

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume XI Issue 134 July 2012

## IN A FEW WORDS

Dear HVTC,

The club is doing so well; it seems like each week when I gather the results someone is either placing in the top 3 overall or snagging some hardware in their age-group. I couldn't be prouder! Thanks, Everyone, for such an amazing and ongoing experience; I really appreciate it. See ya out there!

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

## HVTC Featured Athlete: Mike Hargrove\*

By Mark H. Wilson

Do you know someone who is really smart? You know; someone whom everyone wants to be on their team when the family plays Trivial Pursuit during the holidays? Someone who knows more than just the Sports & Leisure section? Yeah; biology, geology, archeology, all the ology's? Well, our Featured Athlete of the Month is one of those folks who can just make your head spin when it comes to knowin' stuff; especially computers. Mike Hargrove has spent more time wrapping his brain around a computer system than most of us have spent sleeping. How did this smarty-pants get involved in triathlon? Let's find out.

Mike was born in Kingston, NY on July 6, 1954; he went to John A. Coleman High School in Hurley, NY. Mike played basketball and was on the Coleman golf team; he was an integral part of the "hacker squad." He played a little baseball but didn't have a good bat. He received a BS in Electrical and Computer Engineering from the University of Massachusetts in Amherst, MA. Then he acquired a Masters Degree in Material Science from the University of Vermont, and then topped-it-off with PhD in Electrical Engineering from Thayer School of Engineering at Dartmouth College in Hanover, NH.

Mike lives in quaint Clinton Corners in Dutchess County just east of Rhinebeck on a beautiful dirt road. He is married to his wife Eileen and they have three lovely daughters who have all left the nest. He's currently an electrical engineer for AMD (Advanced Micro Devices) and the company designs and builds computer chips; in fact, they are Intel's biggest rival (oh, no; computer smack!). Mike worked at IBM for 22 years, he left in 2001 to join a small start-up company called Epson Research and Development; then resigned in 2005 to begin his journey at AMD. He's thrilled to be there, and he doesn't think about tri's more than his job! (Hmm, we'll have to work on that one.) In his quiet

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time away from the inside of a computer, Mike enjoys many hobbies such as woodworking, playing guitar, reading, and eating brownies with vanilla ice cream. (That's the Spirit!)

Mike has been a runner since 1976. When he and his family moved back to New York State from New Hampshire in 1994 he met some locals who were doin' some precarious activities in the neighborhood. His fellow citizens Brian Lavender and Mike Kristofik would always run and then go for a swim. Mike didn't understand this at all! What's with all this swimming stuff, why not just run? "I thought there was only running." By the late nineties he wised-up and started cross-training to avoid injury and bought a mountain bike. (Two down, one to go!) Mike really enjoyed riding and discovered that biking up a steep hill is actually harder than running up the hill! The bottom line was, it got him into really good shape while enjoying nature. It was at the 2000 SOS that Mike's life changed forever; he was the crew-person for his training buddies Brian and Mike who were competing. Once he witnessed the SOS, he realized he had to do it!! (Oh, heavens-to-Betsy!) Mike never learned to swim as a kid; so, he started swimming at Bard College and realized after going down-n-back a couple of times he was completely exhausted. It wasn't 'til the third time around that he finally got it that you're supposed to let the air OUT under the water as you swam so that you could get some air IN when you brought your head up again. (Details, details.) It was an "Aha!" moment and he progressed steadily from that point on. However, there was still this little panic button that triggered every so often.

The first triathlon Mike ever attempted was the Pawling Triathlon in 2002; it was almost his last triathlon, as well! It was his first open water swim and he had a major panic attack! (Welcome to triathlon!) Amazingly, he managed to complete the swim but it took almost 30 minutes. (Goodness!) The experience was so traumatic for him, that he didn't do another triathlon for a full year.

He did finally race again with more confidence and yardage under his belt. Considering where he's come from swim-wise, it's no wonder many of his non-triathlon friends think he's crazy for doing the sport. "They simply don't get it." However, Mike's mom thinks he's nuts for doing them, too, but somehow she understands his passion for it. "Thanks, Mom! You're the greatest!!"

