



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. 111

August 2010

IN A FEW WORDS

Dear HVTC,

Just when you thought you had seen everything; an HVTC member shocks the \$#^! out of you! Seriously, if this club gets any funnier it's gonna hurt; or build-up my ab muscles (one or the other). It's incredible, though; HVTC has become a triathlon staple known far-and-wide; and the report I receive from folks all over is that we're "a great bunch of people" and I couldn't agree more. Thanks so much for your support and may you be blessed ten-fold as a result! 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. 111 August 2010



HVTC Featured Athlete: Charlie Comparetto

By Mark H. Wilson

Have you ever met anyone who attempts to fill every minute of their life with some kind of adventure? You begin to think “when do they ever rest?!” However, the truth is, they wouldn’t have it any other way; they love life and want to enjoy each and every moment. And why not?! They’ve earned it, right? Well, our HVTC Featured Athlete of the Month is that kind of person; Charlie Comparetto has been extremely busy for the past 40-something years and there’s no sign of him slowing down. Let’s find out what keeps this dynamo going!



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Charlie was born in New Jersey and lived in Ohio until he was 4 years old. Then, his family moved to Queens (mainly Whitestone) which is where he grew-up and remained until he was married. He and his wife Sally lived in New York City (Manhattan) until the babies started arriving (yep, someone just started dropping ‘em off one day!) and they’ve been in Granite Springs in Westchester the last 14 years. Charlie attended Bayside High School, along with fellow HVTC-er Dave Nazaroff and the two played on the Bayside Bombers Roller Hockey Team. They had a stacked team and would have won the championship the year they were together but were disqualified for having an over age player on the roster named Jim Antonopoulos (a.k.a. Jimmy the Greek).

Roller and ice hockey was the sport of choice for Charlie growing up; in fact, roller hockey is a religion in Queens. His first athletic love was football, but his mom wouldn’t let him play; that’s how he became a hockey player. Charlie loved every sport growing up and always worked on his fitness; including boxing. His father was an ex-fighter and coached Xavier University’s boxing team (among others) so Charlie was always around getting pointers, etc. He recalls always having the gloves on, although he never took boxing to a competitive level; except for the occasional sparring with several gold-glovers from the neighborhood; and it sure came in handy in a few hockey games!!! Actually, his father schooled some of the Cincinnati Cyclones (minor-league hockey) about having swift fists; an important hockey skill, of course.

Charlie attended Hofstra University on Long Island and majored in Banking and Finance. When he arrived, unfortunately Hofstra had no ice hockey team, so he turned to intramurals. He pretty much played every intramural sport in college including water polo which got him back into the pool. Charlie’s fraternity didn’t lose a single fraternity league floor hockey game in his 5 years in college, including beating the actual ice hockey team his senior year (and, yes, they finally got around to adding an actual team by the time he was ready to leave). Charlie also played on several cop beer league ice hockey teams throughout college. Oh, yeah; Hofstra is where Charlie met his wife, too. (Editorial caution regarding order of importance!)

Already working in the “real world” at JP Morgan, Charlie met Sally when she was a freshman, but they didn’t start dating until her senior year. Today, they have 5 daughters; Charley Ann (13), Kaleigh (11), Riley (8), Makenna (6), and Kamryn (15 months). And, according to Charlie, they’re all great little budding athletes! In fact, Charley and Kaleigh are doing their first triathlon this fall at Westchester! And Sally is hooked, too; she’s slated to debut at Pawling next June. The family also loves to ski; they always attempt to get-out west each year for an epic ski week; and Charlie notes what an incredible difference triathlon has made for his skiing! He routinely leaves his work buddies in the dust on “business” trips. Other hobbies include anything outdoors: hiking, trail running, kayaking, etc. Basically, if it involves nature, that’s where you’ll find



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Charlie. He also loves Vino (that's wine to the lay person!), live music (particularly jam bands), and delicious food (all kinds). And if he can combine all three in the same night, all the better; and, no, that doesn't count as a triathlon!!!

Charlie is always keeping busy and he's "reacquainting" himself with surfing and learning yoga, too. However, he's mostly found at Somers Sports Fields watching his girls play if not actually coaching himself. He's scheduled to coach 3 different teams this fall; and, hopefully, it won't disturb his passion for his sports teams; Rangers, Jets and Yankees. That's not all, he's a budding filmmaker and has one screenplay that he's attempting to develop; it's called "Ghost in the Graveyard" and is a horror film. Go figure! And since somebody has to pay for all of this fun, Charlie is employed by Tullett Prebon as a bond broker. Charlie has been in the treasury (fixed income) markets since 1989 mainly as a trader and then more recently as a broker.

His wife inspired him to get into triathlon when one day, between pregnancies, she decided she was gonna do the Alaska Marathon. Somehow the idea of triathlons came back into his head, the memories of Hawaii Ironman from ABC's Wide World of Sports came flooding back to him; swim, bike and then...run!!! Plus, it didn't help when one of his daughters started rubbing his belly and calling him Santa Claus (Ouch! That hurts.) Weighing-in at 230 lbs. got a bit overwhelming and so he registered for the Pawling Triathlon and settled-in at 210 by race-day. Although he felt very prepared for the swim, he nearly drowned; his wetsuit was suffocating and seriously fatigued his shoulders. It took him 17 minutes to exit the lake; yes, it's only 300 yds. Oh, goodness! To date, it's still the hardest thing he's ever had to do! And, of course, he finished the race and was tri-hooked (new Webster Dictionary adjective!).

