



# 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. 80**

**January 2008**

## IN A FEW WORDS

Dear HVTC,

There's something magical that happens as the New Year begins; it's like a clean slate that's as long as your imagination. What we scribe on that board can be as wonderful as we want it; we are the creators of our life, so let's design it the way we want it. I believe it was Gandhi who stated "You must be the change you want to see in the world." In other words; BE a Champion, BE kind, BE happy and most of all...swim, bike, run! See ya out there.

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



**Moments of Greatness with HVTC**

Photo: Scott Schaffrick

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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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# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008



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

## **HVTC Featured Athlete: Tom Ganz**

By Mark H. Wilson

Do you like food? Do you feel like you have a hearty appetite and could hold your own at an all-you-can buffet? Do you finish your dinner and then finish everyone else's, too? Do you wake-up in the middle of the night with the munchies and then proceed to eat a steak, potatoes, cornbread, three pancakes, a quart of orange juice and top it off with 1 gallon of ice cream?!?! Okay, now we're gettin' somewhere. Tom Ganz, Our Featured Athlete of the Month is THE Champion of Food Consumption! How the heck does he do it? Let's find out.



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

Tom was born in Indiana and grew up in both Pittsburgh and Northern Indiana. He finished high school and after several years of working in construction he decided to attend college at Purdue University majoring in Civil/Environmental Engineering. In Junior High School, Tom played two years of soccer and two years of basketball. However, he was required to quit sports to work construction after school with his relatives. Tom says, "As soon as you were able to stand and hold a hammer, you were ready to work." While in college he ran his own construction business to finance his education and didn't have the time or energy to play sports. Although, when he did have free-time he thoroughly enjoyed the outdoors by running, hiking, kayaking, snow-shoeing or camping. He's a true outdoorsman. Gratefully, Tom grew up with a large garden and is not the least bit tempted by junk food. (Has anyone seen the stuffing?)

Grahamsville, New York is where Tom currently resides and takes pleasure in his solitude. He is an Engineer for the New York City Department of Environmental Protection. Due to his years of "training" as a child and in college, he's extremely handy. He's always helpin'-out his neighbors, friends of neighbors and even friends of friend's neighbors doing construction, remodeling, building wooden/lightweight boats. By-the-way, that's what he does for fun! Oh, my goodness. (Can you pass the applesauce?)

Tom's first triathlon was part of the Monday Night Triathlon Series hosted by High Peaks Cyclery in Lake Placid in 2000. This sprint was tough for him because he had absolutely no training or idea what he was getting into. He swam slowly and was one of the last out of the water. He jumped onto his mountain bike and actually started to pass people, but then his chain dropped...twice. Aaahhh!! He finally got to the run and started passing people again and ended-up finishing in the top half overall. (Are you gonna eat that box oatmeal?)

Considering his eating habits, it's amazing that anyone thinks he's nuts for doing triathlon, but they do; especially his work colleagues and family. He definitely thinks about training, racing and his triathlon friends more than his job. Tom was familiar with the sport because of watching the Ironman Triathlon World Championship in Hawaii on NBC. But it was a couple of co-workers who introduced Tom directly to triathlon several years ago; Steve Schindler and Lori Emery (former HVTC-ers) ran the Kingston Classic 10k with Tom and encouraged him to visit the HVTC tent at the expo. "My life changed from that moment on." Since joining the club, Tom felt a sense of belonging and purpose he had never experienced despite all the other activities he enjoyed in his life. He wishes he had found HVTC and triathlon earlier in his life, but is savoring every moment as a triathlete day by day. (Yes, Ma'am; 6 burgers, 2 chicken sandwiches, 1 fish sandwich and 4 bottled waters.)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 80 January 2008

As with many athletes new to triathlon, the swimming part was his Achilles heal. However, Tom learned to swim and completed a 2.4 mile swim 12 months later. Nice! Now, an even more interesting point is that Tom entered the Kingston 10k again and ripped-off a new PR by 6 minutes going 37:47. That's the good news; the bad news was that he broke his foot in the final 50 meters of the race. Ow!!! He was put in a cast with crutches for several weeks; 12 incredible weeks later, he finished Ironman USA in Lake Placid in 12 hours 54 minutes. What a recovery! (Uh, huh; 10 eggs, 6 pieces of toast, 2 large orange juices and a side of pancakes. Thanks!)

