



# Hudson Valley Triathlon Club



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

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**Volume VII, Issue No. 91**

**December 2008**

## IN A FEW WORDS

Dear HVTC,

Swim + bike + run = HVTC! Do what you love and the fitness will follow; yes, the equation is lacking pumpkin pie, candied yams and Aunt Bettie's homemade cookies. Keep moving, keep smiling and keep loving triathlon. See ya out there!

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



## **Moments of Greatness with HVTC**

Photo: Scott Schaffrick

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

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

## **HVTC Featured Athlete: Erica Ruge**

By Mark H. Wilson

How would you like to have 0% body fat and be as ripped as Bruce Lee regardless of how many Twizzlers and M & M's you ate? How would you like to show-up at the start-line of a race and hear men sayin' "I gotta race her?" How would you like to be in your first year of triathlon and actually win a race? What are the chances of such a woman living here in the Hudson Valley rockin' the local tri-scene? Well, it's actually a fact that our Featured Athlete of the Month, Erica Ruge, is rising through the ranks on a quest for excellence as she's done throughout her athletic career. What drives her? Let's find out.



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Erica was born in Rhinebeck, New York and went to Rhinebeck High School. She then went directly to the Fashion Institute of Technology (FIT...appropriate acronym!) in New York City. She majored in marketing and communications; although she despised living in the city after 2 years, she muscled-through 4. In high school she played field hockey and soccer; Erica loved team sports. In college, the school didn't really have sports so she began going to the gym and lifting weights and running.

Staying true to her roots, Erica currently lives in Rhinebeck and she and her long-time beau Jason are building a new house; they're building it themselves so it requires tons of work on top of training/racing, but the project is almost done! They don't have any children; well, unless you count their two miniature dachshunds (4 months and 1 ½ years old). Yes, they're busy/proud parents! Professionally speaking, Erica works at the family business, Ruge's Automotive in Rhinebeck. She works with her whole family (Mother, Father, and two older sisters). She stated that working with her family can sometimes be very challenging. Hmm, really?! And, occasionally, she'll do a little personal training on the side for some extra cash and enjoyment. As for hobbies, downhill skiing is Erica's biggest athletic pursuit besides triathlon. Both Jason and Erica are members of the PSIA (Professional Ski Instructors of America) so they ski as often as possible. She also enjoys practicing Pilates and similar bodywork; and, of course, playing with the "babies."

Triathlon was a part of Erica's life early-on; however, they were bike, run and canoe tri's...no swimming! She did her first canoe triathlon in New Jersey in 1998. She also completed quite a few adventure races with a team, which thrilled her immensely. Erica used to do an April race in Hunter called the Kaaterskill Rush. One year it was very cold and when she completed the ski leg, she noticed that her gears and brakes were frozen stiff. Incredibly, she rode 56 miles in the cold (can you believe it?!), then ran 13 miles, and then when she was half way through the canoe (4 hours or so into the race) she accidentally flipped into the FREEZING cold water...YIKES!!! Thankfully, a rescue boat came for her. Now for the bad news; she was DQ'd for accepting aid. D'oh! Always the trooper, she came back the next year to redeem herself and won the race. Nice!

Erica started canoe triathloning with a couple buddies including HVTC-er, Mark Graminski. Fast forward 10 years, she and Mark said they were going to take swim lessons and do triathlons, dang-it! Erica proclaimed by December 2007 she would really learn to swim and stop talking about it. That's the spirit! Now, let it be known that Erica did not know how and swim and was extremely afraid of the water; no, REALLY, afraid of the water. Nonetheless, with help and encouragement from her great friend Bob Gramling, she was going to do triathlons; period. Life-bumps presented themselves, but Erica feels such events make you a little more driven. Finally, she committed to the



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swim lessons and triumphantly completed her first-ever swim-bike-run triathlon at the 2008 HVTC Summer Tri-Series #1; breast-stroke and all!

