

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 127 December 2011

## IN A FEW WORDS

Dear HVTC,

Here we go, Folks; let the games begin! The infamous year 2012; what's in store for us? What will the changes be? And, how will it all turn out? I believe the answer is in each of us; one-by-one we'll decide how we want our future to look, smell and feel...and, why not?! See ya out there!

Sincerely,  
Mark H. Wilson  
Founder-Hudson Valley Triathlon Coach

## HVTC Featured Athlete: Michele Yasson\*

By Mark H. Wilson

Have you ever stopped to think about how grateful you were to be alive? About what you do, who you love and who loves you? Hopefully, as you read these questions they're answered in a split second with lightning speed. Well, that's the sense that emanates daily from our Featured Athlete of the Month, Michele Yasson. She's a rare find in that she truly loves her occupation more than triathlon. (See what school can do to ya?) She's a Holistic Veterinarian in Rosendale, NY and doing quite well. Let's find out how she got into triathlon.

Michele was born in New Jersey and in high school did a bit of gymnastics, but mostly did horse showing, especially Hunter/Jumper. She attended Rutgers University as an Undergraduate and traveled to the University of Missouri for vet school. Now she's interested in selling the house to begin building her own with her wife Lauren and their "kids" Janyi (the standard Poodle who makes an excellent running and mountain bike partner) and Zorro/Abby (kitties). Michele's practice is very unusual with 95% phone consultations (for cancer and other severe diseases) with clients from all over the world, but mostly New York State. "We're actually considered one of the top 5 practices in North America offering classical homeopathy..." says Michele. Besides triathlon, her hobbies include Kayaking and wheat-free cooking. (Barry Sears would be proud!)

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The first time Michele was exposed to triathlon was from a motorcycle. Yep, she volunteered as a marshal for the bike course during the Hudson Valley Triathlon back when it was a half-Ironman. She states that the athletes made it look easy, so she thought, "Seems like fun. I could do this!" Despite her optimism, she's had her share of bad luck with equipment and training mishaps. At the Highland Triathlon last year she had a PR despite a broken and unusable seat for most of the ride! At the Swiss Pines Triathlon in North Carolina she placed third in the Masters Division with a damaged and unusable big chain ring! Then, a vehicle struck her during a training ride. And, she swam in place for an hour against the tide at the Hudson Valley Triathlon. Her motto "I may be slow, but I've got endurance" failed her there! Michele's got the friends and family that think she's nuts, too, but it's not the first time they've considered it. She wanted to run a marathon as a relative couch potato without a single step of running experience. "I did it, too." (She's a toughie!) A favorite quote of hers is by Abe Lincoln who said, "Once one decides to do a thing, it is already half done."

Much of Michele's training in past years has been alone due to her slower pace, but not this year. "I'm finally movin' up!" Training alone isn't all that bad, though. She feels that quality "alone time" for prayer and meditation sets the quality of her whole day. For Michele, training for triathlon fosters a "can do" attitude that spills over into business, personal, and other goals. It motivates her to care for herself by better eating, scheduling mindfully and creating a self-perception of power/optimism. Training also keeps Michele fit in a joyful and fun way, instead of as a chore. The cross-training has helped push her to make a comeback from getting hit by that car 3 years ago, when it would have been easy to give up. It's been very challenging. First she considered switching sports when she couldn't run, which led to race walking. Now, she's actually running an hour without pain and walking one out of every 6 minutes! (Enter: Pose Method)

Michele's goals are common these days among triathletes. She hopes to finally break out of the sprint distance genre, and to pursue the long-term goal of an Ironman. For her, triathlon gives her a sense of pride, power and gratitude. She feels blessed. And ultimately, she enjoys the company of other triathletes and traveling the world, mostly as Lauren's Sherpa, which is an activity she loves. And, yes, she can also eat more...like chocolate covered Poodles (oops!)...pretzels! Thanks, Michele.

\*Michele has since become a force to be reckoned with in the F50-54; she has been slicing through the competition like a warm knife through butter! And, she's not done yet; stay tuned.

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## 2012 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).

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

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

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

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

## FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/?/12) 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/?/12) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

## APRIL

2012 Duathlon National Championship-Tucson, AZ (4/?/12) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/?/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/12) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

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**New Jersey Devilman Festival (Half-Ironman)-Millville, NJ S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

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

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

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

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

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

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

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

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

## JUNE

**HITS Open Triathlon-Hunter, NY (6/9/12) S 100 meters, B 3 mi., R 1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Sprint Triathlon-Hunter, NY (6/9/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Half Triathlon-Hunter, NY (6/10/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Full Triathlon-Hunter, NY (6/10/12) S 2.4 mi., B 112 mi., R 26.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

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**Escape From Alcatraz-San Francisco, CA S 1.5 mi., B 18 mi., R 8 mi.**  
[www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

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

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

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/12) S 400 yds., B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)

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

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

**Pat Griskus AquaVelo-Middlebury, CT S 1.5k, B 40k** [www.patgriskustri.com](http://www.patgriskustri.com)

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

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

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

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

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

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## JULY

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

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

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

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

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

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

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

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

## AUGUST

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

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

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

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

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/12) S 400 yds, B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)

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

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

**West Point Triathlon-West Point, NY S 800 m, B 25k, R 5k [www.westpointtri.com](http://www.westpointtri.com)**

**2012 USAT National Age Group Championship-Burlington, VT S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2013 ITU Short Course Triathlon World Championship)**

