

Jeanette Shelow-MacDougall is a native of Chicago, Illinois. Jeanette received her Bachelor's of Science in Education from Illinois State University, while competing for the varsity swim team. Two years later, she completed her Master's in Special Education from Lesley College in Cambridge, Massachusetts.

In 2000, Jeanette competed in her first triathlon. By 2003, Jeanette started her new following as a full-time triathlete. In 2004, she began training under the guidance of coach Mark Wilson. By the end of that year, Jeanette began placing overall in more than 50% of her races. In 2005, Jeanette qualified for All-American honors with United States Triathlon (USAT) placing her in the top 10% of over 4,000 women in her age group. She has earned All-American honors for four consecutive years and has qualified and raced in the ITU World Championships for the last four years.

In 2007, while racing all over the world, Jeanette chose to bring her teaching skills together with her newest vocation, swimming, cycling and running. Jeanette is employed as a pre-competition swim instructor at the Rockland County YMCA. Since then, Jeanette has found more ways to share her knowledge. By the end of 2007, Jeanette began tutoring athletes towards their first triathlons. Today, Jeanette brings to the NY Sharks over 20 years of experience in teaching as well as coaching and competing for triathlons.

Jeanette is a member of:

- US Masters Swimming
- USA Triathlon
- Hudson Valley Triathlon Club
- TOGA Multisport Club
- New York Road Runners
- Rockland Road Runners

Jeanette is ranked 6th in the USA and 13th in the world as an amateur Triathlete.