

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 VI, Issue No. 64

September 2006

IN A FEW WORDS

Dear HVTC,

It's amazing how early-season enthusiasm can turn to "God, please get me through this triathlon season!" The Trooper Biathlon (May 14th) seems like an eternity ago. However, there's something that gets in you when folks are lining-up for the swim start that no fatigue, burn-out or overtraining can erase and when the gun sounds, it's a new day with a new purpose; go as hard as you can and cross that line! Truth is? We love this sport!! See ya out there.

Sincerely,



Mark H. Wilson-Triathlon Coach
Founder/President, Hudson Valley Triathlon Club
USA Triathlon Level II Certified Coach

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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Featured Athlete: Robert Goldsworthy

By Mark H. Wilson

Do you have relatives or friends whom you think of as quiet, laid-back or non-competitive and then discover they are actually talkative, high-strung and willing to nudge you out of the way for the winning spike in the family volleyball game? Uh-huh; tricky little buggers aren't they?! Well, Robert Goldsworthy, our HVTC Featured Athlete of the Month has proven to be one of those individuals who can simply shock you into seeing who they really are. He's on a major comeback and watch-out, he's for real! Let's get the scoop.

Robert was born in Somerville, NJ on October, 29, 1963. He went to Somerville H.S and ran cross-country for four years. In junior high school he ran many track races including A.A.U. meets and other large invitational meets held during the summer. In high school he didn't like being told what to run so he ran road races instead. See, already a triathlete in the making.

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Robert lives in Accord with his wife Jules; they've been together for twenty years...”which is a clear indication that she is crazy!” says Robert. He feels very fortunate to have her in his life. Robert’s most noted sports highlight is a 27:20 10K ski race on the biathlon course at Lake Placid followed by a 29:30 in the classic style the next day in tougher conditions. His efforts won him a gold and silver medal respectively in his age group at the 2001 Empire State Games. He’s currently employed by Mohonk Mountain House, an epicenter for the Shawangunk Ridge, and takes advantage of the location in every way he can. An additional hobby includes refinishing furniture from time-to-time.

Robert is fond of kayaking on the Esopus and occasionally the Hudson River. However, mountain biking, rock climbing and cross-country skiing are three of Robert’s favorite activities at Mohonk. With all the amenities the “Gunks” offer, it’s challenging to only swim, bike and run. Robert praises those who love their job at Mohonk and year-after-year prepare exquisite ski trails. Trail groomers such as HVTC member Bob Bomba and others create a magnificent experience for skiers like Robert to enjoy.

Robert’s path to triathlon and HVTC is an interesting one! Get this; his first triathlon was the 1993 S.O.S or Survival of the Shawangunks!!! Goodness, gracious; now that’s gutsy! His rationalization is that, “Because there was no mass swim start, it's not the same as most people’s first experience.” Got that right! You see, unlike most races that give you a race t-shirt just for registering and showing-up at the pre-race pasta party, at the S.O.S you literally don’t receive your shirt until you bike 30 miles, run 4.5 miles, swim 1.1 miles, run 5.5 miles, swim .5 miles, run 8 miles, swim .5 miles, run .7 miles and cross the finish line; the back of the t-shirt boldly displays “Survivor.” He really wanted that shirt!

Robert became a triathlete and S.O.S. Survivor all in one afternoon, and then left the sport for 12 years. Say what? Exactly; he went back to rock climbing. It wasn’t until co-workers Bob Bomba and Alex Sherwood introduced him to HVTC last summer and suggested he give it a shot; that’s when he became a full-fledged (sprint) triathlete. In fact, the HVTC Summer Tri-Series is the only triathlon he’s done since he completed the S.O.S in 1993. His first race in 2005 was 1:02:28 and at last month’s race he posted a brisk 0:55:35 good for 8th place overall. This guy’s got some serious talent!

Despite his ability to really rip into tri’s, remaining healthy enough to train is Robert’s main goal for the future. To him, it’s all about enjoying the training; the racing just happens. He thinks about training and triathlon lots, but cross-country skiing is his true love. In fact, he won’t even recommend triathlon to others because he’s usually too busy turning them on to a cool trail he discovered the other day. That’s when he pulls-up a chair, buys his new friend one of his favorite meals (ice cream and beer), and settles-in

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for some real ski-talk. 'Cause when it comes to those quiet types, there's always something else to add. Thanks, Robert!

2006 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 (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

Brandywine Duathlon-Delaware City, DE (4/8/06) R 5k, B 30k, R 5k www.piranhasports.com

Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k www.set-upinc.com

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MAY

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)
www.piranha-sports.com

Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 www.nytc.org

Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.
www.dougstern.com

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/21/06) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/21/06) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Health Net Mossman Triathlon-Milford, CT (6/3/06) S 1.5k, B 40k, R 10k
www.trifitness.net

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/3-4/06) S 1.5k, B 44k, R 10k www.timbermantri.com

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Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/3-4/06) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)

www.timbermantri.com

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/4/06) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1mi, B 20mi, R 6.2mi

www.swimpower.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/11/06) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi.

www.hvtc.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k

www.patgriskustri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/18/06) S 600 yds., B 14 mi., R 3.1 mi.

www.vermontsun.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi.

www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R 10k

www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k

www.phillytri.com

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JULY

USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland 9/2-3/06)

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net.

