



# Hudson Valley Triathlon Club



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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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**Volume VIII, Issue No. 97**

**June 2009**

## IN A FEW WORDS

Dear HVTC,

There's no mistaking feeling joy; you're happy and you know it! Triathlon does that to folks; it brings-out the best in people. Thanks for being a part of HVTC; the most grateful triathlon club on the planet! See ya out there.

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



## **Moments of Greatness with HVTC**

Photo: Helen Hamada

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***CAUTION: Participating in the sport of triathlon and HVTC could cause radiant health and spiritual well-being!***

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Photo: Scott Schaffrick [www.scottschaffrick.com](http://www.scottschaffrick.com)

## **HVTC Featured Athlete: Roge Nesbitt**

By Mark H. Wilson

Do you have a sister or spouse who is so competitive that you brag about THEM instead of your own athletic adventures? “Yeah, you shoulda seen my sister/wife, she kicked some serious butt!” It’s great, it completely takes the focus off YOU; it’s the perfect excuse...”Yep, I’m here for the wife today; did I tell you how much she can bench-press?!” Our Featured Athlete of the Month, Roge Nesbitt, is as competitive as they come...with herself! She’s a tri-monster waiting to bust-out; it’s just a matter of time. Let’s get to it!



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Roge is a mid-west girl and was born in Danville, Indiana and attended Brownsburg High School in Brownsburg, Indiana. She went to Cedarville University in Ohio and received a degree in Elementary Education. Roge played basketball, tennis and was on the cross country team in high school; she also played tennis in college. She currently lives in Poughkeepsie, New York with her husband Patrick and their four kids; Ellen (14), Patricia (13), Joe (6), and Jack (4). Roge's present occupation is the Women's Tennis Coach at Marist College. Besides triathlon, she also enjoys recreational tennis, racquetball and eating brownie sundaes with lots of chocolate syrup on top. (Oops! Drool on the keyboard.)

The tennis guru's first swim/bike/run was last June at the Pawling Triathlon. "I think my sister and her husband think that I am a little crazy for doing triathlons, and they are very supportive but can't figure out why I would do it." In addition, at last year's HVTC Summer Tri-Series, Roge won socks as an age-group award and her son asked Daddy why he didn't win anything. D'oh! He kept asking if Mommy beat Daddy; Roge tried to explain that Mommy didn't beat Daddy and that it was divided-up in age groups; kinda tough to explain to a three-year-old. In fact, he kept asking the same question all summer long; unfortunately for Daddy, he's in the M40-44.

Roge got involved in triathlons because her loving husband Patrick began competing and she thought it would be something fun they could do together. She likes doing triathlons because it gives her a variety of exercise which helps keep it interesting. Roge always feels very good about herself after doing a triathlon. She knows she has pushed herself just a little bit more and she can tell it helps in the other activities she does. Roge recommends the sport to people who seem to be getting bored with whatever they're into because, again, she thinks variety for a competitive athlete is so important. For her, it's not an obsession but she IS competitive with herself and likes to check her times and improve in different areas whenever possible. Of course, that means EVERY time!

Despite limited racing for Roge, she's learning quickly; she took 11 minutes off her Pawling time and 5 minutes from her HVTC Summer Tri-Series #1 from 2008! The train's moving in the right direction; watch-out. She's also run a couple of half marathons and hopes to do her first marathon this fall. Roge's goals for the future are to do the club races this summer and enjoy every moment.

"I just want to say that last year was the first year we joined HVTC and we really enjoyed ourselves. It is a great environment for our kids since they always come with us to the races. Our girls did the kids SOS last year and it's great to have them watch other people and see them in action and not just see results on the computer." Yes, it's gonna be more fun to see Mommy beat Daddy in-person! Thanks, Roge.



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## 2009 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) and click “calendar.”)

## 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).

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 (2/22/09) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)



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## APRIL

**Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Brooklyn Biathlon-Brooklyn, NY (4/5/09) R 2.1 mi., B 10 mi., R 2.1 mi. [www.nytc.org](http://www.nytc.org)**

**Bronx Biathlon-Bronx, NY (4/26/09) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)**

## MAY

**Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/3/09) 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 (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**St. Croix Triathlon-St. Croix, US Virgin Islands (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/16/09) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**



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**Diamond Girl-Lebanon, NJ (5/17/09) S 400 meters, B 14 mi., R 2 mi.**  
[www.piranhasports.com](http://www.piranhasports.com)

**Toga Biathlon-Congers, NY (5/17/09) R 4.25k, B25k, R 4.25k**  
[www.togamultisport.com](http://www.togamultisport.com)

**Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://www.tricolumbia.org)

**Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k**  
[www.multisportmaniacs.org](http://www.multisportmaniacs.org)

**Florida 70.3-Orlando, FL (5/17/09) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

**Saratoga Lions Duathlon-Saratoga, NY (5/?/09) R 5k, B 20 mi., R 5k**  
[www.saratogalins.com](http://www.saratogalins.com)