Triathlons are excellent for Mike because when he's completed one he realizes that he really accomplished something special; especially when he accomplishes his first goal...to make it out of the water. (Thank you, Lord!) He sees it as a combination of physical and mental fortitude. "You really need to push yourself and when it's over for that day you can sit back and know you did something good that day." Mike feels great when he completes a triathlon, and he always feels that he can do even better next time. However, he's reserved about whom he shares his tri-experiences with; he recommends triathlons only to those people who are physically active and are looking for a new adventure.

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Despite facing his nemesis at each and every triathlon, the swim, Mike has accomplished and logged an impressive tri-resume. He's competed at; Pawling Triathlon, Pat Griskus Olympic Triathlon (CT), Blackwater Eagleman (MD), Tupper Lake Tinman, NYTC Races in Harriman State Park, West Point Triathlon, West Hartford Olympic Triathlon (CT-no longer exists), and the SOS (twice!). "The SOS is by far the greatest race of all; it combines everything good...running, biking, swimming, beautiful scenery, great people and great food!"

Mike has some realistic and attainable goals for 2008; number one is to improve in the swim by 20%. He also wants to complete a half Ironman under 5 hours 30 minutes and complete the SOS sub-six. He also wants to note that HVTC has been wonderful, "I really enjoy competing against so many incredibly talented people." Now, for the final wedge; how many triathletes does it take to change a light-bulb? Yes, that's right! Just 1; after he swims across the pool, rides his bike across town, runs the length of the mall, disassembles a Mac Book Pro, puts it back together, rides back to the gym and swims across the pool. Thanks, Mike!

\*Mike is one of those long-time HVTC-ers; still goin' strong. It's truly a pleasure having him in the club; and...the smarter they are, the faster they get. Right, Mike?!

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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?!?!?**

## JANUARY

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

[www.hitstriathlonseries.com](http://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](http://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](http://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](http://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](http://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](http://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](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)

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)

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)

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## 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)

**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 (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

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**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)

## 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)

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**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.teammossman.com](http://www.teammossman.com)**

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



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## 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 (9/2/11) 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)

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 Half Triathlon-Hunter II, NY (9/22/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

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[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Open Triathlon-Hunter II, NY (9/23/12) S 100 meters, B 3 mi., R 1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Hunter II, NY (9/23/12) S 750 meters, B 12.4 miles, R 3.1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Olympic Triathlon-Hunter II, NY (9/23/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.** [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

## OCTOBER

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

## NOVEMBER

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

## DECEMBER

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

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

**Overall Female:** Erin Smith 1:17:33

**Overall Male:** Joe Malloy 0:57:17  
Troy Weaver (1<sup>st</sup> 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](http://www.hitstriathlonseries.com)**

**Overall Female:** Kelly Kingma 2:23:53

**Overall Male:** Alex Habecker 1:58:59  
Steve Fischer (2<sup>nd</sup> 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](http://www.hitstriathlonseries.com)**

**Overall Female:** Karen Tamsen 5:11:42

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

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## FEBRUARY

### HITS Sprint Triathlon-Corpus Christi, TX (2/18/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

<u>Overall Female:</u>	Monserrat Morales Lopez	1:21:37
<u>Overall Male:</u>	Frank Sarosdy	1:04:18
	Troy Weaver (1 <sup>st</sup> M45)	1:16:20

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

<u>Overall Female:</u>	Jennifer Jankowski	09.747
	Marcy Duffy (1 <sup>st</sup> F30-34)	09.109
	Mary DeNitto (1 <sup>st</sup> F60-64)	08.948
	Laila Brady (2 <sup>nd</sup> F50-54)	07.251
<u>Overall Male:</u>	John Mitchell	11.232
	Bill Shashaty (3 <sup>rd</sup> Overall)	11.083
	Chad Duffy (3 <sup>rd</sup> M30-34)	10.218
	Bill Pape (1 <sup>st</sup> M60-64)	09.955

