



# 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. 76**

**September 2007**

## IN A FEW WORDS

Dear HVTC,

I have learned that appreciation in ALL moments allows a man to create a long, prosperous and healthy life. Seeing each one of you this summer has given me that feeling of well-being, oneness and happiness. I want to thank you for being a part of my life; I hope that I offer you as much joy as you give me. See ya out there!

Sincerely,  
Mark H. Wilson  
Professional Triathlon Coach  
Founder/President-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: Christene Spiezio**

By Mark H. Wilson

Have you ever met someone who had so much natural athletic ability it was almost sickening? Have you ever heard them say how they stink at something and yet they just beat you by 4 minutes? Or how about this; you're having your best race of your life after years of training, learning and sweating to have them out-sprint you to the line and then declare they just picked-up the sport YESTERDAY and thought it might be nice to enter the race to "try it out"?! Thought so. Well, our Featured Athlete of the Month is as talented as they come; HVTC, meet Christene Spiezio. No pressure, though! Let's hear her story.



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Christene was born at St. Peters Hospital in Albany, New York and graduated in 1987 from Colonie High School. She went on to study at SUNY Cortland for Athletic Training. As a child she took Ballet, Tap and Jazz from ages 4-13. See, the truth is coming out! During high school and college she ran Cross Country in addition to Track and Field. After college she was a member of the U.S. Women's Bobsled Team which was quite an honor and "VERY" exciting. Christene was the driver for her team and they traveled to several countries for World Cup events. Okay, so she's an awesome athlete!!

Christene currently lives in Bloomington, NY with her partner Tamme Stitt and her two children Isabelle (7) and David (6). She's busy earning her living as a Massage Therapist for local athletes (hint, hint). Her reputation is stellar, too; before joining HVTC she volunteered her services after the races and folks just loved her work. Now, she's like most of us and gets in line to see Dr. Dave after each race!

Speaking of the club, Christene was totally inspired by HVTC. However, she was scared about the swim part. She knew she could do it, but there was something that just kept her in panic-mode with all the people around her, etc. It was this past June that she jumped-in at the Summer Tri-Series #1; the swim went horribly and she had to hold-on to the buoy and almost dropped-out. Fortunately, she kept going and once out of the water the competitive juices began flowing again as she caught people on the bike and then ran some more down on the run (her specialty). Although she's gotten light-years better in triathlon's first leg, swimming still frustrates her.

Christene is someone who likes to set and reach personal goals. One of her goals was to compete in and complete the SOS. Now, in case you don't know...there's lots of swimming!!! Yikes. Once again, no big deal for an athlete like her; Christene not only finished but was 2<sup>nd</sup> F35-39 in an awesome first-time effort of 5:52:22. Congratulations! Competitors tend to get stretched-out along the course, so maybe it's the mass start that triggers the willies for her. Nonetheless, she's bound for glory in triathlon despite her glutinous hobbies; vacations, sleeping, watching TV (people still do that?), and fantasizing of eating Big Mac's (she hasn't had one in 6 years). Alright, so she's not THAT glutinous!

Obviously, Christene's family is accustomed to athletics so they don't even blink an eye that she's doing triathlon. She tells everyone about the sport, too; in fact, she's gotten two brothers into the sport. Although, she thinks she must be a bit cuckoo to be doing it herself! The most problematic experience she's had in triathlon (besides swimming, that is) is the darn blisters; her feet are blistering all over the place and even with all of her running she's never had this dilemma. Hah...there, see?...a soft spot!!



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Christene also finished the Tupper Lake “Sprint” Triathlon, Musselman Half Ironman and, of course, the 2007 HVTC Summer Tri-Series. She’ll never forget crossing the line of her first tri and then to do the half was really special to her because of the swim-tension she would experience. It’s her goal to race swim-panic-free in 2008 which will definitely materialize with more racing experience. She’s also on target to run a sub 3:20 marathon next month in Steamtown, PA. You go, Girl!

She put lots on her plate this year and is hitting every goal in perfect stride. Christene delayed her entry into HVTC for several years because she was intimidated by the athletic prowess displayed by many within the club. Thankfully, she experienced the club directly and has this to share; “I have to say, this is a group of the nicest people I have ever met and I really like the fact that everyone treats each other as an equal and is willing to give a hand in any situation. GREAT CLUB!” Now, if some of her talent could just rub-off on some of the rest of us. Thanks, Christene!

