



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 VIII, Issue No. 93

February 2009

IN A FEW WORDS

Dear HVTC,

Warm weather is on the way...really! It's interesting to think that the race season is beginning despite Mother Nature's bi-polar behavior. Nonetheless, I trust you're "putting-in-the-miles" and will arrive at the start line ready to go. Think spring. 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 VIII, Issue No. 93 February 2009



Photo: Scott Schaffrick (www.scottschaffrick.com)

HVTC Featured Athlete: Shannon Dawkins

By Mark H. Wilson

How would you like to be really fast; you know, top of your age-group in the country, etc, etc? Okay, now, how would you like to be really smart; again, have enough noodles to attend one of the countries best universities? Well, imagine having both with the sky as the limit when it comes to potential and opportunity. Our Featured Athlete of the Month, Shannon Dawkins, is gifted with both and she's just exposed the tip of the iceberg when it comes to her multi-faceted future. Let's see how it's all shaping-up!



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

Shannon grew-up in Palisades, New York and attended Tappan Zee High School. In school, she ran cross country and track; according to Shannon she was horrible the first season and was even lapped on the track; always the fast study, she made huge improvements by the next year. Then she went-on to Cornell University for her undergraduate degree in animal science and wildlife ecology. Her post-graduate work began at Ross University on St. Kitts in the Caribbean at veterinary school where she concentrated in small animals and exotic pets; Shannon then did her clinical year at Auburn University in Alabama. While at Cornell, Shannon ran cross country and track and then turned to cycling during her year in Alabama and became the 2006 South Eastern NCCA Cycling Champion. Nice job!

However, cycling and studies weren't the only things that sparked Shannon's interest; it's where she met her husband Alan, too. He was also a cyclist at Auburn University; they now reside in Hurley with their 2 dogs, 2 cats, 2 African grey parrots and a macaw. (Yikes; where do they keep the bikes?!) Shannon, like most multi-sport athletes, really enjoys the outdoors hiking with their animals; especially their pit-bull Tiny whom at the age of 9 can still run more than 10 miles at a time. Shannon found the little darling in Mexico and bottle raised her and is still one of her greatest training partners. Good job, Tiny!!

One of the first triathlons Shannon did was in St. Kitts on a mountain bike; it was raining cats and dogs (pun intended!) and she was desperately attempting to catch two gals who had beaten her out of the water and were leading by 10 minutes. As she rounded a turn going downhill there was a herd of free-range goats all over the road. (D'oh!) Shannon tried to dodge and swerve from hitting them, but one last frightened goat jutted in the same direction as Shannon and they collided head-on. Imagine the headlines, "Vet Kills Goat With Mountain Bike!" Naw, despite Shannon's helmet getting cracked straight down the back, the goat was just fine and pranced-off to join the others. Now, back to the race!!! Shannon, sore as heck, hopped-on the bike and tried to fix her brakes from rubbing and continued the chase. (That's the spirit!) Good news, she caught the second place woman on the run; YES!!!! The bad news, everyone in school made fun of her as she was studying to be a vet and actually HELP animals! Shannon obviously survived the temporary harassment.

It was Shannon's brother that got her into recreational cycling when they were in high school. They biked across the United States to raise awareness for Sterling Forest in 1997. (Now, if that's recreational, it'd be interesting to know what Shannon calls a challenge!) In addition to her brother, Shannon's high school cross country coach was a great inspiration; he was an Ironman triathlete. How cool is that?! How many of us can say that we knew a triathlete let alone an Ironman. The unfortunate truth be known,



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

Shannon doesn't like tri's that much because she was never a swimmer. The race for her starts once she gets on the bike; she's an awesome Duathlete (not too shabby at tri's, either!). She acknowledges that she loves the challenge of MultiSport; it gives her a sense of accomplishment and joy and always encourages others to give it a try. Training for Shannon is a great way for her to clear her head either before or after work; she finds she definitely works better when she is training...and eating her favorite snack, chocolate brownies. Oh, my!

Incredibly, this was Shannon's first year doing Duathlons "seriously" while racing some triathlons, as well. Get this, Shannon raced at the USAT Duathlon National Championship placing 6th F30-34 and earning a slot to "World's" and subsequently placing 13th F30-34 at the World Championships in Rimini, Italy. How's that for a "serious" first year in Duathlon?! Shannon's 2009 goals are pretty clear-cut; go to Nationals and Worlds again and kick some major butt! One question, though, "They don't have goats in North Carolina, do they?!" Thanks, Shannon.



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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 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.

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 (2/22/09) S 15 min., B 20 min., R 20 min. 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

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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

APRIL

Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k 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

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

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

MAY

Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. 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

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

EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi. 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

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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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

Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k
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

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

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

JUNE

Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi. 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

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

Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi 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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi.
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

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

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

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

Thundergust Triathlon-Pittsgrove, NJ (6/13/09) S .4 mi., B 16 mi., R 5k www.lin-mark.us

Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k
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

Philadelphia Triathlon-Philadelphia, PA (6/27/09) S 1.5k, B 40k, R 10k
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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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

Flat As A Pancake Triathlon-Staten Island, NY (6/27/09) S ¼ mi., B 12 mi., R 5k www.lin-mark.us

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

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

Stamford Olympic Triathlon-Stamford, CT (6/?/09) S 1.5k, B 40k, R 10k 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

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/12/09) S 600 yds. B 14 mi., R 3.1 mi. 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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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

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

Mossman Triathlon-Norwalk, CT (7/19/09) S .5 mi., B 12.5 mi., R 5k
www.teammossman.com