Tom admits that his childhood was excellent training for going long; he grew-up without a television and only a woodstove for heat. He was always cutting firewood, working construction or helping in his uncle's machine shop on motors. Since he can remember, his whole life revolved around working long hard hours. Doing Ironman just makes sense to him; it's what he knows and he loves it!! The only snag the IM presents for Tom is...the skimpy aid stations. There's no beef, pasta, turkey, eggs, salmon, nada!!! (Can you pass the green beans, please? Thank you.)

Triathlon helps Tom avoid boredom or burnout that can occur in one sport. Triathlon is always a challenge; just when you make great progress in one area, you find weaknesses in the other two. He also likes the strategy involved; it allows you to work around your strengths and weaknesses and still finish well. Triathlon challenges an individual to focus and depend on oneself rather than a team; unpredictable weather, differing distances and varied competitors is exciting! Tom feels a sense of pure adrenaline and excitement mixed with a feeling of inner peace while racing; he relishes (please pass the buns) internal struggle of mind and body. (And the ketchup.)

Tom recommends the sport to others or even to volunteer at races; he knows how inspiring it is so encourages folks to get involved. He likes the family atmosphere he feels in HVTC and always feels welcome. "The level of support and the quality of people in triathlon is unparalleled to anything else I have done." (Is that your baked potato?)

Racing tri's is fairly new for Tom, but he's done a good job of exposing himself to some fine events and distances; HVTC Summer Tri-Series, Lake George Triathlon (Olympic), ITPman (Olympic), Woodstock Duathlon, Toga Duathlon (2<sup>nd</sup> M35-39), Trooper Biathlon, American Zofingen (short course), Vermont Journey Half Ironman (2<sup>nd</sup> M35-39), Fronhofer Tool Triathlon (Olympic), and Ironman USA Lake Placid. (Those your Pierogies?)

Tom is determined to improve in all three disciplines for 2008; he'd like to present a serious challenge for top 5 overall in the HVTC Summer Tri-Series, finish 1<sup>st</sup> overall in a



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 80 January 2008

race, and shave some serious time off his half iron and Ironman races. Oh, yeah, and become the 2008 World Champion of I.F.O.C.E. (International Federation of Competitive Eating). Thanks, Tom!

## THE GOOD DOCTOR SAYS

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

### **Training the weakest links. Cures for lower extremity dysfunction in Triathletes.**

As triathletes most people spend the most time training to swim, bike, and run. You train usually 2-3 days or more on each aspect of the triathlon race. As training and in season racing begins nagging injuries old and new can pop up. Shin splints, ITB syndrome, patella femoral dysfunction, hamstring strains, quad strains, calf strains, and plantar fasciitis are some of the typical complaints we see in our office in addition to lower back pain and hip pain. What I have found being a sports chiropractor and Active Release Techniques provider for the past 5 years, working at countless HVTC, NYTC, SOS, and Ironman races is that all of the above injuries are symptoms of dysfunction going on somewhere else in the kinetic chain. When it is not due to the above reason it is likely that the injury was due to errors in training, or overtraining, and or a combination of both. So what is the most likely cause of lower extremity injuries when they not due to running on a canted road, or direct injury from overtraining like excessive mile hill repeats, or sudden increase in mileage. The answer is altered biomechanics and weakness resulting in an altered running gait, which over time causes the injury. Usually there is weakness in the Gluteus Medius muscle, which controls abduction of the hip, the Gluteus Maximus muscle, which extends the hip, or the Psoas muscle, which flexes the hip, and stabilizes the lower back. Additionally there can be weakness in the Hamstrings resulting in an inability to fully extend the hip, and flex the knee. Tightness alone in any of these muscles will alter your range of motion to some degree. This when combined with the volume of training triathletes go through is a recipe for overuse, and repetitive strain injuries.





# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 80 January 2008

By far though the number one weakness in Triathletes is in the Gluteus Medius muscle, which is the hip abductor. The reason is because most of what triathletes do is linear in motion, not side to side. This sets up triathletes for lower leg injuries because when you transfer weight from one leg to another in the running gait there is not enough strength to keep the hip abducted, this causes the knee to bow inward slightly, and the hip to drop to the opposite side. Over time, this gait with the training involved for triathletes will eventually cause an ITB syndrome, knee pain, plantar fasciitis, or shin splints, in addition to lower back pain, and hip pain.

The second most common weakness found besides the ones mentioned above are core stability muscle weakness. These are the Psoas muscle, Internal & External Oblique muscles, and the Transverse Abdominal muscles. The diaphragm is also a core muscle, however in triathletes it is not an issue. We find this weakness in persons who during their day jobs are sitting and driving excessively without stretching enough during the day resulting in shortened Hamstring and Psoas muscles. Also as a result the lower back muscles are overstretched. This results in poor sitting posture, which compounds lower back pain when combined with the volume of time spent on the bicycle.

So if you are someone who has suffered some of the above mentioned common running / triathlon injuries what can you do?

In our office we are using ART to address the soft tissue component of all of these injuries to remove the scar tissue and adhesion buildup from the injury. After teaching the proper stretching techniques to the patient and stretching you in the office our prime concern is strengthening the weakened muscles with core, and other physiological challenging exercises to retrain the injured muscle and core.

To strengthen the core some of the exercises we are using are planks on forearms with single leg lifts and pointed toe for 5 seconds each leg, and 5 seconds on both legs, times 5 or 10 reps. We use plank walk outs on a physio ball with the leg lifts as well to challenge the core and back. We use bridges on a physio ball with hamstring curls times 50 over 5 sets to increase core strength and hamstring strength.

To strengthen the hips we are using a side lying modified Pilates routine consisting of 6 different moves done 5 times each without lowering the leg to strengthen the Gluteus Medius muscle. It is guaranteed to burn unlike any other hip routine you've seen. Ball squats against the wall are also done 3 sets of up to 100 reps of perfect Glut Max highlighting work, not your back or quads!

Remember if you are trying to strengthen an injured muscle and it does not get stronger within a few weeks, there may be scar tissue in the injured muscle that is



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 80 January 2008

preventing that muscle from getting stronger. This must be removed before strengthening or stretching can be achieved.

**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 845-255-1200, [mail@drness.com](mailto:mail@drness.com) or [www.drness.com](http://www.drness.com).

## 2008 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

(Need to find a race somewhere in the United States? 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/??/08) S 15 min., B 15 min., R 15 min. [www.cdymca.org](http://www.cdymca.org)

Kingston YMCA Indoor Triathlon-Kingston, NY (2/??/08) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/22/08) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

March Madness Biathlon-New York, NY (3/30/08) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

## APRIL

**Brandywine Duathlon-Delaware City, DE (4/5/08) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Ironman Arizona-Tempe, AZ (4/13/08) S 2.4 mi.,  
B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://www.ironmanarizona.com)**

**2007 Duathlon National Championship-Mason, OH (4/26-27/08) R 10k, B 40k, R 5k  
[www.usatriathlon.org](http://www.usatriathlon.org)**

**Bronx Biathlon-Bronx, NY (4/27/08) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

## MAY

**Trooper Biathlon-Hurley, NY (5/4/08) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)**

**St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/4/08) S 1.2mi., B 56mi., R  
13.1mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) 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 (5/4/08) S 1.2 mi., B 56  
mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Springtown Sprint Duathlon Series-New Paltz, NY (5/11/08) R 2.25 mi., B 12 mi. R  
2.25 mi. [www.hvsports.net](http://www.hvsports.net)**

**EnduraSport Mini Triathlon-Harriman, NY (5/17/08) S .6 mi., B 29 mi., R 6.2 mi.  
[www.genesisadventures.com](http://www.genesisadventures.com)**

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/17/08) S 1.2 mi., B 57 mi., R  
13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Columbia Triathlon-Ellicott City, MD (5/18/08) S 1.5k, Bike 41k, R 10k  
[www.tricolumbia.org](http://www.tricolumbia.org)**