## **THE GOOD DOCTOR SAYS**

Iliotibial Band Syndrome (ITBS): Causes and Treatment

By Dr. David Ness, C.C.S.P.®, A.R.T.® Certified

Iliotibial band syndrome (ITBS) is a condition that affects runners and other athletes that causes pain in the lateral (outside) part of the knee. It is an inflammation of the lower part of the band that inserts on the outside of the knee caused by the IT Band rubbing over the bony part of the lower femoral condyle. The IT Band is a thick band of ligament that at its upper portion has the Gluteus Maximus, Gluteus Medius, and Tensor Fascia Lata muscles connecting to it, and it then runs down the outside of the leg to insert in the lateral side of the Tibia. The IT Band works to control the outside of the knee, and to flex the knee. ITBS can be caused by many factors such as overuse, weakness of the hip abductors (Gluteus Medias, Tensor Fascia Lata), improperly made shoes, bad feet (pronators), running on a canted or crowned surfaces, circular track running, and a high Q angle (the angle that is formed from the hip to the knee that causes a knock knee, or bow leg deformity).



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Symptoms may present at the end of a run in the beginning of this problem, but more severe and untreated cases may prevent you from running even short distances. Often there is associated stress on other muscles in the kinetic chain. This can be weakness and tightness in the Quadriceps, Tensor Fascia Lata, Psoas, and hip abductors. Training may also contribute to the development of ITB syndrome. It is always important to look at your training routine and see what changes have recently occurred. A rapid increase in running distances, speed work, hill work, and time spent running often precedes the development of this injury.

Treatment of ITBS should include all of the following:

Ice, rest, decrease in training and or changes in training regimen, stretching of the IT Band and associated muscles, massage or foam rolling of the lateral quadriceps and IT Band, and strengthening of the hip abductors all. If none of the above treatments resolve the problem a sports medicine professional should be consulted. This could be an orthopedist or other medical doctor who could refer for physical therapy, a chiropractor, or a massage therapist. Deep tissue massage and Active Release Techniques to the ITB, Quadriceps, TFL, Psoas, and hip adductors are highly effective in treating ITBS. Last resort treatments include cortisone shots, or a surgical procedure called a lateral release. These last resort treatments are used for cases that do not respond to any form of treatment and rest.

**About Dr. Ness: A chiropractor for over 18 years, Dr. Ness has been a Sports Chiropractor and certified Active Release Provider since 2004. He has treated patients at the past four Ironman events at Lake Placid, and has provided treatment at races for the N.Y.T.C., and H.V.T.C., and at the S.O.S. For questions about any sports injury email Dr. Ness at [mail@drness.com](mailto:mail@drness.com)**



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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-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)**

**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 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

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

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)

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



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**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)

**Grafton Lakes Off Road Triathlon-Grafton, NY (7/29/07) S 0.9mi, Mtn B 14mi, R 5mi.** [www.skyhighadventures.com](http://www.skyhighadventures.com)

## AUGUST

**Fronhofer Tool Triathlon-Cambridge, NY (8/4/07) S 1.5k, B 40k, R 10k**  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

**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)

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

**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)

**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)

**West Point Triathlon-West Point, NY (8/19/07) S 800 m, B 25k, R 5k**  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**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)

**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)



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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

Xterra Onteora-Livingston Manor, NY (9/2/07) S .5 mi., Mtn. B 14 mi., R 5k  
[www.triandduit.com](http://www.triandduit.com)

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

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)



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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

Ironman Triathlon World Championship (10/13/07) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironinfoironmanlive.com](http://www.ironinfoironmanlive.com)

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)

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

Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/21/07) R 2 mi., B 12 mi., R 2 mi. [www.woodstockclassic.com](http://www.woodstockclassic.com)

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

Toga! Biathlon-Congers, NY (10/21/07) R 4.25k, B 24k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

## 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: Matt 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> OA)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
Sue 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:

R. Severino/M. Halstead	1:00:28
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**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

\*TDKS (Turned Down Kona Slot)



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



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Bill Norton	0:57:10
Myron Baker Sr.	0:59:23
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 (2 <sup>nd</sup> M25-29)	2:22:16
	Mike Hargrove	3:03:08



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

[www.plattsys.com](http://www.plattsys.com)