**Cascade Lake Triathlon-Hampstead, MD (5/31/09) S .3 mi., B 15 mi., R 5k**  
[www.piranha-sports.com](http://www.piranha-sports.com)

## JUNE

**Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi.** [www.nytc.org](http://www.nytc.org)

**Diamond Girl-Bear DE (6/7/09) S ¼ mi., B 10 mi., R 2 mi.** [www.piranhasports.com](http://www.piranhasports.com)

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5-7/09) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)**  
[www.timbermantri.com](http://www.timbermantri.com)



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**Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/7/09) S 1.5k, B 40k, R 10k (USAT Regional Championship) [www.keukalaketri.com](http://www.keukalaketri.com)**

**Diamond Girl-Quakertown, PA (6/14/09) S ¼ mi., B 10 mi., R 2 mi. [www.piranhasports.com](http://www.piranhasports.com)**

**Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**Escape From Alcatraz-San Francisco, CA (6/14/09) S 1.5 mi., B 18 mi., R 8 mi. [www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)**

**NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**NY Tri Series #1 (Biathlon)-Harriman State Park (6/14/09) R 3 mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Health Net Mossman Triathlon-Milford, CT (6/13/09) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Thundergust Triathlon-Pittsgrove, NJ (6/13/09) S .4 mi., B 16 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**



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Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k  
[www.xterraplanet.com](http://www.xterraplanet.com)

Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/09) 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 (6/27/09) 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 (6/27/09) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

Flat As A Pancake Triathlon-Staten Island, NY (6/27/09) S ¼ mi., B 12 mi., R 5k  
[www.lin-mark.us](http://www.lin-mark.us)

Philadelphia Triathlon-Philadelphia, PA (6/28/09) S 1.5k, B 40k, R 10k  
[www.phillytri.com](http://www.phillytri.com)

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/28/09) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi.  
[www.nytc.org](http://www.nytc.org)

Stamford Olympic Triathlon-Stamford, CT (6/28/09) S 1.5k, B 40k, R 10k  
[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

## JULY

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/8/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)





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**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/8/09) S .5 mi., B 10.5 mi., R 5k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Diamond in the Rough Triathlon-Perryville, MD (7/11/09) S 1 mi., B 27 mi., R 5 mi.**  
[www.piranha-sports.com](http://www.piranha-sports.com)

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/12/09) S 600 yds. B 14 mi.,  
R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

**Ironman 70.3 Rhode Island-Providence, RI (7/12/09) S 1.2 mi., B 56 mi., R 13.1 mi.**  
[www.ironman.com](http://www.ironman.com)

**MetroMan-Long Branch, NJ (7/12/09) S .6 mi., B 12 mi., R 5k**  
[www.sunsetracing.com](http://www.sunsetracing.com)

Tri-Putnam-Carmel, NY (7/12/09) S .3 mi., B 18 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

**Mossman Triathlon-Norwalk, CT (7/19/09) S .5 mi., B 12.5 mi., R 5k**  
[www.teammossmann.com](http://www.teammossmann.com)

**Musselman Triathlon (Half-IM)-Geneva, NY (7/18-19/09) S 1.2 mi., B 56 mi., R 13.1 mi.**  
[www.musselmantri.com](http://www.musselmantri.com)

**Musselman Triathlon (Sprint)-Geneva, NY (7/18-19/09) S 500 yd., B 15 mi., R 3 mi.**  
[www.musselmantri.com](http://www.musselmantri.com)

Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 12 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)



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Hudson Valley Biathlon-Kingston, NY(7/19/09) R 1 mi., B 12 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)

Pine Bush Triathlon, Pine Bush, NY (7/?/09) S 325 yds., B 11.5, R 3.25  
[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

Piseco Lake Triathlon-Speculator, NY (7/?/09) S .5 mi., B 11.5 mi., R 3 mi.  
[www.adrkmts.com](http://www.adrkmts.com)

New York City Triathlon-NYC, NY (7/26/09) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

Ironman USA-Lake Placid, NY (7/26/09) S 2.4 mi.,  
B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

## AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/1/09) S 1.5k, B 40k, R 10k  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/2/09) S 1/2 mi., B 14.2 mi., R 5k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

Sandy Beach Triathlon-Morris, CT (8/?/09) S 880 yds., B 10 mi., R 5k  
[www.greystoneracing.net](http://www.greystoneracing.net)

Lake Dunmore Triathlon-Salisbury, VT (8/9/09) S .9 mi., B 28 mi., R 6.2 mi.  
[www.vermontsun.com](http://www.vermontsun.com)

Northern Columbia County Triathlon-Kinderhook, NY (8/?/09) S .25 mi., B 19.5 mi., R 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)



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Central Park Triathlon-New York, NY (8/9/09) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Steelman Triathlon-Quakertown, PA (8/9/09) S 1.5k, B 40k, R 10k [www.lin-mark.us](http://www.lin-mark.us)