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

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

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

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

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

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

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

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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/1/09) S 1.5k, B 40k, R 10k
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

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

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

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

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

Steelman Triathlon-Quakertown, PA (8/9/09) S 1.5k, B 40k, R 10k 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

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/16/09) S 1.5k, B 40k, R 10k www.teammossmann.com

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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

West Point Triathlon-West Point, NY (8/16/09) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi.
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

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi.
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 (Qualifier 2010 ITU Short Course Triathlon World Championship)

Crystal Lake Triathlon (8/29/09) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org

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

SEPTEMBER

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

Westchester Toughman-Croton Point Park, NY (9/13/09) S 1.2 mi., B 56 mi., R 13.1 mi.
www.westchestertoughman.com



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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

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

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

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

Hammerfest Triathlon-Branford, CT (9/20/09) S .5 mi., B 13.5 mi., R 4 mi. www.plattsys.com

Marshman Sprint Triathlon-Downingtown, PA (9/20/09) S ¼ mi., B 12.5 mi., R 2 mi. 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

Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k 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

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



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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

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

OCTOBER

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/04/09) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Cape Henlopen Triathlon-Lewes, DE (10/11/09) S 1/4 mi., B 14 mi., R 5k 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

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

Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k 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

Ironman Arizona-Tempe, AZ (11/22/09) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

2009 HVTC RACE RESULTS

JANUARY

Mid-Atlantic MultiSport Indoor Tri-Series #2 Berwyn, PA (1/11/09) S 10 min., B 20 min., R 20 min. www.midatlanticmultisport.com

<u>Overall Female:</u>	Eva Van Stratum	234.26
<u>Overall Male:</u>	J.P. LeFebre	283.4
	Steve Fischer	216.23

FEBRUARY

QTS Gatorade 5 Triathlon-Queensland, Australia (2/8/09) S 400 meters, B 15k, R 2k www.usmevents.com.au

<u>Overall Female:</u>	Emma Moffat	0:45:21
	Linda Rosenthal (2 nd F60-64)	1:27:13
<u>Overall Male:</u>	Dan Wilson	0:40:27

Love to Tri Indoor Triathlon-South Saratoga YMCA, NY (2/8/09) S 15 min., B 15 min., R 15 min. www.cdymca.org

<u>Overall Female:</u>	Kelly Virkler	292 pts.
<u>Overall Male:</u>	Peter Bierden	300 pts.
	Steve Fischer (1 st M50-54)	236 pts.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/22/09) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Michelle Strathers	9.758
	Mary DeNitto (2 nd Overall)	9.109
<u>Overall Male:</u>	Justin Harris	12.259
	Alex Sherwood (2 nd Overall)	11.771
	Nick Brundage (1 st M20-24)	11.359
	Mike Vance (1 st M25-29)	10.922
	Bill Shashaty	10.248



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

Matt Merchant	10.051
Maurice Tessier	09.970
Henry Collins	09.881
Steve Fischer	09.857
Michael Spang	09.425
Don Davis	09.381
Mitch Donner	08.386

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

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>
<u>Place</u>				
Jeanette Shelow-MacDougall	45-59			
Shannon Dawkins	30-34			
Jean Norton	45-49			
Barbara Sessa	40-44			
Mari Flores	35-39			
Erica Ruge	35-39			
Kathryn Flodquist	40-44			
Natalie Marriott	25-29			
Lana Corsano	40-44			
Mary DeNitto	60-64			
Julie LoRusso	40-44			
Alicia Olmoz	35-39			
Christine Honig	35-39			
Mineke Etienne	30-34			
Roge Nesbitt	40-44			
Linda Rosenthal	60-64			
Diana Tsingopoulos	60-64			
Christine Spiezio	35-39			
Kimberly Kuppenheimer	35-39			

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>
<u>Place</u>				
Alex Sherwood	30-34			
Mike Halstead	40-44			
Terry Kerrigan	35-59			
Michael Bakker	40-44			
Nick Brundage	20-24			
Art Boyko	40-44			
Zac Staszak	30-34			
Mark Wilson	40-44			
Jim Stafford	40-44			
Andrew Schupak	40-44			
Michael Donnelly	45-49			
Charles Pegg	35-39			
Tom Ganz	35-39			



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

Nate DeBoever	19-Under
Bob Gramling	50-54
Jim Demis	40-44
Doug Thompson	40-44
Jon Stern	45-49
Ken Buderman	25-29
Mark Rabens	40-44
Matt Merchant	50-54
Bill Norton	55-59
Patrick Murphy	35-39
Janek Szablinski	35-39
Bill Shashaty	35-39
John Jasinski	50-54
Richard Miller	55-59
John Dowley	35-39
Brian Chew	30-34
Steven Pressman	55-59
Gabriel Danaher	40-44
John Ferrara	50-54
Steve Fischer	50-54
Mike Hargrove	50-54
Maurice Tessier	35-39
Peter Oxenholm	40-44
Larry Knapp	50-54
Mark Graminski	50-54
Mitch Donner	40-44
Tom Gill	50-54

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**



Hudson Valley Triathlon Club

Volume VIII, Issue No. 93 February 2009

2008 HVTC Summer Tri-Series Winners

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

Men's Champion: **Michael Bakker (75)**
2nd Place: **Mike Halstead (72)**
3rd Place: **Mark Wilson (62)**
4th Place: **Nick Brundage (53)**
5th Place: **Nate DeBoever (42)**

2008 HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeanette 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 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 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1st-December 31st.**



Hudson Valley Triathlon Club

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