<b><u>Overall Female:</u></b>	Dana Carbone	1:03:33
<b><u>Overall Male:</u></b>	John Hirsch	0:55:41
	Zac Staszak (1 <sup>st</sup> M25-29)	0:58:00
	Tom Gill	1:30:13

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

<b><u>Overall Female:</u></b>	Erica Ruge	1:07:24
	Sue Metichecchia (2 <sup>nd</sup> F45-49)	1:14:50
<b><u>Overall Male:</u></b>	John McGovern	0:54:48
	Mike Halstead (2 <sup>nd</sup> Overall)	0:55:32
	Jim Stafford (1 <sup>st</sup> M40-44)	0:55:23
	Nick Brundage (1 <sup>st</sup> M25-29)	0:58:33
	Doug Thompson (2 <sup>nd</sup> M40-44)	0:58:39
	Mark Wilson (3 <sup>rd</sup> M40-44)	0:58:49
	Bob Gramling (1 <sup>st</sup> M50-54)	1:01:15
	Bob Bomba (2 <sup>nd</sup> M25-29)	1:15:05
	Patrick Nesbitt	1:15:09
<b><u>Overall Team:</u></b>	Alex Sherwood/Danny Brennan	0:52:22

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

[www.phillytri.com](http://www.phillytri.com)

<b><u>Overall Female:</u></b>	Rebecca Wassner	2:01:12
	Jeanette Shelow-MacDougall (1 <sup>st</sup> F40-44)	2:22:48
<b><u>Overall Male:</u></b>	Craig Alexander	1:52:18
	Steve Fischer	3:07:50

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

[www.ironman.com](http://www.ironman.com)

<b><u>Overall Female:</u></b>	Kim Young	10:27:55
<b><u>Overall Male:</u></b>	Victor Zyemtsev	08:33:32
	Terry Kerrigan (12 <sup>th</sup> Overall)	09:21:20



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

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

Overall Female: Amy Bevilacqua 1:05:25

Overall Male: Keith Strudler 1:00:10

Peter Oxenholm 1:28:38

Tom Gill 1:37:11

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

**Overall Female:** Jennifer Garrison 2:09:36

Jeanette Shelow-MacDougall\* 2:27:15

\*Qualified ITU World Championship, Hamburg, Germany

**Overall Male:** Ben Collins 1:57:08

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

[www.northcountrytri.com](http://www.northcountrytri.com)

**Overall Female:** Heidi Underwood 2:34:11

**Overall Male:** Zac Staszak 2:13:06

Steven Pressman (3<sup>rd</sup> M55-59) 3:06:54

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

**Overall Female:** Leslie Myers 2:05:30

Christene Spiezio (1<sup>st</sup> F35-39) 2:16:48

**Overall Male:** Matt Migonis 1:45:43

Ronnie Severino (1<sup>st</sup> M35-39) 1:54:35

Mark Wilson (1<sup>st</sup> M40-44) 1:58:27

Mike Vance (1<sup>st</sup> M25-29) 1:59:28

Art Boyko (2<sup>nd</sup> M40-44) 2:00:51



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

**Overall Female:**

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

**Overall Male:**

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

## JULY

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

**Overall Female:**

Lisbeth Kenyon	4:54:36
Mary DeNitto (1 <sup>st</sup> F55-59)	5:46:07
Pam Neimeth	5:51:01

**Overall Male:**

Tony DeLogne	4:15:38
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## Mountaineer Triathlon-Morgantown, WV (7/1/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.mountaineertri.com](http://www.mountaineertri.com)

**Overall Female:**

Heather Gollnick	4:35:04
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**Overall Male:**

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

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

**Overall Female:**

Sally Speck	2:21:51
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**Overall Male:**

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



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

[www.hvtc.net](http://www.hvtc.net)

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

\*Course Record

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

\*Course Record

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

[www.patgriskustri.com](http://www.patgriskustri.com)

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



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## Lifetime Fitness Triathlon-Minneapolis, MN (7/14/07) S 1.5k, B 40k, R 10k

[www.ltftriathlon.com](http://www.ltftriathlon.com)