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/12/09) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/16/09) S 1.5k, B 40k, R 10k [www.teammossman.com](http://www.teammossman.com)

NY Tri Series Race #2-Harriman State Park, NY (8/16/09) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)

West Point Triathlon-West Point, NY (8/16/09) S 800 m, B 25k, R 5k [www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

Vassar Brothers Triathlon-LaGrange, NY (8/22/09) S ¼ mi., B 15 mi., R 5k

Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)

Timberman Half-Ironman Triathlon-Gilford, NH (8/21-23/09) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

2009 USAT National Age Group Championships-Tuscaloosa, Alabama (8/22/09) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2010 ITU Short Course Triathlon World Championship)



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**Crystal Lake Triathlon (8/29/09) S .5 mi., B 18 mi./., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)**

**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/30/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Diamond Girl-Harriman, NY (8/30/09) S 500 meters, B 15 mi., R 4 mi. [www.piranhasports.com](http://www.piranhasports.com)**

## SEPTEMBER

**S.O.S.-New Paltz, NY(9/13/09) B 30mi., R 19mi., S .5mi.,R.7mi. [www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)**

**Women's Triathlon-Farmington, CT (9/13/09) S .5 mi., B 12 mi., R 5k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

**2009 ITU Short Course Triathlon World Championship-Gold Coast, Australia (9/9-13/09) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)**

**Westchester Toughman-Croton Point Park, NY (9/13/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.westchestertoughman.com](http://www.westchestertoughman.com)**

**HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/16/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Lake George Triathlon-Lake George, NY (9/19/09) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)**

**Fox Run Duathlon-Bear, DE (9/?/09) R 5k, B 18.6 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**



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**Hammerfest Triathlon-Branford, CT (9/20/09) S .5 mi., B 13.5 mi., R 4 mi.**  
[www.plattsys.com](http://www.plattsys.com)

**Marshman Sprint Triathlon-Downingtown, PA (9/20/09) S ¼ mi., B 12.5 mi., R 2 mi.**  
[www.piranha-sports.com](http://www.piranha-sports.com)

**Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k**  
[www.score-this.com](http://www.score-this.com)

**Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz)** [www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**Hudson Highlands Greenway Triathlon-Philipstown, NY (9/?/09) Kayak 6 mi., B 24 mi., R 8 mi.** [www.hudsonhighlandstriathlon.org](http://www.hudsonhighlandstriathlon.org)

**ITU Short Course Duathlon World Championship-North Carolina (9/25-26/09) R 10k, B 40k, R 5k** [www.duathlon.it](http://www.duathlon.it)

**Chesapeake-Cambridge, MD (9/26/09) S 2.4 mi., B 112 mi.** [www.tricolumbia.org](http://www.tricolumbia.org)

## OCTOBER

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/04/09) S 1.2mi., B 56mi., R 13.1mi.** [www.swimpower.com](http://www.swimpower.com)

**Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k**  
[www.piranha-sports.com](http://www.piranha-sports.com)

**American Zofingen (Long Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 85 mi., R 15.45 mi.** [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)



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American Zofingen (Short Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 29 mi., R 5.15 mi. [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)

Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

## NOVEMBER

Ironman Florida-Panama City, FL (11/7/09) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanlive.com](http://www.ironmanlive.com)

Ironman Arizona-Tempe, AZ (11/22/09) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://www.ironmanarizona.com)

## 2009 HVTC RACE RESULTS

### JANUARY

Mid-Atlantic MultiSport Indoor Tri-Series #2 Berwyn, PA (1/11/09) S 10 min., B 20 min., R 20 min. [www.midatlanticmultisport.com](http://www.midatlanticmultisport.com)

<u>Overall Female:</u>	Eva Van Stratum	234.26
<u>Overall Male:</u>	J.P. LeFebre	283.4
	Steve Fischer	216.23

### FEBRUARY

QTS Gatorade 5 Triathlon-Queensland, Australia (2/8/09) S 400 meters, B 15k, R 2k [www.usmevents.com.au](http://www.usmevents.com.au)

<u>Overall Female:</u>	Emma Moffat	0:45:21
	Linda Rosenthal (2 <sup>nd</sup> F60-64)	1:27:13
<u>Overall Male:</u>	Dan Wilson	0:40:27



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Love to Tri Indoor Triathlon-South Saratoga YMCA, NY (2/8/09) S 15 min., B 15 min., R 15 min. [www.cdymca.org](http://www.cdymca.org)

Overall Female: Kelly Virkler 292 pts.