## MARCH

### Ironman 70.3 San Juan-San Juan, Puerto Rico (3/18/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)

<u>Overall Female:</u>	Kelly Williamson	4:14:06
<u>Overall Male:</u>	Timothy O'Donnell	3:51:32
	Ray Canals	6:41:42

### HITS Sprint Triathlon-Ocala, FL (3/25/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

<u>Overall Female:</u>	Catherine LaCrosse	1:15:20
<u>Overall Male:</u>	Rod De Kanel	1:05:08
	Troy Weaver (1 <sup>st</sup> M45)	1:22:33

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## APRIL

### USAT Duathlon National Championship (Standard Distance)-Tucson, AZ (4/28/12) R 5k, B 35k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

**Overall Female:** Gail Katouf 1:37:00  
Eric Ruge (1<sup>st</sup> F40-44) 1:45:49

**Overall Male:** Lionel Sanders 1:22:54

### HITS Sprint Triathlon-Marble Falls, TX (4/28/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**Overall Female:** Hollie Kenney 1:18:56

**Overall Male:** Ben Drezek 1:11:09  
Troy Weaver (1<sup>st</sup> M45) 1:25:04

### Spring Dual Against CF-New Paltz, NY (4/28/12) R 2 mi., B 12 mi., R 2 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Jean Norton 1:01:59  
Michele Yasson (1<sup>st</sup> F50-54) 1:11:54  
Mary DeNitto (1<sup>st</sup> F60-64) 1:13:18  
Kim Klemen (2<sup>nd</sup> F45-49) 1:13:51  
Alicia Olmoz (2<sup>nd</sup> F35-39) 1:14:42  
Jennifer Lang 1:16:13  
Nancy Figueroa 1:22:38

**Overall Male:** Justin Harris 0:52:41  
Mike Halstead (3<sup>rd</sup> Overall) 0:55:03  
Art Boyko (1<sup>st</sup> M45-49) 1:01:00  
Chris Loftus (1<sup>st</sup> M40-44) 1:02:23  
Bob Gramling (2<sup>nd</sup> M55-59) 1:02:34  
Bill Shashaty 1:02:49  
Joe Falcon 1:11:12

### HITS Half Triathlon-Marble Falls, TX (4/29/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**Overall Female:** Jennifer Reinhart 5:32:56

**Overall Male:** Adrian Cameron 4:59:30  
Troy Weaver 7:02:10

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## MAY

### 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)

<b><u>Overall Female:</u></b>	Kenna Moran	1:12:06
	Star Walters (1 <sup>st</sup> F60-64)	1:23:07
	Haley Fields	1:30:46
	Lindsay Yandon	1:30:49
	Jess Keil	1:30:52
<b><u>Overall Male:</u></b>	Greg Reznich	0:56:44
	Frank Priest (2 <sup>nd</sup> M60-64)	1:16:51
	Brian Morris	1:22:46
	Jonathan Viola	1:28:04
	Clay Corjulo	1:48:11

### 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)

<b><u>Overall Female:</u></b>	Tara Rasch	5:04:11
<b><u>Overall Male:</u></b>	Greg Close	4:18:06
	Tom Struzzieri	5:56:46
	Vinnie Card	5:56:46

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

<b><u>Overall Female:</u></b>	Erica Ruge	1:10:22
	Jean Norton (3 <sup>rd</sup> Overall)	1:14:08
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:24:18
	Marcy Duffy (3 <sup>rd</sup> F30-34)	1:28:04
<b><u>Overall Male:</u></b>	Michael Tanzi	1:00:48
	Mike Halstead (1 <sup>st</sup> M45-49)	1:05:12
	Bill Shashaty	1:13:28
	Chad Duffy (3 <sup>rd</sup> M30-34)	1:14:17
	Bill Pape (1 <sup>st</sup> M60-64)	1:20:20
	Mike Hargrove (1 <sup>st</sup> M55-59)	1:21:52
	Steven Pressman (3 <sup>rd</sup> M60-64)	1:23:01

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## Devilman (Sprint)-New Jersey S .4 mil, Bb 12.35 mi., R 4 mi.