**Overall Female:** Vanessa Fernandes 2:00:27  
Jeanette Shelow-MacDougall 2:26:12

**Overall Male:** Greg Bennett 1:48:46

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

**Overall Female:** Leanda Cave 4:04:03

**Overall Male:** Julien Loy 3:30:11  
Andrew Schupak 4:34:50

## 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)

**Overall Female:** Jennifer Coombs 4:55:32  
Christene Spiezio 5:47:11

**Overall Male:** Ian Young 4:09:46  
Terry Kerrigan (4<sup>th</sup> Overall) 4:17:24  
Doug Thompson 5:17:45  
Mike Vance 5:20:42  
Gabriel Tenenbaum 5:40:51

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

[www.musselmantri.com](http://www.musselmantri.com)

**Overall Female:** Laurel Wassner 1:10:42

**Overall Male:** Matt Migonis 1:03:23  
John McGovern (2<sup>nd</sup> Overall) 1:05:21  
Bob Bomba 1:28:38





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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)

Overall Female: Barbara Sessa 0:58:46

Overall Male: Keith Murray 0:55:15

Art Boyko (1<sup>st</sup> M40-44) 0:57:04

Peter Oxenholm 1:15:33

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

Overall Female: Emma Snowsill 1:57:23

Barbara Sessa (8<sup>th</sup> EFO\*) 2:18:10

Jeanette Shelow-MacDougall (11<sup>th</sup> EFO\*) 2:19:31

Mary DeNitto (1<sup>st</sup> F55-59) 2:40:55

Sue Metichecchia 2:59:14

\*Elite Female Overall

Overall Male: Greg Bennett 1:47:38

Michael Donnelly (16<sup>th</sup> EMO\*) 2:03:24

Zac Staszak 2:05:22

Ronnie Severino (2<sup>nd</sup> M35-39) 2:08:20

Charles Pegg 2:12:21

Mark Wilson 2:12:35

Art Boyko 2:12:54

Don Davis (3<sup>rd</sup> M60-64) 2:35:22

John Dowley 2:48:36

Shervyn Von Hoerl 3:06:03

Roger Roberson 3:11:32

\*Elite Male Overall

\*\*2007 NYC Triathlon Club Challenge Champions-Hudson Valley Triathlon Club\*\*

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

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

Overall Female: Nancy Stutman 1:33:26

Overall Male: Mike Halstead 1:18:20

Ben Munger (2<sup>nd</sup> M40-44) 1:37:04

Steven Pressman (2<sup>nd</sup> M55-59) 1:44:44

Patrick Nesbitt 1:58:20

Tom Gill 2:01:56



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

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

Overall Female: Katherine Walkden 1:47:13

Overall Male: John McGovern 1:15:58

New Jersey State Triathlon-Mercer County Park, NJ (7/22/07) S 1.5k, B 40k, R 10k

[www.cgiracing.com](http://www.cgiracing.com)

Overall Female: Catherine Sterling 2:07:25

Overall Male: David Silver 1:51:51  
Steve Fischer 2:49:46

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)

Overall Female: Belinda Granger 09:40:20  
Jean Norton 11:30:07  
Kathryn Flodquist 12:54:02  
Mineke Etienne 15:03:22

Overall Male: Alex Mroszcyk-McDonald 09:16:02  
Tom Ganz 12:54:03  
Henry Collins 12:59:24

Littleton Appleman Triathlon-Littleton, MA (7/22/07) S .5 mi, B 10 mi., R 3 mi.

[www.firm-racing.com](http://www.firm-racing.com)

Overall Female: Elise VonHousen 1:02:44  
Carol Covas 1:25:18  
Linda Rosenthal (3rd F55-59) 1:39:41

Overall Male: Andy McCarron 0:57:10

Vineman Triathlon-Sonoma County, CA (7/22/07) S 1.2 mi., B 56 mi., R 13.1 mi.

[www.vineman.com](http://www.vineman.com)

Overall Female: Samantha McGlone 4:16:36  
Pam Neimeth 5:59:11

Overall Male: Craig Alexander 3:50:49



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

[www.usatriathlon.org](http://www.usatriathlon.org)

**Overall Female:** Amy Kloner 2:11:18

**Overall Male:** Jeff Miller 1:55:51  
Myron Baker Sr. (3<sup>rd</sup> M55-59) 2:20:24

## Newfoundland Ironman 70.3-Corner Brook, Newfoundland (Canada) (7/29/07) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmannewfoundland.com](http://www.ironmannewfoundland.com)

