



Hudson Valley Triathlon Club



Mission Statement: To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

Volume VII, Issue No. 86

July 2008

IN A FEW WORDS

Dear HVTC,

How do you explain to someone why you would train all year, pay \$525 for registration a year in-advance, \$900 for lodging, \$400 for food/travel, and then race all day in the relentless rain from the sound of the cannon 'til the moment you cross the finish line of the Ironman? Answer... You can't! See ya out there.

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

CAUTION: Participating in the sport of triathlon and HVTC could cause radiant health and spiritual well-being!

Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008



Photo by Chloe (Lana's daughter)

HVTC Featured Athlete: Lana Shannon

By Mark H. Wilson

Isn't it fun to meet new folks; discover their likes/dislikes, talents/skills? You may even stumble upon the fact that you and your newfound friend have a common hobby, like triathlon. Have you ever met one of those folks who's got such raw talent that they don't even realize it themselves?! Some people are blessed with gifts that go unnoticed until later in life when they decide to make a life-change and enter a local sprint tri. So is the case for our Featured Athlete of the Month, Lana Shannon; she's got plenty of spunk and it's only a matter of time before her day in the triathlon sun arrives. Let's find-out more!

Interestingly, Lana was born in the supposed "Mecca" of triathlon; Boulder, Colorado. She attended McClintock High School in Tempe, Arizona and went-on to higher education at Arizona State University and studied Accounting. While in high school she



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

was a sparkling gymnast; she was very committed and dedicated but genetically built too long. No matter, she could run fast, too! The track coach always tried to convince her to join the team; after all, she could run a mile in 5:26!!! Nice. Oddly, her dislike of loud noises (the start pistol) kept her from joining and her speed was never developed.

Currently, Lana lives in Ridgefield, Connecticut and is getting married to her long-time beau Anthony Corsano on August 3rd...congratulations!!! Lana is blessed with two beautiful daughters; Kayla (17) and Chloe (14) in addition to her beloved doggies; Hazel (Newfoundland) and also Henry & Charlie (Shih Tzus). Lana owns a business called CWI; it's a chameleon-like company that provides branded products to customers. It services major Fortune 1000 companies through their corporate channel as well as direct to consumer and small businesses through e-commerce marketing. Lana single-handedly transformed the culture of her company and it is now on a path of massive expansion! Cool. When she's not building her empire, Lana enjoys reading; her lifetime goal is to read the Top 100 Novels (as suggested by the New York Times). She also enjoys fun-time and eating chocolate with her lifelong friend Lisa from Arizona. Lana is also a self-proclaimed "groupie" of the band called *The Cure*. However, the most interesting and perhaps surprising tid-bit is that Lana was really into the punk rock/gothic music scene as it emerged in the early 1980's; in fact, she even sported a Mohawk that was sometimes black, sometimes white, and sometimes fuchsia. Oh boy; thank goodness we wear swim caps!

Lana's first sprint triathlon was in her hometown at the Ridgefield Triathlon. How she decided to do the race is beautiful; each September, Lana and her daughters take time to evaluate themselves. They look at the past year and see where they shined and where they fell short of their potential. They accept themselves and let go of the past and create goals for the next year; this may include some sort of cool art project depicting their hopes and dreams for the future, etc. That's when Lana decided to do a sprint triathlon; she already ran 10 miles a week and figured it wouldn't be too difficult to put together the rest. She enjoyed the training so much that she declared her goal was to complete 6 tri's by year's end. That's when she found HVTC on the internet! Since then, she's completed; Nautica South Beach (Miami, FL), HVTC Summer Tri-Series, Women's Tri (Farmington, CT), and the SBR Triathlon (Harriman, NY-1st F40-44).

Most of the folks in her office think she's lost her marbles for doing triathlon; but since she's the boss, everyone's extremely supportive! Lana loves thinking about triathlon while at work, but knows she needs to stay focused at the office in order to afford all of her new tri-toys; "I'm spending loads of cash on things I never knew existed two years ago!" One of the best things about triathlon for Lana is the variety in training; it's challenging, both physically and mentally. But the greatest of all are the "super cool people." She's discovered the highs and lows of the sport, too; I feel strong and proud on



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

good days, super slow and untalented on others.” However, it doesn’t stop her from constantly encouraging others to try the sport.

Lana has become a good triathlete (and she’s just getting started!), but being in the sport has really transformed her life in so many ways that she never could have expected. She has met amazing people from different walks of life that have inspired her or taught her something new. There are so many new faces in her life; each one she feels truly honored to have met. Triathlon has helped her to value her free-time, believe in herself, become a successful business-woman, and lastly to give more love to her children and fiancé. Lana clearly stated her triathlon goals last July “Get faster and place in races!” When the goal became a reality at Harriman State Park it was surreal for her. Now, she’s setting her sights on bigger goals; complete an Olympic distance tri in 2009, ride across the country, become a successful novelist and retire in 2012. Mohawk or not, she’s gonna make it! Thanks, Lana.

