



# 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 IX, Issue No. 107**

**April 2010**

## IN A FEW WORDS

Dear HVTC,

Change is in the air; whether we want it or not! The key is, to adapt to our environment the best we can and turn challenges into opportunities. That's what's so great about triathlon...and as Forrest Gump puts it; it's like a box of chocolates, ya never know what yer gonna git! 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 IX, Issue No. 107 April 2010



## HVTC Featured Athlete: Megan Corjulo

By Mark H. Wilson

Do you have folks in your life who don't even know how great they are at what they do? You know, people who make such an unbelievable difference in your life and because they do it everyday, all year, decade-to-decade they don't give it a second thought? Or, maybe they understand that their occupation is important from day-to-day, etc; but do they truly know that the impact their work has on your life is going to last a life-time?! Rarely; and it's not that they don't care; it's just that the "show" must go on and they've got more work to do in an hour or so; sometimes even less than that! Our HVTC Featured Athlete of the Month, Megan Corjulo, is a mid-wife and is the first to welcome little-ones into this world for women in our neck of the woods. How special is she? Let's find out.



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

Megan was born in Kingston, New York; the youngest of seven children and there was never a dull moment. She also attended Kingston High School where she was a cheerleader and soccer player. Now, the soccer needs some explaining; during the half-time of a football game, a coach spotted Megan playing-around on the field and instantly planned to recruit her for the soccer team...the BOYS JV soccer team! Yes, she was the first and ONLY girl to ever play boys soccer in Kingston. Congratulations, Meg! She also ran cross-country her senior year in high school because the same coach thought that the boys Varsity soccer team would be “too physical for a girl.” Whatever.

Post high-school she went to Keuka College (played soccer) and then transferred to Hartwick College in Oneonta, NY. Megan majored in Nursing and Philosophy; then she went on to get her Masters in Science Specialty in Midwifery at SUNY Stony Brook in 2004. At Hartwick, she walked onto the x-c team and ran indoor/outdoor track as well and eventually became the captain her senior year.

Today, Megan lives six houses down from her childhood home. She and her husband Clay just celebrated their 20<sup>th</sup> wedding anniversary; they met at Hartwick and ran cross-country together. Megan talked him into doing the Philadelphia Marathon in 1986; and it's where Megan set her marathon PR of 3:09 (nice!). Much of their life revolves around their three kids; Ryan 17, Hannah 14 and Kacey 12. Megan and Clay returned to Kingston in 2002 because she had begun her Masters degree and needed help with the kids from Grandma and Grandpa; which was truly a blessing.

Megan works as a Midwife at Sharon Hospital in Sharon, Connecticut. “It's been a calling since I was in the 5th grade.” Whoa; now THAT'S a calling! The most challenging part about her job is that it requires crazy hours; you know the kid comes-out when he/she's good-n-ready and usually when you're not ready. So, she'll be up for ungodly hours on end; and then, have to go-in and receive another one after that...smiling all the while (yeah, right!). Regardless, it's an incredibly beautiful and rewarding job that Megan loves with all her heart. And, somebody's gotta do it; it might as well be her!

In 2007, Megan joined the YMCA triathlon group mostly to find some “friends” to hang out with. This led her to meeting Jen (Borrero), Tracy (Little) and Melissa (Signor); who are all now HVTC members. The group's first “race” among themselves was very inspirational and included women from all stages of life; just turning 60, some losing weight, others just to meet other women athletes, etc. Her first official triathlon was the Women's Triathlon in Farmington, CT. “I was hooked! It was fun to compete with such a vast array of women.” Since then, Megan has completed several other races; HVTC Summer Tri-Series, Lake George Triathlon, Lake Placid Half Marathon, Virginia Beach Half Marathon and the Kingston Classic (1<sup>st</sup> F40-49, 2009).



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

The main reason Megan joined the women's tri-group was because her work hours have an isolating effect. She thinks what keeps her interest is the diversity of people that she gets to train and compete with. Athletes that haven't been in shape for years inspire her and she gets to see their transformation over the year's or witness the first-time Ironman. "I love it all." A secondary reason is..."I'm never last." She likes the group training, mixed with the individual training; and she enjoys the fact that she doesn't know her final standing until the times are posted later-on. For her, even a bad time is a great day out; and she gets a thrill out of knowing that if she puts-on her shoes faster than someone else she may beat them. "Really, I think about that all the time!" However, when asked about how she feels after a triathlon her response is hysterical, "terrible." But the fact that she gets to indulge in her favorite, organic, junk-food makes it all worth it...Oreos and milk. Okay, maybe they're not that organic, but it's fun to think so!