**Overall Female:** Melissa Ashton 4:32:22

**Overall Male:** Craig Alexander 3:58:26  
Art Boyko\* 5:01:16

\*Qualified Ironman 70.3 World Championship-Clearwater, FL

## 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)

**Overall Female:** Barbara Sessa 1:00:58  
Jean Norton (2<sup>nd</sup> Overall) 1:04:04  
Erica Ruge (3<sup>rd</sup> Overall) 1:05:15  
Sue Metichecchia 1:16:21

**Overall Male:** Keith Strudler 0:54:58  
Nick Brundage (2<sup>nd</sup> Overall) 0:58:40  
Bob Gramling (3<sup>rd</sup> Overall) 0:59:45  
Jim Stafford 1:00:12  
Bob Bomba 1:10:48  
Patrick Nesbitt 1:15:04

## Grafton Lakes Off-Road Triathlon-Grafton Lake, NY (7/29/07) S 1k, B 20k, R 5k [www.skyhighadventures.com](http://www.skyhighadventures.com)

**Overall Female:** Sabra Davison 1:59:54

**Overall Male:** Paul Fronhofer 1:35:18  
John Ferrara 2:45:22



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## Sandy Beach Triathlon-Litchfield, CT (8/3/07) S .5 mi., B 10 mi., R 5k

[www.greystoneracing.net](http://www.greystoneracing.net)

**Overall Female:** Cindy Anderson 1:09:34  
Kathryn Flodquist (2<sup>nd</sup> Overall) 1:09:56

**Overall Male:** Paul McClosley 0:58:09  
Tom Gill 1:28:54

## Fronhofer Tool Triathlon-Cambridge, NY (8/4/07) S 1.5k, B 40k, R 10k

[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

**Overall Female:** Lisa Dunn 2:19:08  
Tomi Stern (3<sup>rd</sup> Overall) 2:32:23

**Overall Male:** Zac Staszak 2:03:01  
Tom Ganz 2:23:57

## 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)

**Overall Female:** Jeanette Shelow-MacDougall 1:16:06

**Overall Male:** Curt Eggers 1:10:32  
Mark Wilson (2<sup>nd</sup> M40-44) 1:13:14

## Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/07) S-1.5 k, B-40k, R-10k

[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**Overall Female:** Christina Robeson 2:22:55

**Overall Male:** Matt Migonis 2:06:23  
Bob Gramling (1<sup>st</sup> M50-54) 2:29:09  
Steven Pressman 3:04:18



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## Wilkes Barre Triathlon-Wilkes Barre, PA (8/5/07) S 1.5k, B 40k, R 11k

[www.wilkesbarretriathlon.com](http://www.wilkesbarretriathlon.com)

**Overall Female:** Kelly Ochreiter 2:26:08  
Barbara Sessa (2<sup>nd</sup> Overall) 2:28:47

**Overall Male:** Andrew Yoder 2:02:24  
John Ferrara 3:06:35

## Nutmeg Lake Waramaug Sprint Triathlon-Washington, CT (8/11/07) S .5 mi., B 9.1 mi., R 3.1 mi. [www.plattsys.com](http://www.plattsys.com)

**Overall Female:** Pascale Butcher 1:05:16

**Overall Male:** John Hirsch 0:59:55  
Zac Staszak (3<sup>rd</sup> Overall) 1:00:18

## Northern Columbia County Triathlon-Kinderhook, NY (8/11/07) S .25 mi., B 19.5 mi., R 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)

**Overall Female:** Toni Weeks 1:41:14  
Carol Covas 2:10:31  
Linda Rosenthal (1<sup>st</sup> F55-59) 2:26:18

**Overall Male:** Damian Callahan 1:24:43  
Art Boyko (1<sup>st</sup> M40-44) 1:33:02

## Litchfield Hills Triathlon-New Hartford, CT (8/12/07) S 1.5k, B 40k, R 10k

[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**Overall Female:** Rebecca Stephenson 2:32:01  
Pam Neimeth (2<sup>nd</sup> F45-49) 2:55:12

**Overall Male:** Jeff Kotecki 2:16:16

## Steelman Triathlon-Quakertown, PA (8/12/07) S 1.5k, B 40k, R 10k [www.lin-mark.com](http://www.lin-mark.com)

**Overall Female:** Samantha Bausher-Grybo 2:17:41

**Overall Male:** Adam Sierakowski 2:09:04  
Steve Fischer 3:15:04



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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)