New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k www.nyctri.com

Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S ½ mi., B 13.5 mi., R 3 mi. www.newburyporttriathlon.com

Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k www.trifitness.net

Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25 www.pinebushtriathlon.org

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/23/06) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

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AUGUST

Litchfield Hills Triathlon-New Hartford, CT (8/6/06) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/6/06) S 1/2 mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/6/06) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/6/06) S 1.5k, B 40k, R 10k www.trifitness.net

Grafton Lakes Off Road Triathlon-Grafton, NY (8/6/06) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

West Point Triathlon-West Point, NY (8/13/06) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

19th New York Triathlon Race #2-Harriman State Park, NY (8/20/06) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Lake Dunmore Triathlon-Salisbury, VT (Cancelled!) S .5 mi., B 28 mi., R 5 mi.
www.vermontsun.com

HVTC Summer Tri-Series #3-Rosendale, NY (8/16/06) S 700 yds, B 12 mi, R 2 mi.
www.hvtc.net.

Timberman Sprint Triathlon-Gilford, NH (8/19-20/06) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-20/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Cranberry Country Triathlon-Lakeville, MA (8/27/06) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/27/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

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SEPTEMBER

2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland (9/2-3/06) S 1.5k, B 40k, R 10k
www.usatriathlon.org

Lake George Triathlon-Lake George, NY (9/3/06) S 1.5k, B 40k, R 10k
www.adktri.org

Boston Triathlon (Sprint)-Boston, MA (9/3/06) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 19mi., S .5mi.,R.7mi.
www.ulster.net/~sosnyta/

Firmman Rhode Island (9/10/06) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Saratoga Lake Triathlon-Saratoga, NY (Cancelled!!) S 1.5k, B 40k, R 10k
www.cdtriclub.org/saratoga_triathlon.htm

HVTC Summer Tri-Series #4-Rosendale, NY (9/13/06) S 700yds., B 12 mi., R 2mi.
www.hvtc.net.

Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k
www.westchestertriathlon.com

Mighty Hamptons-Sag Harbor, NY (9/17/06) S 1.5k, B 38k, R 10k
www.swimpower.com

Danskin Triathlon-Sandy Hook, NJ (9/16-17/06) www.danskin.com

Skylands Triathlon-Clinton, NJ (9/17/06) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

OCTOBER

Mightyman ½ Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

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**USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV
(10/15/06) S 1.5k, B 40k, R 10k www.bbscendurancesports.com**

**American Zofingen (Long)-New Paltz, NY (10/15/06) R 5.15 mi., B 85 mi., R 15.45
www.americanzofingen.com**

**American Zofingen (Short)-New Paltz, NY (10/15/06) R 5.15 mi., B 29 mi., R 5.15
www.americanzofingen.com**

**Ironman Triathlon World Championship (10/21/06) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironinfo@ironmanlive.com**

**Xterra World Championship-Maui, HI (10/29/06) S 1.5k, Mtn. B 30k, R 11k
www.xterraplanet.com**

NOVEMBER

**Ironman Florida-Panama City, FL (11/4/06) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com**

**Ford 70.3 World Championship-Clearwater, FL (11/11/06) S 1.2 mi., B 56 mi., R
13.1 mi. www.ironmanlive.com**

AT THE RACES

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

Send results to: mark@hvtc.net.

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

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RESULTS

FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Overall Female: Farrier Golgolski 6.42 mi.

Overall Male: Hugh Dunsteath 7.29 mi.

Steve Fischer 6.28 mi.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

Overall Female: Jeanette Shelow-MacDougall 10.39 mi.

Mari Flores (2nd F26-35) 09.62 mi.

Linda Rosenthal (1st F56+) 07.82 mi.

Laila Walzer (2nd F46-55) 07.44 mi.

Overall Male: Mark De Luccia 11.70 mi.

Charles Pegg (1st M36-45) 11.21 mi.

Bill Shashaty (2nd M36-45) 10.65 mi.

Bill Pape (1st M56+) 10.60 mi.

Harry Hansen 09.70 mi.

Steve Fischer 09.59 mi.

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., Bike 10 miles, R 3 mi. www.pinehillarms.com

Overall Female: Erica Ruge 0:58:21

Julie Pape 1:33:07

Overall Male: Mike Halstead 0:49:54

Charles Pegg (2nd Overall) 0:50:24

Bob Gramling (3rd Overall) 0:52:44

Bill Norton 0:55:13

Bill Pape 0:58:02

El Gran Trialo-Joyuda, Puerto Rico S 1.8k, B 40 mi., R 10 mi. www.elgrantriale.com

Overall Female: Sara Mari 3:47:57

Mari Flores (3rd Overall) 4:18:49

Overall Male: Juan Carlos Padró Octaviani 3:16:47

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March Madness Biathlon-Central Park, NY R 2 mi., B 12 mi., R 2 mi. www.nytc.org

Overall Female: Kelli Montgomery 1:07:32
Jeanette Shelow-MacDougall(2nd Overall)1:07:42

Overall Male: Lee Sossen 0:56:12
Terry Kerrigan (2nd Overall) 0:58:40

APRIL

Brandywine Duathlon-Delaware City, DE (4/8/06) R 5k, B 30k, R 5k www.piranha-sports.com