THE GOOD DOCTOR SAYS

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

Runners Knee, the symptom of imbalance. Is it in you, or your training?

Runner’s knee is the common term for patella femoral dysfunction, or patella femoral pain syndrome. This syndrome is usually caused by the knee cap not tracking correctly in the groove in the thigh bone (Femur). When the knee cap does not track correctly (It can go too far to the inside or outside) the cartilage gradually wears down causing arthritic changes on the underside of the kneecap and Femur. This causes a generalized pain around or under the knee cap, and can also cause swelling in the knee after workouts.

One of most common causes of this painful condition are muscular imbalances where one head of the Quadriceps muscle either pulls too much on the knee cap, or is not pulling enough on the knee cap. This causes the knee cap to be pulled either more to that



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

side, or to the other side. An example of this imbalance is when the VMO (medial head of the Quadriceps) is weak. This causes the knee cap to be pulled laterally and will cause a breakdown of the cartilage of the knee. Another common cause is the opposite type of pulling, medially. This occurs if the lateral head of the quadriceps is weak, or if you have weakness of the Tensor Fascia Lata muscle which controls the Iliotibial Band and the lateral side of the knee. Prolonged weakness of these structures can also cause improper tracking of the patella thus causing degeneration of the cartilage of the knee cap.

Other causes of improper tracking of the kneecap are not having the proper support in your shoe for either pronating or supinating. This lack of support causes the angle at the knee to increase or decrease medially and laterally, causing improper patellar tracking. This will eventually will lead to degenerative changes to the cartilage of the kneecap, and internally affecting the menisci both medially and laterally. As mentioned in some of my previous articles running on a crowned or canted surface will cause a leg length discrepancy. Running frequently under this condition without getting the same amount of time on the opposite side will also cause improper tracking of the kneecap, and thus cause degeneration of the undersurface of the kneecap. Also, running on canted surfaces frequently can cause ITB syndrome, and other injuries.

Treatment for this condition includes ice and NSAID's (Advil) for swelling after running or workouts, strengthening of the weak areas to bring back balance in the knee and allow for proper tracking of the kneecap, orthotics for those who have too much arch, or not enough arch. If the aforementioned does not resolve the problem deep tissue massage or active release techniques treatment to the muscles is recommended to remove adhesions that may have built up in the areas of weakness or improper biomechanics. Ultimately if all of the above fails, and x-rays or MRI exams confirm arthritic changes of the kneecap, surgery could be done to smooth the undersurface of the kneecap.

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 H.V.T.C Club races since 2005, and N.Y.T.C. Club races since 2006 and at the S.O.S Triathlon since 2004. For questions about any sports injury email Dr. Ness at mail@drness.com



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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 and click "calendar.")

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. 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

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

APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k www.piranha-sports.com

Brooklyn Biathlon-Brooklyn, NY (4/13/08) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

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

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

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2 mi., B 14 mi., R 2 mi. 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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .45 mi., B 23.5 mi., R 4 mi. 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

Toga Biathlon-Congers, NY (5/11/08) R 4.25k, B25k, R 4.25k www.togamultisport.com

EnduraSport Mini Triathlon-Harriman, NY (5/17/08) S .6 mi., B 29 mi., R 6.2 mi. 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

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

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

Pawling Triathlon-Pawling, NY (5/31/08) S 1/3mi., B 13mi., R 3mi. 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

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/1/08) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

2008 ITU Short Course Triathlon World Championship-Vancouver, Canada (6/7-8/08) S 1.5k, B 40k, R 10k 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

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

Mighty Montauk Triathlon-Montauk, NY (6/7/08) S 1mi, B 20mi, R 6.2mi 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

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

NY Tri Series #1-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi. 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

Wyckoff Triathlon-Wyckoff, NJ (6/14/08) S .5 mi., B 17 mi., R 5 mi. www.wyckoffymca.org

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/14/08) S 1.5k, B 40k, R 10k 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

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

Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k 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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

North Country Triathlon-Hague, NY (6/28/08) S 1.5k, B 40k, R 10k
www.northcountrytri.com

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

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/29/08) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

JULY

Patriot Half Ironman Triathlon-Freetown, MA (7/5/08) S 1.3 mi., B 59 mi., R 13.5 mi. www.patriohalf.com

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

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k
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

Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k
www.teammossmann.com

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

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

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

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

Hudson Valley Biathlon-Kingston, NY(7/13/08) R 1 mi., B 12 mi., R 3 mi.
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

Litchfield Hills Triathlon-New Hartford, CT (7/20/08) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

New York City Triathlon-NYC, NY (7/20/08) S 1.5k, B 40k, R 10k 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

Tri-Putnam-Carmel, NY (7/20/08) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

AUGUST

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

Fronhofer Tool Triathlon-Cambridge, NY (8/2/08) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

