



Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 119 April 2011

IN A FEW WORDS

Dear HVTC,

What does it take to change? What is the key; what's the magic pill? I think it was Lance Armstrong who once said something like this, "It's the oldest secret in the book; hard work!" Whether it's an addiction, college course-work or a challenging workout one thing is for sure; if you want to experience something new, you need to change your actions. The next part is easy; allow your body to integrate and adapt. Remember; train faster than race-pace and the goal will come easy...until it's time for the next level, that is! See ya out there.

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

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HVTC Featured Athlete: Haley Hart

By Mark H. Wilson

Remember what it was like to be a rookie; all of the new gear, the new people and mostly the new fear? The greatest part of starting something you've never done before is the excitement at the prospect of overcoming the obstacles. This is what makes triathlon so incredible; you can have an accomplished athlete enter the sport to be completely humbled simply by the thought of swimming in open water, biking up hills and then having to run when you're "not feelin' it." And that's the case with our latest HVTC Featured Athlete of the Month, Haley Hart. She is a monster athlete who has been bitten by the tri-bug and has embraced it fully. How did she come to this? Listen-up!



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Haley was born in Albuquerque, New Mexico and attended Desert Mountain High School in Scottsdale, Arizona. She went on to Marist College in Poughkeepsie and majored in Marketing. Haley became a soccer star in high school and college that earned her All-American status. Her degree paid-off, too; today, Haley is the Marketing Assistant at HITS, Inc. in Saugerties, New York. Attending Marist seemed to work in her favor in multi-faceted ways as she has met the love of her life in the wide-receiver coach, Nate Fields. They are engaged to be married this June near Syracuse and have been practicing their child-rearing skills with their crazy cat, Carter. Post-wedding plans include moving to Kingston; of course, closer to HVTC workouts, etc. Haley's favorite hobbies are; cooking, eating, reading, traveling, painting, drawing and devouring goldfish with a Dr. Pepper (the cracker, that is!).

The first triathlon experience Haley had was last week; yes, last week! She had begun a training plan and (hmmm) her coach asked her to complete a swim, bike and run workout and time it. Well...success; she finished the "race" in 1 hour 25 minutes and 45 seconds. What was the course you ask; swim 400 yards, bike 12 miles and run 2 miles. She did it and couldn't have been more ecstatic. In fact, she was in the gym at Marist on a treadmill for the run and when she "crossed the line" she almost threw her arms up in victory, but declined to do so as not to look even more like a dork. Bottom line, mission accomplished!

So, how do her family and friends feel about her new endeavor; most think she's nuts and gone bonkers, but now really assisting in any way possible. And, her father has been extremely supportive and even helped to get her a bike for her first tri-season. Thanks, Pops! The new bike is gonna be vital to her improvement; her first night out on a rented hybrid was anything but graceful; could be the limiter here. Even the guys at the bike shop were a bit concerned about this LONG and lanky gal hopping on a bike for the first time wobbling all over the road; there must have been a waiver signed somewhere along the line.

No worries; Haley is a quick study when it comes to sports. When she was first hired by HITS she discovered they were gonna launch a national tri-series and she couldn't have been happier about the news. "Perfect" she thought; what better way to get introduced to the sport. And, of course, her office colleague pushed the pace on her learning curve, too.

What is really shocking about Haley's brief experience in the sport is that she is already having many of the same sensations that veterans of triathlon have been feeling; she loves the mental challenge, the feeling of satisfaction, the inspiration that comes with reaching milestones, etc. And, she feels proud of herself...and energized by the activity of swimming, biking and running. Not only that, she's already quick to encourage others to enter the sport (well, she IS a marketing major, after all!). Since she has completed her initial triathlon, Haley is very excited to do another one; to go farther and faster.



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So, what are the goals for someone so new to the sport of triathlon? Again, it's interesting that Haley has picked-up many of the same qualities of more experienced triathletes; she wants to go faster and improve on all three aspects of the sport. She's got the desire and surely the tools; it shouldn't be long before we see her name at the top of the results. Speaking of results; Haley has been blogging about her new lifestyle and you can follow her progress anytime at this link www.tryingforatriathlon.wordpress.com. And, by the looks of it, she's doing just fine...for a rookie. Thanks, Haley!