**2012 USAT Sprint National Age Group Championship-Burlington, VT S 750 meters, B 20K, R 5K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2013 ITU Short Course Triathlon World Championship)**

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

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

**Sebagoman-Harriman, NY S .9 mi., B 21 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

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

**Orange County Triathlon-Newburgh, NY S 1,500 meters, B 40k, R 10k [www.orangecountytri.com](http://www.orangecountytri.com)**

## SEPTEMBER

**Big George-Lake George, NY S 1.2 mi., B 56 mi., R 13.1 mi. [www.lgtrifestival.com](http://www.lgtrifestival.com)**

**2012 ITU Short Course Triathlon World Championship-New Zealand S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)**

**S.O.S.-New Paltz, NY 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](http://www.sostriathlon.com)**

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

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

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**Ironman 70.3 World Championship-Lake Las Vegas, NV S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**

**Vineyard Warrior Triathlon-Martha's Vineyard S 1.5k, B 40k, R 10k [www.vineyardwarrior.com](http://www.vineyardwarrior.com)**

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

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

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

**Savageman Triathlon-Deep Creek Lake State Park, MD S 1.2 mi., B 56 mi., R 13.1 mi. [www.savagemantri.org](http://www.savagemantri.org)**

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

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

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

**HITS Open Triathlon-Cooperstown, NY (9/22/12) S 100 meters, B 3 mi., R 1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Sprint Triathlon-Cooperstown, NY (9/22/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Olympic Triathlon-Cooperstown, NY (9/22/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Half Triathlon-Cooperstown, NY (9/23/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Full Triathlon-Cooperstown, NY (9/23/12) S 2.4 mi., B 112 mi., R 26.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**



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## OCTOBER

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

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

## DECEMBER

HITS Open Triathlon-La Quinta, CA (12/1/12) S 100 meters, B 3 mi., R 1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

HITS Sprint Triathlon-La Quinta, CA (12/1/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

HITS Olympic Triathlon-La Quinta, CA (12/1/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

HITS Half Triathlon-La Quinta, CA (12/2/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

HITS Full Triathlon-La Quinta, CA (12/2/12) S 2.4 mi., B 112 mi., R 26.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

## 2012 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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## **2011 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. HVTC Summer Tri-Series #1, HITS Triathlon Series: Hunter Mountain & Cooperstown, NY.)

<b>Name (Women)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
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### **Place**

Erica Ruge	35-39			
Erica Ruge	35-39			
Michele Yasson	50-54			
Mary DeNitto	60-64			
Tracy Little	50-54			
Megan Corjulo	45-49			
Jennifer Borrero	50-54			
Janice Cragolin	55-59			
Diana Tsingopoulos	65-69			

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

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

<b>Name (Men)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
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### **Place**

Mike Halstead	45-49			
Michael Bakker	45-49			
Bruce Cadenhead	45-49			
Charles Pegg	40-44			
Art Boyko	45-49			
Bill Shashaty	40-44			
Jim Demis	45-49			
Troy Weaver	45-49			
Keith O'Malley	45-49			
Richard Miller	55-59			
Kevin Adams	40-44			
Peter Oxenholm	45-49			
John Ferrara	50-54			
Steven Pressman	60-64			
Frank Priest	55-59			
Tom Struzzieri	50-54			
Steve Fischer	50-54			

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

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

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## 2010 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2011 HVTC Rookie of the Year Award: **Haley Fields**

2011 HVTC Most Improved Award: **Tracy Little**

2011 HVTC Female Honorable Mention Award: **Rachel Loftus**

2011 HVTC Female Honorable Mention Award: **Mary DeNitto**

2011 HVTC Female Triathlete of the Year Award: **Erica Ruge**

2011 HVTC Volunteer of the Year Award: **Rosa Wilson**

### MALE

2011 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2011 HVTC Male Honorable Mention Award: **Mike Halstead**

2011 HVTC Male Triathlete of the Year Award: **Mike Bakker**

### 2011 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge**

2nd Place: **Rachel Loftus**

3rd Place: **Michele Yasson**

4th Place: **Tracy Little**

5th Place: **Marcy Duffy**

Men's Champion: **Mike Bakker**

2nd Place: **Mike Halstead**

3rd Place: **Bill Shashaty**

4th Place: **Bob Gramling**

5th Place: **Bruce Cadenhead**

### HVTC Summer Tri-Series Standing Course Records

#### Women

**Course**-Erica Ruge (54:23)

**Swim**-Christine Honig (4:50)

**Bike**-Erica Ruge (36:20)

**Run**-Shannon Dawkins (10:57)

#### Men

**Course**-Terry Kerrigan (47:20)

**Swim**-Art Boyko (3:54)

**Bike**-Mike Bakker (31:56)

**Run**-Nick Brundage (10:01)

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## ANNOUNCEMENTS

- **Mark H. Wilson-Race Director: HITS Triathlon Series**
- **2012 HVTC Summer Tri-Series: June 13, July 11, August 15 & September 12.**  
Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each.  
Members can race in 1 or 4 races for a “total score” for overall awards. The most points one could receive is 80 (20/race for 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 2012 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2012 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2012 HVTC \$240.00 membership is valid from January 1-December 31.**

## HVTC SPONSORS

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