Patriot's Triathlon-Bath, PA (8/3/08) S 650 meters, B 24k, R 5k 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

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/10/08) S 1.5k, B 40k, R 10k 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

Steelman Triathlon-Quakertown, PA (8/10/08) S 1.5k, B 40k, R 10k www.lin-mark.com

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

SBR Triathlon Series #2-Harriman State Park, NY (8/16/08) S .5 mi., B 16 mi., R 4 mi. 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

Timberman Sprint Triathlon-Gilford, NH (8/15-17/08) S 1/3 mi., B 15 mi., R 3 mi. 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

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

NorthEast Triathlon-North East, MD (8/17/08) S 1.5k, B 23.2 mi., R 10k www.lin-mark.com

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

Crystal Lake Triathlon (8/23/08) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org

West Point Triathlon-West Point, NY (8/24/08) S 800 m, B 25k, R 5k www.usma.edu/USCC/DCA/Clubs/trit/

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

SEPTEMBER

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

Firmman Rhode Island (9/7/08) 1.2 mi., B 56 mi., R 13.1 mi. 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

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

Lake George Triathlon-Lake George, NY (9/14/08) S 1.5k, B 40k, R 10k
www.adktri.org

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

Women's Triathlon-Farmington, CT (9/14/08) S .5 mi., B 12 mi., R 5k
www.hartfordmarathon.com

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

Westchester Toughman-Croton Point Park, NY (9/21/08) S 1.2 mi., B 56 mi., R 13.1 mi.
www.westchestertoughman.com

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

Westchester Triathlon-Rye, NY (9/21/08) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.com

Finger Lakes Triathlon-Canandaigua, NY (9/21/08) S 1.5k, B 40k, R 10k
www.score-this.com



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

The Jerseyman (Half Iron)-Clinton, NJ (9/28/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.njmultisport.com

The Jerseyman (Sprint)-Clinton, NJ (9/28/08) S .6 mi., B 18.5 mi., R 5k www.njmultisport.com

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

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

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

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

OCTOBER

Solberg Duathlon-Readington, NJ (10/4/08) R 2 mi., B 20 mi., R 5k www.njmultisport.com

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/05/08) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Cedar Beach Triathlon-Miller Place, NY (10/5/08) S 3/4 mi., B 17 mi., R 3 mi. www.triandduit.com

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

Ironman Triathlon World Championship (10/11/08) S 2.4 mi., B 112 mi., R 26.2 mi. 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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

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

Toga Biathlon-Congers, NY (10/18/08) R 4.25k, B25k, R 4.25k www.togamultisport.com

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

Woodstock Classic (Doug Maloney Memorial Duathlon)-Woodstock, NY (10/19/08) R 2 mi., B 12 mi., R 2 mi. www.woodstockclassic.com

NOVEMBER

Ironman Florida-Panama City, FL (11/1/08) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/8/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmanlive.com

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

AT THE RACES

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

Send results to: mark@hvtc.net.

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

HVTC RACE RESULTS

JANUARY

Nature Coast Winter Duathlon, Crystal River FL, (1/13/08) R 2 mi., B 10 mi., R 2 mi. www.drcsports.com

Overall Female: Cindy Laroe 1:02:06

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

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

Overall Female: Kimberlee Scott 10.109
Mary DeNitto 09.092
Linda Rosenthal 07.286

Overall Male: John McGovern 11.595
John Dowley 10.392
Steve Fischer 09.867

MARCH

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

Overall Female: Erica Ruge 1:02:23
Mary DeNitto (2nd Overall) 1:13:19

Overall Male: Nick Mancuso 0:53:46
Mike Halstead (2nd Overall) 0:54:37
Charles Pegg (1st M35-39) 0:58:59
Bob Gramling (1st M50-54) 1:00:29
Patrick Murphy 1:19:17



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

March Madness Biathlon-New York, NY (3/30/08) R 2 mi., B 12 mi., R 2 mi.

www.nytc.org

<u>Overall Female:</u>	Jean Norton	1:07:35
	Jeanette Shelow-MacDougall (2 nd Overall)	1:08:08
	Barbara Sessa (1 st F40-44)	1:09:14
	Alicia Olmoz	1:30:41

<u>Overall Male:</u>	Rich Burke	0:59:26
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APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k www.piranha-sports.com

<u>Overall Female:</u>	Suzanne Huelster	1:22:32
	Jan Pollo	1:47:18

<u>Overall Male:</u>	Chris Ganter	1:12:10
	Nick Brundage (1 st M20-24)	1:21:26

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

<u>Overall Female:</u>	Erika Csomor	09:14:49
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<u>Overall Male:</u>	Jozsef Major	08:34:19
	Henry Collins	13:22:49

Nautica South Beach Triathlon-Miami, FL (4/13/08) S .5 mi., B 18 mi., R 4 mi. www.southbeachtri.com