Overall Male: Peter Bierden 300 pts.  
Steve Fischer (1<sup>st</sup> M50-54) 236 pts.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/22/09) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

Overall Female: Michelle Strathers 9.758  
Mary DeNitto (2<sup>nd</sup> Overall) 9.109

Overall Male: Justin Harris 12.259  
Alex Sherwood (2<sup>nd</sup> Overall) 11.771  
Nick Brundage (1<sup>st</sup> M20-24) 11.359  
Mike Vance (1<sup>st</sup> M25-29) 10.922  
Bill Shashaty 10.248  
Matt Merchant 10.051  
Maurice Tessier 09.970  
Henry Collins 09.881  
Steve Fischer 09.857  
Michael Spang 09.425  
Don Davis 09.381  
Mitch Donner 08.386

## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

Overall Female: Erica Ruge 0:58:42  
Jean Norton (2<sup>nd</sup> Overall) 1:03:17  
Mary DeNitto (1<sup>st</sup> F60-64) 1:12:34

Overall Male: Nick Mancuso 0:52:35  
Mike Halstead (2<sup>nd</sup> Overall) 0:54:02  
Bob Gramling (1<sup>st</sup> M50-54) 0:59:09  
Janek Szablinski (2<sup>nd</sup> M35-39) 1:04:33  
Bill Norton (1<sup>st</sup> M55-59) 1:05:35  
Matt Merchant (2<sup>nd</sup> M50-54) 1:07:04  
Don Davis (2<sup>nd</sup> M60-64) 1:22:01



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March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi.

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

<u>Overall Female:</u>	Barbara Sessa	1:09:38
	Jean Norton (1 <sup>st</sup> F45-49)	1:10:25
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> F45-49)	1:13:33
	Alicia Olmoz	1:25:06
	Deb Torpey (3 <sup>rd</sup> F50-54)	1:33:15

<u>Overall Male:</u>	Jason Gers	0:59:41
	Dave Nazaroff (2 <sup>nd</sup> M40-44)	1:02:29

## APRIL

Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

<u>Overall Female:</u>	Kristine Kuss	1:29:40
	Michele Yasson	2:01:55

<u>Overall Male:</u>	Rick Fessler	1:13:11
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2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

<u>Overall Female:</u>	Suzanne Huelster	2:06:08
	Erica Ruge	2:21:10
	Kathryn Flodquist	2:48:47

<u>Overall Male:</u>	Nicholas Sterghos	1:49:02
	Troy Weaver	2:45:03

Bassman Triathlon-Bass River State Park, NJ (4/26/09) S .5 mi., B 29 mi., R 4.2 mi.

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

<u>Overall Female:</u>	Mirielle Rodriguez	1:59:31
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	2:06:40
	Ann Breeswine (3 <sup>rd</sup> F45-49)	2:36:55

<u>Overall Male:</u>	Martin Lamont Lacas	1:50:13
	Dave Nazaroff	2:09:54





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## MAY

Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Laurel Wassner	1:06:43
	Jean Norton (2 <sup>nd</sup> Overall)	1:11:20
	Christene Spiezio (3 <sup>rd</sup> Overall)	1:14:12
	Lori Cassia-Decker (2 <sup>nd</sup> F45-49)	1:26:56
	Michele Yasson (3 <sup>rd</sup> F45-49)	1:30:44

<u>Overall Male:</u>	Justin Harris	0:59:14
	Nick Brundage (1 <sup>st</sup> M20-24)	1:02:36
	James Stafford (1 <sup>st</sup> M40-44)	1:05:54
	Bill Norton (2 <sup>nd</sup> M55-59)	1:14:20
	Art Boyko	1:16:58
	Patrick Nesbitt	1:21:47
	Chris Giam	1:24:31
	Michael Spang	1:24:37
	Steven Pressman	1:24:51
	William Thompson	1:36:36

St. Croix Triathlon-St. Croix, US Virgin Islands (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

<u>Overall Female:</u>	Catriona Morrison	4:32:38
	Mary DeNitto* (1 <sup>st</sup> F60-64)	6:51:54

\*Qualified-70.3 & Ironman World Championships (Declined Both Slots)

<u>Overall Male:</u>	Tim O'Donald	4:02:36
	Mike Halstead	5:03:25
	Don Davis	6:45:05

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/3/09) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

<u>Overall Female:</u>	Kristin Kuss	1:36:08
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<u>Overall Male:</u>	John Nowoslawski	1:28:02
	Troy Weaver (2 <sup>nd</sup> M40-44)	1:46:56



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## **EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi.**

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

<b><u>Overall Female:</u></b>	Katherine Ward	2:24:23*
	Kathryn Flodquist (1 <sup>st</sup> F40-44)	2:43:09*
	Ann Breeswine (3 <sup>rd</sup> F45-49)	3:20:01*

<b><u>Overall Male:</u></b>	David Gutstadt	2:17:25*
	Brian Chew	2:43:33*
	Gabriel Danaher	2:46:43*

