course not! Well, let it be known that our Featured Athlete of the Month, Mary DeNitto, is one of the most modest and unassuming people you will ever have the pleasure of meeting. But beware! When it’s race time, watch out, ‘cause she’ll eat you up! Let’s find out how the Champ does it.

Mary has lived in Dutchess County all her life. She graduated from Millbrook High School and then SUNY New Paltz with a BS in Accounting. Mary lives in Rhinebeck with Tom Riozzi her partner of 22 years and works at Central Hudson in the Accounting Department. She has always enjoyed playing sports but didn’t have the opportunity in high school. For a couple of years she played on a woman’s softball team, some tennis and racquetball. However, for about 20 years her favorite sport was downhill skiing, until she started running...which began at age 41!!!

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A good friend of hers started doing some 5/10k's so Mary somehow got talked into doing some training and subsequently did her first 10K in Mahopac. Mary enjoyed running so much that she's run 23 marathons since. That's an average of 1.5 marathons a year, not including Ironman events! (Goodness gracious, guess she does like to run.) Some notable races she's done include the Athens Marathon which followed the route run during the first modern Olympics which started in Marathon and ended in Athens. In 1999, Mary ran a marathon in Antarctica about 4 miles of which was run on a glacier; the rest was on dirt roads connecting research bases inhabited by scientists from various countries.

Believe it or not, Mary's first triathlon was the Pawling Tri in 1987! Again, she got talked into it by a girlfriend from work who remarkably dropped-out when she discovered the swim was in a lake! Another more committed friend of Mary's was registered so she decided to go ahead and do it. As Mary puts it "It's a good thing it was a short swim because I didn't know how to swim." (Why does that sound so familiar?) When she got off the bike many people were done, but she decided to finish since she'd already sworn to "never do this again!" (Why does that sound so familiar? Oops! Said that already.) She caught up with her friend on the run and they finished together in last place. Lucky for us, it was ALMOST never for Mary and triathlons. It wasn't until 1999 and amazingly at the Pawling Triathlon again that Mary began her triathlon career and this time got hooked for good. God bless Larry Arvidson who talked Mary into doing that first triathlon (the second time around in '99) and prepared her for it!

Since the late 90's, Mary has competed and kicked butt in these races; Pawling Triathlon, West Point, Highland, Blackwater Eagleman, Hudson Valley, Pine Barrens, Saratoga Lake, Tupper Lake, Pine Hill Arms, Fairlee, SOS (her favorite), Ironman USA at Lake Placid, IM Florida and the Ironman Triathlon World Championship x 3. Incredibly, Mary notes she gets motivated from all the talented athletes in HVTC. She says she's inspired by their love of triathlons and their unending support. She admits she wouldn't have done an Ironman if it hadn't been for the Club members. When she first joined and Larry was helping her buy a bike, he suggested not buying the one she was considering because "You need something better for an Ironman." at which Mary retorted "I will never do an Ironman!" (Why does that sou...never mind!) However, listening to HVTC members talk about Ironman triathlons during the summer of '99 and '00 inspired her to do her first at Lake Placid in 2001. Mary qualified for the Ironman Triathlon World Championship in Hawaii on her first attempt!

When Mary tells people that she does triathlons she usually gets a response such as; "amazing" or the famous "and you do that all in one day?" comment. And she still can't quite believe it herself sometimes! People will use the word "nuts" or

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“crazy” when she tells them that on a weekday she’s out running at 5 a.m. dodging snow plows. (They have a point.) According to her, she can’t think of a better way to start the day; “enjoy a full moon, a star-filled sky, sunrise or just a dark morning in any kind of weather.” And she adds this “Besides, the evenings are for swimming and biking.” (That’s the spirit!)

When Mary’s at work she tries not to think about triathlons but isn’t always successful. (Really?) She figures more time spent working, means more time for triathlons. Mary doesn’t have other hobbies because there’s no time for anything else; except, of course, the occasional ice cream, cookies and potato chip sessions. She always encourages individuals to get involved in triathlon “as long as they’re not in my age group.” To Mary triathlon is fun, challenging, painful, can be disappointing, but mostly it feels so good when you’re done.

So what’s in the future for Mary? She enjoys doing the local races because there are usually many HVTC members out on the course racing or cheering and some (like Alex) “SHOUTING” encouragement on the run course of the Hudson Valley Tri. Also, being able to share her experience with people she knows after a race gives her great satisfaction. Mary would also like to travel some and try new events like; St. Croix, IM Switzerland or Brazil. And she’d also enjoy registering for a 4 or 5 day bike tour, but hasn’t decided where; any ideas? And maybe someday she’d like to attend Mark Wilson’s tri-camp in Florida. (Cool!)

Most importantly, she feels the need to go back to Hawaii and complete what she didn’t finish this year. Mary dropped out of the race at about mile 15 of the marathon. Not finishing IM Hawaii was her first DNF in her entire running and triathlon career. What Mary won’t tell you is that it was one of the hottest/windiest days in IM Hawaii history. There she goes again. Thanks, Mary!

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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)

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)

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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](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)

Health Net Mossman Triathlon-Milford, CT (6/9/07) S 1.5k, B 40k, R 10k  
[www.trifitness.net](http://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](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-Rosendale, NY (6/13/07) S 700 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)**

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

**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)**

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## JULY

**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-Rosendale, NY (7/11/07) S 700 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.nyctri.com](http://www.nyctri.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)

**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)



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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](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-Rosendale, NY (8/15/07) S 700 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)

**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)

**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)

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## 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-Rosendale, NY (9/12/07) S 700yds., B 12 mi., R 2mi.

[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)

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)

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**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)

## **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**

**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	09.71

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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
Bill Norton	M50-54		74.5521	365

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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 Registration/Package Pick-Up: 5:30-7:30 pm Wednesday, April 25<sup>th</sup>, 2007 @ Williams Lake Resort!**
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Wednesday, May 2<sup>nd</sup>, 2007; Closing Day-Friday, October 26<sup>th</sup>, 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 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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