



# 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. 84**

**May 2008**

## IN A FEW WORDS

Dear HVTC,

Wow, the first club race is less than 2 weeks away; how'd that happen?! Regardless, it's gonna be a wild one; USAT Sanctioned, returning Champions, new competition, awesome food, etc. Guaranteed fun for all! 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. 84 May 2008

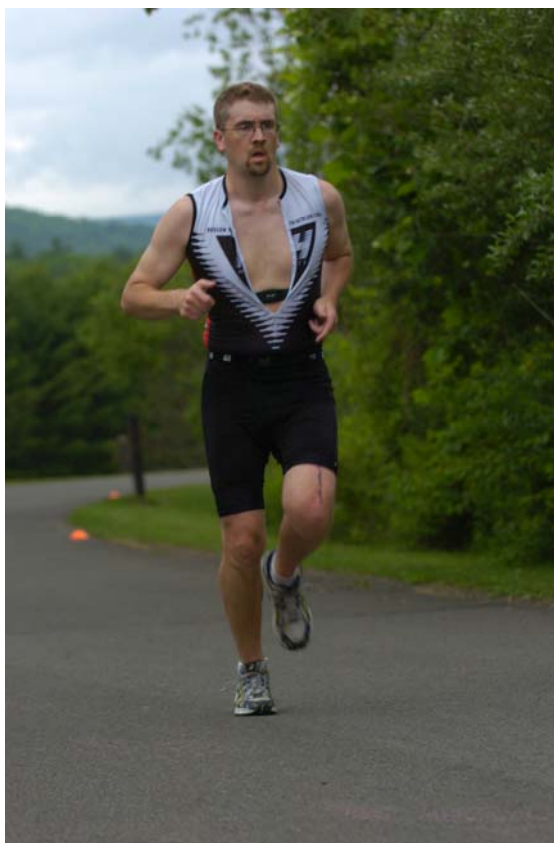


Photo by Scott Schaffrick ([www.scottschaffrick.com](http://www.scottschaffrick.com))

## **HVTC Featured Athlete: John Dowley**

By Mark H. Wilson

Have you ever been in the outfield of a pee-wee baseball game or elementary band concert not paying attention because all you can think about is whether your parents have arrived yet? You keep looking and looking, but no sign of them? Then, there they are all proud and excited to see little Bobby or Sally up there beaming from ear-to-ear. Now you can relax and focus on the task at hand. Yes, this happens to many of us as children; but how many of us as adults still feel that twinge of “are they here yet” feeling whenever our parents are planning to attend one of our grown-up activities? There’s a biological pull toward the one’s that gave us life; whether we’re 10, 35 or 50, there’s always that desire for Mom and Dad’s stamp of approval, “You’re doin’ great, Kid!” Our Featured Athlete of the Month, John Dowley, is proud to say that his father is his personal athletic hero and thoroughly enjoys his presence while he’s triathloning.



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

John was born in Waterbury, Connecticut in 1972. He and his family have lived in Waterbury, CT; Albany, NY; Woodstock, NY; Orchard Park, NY and lastly Kingston, NY. John graduated from Kingston High School in 1991. Then, he attended Plattsburgh State University and was a Psychology major from 1991-93; then he went to Erie Community College from 1993-94, Ulster Community College 1995-96 (Independent Study) and then settled on SUNY New Paltz 1996-99 and received a BS in Environmental Geology and got his first job with Tectonic Engineering in 2000 as an engineering technician. Currently, John lives in Uptown Kingston with his beautiful and patient wife Claudine and their two girls Faith (6) and Ava (3). He is a project engineer for Standard Construction Corp. in Rhinebeck that builds primarily water and waste water treatment facilities. John has many hobbies which have sort-of taken a backseat in recent years. Guitar, bagpipes, golf, watching James Bond movies, cooking and lounging; but his favorite hobby is eating BURGERS any time throughout the day. Nice!

John played baseball and tennis growing up; he began playing soccer as a pre-teen and instantly fell in love with the sport. John once had a super-star little league moment; he led his team from certain defeat in the playoffs to victory. They were down 10-1 in the second inning of six and they were out of pitchers. Although he wasn't a pitcher, per se, he still managed to practice for just such an occasion every single day. Incredibly, John struck-out nine batters and didn't allow any runs and his team rallied and won the game. (The Woodstock Times still has a copy in case anyone would like to look it up and get an autograph from the Champ!) Once the star-dust settled, he played varsity soccer and tennis all through high school; he also did a little running from time to time with his father who is an avid runner and John's athletic motivation. John even joined his dad and a local running crew sometimes on Monday night's after soccer practices. In addition, he rode his Schwinn ten speed everywhere when he was growing up. It was a Christmas gift from Kingston Cyclery when he was fifteen and he's had it ever since. In fact, he completed the 2007 Trooper Biathlon on it; and, yes, it weighs a ton. (Must've been fun goin' up Dug Hill!) John rode it from Woodstock to Kingston and back which is a 15 mile ride one-way; it was always an uphill return as John lived at the top of Zena Highwoods Road (ugh!). Prior to last season John had the bike serviced at Kingston Cyclery and they recognized the model right away; it was one of hundreds they had sold "back in the day." Thankfully, he's now riding a much lighter and faster carbon fiber machine. (Thank goodness for progress!)

