

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 128 December 2012

IN A FEW WORDS

Dear HVTC,

Wow, it feels good to be in the year 2012; the year of the Water Dragon. So, what are your goals; first tri ever, race with HVTC, go to Nationals, tri the new HITS Tri-Series, or go to Worlds? Regardless, make it your BEST swim-bike-run season ever!!! See ya out there.

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

HVTC Featured Athlete: Jim Demis*

By Mark H. Wilson

What is it that makes triathlon so great? Is it a tough sport? Is it due to the creative genius, or boredom, to mesh three existing sports? Or is it because it's an outlet for those who didn't quite make the cut in mainstream sports in their youth and now have an opportunity to score big-time? Jim Demis, our Featured Athlete of the Month has done just that! He was never quite the athlete his brother was as a youngster, but now has made an incredible run for top athlete in the family since his sibling has become a "professional spectator." Let's just say Jim's a late bloomer and blossoming very fast! So what got him started? Let's find out.

Jim was born on September 10, 1964 in Honolulu, Hawai'i. (Hey, doesn't that make him an automatic entry into the Ironman Triathlon World Championship? Gotta look into that.) He attended Glen Oak High School in North Canton, Ohio. Jim played soccer and states he wasn't any good at it but since he was a good runner they kept him around. Consequently, he's been running regularly since his college days at the University of Cincinnati where he majored in Finance, Real Estate and French. He even studied abroad for a semester at the Sorbonne in Paris. (C'est magnifique!) Jim currently resides in Gardiner with his wife Maria and their 2 year old son Alexander. He is a Regional Sales Manager for an electric cable company and sells electrical/fiber optic cables to large construction projects like electric generating plants and rail transit lines. Between driving stints from electrical plant to electrical plant Jim enjoys carb-loading with Fritos and ice cream; then going rock climbing and hiking. (Sshh! We won't tell anyone, Jim!) BTW, Jim's rock climbing buddies can't fathom a sport that requires more devotion than climbing. (If they only knew.)

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Jim's first tri-experience was in June 2002 at the Harriman Tri-Series. That day he rode his mountain bike because it was all he had at the time. Halfway through the bike leg he noticed his handlebars were coming loose. (They didn't mention this in the manual!?) Fortunately, he finished the race safely with one hand on the neck, holding the bars in place, and the other hand on the brake. He now understands what they mean by "equipment check."

Jim began coming to the New Paltz to rock climb in 1994. One Sunday in 2001 he was climbing and noticed runners going by Undercliff Road. He made some inquiries and found out that this was a Triathlon called the S.O.S. When he learned the details of the race it struck him as "totally awesome." He had been trail running in the "Gunks" spending much of his time on his favorite trail Millbrook Ridge. He knew he had good endurance and had trained very hard for three big mountaineering trips to the Teton Mountains and Mt. Rainier in June 1998-99 and 2000. While preparing for these trips Jim discovered a motivation for his daily training that he'd never experienced before. In 2001 there wasn't anything motivating him to train, and then out of the blue he decided he had to do a triathlon. He recalls it was mid-winter 2002 when he registered for three triathlons and began training immediately. "I love all three sports by themselves!" says Jim. "Putting them together is the ultimate." Jim feels great doing tri's. "I love to go out and try and beat my previous best time. It's my reward for all those long miles no one ever sees you put in." And he's always telling other's about the sport, too. He believes that if someone is committed to it, they can do anything. As mentioned above, his younger brother was always the better athlete, but now Jim's leading the way for him and his wife; in fact, they're signed-up for their first triathlon in November. (Hopefully, it's not IM Florida!!!)

Jim has completed the Harriman Sprint Tri, Hudson Valley Triathlon, Greenwood Lake Triathlon and that little race called the S.O.S. two times. He's very proud of reducing his Survival of the Shawangunks time by 49 minutes this year; as he should be! "I even surprised myself!" Despite his marked gains, his goals are modest; he'd like to complete a half-ironman and maybe the NYC Marathon in 2006. "I find myself daydreaming a lot. I love my job and I love to work, but some days I daydream about what it would be like just to wake up every day and train." Keep dreaming and you may find yourself out-kicking that younger brother of yours in Hawai'i. Mahalo, Jim!

*Today, Jim is the stunning male model you've seen in all of the national HITS Triathlon Series ads lately. Perhaps a good "retirement" career?!

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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)

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.

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?!?!?**

JANUARY

HITS Open Triathlon-Naples, FL (1/7/12) S 100 meters, B 3 mi., R 1 mi.
www.hitstriathlonseries.com

HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi.
www.hitstriathlonseries.com

HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.
www.hitstriathlonseries.com

HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi.
www.hitstriathlonseries.com

HITS Full Triathlon-Naples, FL (1/8/12) S 2.4 mi., B 112 mi., R 26.2 mi.
www.hitstriathlonseries.com

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

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MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/?/12) Ski 2.5 mi., B 10 mi., R 3 mi.
www.pinehillarms.com

APRIL

2012 Duathlon National Championship-Tucson, AZ (4/?/12) R 10k, B 40k, R 5k
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

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

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

Trooper Biathlon-Hurley, NY R 2 mi., B 14 mi., R 2 mi. www.nytc.org

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

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

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

Toga Biathlon-Congers, NY R 4.25k, B25k, R 4.25k www.togamultisport.com

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

EnduraSport Mini Triathlon-Harriman, NY S .6 mi., B 29 mi., R 6.2 mi.
www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY S 1.2 mi., B 57 mi., R 13.1 mi.
www.genesisadventures.com

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Columbia Triathlon-Ellicott City, MD S 1.5k, Bike 41k, R 10k www.tricolumbia.org

JUNE

HITS Open Triathlon-Hunter, NY (6/9/12) S 100 meters, B 3 mi., R 1 mi. 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

HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. 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

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

Escape From Alcatraz-San Francisco, CA S 1.5 mi., B 18 mi., R 8 mi. 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

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

Blackwater Eagleman Triathlon-Cambridge, MD S 1.2mi, B 56mi, R13.1mi 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

Health Net Mossman Triathlon-Milford, CT S 1.5k, B 40k, R 10k www.trifitness.net

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

Pat Griskus AquaVelo-Middlebury, CT S 1.5k, B 40k www.patgriskustri.com

Lake Waramaug Sprint Triathlon-New Preston, CT S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

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Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

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

Philadelphia Triathlon-Philadelphia, PA S 1.5k, B 40k, R 10k www.phillytri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT S 600 yds., B 14 mi., R 3.1 mi. www.rushtonsports.com

Stamford Olympic Triathlon-Stamford, CT S 1.5k, B 40k, R 10k www.hartfordmarathon.com

JULY

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT S 600 yds. B 14 mi., R 3.1 mi. www.rushtonsports.com

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

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

Mossman Triathlon-Norwalk, CT S .5 mi., B 12.5 mi., R 5k www.teammossmann.com

Ironman USA-Lake Placid, NY S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

AUGUST

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

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New York City Triathlon-NYC, NY S 1.5k, B 40k, R 10k www.nyctri.com

**Lake Dunmore Triathlon-Salisbury, VT S .9 mi., B 28 mi., R 6.2 mi.
www.rushtonsports.com**

**Fronhofer Tool Triathlon-Cambridge, NY S 1.5k, B 40k, R 10k
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

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT S 1.5k, B 40k, R 10k
www.teammossman.com**

Lums Pond Triathlon-Bear, DE S .5 mi., B 19.5 mi., R 3.1 mi. www.piranha-sports.com

West Point Triathlon-West Point, NY S 800 m, B 25k, R 5k www.westpointtri.com

2012 USAT National Age Group Championship-Burlington, VT S 1.5k, B 40K, R 10K 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 (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**

**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**

Sebagoman-Harriman, NY S .9 mi., B 21 mi., R 6.2 mi. www.genesisadventures.com

Crystal Lake Triathlon S .5 mi., B 18 mi., R 3 mi. www.cdtriclub.org

**Orange County Triathlon-Newburgh, NY S 1,500 meters, B 40k, R 10k
www.orangecountytri.com**

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SEPTEMBER

Big George-Lake George, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.lgtrifestival.com

2012 ITU Short Course Triathlon World Championship-New Zealand S 1.5k, B 40k, R 10k 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

Women's Triathlon-Farmington, CT (9/2/11) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

Westchester Toughman-Croton Point Park, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Ironman 70.3 World Championship-Lake Las Vegas, NV S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Vineyard Warrior Triathlon-Martha's Vineyard S 1.5k, B 40k, R 10k 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

Lake George Triathlon-Lake George, NY S 1.5k, B 40k, R 10k www.adktri.org

Hammerfest Triathlon-Branford, CT S .5 mi., B 13.5 mi., R 4 mi. 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

Marshman Sprint Triathlon-Downingtown, PA S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY S 1.5k, B 40k, R 10k www.score-this.com

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

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

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HITS Sprint Triathlon-Cooperstown, NY (9/22/12) S 750 meters, B 12.4 miles, R 3.1 mi. 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

HITS Half Triathlon-Cooperstown, NY (9/23/12) S 1.2 mi., B 56 mi., R 13.1 mi. 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

OCTOBER

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

Toga Duathlon-Congers, NY R 4.25k, B25k, R 4.25k www.togamultisport.com

NOVEMBER

HITS Open Triathlon-Lake Havasu City, AZ (11/10/12) S 100 meters, B 3 mi., R 1 mi. www.hitstriathlonseries.com

HITS Sprint Triathlon-Lake Havasu City, AZ (11/10/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

HITS Olympic Triathlon-Lake Havasu City, AZ (11/10/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

HITS Half Triathlon-Lake Havasu City, AZ (11/11/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

HITS Full Triathlon-Lake Havasu City, AZ (11/11/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.hitstriathlonseries.com

DECEMBER

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

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HITS Sprint Triathlon-La Quinta, CA (12/1/12) S 750 meters, B 12.4 miles, R 3.1 mi. 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

HITS Half Triathlon-La Quinta, CA (12/2/12) S 1.2 mi., B 56 mi., R 13.1 mi. 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

2012 HVTC RACE RESULTS

JANUARY

HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

Overall Female: Erin Smith 1:17:33

Overall Male: Joe Malloy 0:57:17
Troy Weaver (1st M45) 1:14:57

HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

Overall Female: Kelly Kingma 2:23:53

Overall Male: Alex Habecker 1:58:59
Steve Fischer (2nd M54) 2:59:25

HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

Overall Female: Karen Tamsen 5:11:42

Overall Male: Scott Anderson 4:32:26
Troy Weaver 6:15:51

FEBRUARY

MARCH

APRIL

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MAY
JUNE
JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER

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.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
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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)

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
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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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2011 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

*** HITS TRIATHLON SERIES ***	www.hitstriathlonseries.com
*** USA TRIATHLON ***	www.usatriathlon.org
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** HAMMER NUTRITION, LTD. ***	www.hammernutrition.com
*** OVERLOOK MOUNTAIN BIKES ***	www.overlookmountainbikes.com
*** OPTICAL ILLUSIONS ***	www.scottschaffrick.com
*** ROADID.COM ***	www.roadid.com
*** DR. DAVID NESS ***	www.drness.com
*** NYS TROOPERS ***	www.troopers.state.ny.us
*** SISTEM ***	www.swedishinstitute.org

THANK YOU SPONSORS!!!