Overall Female: Suzanne Huelster 1:26:53
Jean Norton* (5th Overall) 1:30:21

*Qualified for the World Duathlon Championship in Newfoundland, Canada

Overall Male: Jeff Miller 1:17:32
Steve Fischer 2:15:28

Ironman Arizona-Phoenix, AZ (4/9/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com (USAT Sanction TBD)

Overall Female: Michellie Jones 9:12:53

Overall Male: Michael Lovato 8:20:56
Terry Kerrigan (23rd Overall) 9:30:07

Bronx Biathlon-Bronx, NY (4/23/06) R 3 mi., B 20 mi., R 3 mi. www.nytc.org

Overall Female: Donna McMahon 1:10:04

Overall Male: Lee Sossen 1:03:36
Mark De Luccia (2nd M30-34)1:08:49

Powerman-Carrboro, NC (4/23/06) R 8k, 53k, R 8k www.team-magic.com

Overall Female: Brianna Boehmer 2:25:18

Overall Male: Tom Jeffrey 2:04:15
Tom Gill 3:40:41

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Healthplex Indoor Triathlon-Springfield, PA (4/23/06) S 15 min., R 15 min.(Yes, the run was next!), B 15 min. www.crozer.org

Overall Female: Kristin Talarovich 153 pts.

Overall Male: James Mooney 170 pts.

Steve Fischer (1st M40-49) 123 pts.

St. Anthony's Triathlon-St. Petersburg, FL (4/30/06) S 1.5k, B 40k, R 10k

www.satriathlon.com

Overall Female: Becky Lavelle 2:00:04

Jeanette Shelow-MacDougall 2:30:55

Overall Male: Rasmus Henning 1:46:14

MAY

White Lake Half-White Lake, NC(5/6/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.set-upinc.com

Overall Female: Jeanna Chain 4:40:14

Overall Male: PJ Deschenes 4:09:05

Art Boyko (1st Master Clydes) 4:53:49

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

Overall Female: Mirinda Carfrae 4:30:13

Overall Male: Craig Alexander 4:07:33

Doug Thompson 6:02:38

Don Davis (3rd M60-64) 6:20:48

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New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com

Overall Female: Jenny Fletcher 1:51:25

Overall Male: Andrew Yoder 1:36:37
Steve Fischer 2:36:36

Brooklyn Biathlon-Brooklyn, NY (5/7/06) R 2 mi., B 10 mi., R 2 mi. www.nytc.org

Overall Female: Amy May 0:58:07

Overall Male: Dave Sargent 0:54:04
Jason O'Neill (2nd M30-34) 0:58:06

Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 www.nytc.org

Overall Female: Jean Norton 1:08:17*
Barbara Sessa (2nd Overall) 1:09:32
Jeanette Shelow-MacDougall(3rd Overall)1:11:00
Pam Neimeth (1st F45-49) 1:19:45
Mary DeNitto (1st F55-59) 1:20:59
Jan Pollo (2nd F40-44) 1:25:21
Susan Metichecchia(3rd F45-49)1:33:35

*New Course Record!

Overall Male: John McGovern 1:01:42
Mike Halstead (2nd Overall) 1:03:11
Mark De Luccia (3rd Overall) 1:04:10
Ronnie Severino (1st M35-39)1:05:00
Mike Vance (1st M25-29) 1:05:22
Mark Wilson (2nd M35-39) 1:05:37
Travis Turner (1st M30-34) 1:06:49
Nick Brundage (2nd M18-24) 1:09:18
Zac Staszak (2nd M25-29) 1:09:26
Jason O'Neill (3rd M30-34) 1:09:49
Art Boyko (1st Male Trooper) 1:10:39
Bill Norton (1st M50-54) 1:12:30
Janek Szablinski 1:12:53
Jimmy Buff 1:13:20
Bill Shashaty 1:15:28
Don Davis (1st M60-64) 1:17:08
Bill Pape (1st M55-59) 1:18:55
Tom Ganz 1:20:15
Bob Bomba 1:24:40

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Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.

www.dougstern.com

Overall Female: Barbara Buenahora 1:27:38
Barbara Sessa (2nd Overall) 1:31:30

Overall Male: Doug Clark 1:15:43
Alex Sherwood (2nd Overall) 1:15:48
Mike Halstead (3rd Overall) 1:21:10
Bill Norton 1:33:09
John Ferrara 1:55:31

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 28 mi., R 6.2 mi. www.genesisadventures.com

Overall Female: Jenny Fletcher 2:26:34
Jean Norton (2nd Overall) 2:31:32
Jeanette Shelow-MacDougall (1st F40-44) 2:39:41
Kathryn Flodquist(2ndF40-44)3:10:08

Overall Male: Mike Llerandi 2:16:31
Mark Wilson (1st M35-39) 2:26:59
Patrick Murphy 3:12:44

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.genesisadventures.com

Overall Female: Mimi Boyle 5:29:56

Overall Male: Chris Gebhardt 4:36:53
John McGovern (7th Overall) 5:05:49
Michael Bakker (1st M40-44) 5:15:39
Mark De Luccia 5:35:21
Jason O'Neill 5:54:15

Saratoga Lions Duathlon-Saratoga Springs, NY (5/28/06) R 5k, B 20 mi., R 5k www.finishright.com