Like most triathlete's-to-be, John's introduction to the sport came from the comfy domain of his living-room couch! He was watching television in 2006 when he saw coverage of the NYC Triathlon. He remembers thinking to himself "I could never, ever, not in a million years, picture myself jumping into the Hudson River and plodding my way through the City to do a triathlon." Wasn't it Grandma that said "Never say never"? Any who. John had put those crazy people he saw triathloning or whatever you call 'em



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

in the same category with skydivers and bungee jumpers; simply **NO WAY!** John was a very comfortable (shall we say jolly?) husband/father and had been slowly coming to the realization that he could either get jollier and die sooner, or he could change something...NOW! He had begun losing weight and went from 235 to 210 lbs. and began feeling better about himself; he started running and lost even more. John felt some old nagging injuries popping-up so he pulled-out the Cadillac (Schwinn) and rode here and there. He added some swimming to the mix and before you know it, he became cognizant of the fact that he was becoming one of those “crazies” he saw on tv; that Thanksgiving, he registered for the NYC Triathlon. Aaahhh!!!! No goin’ back now. He’s not sure if it was the couple of beers he drank or just sheer madness that caused the lapse in sanity, but he clicked “submit” and the rest is history. Folks in his personal and work atmosphere began noticing his physical changes and expressed their admiration. It really helped! John researched more about the sport online and discovered HVTC and then read many of the books on the “Reading List” which helped tremendously.

John’s first triathlon of his life was the June race of last year’s Summer Tri-Series. It was a special experience to say the least! For one, he literally swam into the right-hand shore about as far from the buoy as you can get. (Oops!) He survived the swim, exited the water, put on his cycling gloves (he now understands that you don’t do this in a sprint tri, or ANY tri for that matter!) and didn’t realize ‘til midway through the bike course that he had put them on backwards...AND ON THE WRONG HANDS!!! Oh, boy; a humbling moment, for sure. Especially since Scott Schaffrick has a great shot of the wardrobe mishap. Nonetheless, John’s good nature kept him coming back for more. In fact, his goal was to finish the NYC Triathlon sub-3 hours; he managed success in 2:48:00. Excellent!

The support John receives from his wife, family and friends is remarkable! They really want him to succeed and pursue his triathlon endeavors; they know how good it is for his physical. As mentioned previously, John’s father is an inspiration to him; he’s been running for over 20 years and relishes the fact that John is becoming so active. John’s dad came to the second race of last years HVTC Summer Tri-Series (when it rained a little; okay, it was a downpour!) and cheered-on his son; John had struggled on the run, but his dad barraged him with endless “at-a-boy’s” following the race which totally thrilled him. John often fantasizes about him and his father crossing the line of a triathlon; hey, ya never know. However, even if it doesn’t happen, the main man in John’s life is always present when he doesn’t feel like working-out; he’d ask himself, “What would dad do? He would get out there.” That settles that!

Triathlon has become such a wonderful activity for John. “If you do any of the three sports individually they create one kind of feeling, it’s when you add them together that something unexpected happens.” Since last year, John has completed seven multi-sport



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

races; Trooper Biathlon twice, 2007 HVTC Summer Tri-Series (#1, #2, & #4), YMCA Indoor Triathlon (he won his age-group; okay, he was the age-group!), and the NYC Triathlon. John plans to race Ironman Lake Placid in 2009 or 2010. He'd also love to tackle the SOS some day as he's spent lots of quality time in both Minnewaska and Mohonk.

“Becoming a member of HVTC and getting to meet the other members has been a really great experience for me. I have met so many amazing and personable people. I feel that the club atmosphere is so incredibly valuable to a person like me with such a limited experience level. You only need to be around the others in the group to learn, grow and gain a full appreciation for the sport. I don't know where else you could find yourself surrounded by such a wealth of talent and genuinely nice people. I love this sport and it loves me. Thank you.” Thank YOU, John!

## **THE GOOD DOCTOR SAYS**

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

### **Active Release Techniques: Use in Sports Injuries & Performance**

Active Release Techniques (ART) is a patented state of the art treatment for a wide range of soft tissue injuries, and nerve injuries. It is used by most professional sports teams, Olympic athletes, performers, and triathletes. It is also used to treat repetitive strain injuries like carpal tunnel syndrome, and other overuse syndromes that are not athletic injuries in nature.