\*Swim cancelled due to heavy fog and replaced by 1.5 mile run

## **EnduraSport Half Ironman Triathlon-Harriman, NY (5/16/09) S 1.2 mi., B 57 mi., R**

**13.1 mi.** [www.genesisadventures.com](http://www.genesisadventures.com)

<b><u>Overall Female:</u></b>	Charlotte Dequeker	5:37:40*
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<b><u>Overall Male:</u></b>	Jesse Du Bey	4:23:13*
	Michael Bakker (3 <sup>rd</sup> Overall)	4:30:23*
	Mark Wilson (3 <sup>rd</sup> M40-44)	5:00:35*
	John Ferrara	6:19:32*
	William Thompson (3 <sup>rd</sup> M45-49)	7:21:44*

\*Swim cancelled due to heavy fog and replaced by 1.5 mile run

## **Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k**

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

<b><u>Overall Female:</u></b>	Rebecca Wassner	2:07:25
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<b><u>Overall Male:</u></b>	Terrenzo Bozzzone	1:52:45
	Alex Sherwood (8 <sup>th</sup> Elite Male)	2:10:40
	Mike Halstead (1 <sup>st</sup> M40-44)	2:11:11
	Ray Canals	2:47:29
	Creighton Ko	3:06:45

## **Florida 70.3-Orlando, FL (5/17/09) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

<b><u>Overall Female:</u></b>	Leanda Cave	4:15:47
	Alicia Olmoz	6:52:07

<b><u>Overall Male:</u></b>	Dirk Bochel	3:54:40
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Shamrock Duathlon-Glastonbury, CT (5/17/09) R 5k, B 26k, R 5k

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

Overall Female: Amanda Lawrence 1:33:10

Overall Male: Mike Gyulay 1:25:04

Tom Gill 2:33:26

Toga Biathlon-Congers, NY (5/17/09) R 4.25k, B25k, R 4.25k

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

Overall Female: Jennifer Cromie 1:29:37

Barbara Ferrante (2<sup>nd</sup> F40-44) 1:42:38

Deb Torpey (3<sup>rd</sup> F50-54) 1:57:19

Overall Male: David Roche 1:12:13

Michael Ferrante (2<sup>nd</sup> M35-39) 1:28:58

Williams Lake Off-Road Triathlon-Rosendale, NY (5/24/09) S .5 mi., B 12.4 mi., R

5k [www.cm2promotions.com](http://www.cm2promotions.com)

Overall Female: NA

Overall Male: Mike Halstead 1:34:40

Jim Demis 2:25:00

Bill Norton 2:49:36

Ironclad Triathlon-Glen Rock, NY (5/31/09) S .5 mi., B 13.5 mi., R 3.2 mi.

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

Overall Female: Michele Henschel 1:13:33

Overall Male: Takao Muehmel 1:06:49

John Ferrara 1:29:54

Cascade lake Triathlon-Hampstead, MD (5/31/09) S .31, B 15 mi., R 5k

[www.piranha-sports.com](http://www.piranha-sports.com)

Overall Female: Kerri Robbins 1:19:40

Overall Male: Joe Liberto 1:09:15

Troy Weaver 1:25:57



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## JUNE

Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

<u>Overall Female:</u>	Carol Wilke	1:02:15
	Jean Norton (2 <sup>nd</sup> Overall)	1:08:05
	Barbara Sessa (3 <sup>rd</sup> Overall)	1:08:07
	Kathryn Flodquist (1 <sup>st</sup> F40-44)	1:09:02
	Christene Speizio (2 <sup>nd</sup> F35-39)	1:10:51
	Barbara Ferrante	1:20:32
	Kelly Heady	1:20:38
	Christine Honig	1:20:55
	Alicia Olmoz	1:22:35
	Julie LoRusso	1:25:25
	Roge Nesbitt	1:30:33
	Deb Torpey	1:30:42

<u>Overall Male:</u>	Justin Harris	0:58:10
	Nick Brundage (2 <sup>nd</sup> Overall)	0:59:06
	Zak Staszak	1:03:28
	Ken Buderman (2 <sup>nd</sup> M25-29)	1:03:30
	Michael Bakker (2 <sup>nd</sup> M40-44)	1:03:33
	Mark De Luccia	1:04:05
	Art Boyko (3 <sup>rd</sup> M40-44)	1:04:33
	Bill Norton (1 <sup>st</sup> M55-59)	1:08:54
	Mike Ferrante	1:13:39
	Steven Pressman	1:16:42
	Frank Priest	1:19:40
	Patrick Nesbitt	1:20:18
	Chris Giam	1:21:25
	Larry Knapp	1:27:42
	Tom Gill	1:34:16
	William Thompson	1:42:09

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/7/09) S 1.5k, B 40k, R 10k  
(USAT Regional Championship) [www.keukalaketri.com](http://www.keukalaketri.com)

<u>Overall Female:</u>	Kathleen Hayden	2:21:07
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<u>Overall Male:</u>	Matt Migonis	2:00:03
	Maurice Tessier	3:09:41



