



# 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 IX, Issue No. 109**

**June 2010**

## IN A FEW WORDS

Dear HVTC,

Okay, it feels like August; what's goin' on?!?! Regardless, the HVTC Summer Tri-Series #2 is around the corner and the age-group battles are in full-swing. In the meantime, stay cool and, of course, be sure to S + B + R. See ya out there.

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



## **Moments of Greatness with HVTC**

Photo: Scott Schaffrick

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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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## **HVTC Featured Athlete: Jennifer Borrero**

By Mark H. Wilson

Don't you just love surprises?! Okay, maybe only the good ones?! You know, when you discover something about your friend that simply blows your mind? For instance, maybe your best friend was a circus clown, water-skiing champion or Origami expert. Regardless, it's so much fun to hear someone's story of where they've been and what they've done, etc. Our Featured Athlete of the Month, Jennifer Borrero, is no exception and she's absolutely full of shockers that promise to delight each reader. Drum roll please...here's her story, in a nutshell. Enjoy!



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Jennifer was born in Baltimore, Maryland and attended William Tennent High School in Warminster, Pennsylvania. She graduated from Philadelphia University (formerly known as The Philadelphia College of Textiles & Sciences) with a Bachelor of Science Degree and majored in Fashion Design. Interestingly, she is part Native American (Cherokee) from her father's side; she's has three sisters and a brother whose name is Hiawatha (and you thought you had problems in high school!). Jen did not do a lot of sports in high school; in fact, her dream was to be a fine artist. However, she did participate in gymnastics and ballet. And, in Junior High School, she was on the track team and by the second year was on the "A Team" and ran in the school championships.

Fast forward to college; Jen started to like running more as she got older. She really wanted to join the college cross country team, but the school dropped it during her freshman year. She was disappointed, but her main goal for college was the academics and that's when she was introduced to local road-racing in Philadelphia. It didn't take long for Jen to begin placing in her age-group and the running/racing became such an obsession that she became concerned about her school work. Then, she made a conscious decision to focus more on studying and give the running a little break. As a result of her thoughtful decision, her success as a designer blossomed; Best Senior Collection, Best of Show, The Frank Agostino Evening Wear Award, The City Paper Style Wars Competition (Philadelphia, PA), 1 of 10 designers in United States for the International Air France Competition (held at the Carousel De Louvre; an all expense paid trip to Paris!), and a two-time fashion showing at Bryant Park, among others. She is a Fashion Designer and has created clothing lines anywhere from women's couture to children's clothing.

The truth is Jennifer is such a natural and graceful athlete it's frightening! When you see her run it just totally makes sense; it's easy, flowing and...fast. Here's the scary part, Jen swears that one of her sisters is WAY better than she is; a pure sprinter. Jen attributes her sibling's athleticism to her father who was a strong and speedy runner himself. Actually, he was Jen's secret inspiration to run; she lost her father when she was young and it was her way to spend time with him. So, Jen's "little break" means that she's been keeping her running dormant for some time which means she's fresh and ready to let it loose again. Watch out, Girls!

Jennifer lives in Kingston, New York with her husband Stuart Borrero (a local attorney) and their child, Ian, who is 8 years old and showing serious glimpses of his mother's speed; not to mention his incredible adult-like intelligence and mannerisms. Jen is currently the president of Ian's elementary school PTO; in fact, she was recently recognized and honored by the school for her self-less contributions to the children's education during the Apple Gala at the Wiltwyck Golf Club. She is also the co-



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coordinator for Kingston Hearty Roots (a local organic CSA). Her additional hobbies include playing guitar and eating Ben & Jerry's Fish ice cream...plus, anything chocolate.