<u>Overall Female:</u>	Leanda Cave	1:27:17
	Lana Shannon	1:56:55

<u>Overall Male:</u>	Chris Lieto	1:16:15
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Brooklyn Biathlon-Brooklyn, NY (4/13/08) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

<u>Overall Female:</u>	Cassie McWilliam	0:53:13
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<u>Overall Male:</u>	Terry Kerrigan	0:49:35
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Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Kinetic Half Ironman-Spotsylvania, VA (4/19/08) S 1.2 mi., B 56 mi., R 13.1

www.setupevents.com

Overall Female: Adrienne Kroepsch 4:52:08
Mary DeNitto (1st F60-64) 6:11:39

Overall Male: Benjamin Bartlett 4:19:16

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

Overall Female: Kristin Budden 1:35:19

Overall Male: Terry Kerrigan 1:19:52

2008 Duathlon National Championship-Richmond, VA (4/26-27/08) R 10k, B 40k, R 5k www.usatriathlon.org

Overall Female: Suzanne Huelster 2:16:26
Shannon Dawkins (6th f30-34) 2:26:39*

*Qualified World Duathlon Championships-Rimini, Italy (9/27-28/08)

Overall Male: Chris Ganter 2:02:08
Nick Brundage (5th M20-24) 2:15:41*

*Qualified World Duathlon Championships-Rimini, Italy (9/27-28/08)

MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

Overall Female: Shannon Dawkins 1:10:08
Jeanette Shelow-MacDougall (2nd Overall) 1:10:46

Overall Male: John McGovern 1:02:59
Nick Brundage (2nd Overall) 1:04:16
Mike Halstead (3rd Overall) 1:04:32
Michael Bakker (1st M40-44) 1:04:47
Mark Wilson (3rd M40-44) 1:08:46
Bob Gramling (1st M50-54) 1:11:45
Tom Ganz (2nd M35-39) 1:12:18
Matt Merchant (2nd M45-49) 1:14:22
John Dowley 1:26:33



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/4/08) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female: Sally Speck 1:46:15

Overall Male: David Luscan 1:35:17
Andrew Schupak (2nd M40-44) 1:45:47
Troy Weaver 1:50:22

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

Overall Female: Caitlin Shea-Kenney 4:28:59

Overall Male: Dave Slavinski 4:05:39
Terry Kerrigan (3rd Overall) 4:06:35
Art Boyko 4:44:51

Toga Biathlon-Congers, NY (5/11/08) R 4.25k, B25k, R 4.25k www.togamultisport.com

Overall Female: Shannon Dawkins 1:18:30
Jean Norton (2nd Overall) 1:20:08
Jeanette Shelow-MacDougall (3rd Overall) 1:21:00
Barbara Sessa (1st F40-44) 1:21:19
Alicia Olmoz (1st F30-34) 1:46:45
Julie LoRusso (3rd F35-39) 1:50:37

Overall Male: Robert Whalen 1:12:15

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

Overall Female: Pascale Butcher 2:46:59
Jean Norton (3rd Overall) 2:50:40
Kathryn Flodquist(1st F40-44)3:00:54
Mary DeNitto (1st F60-64) 3:16:36

Overall Male: Wolfgang Ermeling 2:25:06
Nick Brundage (3rd M20-24) 2:39:23
Mark Wilson 2:40:26
Patrick Nesbitt 3:27:11



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

Overall Female: Kristen Bowes 5:48:13
Jeanette Shelow-MacDougall (1st F45-49) 6:53:24

Overall Male: Chris Gebhardt 4:47:26
Michael Bakker (3rd M40-44) 5:23:10
Tom Ganz 5:56:03

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

Overall Female: Rebekkah Wassner 2:04:09

Overall Male: Chris Lieto 1:51:13
Alex Sherwood (2nd M30-34) 2:08:04
Mike Halstead (1st M40-44) 2:10:45

Pinchot Triathlon-Lewisberry, PA (5/18/08) S .5 mi., B 18 mi., R 5k www.multisportmaniacs.org

Overall Female: Angela Robison 1:38:44

Overall Male: Andrew Krebs 1:23:51
Troy Weaver 1:35:48

Florida 70.3-Orlando, FL (5/18/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female: Leanda Cave 4:22:52

Overall Male: Paul Amey 3:52:51
John Ferrara 6:16:51

Saratoga Lions Duathlon-Saratoga, NY (5/25/08) R 5k, B 20 mi., R 5k www.saratogalins.com

Overall Female: Shannon Dawkins 1:42:14

Overall Male: John Noonan 1:33:45



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Foothills Sprint Triathlon-Maryville, TN (5/26/08) S 350 meters, B 10 mi., R 2.6 mi.