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

**2008 Long Course Duathlon National Championship-Auburn, CA (5/18/08) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)**

Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

## JUNE

**SBR Triathlon Series #1-Harriman State Park, NY (6/1/08) S .5 mi., B 16 mi., R 4 mi. [www.sbrshop.com](http://www.sbrshop.com)**

**2008 ITU Short Course Triathlon World Championship-Vancouver, Canada (6/7-8/08) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)**

**Mooseman Triathlon Festival-Wellington State Park, Bristol, NH (6/6-8/08) S 1.5k, B 44k, R 10k [www.timbermantri.com](http://www.timbermantri.com)**

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/6-8/08) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier) [www.timbermantri.com](http://www.timbermantri.com)**

**Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/1/08) S 1/2 mi., B 14 mi., R 4 mi. [www.firm-racing.com](http://www.firm-racing.com)**

**Mighty Montauk Triathlon-Montauk, NY (6/7/08) S 1mi, B 20mi, R 6.2mi [www.swimpower.com](http://www.swimpower.com)**

**Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/8/08) S 1.5k, B 40k, R 10k (USAT Regional Championship) [www.keukalaketri.com](http://www.keukalaketri.com)**

**Blackwater Eagleman Triathlon-Cambridge, MD (6/8/08) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**Springtown Sprint Duathlon Series-New Paltz, NY (6/8/08) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)**

NY Tri Series #1-Harriman State Park (6/8/08) S 1/2 mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/11/08) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/14/08) S 1.5k, B 40k, R 10k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/08) S .5 mi., B 9.1 mi., R 3.3 mi.** [www.plattsys.com](http://www.plattsys.com)

**Health Net Mossman Triathlon-Milford, CT (6/21/08) S 1.5k, B 40k, R 10k**  
[www.trifitness.net](http://www.trifitness.net)

**Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k**  
[www.phillytri.com](http://www.phillytri.com)

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/22/08) S 600 yds., B 14 mi., R 3.1 mi.** [www.vermontsun.com](http://www.vermontsun.com)

**Westchester Medical Center Biathlon-Valhalla, NY (6/22/08) R 2 mi., B 15 mi., R 2 mi.**  
[www.nytc.org](http://www.nytc.org)

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/29/08) 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 (6/29/08) S 1/2 mi., B 20 mi., R 10k** [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

**Wyckoff Triathlon-Wyckoff, NJ (6/??/08) S .5 mi., B 17 mi., R 5 mi.**  
[www.wyckoffymca.org](http://www.wyckoffymca.org)

**North Country Triathlon-Hague, NY (6/??/08) S 1.5k, B 40k, R 10k**  
[www.northcountrytri.com](http://www.northcountrytri.com)

## JULY

**Patriot Half Ironman Triathlon-Freetown, MA (7/5/08) S 1.3 mi., B 59 mi., R 13.5 mi.** [www.patriothalf.com](http://www.patriothalf.com)

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/9/08) S 400 yds., B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Diamond in the Rough Triathlon-Perryville, MD (7/12/08) S 1 mi., B 27 mi., R 5 mi.**  
[www.piranha-sports.com](http://www.piranha-sports.com)

**Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k**  
[www.trifitness.net](http://www.trifitness.net)

**Musselman Triathlon (Half-IM)-Geneva, NY (7/12-13/08) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.musselmantri.com](http://www.musselmantri.com)

**Musselman Triathlon (Sprint)-Geneva, NY (7/12-13/08) S 500 yd., B 15 mi., R 3 mi.**  
[www.musselmantri.com](http://www.musselmantri.com)

**MetroMan-Long Branch, NJ (7/13/08) S .6 mi., B 12 mi., R 5k**  
[www.sunsetracing.com](http://www.sunsetracing.com)

**Pine Bush Triathlon, Pine Bush, NY (7/13/08) S 325 yds., B 11.5, R 3.25**  
[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

**Hudson Valley Triathlon-Kingston, NY(7/13/08) S .3 mi., B 12 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

**Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

**Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/13/08) S 600 yds. B 14 mi., R 3.1 mi.** [www.vermontsun.com](http://www.vermontsun.com)

