



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. 88

September 2008

IN A FEW WORDS

Dear HVTC,

It just doesn't seem possible that the season is coming to an end; didn't we just have our first club race?! Regardless, the most magnificent miracle in the Hudson Valley is about to occur; fall. The colors alone are astounding; workouts hardly seem like workouts as a result of the surrounding beauty. Okay, focus!! Yes, it's the beginning of that all-important training period called "base-building." There's no way around it; it's either in you, or it's not. 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.schaffrick.com)

HVTC Featured Athlete: Patrick Nesbitt

By Mark H. Wilson

It's been said that you can know a person by meeting his domestic animals; you know, his cat and dog, etc. The traits one might notice are personality, temperament, friendliness and so on. Well, is it possible that you can know a parent by meeting his or her children? Sure, why not?! The apple doesn't fall far from the tree, right? In the case of our Featured Athlete of the Month, Patrick Nesbitt, he must be one heck of a father/person because his 4 children are some of the most polite, respectful and well-mannered children on the planet; okay, probably Poughkeepsie. Nonetheless, they're just a joy to have around and Patrick couldn't be more proud. Let's see how he manages to be a triathlete with all the little ones in his life!



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Patrick Nesbitt was born in Binghamton, NY. He attended Cedarville University in Cedarville, Ohio and studied Public Administration. He played high school basketball and a bit of ice hockey, as well. Patrick lives in Poughkeepsie with his wife Roge and four children; Ellen (14), Patricia (12), Joe (6) and Jack (4). His profession is as a Detective in The Town of Poughkeepsie Police Department. Yep, watch yourselves; there's no swipin' a gel from this guy!! Patrick's job takes up a lot of his time and he really loves it; it's very demanding, and triathlon gives him a great healthy diversion.

Patrick has always been inspired by sports, especially endurance sports that require a huge effort. He found that extreme challenge in triathlon. His first triathlon was a sprint in Kingston, NY in 2007. Patrick loves to run and do at least one half-marathon a month; however, triathlon is the perfect variety with three sports all in one. Patrick feels as if triathlon pushes him like no other single sport can; and the training options keep each workout fresh. Then, he gets to indulge in his favorite junk food; Diet Coke. "By far; love the stuff!"

Most of his co-workers are supportive of his triathlon adventures; they admire and respect his efforts to keep in shape. All of Patrick's free-time is spent swimming, biking and running; that is, whatever free-time is left with 4 kids running around the house. Patrick recommends triathlon to lots of people; anyone within ear-shot of him inevitably gets inundated with the latest and greatest in the sport of triathlon training and racing. Patrick feels triathlon has a way of helping people reach their physical, mental and spiritual threshold to handle whatever life throws at them. He thinks triathlon makes him a better dad, cop, and friend. "The people you meet are awesome!" Patrick is overwhelmed by the incredible people in the sport who continue to inspire him in all areas of his life.

Patrick's goals for the future are to stay healthy, enjoy the sport and continue to promote triathlon to others. His triathlon resume is peppered with some local favorites; Pawling Triathlon, New York City Triathlon, Timberman, and the HVTC Summer Tri-Series. However, his greatest triathlon highlight to date was finishing the Timberman Sprint Triathlon with his 14-year-old daughter, Ellen. "It was very emotional seeing her effort and discipline throughout the race. I hope to enjoy that with each of my kids at some point." How about them apples?! Thanks, Patrick.