[www.piranhasports.com](http://www.piranhasports.com)

Overall Female: Stephanie Gonzalez 1:37:02

Overall Male: Ryan Phillips 1:31:25  
Troy Weaver 1:49:34

## 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)

Overall Female: Jana Richtrova 5:46:27

Overall Male: Rich Burke 4:55:19  
Mike Bakker (2<sup>nd</sup> Overall) 5:03:09

## 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)

Overall Female: Erica Ruge 3:02:33

Overall Male: Matt Mallett 2:44:24  
Mike Hargrove 3:54:29

## JUNE

## Pawling Triathlon-Pawling, NY (6/2/12) S 500 yards, B 12 mi., R 3.1 mi. [www.nytc.org](http://www.nytc.org)

Overall Female: Jean Norton 1:09:27  
Margie McGoldrick 1:30:29  
Terri Keating 1:30:29  
Nancy Figueroa 1:38:21

Overall Male: Michael Tanzi 0:58:31  
George Stewart 1:10:08  
Kevin Adams 1:11:45  
Bill Norton 1:13:03  
Peter Oxenholm 1:14:16  
Mike Hargrove 1:17:38  
Steven Pressman (3<sup>rd</sup> M60-64) 1:17:56  
Frank Priest 1:21:01  
Joe Falcon 1:26:47

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## **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)

<b><u>Overall Female:</u></b>	Anna Fyodorova	1:30:08
	Marcy Duffy (1 <sup>st</sup> F32)	1:32:30
	Lise Hafner (1 <sup>st</sup> F49)	1:33:36
	Jennifer Borrero (1 <sup>st</sup> F50)	1:45:53
<b><u>Overall Male:</u></b>	Mike Halstead	1:10:41
	Troy Weaver (1 <sup>st</sup> M45)	1:22:58

## **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)

<b><u>Overall Female:</u></b>	Karen Pompay	2:33:40
	Mary DeNitto (1 <sup>st</sup> F63)	3:10:55
<b><u>Overall Male:</u></b>	Chris McCloskey	2:12:22
	Bill Shashaty (1 <sup>st</sup> Clydesdale 40+)	2:37:34
	Steven Pressman (1 <sup>st</sup> M61)	3:00:53

## **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)

<b><u>Overall Female:</u></b>	Sarah Rodriguez	5:16:32
<b><u>Overall Male:</u></b>	Stephen Holloway	4:46:09
	Mike Halstead (3 <sup>rd</sup> Overall)	4:48:27
	Chad Duffy (1 <sup>st</sup> M34)	5:37:35
	Ed Galgay (1 <sup>st</sup> M58)	8:55:40

## **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)

<b><u>Overall Female:</u></b>	Deb Battaglia	12:11:42
<b><u>Overall Male:</u></b>	Tim Cronin	12:04:38
	Henry Collins (1 <sup>st</sup> M44)	15:45:57



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## **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)**

### **Overall Female:**

Erica Ruge	0:55:19
Rachel Loftus (2 <sup>nd</sup> Overall)	0:59:45
Michele Yasson (3 <sup>rd</sup> Overall)	1:05:39
Mary DeNitto (1 <sup>st</sup> F60-64)	1:06:01
Lise Hafner (1 <sup>st</sup> F50-54)	1:06:49
Alicia Olmoz (1 <sup>st</sup> F35-39)	1:09:37
Lori Cassia-Decker (2 <sup>nd</sup> F50-54)	1:10:24
Jennifer Borrero (3 <sup>rd</sup> F50-54)	1:12:59
Christine Westerman (1 <sup>st</sup> F40-44)	1:13:28
Tracy Little	1:14:52
Terri Keating (1 <sup>st</sup> F55-59)	1:16:31
Jess Keil (1 <sup>st</sup> F30-34)	1:17:34
Ellen Nesbitt (1 <sup>st</sup> FU19)	1:17:55
Megan Corjulo (1 <sup>st</sup> F45-49)	1:18:20
Roge Nesbitt (2 <sup>nd</sup> F45-49)	1:18:26
Jane Struzzieri	1:20:26
Janice Cragolin (2 <sup>nd</sup> F55-59)	1:21:35
Nancy Figueroa (2 <sup>nd</sup> F40-44)	1:26:10
Abby Billias	1:27:56
Linda Cherny (3 <sup>rd</sup> F45-49)	1:37:22
Marcy Duffy (1 <sup>st</sup> F30-34)	1:41:55
Tammy Bryk	1:44:45
Trish Gondolfo	1:45:53
Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:56:15
Melissa Signor (3 <sup>rd</sup> F55-59)	2:04:09