The truth be told, Megan feels awful during the race, but instantly better when she sees her family out on the course or in transition area; that's when she thinks about inspiring them, to be and do more than you thought you could. Her hope is to be a role-model for them by participating in triathlon in her mid-40's to create a life of clean living and exercise now and beyond. And besides, it helps her to maintain her position as fastest downhill skier in the family; not to mention, her five-year-old nephew who stares dumb-founded when Megan states that she "ran" from Kingston to Hurley, and back. Keep 'em guessin'!

Megan is very shy when it comes to expressing her goals, etc. However, she's a meticulous planner and has very clear objectives when it comes to improvement and performance. In fact, she thinks about triathlon and training non-stop; but not while at work; that would be bad (Fumble!!!). Yes, she'll check the weather, who's available to train, where are the kids, what time can she get-out there, and on and on. She admits to have been obsessing since last year's Lake George Triathlon, "How can I get better, stronger, faster?!" Okay, so she's a bit competitive and her whole year is geared to this race; her family owns a vacation home at the picturesque venue, too. Some additional goals include completing an Ironman and attend a tri-camp in Hawaii; both are easily attainable.

Many of Megan's clients thank her and express that they couldn't have achieved the birth of their child without her incredible guidance and loving support. It's certainly a gift and requires someone with patience and humility. And, of course, insomnia! Thanks, Megan.



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

## 2010 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))

## 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 (2/21/10) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/10) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

Brandywine Duathlon-Coatsville, PA (3/28/10) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

## APRIL

Brooklyn Biathlon-Brooklyn, NY (4/11/10) R 2.1 mi., B 10 mi., R 2.1 mi. [www.nytc.org](http://www.nytc.org)

Bronx Biathlon-Bronx, NY (4/25/10) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k  
[www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

Escape From Alcatraz-San Francisco, CA (5/2/10 NEW DATE!) S 1.5 mi., B 18 mi.,  
R 8 mi. [www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

Trooper Biathlon-Hurley, NY (5/2/10) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) 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 (5/8/10) S 1.2 mi., B 56  
mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 1.2 mi., B 56 mi., R 13.1  
mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R  
15.45 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

American Zofingen (Medium Course)-New Paltz, NY (5/16/10) R 10.30 mi., B 58  
mi., R 10.30 mi. [www.cm2promotions.com](http://www.cm2promotions.com)



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

**American Zofingen (Short Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 29 mi., R 5.15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

**Toga Biathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

**EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/22/10) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Columbia Triathlon-Ellicott City, MD (5/23/10) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://www.tricolumbia.org)**

**Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**  
**Saratoga Lions Duathlon-Saratoga, NY (5/?/10) R 5k, B 20 mi., R 5k [www.saratogalins.com](http://www.saratogalins.com)**

**Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

## JUNE

**Pawling Triathlon-Pawling, NY (6/5/10) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)**

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/4-6/10) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier) [www.timbermantri.com](http://www.timbermantri.com)**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

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

**Blackwater Eagleman Triathlon-Cambridge, MD (6/13/10) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**NY Tri Series #1 (Triathlon)-Harriman State Park (6/13/10) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**NY Tri Series #1 (Biathlon)-Harriman State Park (6/13/10) R 3 mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/9/10) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Health Net Mossman Triathlon-Milford, CT (6/12/10) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/19/10) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Thundergust Triathlon-Pittsgrove, NJ (6/?/10) S .4 mi., B 16 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

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

**Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/10) S .5 mi., B 9.1 mi., R 3.3 mi. [www.plattsys.com](http://www.plattsys.com)**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/26/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/26/10) S ½ mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Flat As A Pancake Triathlon-Staten Island, NY (6/?/10) S ¼ mi., B 12 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

**Philadelphia Triathlon-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/27/10) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Westchester Medical Center Biathlon-Valhalla, NY (6/27/10) R 2 mi., B 15 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

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

## **JULY**

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/14/10) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/7/10) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Diamond in the Rough Triathlon-Perryville, MD (7/10/10) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/18/10) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

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

Musselman Triathlon (Half-IM)-Geneva, NY (7/10-11/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)

Musselman Triathlon (Sprint)-Geneva, NY (7/10-11/10) S 500 yd., B 15 mi., R 3 mi. [www.musselmantri.com](http://www.musselmantri.com)

Tri-Putnam-Carmel, NY (7/11/10) S .3 mi., B 18 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

MetroMan-Long Branch, NJ (7/18/10) S .6 mi., B 12 mi., R 5k [www.sunsetracing.com](http://www.sunsetracing.com)

Piseco Lake Triathlon-Speculator, NY (7/18/10) S .5 mi., B 11.5 mi., R 3 mi. [www.adrkmts.com](http://www.adrkmts.com)