Overall Female: Melissa Smith 1:45:20
Mari Flores (2nd F30-34) 1:56:01

Overall Male: Corey Boilard 1:31:01

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JUNE

Health Net Mossman Triathlon-Milford, CT (6/3/06) S 1.5k, B 40k, R 10k

www.trifitness.net

Overall Female: Mimi Boyle 2:24:21
Kathryn Flodquist(1stF40-44) 2:43:24

Overall Male: Dave Kane 2:09:12

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3 mi., *B 12 mi., R 3 mi. www.nytc.org

Overall Female: Christine Dunnery 1:05:17
Jeanette Shelow-MacDougall (2nd Overall) 1:05:19
Pam Neimeth (2nd F45-49) 1:15:08
Christine Honig 1:16:35
Maureen Shilkunas 1:18:28
Mindy Enochs 1:26:55
Linda Rosenthal (1st F55-59) 1:45:28

Overall Male: John McGovern 0:59:15
Mark Wilson (1st M35-39) 1:01:18
Mark De Luccia(2nd M30-34) 1:02:58
Zac Staszak (1st M25-29) 1:03:10
Art Boyko (2nd M35-39) 1:03:56
Bob Gramling (1st M50-54) 1:05:36
Steve Fischer 1:27:56
Tom Gill 1:31:59

*Bike course shortened by 1 due to new speed bumps on golf course road.

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/3-4/06) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)

www.timbermantri.com

Overall Female: Kim Webster 4:42:29
Dorothy Hamburg 6:24:59

Overall Male: Nick Richardson 4:19:34

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New England Adult Triathlon-Worcester, MA (6/10/06) S .5 mi., B 12.8 mi., R 3.2 mi. www.firm-racing.com

Overall Female: JeanetteShelow-MacDougall 1:08:58

Overall Male: Scott Roth 1:02:10

John Jasinski 1:19:35

Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1 mi., B 20 mi., R 6.2 mi. www.swimpower.com

Overall Female: Jean Bohan 2:11:50

Overall Male: Terry Kerrigan 1:51:35

Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:18:12

Jean Norton† (2nd F40-44) 5:06:02

Barbara Sessa† (3rd F40-44) 5:06:48

Mari Flores 5:38:36

Mary DeNitto*† (1st F50-54) 5:47:44

Christine Honig (1st Athena 15-39) 6:06:19

Pam Neimeth 6:24:13

Overall Male: Chris Legh 3:54:15

Alex Sherwood*† (1st M30-34) 4:24:55

Mark Wilson† 4:54:06

Art Boyko† 5:01:37

Charles Pegg 5:17:21

Gary Walters 5:34:11

Bob Bomba 6:21:04

*Qualified Ironman Triathlon World Championship-Kona, HI

†Qualified Ironman 70.3 World Championship-Clearwater, FL

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19th Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:26:55
<u>Overall Male:</u>	Doug Clark	1:10:33
	John McGovern (1 st M40-44)	1:15:06
	Jim Demis	1:36:38

HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi.

www.hvtc.net

<u>Overall Female:</u>	JeanetteShelow-MacDougall*	0:57:55
	Mari Flores	1:05:19
	Mary DeNitto	1:07:38
	Pam Neimeth	1:08:24
	Maureen Shilkunas	1:09:59
	Dorothy Hamburg	1:11:30
	Rosibel Landau	1:16:14
	Jeanne Roth	1:16:20
	Michele Yasson	1:17:50
	Julie Pape	1:31:55
	Linda Rosenthal	1:36:05

*New Course Record

<u>Overall Male:</u>	Alex Sherwood	0:50:37
	John McGovern	0:52:53
	Ronnie Severino	0:53:03
	Michael Donnelly	0:55:12
	Henry Collins	0:55:20
	Mark Wilson	0:55:32
	Mark De Luccia	0:55:40
	Doug Thompson	0:55:47
	Michael Bakker	0:56:08
	Art Boyko	0:56:53
	Travis Turner	0:57:49
	Mike Vance	0:58:04
	Robert Goldsworthy	0:58:40
	Bill Pape	1:02:01
	Bill Shashaty	1:02:02
	Bill Norton	1:02:10
	John Jasinski	1:03:49
	Patrick Murphy	1:03:56

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Gary Walters	1:04:38
Donald Roth	1:04:54
Greg Bayer	1:06:36
David Beaudry	1:08:54
Tom Ganz	1:09:21
Bob Bomba	1:09:52
Henry Kaiser	1:10:22
John Ferrara	1:11:12
Jason Novak	1:14:11
Tom Gill	1:14:42
Janek Szablinski	1:15:15
Steve Fischer	1:18:07
Jim Demis	1:18:20
Larry Knapp	1:19:45
John DeJoy	1:39:23
Tom Eanelli	1:44:50
Mike Halstead	DNF
Charles Pegg	DNF

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k

www.patgriskustri.com

Overall Female:

Amy Rice*	2:12:00
Jeanette Shelow-MacDougall*(1 st F40-44)	2:20:43
Kathryn Flodquist*	2:39:35

Overall Male:

Dave Kane	2:04:54
Alex Sherwood (2 nd Overall)	2:05:09
Mike Halstead (2 nd M35-39)	2:14:10
Mark Wilson*	2:17:13