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## Rev3-Middlebury, CT (6/7/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.rev3tri.com](http://www.rev3tri.com)

**Overall Female:** Mirinda Carfrae 4:27:26

**Overall Male:** Matt Reed 3:59:25  
Tom Ganz 5:22:40  
Dave Nazaroff 5:27:58  
Roger Roberson 7:21:50

## Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)

**Overall Female:** Mirinda Carfrae 4:13:28

**Overall Male:** Terenzo Bozzone 3:51:11  
Nick Brundage (3<sup>rd</sup> M20-24) 4:41:33\*

\*Qualified-Ironman Triathlon World Championship (Declined Slot)

## Escape From Alcatraz-San Francisco, CA (6/14/09) S 1.5 mi., B 18 mi., R 8 mi. [www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

**Overall Female:** Mary Beth Ellis 2:21:23  
Kathryn Flodquist 3:07:55  
Mary DeNitto (1<sup>st</sup> F60-64) 3:31:33  
Ann Breeswine 3:59:44

**Overall Male:** Andy Potts 2:07:25  
Alex Sherwood 2:34:50  
Dave Nazaroff 3:05:08  
Keith O'Malley 3:28:22

## HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

**Overall Female:** Barbara Sessa 0:57:14  
Jean Norton (2<sup>nd</sup> Overall) 0:58:15  
Barbara Ferrante (3<sup>rd</sup> Overall) 1:06:26  
Mary DeNitto (1<sup>st</sup> F60-64) 1:06:57  
Michele Yasson (1<sup>st</sup> F50-54) 1:08:40  
Alicia Olmoz (1<sup>st</sup> F35-39) 1:09:22  
Julie LoRusso (1<sup>st</sup> F40-44) 1:09:51  
AnnMarie Gardner (2<sup>nd</sup> F40-44) 1:15:16  
Roge Nesbitt (3<sup>rd</sup> F40-44) 1:15:20



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Carolyn Mandaro (1 <sup>st</sup> F45-49)	1:16:59
Tracy Little (2 <sup>nd</sup> F45-49)	1:17:15
Jennifer Borrero (3 <sup>rd</sup> F45-49)	1:18:10
Megan Corjulo	1:18:32
Debra Torpey (2 <sup>nd</sup> F50-54)	1:20:41
Mary Velez (2 <sup>nd</sup> F35-39)	1:26:39
Janice Cragolin (3 <sup>rd</sup> F50-54)	1:27:30
Diana Tsingopoulos (1 <sup>st</sup> F65-59)	1:37:41

## Overall Male:

Nick Brundage	0:49:10
Mike Halstead (2 <sup>nd</sup> Overall)	0:50:34
Mark Wilson (3 <sup>rd</sup> Overall)	0:53:26
Art Boyko (1 <sup>st</sup> M40-44)	0:54:48
Charles Pegg (2 <sup>nd</sup> M40-44)	0:54:56
Doug Thompson (3 <sup>rd</sup> M40-44)	0:55:25
Ken Buderman (1 <sup>st</sup> M25-29)	0:56:05
Nate Deboever (1 <sup>st</sup> M19-Under)	0:56:20
Bob Gramling (1 <sup>st</sup> M50-54)	0:57:04
Dave Nazaroff	0:57:11
Bill Norton (1 <sup>st</sup> M55-59)	0:57:17
Dennis Ebbing	0:57:48
Jim Demis (1 <sup>st</sup> M45-49)	0:58:52
Jon Stern (2 <sup>nd</sup> M45-49)	1:00:36
Patrick Murphy (1 <sup>st</sup> M35-39)	1:02:15
Roger Husted (2 <sup>nd</sup> M35-39)	1:03:34
Henry Collins	1:05:47
John Dowley (3 <sup>rd</sup> M35-39)	1:05:52
John Ferrara (2 <sup>nd</sup> M50-54)	1:06:25
Mark Graminski (3 <sup>rd</sup> M50-54)	1:06:57
Ryan Schumacher (2 <sup>nd</sup> M25-29)	1:06:31
Peter Oxenholm	1:06:39
Steven Pressman (2 <sup>nd</sup> M55-59)	1:07:01
Frank Priest (3 <sup>rd</sup> M55-59)	1:07:42
Larry Knapp	1:10:58
Bob Bomba	1:11:09
Steve Fischer	1:11:20
Ed Burke	1:12:53
Michael Spang (3 <sup>rd</sup> M45-49)	1:16:04
Craig Boyce	1:18:27
Tom Struzzieri	1:18:40
Tom Gill	1:26:01



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## Williams Lake Sprint Triathlon-Rosendale, NY (6/13/09) S .5 mi., B 12 mi., R 3 mi.