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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

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



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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



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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



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

Hudson Highlands Greenway Triathlon-Philipstown, NY (9/28/08) Kayak 6 mi., B 24 mi., R 8 mi. www.hudsonhighlandstriathlon.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 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



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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

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: 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



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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
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

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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 (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



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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



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Bill Shashaty (2 nd M35-39)	1:00:23
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

Overall Female:

Michele Wolfson	1:06:01
Kathryn Flodquist (3 rd F40-44)	1:12:39

Overall Male:

Domenic Gillen	0:56:37
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Mossman Triathlon-Norwalk, CT (7/13/08) S .5 mi., B 12.5 mi., R 5k

www.teammossmann.com

Overall Female:

Jessica Broderick	1:06:59
Kathryn Flodquist (1 st F40-44)	1:15:45
Lana Shannon	1:22:25

Overall Male:

Peter Eddy	1:04:04
Ken Buderman	1:14:12
John Jasinski (2 nd M55-59)	1:16:47
John Ferrara	1:24:07



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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



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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")



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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



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New Jersey State Triathlon-Mercer County Park, NJ 7/27/08)

Overall Female: Aimee Backhouse 1:00:08

Overall Male: Christian Baumbach 0:53:38

Troy Weaver 1:03:57

Sandy Beach Triathlon-Morris, CT (8/1/08) S 880 yds., B 10 mi., R 5k

www.greystoneracing.net

Overall Female: Kathryn Flodquist 1:09:04

Overall Male: Parker Prescott 0:59:10

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

www.vermontsun.com

Overall Female: Kathy Rakel 2:24:27

Overall Male: Justin Ryea 2:09:10

Mark Wilson 2:25:14

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

www.fronhofertooltriathlon.com

Overall Female: Lisa Dunn 2:19:15

Overall Male: Ryan Kelly 1:59:31

Jon Stern 2:27:32

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

Overall Female: Tamara Salomon 1:14:52

Jeanette Shelow-MacDougall 1:15:32

(2nd Overall; USAT Masters National Sprint Champion)

Jean Norton (2nd F45-49) 1:20:03

Alicia Olmoz 1:36:28

Julie LoRusso 1:38:13

Overall Male: Travis Kuhl 1:04:23

Alex Sherwood(2nd M30-34) 1:07:52

Mike Halstead (2nd M40-44) 1:08:35



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Zac Staszak	1:11:27
Nick Brundage	1:13:19
Charles Pegg	1:13:27
Bob Gramling	1:16:48
Troy Weaver	1:19:51
Matt Merchant	2:01:26

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

Overall Female:

Kerry Simons	2:12:35
Kathryn Flodquist (3 rd F40-44)	2:27:26

Overall Male:

Arland Macasieb	1:58:20
John Ferrara	2:45:30

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

Overall Female:

Erica Ruge	1:39:58
Linda Rosenthal (1 st F60-64)	2:27:45

Overall Male:

John McGovern	1:25:19
James Stafford (3 rd Overall)	1:30:49
Bob Gramling (1 st M50-54)	1:33:18
Peter Oxenholm	2:02:07
Patrick Nesbitt	2:17:32

Central Park Triathlon-New York, NY (8/10/08) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

Overall Female:

Alexandra Forte	1:02:15
Diana Tsingopoulos (1 st F60-64)	1:54:58

Overall Male:

Nathaniel Horne	0:57:19
Richard Miller (1 st M55-59)	1:09:08



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

<u>Overall Female:</u>	Jessica Chong	2:15:23
<u>Overall Male:</u>	Eric Schrading	2:05:49
	Steve Fischer	3:08:48

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

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	0:51:04
	Jean Norton (2 nd Overall)	0:52:58
	Erica Ruge (3 rd Overall)	0:54:44
	Mari Flores (1 st F35-39)	0:55:25
	Lana Corsano (1 st F40-44)	1:00:44
	Mary DeNitto (1 st F60-64)	1:03:09
	Lori Cassia-Decker (1 st F45-49)	1:03:22
	Julie LoRusso (2 nd F40-44)	1:03:27
	Christine Honig (2 nd F35-39)	1:07:19
	Alicia Olmoz (3 rd F35-39)	1:07:59
	Mineke Etienne (1 st F30-34)	1:11:19
	Roge Nesbitt (3 rd F40-44)	1:16:03
	Kimberly Kuppenheimer	1:16:05
	Linda Rosenthal (2 nd F60-64)	1:24:16
	Diana Tsingopoulos (3 rd F60-64)	1:31:57
<u>Overall Male:</u>	Nick Brundage	0:47:41
	Michael Bakker (2 nd Overall)	0:48:20
	Mike Halstead (3 rd Overall)	0:50:05
	Andrew Schupak (1 st M40-44)	0:50:43
	Mark Wilson (2 nd M40-44)	0:51:28
	Nate Deboever (1 st M19-Under)	0:51:31
	Jim Demis (3 rd M40-44)	0:52:35
	Jon Stern (1 st M45-49)	0:53:19
	Mark Rabens	0:53:36
	Matt Merchant (1 st M50-54)	0:54:18
	Richard Miller (1 st M55-59)	0:56:42
	Jerry Deboever (2 nd M19-Under)	0:56:59
	Bill Shashaty (1 st M35-39)	0:57:12
	Bob Gramling (2 nd M50-54)	0:57:58
	Doug Thompson	0:58:48