Mossman Triathlon-Norwalk, CT (7/18/10) S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://www.teammossmann.com)

Hudson Valley Triathlon-Kingston, NY(7/18/10) S .3 mi., B 18 mi., R 3.5 mi. [www.nytc.org](http://www.nytc.org)

Hudson Valley Biathlon-Kingston, NY(7/18/10) R 1 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

Pine Bush Triathlon, Pine Bush, NY (7/?/10) S 325 yds., B 11.5, R 3.25  
[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

New York City Triathlon-NYC, NY (7/18/10) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

Ironman USA-Lake Placid, NY (7/25/10) S 2.4 mi.,  
B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

## AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S ½ mi., B 14.2 mi., R 5k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

Fronhofer Tool Triathlon-Cambridge, NY (8/7/10) S 1.5k, B 40k, R 10k  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

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

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

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

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

Lake Dunmore Triathlon-Salisbury, VT (8/8/10) S .9 mi., B 28 mi., R 6.2 mi.  
[www.vermontsun.com](http://www.vermontsun.com)



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/11/10) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

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

**Kingdom Triathlon-Kingdom, VT (8/14/10) S 500 yds., B 13 mi., R 5 mi. [www.kingdomtriathlon.org](http://www.kingdomtriathlon.org)**

**NY Tri Series Race #2-Harriman State Park, NY (8/15/10) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)**

**Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**West Point Triathlon-West Point, NY (8/15/10) S 800 m, B 25k, R 5k [www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)**

**Timberman Sprint Triathlon-Gilford, NH (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)**

**Timberman Half-Ironman Triathlon-Gilford, NH (8/20-22/10) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)**

**Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi./., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)**

**2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/29/10) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)**

**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/29/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

## SEPTEMBER

Vassar Brothers Triathlon-LaGrange, NY (9/11/10) S ¼ mi., B 15 mi., R 5k  
[www.nytc.org](http://www.nytc.org)

S.O.S.-New Paltz, NY(9/12/10) B 30mi., R 19mi., S .5mi.,R.7mi.  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

Women's Triathlon-Farmington, CT (9/?/10) S .5 mi., B 12 mi., R 5k  
[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

Westchester Toughman-Croton Point Park, NY (9/12/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.westchestertoughman.com](http://www.westchestertoughman.com)

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/15/10) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

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

Fox Run Duathlon-Bear, DE (9/?/10) R 5k, B 18.6 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)

Hammerfest Triathlon-Branford, CT (9/19/10) S .5 mi., B 13.5 mi., R 4 mi.  
[www.plattsys.com](http://www.plattsys.com)

Marshman Sprint Triathlon-Downingtown, PA (9/19/10) S ¼ mi., B 12.5 mi., R 2 mi.  
[www.piranha-sports.com](http://www.piranha-sports.com)

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



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

**2010 USAT National Age Group Championships-Tuscaloosa, Alabama (9/25/10) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2011 ITU Short Course Triathlon World Championship)**

**Westchester Triathlon-Rye, NY (9/26/10) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.org](http://www.westchestertriathlon.org)**

**Hudson Highlands Greenway Triathlon-Philipstown, NY (9/?/10) Kayak 6 mi., B 24 mi., R 8 mi. [www.hudsonhighlandstriathlon.org](http://www.hudsonhighlandstriathlon.org)**

**Chesapeakman-Cambridge, MD (9/25/10) S 2.4 mi., B 112 mi. [www.tricolumbia.org](http://www.tricolumbia.org)**

## OCTOBER

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

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

**Toga Biathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

## NOVEMBER

**Ironman Florida-Panama City, FL (11/6/10) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)**

**Ironman 70.3 World Championship-Clearwater, FL (11/14/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi.,  
B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)

## 2010 HVTC RACE RESULTS

### FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/21/10) S 15 min., B 20 min., R 20  
min. [www.ymcaulster.org](http://www.ymcaulster.org)

<u>Overall Female:</u>	Colleen Hack	9.642
	Jennifer Borrero (1 <sup>st</sup> F45-59)	8.687
	Lady Brady-Walzer	7.142
<u>Overall Male:</u>	Mike Halstead	11.610
	Nick Brundage (3 <sup>rd</sup> Overall)	11.406

### MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/10) Ski 2.5 mi., B 10 mi., R 3 mi.  
[www.pinehillarms.com](http://www.pinehillarms.com)

<u>Overall Female:</u>	Felicia Kearsley	1:10:57
<u>Overall Male:</u>	Brian Grodin	0:56:03
	Mike Halstead (2 <sup>nd</sup> Overall)	0:58:11
	Chris Loftus	1:13:49