Including her family, Nobody thinks Erica is crazy for doing triathlon, they just see her as really motivated and ambitious. Wonderfully, Erica has informed her cycling instructor about triathlons and how great they are. She showed interest, so Erica expressed her sentiments thus “If I can do it, so can you!!” To Erica, triathlon is a great combo of incredibly fun stuff; running (which is her favorite), biking (“fast and dangerous”) and the swim; well, let’s just say she’s learning to like this one. Thank goodness for wetsuits; ‘nough said! Honestly, for her, she feels so much relief after the swim, but she has so much fun despite her jitters in the water! Jumping on the bike gets her fired-up and the competitive juices begin to flow, and by the run she’s completely in her element.

Erica has had an amazing triathlon debut, her races include; 2008 HVTC Summer Tri-Series (3<sup>rd</sup> Overall, race #3), Women’s Triathlon in Connecticut (13<sup>th</sup> Overall) and the Northern Columbia Triathlon (1<sup>st</sup> Female Overall). Her running was superb, as well; Steamtown Marathon (3:20 PR) and the Empire State Building Run-Up. Lastly, she was honored with the 2008 HVTC Rookie of the Year Award in November.

Her goals for the future are to continue to improve her swimming; and then move-on to the SOS and Ironman. Not far now! Erica is a wonderful addition to the sport of triathlon, and she has a special message for you. “I want to thank everyone for bugging me to get involved with HVTC. It is so fun and the people are so great. Life is short and everyone needs to realize how important everyday is, and take advantage.” Now, 50 crunches and pass the Twizzlers, please. Thanks, Erica!



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## 2009 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.”)

## 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?!?!?**

## FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/?/09) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)



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## APRIL

**Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Brooklyn Biathlon-Brooklyn, NY (4/5/09) R 2.1 mi., B 10 mi., R 2.1 mi. [www.nytc.org](http://www.nytc.org)**

**Bronx Biathlon-Bronx, NY (4/26/09) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)**

## MAY

**Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/3/09) 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 (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/16/09) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Toga Biathlon-Congers, NY (5/17/09) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**



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**Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://www.tricolumbia.org)

**Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k**  
[www.multisportmaniacs.org](http://www.multisportmaniacs.org)

**Florida 70.3-Orlando, FL (5/17/09) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

**Saratoga Lions Duathlon-Saratoga, NY (5/?/09) R 5k, B 20 mi., R 5k**  
[www.saratogalins.com](http://www.saratogalins.com)

**Cascade Lake Triathlon-Hampstead, MD (5/31/09) S .3 mi., B 15 mi., R 5k**  
[www.piranha-sports.com](http://www.piranha-sports.com)

## JUNE

**Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi.** [www.nytc.org](http://www.nytc.org)

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5-7/09) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)**  
[www.timbermantri.com](http://www.timbermantri.com)

**Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/7/09) S 1.5k, B 40k, R 10k (USAT Regional Championship)** [www.keukalaketri.com](http://www.keukalaketri.com)

**Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi** [www.tricolumbia.org](http://www.tricolumbia.org)

**Escape From Alcatraz-San Francisco, CA (6/14/09) S 1.5 mi., B 18 mi., R 8 mi.**  
[www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)



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NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)

NY Tri Series #1 (Biathlon)-Harriman State Park (6/14/09) R 3 mi., B 16 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Health Net Mossman Triathlon-Milford, CT (6/13/09) S 1.5k, B 40k, R 10k  
[www.trifitness.net](http://www.trifitness.net)

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k  
[www.patgriskustri.com](http://www.patgriskustri.com)

Thundergust Triathlon-Pittsgrove, NJ (6/?/09) S .4 mi., B 16 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)

Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k  
[www.xterraplanet.com](http://www.xterraplanet.com)

Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/09) S .5 mi., B 9.1 mi., R 3.3 mi. [www.plattsys.com](http://www.plattsys.com)

Philadelphia Triathlon-Philadelphia, PA (6/27/09) S 1.5k, B 40k, R 10k  
[www.phillytri.com](http://www.phillytri.com)

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/27/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)





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**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/27/09) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/28/09) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