### **Overall Male:**

Mike Bakker	0:50:50
Mike Halstead (2 <sup>nd</sup> Overall)	0:51:39
Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:52:14
Alex Sherwood (1 <sup>st</sup> M35-39)	0:53:40
Art Boyko (1 <sup>st</sup> M45-49)	0:55:45
Doug Thompson (2 <sup>nd</sup> M45-49)	0:56:03
Bill Shashaty (1 <sup>st</sup> M40-44)	0:56:09
Mark Gueren (2 <sup>nd</sup> M40-44)	0:56:24
Chad Duffy (1 <sup>st</sup> M30-34)	0:58:26
Donald Thurston (3 <sup>rd</sup> M45-49)	0:59:07
George Stewart (3 <sup>rd</sup> M40-44)	0:59:39
Henry Collins	0:59:47
Chris Loftus	0:59:51
Jason DeFabio	1:01:08
Bill Pape (1 <sup>st</sup> M65-59)	1:02:06
Peter Oxenholm	1:02:23

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Dennis Ebbing	1:02:33
Jim Demis	1:03:50
John Jasinski (1 <sup>st</sup> M55-59)	1:04:55
John Ferrara (2 <sup>nd</sup> M55-59)	1:07:56
Steven Pressman (1 <sup>st</sup> M60-64)	1:09:41
Mike Hargrove (3 <sup>rd</sup> M55-59)	1:09:50
Brian Morris	1:14:09
Joe Falcon (1 <sup>st</sup> M50-54)	1:15:04
Hillel Bryk (2 <sup>nd</sup> M50-54)	1:15:46
Donald Roth	1:17:55
Vic McGregor	1:33:29

## **Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/12) S 1.5k, B 40k, R 10k**

[www.patgriskustri.com](http://www.patgriskustri.com)

<b><u>Overall Female:</u></b>	Cassandra Maximenko	2:22:25
	Erica Ruge (1 <sup>st</sup> F40-44)	2:31:28
	Rachel Loftus (3 <sup>rd</sup> F25-29)	2:45:15

<b><u>Overall Male:</u></b>	Chris Thomas	2:01:58
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## **Wheel & Heel Triathlon-Wilcox Park, NY (6/24/12) S ¼ mi., B 12 mi., R 3 mi.**

[www.nytc.org](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Kierann Toth	1:12:24
	Lori Cassia-Decker (3 <sup>rd</sup> Overall)	1:24:34

<b><u>Overall Male:</u></b>	Bruce Cadenhead	1:02:27
	Peter Oxenholm (3 <sup>rd</sup> M45-49)	1:14:30

## **Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

<b><u>Overall Female:</u></b>	Isabelle Landry	5:06:34
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<b><u>Overall Male:</u></b>	Chuck Perreault	4:04:55
	Mike Bakker (1 <sup>st</sup> M45-49)	4:37:23

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## North Country Triathlon (Sprint)-Hague, NY (6/30/12) S 750 meters, B 20k, R 5k [www.northcountrytri.com](http://www.northcountrytri.com)