Charlie is a big-framed athlete; as a lover of food and wine (specifically...scotch, cigars, chocolate, pizza, ice cream...to name a few!) and working on Wall St. he does triathlons so that he can be around to see his girls grow-up and start their own families. Not to mention spending a long and fulfilling life with his wife Sally. And, yes, at times the training schedule interferes a bit with his family/work life, but "I am a much happier person as a triathlete."

Since racing at Pawling, Charlie has also completed; Pat Griskus Triathlon (sprint), New York City Triathlon, Westchester Triathlon, Rhode Island Ironman 70.3, Rev3 (half iron), and Ironman Lake Placid (13:07!). And the future is very promising, too; he'd like to do the Survival of the Shawangunks, Escape From Alcatraz, Wildflower, and Timberman. Here's his triathlon criteria/motto "The better the location/scenery, the harder the course, the better the race." And he'd really like to get one of those coveted lottery slots to Kona, too; let's see, nope, that won't work...that's the weekend he takes his 9 kids (by then!) to pumpkin pick and corn-maze frolic! Thanks, Charlie.



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 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)

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 (2/21/10) S 15 min., B 20 min., R 20 min. 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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

APRIL

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

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

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k 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

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

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. 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

American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R 15.45 mi. 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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 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

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

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

Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi. 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

Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

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

Saratoga Lions Duathlon-Saratoga, NY (5/?/10) R 5k, B 20 mi., R 5k www.saratogalins.com

JUNE

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

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

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/10) S 1.2mi, B 56mi, R13.1mi 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

NY Tri Series #1 (Biathlon)-Harriman State Park (6/13/10) R 3 mi., B 16 mi., R 3 mi. 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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

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

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/26/10) S ½ mi., B 20 mi., R 10k 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

Philadelphia Triathlon-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k 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

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

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

JULY

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/18/10) S 600 yds. B 14 mi., R 3.1 mi. 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

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

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

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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Hudson Valley Biathlon-Kingston, NY(7/18/10) R 1 mi., B 12 mi., R 3 mi.

www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/?/10) S 325 yds., B 11.5, R 3.25

www.pinebushtriathlon.org

New York City Triathlon-NYC, NY (7/18/10) S 1.5k, B 40k, R 10k 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

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S ½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

Fronhofer Tool Triathlon-Cambridge, NY (8/7/10) S 1.5k, B 40k, R 10k

www.fronhofertooltriathlon.com

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

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

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

Kingdom Triathlon-Kingdom, VT (8/14/10) S 500 yds., B 13 mi., R 5 mi.
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

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi.
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/

Timberman Sprint Triathlon-Gilford, NH (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi.
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

Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

SEPTEMBER

ITU Duathlon World Championship-Edinburgh, Scotland (9/4-5/10) R 10k, B 41.6k, R 5k www.edinburghduathlon2010.com

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

Esprit Triathlon Festival-Montreal, Canada (9/11/10) Sprint-Iron www.esprittriathlon.com

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/11-12/10) S 1.5k, B 40k, R 10k www.usatriathlon.org

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

Women's Triathlon-Farmington, CT (9/12/10) S .5 mi., B 12 mi., R 5k 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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Cold Spring Triathlon-Cold Spring, NY (9/19/10) Kayak 6 mi., B 24 mi., R 5 mi.
www.nbafu.com

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

Savageman Triathlon-Deep Creek Lake State Park, MD (9/18-19/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

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

Finger Lakes Triathlon-Canandaigua, NY (9/19/10) S 1.5k, B 40k, R 10k
www.score-this.com

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

Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) S 1/3 mi., B 16 mi., R 3 mi. www.nytri.org
Registration Code: 092410-2

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

OCTOBER

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

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

Toga Duathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k 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

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

Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi., B 112 mi., R 26.2 mi. 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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/10) Ski 2.5 mi., B 10 mi., R 3 mi.

www.pinehillarms.com

Overall Female: Felicia Kearsley 1:10:57

Overall Male: Brian Grodin 0:56:03

Mike Halstead (2nd 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

Overall Female: Jaime Windrow 1:06:35

Jeanette Shelow-MacDougall (3rd Overall) 1:10:02

Carolyn Mandaro (1st F45-49) 1:29:12

Antonia Noonan 1:33:14

Overall Male: Eneas Freyre 0:55:44

Frank Priest 1:19:33

APRIL

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

Overall Female: Noga Ruttenburg 0:56:22

Overall Male: Stephen Carr 0:50:13

Mitch Donner 1:13:34

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k

www.usatriathlon.org

Overall Female: Amy Farrell 1:44:36

*Erica Ruge (6th F35-39) 1:54:36

*Kathryn Flodquist (18th F40-44) 2:04:00

*Qualified Duathlon World Championship-Edinburgh, Scotland September 2010

Overall Male: Kaleb Vanort 1:30:39

Troy Weaver 2:03:57



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

St. Anthony's Triathlon-St. Petersburg, FL (4/25/10) S 15.k, B 40k, R 10k

www.satriathlon.com

<u>Overall Female:</u>	Sarah Haskins	1:58:49
	Jeanette Shelow-MacDougall	2:22:53
<u>Overall Male:</u>	Cameron Dye	1:48:44