Jen's first experience with triathlon was in 1993 as the runner for a team; they won 1<sup>st</sup> place! It wasn't until 2009 that Jen finally did an entire solo-triathlon at the HVTC Summer Tri-Series #1; she was hooked. Her entire family thought she was nuts for doing triathlon and, of course, now they just accept it. Good thing, too, because Jen loves triathlon due to the fun and the people who participate in them. She feels awesome when she's finished and can't imagine her life without them. "I would recommend triathlon to anyone; there seems to be a race to suit just about every level."

The tri-world has been good to Jennifer thus far; she has placed in practically every race she's completed. Those events include; 2009 HVTC Summer Tri-Series (#1-third place, #2-first place, #3-third place, #4-second place...all in the F45-49), Diamond Girl (1<sup>st</sup> F45-49), YMCA Indoor Triathlon (3<sup>rd</sup> Female Overall), and the 2010 HVTC Summer Tri-Series #1 (1<sup>st</sup> F45-49).

Jennifer's goals are humble and true; she'd like to spend more quality time with her son and be a good mother. She'd also like to race more often and get much FASTER! Since she spends so much of her time thinking about triathlon training and racing, she's decided to design her own line of triathlon clothing, too; now we're talkin'! "I am glad I finally have a chance to do this. It seems so many things have been the priority in my life and now I finally have the opportunity. I feel so lucky and love my Tri-Friends!" Anyone for some HVTC jammies?! Thanks, Jen.



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## 2010 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).

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 (2/21/10) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/10) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

Brandywine Duathlon-Coatsville, PA (3/28/10) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)



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## APRIL

Brooklyn Biathlon-Brooklyn, NY (4/11/10) R 2.1 mi., B 10 mi., R 2.1 mi. [www.nytc.org](http://www.nytc.org)

Bronx Biathlon-Bronx, NY (4/25/10) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

Escape From Alcatraz-San Francisco, CA (5/2/10 NEW DATE!) S 1.5 mi., B 18 mi., R 8 mi. [www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

Trooper Biathlon-Hurley, NY (5/2/10) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) 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 (5/8/10) 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 (5/8/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

American Zofingen (Long Course)-New Paltz, NY (5/16/10) 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 (5/16/10) R 10.30 mi., B 58 mi., R 10.30 mi. [www.cm2promotions.com](http://www.cm2promotions.com)



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**American Zofingen (Short Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 29 mi., R 5.15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

**Toga Biathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

**Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**

**EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/22/10) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**Columbia Triathlon-Ellicott City, MD (5/23/10) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://www.tricolumbia.org)**

**Saratoga Lions Duathlon-Saratoga, NY (5/?/10) R 5k, B 20 mi., R 5k [www.saratogalins.com](http://www.saratogalins.com)**

## **JUNE**

**Pawling Triathlon-Pawling, NY (6/5/10) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)**



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**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/4-6/10) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)**

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

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

**Blackwater Eagleman Triathlon-Cambridge, MD (6/13/10) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**NY Tri Series #1 (Triathlon)-Harriman State Park (6/13/10) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**NY Tri Series #1 (Biathlon)-Harriman State Park (6/13/10) R 3 mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/9/10) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Health Net Mossman Triathlon-Milford, CT (6/12/10) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/19/10) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Thundergust Triathlon-Pittsgrove, NJ (6/?/10) S .4 mi., B 16 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

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



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**Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/10) 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 (6/26/10) 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 (6/26/10) S ½ mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Flat As A Pancake Triathlon-Staten Island, NY (6/?/10) S ¼ mi., B 12 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

**Philadelphia Triathlon-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/27/10) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Westchester Medical Center Biathlon-Valhalla, NY (6/27/10) R 2 mi., B 15 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

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

## **JULY**

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/14/10) 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 (7/7/10) S .5 mi., B 10.5 mi., R 5k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Diamond in the Rough Triathlon-Perryville, MD (7/10/10) 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 (7/18/10) S 600 yds. B 14 mi., R 3.1 mi.** [www.vermontsun.com](http://www.vermontsun.com)

