



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 X, Issue No. 117

February 2011

IN A FEW WORDS

Dear HVTC,

When it comes to setting goals, you have to ask yourself “What am I willing to give up?” If you’re not willing to give up the belief “I suck” then you’re not likely to accomplish the result you desire. If you’re un-willing to give-up pizza and beer at 10 pm on Friday nights, then you’re less likely to lose 10 more pounds, etc., etc. etc. Bottom line; if you want it, go get it; it’s yours for the taking! 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!

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HVTC Featured Athlete: Frank Priest

By Mark H. Wilson

Do you ever meet people, pause a moment, and then have an instant and complete sense of who they are? And, when you experience them it's such an incredible feeling you just want to give them a big hug? Okay, maybe you shouldn't try this on the streets in your town, but you understand; the person feels SO good and oozes nurturing vibes that it's practically impossible NOT to embrace such a creature! Our HVTC Featured Athlete of the Month, Frank Priest, is the perfect example of such an individual. It's safe to say, he's now affectionately dubbed as the Papa Bear of the club; just don't eat his cereal or more importantly, his Cheeze-Its. What makes this loveable guy tick? Let's get the scoop.



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Frank was born in da Bronx, New York as part of the post-war baby boomer flight to the suburbs in the 1960's to New City in Rockland County, NY. He's the oldest of five with two brothers and two sisters; and, incredibly, his parents still live in the same house in New City. Frank attended Albertus Magnus High School in Bardonia, NY and then Mount St. Mary's College in Emmitsburg, MD. As for sports, Frank was All-County Soccer goalkeeper in high school and All-Mason Dixon Conference goalkeeper in college. He also played rugby from the early 70's through the late 80's for Old Blue RFC in Manhattan. One of the highlights was playing on the touring side in England and Scotland. Besides scuba diving and skiing, Frank has been a volunteer fireman for 25 years and Chief Diver for Stony Point FD for 10 years as well as the Captain of Ladder Company in Nyack, New York. To support his triathlon "habit" he is the General Manager of an Engineering Manufacturing Company [name?????]. Frank and his wife Camille of 36 years, and soon-to-be retired high school art teacher, live in Nyack; once their two children (Desiree-30 and Kieran-28) moved-out they wanted a house in a village with lit sidewalks and close to the village, etc. and Nyack fits the bill. It's mainly Camille's vision and Frank ain't complaining. The main focus in Frank's life, however, is his two children; he just loves them to pieces. And, they have both recovered from a serious physical set-back, too. "My two children are my inspiration, heroes and strength" says Frank. He swears they get their determination from their mother; however, Papa Bear has to take some credit. Both are extremely bright young people with successful careers in California and Nevada. Frank has declared the new family crest as "Strength, Determination, Focus, Be Positive." Makes sense.

The first triathlon that Frank competed in was a disaster and...he loved it! That fateful day was back in June 2006 in Harriman State Park. The gun went-off and Frank took the plunge wetsuit-less and the water was REALLY cold; and he was just following the race director's advice "no wetsuit needed"...well, twenty-six minutes later; the bottom line is...Newbie's should wear wetsuits. He also had the wonderful opportunity to have three guys from the next wave take turns delivering the ceremonial "welcome-to-triathlon" head-dunks at the turnaround. That's when the memories of Rugby came back and he knew he was gonna love this sport. Back to the race; after putting-on the flip-flops, toweling-off, enjoying a drink, and ironing his apparel...he jumped-on the bike he had purchased two weeks previously only to discover his chain was completely off. Aaaahhh! While staring down dumb-founded, another triathlete yelled "rear derailleur... push it." So, Frank, scratching his says "It must be this thing" and gets a greasy lesson in chain application and gets the job done. Then, again, after a leisurely nap in T2 Frank finally finished the race and found himself reflecting on the days adventure and realized at 54 that he discovered a new and exciting sport. Cool! Now that he's 59, only his rugby friend's understand and simply state while shaking their heads "That's, Frankie!"



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Frank has also been extremely fortunate to work with a wonderful triathlon coach; Jeanette Shelow-MacDougall. He met Jeanette in the Nyack YMCA; while she was completing a workout Frank noticed her tri-shirt and recalled his desire to do a triathlon. They began to chit-chat and before long she started giving him workouts to follow; it's helped tremendously and inspiring watching his friend, mentor and coach train/race over the years with great success; "Jeanette has made a big difference to me not only in racing but also in adopting the triathlon lifestyle."

For Frank, triathlons make him feel like a little kid again; it makes him smile just thinking about it. Speaking of smiles, the HVTC Summer Tri-Series is one of the highlights for Frank during the season; "The competition is fierce, and the atmosphere is friendly. You get to meet new people, make new friends and watch seasoned high-end competitors accept, encourage and help newbies." No doubt! Although Frank does well in triathlon qualifying for the 2010 USAT Age-Group Championship and some podiums slots in '09 and '10; awards and achievements aren't that important to him unless you're talking about his children; he lives for them and he's proud to show it.

The racing is fun for Frank and his 2011 goals are straight forward; Bassman, TOGA, Harryman, Pawling, HVTC, Griskus, Philly, NYC, West Point, USAT National, Nations, Westchester. He's also slated to attend the 2011 USAT Nationals in Burlington, VT and earn a slot for the 2012 World Championships in New Zealand; which he'd better do or his coach will give HIM a bear hug! Thanks, Frank.



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2011 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the United States? For a complete listing of USAT Sanctioned races with event location and contact information go to www.usatriathlon.org)

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. Good luck to everyone this season and thanks for your stats!

Send results to: mark@hvtc.net.

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



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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

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

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

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

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

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

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

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

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

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



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

JUNE

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

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.plattsvs.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



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

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

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



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

AUGUST

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

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

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

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

**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)**



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

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-21/11) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.ironman.com
Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi.
www.genesisadventures.com

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

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



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

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

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

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

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

OCTOBER

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

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



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2011 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

2010 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in **at least 3 USA Triathlon Sanctioned** races that year; i.e. Lake George Triathlon, HVTC Summer Tri-Series #1 and Pat Griskus Triathlon.)

Name (Women) AG Honors Rank Nat'l AG
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)

Name (Men) AG Honors Rank Nat'l AG
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)



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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)**

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeanette 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)



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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.**

HVTC SPONSORS

*** USA TRIATHLON ***	www.usatriathlon.org
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
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*** HITS ***	www.hitsshows.com

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