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

<u>Overall Female:</u>	Leanda Cave	2:14:34
	Mary DeNitto (1 st F60-64)	3:29:10
<u>Overall Male:</u>	Hunter Kemper	1:58:21

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

<u>Overall Female:</u>	Mendy Taylor	1:09:56
	Barbara Ferrante (1 st F40-44)	1:20:13
	Alicia Olmoz (2 nd F35-39)	1:29:45
<u>Overall Male:</u>	Nick Brundage	1:01:39
	Mike Halstead (2 nd Overall)	1:04:20
	Jim Stafford (1 st M45-49)	1:06:08
	Mike Ferrante (3 rd M35-39)	1:12:53
	Steven Pressman (3 rd M55-59)	1:20:13
	Tom Struzzieri	1:22:53
	Bob Bomba	1:23:14
	Mitch Donner	1:34:48

Bassman Triathlon-Bass River State Forest (5/2/10) S .5 mi., B 29 mi., R 4.1 mi.

www.citytri.com

<u>Overall Female:</u>	Kristie Timmer	2:01:36
	Ann Breeswine	2:52:52
<u>Overall Male:</u>	Greg Close	1:48:28
	Frank Priest (3 rd M55-59)	2:19:59



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

Overall Female: Catriona Morrison 4:31:06

Overall Male: Terrenzo Bozzone 4:06:02
Bill Thompson 8:18:39

St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 750 meters, B 8 mi., R 4 mi. www.stcroixtriathlon.com

Overall Female: Emily Charlson 1:17:26
Becky Hansen 1:43:21

Overall Male: Will Peil 1:15:11

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female: Jordan Hedding 1:43:00

Overall Male: Brian Lovett 1:30:38
Troy Weaver (3rd M40-44) 1:52:11

Mother's Day Duathlon-Brooklyn, NY (5/9/10) R 5k, B 14 mi., R 5k www.citytri.com

Overall Female: Erica Ruge 1:27:05

Overall Male: David Roche 1:11:52

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

Overall Female: Mimi Boyle 8:44:16

Overall Male: Josh Beck 6:42:16
Mike Halstead (1st M40-44) 7:52:17



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

Overall Female: Elena Dale 6:05:07

Overall Male: John Hirsch 5:04:35
Mike Bakker (2nd Overall) 5:07:16

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

Overall Female: Mendy Taylor 2:54:57
Kathryn Flodquist (2nd Overall) 3:40:32
Rebecca Hansen (2nd F45-49) 4:25:59

Overall Male: Matt Mallet 2:53:42
Bill Thompson (3rd M50-54) 4:25:55

Toga Duathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k www.togamultisport.com

Overall Female: Jeanette Shelow-MacDougall 1:26:31
Jean Norton (2nd Overall) 1:27:09
Barbara Sessa (3rd Overall) 1:28:20

Overall Male: Keith Strudler 1:12:33
Nick Brundage (2nd Overall) 1:13:04
Dave Nazaroff (2nd M40-44) 1:19:20
Chris Loftus 1:35:12

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

Overall Female: Mandy Hudson 1:21:38

Overall Male: Lucas McCollum 1:07:51
Troy Weaver 1:29:27



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

<u>Overall Female:</u>	Lauren Cullen	2:08:19
<u>Overall Male:</u>	Jesse Du Bey	1:39:35
	Bruce Cadenhead (2 nd M45-49)	2:02:27
	Frank Priest	2:48:42

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

<u>Overall Female:</u>	Lauren Klein	6:23:41
<u>Overall Male:</u>	Scott Goldthorp	5:04:10
	Dave Nazaroff (3 rd M40-44)	5:41:18
	John Ferrara	7:15:49

Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi.
www.nytc.org

<u>Overall Female:</u>	Allison Lind	1:03:06
	Pam Neimeth (1 st F50-54)	1:21:44
	Tracy Little (2 nd F50-54)	1:23:52
	Megan Corjulo (2 nd F40-44)	1:31:23
	Rebecca Hansen (3 rd F45-49)	1:31:49
<u>Overall Male:</u>	Shawn Jackson	1:00:32
	Art Boyko	1:12:20
	Peter Oxenholm	1:16:56
	Tom Struzzieri	1:24:29
	Bill Thompson	1:29:25

Fly By Night Duathlon-Watkins Glen, NY (5/30/10) R 1.8 mi., B 10 mi., R 1.8 mi., B 10 mi., R 1.8 mi. www.flybynightdu.com

<u>Overall Female:</u>	Julie Rosa	1:37:43
	Erica Ruge (3 rd Overall)	1:41:00
<u>Overall Male:</u>	Travis Kuhl	1:25:45



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Williams Lake Sprint Triathlon-Rosendale, NY (5/30/10) S .5 mi., B 12 mi., R 3 mi.

www.cm2promotions.com

Overall Female: Mary DeNitto 1:21:23

Overall Male: Mike Halstead 1:01:27
Charles Pegg (1st M40-44) 1:10:01
Richard Miller (1st M55-59) 1:18:47
Steven Pressman (1st M60-64) 1:20:25
Ryan Schumacher 1:24:14

JUNE

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

Overall Female: Jeanette Shelow-MacDougall 1:06:30
Barbara Sessa (1st F45-49) 1:09:04
Jean Norton (2nd F45-49) 1:09:04 (not a typo)
Kelly Heady 1:19:40
Rebecca Hansen 1:27:56
Roge Nesbitt 1:33:58