ART was invented by a chiropractor in Colorado who has competed in over 35 IM events. The technique was born out of the treatment of all the possible aches, pains, and injuries that triathletes suffer, and tested in the field at IM events. The Timex triathlon team members use ART before most events and when they get injured. The top triathletes in our area when they break down come in for tune ups, or a series of appointments to get them through their injuries and aches and pains from the rigors of triathlon training. Sometimes they have tried other forms of therapy that didn't solve the problem and have used home measures like stretching, foam rolling, and over the counter medications before coming in.



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

Some of the most common ailments, strains and sprains treated successfully with ART technique are: Plantar Fasciitis, shin splints, posterior tibial tendonitis, knee pain, IT Band pain, hamstring injuries, quadriceps injuries, hip injuries, piriformis syndrome, lower back pain, upper back pain, shoulder pain, neck pain, elbow pain, wrist pain, hand pain, and TMJ pain. It also works on cases of numbness and tingling in limbs, and radiating pain from nerves like sciatica.

ART works to break up and remove deep scar tissue from and in between injured muscles, fascia, ligaments, tendons, and nerves. ART uses tension applied by the doctor to the specific areas of scar tissue and then the injured area or muscle is moved from its shortest (contracted) position, through its range of motion into the longest position. As the tissue passes under the doctors contact point the scar tissue is broken down much like an iron irons out a wrinkle in a shirt. Multiple passes are made over the scarred area to smooth out and re-align the muscle fibers in the correct orientation. Results are fast and long lasting. The average number of treatments for most conditions is between 5-12 visits depending on the length and severity of the symptoms.

If you have been to an IRONMAN event you have probably seen an ART booth set up there. At most IM events there is a team of therapists there to provide FREE treatment to any competitor during the 3 days prior to race day. In Kona, we are there for 5 days before the race. On race day ART therapists are positioned at the swim start and in the men's and women's transition tents for any necessary treatment or injuries during the race. We are the only form of treatment that is authorized by the IRONMAN staff to be in these areas during the race.

In addition to being the only sports chiropractor in the Mid Hudson Valley who does ART, my training in biomechanics, and experience in treating triathletes can help identify the biomechanical causes of sports injuries. As discussed in previous articles if you have a biomechanical problem it can cause injuries anywhere along the kinetic chain. An example of that would be someone who is a pronator or a supinator and not in orthotics or the proper footwear. This can over time cause foot, ankle, knee, hip, or back injuries. Recently a Biathlete who is a patient of mine was unable to run due to posterior tibial tendonitis (PTT), hip pain, and lateral compartment syndrome. During her treatment everything was getting better except for her PTT and she still couldn't run effectively due to pain in her ankle. It wasn't until she was referred by me to a very qualified podiatrist for orthotics that the problem was resolved and she was able to resume training without restrictions. A few months later she qualified for Biathlon world championships in Italy.

The evidence of the effectiveness of ART treatment is in the results that the competitors are achieving. Four of the top six finishers at this years Trooper Biathlon



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

have used ART to help them recover from an injury or pain when running, or to help them perform better.

**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](mailto:mail@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

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) 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)

## APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k [www.piranhasports.com](http://www.piranhasports.com)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

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

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)

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

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

## MAY

Trooper Biathlon-Hurley, NY (5/4/08) R 2 mi., B 14 mi., R 2 mi. [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 .45 mi., B 23.5 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)

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

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)

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)





# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

## 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)**

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

**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)**

**NY Tri Series #1-Harriman State Park (6/8/08) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

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

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

**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)**



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

**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)

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

## JULY

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

**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.teammossmann.com](http://www.teammossmann.com)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 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](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)**

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

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

**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)**

**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)

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

NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S 1/2 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)**

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

West Point Triathlon-West Point, NY (8/24/08) S 800 m, B 25k, R 5k

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

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

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

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

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

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

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

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

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

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

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

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)

## OCTOBER

Mightyman 1/2 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 3/4 mi., B 17 mi., R 3 mi. [www.triandduit.com](http://www.triandduit.com)

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)



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

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)

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

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

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 (10/19/08)

R 2 mi., B 12 mi., R 2 mi. [www.woodstockclassic.com](http://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](http://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](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)

## 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?!?!?



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 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](http://www.drcsports.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

### FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/24/08) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://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](http://www.pinehillarms.com)

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

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





# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

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)

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

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

## APRIL

Brandywine Duathlon-Coatsville, PA (4/6/08) R 5k, B 30k, R 5k [www.piranha-sports.com](http://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 <sup>st</sup> 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](http://www.ironmanarizona.com)