**Ironman 70.3 Rhode Island-Providence, RI (7/11/10) S 1.2 mi., B 56 mi., R 13.1 mi.**  
[www.ironman.com](http://www.ironman.com)

**Musselman Triathlon (Half-IM)-Geneva, NY (7/10-11/10) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.musselmantri.com](http://www.musselmantri.com)

**Musselman Triathlon (Sprint)-Geneva, NY (7/10-11/10) S 500 yd., B 15 mi., R 3 mi.**  
[www.musselmantri.com](http://www.musselmantri.com)

**Tri-Putnam-Carmel, NY (7/11/10) S .3 mi., B 18 mi., R 3 mi.** [www.nytc.org](http://www.nytc.org)

**MetroMan-Long Branch, NJ (7/18/10) S .6 mi., B 12 mi., R 5k**  
[www.sunsetracing.com](http://www.sunsetracing.com)

**Piseco Lake Triathlon-Speculator, NY (7/18/10) S .5 mi., B 11.5 mi., R 3 mi.**  
[www.adrkmts.com](http://www.adrkmts.com)

**Mossman Triathlon-Norwalk, CT (7/18/10) S .5 mi., B 12.5 mi., R 5k**  
[www.teammossmann.com](http://www.teammossmann.com)

**Hudson Valley Triathlon-Kingston, NY(7/18/10) S .3 mi., B 18 mi., R 3.5 mi.**  
[www.nytc.org](http://www.nytc.org)



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Hudson Valley Biathlon-Kingston, NY(7/18/10) R 1 mi., B 12 mi., R 3 mi.

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

Pine Bush Triathlon, Pine Bush, NY (7/?/10) S 325 yds., B 11.5, R 3.25

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

New York City Triathlon-NYC, NY (7/18/10) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

Ironman USA-Lake Placid, NY (7/25/10) S 2.4 mi.,

B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

## AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S ½ mi., B 14.2 mi., R 5k

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

Fronhofer Tool Triathlon-Cambridge, NY (8/7/10) S 1.5k, B 40k, R 10k

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

Sandy Beach Triathlon-Morris, CT (8/?/10) S 880 yds., B 10 mi., R 5k

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

Northern Columbia County Triathlon-Kinderhook, NY (8/?/10) S .25 mi., B 19.5 mi., R

4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)

Central Park Triathlon-New York, NY (8/8/10) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

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



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**Lake Dunmore Triathlon-Salisbury, VT (8/8/10) S .9 mi., B 28 mi., R 6.2 mi.**  
[www.vermontsun.com](http://www.vermontsun.com)

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/11/10) 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/?/10) S 1.5k, B 40k, R 10k** [www.teammossman.com](http://www.teammossman.com)

**Kingdom Triathlon-Kingdom, VT (8/14/10) S 500 yds., B 13 mi., R 5 mi.**  
[www.kingdomtriathlon.org](http://www.kingdomtriathlon.org)

**NY Tri Series Race #2-Harriman State Park, NY (8/15/10) S ½ mi., B 16 mi., R 3mi.**  
[www.nytc.org](http://www.nytc.org)

**Lums Pond Triathlon-Bear, DE (8/15/10) 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 (8/15/10) S 800 m, B 25k, R 5k**  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

**Timberman Sprint Triathlon-Gilford, NH (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi.**  
[www.timbermantri.com](http://www.timbermantri.com)

**Timberman Half-Ironman Triathlon-Gilford, NH (8/20-22/10) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship)** [www.timbermantri.com](http://www.timbermantri.com)

**Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi./., R 3 mi.** [www.cdtriclub.org](http://www.cdtriclub.org)

**2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/29/10) S 1.5k, B 40k, R 10k** [www.usatriathlon.org](http://www.usatriathlon.org)



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**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/29/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

## **SEPTEMBER**

**Vassar Brothers Triathlon-LaGrange, NY (9/11/10) S ¼ mi., B 15 mi., R 5k [www.nytc.org](http://www.nytc.org)**

**S.O.S.-New Paltz, NY(9/12/10) B 30mi., R 19mi., S .5mi.,R.7mi. [www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)**