Lower Crossed Syndrome

By Dr. David Ness

Lower crossed syndrome (LCS) is a common problem in the United States, because it happens to people who sit for long periods of time. The sitting position causes our hip flexors, hamstrings, and back muscles to tighten, while at the same time it turns off the abdominal muscles and hip extensors. It's normal for our bodies to relax a muscle on one side of a joint while the other muscles contracts - for example, the biceps contract and the triceps relax when lifting a heavy box. Called reciprocal inhibition, this process can be confused by spending long periods of time in postures like the sitting position. Over time this can impact the way we walk and run.

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A source of chronic pain in millions of people, LCS can prevent the runner or triathlete from pursuing his or her sport, because the pain can be much more severe in active people. The pain is caused by perpetually contracted hip flexors, which lead to a forward tilt of the pelvis when standing. This causes excessive curvature of the lower back, and sometimes a visibly protruding abdomen. This posture, the protruding gut and flat butt, can result in hip pain when walking or running up a hill, or when bicycling. Surprisingly, it can also result in knee pain during running or cycling, as the body attempts to compensate for weakened gluteal muscles and increases stress down the thigh. Lower back pain is also a common symptom, because the glutes are unable to contract, and so the hamstrings, and calf muscles have to do a lot more work than they're designed for resulting in calf strains and sprains, hamstring strains, and iliotibial band syndrome.

Treatments for lower crossed syndrome address this muscular imbalance directly or seek to clear away obstacles to healing. A strengthening-and-stretching regimen may be called for, to compensate for the enforced relaxation and contraction the body's muscles are experiencing by this force of habit. Physical therapy or chiropractic adjustment could also be the right course for realigning the body's posture. The chronic shortening of the muscles can lead to scar tissue buildup, which can be broken up using Active Release Techniques (ART), which manually works the scar tissue out of the muscles, or another manual mode of therapy. Sound Assisted Soft Tissue Mobilization or the Graston technique are also helpful in eliminating scar tissue.

Longer term, lower crossed syndrome must be addressed with lifestyle changes. LCS results from training our bodies with bad habits, such as maintaining poor posture at a desk for long hours or failing to take measures to prevent repetitive stress injuries on the job. It takes time and consistent to unlearn those habits, just as it took time and consistent effort to learn them in the first place. Choosing a greater variety of physical activities throughout the day, stretching our hip flexors, and hamstrings during our day, as well as taking care to maintain good posture no matter what we're doing, will go a long way towards preventing LCS.

The "C"-shaped posture that Americans spend much of their lives in, as they move from desk to car to couch and back, needs to be minimized, if not prevented. At home and at work, alternations to our activities of daily living, or ADLs, is needed to avoid this chronic problem. Workstation modifications such as adjusting the position of the computer monitor must be balanced with behavioral changes, such as learning how to sit (and stand) correctly in the first place. At home, rethinking how we engage in ADLs such as home computing and gaming, watching television, and commuting opens the door to literally reshaping our bodies. While some of these activities can be improved through use of different furniture in our homes and offices, transitioning to a more active lifestyle overall is the best way to avoid LCS. Also spending some time on our stomachs to read, watch T.V., and use a computer can offset the "C" posture at home. Sedentary office life, in particular, contribute to this chronic condition.

Dr. David Ness is a board-certified chiropractor who has been practicing for over 20 years. He has been a Sports Chiropractor and certified Active Release Provider since 2004, and is the staff chiropractor for the Vassar College Athletic Department. He has treated patients at the past five Ironman events at Lake Placid, and has provided treatment at races for the N.Y.T.C., the H.V.T.C., and at the S.O.S. For questions about any sports injury, email Dr. Ness at mail@drness.com or call (845) 255-1200.



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2011 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)

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.