*Rode 1.4 mile less due to race official misdirection

Lake Waramaug Triathlon, New Preston, CT (6/23/06) S . 5 mi., B 9.1 mi., R 3.3 mi.

www.plattsys.com

Overall Female:

Vicki Dalton	1:07:29
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Overall Male:

John Hirsch	0:56:25
Tom Gill	1:24:19

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Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Overall Female:

Heather Johnston	1:59:43
Christine Honig	2:27:10
Star Walters (5 th F40-59)	2:28:52

Overall Male:

James Roche	1:54:38
Mike Vance (2 nd Overall)	1:55:04

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female:

Leslie Myers	4:51:55
Mari Flores	5:39:48
Mary DeNitto (2 nd F55-59)	5:48:42
Pam Neimeth (4 th F45-49)	5:50:07

Overall Male:

Chuck Perreault	4:09:17
John McGovern (1 st M40-44)	4:28:19
Mark De Luccia	4:45:42
Mark Wilson	4:54:23
Art Boyko	4:58:23
Doug Thompson	5:33:50
Gary Walters	5:34:12
Patrick Murphy	5:46:34

Webster Lake Triathlon-Webster, MA (6/25/06) S .5 mi., B 12 mi., R 3 mi. www.firm-racing.com

Overall Female:

Alicia Kaye	1:01:59
Jeanette Shelow-MacDougall(2 nd Overall)	1:08:40

Overall Male:

Jonathan McCall	1:01:54
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*Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k www.phillytri.com

Overall Female:

Heather Houseknecht	2:12:16
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Overall Male:

Chris Ganter	1:54:56
Zac Staszak	2:11:34

*Due to inclement weather, the race format was changed to a Duathlon; a 3 mile run replaced the swim.

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Ironman Coeur d'Alene-Coeur d'Alene, ID (6/25/06) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironman.com

Overall Female: Joanna Zeiger 09:31:07

Overall Male: Chris Hauth 09:07:05
Henry Collins 11:50:56

Westchester Medical Center Biathlon-Valhalla, NY (6/25/06) R 2 mi., B 15 mi., R 2 mi.,
www.nytc.org

Overall Female: Barbara Sessa 1:07:29

Overall Male: Chris Bohannon 1:01:50
Steve Fischer 1:31:01

Kure Beach Triathlon-Kure Beach, NC (6/25/06) S 375 yds., R 1.5 k, B 20k, R 1.5k,
R 1.5k, S 375 yds. www.set-upinc.com

Overall Female: Anne Basso 1:07:01
Linda Rosenthal(2ndF55-59)1:55:37

Overall Male: Zachary Stroud 0:59:44

JULY

USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland 9/2-3/06)

Overall Female: Jennifer Garrison 1:06:53
Jeanette Shelow-MacDougall 1:30:20

Overall Male: Marc Bonnet-Eymard 0:59:58

Diamond in the Rough Triathlon-Perryville, MD (6/8/06) *S 1 mi., B 27 mi., R 5 mi.
www.piranha-sports.com

Overall Female: Sally Speck 2:11:09

Overall Male: Andrew Yoder 1:56:54
Steve Fischer 2:58:24

*Due to inclement weather, the swim became a 2.5 mi. run.

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HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Overall Female:

Jeanette Shelow-MacDougall	0:58:04
Lauren Warren	1:02:44
Mari Flores	1:04:16
Pam Neimeth	1:06:52
Maureen Shilkunas	1:10:17
Mary DeNitto	1:10:59
Jeanne Roth	1:12:24
Michele Yasson	1:14:51
Star Walters	1:14:58
Rosibel Landau	1:17:00
Julie Geisler	1:17:31
Laurel Gross	1:19:17
Sue Metichecchia	1:20:43
Scarlet Duba	1:25:32
Julie Pape	1:31:40
Linda Rosenthal	1:34:10
Carol Covas	NA

Overall Male:

Alex Sherwood*	0:50:27
Terry Kerrigan	0:51:11
Ronnie Severino	0:51:18
Mike Halstead	0:54:32
John McGovern	0:54:40
Charles Pegg	0:55:03
Michael Donnelly	0:55:18
Mark De Luccia	0:55:26
Mike Vance	0:55:40
Zac Staszak	0:56:37
Doug Thompson	0:56:56
Mark Wilson	0:57:19
Bob Gramling	0:57:22
Michael Bakker	0:57:36
Robert Goldsworthy	0:58:39
Art Boyko	0:58:42
Bill Norton	1:00:50
Bill Pape	1:01:39
Jim Demis	1:02:06
Bill Shashaty	1:02:33
Nick Brundage	1:02:50
Patrick Murphy	1:03:36

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Gary Walters	1:04:12
Tom Ganz	1:04:52
Jason Novak	1:07:22
Greg Bayer	1:07:57
Donald Roth	1:08:34
Jim Wendel	1:08:52
Bob Bomba	1:09:48
Yanek Szablinski	1:10:16
John Ferrara	1:13:50
Larry Knapp	1:15:20
Steve Fischer	1:17:58
Philip Milio	1:22:32
John DeJoy	1:26:15
Tom Eanelli	1:36:59
Andrew Schupak	NA
Travis Turner	NA