**Women's Triathlon-Farmington, CT (9/?/10) S .5 mi., B 12 mi., R 5k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

**Esprit Triathlon Festival-Montreal, Canada (9/11/10) Sprint-Iron [www.esprittriathlon.com](http://www.esprittriathlon.com)**

**Westchester Toughman-Croton Point Park, NY (9/12/10) 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 (9/15/10) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

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

**Fox Run Duathlon-Bear, DE (9/?/10) R 5k, B 18.6 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

**Cold Spring Triathlon-Cold Spring, NY Kayak 6 mi., B 24 mi., R 6 mi. [www.nbafu.com](http://www.nbafu.com)**



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**Hammerfest Triathlon-Branford, CT (9/19/10) 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 (9/18-19/10) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.savagemantri.org](http://www.savagemantri.org)

**Marshman Sprint Triathlon-Downingtown, PA (9/19/10) 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/?/10) S 1.5k, B 40k, R 10k** [www.score-this.com](http://www.score-this.com)

**2010 USAT National Age Group Championships-Tuscaloosa, Alabama (9/25/10) S 1.5k, B 40K, R 10K** [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2011 ITU Short Course Triathlon World Championship)

**Westchester Triathlon-Rye, NY (9/26/10) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz)** [www.westchestertriathlon.org](http://www.westchestertriathlon.org)

**Hudson Highlands Greenway Triathlon-Philipstown, NY (9/?/10) Kayak 6 mi., B 24 mi., R 8 mi.** [www.hudsonhighlandstriathlon.org](http://www.hudsonhighlandstriathlon.org)

**Chesapeakman-Cambridge, MD (9/25/10) S 2.4 mi., B 112 mi.** [www.tricolumbia.org](http://www.tricolumbia.org)

## OCTOBER

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

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



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**Toga Duathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k**  
[www.togamultisport.com](http://www.togamultisport.com)

## **NOVEMBER**

**Ironman Florida-Panama City, FL (11/6/10) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.ironman.com](http://www.ironman.com)

**Ironman 70.3 World Championship-Clearwater, FL (11/14/10) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

**Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi., B 112 mi., R 26.2 mi.** [www.ironman.com](http://www.ironman.com)

## **2010 HVTC RACE RESULTS**

### **FEBRUARY**

**Kingston YMCA Indoor Triathlon-Kingston, NY (2/21/10) S 15 min., B 20 min., R 20 min.** [www.ymcaulster.org](http://www.ymcaulster.org)

<b><u>Overall Female:</u></b>	Colleen Hack	9.642
	Jennifer Borrero (1 <sup>st</sup> F45-59)	8.687
	Lady Brady-Walzer	7.142
<b><u>Overall Male:</u></b>	Mike Halstead	11.610
	Nick Brundage (3 <sup>rd</sup> Overall)	11.406



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## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/10) Ski 2.5 mi., B 10 mi., R 3 mi.

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

Overall Female: Felicia Kearsley 1:10:57

Overall Male: Brian Grodin 0:56:03

Mike Halstead (2<sup>nd</sup> Overall) 0:58:11

Chris Loftus 1:13:49

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi.

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

Overall Female: Jaime Windrow 1:06:35

Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 1:10:02

Carolyn Mandaro (1<sup>st</sup> F45-49) 1:29:12

Antonia Noonan 1:33:14

Overall Male: Eneas Freyre 0:55:44

Frank Priest 1:19:33

## APRIL

Brooklyn Biathlon-Brooklyn, NY (4/11/10) R 2.1 mi., B 10 mi., R 2.1 mi. [www.nytc.org](http://www.nytc.org)