[www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Mimi Boyle 1:13:21  
Michele Yasson (2<sup>nd</sup> Overall) 1:23:56

**Overall Male:** Mike Halstead 1:02:29  
Charles Pegg (1<sup>st</sup> M40-44) 1:08:05  
Bill Norton (1<sup>st</sup> M55-59) 1:13:50  
Jim Demis (1<sup>st</sup> M45-49) 1:13:53  
Richard Miller (2<sup>nd</sup> M55-59) 1:17:56  
Steven Pressman (3<sup>rd</sup> M55-59) 1:22:46  
Ed Burke 1:54:04

## Lake Waramaug Sprint Triathlon-New Preston, CT (6/19/09) S .5 mi., B 12.5 mi., R 3 mi.

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

**Overall Female:** Katey Scrimgeour 1:17:33  
Linda Rosenthal (1<sup>st</sup> F60-64) 1:59:12

**Overall Male:** Tim Steiskal 1:05:42

## Patriot Half-East Freetown, MA (6/20/09) S 1.2 mi., B 56 mi., R 13.1 mi.

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

**Overall Female:** Lisbeth Kenyon 4:30:57  
Christene Spiezio 5:20:14

**Overall Male:** Bryan Parker 4:15:01  
Ken Buderman (3<sup>rd</sup> M25-29) 4:56:11

## Wyckoff Triathlon-Franklin Lakes, NJ (6/20/09) S .5 mi., B 17 mi., R 5 mi.

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

**Overall Female:** Lynn Frampton 1:36:50  
Carolyn Mandaro 2:03:53

**Overall Male:** Dirk Heinze 1:22:30



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**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Overall Female:** Kelli Montgomery 2:23:32  
Kathryn Flodquist (1<sup>st</sup> F40-44) 2:38:45

**Overall Male:** Chris Thomas 2:00:15  
John Ferrara 2:56:59  
Frank Priest 3:07:45

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/27/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com**

**Overall Female:** Leslie Sanderson 4:40:39  
Jean Norton (2<sup>nd</sup> F45-49) 5:22:15  
Michele Yasson 6:43:36  
Julie LoRusso 7:22:23

**Overall Male:** Eric Roy 4:15:49  
Mark Wilson 4:54:21  
Dennis Ebbing 5:24:43  
Ray Canals 5:54:32  
Patrick Murphy 5:55:11  
Mark Graminski 6:14:55

**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/27/09) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com**

**Overall Female:** Katherine Ward 2:03:35

**Overall Male:** Peter Eddy 1:57:09  
Art Boyko (1<sup>st</sup> M40-44) 1:59:51

**Philadelphia Triathlon (Olympic)-Philadelphia, PA (6/28/09) S 1.5k, B 40k, R 10k**  
[www.phillytri.com](http://www.phillytri.com)

**Overall Female:** Rebecca Wassner 2:02:22  
Carolyn Mandaro 3:03:46  
Julianna Benedick 3:22:18

**Overall Male:** David Thompson 1:49:52  
Nick Brundage 2:10:26  
Mark Rabens 2:22:57  
Steve Fischer 3:00:15





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## Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/28/09) S .9k, B 24k, R 5k

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

Overall Female: Diane Rogers 1:20:45

Overall Male: James Burns 1:09:47

Frank Priest (3<sup>rd</sup> M55-59) 1:35:36

## Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi.

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

Overall Female: Amy Bevilaqua 1:04:41

Barbara Sessa (2<sup>nd</sup> Overall) 1:09:59

Alicia Olmoz 1:29:00

Deb Torpey 1:38:39

Overall Male: Arthur Samsonov 1:00:04

Mike Ferrante 1:10:50

Peter Oxenholm 1:25:09

William Thompson 1:45:32

## Stamford Olympic Triathlon-Stamford, CT (6/28/09) S 1.5k, B 40k, R 10k

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

Overall Female: ? ??:??:??

Kathryn Flodquist (1<sup>st</sup> F40-44) 2:26:??

Overall Male: ? ??:??:??

## Sharon Parks & Recreation Triathlon-Sharon, CT (6/27/09) S .5 mi., B 12 mi., R 4 mi.

[www.greystoneracing.net](http://www.greystoneracing.net)

Overall Female: Lisa Dunn 1:26:16

Linda Rosenthal (1<sup>st</sup> F60-64) 2:21:59

Overall Male: Peter Doly 1:12:27



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JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

## 2008 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

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

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<b>Place</b>				
Shannon Dawkins (Duathlon)	30-34	AA	97.102	5
Jeanette Shelow-MacDougall	45-59	AA	93.922	6
Shannon Dawkins	30-34	AA	92.085	53
Jean Norton	45-49	AA	90.278	23
Barbara Sessa	40-44	AA	89.897	75
Lauren Warren	40-44	AA	89.655	80
Mari Flores	35-39	HM	88.153	124
Erica Ruge	35-39	HM	87.014	158
Kathryn Flodquist	40-44		83.738	226
Christene Spiezio	35-39		83.717	296
Barbara Sessa (Duathlon)	40-44		82.412	41
Lana Shannon	40-44		80.013	411
Mary DeNitto	60-64	AA	77.822	7
Julie LoRusso	40-44		75.586	679
Christine Honig	35-39		73.747	947
Alicia Olmoz	35-39		72.696	1,035
Alicia Olmoz (Duathlon)	35-39		72.042	79
Michele Yasson	45-49		70.840	670
Julie LoRusso (Duathlon)	40-44		70.127	95
Mineke Etienne	30-34		67.077	1,304
Roge Nesbitt	40-44		62.157	1,585
Linda Rosenthal	60-64		57.484	96
Diana Tsingopoulos	60-64		52.145	113