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi.  
[www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Jaime Windrow	1:06:35
	Jeanette Shelow-MacDougall (3 <sup>rd</sup> Overall)	1:10:02
	Carolyn Mandaro (1 <sup>st</sup> F45-49)	1:29:12
	Antonia Noonan	1:33:14
<u>Overall Male:</u>	Eneas Freyre	0:55:44
	Frank Priest	1:19:33





# Hudson Valley Triathlon Club

Volume IX, Issue No. 107 April 2010

## 2009 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>
<u>Place</u>				
Jeanette Shelow-MacDougall	45-59			
Jean Norton	45-49			
Barbara Sessa	40-44			
Lauren Warren	40-44			
Erica Ruge	35-39			
Kathryn Flodquist	40-44			
Barbara Sessa (Duathlon)	40-44			
Mary DeNitto	60-64			
Julie LoRusso	40-44			
Alicia Olmoz	35-39			
Alicia Olmoz (Duathlon)	35-39			
Michele Yasson	45-49			
Julie LoRusso (Duathlon)	40-44			
Mineke Etienne	30-34			
Roge Nesbitt	40-44			
Linda Rosenthal	60-64			
Diana Tsingopoulos	60-64			

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>				
Mike Halstead (Duathlon)	40-44			
Alex Sherwood	30-34			
Mike Halstead	40-44			
Michael Bakker	40-44			
Nick Brundage	20-24			
Nick Brundage (Duathlon)	20-24			
Art Boyko	40-44			
Mark Wilson	40-44			
Jim Stafford	40-44			
Mike Vance	25-29			
Nate DeBoever	16-17			
Dave Nazaroff (Duathlon)	40-44			
Tom Ganz	35-39			
Charles Pegg	35-39			
Bob Gramling	50-54			
Jon Stern	45-49			



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

Jim Demis	45-49
Troy Weaver	40-44
Mark Rabens	40-44
Matt Merchant	50-54
Bill Norton	55-59
Richard Miller	55-59
John Dowley	35-39
Patrick Murphy	35-39
Doug Thompson	40-44
John Ferrara	50-54
Mark Graminski	50-54
Steven Pressman	55-59
Steve Fischer	50-54
Maurice Tessier	35-39
Larry Knapp	50-54
Peter Oxenholm	40-44

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

## 2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2009 HVTC Most Improved Award: **Kathryn Flodquist**

2009 HVTC Female Honorable Mention Award: **Lauren Warren**

2009 HVTC Female Honorable Mention Award: **Barbara Sessa**

2009 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

### MALE

2009 HVTC Rookie of the Year Award: **Bill Thompson**

2009 HVTC Volunteer of the Year Award: **Dave Haze**

2009 HVTC Male Honorable Mention Award: **Michael Bakker**

2009 HVTC Male Honorable Mention Award: **Alex Sherwood**

2009 HVTC Male Triathlete of the Year Award: **Nick Brundage**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

## 2009 HVTC Summer Tri-Series Winners

Women's Champion: **Barbara Ferrante (64)**

2<sup>nd</sup> Place: **Barbara Sessa (60)**

3<sup>rd</sup> Place: **Michele Yasson (60)**

4<sup>th</sup> Place: **Lauren Warren (58)**

5<sup>th</sup> Place: **Alicia Olmoz (53)**

Men's Champion: **Nick Brundage (78)**

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

3<sup>rd</sup> Place: **Mark Wilson (61)**

4<sup>th</sup> Place: **Alex Sherwood (58)**

5<sup>th</sup> Place: **Doug Thompson (56)**

## 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**-Nick Mancuso (10:02)

## ANNOUNCEMENTS

- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.** 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 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



# Hudson Valley Triathlon Club

---

Volume IX, Issue No. 107 April 2010

## SPONSORS

*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.hammernutrition.com">www.hammernutrition.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>
*** DR. DAVID NESS ***	<a href="http://www.drness.com">www.drness.com</a>
*** TRIFUEL.COM ***	<a href="http://www.trifuel.com">www.trifuel.com</a>
*** GENESIS ADVENTURES ***	<a href="http://www.genesisadventures.com">www.genesisadventures.com</a>
*** NYS TROOPERS ***	<a href="http://www.troopers.state.ny.us">www.troopers.state.ny.us</a>
*** SISTEM ***	<a href="http://www.swedishinstitute.org">www.swedishinstitute.org</a>
*** FLEX-POWER ***	<a href="http://www.flexpower.com">www.flexpower.com</a>
*** SHAWANGUNK RUNNING COMPANY ***	<a href="http://www.shawangunkrunningcompany.com">www.shawangunkrunningcompany.com</a>
*** ADVANTAGE ORTHOPAEDICS ***	

***THANK YOU SPONSORS!!!***