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 3.1 mi. www.patgriskustri.com

<u>Overall Female:</u>	Danielle Sullivan	1:01:51
	Kathryn Flodquist	1:13:43

<u>Overall Male:</u>	Domenic Gillen	0:56:13
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New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k www.nyctri.com

<u>Overall Female:</u>	Emma Snowsill	1:56:14
	Jeanette Shelow-MacDougall(6 th F-Elite Wave)	2:19:00
	Mary DeNitto (2 nd F55-59)	2:36:53

<u>Overall Male:</u>	Greg Bennett	1:43:43
	Charles Pegg(11 th M-Elite Wave)	2:06:38
	Mark Wilson	2:12:11
	Don Davis (1 st M60-64)	2:29:01
	Janek Szablinski	2:35:22
	Shervyn von Hoerl	3:18:19

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Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k

www.trifitness.net

<u>Overall Female:</u>	Meghan Newcomer	1:09:03
	Kathryn Flodquist (2 nd F40-44)	1:14:30
<u>Overall Male:</u>	Max Wunderle	1:02:59

Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi.

www.musselmantri.com

<u>Overall Female:</u>	Kim Loeffler	4:33:30
<u>Overall Male:</u>	Alex Mroszcyck-McDonald	4:19:54
	Terry Kerrigan (4 th Overall)	4:25:32
	John McGovern (3 rd M40-44)	4:53:14
	Travis Turner	5:20:34
	Jim Wendel	6:18:31
	Patrick Murphy	DNF

Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Rebecca Niesen	1:38:22
	Rosibel Landau (1 st F25-29)	1:49:51
<u>Overall Male:</u>	Mike Halstead	1:17:24
	Ronnie Severino (2 nd Overall)	1:18:03
	Mark De Luccia (3 rd Overall)	1:19:05
	Bill Shashaty (1 st M35-39)	1:35:45
	Gabriel Tenenbaum (3 rd M45-49)	1:38:36

Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Maggie Freeman	1:30:29
	Laurel Gross (1 st F40-44)	1:54:03
<u>Overall Male:</u>	Chris Bohannon	1:20:33

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Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25

www.pinebushtriathlon.org

Overall Female: Kirsten McKay-Smith 1:01:30
Christine Honig 1:08:38

Overall Male: Paul Gaffuri 0:54:25
Art Boyko (2nd M40-44) 0:59:16

Steelman Triathlon-Lehigh Valley, PA (7/16/06) S 1.5k, 40k, 10k www.steelman.org

Overall Female: Katrina Dowichuk 2:29:41

Overall Male: Charles Sperazza 2:14:21
Steve Fischer 3:48:29

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Molly Zahr 10:11:35
Dorothy Hamburg 15:47:39

Overall Male: Victor Zyemtsev 08:38:18
Michael Bakker* 10:20:52
Bob Gramling (3rd M50-54) 10:58:55
Mark De Luccia 11:07:01
Art Boyko 11:19:09
Henry Collins (2nd Clydes.) 11:24:46
Jason O'Neill 13:59:21
Donald Roth 15:45:53

*Qualified Ironman Triathlon World Championship Kona, HI!

New Jersey State Triathlon-Mercy County Park, NJ (7/23/06) S 1.5k, B 40k, R 10k
www.cgiracing.com

Overall Female: Heather Leiggi 2:13:04
Jeanette Shelow-MacDougall (3rd Overall) 2:16:28

Overall Male: Christopher Martin 1:54:37

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Niantic Triathlon-Niantic, CT (7/23/06) S ½ mi., B 12 mi., R 3.5 mi.

www.hartfordmarathon.com

<u>Overall Female:</u>	Elise Vonhousen	1:11:21
	Kathryn Flodquist (3 rd F40-44)	1:17:20
<u>Overall Male:</u>	Jordan Rapp	0:59:07

Philadelphia Independence Triathlon-Philadelphia, PA (7/30-06) S .5 mi., B 17 mi., R 4 mi. www.envirosports.com

<u>Overall Female:</u>	Michele Pollio	1:31:21
<u>Overall Male:</u>	Brian Duffy	1:14:59
	Steve Fischer	2:04:32

AUGUST

Sandy Beach Triathlon-Bantam, CT (8/4/06) S ½ mi., B 10 mi., R 3.1 mi.

www.greystoneracing.net

<u>Overall Female:</u>	Kathleen Peck	1:13:21
<u>Overall Male:</u>	Paul McClaskey	1:00:42
	Tom Gill	1:20:40

Litchfield Hills Triathlon-New Hartford, CT (8/6/06) S 1.5k, B 40k, R 10k

www.hartfordmarathon.com

<u>Overall Female:</u>	Kelly Bergkessel	2:24:45
	Pam Neimeth (2 nd F45-49)	2:53:55
<u>Overall Male:</u>	William Schumann	2:11:57
	Mark Wilson (1 st M35-39)	2:23:54

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/6/06) S-1.5 k, B-40k, R-10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Heather Leiggi	2:22:57
	Jeanette Shelow-MacDougal	2:27:09
<u>Overall Male:</u>	Andrew Boone	2:06:49
	Travis Turner (3 rd Overall)	2:15:56
	Bob Gramling (1 st M50-54)	2:25:47