Overall Female: Noga Ruttenburg 0:56:22

Overall Male: Stephen Carr 0:50:13

Mitch Donner 1:13:34

**2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k**

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

**Overall Female:** Amy Farrell 1:44:36

\*Erica Ruge (6<sup>th</sup> F35-39) 1:54:36

\*Kathryn Flodquist (18<sup>th</sup> F40-44) 2:04:00

\*Qualified Duathlon World Championship-Edinburgh, Scotland September 2010

**Overall Male:** Kaleb Vanort 1:30:39

Troy Weaver 2:03:57



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## St. Anthony's Triathlon-St. Petersburg, FL (4/25/10) S 15.k, B 40k, R 10k

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

<b><u>Overall Female:</u></b>	Sarah Haskins	1:58:49
	Jeanette Shelow-MacDougall	2:22:53
<b><u>Overall Male:</u></b>	Cameron Dye	1:48:44

## MAY

## Escape From Alcatraz-San Francisco, CA (5/2/10 NEW DATE!) S 1.5 mi., B 18 mi., R 8 mi. [www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

<b><u>Overall Female:</u></b>	Leanda Cave	2:14:34
	Mary DeNitto (1 <sup>st</sup> F60-64)	3:29:10
<b><u>Overall Male:</u></b>	Hunter Kemper	1:58:21

## Trooper Biathlon-Hurley, NY (5/2/10) R 2 mi., B 14 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Mendy Taylor	1:09:56
	Barbara Ferrante (1 <sup>st</sup> F40-44)	1:20:13
	Alicia Olmoz (2 <sup>nd</sup> F35-39)	1:29:45
<b><u>Overall Male:</u></b>	Nick Brundage	1:01:39
	Mike Halstead (2 <sup>nd</sup> Overall)	1:04:20
	Jim Stafford (1 <sup>st</sup> M45-49)	1:06:08
	Mike Ferrante (3 <sup>rd</sup> M35-39)	1:12:53
	Steven Pressman (3 <sup>rd</sup> M55-59)	1:20:13
	Tom Struzzieri	1:22:53
	Bob Bomba	1:23:14
	Mitch Donner	1:34:48

## Bassman Triathlon-Bass River State Forest (5/2/10) S .5 mi., B 29 mi., R 4.1 mi.

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

<b><u>Overall Female:</u></b>	Kristie Timmer	2:01:36
	Ann Breeswine	2:52:52
<b><u>Overall Male:</u></b>	Greg Close	1:48:28
	Frank Priest (3 <sup>rd</sup> M55-59)	2:19:59



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**St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**Overall Female:** Catriona Morrison 4:31:06

**Overall Male:** Terrenzo Bozzone 4:06:02  
Bill Thompson 8:18:39

**St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 750 meters, B 8 mi., R 4 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**Overall Female:** Emily Charlson 1:17:26  
Becky Hansen 1:43:21

**Overall Male:** Will Peil 1:15:11

**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

**Overall Female:** Jordan Hedding 1:43:00

**Overall Male:** Brian Lovett 1:30:38  
Troy Weaver (3<sup>rd</sup> M40-44) 1:52:11

**Mother's Day Duathlon-Brooklyn, NY (5/9/10) R 5k, B 14 mi., R 5k [www.citytri.com](http://www.citytri.com)**

**Overall Female:** Erica Ruge 1:27:05

**Overall Male:** David Roche 1:11:52

**American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R 15.45 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

**Overall Female:** Mimi Boyle 8:44:16

**Overall Male:** Josh Beck 6:42:16  
Mike Halstead (1<sup>st</sup> M40-44) 7:52:17



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## American Zofingen (Medium Course)-New Paltz, NY (5/16/10) R 10.30 mi., B 58 mi., R 10.30 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Elena Dale 6:05:07

**Overall Male:** John Hirsch 5:04:35  
Mike Bakker (2<sup>nd</sup> Overall) 5:07:16

## American Zofingen (Short Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 29 mi., R 5.15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Mendy Taylor 2:54:57  
Kathryn Flodquist (2<sup>nd</sup> Overall) 3:40:32  
Rebecca Hansen (2<sup>nd</sup> F45-49) 4:25:59