Overall Male: Justin Harris 0:54:04
Bill Norton 1:11:12
Peter Oxenholm 1:12:43
Frank Priest 1:17:12
Steven Pressman 1:18:18
Bill Thompson 1:23:32
Tom Gill 1:32:22

Pocomoke Triathlon-Pocomoke, MD (6/5/10) S .5 mi., B 14.3 mi., R 3.5 mi. www.lin-mark.com

Overall Female: Tracy MacCherola 1:12:03

Overall Male: Steven O'Boyle 1:05:02
Troy Weaver 1:19:42



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Rev3 Triathlon (Olympic)-Middlebury, CT (6/5/10) S 1.5k, B 40k, R 10k

www.rev3tri.com

<u>Overall Female:</u>	Megan Wiseman	2:27:58
	Kathryn Flodquist	2:46:13
<u>Overall Male:</u>	Kevin Crossman	2:09:12

Rev3 Triathlon (Half Ironman)-Middlebury, CT (6/6/10) S 1.2 mi., B 56 mi., R 13.1

www.rev3tri.com

<u>Overall Female:</u>	Mirinda Carfrae	4:23:38
<u>Overall Male:</u>	Craig Alexander	3:59:20
	Nick Brundage	5:04:49
	Dave Nazaroff	5:14:32
	Charlie Comparetto	6:19:03
	Ray Canals	6:56:42

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/9/10) S 400 yds., B 12 mi., R 2

www.hvtc.net

<u>Overall Female:</u>	Kathryn Flodquist	1:02:12
	Erica Ruge (2 nd Overall)	1:03:03
	Michele Yasson (3 rd Overall)	1:08:13
	Pam Neimeth (1 st F50-54)	1:08:49
	Mary DeNitto (1 st F60-64)	1:10:11
	Tracy Little (2 nd F50-54)	1:10:43
	Jennifer Borrero (1 st F45-49)	1:12:27
	Antonia Noonan (1 st F40-44)	1:13:45
	Rachel Loftus (1 st F25-29)	1:14:40
	Megan Corjulo (2 nd F45-49)	1:14:50
	Patty Fassetta (1 st F35-39)	1:17:45
	Jane Struzzieri (3 rd F50-54)	1:20:31
	Roge Nesbitt (2 nd F40-44)	1:21:48
	Janice Cagnolin (1 st F55-59)	1:22:34
	Christine Farmer (3 rd F45-49)	1:31:51
	Linda Cherny	1:31:52
	Diana Tsingopoulos (1 st F65-59)	1:45:10
<u>Overall Male:</u>	Nick Brundage	0:49:51



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Mike Halstead (2 nd Overall)	0:51:12
Bruce Cadenhead (3 rd Overall)	0:52:35
Bill Shashaty (1 st M40-44)	0:57:59
Charles Pegg (2 nd M40-44)	0:58:00
Mike Bakker (3 rd M40-44)	0:59:18
Doug Thompson	0:59:19
Jim Demis (1 st M45-49)	1:01:13
Dennis Ebbing	1:02:03
Keith O'Malley (2 nd M45-49)	1:02:04
Kevin Adams	1:03:42
Chris Loftus (1 st M35-39)	1:06:12
John Dowley (2 nd M35-39)	1:08:00
Bob Bomba (3 rd M35-39)	1:09:19
Ryan Schumacher (1 st M25-29)	1:10:04
Tom Struzzieri (1 st M50-54)	1:10:21
Phil Placido	1:12:22
John Ferrara (2 nd M50-54)	1:13:30
Robin Ackers (2 nd M25-29)	1:13:35
Tom Ganz	1:18:18
Mitch Donner	1:18:44
Tom Gill (1 st M55-59)	1:18:53
John Farmer (2 nd M55-59)	1:29:12
Adriano Echavarria (3 rd M25-29)	1:30:38

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

<u>Overall Female:</u>	Samantha Warriner	4:20:01
	Antonia Noonan	7:58:37

<u>Overall Male:</u>	Terenzo Bozzone	3:58:17
	Alex Sherwood	4:57:30
	Creighton Ko	7:50:37

**Hudson Crossing Triathlon-Schuylerville, NY (6/13/10) S 500 yds., B 12 mi., R 5k
www.hudsoncrossingtri.com**

<u>Overall Female:</u>	Aurora Lamperetta	1:11:56
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<u>Overall Male:</u>	Brian Trainor	1:00:13
	Mike Halstead (3 rd Overall)	1:00:15



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Williams Lake Triathlon (Olympic)-Rosendale, NY (6/13/10) S 1.5k, B 40k, R 10k

www.cm2promotions.com

Overall Female:	Elisa Benzoni	2:32:04
	Michele Yasson (3 rd Overall)	2:46:18
	Mary DeNitto (1 st F60-64)	2:57:07

Overall Male:	Brendan O'Melveny	2:02:19
	Charles Pegg (3 rd Overall)	2:16:33
	Jim Demis (2 nd M45-49)	2:28:12
	Bill Shashaty	2:29:46
	Richard Miller (1 st M55-59)	2:37:27
	Steven Pressman (1 st M60-64)	2:46:01
	Ryan Schumacher (2 nd M25-29)	2:46:07
	Alan Shanker (3 rd M55-59)	2:53:37