**New York City Triathlon-NYC, NY (7/20/08) S 1.5k, B 40k, R 10k** [www.nyctri.com](http://www.nyctri.com)

**Ironman USA-Lake Placid, NY (7/20/08) S 2.4 mi., B 112 mi., R 26.2 mi.** [www.ironmanusa.com](http://www.ironmanusa.com)

## AUGUST

**Lake Dunmore Triathlon-Salisbury, VT (8/2/08) S .9 mi., B 28 mi., R 6.2 mi.**  
[www.vermontsun.com](http://www.vermontsun.com)



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

**Patriot's Triathlon-Bath, PA (8/3/08) S 650 meters, B 24k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/3/08) S 1/2 mi., B 14.2 mi., R 5k (USAT National Sprint Championship) [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

**Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/3/08) S-1.5 k, B-40k, R-10k [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

**Fronhofer Tool Triathlon-Cambridge, NY (8/?/08) S 1.5k, B 40k, R 10k [www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)**

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/10/08) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

**Northern Columbia County Triathlon-Kinderhook, NY (8/10/08) S .25 mi., B 19.5 mi., R 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)**

**Litchfield Hills Triathlon-New Hartford, CT (8/??/08) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/13/08) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**West Point Triathlon-West Point, NY (8/??/08) S 800 m, B 25k, R 5k [www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)**

**SBR Triathlon Series #2-Harriman State Park, NY (6/1/08) S .5 mi., B 16 mi., R 4 mi. [www.sbrshop.com](http://www.sbrshop.com)**

**NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)**

**Timberman Sprint Triathlon-Gilford, NH (8/15-17/08) S 1/3 mi., B 15 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)**

**Timberman Half-Ironman Triathlon-Gilford, NH (8/15-17/08) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)**

**Lums Pond Triathlon-Bear, DE (8/17/08) S .5 mi., B 19.5 mi., R 3.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 80 January 2008

**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/23/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Cranberry Country Triathlon-Lakeville, MA (8/24/08) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) [www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)**

**Springtown Sprint Duathlon Series-New Paltz, NY (8/24/08) R 2.25 mi., B 12 mi. R 2.25 mi. [www.hvsports.net](http://www.hvsports.net)**

**Chicago Triathlon-Chicago, IL (8/24/08) S 1.5k, B 40k, R 10k [www.chicagotriathlon.com](http://www.chicagotriathlon.com)**

**Lake George Triathlon-Lake George, NY (8/31/08) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)**

**Steelman Triathlon-Quakertown, PA (8/??/08) S 1.5k, B 40k, R 10k [www.lin-mark.com](http://www.lin-mark.com)**

**NorthEast Triathlon-North East, MD (8/??/08) S 1.5k, B 23.2 mi., R 10k [www.lin-mark.com](http://www.lin-mark.com)**

## SEPTEMBER

**S.O.S.-New Paltz, NY(9/7/08) B 30mi., R 19mi., S .5mi.,R.7mi. [www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)**

**Firmman Rhode Island (9/7/08) 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 (9/10/08) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Mighty Hamptons-Sag Harbor, NY (9/14/08) S 1.5k, B 38k, R 10k [www.swimpower.com](http://www.swimpower.com)**

**Westchester Triathlon-Rye, NY (9/14/08) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.com](http://www.westchestertriathlon.com)**



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

Danskin Triathlon-Sandy Hook, NJ (9/13-14/08) S .5 mi., B 11 mi., R 5k  
[www.danskin.com](http://www.danskin.com)

2008 USA Triathlon National Age Group Championships-Portland, OR (9/20/08) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2008 ITU Short Course Triathlon World Championship)

Nutmeg Half Ironman-New Preston, CT (9/21/08) S 1.2 mi., B 56 mi., R 13.1 mi.  
[www.endureitmultisports.com](http://www.endureitmultisports.com)

ITPman-Darien, CT (9/27/08) S .5 mi., B 15 mi., R 5 mi. [www.itpfoundation.org](http://www.itpfoundation.org)

Crystal Lake Triathlon-Crystal Lake, NY (9/??/08) S .5 mi., B 18 mi., R 3 mi.  
[www.cdtriclub.org](http://www.cdtriclub.org)