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John Dowley (2 nd M35-39)	0:58:57
Bill Norton (2 nd M55-59)	0:59:23
John Ferrara (3 rd M50-54)	1:00:10
Don Davis (1 st M60-64)	1:00:19
Patrick Murphy (3 rd M35-39)	1:00:36
Brian Chew (1 st M30-34)	1:00:51
Gabriel Danaher	1:01:13
Patrick Nesbitt	1:01:52
Steven Pressman (3 rd M55-59)	1:02:05
Steve Fischer	1:02:24
Chris Giam (2 nd M45-49)	1:04:07
Maurice Tessier	1:04:33
Peter Oxenholm	1:06:20
Mitch Donner	1:22:07

NY Tri Series Race #2-Harriman State Park, NY (8/17/08) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:23:08
	Lana Corsano (1 st F40-44)	1:33:30
<u>Overall Male:</u>	Arland Macasieb	1:10:40
	Jim Demis (3 rd M40-44)	1:23:04

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

www.timbermantri.com

<u>Overall Female:</u>	Cait Snow	1:08:10
<u>Overall Male:</u>	Tim Snow	1:03:41
	Patrick Nesbitt	1:54:58

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

<u>Overall Female:</u>	Chrissie Wellington	4:11:46
	Jeanette Shelow-MacDougall	5:15:27
<u>Overall Male:</u>	Andy Potts	3:52:32
	Art Boyko	5:04:01
	John Ferrara	6:11:00



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Michael Hargrove	6:29:35
Patrick Nesbitt	6:42:31
Mitch Donner	7:36:15

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

Overall Female: Margaret Amidon 1:26:42

Overall Male: David Luscan 1:16:37
Troy Weaver (3rd M40-44) 1:27:24

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

Overall Female: Donna Smyers 4:59:34
Julie LoRusso 6:28:23
Alicia Olmoz 6:55:45

Overall Male: Peter Konecny 4:30:57
Mark Wilson (2nd M40-44) 5:07:12
Steven Pressman (2nd M55-59) 6:16:09
Mark Graminski 6:32:21
Patrick Murphy 6:34:19

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

Overall Female: Alison Heaphy 1:35:22
Linda Rosenthal (3rd F60-64) 2:24:58

Overall Male: Matt Mallet 1:23:53
Bob Gramling (3rd Overall) 1:31:04

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

Overall Female: Barbara Sessa 1:13:19
Jean Norton (1st F45-49) 1:16:02

Overall Male: Andrew Kalley 1:05:27
Michael Donnelly (1st M45-49) 1:09:12



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Bill Norton (1 st M55-59)	1:16:59
Don Davis (2 nd M60-64)	1:24:43
Steve Fischer	1:31:08

Long Course World Championships-Almere, Netherlands (8/31/08) S 4k, B 120k, R 30k www.triathlon-almere-2008.org

<u>Overall Female:</u>	Chrissie Wellington	6:12:44
	Mary DeNitto (1 st F60-64)	9:41:18

<u>Overall Male:</u>	Julien Loy	5:43:22
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S.O.S.-New Paltz, NY(9/7/08) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

