



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. 85

June 2008

IN A FEW WORDS

Dear HVTC,

With all of the beautifully sunny days we've had, it doesn't seem possible that the sun has already reached it's peak and is declining ever-so-slightly each day toward the December 21st winter solstice. Regardless, we've got lots of racing left this season; Lake Placid, Summer Tri-Series, Vermont Half Journey and the SOS to name a few. Each moment is precious; so enjoy every bit of it! 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!

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Photo by Scott Schaffrick (www.scottschaffrick.com)

HVTC Featured Athlete: Nathaniel Deboever

By Mark H. Wilson

Imagine arriving in the United States of America from Belgium un-aware of the sport of triathlon or HVTC. Two years later, at the age of 15, imagine breaking the 1-hour barrier in the club race and finishing 16th Overall. Our Featured Athlete of the Month, Nathaniel Deboever, is on a trip of a lifetime and loving every minute of it!!! Born with natural gifts from his parents Evelyn and Jean Francois, the sky is the limit for this youngster. He's showing incredible maturity with limited tri-experience and he's getting stronger as we speak! The fact that a Belgian (Luc Van Lerde) is the current record-holder for the Ironman Triathlon World Championship in Hawaii doesn't hurt, either! So, how did it all begin for Nate? Let's find out.



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When Nate was a wee-lad (okay, younger than he is now!), he was “tossed” into the water; his parents “made” him do it. Although he despised the 10 hours of swimming in cold water day after day from elementary to high school age, he’s now grateful that his folks got him acclimated to swimming; he now sees that the training prepared him for triathlon. Running wasn’t one of Nate’s favorite sports, either; as a young kid, he couldn’t run more than 400 yards. When Nate was in middle school he broke his hip. At the time, he wasn’t really involved in sports so it wasn’t a big deal. However, while laying there day-after-day, he noticed he started to feel fat (yeah, right!) and witnessing his brothers returning from their cycling adventures it flipped a switch in him to get back into shape. (It really worked; by the 2007 Indoor Track Season while on the Onteora High School Track Team, Nate ran a sub 5-minute mile. Nice!)

Nate’s family moved to the United States in 2006 and found a lovely house in West Hurley; it was a huge change for him. Obviously, he didn’t know a lot of people in the area, but he loved the mountains so it made the transition palpable. His family had been to the States a couple of times during the summer visiting Florida; most folks were very pleasant to his family, many were open-minded and willing to give a helping hand.

Once Nate and his family settled-in to the area it was spring and he wanted to get involved in sports as soon as possible. Most of his friends were into baseball so he tried-out for the team, but got cut. He wasn’t deterred; the very next day he tried-out for the track team and found his niche. One day, he and his brother Jerry (18) went to Wilson State Park for a swim and bumped into club member Charles Pegg; Charles mentioned HVTC and two weeks later both had joined the club. (Thanks, Charles!) “Lots of people from our high school thought we were nuts for doing that much [distance] in that little of a time.” (Guess they’ve never heard of Ironman!) Nate enjoys living here because of the pure beauty he experiences on all of his rides and runs. He credits his entire family for his love of sports as they’re all extremely talented athletes.

Nate’s first triathlon was the 2007 HVTC Summer Tri-Series #3 in August. “I’ll always remember that race.” He finished 21st Male in 1:06:30! Triathlons got Nate into really good shape for track season; the sport has made him do more than just running. After a summer-full of tri-training, he was completely addicted to biking in addition to all the running. Nate says triathlon helps keep him from getting bored of running only; he likes the variation the triathlon training offers. Sports are very important to Nate, but he knows that his school-work is just as vital. In addition, he’s pretty sure sports make him do well in school because of his continued desire to keep learning; he doesn’t get bored. In fact, he gets “pumped” waking-up in the morning knowing that he’s gonna get to workout at the end of the day when school is out of session at 2:30 pm.



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The summer is where it's at for Nate. "I love triathlons because after a full school year of straight running, I want to change a little bit." Nate joined HVTC last year and enjoys every practice and race he does. Because his body puts-in so many running miles during the fall and winter while competing on the Cross Country/Indoor Track Teams, and then Spring Track and Field programs; he's ready to mix-it-up. In fact, eating Elephant Ears (Fried Dough) from Adams in Kingston is one of the ways in which he rewards himself for all the hard work. Good for you!

Nate is showing some wonderful maturity, too; when he was young(er), he just wanted to be good at everything instantly. "You just don't really think of practicing." He quickly became aware that it was a "bit more complicated than that." He loved triathlon instantly; it's just so much fun for him! The feeling he gets right after swimming and running out of the water; and then the feeling he gets right after biking and running. But most of all, Nate feels great pride when finishing a race; "It is just everything I like to do made into one sport!"