Madison Triathlon-Madison, CT (9/??/08) S .5 mi., B 13 mi., R 3 mi.  
[www.plattsys.com](http://www.plattsys.com)

Hammerfest Triathlon-Branford, CT (9/??/07) S .5 mi., B 13.5 mi., R 4 mi.  
[www.hammerfesttriathlon.com](http://www.hammerfesttriathlon.com)

Women's Triathlon-Farmington, CT (9/??/08) S .5 mi., B 12 mi., R 5k  
[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

Bear Mountain Triathlon-Bear Mountain, NY (9/??/08) S .5 mi., B 13 mi., R 5k  
[www.triandduit.com](http://www.triandduit.com)

Lake Compounce Triathlon-Bristol, CT (9/??/08) S 700 yds., B 13 mi., R 5k  
[www.greystoneracing.net](http://www.greystoneracing.net)

Finger Lakes Triathlon-Canandaigua, NY (9/??/08) S 1.5k, B 40k, R 10k  
[www.score-this.com](http://www.score-this.com)

## OCTOBER

Mightyman ½ Ironman Triathlon-Montauk, NY (10/05/08) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)

Cedar Beach Triathlon-Miller Place, NY (10/5/08) S ¾ mi., B 17 mi., R 3 mi.  
[www.triandduit.com](http://www.triandduit.com)





# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

**US Open Triathlon (Lifetime Fitness Championship)-Dallas, TX (10/5/08) S 1.5k, B 40k, R 10k [www.usopentriathlon.com](http://www.usopentriathlon.com)**

**Ironman Triathlon World Championship (10/11/08) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)**

**American Zofingen (Long Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 85 mi., R 15.45 [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)**

**American Zofingen (Short Course)-New Paltz, NY (10/12/08) R 5.15 mi., B 29 mi., R 5.15 [www.americanzofingen.triathletesonline.com](http://www.americanzofingen.triathletesonline.com)**

**Central Park Biathlon-New York, NY (10/12/08) R 2.2 mi., B 12 mi., R 2.2 mi. [www.nytc.org](http://www.nytc.org)**

**Xterra World Championship-Maui, HI (10/18/08) S 1.5k, Mtn. B 30k, R 11k [www.xterraplanet.com](http://www.xterraplanet.com)**

**Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/??/08) R 2 mi., B 12 mi., R 2 mi. [www.woodstockclassic.com](http://www.woodstockclassic.com)**

**Toga! Biathlon-Congers, NY (10/??/08) R 4.25k, B 24k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

## **NOVEMBER**

**Ironman Florida-Panama City, FL (11/1/08) 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/??/08) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironmanlive.com](http://www.ironmanlive.com)**

**Silverman-Henderson, NV (11/9/08) S 2.4 mi., B 112 mi., R 26.2 mi. [www.silvermannv.com](http://www.silvermannv.com)**



# Hudson Valley Triathlon Club

Volume VII, Issue No. 80 January 2008

## 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

**Nature Coast Winter Duathlon, Crystal River FL, (1/13/08) R 2 mi., B 10 mi., R 2 mi. [www.drmsports.com](http://www.drmsports.com)**

**Overall Female:** Cindy Laroe 1:02:06

**Overall Male:** Eric Hall 0:46:20  
Steve Fischer (2<sup>nd</sup> M50-54) 1:10:11

## 2007 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., HVTC Summer Tri-Series #1 and Half Vermont Journey.)

<b><u>Name (Women)</u></b>	<b><u>AG</u></b>	<b><u>Honors</u></b>	<b><u>Rank</u></b>	<b><u>Nat'l AG</u></b>
<b><u>Place</u></b>				
Jeanette Shelow-MacDougall	40-44			
Barbara Sessa	40-44			
Jean Norton	45-49			
Kathryn Flodquist	40-44			
Christine Spiezio	35-39			
Mary DeNitto	55-59			
Pam Neimeth	45-49			
Jan Pollo	40-44			
Mineke Etienne	30-34			
Sue Metichecchia	45-49			