**Flat As A Pancake Triathlon-Staten Island, NY (6/?/09) S ¼ mi., B 12 mi., R 5k [www.greenbookracing.com](http://www.greenbookracing.com)**

**Stamford Olympic Triathlon-Stamford, CT (6/?/09) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

## **JULY**

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/8/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/8/09) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Mossman Triathlon-Norwalk, CT (7/?/09) S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://www.teammossmann.com)**

**Diamond in the Rough Triathlon-Perryville, MD (7/11/09) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**



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Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/12/09) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

**Ironman 70.3 Rhode Island-Providence, RI (7/12/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**

**MetroMan-Long Branch, NJ (7/12/09) S .6 mi., B 12 mi., R 5k [www.sunsetracing.com](http://www.sunsetracing.com)**

Tri-Putnam-Carmel, NY (7/12/09) S .3 mi., B 18 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

**Musselman Triathlon (Half-IM)-Geneva, NY (7/18-19/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)**

**Musselman Triathlon (Sprint)-Geneva, NY (7/18-19/09) S 500 yd., B 15 mi., R 3 mi. [www.musselmantri.com](http://www.musselmantri.com)**

Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Hudson Valley Biathlon-Kingston, NY(7/19/09) R 1 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Pine Bush Triathlon, Pine Bush, NY (7/?/09) S 325 yds., B 11.5, R 3.25 [www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

Piseco Lake Triathlon-Speculator, NY (7/?/09) S .5 mi., B 11.5 mi., R 3 mi. [www.adrkmts.com](http://www.adrkmts.com)

**New York City Triathlon-NYC, NY (7/26/09) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)**



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**Ironman USA-Lake Placid, NY (7/26/09) S 2.4 mi.,  
B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)**

## AUGUST

**Sandy Beach Triathlon-Morris, CT (8/?/09) S 880 yds., B 10 mi., R 5k  
[www.greystoneracing.net](http://www.greystoneracing.net)**

**Lake Dunmore Triathlon-Salisbury, VT (8/9/09) S .9 mi., B 28 mi., R 6.2 mi.  
[www.vermontsun.com](http://www.vermontsun.com)**

**Fronhofer Tool Triathlon-Cambridge, NY (8/?/09) S 1.5k, B 40k, R 10k  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)**

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/2/09) S 1/2 mi., B 14.2 mi., R 5k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/09) S 1.5k, B 40k,  
R 10k [www.teammossmann.com](http://www.teammossmann.com)**

**Northern Columbia County Triathlon-Kinderhook, NY (8/?/09) S .25 mi., B 19.5 mi., R  
4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)**

**Central Park Triathlon-New York, NY (8/9/09) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**Steelman Triathlon-Quakertown, PA (8/?/09) S 1.5k, B 40k, R 10k [www.lin-mark.us](http://www.lin-mark.us)**

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/12/09) S 400 yds, B 12 mi., R 2  
mi. [www.hvtc.net](http://www.hvtc.net)**



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NY Tri Series Race #2-Harriman State Park, NY (8/16/09) S ½ mi., B 16 mi., R 3mi.  
[www.nytc.org](http://www.nytc.org)

Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi.  
[www.timbermantri.com](http://www.timbermantri.com)

Timberman Half-Ironman Triathlon-Gilford, NH (8/21-23/09) 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 (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi.  
[www.piranha-sports.com](http://www.piranha-sports.com)

2009 USAT National Age Group Championships-Tuscaloosa, Alabama (8/22/09) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2010 ITU Short Course Triathlon World Championship)

Crystal Lake Triathlon (8/?/09) S .5 mi., B 18 mi./., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)

West Point Triathlon-West Point, NY (8/?/09) S 800 m, B 25k, R 5k  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/30/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

## SEPTEMBER

S.O.S.-New Paltz, NY(9/13/09) B 30mi., R 19mi., S .5mi.,R.7mi.  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)



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**HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/16/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Fox Run Duathlon-Bear, DE (9/?/09) R 5k, B 18.6 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

**Lake George Triathlon-Lake George, NY (9/?/09) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)**

**Women's Triathlon-Farmington, CT (9/?/09) S .5 mi., B 12 mi., R 5k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