<u>Overall Female:</u>	Christine Dunnery	4:52:21
	Christene Spiezio	5:51:20
	Jean Norton (2 nd F45-49)	5:56:31
	Mary DeNitto (1 st F60-64)	6:13:50

<u>Overall Male:</u>	Alex Sherwood	4:24:03
	Mike Halstead (3 rd Overall)	4:31:54
	Art Boyko (3 rd M40-44, 1 st NYS Trooper)	4:55:13
	Mark Wilson	5:07:55
	Mike Vance (1 st M25-29)	5:20:07
	Jim Demis	5:38:34
	Doug Thompson	5:39:15
	Bill Shashaty	6:03:44
	Don Davis	6:45:39
	Patrick Murphy	6:46:53
	John Ferrara	6:49:11
	Janek Szablinski	6:54:54

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/10/08) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	0:51:59
	Shannon Dawkins (2 nd Overall)	0:52:12
	Jean Norton (3 rd Overall)	0:55:05
	Erica Ruge (1 st F35-39)	0:55:26
	Mari Flores (2 nd F35-39)	0:58:41



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Lori Cassia-Decker (1 st F45-49)	1:02:02
Mary DeNitto (1 st F60-64)	1:04:26
Julie LoRusso (1 st F40-44)	1:05:06
Alicia Olmoz (1 st F30-34)	1:08:36
Barbara Ferrante (3 rd F35-39)	1:11:45
Linda Rosenthal (2 nd F60-64)	1:27:06
Diana Tsingopoulos (3 rd F60-64)	1:32:11

Overall Male:

Alex Sherwood	0:45:16
Michael Bakker (2 nd Overall)	0:46:41
Terry Kerrigan (3 rd Overall)	0:46:44
Mike Halstead (1 st M40-44)	0:46:56
Nick Brundage (1 st M20-24)	0:46:59
Mark Wilson (2 nd M40-44)	0:49:42
Andrew Schupak (3 rd M40-44)	0:50:39
Nate Deboever (1 st M19-Under)	0:51:04
Charles Pegg (1 st M35-39)	0:51:22
Bob Gramling (1 st M50-54)	0:51:42
Tom Ganz (2 nd M35-39)	0:51:54
Art Boyko	0:53:54
Jon Stern (1 st M45-49)	0:54:25
Ken Buderman (1 st M25-29)	0:55:16
Janek Szablinski (3 rd M35-39)	0:57:59
Brian Chew (1 st M30-34)	0:58:17
Bill Norton (1 st M55-59)	0:59:49
John Dowley	0:59:51
Matt Merchant (2 nd M50-54)	0:59:52
Mark Graminski (3 rd M50-54)	1:00:38
Gabriel Danaher	1:01:09
Steven Pressman (2 nd M55-59)	1:02:06
Larry Knapp	1:03:01
Chris Giam (2 nd M45-49)	1:03:07
Steve Fischer	1:03:49
Maurice Tessier	1:04:00
Peter Oxenholm	1:07:39
Kevin O'Brien	1:11:58



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Triathlon de Montreal Demi-Esprit-Montreal, Canada (9/13/08) S 1.2 mi., B 56 mi., R 13.1 mi. www.sportstats.ca

Overall Female: Magali Tisseyre 4:10:06

Overall Male: Andrew Tanner 3:51:56
Michael Bakker (1st M40-44) 4:09:11

Fox Run Duathlon-Bear, DE (9/13/08) R 5k, B 18.6 mi., R 5k www.lin-mark.com

Overall Female: Suzanne Huelster 1:24:50

Overall Male: David Roche 1:18:26
Steve Fischer (3rd M50-54) 1:55:33

Lake George Triathlon-Lake George, NY (9/14/08) S 1.5k, B 40k, R 10k www.adktri.org (HVTC was 2nd in the club competition!)