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Wilkes Barre Triathlon-Penn State Campus, PA (8/6/06) S 1.5k, B 40k, R 10k

www.wilesbarretriathlon.com

Overall Female: Karen Smyers 2:13:28
Barbara Sessa (1st F40-44) 2:30:35
Star Walters (2nd F50-54) 3:06:44

Overall Male: Marcel Vifian 1:59:33
Gary Walters 2:46:28

Grafton Lakes Off Road Triathlon-Grafton, NY (8/6/06) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

Overall Female: Elizabeth Vineis 1:57:26

Overall Male: Mike Nahom 1:30:00
Mike Halstead (1st M40-44) 1:36:58

Greenfield Triathlon-Greenfield, MA (8/6/06) S .63 mi., B 30.4 mi., R 7.2 mi.

www.greenfield-triathlon.com

Overall Female: Kim Webster 2:30:35
Mari Flores (3rd F30-34) 2:51:58

Overall Male: PJ Deschenes 2:12:45

West Point Triathlon-West Point, NY (8/13/06) S 800 m, B 25k, R 5k

www.usma.edu/USCC/DCA/Clubs/trit/

Overall Female: Barbara Sessa 1:16:32
Lauren Warren (1st F35-39) 1:18:03
Jean Norton (2nd F40-44) 1:23:14
Sandy Mancuso-Lopez 1:31:49
Julie Geisler (2nd Athena) 1:37:56
Michele Yasson 1:38:34

Overall Male: Alex Sherwood 1:06:41
Michael Donnelly (1st M45-49) 1:12:45
Mark De Luccia (3rd M30-34) 1:15:09
Michael Noel 1:15:39
Bill Norton 1:18:38
Don Davis (1st M60-64) 1:23:12
Bob Bomba 1:33:39
Larry Knapp 1:43:15
Philip Milio 1:50:33

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Northern Columbia Triathlon-Kinderhook, NY (8/13/06) S ¼ mi., B 19.5 mi., R 4.5 mi.
www.northerncolumbiatriathlon.com

Overall Female:
Sue Dean(Art Boyko's Sister) 1:38:48
Christine Honig 1:57:51
Linda Rosenthal (3rd F55-59) 2:29:23

Overall Male:
Steve Pyle 1:25:34
Art Boyko (1st M40-44) 1:35:50

HVTC Summer Tri-Series #3-Rosendale, NY (8/16/06) S 700 yds, B 12 mi, R 2 mi.
www.hvtc.net

Overall Female:
Barbara Sessa 0:57:38*
Jeanette Shelow-MacDougall 0:58:02
Lauren Warren 0:58:55
Kathryn Flodquist 1:00:58
Mari Flores 1:02:21
Christine Honig 1:05:59
Maureen Shilkunas 1:08:28
Sandy Mancuso-Lopez 1:09:06
Star Walters 1:09:14
Jeanne Roth 1:12:11
Michele Yasson 1:13:25
Sue Metichecchia 1:13:53
Rosibel Landau 1:14:06
Laurel Gross 1:15:09
Julie Geisler 1:15:11
Dorothy Hamburg 1:15:37
Carol Covas 1:24:57
Julie Pape 1:30:08
Linda Rosenthal 1:36:19
Julie Riestler 1:40:43

*New Course Record

Overall Male:
Alex Sherwood 0:50:30
Terry Kerrigan 0:50:50
Ronnie Severino 0:51:32
Mike Halstead 0:53:16
Michael Donnelly 0:54:41
John McGovern 0:55:07
Zac Staszak 0:55:24
Robert Goldsworthy 0:55:35
Art Boyko 0:55:53

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Mark Wilson	0:56:06
Travis Turner	0:56:21
Michael Bakker	0:56:40
Bob Gramling	0:56:51
Andrew Schupak	0:56:53
Mark De Luccia	0:57:02
Patrick Murphy	0:59:34
Bill Shashaty	0:59:59
Jim Demis	1:00:27
John Jasinski	1:01:31
Gary Walters	1:01:45
Tom Ganz	1:02:49
Bill Pape	1:02:56
Jim Wendel	1:05:45
Dave Beaudry	1:07:17
Janek Szablinski	1:09:47
John Ferrara	1:11:12
Harry Hansen	1:14:33
Steve Fischer	1:18:08
Tom Gill	1:18:20
Philip Milio	1:18:48
John DeJoy	1:22:50
Larry Knapp	DNF

19th New York Triathlon Race #2-Harriman State Park, NY (8/20/06) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Overall Female: Carol Wilke 1:22:34

Overall Male: Arland Macasieb 1:12:02
Mark De Luccia(2nd M30-34) 1:18:39
Jim Demis 1:25:40
Greg Bayer 1:34:41
Steven Pressman 1:47:43
Steve Fischer 1:49:30

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-20/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Karen Smyers 4:34:36
Pam Neimeth 5:57:05

Overall Male: Bjorn Andersson 3:57:46
Alex Sherwood (3rd M30-34) 4:24:13

Hudson Valley Triathlon Club

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Ironman UK-Sherborne, England (8/20/06) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironmanuk.com