**Hammerfest Triathlon-Branford, CT (9/?/09) S .5 mi., B 13.5 mi., R 4 mi. [www.hammerfesttriathlon.com](http://www.hammerfesttriathlon.com)**

**Marshman Sprint Triathlon-Downingtown, PA (9/20/09) S ¼ mi., B 12.5 mi., R 2 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**2009 ITU Short Course Triathlon World Championship-Gold Coast, Australia (9/?/09) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)**

**Westchester Toughman-Croton Point Park, NY (9/?/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.westchestertoughman.com](http://www.westchestertoughman.com)**

**Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k [www.score-this.com](http://www.score-this.com)**

**Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.com](http://www.westchestertriathlon.com)**

**Hudson Highlands Greenway Triathlon-Philipstown, NY (9/?/09) Kayak 6 mi., B 24 mi., R 8 mi. [www.hudsonhighlandstriathlon.org](http://www.hudsonhighlandstriathlon.org)**



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**ITU Short Course Duathlon World Championship-North Carolina (9/25-26/09) R 10k, B 40k, R 5k [www.duathlon.it](http://www.duathlon.it)**

**Chesapeake-Cambridge, MD (9/26/09) S 2.4 mi., B 112 mi. [www.tricolumbia.org](http://www.tricolumbia.org)**

## OCTOBER

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/04/09) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)**

**Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**American Zofingen (Long Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 85 mi., R 15.45 mi. [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)**

**American Zofingen (Short Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 29 mi., R 5.15 mi. [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)**

**Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

## NOVEMBER

**Ironman Florida-Panama City, FL (11/7/09) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanlive.com](http://www.ironmanlive.com)**

**Ironman Arizona-Tempe, AZ (11/?/09) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://www.ironmanarizona.com)**



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## 2009 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



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## 2008 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 Pat Griskus Triathlon.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
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Place  
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  
AA-All American (Top 5% of respective age group in the USA)  
HM-Honorable Mention (Top 10% of respective age group in the USA)

## 2008 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2008 HVTC Rookie of the Year Award: **Erica Ruge**  
2008 HVTC Female Honorable Mention Award: **Shannon Dawkins**  
2008 HVTC Female Honorable Mention Award: **Jeanette Shelow-MacDougall**  
2008 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

### MALE

2008 HVTC Most Improved Award: **Nick Brundage**  
2008 HVTC Volunteer of the Year Award: **Roger Roberson**  
2008 HVTC Male Honorable Mention Award: **Michael Bakker**  
2008 HVTC Male Honorable Mention Award: **Alex Sherwood**  
2008 HVTC Male Triathlete of the Year Award: **Mike Halstead**

## 2008 HVTC Summer Tri-Series Winners

Women's Champion: **Jean Norton (72)**  
2<sup>nd</sup> Place: **Mari Flores (68)**  
3<sup>rd</sup> Place: **Erica Ruge (67)**  
4<sup>th</sup> Place: **Jeanette Shelow-MacDougall (59)**  
5<sup>th</sup> Place: **Shannon Dawkins (59)**





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Men's Champion: **Michael Bakker (75)**

2<sup>nd</sup> Place: **Mike Halstead (72)**

3<sup>rd</sup> Place: **Mark Wilson (62)**

4<sup>th</sup> Place: **Nick Brundage (53)**

5<sup>th</sup> Place: **Nate DeBoever (42)**

## 2008 HVTC Summer Tri-Series Standing Course Records

### Women

**Course**-Jeannette Shelow-MacDougall (54:32)

**Swim**-Christine Honig (4:50)

**Bike**-Shannon Dawkins (36:30)

**Run**-Shannon Dawkins (10:57)

### Men

**Course**-Terry Kerrigan (47:20)

**Swim**-Art Boyko (4:16)

**Bike**-Terry Kerrigan (32:05)

**Run**-Terry Kerrigan (10:19)

## ANNOUNCEMENTS

- **2009 HVTC Summer Tri-Series: June 10, July 8, August 12 & September 16.**  
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 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



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