Sleepy Hollow Triathlon-Sleepy Hollow, NY (6/13/10) S ½ mi., B 10 mi., R 3 mi.

www.sleepyhollowsprint.com

Overall Female:	Michele Wolfson	1:10:33
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Overall Male:	Zachariah Pratt	1:04:46
	Bruce Cadenhead (2 nd Overall)	1:06:40

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/19/10) S 1.5k, B 40k, R 10k

www.patgriskustri.com

Overall Female:	Cassandra Maximenko	2:17:58
	Jeanette Shelow-MacDougall (2 nd Overall)	2:21:51

Overall Male:	Chris Thomas	1:59:06
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Patriot Half Ironman-East Freetown, MA (6/19/10) S 1.2 mi., B 56 mi., R 13.1 mi.

www.sunmultisportevents.com

Overall Female:	Lisbeth Kenyon	4:43:57
	Mary DeNitto (1 st F60-64)	6:13:13

Overall Male:	James Ball	4:15:12
	Mitch Donner	7:18:10



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Assateague Triathlon-Ocean City, MD (6/20/10) S ½ mi., B 14 mi., R 3.2 mi.

www.octrirunning.com

Overall Female: Mandy Hudson (excellent name!) 1:15:33

Overall Male: Steven O'Boyle 1:05:07
Troy Weaver 1:21:20

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

Overall Female: Megan Wiseman 4:50:00

Overall Male: James Chesson 4:09:52
Mike Bakker (3rd M40-44) 4:26:30
Art Boyko 5:00:03
Doug Thompson 5:06:47
John Ferrara 5:47:14
Keith O'Malley 5:53:43

North Country Triathlon (Sprint)-Hague, NY (6/26/10) S 750 meters, B 20k, R 5k

www.northcountrytri.com

Overall Female: Mara Fronhofer 1:24:58
Megan Corjulo (1st F45-49) 1:41:59

Overall Male: Terrence Fox 1:15:41

Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/25-27/10) S 750 meters, B 20k, R 5k www.phillytri.com

Overall Female: Diane Rogers 1:22:57

Overall Male: Nicholas Halkowski 1:12:04
Frank Priest 1:36:14

Philadelphia Triathlon (Olympic)-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k www.phillytri.com

Overall Female: Nicky Samuels 2:02:20
Jeanette Shelow-MacDougall (1st F45-49) 2:18:28

Overall Male: Bevan Docherty 1:49:11



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Westchester Medical Center Biathlon-Valhalla, NY (6/27/10) R 2 mi., B 15 mi., R 2 mi.

www.nytc.org

<u>Overall Female:</u>	Maria Vlasak	1:11:37
	Rachel Loftus (1 st F25-29)	1:24:38
	Patty Fassetta	1:28:38
	Jean Norton	1:28:39

<u>Overall Male:</u>	Brian Register	1:02:29
	Chris Loftus	1:15:16

Hopewell Sprint Triathlon-Hopewell Junction, NY (6/27/10) S 500 yards, B 9 mi., R 3 mi. www.espraces.com

<u>Overall Female:</u>	Erica Ruge	0:57:48
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<u>Overall Male:</u>	Kevin Reese	0:52:51
	Tom Gill (2 nd M55-59)	1:13:04

JULY

Stissing Sprint Triathlon-Pine Plains, NY (7/3/10) S .5 mi., B 17 mi., R 3.3 mi.

www.stissingsprint.com

<u>Overall Female:</u>	Nicole Sin Quee	1:23:35
	Erica Ruge (3 rd Overall)	1:25:53
	Tracy Little (1 st F50-54)	1:44:33

<u>Overall Male:</u>	Shawn Jackson	1:19:02
	Bruce Cadenhead (2 nd Overall)	1:19:53
	Art Boyko (2 nd M40-44)	1:25:10
	Steven Pressman (1 st M60-65)	1:40:44
	Mark Graminski	1:41:12
	Tom Gill	1:59:31

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/7/10) S .5 mi., B 10.5 mi., R 5k

www.patgriskustri.com

<u>Overall Female:</u>	Michelle Wolfson	1:06:45
	Kathryn Flodquist (3 rd Overall)	1:12:11

<u>Overall Male:</u>	Chris Thomas	0:57:28
	Charlie Comparetto	1:23:28
	Tom Gill	1:43:56



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

www.ironman.com

Overall Female: Kate Major 4:30:36
Kathryn Flodquist 5:48:43

Overall Male: Terenzo Bozzone 4:01:15
Dave Nazaroff 5:18:33

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

Overall Female: Sharon Levy 1:14:56

Overall Male: Lukas Siska 1:00:16
Mike Bakker (2nd Overall) 1:00:22
Art Boyko (2nd M40-44) 1:06:56