<u>Overall Female:</u>	Jeanette Shelow-MacDougall*	0:54:32
	Barbara Sessa	0:56:06
	Jean Norton	0:56:27
	Tomi Stern	1:00:36
	Christene Spiezio	1:00:46
	Mary DeNitto	1:09:11
	Sue Metichecchia	1:10:00
	Lana Shannon	1:11:38
	Julie LoRusso	1:13:01
	Alicia Olmoz	1:14:52
	Linda Rosenthal	1:27:01
	Laila Walzer	1:39:50

\*NEW Course Record

<u>Overall Male:</u>	Terry Kerrigan*	0:47:20
	Alex Sherwood	0:48:42
	Zac Staszak	0:50:59
	John McGovern	0:52:30
	Mark Wilson	0:53:13
	Bob Gramling	0:54:09
	Art Boyko	0:55:44
	Bill Norton	0:56:55
	Jim Demis	0:57:12
	Tom Ganz	0:57:21
	Jon Stern	0:58:20
	Janek Szablinski	0:58:53
	Patrick Murphy	1:00:11
	Ben Munger	1:00:28
	Jerry Deboever	1:00:57
	Don Davis	1:01:26
	John Ferrara	1:03:54
	Steven Pressman	1:04:33
	Mark Graminski	1:05:24
	Bob Bomba	1:05:28
	Nate Deboever	1:06:30
	Steve Fischer	1:08:37
	Roger Roberson	1:09:50
	Peter Oxenholm	1:10:21
	Larry Knapp	1:10:41



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Anthony Stronconi	1:13:12
Mitch Donner	1:20:18

\*NEW Course Record

West Point Triathlon-West Point, NY (8/19/07) S 800 m, B 25k, R 5k

[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

<u>Overall Female:</u>	Ashley Morgan	1:09:35
	Barbara Sessa (2 <sup>nd</sup> Overall)	1:11:18
	Jean Norton (1 <sup>st</sup> F45-49)	1:13:00
	Mary DeNitto (1 <sup>st</sup> F55-59)	1:22:33

<u>Overall Male:</u>	Mike Llerandi	1:01:44
	Michael Donnelly (1 <sup>st</sup> M45-49)	1:05:25
	Bill Norton	1:13:59
	Gary Walters	1:15:32
	Don Davis (2 <sup>nd</sup> M60-64)	1:21:17
	John Ferrara	1:22:58

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)

<u>Overall Female:</u>	Carol Wilke	1:20:53
	Lana Shannon	1:42:14
	Linda Rosenthal (1 <sup>st</sup> F55-59)	2:09:14

<u>Overall Male:</u>	Arland Macasieb	1:13:38
	Jim Demis	1:23:51
	Gabriel Tenenbaum	1:29:03
	Steven Pressman (3 <sup>rd</sup> M55-59)	1:37:13

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)

<u>Overall Female:</u>	Desiree Ficker	4:25:54
	Kathryn Flodquist	5:41:31

<u>Overall Male:</u>	Simon Lessing	4:00:02
	Michael Bakker (2 <sup>nd</sup> M40-44)	4:38:27
	Mark Wilson	5:07:45
	Doug Thompson	5:07:49



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Patrick Murphy	5:49:54
Mark Graminski	6:28:45
Larry Knapp	7:07:56
Mitch Donner	7:44:51

## Lums Pond Triathlon-Bear, DE (8/19/07) S .5 mi., B 19.5 mi., R 3.1 mi.

[www.piranha-sports.com](http://www.piranha-sports.com)

**Overall Female:** Louise Nunan 1:24:33

**Overall Male:** Scoogie Snyder 1:16:59  
Steve Fischer 1:46:04

## Endurance Challenge Triathlon-Hillsborough, NC (8/25/07) S 500 meters (pool), B 16 mi., R 5k [www.setupevents.com](http://www.setupevents.com)