Overall Female: Dede Griesbauer 09:37:45

Overall Male: Frank Heldoorn 08:36:38

Charles Pegg 11:30:39

Lake Terramuggus Triathlon-Marlborough, CT (8/24/06) S 400 yds., B 12 mi., R 3.1

mi. www.pigironsports.com

Overall Female: Rebecca Stephenson 1:02:19

Overall Male: Chris Schulten 0:52:44

Mike Vance (3rd Overall) 0:57:11

Chicago Triathlon-Chicago, IL (8/27/06) S 1.5k, B 40k, R 10k

www.chicagotriathlon.com

Overall Female: Samantha McGlone 2:02:25

Jeanette Shelow-MacDougall(5th FElite)2:24:12

Overall Male: Craig Alexander 1:49:54

Zac Staszak 2:15:01

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/27/06) S 1.2

mi., B 56 mi., R 13.1 mi. www.vermontsun.com

Overall Female: Leslie Myers 4:56:51

Mari Flores (5th Overall) 5:23:42

Maureen Shilkunas 6:13:02

Overall Male: Brian Sheldon 4:31:35

Mark Wilson (2nd M35-39) 4:56:23

Art Boyko (1st M40-44) 4:57:57

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Peak Performance Duathlon-New Paltz, NY (8/27/06) R 2.25 mi., B 12 mi., R 2.25

www.hvsports.net

<u>Overall Female:</u>	Barbara Sessa	0:59:50
	Jean Norton (3 rd Overall)	1:04:18
	Sue Metichecchia(2 nd F40-49)	1:15:27
	Julie Geisler (3 rd F40-49)	1:18:22
	Michele Yasson	1:19:40

<u>Overall Male:</u>	Mike Halstead	0:55:54
	Mike Vance (2 nd Overall)	0:57:05
	Mark De Luccia (3 rd Overall)	0:57:09
	Doug Thompson (1 st M30-39)	0:57:52
	Bob Gramling (1 st M50-59)	0:58:31
	Travis Turner (2 nd M30-39)	0:59:23
	Don Davis (2 nd M60 & Over)	1:09:08
	Philip Milio (3 rd M50-59)	1:15:24

SEPTEMBER

2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland (9/2-3/06) S 1.5k, B 40k, R 10k

www.usatriathlon.org

<u>Overall Female:</u>	Emma Snowsill	2:04:03
	Jeanette Shelow-MacDougall (13 th F40-44)	2:36:46

<u>Overall Male:</u>	Tim Don	1:51:32
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Lake George Triathlon-Lake George, NY (9/3/06) S 1.5k, B 40k, R 10k

www.adktri.org

<u>Overall Male:</u>	Justin Daerr	1:46:37
	Michael Donnelly (3 rd M45-49)	1:58:05
	Zac Staszak (2 nd M25-29)	2:00:14
	Mark Wilson	2:00:23
	Art Boyko (3 rd M40-44)	2:04:17
	Tom Ganz	2:14:28
	Bob Bomba	2:27:32
	Larry Knapp	2:44:04

<u>Overall Female:</u>	Alison Heaphy	2:06:30
	Sandy Mancuso-Lopez	2:30:06
	Rosibel Landau	2:41:32
	Melinda Hitchcock-Fanning	2:43:33
	Linda Rosenthal	3:14:01

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2005 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</u>	<u>Age Group</u>	<u>Honors</u>	<u>Ranking</u>
John McGovern (Duathlon)	M40-44	AA	96.2270
Alex Sherwood	M30-34	AA	92.4403
Mark Wilson	M35-39	AA	88.7071
Charles Pegg	M35-39	HM	84.6444
Mike Halstead	M35-39		83.2659
Mike Vance	M20-24		81.2255
Andrew Schupak	M35-39		81.1321
Barbara Sessa	F40-44	HM	77.1341
Jean Norton	F40-44	HM	76.2606
Mary DeNitto	F55-59	AA	71.4236
Pam Neimeth	F45-49		67.1655
Bill Norton	M50-54		66.8788
Jeanne Roth	F30-34		64.4122
Tom Gill	M50-54		60.5422

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

2005 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2005 HVTC Volunteer of the Year Award: **Myron Baker Sr.**

2005 HVTC Most Improved Award: **Jim Demis**

2005 HVTC Rookie of the Year Award: **Linda Rosenthal**

2005 HVTC Honorable Mention Award: **Jean Norton**

2005 HVTC Honorable Mention Award: **Barbara Sessa**

2005 HVTC Honorable Mention Award: **Mike Halstead**

2005 HVTC Honorable Mention Award: **Alex Sherwood**

2005 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2005 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

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2005 HVTC Summer Tri-Series Winners

Women's Champion: **Mary DeNitto**

2nd Place: **Mari Flores**

3rd Place: **Pam Neimeth**

4th Place: **Jean Norton**

5th Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**

2nd Place: **Mark Wilson**

3rd Place: **Charles Pegg**

4th Place: **Henry Collins**

5th Place: **Alex Sherwood**

ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1st, 2006; Closing Day-Friday October 27th, 2006; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **HVTC Awards Banquet**-Wednesday, November 15th 5:30-7:30 pm at Williams Lake Resort.
- **Mark Wilson's Triathlon Training Camps**-August 21-26, 2006 PICO Sports Center (Killington, VT) & January 22-27, 2007 National Training Center (Clermont, FL).
- **2006 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).
- **2006 HVTC \$200.00 membership** is valid from January 1st-December 31st.

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