www.swimandtri.com

Overall Female: Kelsey Williamson 0:58:23

Overall Male: Nick Waninger 0:47:56

Steve Fischer 1:09:07

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

Overall Female: Christine Dunnery 1:03:38

Jeanette Shelow-MacDougall (2nd Overall) 1:04:00

Jean Norton (1st F45-49) 1:08:07

Kathryn Flodquist (1st F40-44) 1:11:09

Natalie Marriott (1st F25-29) 1:13:35

Christine Honig 1:17:50

Alicia Olmoz 1:23:08

Julie LoRusso 1:25:57

Overall Male: John McGovern 0:59:47

Zac Staszak (3rd Overall) 1:01:37

Michael Bakker (3rd M40-44) 1:02:17

Mark Wilson 1:03:30

Art Boyko 1:03:37

Ken Buderman (2nd M25-29) 1:04:37

Matt Merchant 1:09:53

Bill Norton 1:11:39

Ray Canals 1:15:53

Mike Hargrove 1:16:51

Patrick Nesbitt 1:17:54

Steven Pressman 1:20:00

Steve Fischer 1:22:20

Peter Oxenholm 1:26:24

Tom Gill 1:34:09



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

JUNE

Ridgefield Sprint Triathlon-Ridgefield, CT (6/1/08) S .5 mi., B 14 mi., R 5k

www.triridgefield.com

<u>Overall Female:</u>	Pascale Butcher	1:11:04
	Lana Shannon	1:22:11
<u>Overall Male:</u>	Max Wunderle	1:02:18

Cascade Lake Triathlon-Hampstead, MD (6/1/08) S .3 mi., B 15 mi., R 5k

www.piranha-sports.com

<u>Overall Female:</u>	Amanda Hudson	1:24:29
<u>Overall Male:</u>	David Luscan	1:09:50
	Troy Weaver	1:22:30

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

<u>Overall Female:</u>	Helen Tucker	2:01:37
<u>Overall Male:</u>	Javier Gomez	1:49:48
	Zac Staszak (adjusted course)	1:49:19

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

<u>Overall Female:</u>	Caitlin Shea-Kenney	4:27:29
	Jean Norton (1 st F45-49)	5:18:36
<u>Overall Male:</u>	Alex McDonald	4:06:22

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

<u>Overall Female:</u>	Kathleen Hayden	2:31:17
<u>Overall Male:</u>	Brett Nichols	2:13:36
	Matt Merchant	2:44:22
	John Ferrara	3:12:23



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Blackwater Eagleman Triathlon-Cambridge, MD (6/8/08) S 1.2mi, B 56mi, R13.1mi

www.tricolumbia.org

Overall Female: Joann Zeiger 4:22:32
Jeanette Shelow-MacDougall DNF

Overall Male: Paul Amey 3:53:33
Alex Sherwood 4:55:30

Escape From Alcatraz-San Francisco, CA (6/8/08) S 1.5 mi., B 18 mi., R 8 mi.

www.escapefromalcatraztriathlon.com

Overall Female: Leanda Cave 2:15:37
Mary DeNitto (1st F60-64) 3:22:46

Overall Male: Andy Potts 2:01:57

NY Tri Series #1 (Triathlon)-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Claudia Kretschman 1:23:49
Lana Shannon (1st F40-44) 1:33:53

Overall Male: John McGovern 1:16:22
Nick Brundage (1st M20-24) 1:22:44
Jim Demis 1:29:09
Richard Miller 1:34:02

NY Tri Series #1 (Biathlon)-Harriman State Park (6/8/08) R 3 mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Shannon Dawkins 1:26:56

Overall Male: Robert Whalen 1:21:42

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

Overall Female: Shannon Dawkins 0:56:49
Mari Flores (2nd Overall) 0:57:21
Jean Norton (3rd Overall) 0:59:48
Erica Ruge (1st F35-39) 1:01:57



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Christene Spiezio (2nd F35-39) 1:02:09
Natalie Marriott (1st F25-29) 1:02:13
Mary DeNitto (1st F60-64) 1:07:36
Christine Honig (3rd F35-39) 1:08:20
Alicia Olmoz 1:10:30
Julie LoRusso (1st F40-44) 1:10:45
Mineke Etienne (1st F30-34) 1:17:04
Roge Nesbitt (2nd F40-44) 1:20:37
Diana Tsingopoulos(2nd F60-64) 1:44:46

Overall Male:

Zac Staszak 0:51:06
Michael Bakker (2nd Overall) 0:51:10
Mike Halstead (3rd Overall) 0:51:36
Nick Brundage (1st M20-24) 0:52:10
James Stafford (1st M40-44) 0:53:13
Mark Wilson (2nd M40-44) 0:53:52
Tom Ganz (1st M35-39) 0:54:07
Art Boyko (3rd M40-44) 0:54:08
Charles Pegg (2nd M35-39) 0:56:24
Doug Thompson 0:59:00
Janek Szablinski(3rd M35-39) 0:59:02
Bill Norton (1st M55-59) 0:59:12
Jon Stern (1st M45-49) 0:59:35
Nate Deboever (1st M19-Under) 0:59:38
Matt Merchant (1st M50-54) 1:00:16
Bill Shashaty 1:01:42
Jim Demis 1:01:49
John Jasinski (2nd M55-59) 1:02:21
Patrick Murphy 1:02:28
John Dowley 1:04:08
Mike Hargrove (2nd M50-54) 1:04:14
John Ferrara (3rd M50-54) 1:05:55
Patrick Nesbitt 1:07:26
Steven Pressman(3rd M55-59) 1:08:45
Steve Fischer 1:10:03
Peter Oxenholm 1:11:09
Larry Knapp 1:11:32
Mark Graminski 1:11:55
Maurice Tessier 1:12:29
Mitch Donner 1:24:26
Ed Doyle (2nd M45-49) 1:39:13



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

Overall Female: Kristin Marvin 2:23:55
Jeanette Shelow-MacDougall (2nd Overall) 2:29:32
Kathryn Flodquist (3rd F40-44) 2:45:28

Overall Male: Chris Thomas 2:08:28
Zac Staszak 2:21:38
Ray Canals 2:53:52
Michael Hargrove 3:05:08
John Ferrara 3:10:48

Thundergust Triathlon-Pittsgrove, NJ (6/14/08) S .4 mi., B 16 mi., R 5k www.lin-mark.com

Overall Female: Laurie Hug 1:08:50

Overall Male: Todd Wiley 1:01:29
Troy Weaver 1:14:31

Xterra East Championship-Richmond, VA (6/15/08) S 1.5k, Mtn. B 30k, R 10k www.xterraplanet.com

Overall Female: Melanie McQuaid 2:18:45

Overall Male: Josiah Middaugh 2:02:51
Mike Halstead (2nd M40-44) 2:31:31

Lake Waramaug Sprint Triathlon-New Preston, CT (6/20/08) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Overall Female: Aubrey Fleszar 1:17:01

Overall Male: Eric Hodska 1:05:09
Tom Gill 1:47:22

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

Overall Female: Julie Gliesing 2:11:37
Jean Norton (2nd F45-49) 2:20:19



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Mari Flores (2nd F35-39) 2:25:30
Kathryn Flodquist (1st F40-44) 2:28:07

Overall Male: Chris Thomas 1:53:01

Philadelphia Triathlon-Philadelphia, PA (6/21/08) S 1.5k, B 40k, R 10k

www.phillytri.com

Overall Female: Rebecca Wassner 2:03:25
Jeanette Shelow-MacDougall (1st F45-49) 2:22:57
Mary DeNitto (1st F60-64) 2:50:16

Overall Male: David Thompson 1:50:41
Steve Fischer 2:59:07

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

Overall Female: Maria Cimonetti 1:10:38

Overall Male: Kevin Bouchard-Hall 1:02:36
Matt Merchant 1:15:05

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

Overall Female: Amy Bevilaqua 1:03:53
Shannon Dawkins (2nd Overall) 1:06:48
Barbara Sessa (3rd Overall) 1:08:21
Alicia Olmoz (3rd F30-34) 1:24:38
Julie LoRusso 1:28:11

Overall Male: Tommy Nohilla 1:01:02
Patrick Nesbitt 1:20:47

Flat As A Pancake Triathlon-Staten Island, NY (6/28/08) S ¼ mi., B 12 mi., R 5k www.greenbookracing.com

Overall Female: Kerry Simmons 1:00:29
Barbara Sessa (3rd Overall) 1:02:12
Jean Norton (1st F45-49) 1:02:21



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Overall Male: David Gardiner 0:53:24

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

Overall Female: Leslie Sanderson 4:47:44

Overall Male:
Chris Gebhardt 4:18:38
Michael Bakker (1st M40-44) 4:38:45
Henry Collins 5:31:22
Patrick Murphy 6:19:56
Mark Graminski 6:58:43

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/29/08) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Overall Female:
Meghan Newcomer 2:01:15
Jeanette Shelow-MacDougall (3rd Overall) 2:01:59
Christene Spiezio(1st F35-39) 2:15:40
Christine Honig 2:32:56

Overall Male: Art Boyko 1:56:40

Stamford Olympic Triathlon-Stamford, CT (6/29/08) S 1.5k, B 40k, R 10k www.hartfordmarathon.com

Overall Female:
Caitlin Shea-Kenney 2:06:39
Kathryn Flodquist (3rd F40-44) 2:34:51

Overall Male: Tim Snow 1:59:52

Kure Beach Double Sprint Triathlon-Kure Beach, NC (6/29/08) S 375 meters, R 1.5 mi., B 20k, R 1.5 mi., S 375 meters www.setupevents.com

Overall Female:
Kate Martin 1:05:26
Linda Rosenthal (3rd F60-64) 1:50:25

Overall Male: Matthew Wisthoff 0:56:55



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

General Smallwood Triathlon-Indianhead, MD (6/29/08) S 750 meters, B 16 mi., R 5k www.setupevents.com