Philadelphia Women's Triathlon-Philadelphia, PA (7/11/10) S 750 yards, B 17 mi., R 5k

www.cgiracing.com

Overall Female: Sharon Schmidt-Mongrai 1:17:36
Pam Neimeth (3rd F50-54) 1:36:25

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

Overall Female: Erica Ruge 0:55:30
Jeanette Shelow-MacDougall (2nd Overall) 0:55:52
Kathryn Flodquist (3rd Overall) 0:59:01
Michele Yasson (1st F50-54) 1:04:35
Pam Neimeth (2nd F50-54) 1:06:05
Mary DeNitto (1st F60-64) 1:06:55
Tracy Little (3rd F50-54) 1:08:09
Megan Corjulo (1st F45-49) 1:12:30
Jennifer Borrero (2nd F45-49) 1:15:24
Roge Nesbitt (1st F40-44) 1:15:50
Janice Cragolin (1st F55-59) 1:18:03
Jane Struzzieri 1:19:08
Alison Conaway (1st F35-39) 1:20:32
Linda Cherny 1:22:19
Karen Willoughby 1:23:30



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Christine Farmer	1:30:22
Rachel Loftus (1 st F25-29)	1:33:45
Diana Tsingopoulos (1 st F65-69)	1:38:01
Melissa Signor (2 nd F55-59)	1:53:55

Overall Male:

Nick Brundage	0:49:18
Mike Halstead (2 nd Overall)	0:50:35
Bruce Cadenhead (3 rd Overall)	0:52:19
Charles Pegg (1 st M40-44)	0:54:23
Bill Shashaty (2 nd M40-44)	0:57:51
Pedro Collazo (1 st M50-54)	0:59:30
Dennis Ebbing (3 rd M40-44)	0:59:37
Peter Oxenholm	1:00:20
Richard Miller (1 st M55-59)	1:00:55
John Ferrara (2 nd M50-54)	1:01:05
Kevin Adams	1:01:14
Keith O'Malley (1 st M45-49)	1:01:18
Kurt Carney (2 nd M45-49)	1:01:20
Chris Loftus (1 st M35-39)	1:03:39
Frank Priest (2 nd M55-59)	1:04:35
Tom Struzzieri (3 rd M50-54)	1:05:36
John Dowley (2 nd M35-39)	1:05:42
Ryan Schumacher (1 st M25-29)	1:06:23
Steven Pressman (1 st M60-64)	1:07:27
Bob Bomba (3 rd M35-39)	1:07:39
Steve Fischer	1:10:21
Mitch Donner	1:10:23
Robin Ackers (2 nd M25-29)	1:13:11
John Farmer (3 rd M55-59)	1:31:58

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

Overall Female:

Rebecca Wassner	2:00:25
Jeanette Shelow-MacDougall (5 th Elite AG)	2:18:30
Kathryn Flodquist	2:33:50
Antonia Noonan	3:02:50

Overall Male:

Filip Ospaly	1:46:28
Nick Brundage	2:05:19
Dave Nazaroff	2:11:58
Charles Pegg	2:13:48



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Richard Miller	2:36:00
Steven Pressman	2:37:46
Frank Priest	2:45:01
Phil Placido	2:55:45

Sunset Challenge Sprint Triathlon-Bridgeton, NJ (7/17/10) S .5 mi., B 16 mi., R 5k

www.lin-mark.com

Overall Female: Kelli Montgomery 1:19:23

Overall Male: Kenneth Barbee 1:15:06
Troy Weaver (1st M40-44) 1:28:02

Hudson Valley Triathlon-Kingston, NY(7/18/10) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

Overall Female: Christene Spiezio 1:40:46

Overall Male: John McGovern 1:20:23
Mike Halstead (2nd Overall) 1:21:10
Bill Shashaty (3rd M40-44) 1:34:51
Tom Struzzieri (3rd M50-54) 1:47:32

Hudson Valley Biathlon-Kingston, NY(7/18/10) R 1 mi., B 12 mi., R 3 mi.

www.nytc.org

Overall Female: Erica Ruge 1:27:22
Christine Farmer (1st F45-49) 2:22:33

Overall Male: Gabe Sturges 1:17:30
John Farmer 2:22:33

Mossman Triathlon-Norwalk, CT (7/18/10) S .5 mi., B 12.5 mi., R 5k

www.teammossman.com

Overall Female: Reilly Kiernan 1:06:50

Overall Male: Gus Ellison 1:02:14
Ray Canals 1:20:01



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

New Jersey State Triathlon-West Windsor, NJ (7/24/10) S 550 meters, B 11 mi., R 5k www.lin-mark.com

Overall Female: Kristie Timmer 1:04:07

Overall Male: Matthew Coleman 0:55:15
Troy Weaver 1:11:03

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

Overall Female: Amy Marsh 09:27:30

Overall Male: Ben Hoffman 08:39:34
Dave Nazaroff 10:42:33
Art Boyko 11:46:24
Charlie Comparetto 13:07:31
John Ferrara 13:45:25
Mitch Donner 15:32:30
Bill Thompson 16:26:38

SheRox Triathlon-Webster, MA (7/25/10) S .5 mi., B 12 mi., R 3 mi. www.sheroxtri.com

Overall Female: Dede Griesbauer 1:00:25
Karen Willoughby 1:35:39

Amica 19.7 Ocean Beach Triathlon-New London, CT (7/25/10) S .5 mi., B 16.1 mi., R 5k www.hartfordmarathon.com

Overall Female: Susan Wines 1:25:33
Jennifer Borrero 1:50:54

Overall Male: John Babcock 1:09:06



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S ½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

Overall Female:	Jennifer Peterson	1:18:55
	Erica Ruge (1 st F35-39)	1:23:49
	Rachel Loftus	1:38:38