<u>Overall Female:</u>	Erika Csomor	09:14:49
------------------------	--------------	----------

<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](http://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
----------------------	-------------	---------

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

<u>Overall Female:</u>	Cassie McWilliam	0:53:13
------------------------	------------------	---------

<u>Overall Male:</u>	Terry Kerrigan	0:49:35
----------------------	----------------	---------



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

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

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

**Overall Female:** Adrienne Kroepsch 4:52:08  
Mary DeNitto (1<sup>st</sup> 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](http://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](http://www.usatriathlon.org)**

**Overall Female:** Suzanne Huelster 2:16:26  
Shannon Dawkins (6<sup>th</sup> f30-34) 2:26:39\*

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

**Overall Male:** Chris Ganter 2:02:08  
Nick Brundage (5<sup>th</sup> 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](http://www.nytc.org)**

**Overall Female:** Shannon Dawkins 1:10:08  
Jeanette Shelow-MacDougall (2<sup>nd</sup> Overall) 1:10:46

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 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](http://www.piranha-sports.com)**

**Overall Female:** Sally Speck 1:46:15

**Overall Male:** David Luscan 1:35:17  
Andrew Schupak (2<sup>nd</sup> 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](http://www.piranha-sports.com)**

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

**Overall Male:** Dave Slavinski 4:05:39  
Terry Kerrigan (3<sup>rd</sup> 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](http://www.togamultisport.com)**

**Overall Female:** Shannon Dawkins 1:18:30  
Jean Norton (2<sup>nd</sup> Overall) 1:20:08  
Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 1:21:00  
Barbara Sessa (1<sup>st</sup> F40-44) 1:21:19  
Alicia Olmoz (1<sup>st</sup> F30-34) 1:46:45  
Julie LoRusso (3<sup>rd</sup> 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](http://www.genesisadventures.com)**

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

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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

## 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)

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

**Overall Male:** Chris Gebhardt 4:47:26  
Michael Bakker (3<sup>rd</sup> 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](http://www.tricolumbia.org)

**Overall Female:** Rebekkah Wassner 2:04:09

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

## Pinchot Triathlon-Lewisberry, PA (5/18/08) S .5 mi., B 18 mi., R 5k [www.multisportmaniacs.org](http://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](http://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](http://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. 84 May 2008

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

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

**Overall Female:** Kelsey Williamson 0:58:23

**Overall Male:** Nick Waninger 0:47:56  
Steve Fischer 1:09:07

## **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>Name (Women)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
<b><u>Place</u></b>				
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)

<b>Name (Men)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
<b><u>Place</u></b>				
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



# Hudson Valley Triathlon Club

Volume VII, Issue No. 84 May 2008

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**

### 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



# Hudson Valley Triathlon Club

---

Volume VII, Issue No. 84 May 2008

**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)**

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**-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)



# Hudson Valley Triathlon Club

Volume VII, Issue No. 84 May 2008

## 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).
- **ALL 2008 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2008 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

## SPONSORS

*** METZE PUBLICATION DESIGN ***	<a href="http://www.metzedesign.com">www.metzedesign.com</a>
*** PEAK PERFORMANCE SPORTS ***	<a href="http://www.hvsports.net">www.hvsports.net</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** METROTRI ***	<a href="http://www.metrotri.com">www.metrotri.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.e-caps.com">www.e-caps.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** XTERRA WETSUITS ***	<a href="http://www.xterrawetsuits.com">www.xterrawetsuits.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>
*** INSIDE TRIATHLON ***	<a href="http://www.insidetriathlon.com">www.insidetriathlon.com</a>
*** DR. DAVID NESS ***	<a href="http://www.drness.com">www.drness.com</a>
*** TRIFUEL.COM ***	<a href="http://www.trifuel.com">www.trifuel.com</a>
*** VERMONT SUN TRIATHLON SERIES ***	<a href="http://www.vermontsun.com">www.vermontsun.com</a>
*** GENESIS ADVENTURES ***	<a href="http://www.genesisadventures.com">www.genesisadventures.com</a>
*** NYS TROOPERS ***	<a href="http://www.troopers.state.ny.us">www.troopers.state.ny.us</a>
*** QUINTANA ROO ***	<a href="http://www.rooworld.com">www.rooworld.com</a>
*** SBR ***	<a href="http://www.sbrshop.com">www.sbrshop.com</a>
*** BETHEL CYCLES ***	<a href="http://www.bethelcycles.com">www.bethelcycles.com</a>
*** BE ***	<a href="http://www.thinkfeelbe.com">www.thinkfeelbe.com</a>
*** SISTEM ***	<a href="http://www.swedishinstitute.org">www.swedishinstitute.org</a>

**THANK YOU SPONSORS!!!**