**Overall Male:** Matt Mallet 2:53:42  
Bill Thompson (3<sup>rd</sup> M50-54) 4:25:55

## Toga Duathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

**Overall Female:** Jeanette Shelow-MacDougall 1:26:31  
Jean Norton (2<sup>nd</sup> Overall) 1:27:09  
Barbara Sessa (3<sup>rd</sup> Overall) 1:28:20

**Overall Male:** Keith Strudler 1:12:33  
Nick Brundage (2<sup>nd</sup> Overall) 1:13:04  
Dave Nazaroff (2<sup>nd</sup> M40-44) 1:19:20  
Chris Loftus 1:35:12

## Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

**Overall Female:** Mandy Hudson 1:21:38

**Overall Male:** Lucas McCollum 1:07:51  
Troy Weaver 1:29:27



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**EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi.**  
[www.genesisadventures.com](http://www.genesisadventures.com)

<b><u>Overall Female:</u></b>	Lauren Cullen	2:08:19
<b><u>Overall Male:</u></b>	Jesse Du Bey	1:39:35
	Bruce Cadenhead (2 <sup>nd</sup> M45-49)	2:02:27
	Frank Priest	2:48:42

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/22/10) S 1.2 mi., B 57 mi., R 13.1 mi.** [www.genesisadventures.com](http://www.genesisadventures.com)

<b><u>Overall Female:</u></b>	Lauren Klein	6:23:41
<b><u>Overall Male:</u></b>	Scott Goldthorp	5:04:10
	Dave Nazaroff (3 <sup>rd</sup> M40-44)	5:41:18
	John Ferrara	7:15:49

**Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Allison Lind	1:03:06
	Pam Neimeth (1 <sup>st</sup> F50-54)	1:21:44
	Tracy Little (2 <sup>nd</sup> F50-54)	1:23:52
	Megan Corjulo (2 <sup>nd</sup> F40-44)	1:31:23
	Rebecca Hansen (3 <sup>rd</sup> F45-49)	1:31:49
<b><u>Overall Male:</u></b>	Shawn Jackson	1:00:32
	Art Boyko	1:12:20
	Peter Oxenholm	1:16:56
	Tom Struzzieri	1:24:29
	Bill Thompson	1:29:25

**Fly By Night Duathlon-Watkins Glen, NY (5/30/10) R 1.8 mi., B 10 mi., R 1.8 mi., B 10 mi., R 1.8 mi.** [www.flybynightdu.com](http://www.flybynightdu.com)

<b><u>Overall Female:</u></b>	Julie Rosa	1:37:43
	Erica Ruge (3 <sup>rd</sup> Overall)	1:41:00
<b><u>Overall Male:</u></b>	Travis Kuhl	1:25:45



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## Williams Lake Sprint Triathlon-Rosendale, NY (5/30/10) S .5 mi., B 12 mi., R 3 mi.

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

**Overall Female:** Mary DeNitto 1:21:23

**Overall Male:** Mike Halstead 1:01:27  
Charles Pegg (1<sup>st</sup> M40-44) 1:10:01  
Richard Miller (1<sup>st</sup> M55-59) 1:18:47  
Steven Pressman (1<sup>st</sup> M60-64) 1:20:25  
Ryan Schumacher 1:24:14

## JUNE

## Pawling Triathlon-Pawling, NY (6/5/10) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

**Overall Female:** Jeanette Shelow-MacDougall 1:06:30  
Barbara Sessa (1<sup>st</sup> F45-49) 1:09:04  
Jean Norton (2<sup>nd</sup> F45-49) 1:09:04 (not a typo)  
Kelly Heady 1:19:40  
Rebecca Hansen 1:27:56  
Roge Nesbitt 1:33:58