Overall Male:	Brian Emelson	1:13:01
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Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/1/10) S 1.5k, B 40k, R 10k

www.ithacatriathlonclub.org

Overall Female:	Jeanette Shelow-MacDougall	2:24:06
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Overall Male:	Todd Shatynski	2:04:41
	Chris Loftus	2:49:19

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

Overall Female:	Erica Ruge	1:34:34 CR
	Pam Neimeth (1 st F50-54)	1:54:13
	Jennifer Borrero (2 nd F45-49)	1:59:42

Overall Male:	John McGovern	1:24:34
	Peter Oxenholm (2 nd M40-44)	1:46:44

Iron Girl Triathlon-Syracuse, NY (8/7/10) S 600 meters, B 18 mi., R 5k

www.irongirl.com

Overall Female:	Jaime Sherwood	1:21:59
	Karen Willoughby	1:43:31

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

Overall Female:	Jeanette Shelow-MacDougall	0:54:46
	Erica Ruge (2 nd Overall; NEW Bike Course Record)	0:55:26
	Barbara Sessa (3 rd Overall)	0:56:55



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Kathryn Flodquist (1 st F40-44)	0:57:05
Michele Yasson (1 st F50-54)	1:03:48
Lise Hafner (1 st F45-49)	1:05:45
Mary DeNitto (1 st F60-64)	1:07:12
Rachel Loftus (1 st F25-29)	1:07:21
Pam Neimeth (2 nd F50-54)	1:08:35
Jennifer Borrero (2 nd F45-49)	1:10:52
Roge Nesbitt (2 nd F40-44)	1:11:10
Patty Fassetta (1 st F35-39)	1:13:03
Megan Corjulo (3 rd F45-49)	1:15:09
Janice Cragolin (1 st F55-59)	1:16:40
Lara Pruschki (1 st F20-24)	1:19:21
Jennifer Lang (3 rd F40-44)	1:20:42
Annette Bauer (3 rd F50-54)	1:21:15
Linda Cherny	1:22:07
Marie Pruschki	1:23:13
Lori Sash-Gail	1:28:11
Christine Farmer	1:30:08
Diana Tsingopoulos	1:36:46

Overall Male:

Nick Brundage	0:48:56
Mike Halstead (2 nd Overall)	0:49:47
Mike Bakker (3 rd Overall)	0:50:06
Bruce Cadenhead (1 st M45-49)	0:53:07
Pedro Collazo (1 st M50-54)	0:56:01
Bill Shashaty (1 st M40-44)	0:56:50
Jim Demis (2 nd M45-49)	0:57:04
Bill Norton (1 st M55-59)	0:57:30
Richard Miller (2 nd M55-59)	0:59:51
John Epidy (1 st M20-24)	1:00:40
Kurt Carney (3 rd M45-49)	1:01:11
Keith O'Malley	1:01:29
Peter Oxenholm (2 nd M40-44)	1:02:38
John Ferrara (2 nd M50-54)	1:03:06
Chris Loftus (1 st M35-39)	1:03:19
John Dowley (2 nd M35-39)	1:04:13
Ryan Schumacher (1 st M25-29)	1:04:57
Bob Bomba (3 rd M35-39)	1:05:15
Frank Priest (3 rd M55-59)	1:05:47
Steven Pressman (1 st M60-64)	1:06:10
Steve Fischer	1:09:48



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Mitch Donner (3 rd M40-44)	1:11:25
Steve Buerle	1:17:34
Steve Pruschki	1:23:14
John Farmer	1:32:26
Alan Shanker	1:33:20

NY Tri Series Race #2-Harriman State Park, NY (8/15/10) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:21:35
<u>Overall Male:</u>	Rick Krupa	1:11:42
	Bruce Cadenhead (3 rd Overall)	1:16:06
	Pedro Collazo (3 rd M50-54)	1:21:33
	Art Boyko (1 st M40-44)	1:22:21
	Ray Canals	1:36:01

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi.

www.piranha-sports.com

<u>Overall Female:</u>	Laurie Hug	1:29:12
<u>Overall Male:</u>	Michael Banks	1:20:57
	Troy Weaver	1:33:37

West Point Triathlon-West Point, NY (8/15/10) S 800 m, B 25k, R 5k

www.usma.edu/USCC/DCA/Clubs/trit/

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:17:27
	Jean Norton (3 rd Overall)	1:22:29
	Michele Yasson (3 rd F50-54)	1:32:42
	Rachel Loftus (2 nd F25-29)	1:36:25
	Mary DeNitto (1 st F60-64)	1:36:48
	Antonia Noonan	1:42:21
	Patty Fassetta	1:44:03
	Marie Pruschki	1:52:02
<u>Overall Male:</u>	Clayton Petty	1:06:21
	Dave Nazaroff	1:17:55
	Bill Norton	1:24:09
	Kurt Carney	1:25:46



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Chris Loftus	1:29:02
Steve Pruschki	1:29:15
Frank Priest	1:32:31
Phil Placido	1:39:37

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

<u>Overall Female:</u>	Chrissie Wellington	4:10:11
	Jeanette Shelow-MacDougall (2 nd F45-49)*	5:04:24
	Antonia Noonan	6:45:00

*Qualified Ironman 70.3 World Championship-Clearwater, FL

<u>Overall Male:</u>	Andy Potts	3:50:51
	Nick Brundage	4:48:00
	Dave Nazaroff*	4:48:33
	Mitch Donner	6:55:00