Now that he's got some races under his belt, he recommends triathlon to everybody; "Just try it, do your first race and then you will be addicted to it as I am; even if you are not competitive." Speaking of competitive, Nate already has plans to attempt an Olympic distance tri this season; he'd just like to finish one and see if that distance appeals to him or not. It's worth a shot; hey, in 2012 he'll be 19 and prime for the next Olympics. Okay, first things first; club race on July 9th! Thanks, Nate.

THE GOOD DOCTOR SAYS

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

Consequences of an Unsupported Flat Foot

As someone who takes care of a wide variety of athletes, I get to see a lot of people who participate in various sports come in with many types of repetitive or sometimes traumatic injuries of the lower extremities. One of the most common causes of repetitive strain injuries to the lower extremities is people who are pronated or flatfooted. If you are a pronator and you know it, and you do not use arch supports in your sneakers when you run. You open your self up to a wide variety of injuries as a result of the altered biomechanics of the foot. Just a few of the possible consequences that can be a result of



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running without the proper support are; shin splints, plantar fasciitis, knee pain, ITB pain, hip pain, and lower back pain. These areas can become injured or over strained due to the compensations that happen posturally above the foot to make up for the altered biomechanics from the foot. Over time arthritis of the bones of the foot and toes, and other deformities of the foot like bunions, and hammertoes often accompany an uncorrected or unsupported pronated foot.

The risk of a Triathlete suffering any of the above is not uncommon during a season or career. If you are a person who chronically suffers from plantar fasciitis, shin splints, runners knee, ITB syndrome, or any other lower extremity or back injury the sooner you get into the right store bought support or custom made arch support the sooner those chronic aches and pains may go away. Lower extremity aches and pains that do not go away with conservative treatment like orthotics, foam rolling, massage, or physical therapy could be a sign of adhesion and scar tissue build up in the muscles above the foot. This is due to the long-standing altered biomechanics in the foot; in addition to the rigorous and repetitive training that triathlete's endure.

One of the worst consequences of an unsupported flatfoot deformity in someone who is active is a stress fracture. Stress fractures can occur in any of the bones of the foot, ankle, or leg. As I sit here writing this article I have a cam walker boot on my foot due to a stress fracture of my Navicular bone in my foot. I will have to wear this for 4-6 weeks while my bone heals. I didn't get this running, but rather twisted my ankle while in sneakers that didn't have the proper support, and I have a very flat foot. Initial x-rays did not show a fracture so I wasn't put in a boot, just an air cast. After 2 weeks I felt better and stopped using the brace. After 2 long days on my feet with no brace (including HVTC race #1) I couldn't walk again and went back to the podiatrist. An MRI was ordered and low and behold I had a stress fracture, and a torn ligament in the bottom of my foot. I tore the calcaneal – navicular ligament (spring ligament), which will make my flat foot even worse, and being in custom orthotics even more important.

So the moral of the story is if you are a pronator and want to be the most biomechanically invincible Triathlete, get in the proper support and footwear fast. Then watch those aches and pains go away, as well as your times going down.

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



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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



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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



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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



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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



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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

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

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



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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

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



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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 USA Triathlon 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)

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

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



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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 ½ 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 ¾ 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

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



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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?!?!?



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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



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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.piranhasports.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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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



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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



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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: Rebeccah 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



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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
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

JUNE

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

www.triridgefield.com

Overall Female: Pascale Butcher 1:11:04
Lana Shannon 1:22:11

Overall Male: Max Wunderle 1:02:18



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

Overall Female: Amanda Hudson 1:24:29

Overall Male: 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

Overall Female: Helen Tucker 2:01:37

Overall Male: 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

Overall Female: Caitlin Shea-Kenney 4:27:29
Jean Norton (1st F45-49) 5:18:36

Overall Male: 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

Overall Female: Kathleen Hayden 2:31:17

Overall Male: Brett Nichols 2:13:36
Matt Merchant 2:44:22
John Ferrara 3:12:23

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



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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
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



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Overall Male:

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

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 (2 nd Overall)	2:29:32
Kathryn Flodquist (3 rd F40-44)	2:45:28

Overall Male:

Chris Thomas	2:08:28
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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.linmark.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
Mari Flores (2nd F35-39) 2:25:30
Kathryn Flodquist (1st F40-44) 2:28:07

Overall Male: Chris Thomas 1:53:01



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

www.phillytri.com

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

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Maria Cimonetti	1:10:38
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<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	David Gardiner	0:53:24
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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 (2nd Overall) 2:01:59
Christene Spiezio(1st F35-39) 2:15:40

Overall Male: Art Boyko 1:56:40

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)



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<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)

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**



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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

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)**



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

5th 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 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.**



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