**Overall Female:** Kat Clewley 1:17:37  
Linda Rosenthal (1<sup>st</sup> F55-59) 2:10:01

**Overall Male:** William Harrison 1:08:16

## 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)

**Overall Female:** Julie Nievergelt 2:09:52  
Jeanette Shelow-MacDougall (2<sup>nd</sup> F40-44) 2:19:59

**Overall Male:** Matt Nuffort 1:55:58

## Ironman Kentucky-Louisville, Kentucky (8/26/07) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)

**Overall Female:** Heather Gollnick 09:23:22  
Mary DeNitto (2<sup>nd</sup> F55-59) 15:07:13

**Overall Male:** Chris McDonald 08:38:39





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## Chicago Triathlon-Chicago, IL (8/26/07) S 1.5k, B 40k, R 10k

[www.chicagotriathlon.com](http://www.chicagotriathlon.com)

**Overall Female:** Emma Snowsill 1:59:45

**Overall Male:** Greg Bennett 1:48:48

Zac Staszak 2:10:28

## NorthEast Triathlon-North East, MD (8/26/07) S 1.5k, B 23.2 mi., R 10k [www.lin-](http://www.lin-mark.com)

[mark.com](http://www.lin-mark.com)

**Overall Female:** Ana Leonard 2:12:51

**Overall Male:** Adam Sierakowski 2:03:21

Steve Fischer 3:06:18

## Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/26/07) S 1.5k, B 40k,

R 10k [www.teammossmann.com](http://www.teammossmann.com)

**Overall Female:** Rebecca Stephenson 2:15:10

**Overall Male:** Terry Kerrigan 1:57:19

## 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)

**Overall Female:** Erica Ruge 1:05:26

Sue Meticecchia (2<sup>nd</sup> Overall) 1:15:03

Alicia Olmoz (3<sup>rd</sup> Overall) 1:17:48

**Overall Male:** Mike Halstead 0:57:15

John McGovern (2<sup>nd</sup> Overall) 0:57:46

Jim Stafford (3<sup>rd</sup> Overall) 0:57:52

Doug Thompson (1<sup>st</sup> M40-44) 0:59:03

Bob Gramling (1<sup>st</sup> M50-54) 0:59:06

Nick Brundage (1<sup>st</sup> M20-24) 0:50:46

Jon Stern (2<sup>nd</sup> M40-44) 1:05:32

Bob Bomba (2<sup>nd</sup> M30-34) 1:09:24



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## 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)

**Overall Female:** Vanessa Fernandes 1:53:27  
Jeanette Shelow-MacDougall(14<sup>th</sup> F40-44)2:29:24

**Overall Male:** Daniel Unger 1:43:18

## Lake George Triathlon-Lake George, NY (9/2/07) S 1.5k, B 40k, R 10k

[www.adktri.org](http://www.adktri.org)

**Overall Female:** Leslie Myers 2:22:41  
Linda Rosenthal (2<sup>nd</sup> F55-59) 3:44:58

**Overall Male:** Patrick O'Keefe 2:05:18  
Michael Donnelly(2<sup>nd</sup> M45-49) 2:11:33  
Zac Staszak (1<sup>st</sup> M25-29) 2:12:10  
Art Boyko (3<sup>rd</sup> M40-44) 2:17:57  
Jon Stern 2:27:52  
Gary Walters (3<sup>rd</sup> M50-54) 2:32:24  
John Ferrara 2:50:29  
Steven Pressman 2:51:06  
Mark Graminski 3:05:45

## Madison Triathlon-Madison, CT (9/8/07) S .5 mi., B 13 mi., R 3 mi.

[www.plattsys.com](http://www.plattsys.com)

**Overall Female:** Jane Zee-Zoufaly 1:14:27  
Kathryn Flodquist 1:18:11

**Overall Male:** Peter Daly 1:05:30

## 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)

**Overall Female:** Megan Fix 5:13:50

**Overall Male:** Scout May 4:36:55  
Tom Ganz (2<sup>nd</sup> M35-39) 5:16:05



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## L.A. Triathlon-Los Angeles, CA (9/9/07) S 1.5k, B 40k, R 40k [www.latriathlon.com](http://www.latriathlon.com)

**Overall Female:** Emma Snowsill 2:00:45  
Jeannette Shelow-MacDougall(7th EL Female) 2:28:23

**Overall Male:** Greg Bennett 1:51:49

## 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/)

**Overall Female:** Katherine Cimonetti 5:02:09  
Tomi Stern 5:33:40  
Jean Norton (1<sup>st</sup> F45-49) 5:39:30  
Christene Spiezio (2<sup>nd</sup> F35-39) 5:52:22  
Mary DeNitto (1<sup>st</sup> F55-59) 5:55:48  
Sue Meticecchia 7:14:30