*Qualified Ironman 70.3 World Championship-Clearwater, FL

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

<u>Overall Female:</u>	Michelle Rosowsky	1:28:26
	Erica Ruge (2 nd Overall)	1:33:06
	Jennifer Borrero	1:56:17
	Linda Cherny	2:13:11

<u>Overall Male:</u>	Keith Murray	1:21:41
	Bob Gramling (1 st M50-54)	1:34:15

Diamond Girl-Harriman, NY (8/29/10) S 500 meters, B 15.5 mi., R 4 mi. www.piranhasports.com

<u>Overall Female:</u>	Jean Norton	1:33:16
	Jennifer Borrero	1:58:17
	Patty Fassetta	2:08:30
	Nancy Figueroa	2:23:17



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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

Overall Female: Angie DeFilippi 4:50:28

Overall Male: Mike Wynn 4:18:06
Steven Pressman (2nd M60-64) 5:44:39

Frost Valley YMCA Triathlon-Frost Valley, NY (8/29/10) S .5 mi., B 11 mi., R 2.5 mi. www.cm2promotions.com

Overall Female: Kristin Duffy 1:14:42

Overall Male: Shawn Jackson 0:57:22
Bill Shashaty (3rd Overall) 1:05:16
Richard Miller (1st M55-59) 1:07:54

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 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>				
Barbara Sessa	45-49	AA	91.38083	13
Lauren Warren	40-44	AA	91.06874	46
Jeanette Shelow-MacDougall	45-59	AA	88.84743	36
Jean Norton	45-49	AA	88.56880	41
Erica Ruge	35-39	HM	86.68253	175
Kathryn Flodquist	40-44	HM	85.88682	162
Barbara Ferrante	40-44		76.75550	618
Mary DeNitto	60-64	AA	76.25392	8
Michele Yasson	50-54		76.15916	181
Kelly Heady	35-39		75.06615	800
Alicia Olmoz	35-39		73.52287	940
Julie LoRusso	40-44		73.48586	849
Tracy Little	50-54		71.42191	344
Megan Corjulo	40-44		69.06832	1,220
Jennifer Borrero	45-49		67.66119	883
Carolyn Mandaro	45-49		66.22912	969
Norma Lopez	45-49		66.10964	978
Deb Torpey	50-54		64.13315	612
Janice Cragolin	50-54		64.01059	619
Nancy Figueroa	40-44		63.12101	1,682
Diana Tsingopoulos	60-64		53.41356	45

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	AA	97.06864	26
Nick Brundage	20-24	AA	95.68302	27
Mike Halstead	40-44	AA	93.45361	48
Michael Bakker	40-44	AA	92.86618	57
Mark Wilson	40-44	HM	87.84147	246
Bruce Cadenhead	45-49	AA	87.78216	126
Jim Stafford	45-49	AA	87.29484	140
Charles Pegg	40-44	HM	86.72933	324
Art Boyko	40-44	HM	86.62205	330
Doug Thompson	40-44	HM	86.03291	376
Dave Nazaroff	40-44		83.47222	572
Nate DeBoever	16-17		83.46274	31
Bob Gramling	50-54	HM	82.85139	164
Ken Buderman	25-29		82.22496	531
Mark Rabens	45-49		81.74198	424



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

Dennis Ebbing	40-44		81.40513	787
Bill Norton	55-59	HM	80.88711	64
Jim Demis	45-49		79.32186	647
Troy Weaver	40-44		78.77467	1,100
Jon Stern	45-49		78.60986	714
Roger Husted	35-39		75.76093	1,649
Kevin Adams	40-44		75.19672	1,675
Patrick Murphy	35-39		74.69255	1,842
Richard Miller	55-59		74.62155	246
Frank Sabat	40-44		74.61678	1,780
Mike Ferrante	35-39		74.12195	1,953
Keith O'Malley	45-49		73.69671	1,296
John Ferrara	50-54		72.93888	796
Ryan Schumacher	25-29		72.29908	1,319
Ray Canals	50-54		72.22880	832
John Dowley	35-39		71.77255	2,450
Peter Oxenholm	40-44		71.37752	2,372
Mark Graminski	50-54		70.93623	951
Frank Priest	55-59		70.57355	412
Henry Collins	40-44		70.35883	2,558
Steven Pressman	55-59		69.57201	465
Bill Thompson	45-49		68.61565	1,949
Roger Roberson	50-54		68.12641	1,188
Steve Fischer	50-54		67.54415	1,242
Creighton Ko	45-49		66.17416	2,243
Maurice Tessier	40-44		65.90933	3,317
Bob Bomba	35-39		65.65665	3,475
Tom Struzzieri	50-54		61.74372	1,675
Tom Gill	55-59		56.63128	975

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. 111 August 2010

2009 HVTC Summer Tri-Series Winners

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

2nd Place: **Barbara Sessa (60)**

3rd Place: **Michele Yasson (60)**

4th Place: **Lauren Warren (58)**

5th Place: **Alicia Olmoz (53)**

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

2nd Place: **Mike Halstead (72)**

3rd Place: **Mark Wilson (61)**

4th Place: **Alex Sherwood (58)**

5th 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

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.** 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 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1st-December 31st.**



Hudson Valley Triathlon Club

Volume IX, Issue No. 111 August 2010

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