Overall Female: Madeline Nagy 2:16:46
Linda Rosenthal (2nd F60-64) 3:45:34

Overall Male: Patrick O'Keefe 1:59:37
Art Boyko (2nd M40-44) 2:11:13
Nick Brundage (1st M20-24) 2:14:08
Bob Gramling (1st M50-54) 2:19:10
Ken Buderman 2:24:53
Matt Merchant 2:32:32
Maurice Tessier 2:55:55
Peter Oxenholm 2:58:53

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

Overall Female: Rebecca Stephenson 1:10:15
Erica Ruge (1st F35-39) 1:17:03
Lana Shannon 1:18:44



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Hammerfest Triathlon-Branford, CT (9/14/08) S .5 mi., B 13.5 mi., R 4 mi.

www.hammerfesttriathlon.com

Overall Female: Victoria Wardle 1:16:04
Kathryn Flodquist (2nd F40-44) 1:22:41

Overall Male: Ian Ray 1:06:16

Marshman Sprint Triathlon-Downingtown, PA (9/14/08) S ¼ mi., B 12.5 mi., R 2 mi.

www.piranha-sports.com

Overall Female: Susie Yaffa 1:03:29

Overall Male: Bryan Verdeur 0:55:02
Troy Weaver (3rd M40-44) 1:01:14

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)

Overall Female: Julie Ertel 2:05:46
Jeanette Shelow-MacDougall (4th F45-49) 2:24:43*

*Qualified 2009 ITU World Championship-Gold Coast, Australia

Overall Male: Matt Reed 1:54:29

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

www.westchestertoughman.com

Overall Female: Christine Dunnery 4:57:47

Overall Male: Dominic Gillen 4:14:25
Jim Stafford (1st M40-44) 4:55:50
Tom Ganz 5:31:16

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

Overall Female: Rebeccah Wassner 2:08:02
Jeanette Shelow-MacDougall (1st F45-49) 2:29:23*
Kathryn Flodquist (2nd F40-44) 2:39:01



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<u>Overall Male:</u>	John Kenney	1:55:20
	Alex Sherwood (1 st M30-34)	2:08:10*
	Michael Donnelly (1 st M45-49)	2:17:42*
	Charles Pegg	2:22:46
	Mark Rabens	2:32:07
	Ken Buderman	2:33:33

*Qualified 2009 Escape From Alcatraz-San Francisco, CA

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

www.score-this.com

<u>Overall Female:</u>	Dana Woody	2:19:39
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<u>Overall Male:</u>	Kevin Crossman	2:03:24
	Mitch Donner	3:20:17

War at the Shore Triathlon-Long Branch, NY (9/21/08) S ¼ mi., B 8.5 mi., R 3 mi.

www.sandyhookers.org

<u>Overall Female:</u>	Jenny Rossano	0:56:13
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<u>Overall Male:</u>	Philip Hume	0:50:05
	Brian Chew (3 rd M30-34)	0:57:32
	Gabriel Danaher	1:06:50

Hudson Highlands Greenway Triathlon-Philipstown, NY (9/28/08) Kayak 6 mi., B 24 mi., R 8 mi. www.hudsonhighlandstriathlon.org

<u>Overall Female:</u>	Krista Osborn	
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<u>Overall Male:</u>	Michael Bakker	3:15:??
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ITU Short Course Duathlon World Championship-Rimini, Italy (9/28/08) R 10k, B 40k, R 5k www.dutahlon.it

<u>Overall Female:</u>	Vanessa Fernandes	2:00:51
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<u>Overall Male:</u>	Paul Amey	1:48:00
	Nick Brundage (13 th M20-24)	2:14:13



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Cape Henlopen Triathlon-Lewes, DE (9/28/08) S ¼ mi., B 14 mi., R 5k

www.piranha-sports.com

Overall Female: Kristen Donohue 1:12:27

Overall Male: Scott Ward 1:05:05

Troy Weaver 1:12:48

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>
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Place

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>
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Place

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



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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

Duathlon National Championship

Myron Baker Sr.



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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)**

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)



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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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