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

8. City, state and/or country of race?

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

10. **Race website?!?!?**

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/20/11) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/?/11) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k www.usatriathlon.org

MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

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New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/11) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

Trooper Biathlon-Hurley, NY (5/8/11) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

Wheel & Heel Triathlon-Lake Taghkanic State Park, NY (5/15/11) S 400 yds., B 13.5 mi., R 3.3 mi. www.wheelandheel.com

American Zofingen (Long Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 85 mi., R 15.45 mi. www.cm2promotions.com

American Zofingen (Medium Course)-New Paltz, NY (5/15/11) R 10.30 mi., B 58 mi., R 10.30 mi. www.cm2promotions.com

American Zofingen (Short Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 29 mi., R 5.15 mi. www.cm2promotions.com

Toga Biathlon-Congers, NY (5/?/11) R 4.25k, B25k, R 4.25k www.togamultisport.com

Cascade Lake Triathlon-Hampstead, MD (5/15/11) S .3 mi., B 15 mi., R 5k www.piranha-sports.com

Florida 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

EnduraSport Mini Triathlon-Harriman, NY (5/21/11) S .6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (5/21/11) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k www.tricolumbia.org

JUNE

Escape From Alcatraz-San Francisco, CA (6/5/11) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

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Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/5/11) S 1.5k, B 40k, R 10k www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/8/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Health Net Mossman Triathlon-Milford, CT (6/?/11) S 1.5k, B 40k, R 10k www.trifitness.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/11) S 1.5k, B 40k, R 10k www.patgriskustri.com

Pat Griskus AquaVelo-Middlebury, CT (6/18/11) S 1.5k, B 40k www.patgriskustri.com

Xterra East Championship-Richmond, VA (6/?/11) S 1.5k, Mtn. B 30k, R 10k www.xterraplanet.com

Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/11) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/25/11) S ½ mi., B 20 mi., R 10k www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k www.phillytri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/26/11) S 600 yds., B 14 mi., R 3.1 mi. www.rushtonports.com

Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k www.hartfordmarathon.com



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JULY

Diamond in the Rough Triathlon-Perryville, MD (7/9/11) S 1 mi., B 27 mi., R 5 mi.
www.piranha-sports.com

Ironman 70.3 Rhode Island-Providence, RI (7/10/11) S 1.2 mi., B 56 mi., R 13.1 mi.
www.ironman.com

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/13/11) S .5 mi., B 10.5 mi., R 5k
www.patgriskustri.com

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/13/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/17/11) S 600 yds. B 14 mi., R 3.1 mi. www.rushtonsports.com

Musselman Triathlon (Half-IM)-Geneva, NY (7/15-17/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/15-17/11) S 500 yd., B 15 mi., R 3 mi.
www.musselmantri.com

Mossman Triathlon-Norwalk, CT (7/?/11) S .5 mi., B 12.5 mi., R 5k
www.teammossmann.com

Ironman USA-Lake Placid, NY (7/24/11) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/11) S ½ mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

New York City Triathlon-NYC, NY (8/7/11) S 1.5k, B 40k, R 10k www.nyctri.com

Lake Dunmore Triathlon-Salisbury, VT (8/7/11) S .9 mi., B 28 mi., R 6.2 mi.
www.rushtonsports.com

Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com



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HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/17/11) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/11) S 1.5k, B 40k, R 10k www.teammossmann.com

Kingdom Triathlon-Kingdom, VT (8/6/11) S 500 yds., B 13 mi., R 5 mi. www.kingdomtriathlon.org

Lums Pond Triathlon-Bear, DE (8/14/11) S .5 mi., B 19.5 mi., R 3.1 mi. www.piranha-sports.com

West Point Triathlon-West Point, NY (8/?/11) S 800 m, B 25k, R 5k www.westpointtri.com

2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

2011 USAT Sprint National Age Group Championship-Burlington, VT (8/20/11) S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

Timberman Sprint Triathlon-Gilford, NH (8/19-21/11) S 1/3 mi., B 15 mi., R 3 mi. www.ironman.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-21/11) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.ironman.com

Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi. www.genesisadventures.com

Crystal Lake Triathlon (8/20/11) S .5 mi., B 18 mi., R 3 mi. www.cdtriclub.org

Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k www.orangecountytri.com

SEPTEMBER

Big George-Lake George, NY (9/4/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.lgtrifestival.com



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2011 ITU Short Course Triathlon World Championship-Beijing, China (9/11/11) S 1.5k, B 40k, R 10k www.usatriathlon.org