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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<u>Name (Men)</u> <u>Place</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
Mike Halstead (Duathlon)	40-44	AA	98.941	6
Alex Sherwood	30-34	AA	97.195	19
Mike Halstead	40-44	AA	95.012	20
Michael Bakker	40-44	AA	92.452	52
Nick Brundage	20-24	HM	92.470	59
Nick Brundage (Duathlon)	20-24	HM	92.248	6
Zac Staszak	30-34	AA	90.598	124
Art Boyko	40-44	AA	88.993	158
Mark Wilson	40-44	HM	87.861	218
Jim Stafford	40-44	HM	86.331	296
Andrew Schupak	40-44	HM	86.164	303
Mike Vance	25-29		85.342	301
Nate DeBoever	16-17	HM	85.248	12
Dave Nazaroff (Duathlon)	40-44		84.295	53
Tom Ganz	35-39		84.288	481
Charles Pegg	35-39		84.152	490
Bob Gramling	50-54		83.347	115
Jon Stern	45-49		80.793	428
Jim Demis	40-44		80.556	742
Ken Buderman	25-29		79.913	579
Troy Weaver	40-44		78.541	967
Mark Rabens	40-44		78.444	985
Matt Merchant	50-54		78.015	331
Bill Norton	55-59		77.650	114
Bill Shashaty	35-39		76.221	1,451
John Jasinski	50-54		74.874	199
Richard Miller	55-59		74.787	203
Brian Chew	30-34		73.848	1,344
John Dowley	35-39		73.742	1,891
Patrick Murphy	35-39		73.635	1,911
Doug Thompson	40-44		72.021	1,948
John Ferrara	50-54		71.851	728
Gabriel Danaher	40-44		71.375	2,052
Mark Graminski	50-54		70.521	836
Steven Pressman	55-59		70.315	400
Patrick Nesbitt	40-44		69.724	2,319
Mike Hargrove	50-54		69.594	904
Steve Fischer	50-54		68.941	950
Maurice Tessier	35-39		68.026	2,893
Larry Knapp	50-54		67.565	1,056
Peter Oxenholm	40-44		65.747	2,895

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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## 2008 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2008 HVTC Rookie of the Year Award: **Erica Ruge**  
2008 HVTC Female Honorable Mention Award: **Shannon Dawkins**  
2008 HVTC Female Honorable Mention Award: **Jeanette Shelow-MacDougall**  
2008 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

### MALE

2008 HVTC Most Improved Award: **Nick Brundage**  
2008 HVTC Volunteer of the Year Award: **Roger Roberson**  
2008 HVTC Male Honorable Mention Award: **Michael Bakker**  
2008 HVTC Male Honorable Mention Award: **Alex Sherwood**  
2008 HVTC Male Triathlete of the Year Award: **Mike Halstead**

## 2008 HVTC Summer Tri-Series Winners

Women's Champion: **Jean Norton (72)**  
2<sup>nd</sup> Place: **Mari Flores (68)**  
3<sup>rd</sup> Place: **Erica Ruge (67)**  
4<sup>th</sup> Place: **Jeanette Shelow-MacDougall (59)**  
5<sup>th</sup> Place: **Shannon Dawkins (59)**

Men's Champion: **Michael Bakker (75)**  
2<sup>nd</sup> Place: **Mike Halstead (72)**  
3<sup>rd</sup> Place: **Mark Wilson (62)**  
4<sup>th</sup> Place: **Nick Brundage (53)**  
5<sup>th</sup> Place: **Nate DeBoever (42)**

## HVTC Summer Tri-Series Standing Course Records

### Women

Course-Jeanette Shelow-MacDougall (54:32)  
Swim-Christine Honig (4:50)  
Bike-Shannon Dawkins (36:30)  
Run-Shannon Dawkins (10:57)

### Men

Course-Terry Kerrigan (47:20)  
Swim-Art Boyko (4:16)  
Bike-Terry Kerrigan (32:05)  
Run-Nate Deboever (10:16)



# Hudson Valley Triathlon Club

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## ANNOUNCEMENTS

- **2009 HVTC Summer Tri-Series: June 10, July 8, August 12 & September 16.**  
Points will be awarded accordingly; Female/Male 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<sup>th</sup>-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<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **ALL 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

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