Overall Female: Molly Jacobs 1:26:55

Overall Male: Raymond Matthews 1:18:52
Troy Weaver (2nd M40-44) 1:29:26

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

Overall Female: Shannon Dawkins 0:55:07
Jeanette Shelow-MacDougall (2nd Overall) 0:55:13
Barbara Sessa (3rd Overall) 0:55:40
Jean Norton (1st F45-49) 0:56:11
Mari Flores (1st F35-39) 0:57:41
Erica Ruge (2nd F35-39) 0:59:59
Natalie Marriott (1st F25-29) 1:01:50
Lana Shannon (1st F40-44) 1:05:23
Mary DeNitto (1st F60-64) 1:07:00
Julie LoRusso (2nd F40-44) 1:07:40
Alicia Olmoz (3rd F35-39) 1:10:57
Mineke Etienne (1st F30-34) 1:23:36
Roge Nesbitt (3rd F40-44) 1:25:25
Diana Tsingopoulos (2nd F60-64) 1:39:25
Brigitte Truxell 2:22:53

Overall Male: Terry Kerrigan 0:49:37
Mike Halstead (2nd Overall) 0:50:02
Michael Bakker (3rd Overall) 0:51:03
Zac Staszak (1st M30-34) 0:51:37
Mark Wilson (1st M40-44) 0:54:18
Charles Pegg (1st M35-39) 0:55:27
James Stafford (2nd M40-44) 0:55:53
Doug Thompson (3rd M40-44) 0:56:19
Ken Buderman (1st M25-29) 0:57:08
Bill Norton (1st M55-59) 0:57:25
Andrew Schupak 0:58:02
Mike Deboever (2nd M25-29) 0:58:29
Jim Demis 0:59:39
Nate Deboever (1st M19-Under) 0:59:47
Bill Shashaty (2nd M35-39) 1:00:23



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Matt Merchant (1 st M50-54)	1:00:48
Janek Szablinski (3 rd M35-39)	1:01:01
John Jasinski (2 nd M55-59)	1:01:11
Jerry Deboever (2 nd M19-Under)	1:01:16
Patrick Murphy	1:02:26
John Dowley	1:02:37
Richard Miller (3 rd M55-59)	1:03:56
John Ferrara (2 nd M50-54)	1:04:10
Adrian Crockett (2 nd M30-34)	1:04:40
Ray Canals (3 rd M50-54)	1:05:21
Michael Hargrove	1:06:13
Patrick Nesbitt	1:06:45
Mark Graminski	1:07:40
Steven Pressman	1:09:02
Peter Oxenholm	1:10:21
Larry Knapp	1:11:16
Maurice Tessier	1:11:33
Mitch Donner	1:25:27

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/9/08) S .5 mi., B 10.5 mi., R 5k

www.patgriskustri.com

<u>Overall Female:</u>	Michele Wolfson	1:06:01
	Kathryn Flodquist (3 rd F40-44)	1:12:39
<u>Overall Male:</u>	Domenic Gillen	0:56:37

Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k

www.teammossman.com

<u>Overall Female:</u>	Jessica Broderick	1:06:59
	Kathryn Flodquist (1 st F40-44)	1:15:45
	Lana Shannon	1:22:25
<u>Overall Male:</u>	Peter Eddy	1:04:04
	Ken Buderman	1:14:12
	John Jasinski (2 nd M55-59)	1:16:47
	John Ferrara	1:24:07



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

Overall Female:

Julie Rosa	4:56:10
Christene Spiezio	5:53:19
Mary DeNitto (1 st F60-64)	6:23:34

Overall Male:

Doug Clark	4:22:05
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Musselman Triathlon (Sprint)-Geneva, NY (7/12-13/08) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

Overall Female:

Julie Rosa	1:12:18
Jeanette Shelow-MacDougall (1 st F45-49)	1:23:33
Tamme Stitt	1:43:14
Linda Rosenthal (3 rd F60-64)	1:50:34

Overall Male:

Matt Migonis	1:03:02
Mike Vance (3 rd M25-29)	1:10:20

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

Overall Female:

Stacy Karwacki	2:17:55
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Overall Male:

Steven Back	2:00:29
Troy Weaver	2:33:57
Steve Fischer	3:08:28

Ironman 70.3 Rhode Island-Providence, RI (7/13/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female:

Lisa Bentley	4:27:50
Mari Flores	5:35:13

Overall Male:

Oscar Galindez	3:54:03
Terry Kerrigan	4:29:06
Andrew Schupak	4:55:25



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

Overall Female: Jessie Donovan 1:10:53

Overall Male: Kevin Bouchard-Hall 1:02:48
Matt Merchant 1:14:47

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

Overall Female: Edna Harrison 1:37:40

Overall Male: Greg Sautner 1:15:52
Mike Halstead (3rd Overall) 1:19:36

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

Overall Female: Shannon Dawkins 1:24:04

Overall Male: James Stafford 1:21:53

MetroMan-Long Branch, NJ (7/13/08) S .6 mi., B 12 mi., R 5k www.sunsetracing.com (Became a Duathlon R 5k, B 30k, R 5k)

