



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. 115

December 2010

IN A FEW WORDS

Dear HVTC,

Setting and reaching goals couldn't be more important than NOW! I hope that reads right; it's NOW or THIS EXACT MOMENT that is the most precious commodity that we humans have. Success is created by clear, inspiring and developed planning; bottom line...if it doesn't excite you, it ain't your goal! REPEAT: If it doesn't excite you, it ain't your goal! 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. 115 December 2010



HVTC Featured Athlete: Tracy Little

By Mark H. Wilson

Is there a triathlete mold? Is there a “type” of person that tends to do triathlon? Or, is triathlon one of those enigmas that allows and invites ALL types of folks to enjoy the same benefits that swimming, biking and running offer? There’s talk of the “Type A” personality and the intensity that triathletes exude; however, aren’t there gentler souls drawn to triathlon, too? And, just because they’re mild mannered doesn’t necessarily mean they’re not tough-as-nails competitive! Our Featured Athlete of the Month, Tracy Little, definitely represents the more humble side of the triathlete spectrum. And, like every coin, she’s got a flip-side with a triathlon monster waitin’ to bust out. How exciting; let’s hear more!!!



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

Tracy was born in Queens, New York and was raised in Utica and later Plattekill, New York. She attended Wallkill High School and participated in NO varsity sports; only JV volleyball and basketball. However, she remembers enjoying LONG walks and bike rides; hmm, building some base?! Actually, Tracy had some incredible science teachers who dragged 30 kids out on hiking and back-packing trips in the Catskills; it was through these adventures that she learned she could be physically tough and enjoy it.

After high school, Tracy attended SUNY New Paltz and then SUNY ESF (Environmental Science and Forestry) and majored in Forest Biology/Entomology. Again, she didn't play any organized sports but did take pleasure in swimming after school every night at the SUNY natatorium and she also rode her bike for recreation and transportation. (Uh huh, now the pieces are coming together!) At ESF her work-study position for two summers was in the Adirondacks and Tracy became very comfortable swimming across wilderness lakes; it even made it difficult to get back in the pool once she returned to school. Nice!

Currently, Tracy lives in Hurley, New York with her husband of twenty-eight years, Dave Hayes (not to be confused with HVTC volunteer Dave HAZE), and their "three" children Reilly (18), Schuyler (15) and Bonnie (the family canine). Tracy and Dave met while in school for Environmental Science and Forestry. Tracy works as the Assistant Manager at the Locust Hill Farm; a horse boarding stable in Dutchess County. Her position is part-time, but her responsibilities stretch far and wide. Tracy rides and cares for horses, provides computer support and also plays a big role in planning/running the farm's events, etc.

To add to that beauty, Tracy is a quilter and crafter; it's one of her dearest hobbies; okay, eating ice cream and chocolate is a close second. She also loves to camp and hike with her family; and, she and Dave are avid Birders and plan many of their "vacations" in excellent birding territories. Nowadays, Tracy's always arranging their trips around great places to swim, bike and run. (Oh, the horror!) In fact, Tracy's always thinking about her training; even while at work. Of course, no-one else does that but her, right?!

The beginning of Tracy's triathlon career occurred locally with a sizable group of gals who were training for a couple of "mock" triathlons; actually, three of the ladies from the faction are now HVTC-ers (Megan Corjulo, Jennifer Borrero and Melissa Signor). Tracy trained all summer long but didn't enter a "real" triathlon until 2009 when she completed the HVTC Summer Tri-Series race held in June. She loved it! One of her goals was to complete a triathlon before turning fifty and she accomplished it easily by racing the HVTC events 3 times prior to the "deadline." Good for you, Girl!



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

Most people in Tracy's life are supportive and impressed with her triathlon endeavors; especially her 81-year-old mother...she likes to brag about her daughter the triathlete (as she should!). And folks at work stop her and say things like "I didn't realize you were such a jock!" Tracy usually turns around to be sure that they're talking about HER. It's still a bit of a shock to Tracy that she's doing a legitimate sport, and doing very well to boot.

One of the aspects of triathlon that Tracy has relished is training with others; she feels that being in HVTC has truly inspired her to reach for new levels. She likes the range of athletic ability and everyone is treated with equal importance. Beautiful! And those 50+ women are really keeping her in tip-top shape and working hard every day. She also likes the multi-sport aspect of triathlon; she's always enjoyed swimming and biking, but the running usually felt like a serious chore. Now, however, she actually feels like a runner; it was only 2 years ago that Tracy couldn't run over ten minutes at a time...today, she routinely covers 2 hours with virtual ease. And probably Tracy's most favorite part of triathlon is the age-group divisions; it seriously motivates her to do her best against the ladies in her age-group...and, it's so much fun!

Speaking of fun, who wouldn't like the sport of triathlon with the success Tracy has had in her brief encounter with the sport?! Here are some races she's completed already: 2009 HVTC Summer Tri-Series, 2009 Hartford Woman's Triathlon (2nd F50-54), 2010 HVTC Summer Tri-Series, Northern Dutchess Sprint (2nd F50-54), Stissing Sprint (1st F50-54), 2010 Hartford Woman's Triathlon (1st F50-54), Lake George Triathlon (4th F50-54). As for her running, she completed her first half marathon in 2009 at the Dutchess County Classic and then ran the 2010 Celebrate Life Half Marathon and set a new PR in 1 hour 59 minutes 20 seconds. Woo-hoo!!!

So, what's the future hold for Tracy in the triathlon world? The main goal is to feel stronger and feel good (check!); getting faster will be a bonus (check!). She'd been thinking about doing the Lake George Olympic distance race again; however, there's been an announcement of the BIG George Half in the fall and she's finding it irresistibly tempting. As one of her friends said to her "Do it while you can!" and, why not; she's feeling better/faster than ever. Tracy's only regret is that she didn't get involved in the sport at an earlier age; but, she really enjoys being fit-after-fifty, so it's alright.

Tracy is extremely appreciative to be participating in the sport of triathlon and having a ton of fun, too! And, she doesn't imagine letting go of the sport any time soon; excellent news for triathlon; unfortunate news for her competitors...at least, the non-humble types. Thanks, Tracy!



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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.

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 (2/20/11) 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



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

JUNE

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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

SEPTEMBER

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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

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

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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**

2010 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**

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)**



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

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 Registration & Packet Pick-Up:** Wednesday, April 27th from 5:30-7:30 pm at Wilson State Park (859 Wittenberg Rd. Mt. Tremper, NY).
- **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 1st in all 4) and the least 1 (participated in one race for 20th 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 1st-December 31st.**



Hudson Valley Triathlon Club

Volume IX, Issue No. 115 December 2010

HVTC SPONSORS

*** USA TRIATHLON ***	www.usatriathlon.org
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