**Overall Male:** Keith Strudler 4:28:02  
Mike Halstead (3<sup>rd</sup> Overall) 4:43:56  
Alex Sherwood 4:44:55  
Michael Bakker (1<sup>st</sup> M40-44) 5:00:59  
Art Boyko (1<sup>st</sup> NYS Trooper, 3<sup>rd</sup> M40-44) 5:05:43  
Mark Wilson 5:13:47  
Charles Pegg 5:20:41  
Myron Baker Sr. (1<sup>st</sup> M55-59) 5:25:03  
Jim Demis 5:30:08  
Gary Walters (2<sup>nd</sup> M50-54) 5:57:26  
Patrick Murphy 6:03:03  
Bob Bomba 6:13:35  
Bill Norton 6:19:00

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

[www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Karen Smyers 2:13:00

**Overall Male:** Grant Connelly 2:05:27  
Andrew Schupak (2<sup>nd</sup> M40-44) 2:18:03



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## Hammerfest Triathlon-Branford, CT (9/16/07) S .5 mi., B 13.5 mi., R 4 mi.

[www.hammerfesttriathlon.com](http://www.hammerfesttriathlon.com)

**Overall Female:** Pascale Butcher 1:16:51  
Kathryn Flodquist (2<sup>nd</sup> F40-44) 1:22:56

**Overall Male:** Peter Daly 1:08:49  
Tom Gill 1:47:33

## Women's Triathlon-Farmington, CT (9/16/07) S .5 mi., B 12 mi., R 5k

[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**Overall Female:** Jen Lemieux 1:09:49  
Lana Shannon 1:18:34

## Bear Mountain Triathlon-Bear Mountain, NY (9/16/07) S .5 mi., B 13 mi., R 5k

[www.triandduit.com](http://www.triandduit.com)

**Overall Female:** Jean Bohan 1:19:06

**Overall Male:** Chris Gebhardt 1:03:11  
Michael Bakker (2<sup>nd</sup> Overall) 1:07:01  
John McGovern (1<sup>st</sup> M40-44) 1:10:15

## Danskin Triathlon-Sandy Hook, NJ (9/16/07) S .5 mi., B 11 mi., R 5k

[www.danskin.com](http://www.danskin.com)

**Overall Female:** Maggie Freeman 0:59:30  
Julie LoRusso 1:18:04



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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 Cayuga Lake Triathlon.)

<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



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Tom Ganz	M35-39	75.4349	1476
Bill Norton	M50-54	74.5521	365
Gary Walters	M50-54	73.1290	451
Patrick Murphy	M35-39	72.2080	2086
Bill Pape	M50-54	69.3881	300
Bob Bomba	M30-34	68.1817	2074
Steve Fischer	M45-49	61.1731	2269
Tom Gill	M50-54	60.8181	1289
Shervyn Von Hoerl	M30-34	54.1336	3135

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

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

## 2006 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2006 HVTC Volunteer of the Year Award: **Tom Ganz**

2006 HVTC Most Improved Award: **Steve Fischer**

2006 HVTC Rookie of the Year Award: **Sue Meticecchia**

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

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

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

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

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

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

## 2006 HVTC Special Qualifiers

**Bakker, Michael**-Ironman World Championship

**Boyko, Art**-Ironman 70.3 World Championship

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

**Gramling, Bob**-Ironman World Championship

**Halstead, Mike**-Xterra World Championship

**Neimeth, Pam**-Ironman 70.3 World Championship

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

**Pegg, Charles**-Escape From Alcatraz

**Schupak, Andrew**-2007 ITU Long Course Triathlon World Championships

**Sessa, Barbara**-Ironman 70.3 World Championship

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

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

**Staszak, Zac**-Escape From Alcatraz

**Wilson, Mark**-Ironman 70.3 World Championship



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## 2006 HVTC Summer Tri-Series Winners

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

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**

## 2006 HVTC Summer Tri-Series Course Records

**Christine Honig-Swim (9:18)**

**Barbara Sessa-Bike (33:32)**

**Art Boyko-Swim (7:55)**

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

**Alex Sherwood-Run (10:43)**

**Alex Sherwood-Course Record (49:58)**

## ANNOUNCEMENTS

- **2007 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 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>.



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