# Hudson Valley Triathlon Club

Volume VII, Issue No. 80 January 2008

Julie LoRusso 35-39

Linda Rosenthal 55-59

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>				
Terry Kerrigan	35-39			
Mike Halstead	40-44			
John McGovern	40-44			
Alex Sherwood	30-34			
Michael Bakker	40-44			
Zac Staszak	25-29			
Michael Donnelly	45-49			
Art Boyko	40-44			
Mark Wilson	40-44			
Charles Pegg	35-39			
Andrew Schupak	35-39			
Myron Baker Sr.	55-59			
Mike Vance	25-29			
Jim Demis	40-44			
Doug Thompson	40-44			
Bob Gramling	50-54			
Ken Buderman	25-29			
Jon Stern	45-49			
Henry Collins	40-44			
Tom Ganz	35-39			
Gary Walters	50-54			
Patrick Murphy	35-39			
Don Davis	55-59			
Bill Norton	50-54			
Bob Bomba	30-34			
John Ferrara	50-54			
Mike Hargrove	50-54			
Steven Pressman	55-59			
Steve Fischer	50-54			
Mark Graminski	50-54			
Larry Knapp	50-54			
Tom Gill	55-59			

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

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



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

## 2007 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2007 HVTC Volunteer of the Year Award: **Karen Henry**  
2007 HVTC Female Honorable Mention Award: **Barbara Sessa**  
2007 HVTC Female Honorable Mention Award: **Jean Norton**  
2007 HVTC Female Triathlete of the Year Award: **Jeannette Shelow-MacDougall**

### MALE

2007 HVTC Most Improved Award: **Art Boyko**  
2007 HVTC Rookie of the Year Award: **Mitch Donner**  
2007 HVTC Male Honorable Mention Award: **Zac Staszak**  
2007 HVTC Male Honorable Mention Award: **Mike Halstead**  
2007 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

### 2007 HVTC Special Qualifiers/Championships

#### **Ironman Triathlon World Championship**

Jean Norton

#### **Ironman 70.3 World Championship**

Art Boyko

#### **ITU Age Group World Championship**

Jeanette Shelow-MacDougall

#### **Lifetime Fitness National Championship**

Jeanette Shelow-MacDougall

#### **Duathlon National Championship**

Myron Baker Sr.

#### **Escape From Alcatraz**

Jeanette Shelow-MacDougall

Zac Staszak

Charles Pegg

#### **NYC Triathlon Club Champions**

Barbara Sessa

Jeanette Shelow-MacDougall

Michael Donnelly

Zac Staszak

Art Boyko

Mark Wilson



# Hudson Valley Triathlon Club

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Volume VII, Issue No. 80 January 2008

## 2007 HVTC Summer Tri-Series Winners

Women's Champion: **Jeanette Shelow-MacDougall (78)**

2<sup>nd</sup> Place: **Barbara Sessa (59)**

3<sup>rd</sup> Place: **Sue Metichecchia (55)**

4<sup>th</sup> Place: **Jean Norton (53)**

5<sup>th</sup> Place: **Julie LoRusso (52)**

Men's Champion: **Mark Wilson (61)**

2<sup>nd</sup> Place: **Terry Kerrigan (60)**

3<sup>rd</sup> Place: **Mike Halstead (56)**

4<sup>th</sup> Place: **John McGovern (55)**

5<sup>th</sup> Place: **Zac Staszak (54)**

## 2007 HVTC Summer Tri-Series Course Records

### Women

**Course**-Jeannette Shelow-MacDougall (54:32)

**Swim**-Jeannette Shelow-MacDougall (5:25)

**Bike**-Jeannette Shelow-MacDougall (36:49)

**Run**-Barbara Sessa (11:19)

### Men

**Course**-Terry Kerrigan (47:20)

**Swim**-Art Boyko (4:16)

**Bike**-Terry Kerrigan (32:05)

**Run**-Terry Kerrigan (10:19)

## ANNOUNCEMENTS

- **2008 HVTC Summer Tri-Series: June 11, July 9, August 13 & September 10.** 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).
- **2008 HVTC Summer Tri-Series #1 is now USAT Sanctioned!**
- **2008 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



# Hudson Valley Triathlon Club

Volume VII, Issue No. 80 January 2008

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