Overall Female: Elizabeth McDonough 1:23:27

Overall Male: Patrick O'Keefe 1:11:35

## North Country Triathlon (Olympic)-Hague, NY (6/30/12) S 1.5k, B 26 mi., R 10k [www.northcountrytri.com](http://www.northcountrytri.com)

Overall Female: Michelle Rosowski 2:40:30

Overall Male: Mark Snowise 2:28:26  
Tom Struzzieri 3:13:45

## JULY

## Stissing Triathlon-Stissing, NY (7/7/12) S .5 mi., B 16.4 mi., R 3.3 mi. [www.stissingsprint.com](http://www.stissingsprint.com)

Overall Female: Erica Ruge 1:28:52  
Lori Decker-Cassia (1<sup>st</sup> F50-54) 1:50:37

Overall Male: Bruce Cadenhead 1:24:07  
Bill Shashaty (1<sup>st</sup> M40-44) 1:33:43  
Peter Oxenholm (2<sup>nd</sup> M45-49) 1:36:31

## Rhode Island 70.3-Providence, RI (7/8/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)

Overall Female: Caitlin Snow 4:32:50

Overall Male: Paul Ambrose 3:54:29  
George Stewart 6:27:30

## NYC Triathlon-New York, NY (7/8/12) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

Overall Female: Amy Bevilacqua 2:00:04  
Mary DeNitto (2<sup>nd</sup> F60-64) 2:45:32

Overall Male: Jordan Jones 1:45:04  
Charles Pegg 2:27:46

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## **Orange County Triathlon-Newburgh, NY (7/8/12) S 1.5k, B 40k, R 10k**

[www.orangecountytri.com](http://www.orangecountytri.com)

<b><u>Overall Female:</u></b>	Roxanne Wegman	2:18:17
	Rachel Loftus (1 <sup>st</sup> F25-29)	2:32:08
	Alicia Olmoz (3 <sup>rd</sup> F35-59)	2:56:35
	Nancy Figueroa	3:22:48

<b><u>Overall Male:</u></b>	Keith Strudler	2:05:11
	Mike Halstead (3 <sup>rd</sup> M45-49)	2:11:15

## **HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/12) S 400 yds., B 12 mi., R 2**

[mi. www.hvtc.net](http://mi.www.hvtc.net)

<b><u>Overall Female:</u></b>	Erica Ruge	0:55:33
	Michele Yasson (2 <sup>nd</sup> Overall)	1:02:56
	Mary DeNitto (3 <sup>rd</sup> Overall)	1:06:43
	Lori Cassia-Decker (1 <sup>st</sup> F50-54)	1:08:10
	Marcy Duffy (1 <sup>st</sup> F30-34)	1:08:44
	Christine Westerman (1 <sup>st</sup> F40-44)	1:09:44
	Ellen Nesbitt (1 <sup>st</sup> FU19)	1:11:28
	Tracy Little (2 <sup>nd</sup> F50-54)	1:12:50
	Jen Borrero (3 <sup>rd</sup> F50-54)	1:13:29
	Janice Cragolin (1 <sup>st</sup> F55-59)	1:19:09
	Jane Struzzieri	1:19:58
	Abby Billias	1:20:11
	Nancy Figueroa (2 <sup>nd</sup> F40-44)	1:20:29
	Tamara Kaynan (2 <sup>nd</sup> F30-34)	1:37:03
	Viviane Eisenberg-Mellen (1 <sup>st</sup> F60-64)	1:37:14
	Tammy Bryk (1 <sup>st</sup> F45-49)	1:42:46
	Diana Tsingopoulos (1 <sup>st</sup> F65-59)	1:45:33
	Melissa Signor (2 <sup>nd</sup> F55-59)	2:00:41