S.O.S.-New Paltz, NY(9/11/11) B 30 mi., R 4.5 mi., S 1.1 mi., R 5.5 mi., S .5 mi., R 8 mi., S .5 mi., R .7mi. www.sostriathlon.com

Women's Triathlon-Farmington, CT (9/?/11) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

Westchester Toughman-Croton Point Park, NY (9/11/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Ironman 70.3 World Championship-Lake Las Vegas, NV (9/11/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Vineyard Warrior Triathlon-Martha's Vineyard (9/11/11) S 1.5k, B 40k, R 10k www.vineyardwarrior.com

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/14/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Lake George Triathlon-Lake George, NY (9/18/11) S 1.5k, B 40k, R 10k www.adktri.org

Hammerfest Triathlon-Branford, CT (9/18/11) S .5 mi., B 13.5 mi., R 4 mi. www.plattsys.com

Savageman Triathlon-Deep Creek Lake State Park, MD (9/17-18/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

Marshman Sprint Triathlon-Downingtown, PA (9/?/11) S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY (9/?/11) S 1.5k, B 40k, R 10k www.score-this.com

Westchester Triathlon-Rye, NY (9/25/11) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.org

OCTOBER

Cape Henlopen Triathlon-Lewes, DE (10/9/11) S ¼ mi., B 14 mi., R 5k www.piranha-sports.com

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Toga Duathlon-Congers, NY (10/?/11) R 4.25k, B25k, R 4.25k
www.togamultisport.com

NOVEMBER

Ironman Florida-Panama City, FL (11/5/11) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironman.com

Ironman Arizona-Tempe, AZ (11/20/11) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironman.com

2011 HVTC RACE RESULTS

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k
www.usatriathlon.org

Overall Female:

Gail Katouf	1:37:00
Erica Ruge (3 rd F35-39)	1:43:47

Overall Male:

Dave Slavinski	1:26:14
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Spring Dual Against CF (4/30/11) R 2 mi., B 12 mi., R 2 mi.
www.cm2promotions.com

Overall Female:

Mendy Taylor	1:02:05
Rachel Loftus (3 rd Overall)	1:05:43
Mary DeNitto (1 st F60-64)	1:11:29
Jennifer Lang	1:15:37
Patty Fassetta-Ganz	1:26:16

Overall Male:

Lukas Siska	0:54:02
Chris Loftus (2 nd M40-44)	1:03:19
Bill Shashaty	1:04:44
Warren Sheprow	1:11:59



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MAY
JUNE
JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER

2010 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. Lake George Triathlon, 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)

2010 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2010 HVTC Rookie of the Year Award: **Rachel Loftus**

2010 HVTC Most Improved Award: **Michele Yasson**

2010 HVTC Female Honorable Mention Award: **Kathryn Flodquist**

20109 HVTC Female Honorable Mention Award: **Erica Ruge**

2010 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

MALE

2010 HVTC Volunteer of the Year Award: **Bob Gramling**

2010 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2010 HVTC Male Honorable Mention Award: **Mike Bakker**

2010 HVTC Male Triathlete of the Year Award: **Mike Halstead**



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2010 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge (78)**
2nd Place: **Kathryn Flodquist (74)**
3rd Place: **Michele Yasson (69)**
4th Place: **Jennifer Borrero (49)**
5th Place: **Megan Corjulo (48)**

Men's Champion: **Nick Brundage (80)**
2nd Place: **Mike Halstead (75)**
3rd Place: **Bruce Cadenhead (70)**
4th Place: **Bill Shashaty (64)**
5th Place: **Mike Bakker (52)**

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette Shelow-MacDougall (54:32)
Swim-Christine Honig (4:50)
Bike-Erica Ruge (36:20)
Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)
Swim-Art Boyko (4:16)
Bike-Terry Kerrigan (32:05)
Run-Nick Brundage (10:01)

ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2011 HVTC Summer Tri-Series: June 8, July 13, August 17 & September 14.** 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 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 2011 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2011 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2011 HVTC \$240.00 membership is valid from January 1-December 31.**



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