Overall Female: Marianne Bellino 1:19:36
Julie LoRusso (3rd F40-44) 1:47:05
Alicia Olmoz 1:48:43

Overall Male: Scott Gray 1:15:05

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

Overall Female: Alison Heaphy 1:02:27
Christine Honig 1:10:53

Overall Male: Todd Shatynski 0:52:16
Art Boyko 0:57:08
(1st M40-44, 1st "Lt John Finn Public Safety Award")



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Piseco Lake Triathlon-Speculator, NY (7/19/08) S .5 mi., B 11.5 mi., R 3 mi.
www.adrkmts.com

Overall Female: ??? 1:18:16

Overall Male: ??? 1:05:20

Matt Merchant (1st M50-54) 1:16:12

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

Overall Female: Liz Blatchford 1:58:34

Jeanette Shelow-MacDougall (9th EF) 2:19:56

Shannon Dawkins 2:20:53

Barbara Sessa 2:24:29

Jean Norton 2:30:38

Kathryn Flodquist 2:39:48

Overall Male: Greg Bennett 1:46:30

Zac Staszak 2:12:20

Charles Pegg 2:22:21

Nick Brundage (2nd M20-24) 2:25:05

Richard Miller 2:42:44

Steven Pressman 2:54:18

Patrick Nesbitt 3:05:32

Mitchell Donner 3:15:02

Ironman USA-Lake Placid, NY (7/20/08) S 2.4 mi.,

B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Caitlin Shea-Kenney 09:51:00

Overall Male: Francisco Pantano 08:43:32

Tom Ganz 12:13:33

Henry Collins (5th Clydes 40+) 12:15:54

Janek Szablinski 14:32:52

Tri-Putnam-Carmel, NY (7/20/08) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

Overall Female: Kelli Kidd 1:09:03

Overall Male: Michael Bakker 1:02:01

Peter Oxenholm 1:28:23



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Jeanette Shelow-MacDougall	40-44	AA	89.50666	22
Jean Norton	45-49	AA	86.16250	32
Kathryn Flodquist	40-44		79.86227	259
Christine Spiezio	35-39		79.79536	306
Mary DeNitto	55-59	AA	78.73634	7
Pam Neimeth	45-49		76.39392	241
Sue Metichecchia	45-49		66.66074	665
Mineke Etienne	30-34		66.62834	1,055
Linda Rosenthal	55-59		53.27335	241

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>				
John McGovern (Duathlon)	40-44	AA	93.51317	9
Mike Halstead (Duathlon)	40-44	AA	92.96416	12
Mike Halstead	40-44	AA	90.26222	52
John McGovern	40-44	AA	89.99511	57
Michael Bakker	40-44	AA	88.55233	80
Zac Staszak	25-29	HM	87.90950	197
Nick Brundage (Duathlon)	20-24		86.15871	15
Michael Donnelly	45-49	AA	86.05528	52
Art Boyko	40-44	HM	84.38255	236
Mark Wilson	40-44	HM	83.92702	262
Andrew Schupak	40-44	HM	83.02353	331
Charles Pegg	35-39	HM	83.25455	377
Myron Baker Sr. (Duathlon)	55-59	HM	81.81686	12
Ken Buderman	25-29		76.43829	609
Tom Ganz	35-39		74.33466	1,422
Gary Walters	50-54		72.49959	485
John Ferrara	50-54		66.04019	928
Steven Pressman	55-59		63.83558	514
Steve Fischer	50-54		63.62231	1,080
Tom Gill	55-59		55.76312	755

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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

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

Long Course Triathlon World Championship (Half Ironman)

Andrew Schupak

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



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

Michael Donnelly
Zac Staszak
Art Boyko
Mark Wilson

2007 HVTC Summer Tri-Series Winners

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

2nd Place: **Barbara Sessa (59)**

3rd Place: **Sue Metichecchia (55)**

4th Place: **Jean Norton (53)**

5th Place: **Julie LoRusso (52)**

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

2nd Place: **Terry Kerrigan (60)**

3rd Place: **Mike Halstead (56)**

4th Place: **John McGovern (55)**

5th Place: **Zac Staszak (54)**

2007 HVTC Summer Tri-Series Course Records

Women

Course-Jeanette Shelow-MacDougall (54:32)

Swim-Jeanette Shelow-MacDougall (5:25)

Bike-Jeanette 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 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2008 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2008 HVTC \$200.00 membership is valid from January 1st-December 31st.**



Hudson Valley Triathlon Club

Volume VII, Issue No. 86 July 2008

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