<b><u>Overall Male:</u></b>	Mike Bakker	0:49:59
	Mike Halstead (2 <sup>nd</sup> Overall)	0:50:44
	Alex Sherwood (3 <sup>rd</sup> Overall)	0:50:45
	Bruce Cadenhead (1 <sup>st</sup> M45-49)	0:53:00
	Art Boyko (2 <sup>nd</sup> M45-49)	0:55:43
	Donald Thurston (3 <sup>rd</sup> M45-49)	0:56:34
	Chad Duffy (1 <sup>st</sup> M35-39)	0:56:42
	Bill Shashaty (1 <sup>st</sup> M40-44)	0:57:31
	Jason DeFabio (2 <sup>nd</sup> M40-44)	0:59:34
	George Stewart (3 <sup>rd</sup> M40-44)	0:59:43
	Henry Collins	0:59:51

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Peter Oxenholm	1:00:40
Dennis Ebbing	1:01:08
Ken Katz	1:01:17
Kurt Carney	1:02:10
Bill Pape (1 <sup>st</sup> M65-59)	1:02:37
Tom Struzzieri (1 <sup>st</sup> M50-54)	1:03:27
John Jasinski (1 <sup>st</sup> M55-59)	1:03:52
Jim Demis	1:03:55
Steven Pressman (1 <sup>st</sup> M60-64)	1:08:32
John Ferrara (2 <sup>nd</sup> M55-59)	1:10:05
Patrick Nesbitt	1:11:29
Joe Falcon (2 <sup>nd</sup> M50-54)	1:11:51
Brian Morris	1:12:24
Tom Tauscher (3 <sup>rd</sup> M50-54)	1:23:29

## **NJ State Triathlon-West Windsor, NJ (7/22/12) S .5 mi., B 11.5 mi., R 3.1 mi.**

[www.newjerseystatetri.cgiracing.com](http://www.newjerseystatetri.cgiracing.com)

<b><u>Overall Female:</u></b>	Robin Sandos	0:59:27
<b><u>Overall Male:</u></b>	Michael Phinney	0:53:57
	Troy Weaver	1:05:48

## **Ironman USA-Lake Placid, NY (7/23/12) S 2.4 mi., B 112 mi., R 26.2 mi.**

[www.ironman.com](http://www.ironman.com)

<b><u>Overall Female:</u></b>	Jessie Donovan	09:47:39
	Michele Yasson	13:38:03
<b><u>Overall Male:</u></b>	Andy Potts	08:25:07
	Henry Collins	13:18:56

**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>
<b>Place</b>				
Erica Ruge	35-39	AA	93.6744	48
Rachel Loftus	25-29		84.4581	241
Michele Yasson	50-54		77.5332	250
Mary DeNitto	60-64	AA	77.5128	12
Pam Neimeth	50-54		75.9548	308
Tracy Little	50-54		72.9134	420
Marcy Duffy	30-34		71.7363	1160
Jennifer Borrero	50-54		71.5305	483
Megan Corjulo	45-49		69.2889	995
Terri Keating	55-59		62.3014	372
Janice Cragolin	55-59			

**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>
<b>Place</b>				
Michael Bakker	45-49	AA	97.4978	8
Mike Halstead	45-49	AA	95.1049	23
Bruce Cadenhead	45-49	AA	91.6598	80
Charles Pegg	40-44		84.1375	599
Art Boyko	45-49		83.4039	449
Bob Gramling	55-59	HM	82.6512	75
Bill Shashaty	40-44		80.6246	1044
Jim Demis	45-49		79.4144	817
Chris Loftus	40-44			
Chad Duffy	30-34		78.6360	1180
Troy Weaver	45-49		76.9617	1101
Keith O'Malley	45-49			
Richard Miller	55-59		75.0584	332
Kevin Adams	40-44			
Peter Oxenholm	45-49		74.6052	1436
Steven Pressman	60-64		71.7345	177
Tom Struzzieri	50-54		70.8049	1255
Frank Priest	60-64		69.7324	232
John Ferrara	50-54		69.1296	1443
Steve Fischer	50-54		66.8959	1686

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

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

# Hudson Valley Triathlon Club

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Volume XI Issue 134 July 2012

## 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; A Distance For Everyone™**
- **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 ***	<a href="http://www.hitstriathlonseries.com">www.hitstriathlonseries.com</a>
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*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
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