**Overall Male:** Justin Harris 0:54:04  
Bill Norton 1:11:12  
Peter Oxenholm 1:12:43  
Frank Priest 1:17:12  
Steven Pressman 1:18:18  
Bill Thompson 1:23:32  
Tom Gill 1:32:22

## Pocomoke Triathlon-Pocomoke, MD (6/5/10) S .5 mi., B 14.3 mi., R 3.5 mi. [www.lin-mark.com](http://www.lin-mark.com)

**Overall Female:** Tracy MacCherola 1:12:03

**Overall Male:** Steven O'Boyle 1:05:02  
Troy Weaver 1:19:42



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## **Rev3 Triathlon (Olympic)-Middlebury, CT (6/5/10) S 1.5k, B 40k, R 10k**

[www.rev3tri.com](http://www.rev3tri.com)

<b><u>Overall Female:</u></b>	Megan Wiseman	2:27:58
	Kathryn Flodquist	2:46:13
<b><u>Overall Male:</u></b>	Kevin Crossman	2:09:12

## **Rev3 Triathlon (Half Ironman)-Middlebury, CT (6/6/10) S 1.2 mi., B 56 mi., R 13.1**

[www.rev3tri.com](http://www.rev3tri.com)

<b><u>Overall Female:</u></b>	Mirinda Carfrae	4:23:38
<b><u>Overall Male:</u></b>	Craig Alexander	3:59:20
	Nick Brundage	5:04:49
	Dave Nazaroff	5:14:32
	Charlie Comparetto	6:19:03
	Ray Canals	6:56:42

## **HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/9/10) S 400 yds., B 12 mi., R 2**

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

<b><u>Overall Female:</u></b>	Kathryn Flodquist	1:02:12
	Erica Ruge (2 <sup>nd</sup> Overall)	1:03:03
	Michele Yasson (3 <sup>rd</sup> Overall)	1:08:13
	Pam Neimeth (1 <sup>st</sup> F50-54)	1:08:49
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:10:11
	Tracy Little (2 <sup>nd</sup> F50-54)	1:10:43
	Jennifer Borrero (1 <sup>st</sup> F45-49)	1:12:27
	Antonia Noonan (1 <sup>st</sup> F40-44)	1:13:45
	Rachel Loftus (1 <sup>st</sup> F25-29)	1:14:40
	Megan Corjulo (2 <sup>nd</sup> F45-49)	1:14:50
	Patty Fassetta (1 <sup>st</sup> F35-39)	1:17:45
	Jane Struzzieri (3 <sup>rd</sup> F50-54)	1:20:31
	Roge Nesbitt (2 <sup>nd</sup> F40-44)	1:21:48
	Janice Cagnolin (1 <sup>st</sup> F55-59)	1:22:34
	Christine Farmer (3 <sup>rd</sup> F45-49)	1:31:51
	Linda Cherny	1:31:52
	Diana Tsingopoulos (1 <sup>st</sup> F65-59)	1:45:10
<b><u>Overall Male:</u></b>	Nick Brundage	0:49:51



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Mike Halstead (2 <sup>nd</sup> Overall)	0:51:12
Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:52:35
Bill Shashaty (1 <sup>st</sup> M40-44)	0:57:59
Charles Pegg (2 <sup>nd</sup> M40-44)	0:58:00
Mike Bakker (3 <sup>rd</sup> M40-44)	0:59:18
Doug Thompson	0:59:19
Jim Demis (1 <sup>st</sup> M45-49)	1:01:13
Dennis Ebbing	1:02:03
Keith O'Malley (2 <sup>nd</sup> M45-49)	1:02:04
Kevin Adams	1:03:42
Chris Loftus (1 <sup>st</sup> M35-39)	1:06:12
John Dowley (2 <sup>nd</sup> M35-39)	1:08:00
Bob Bomba (3 <sup>rd</sup> M35-39)	1:09:19
Ryan Schumacher (1 <sup>st</sup> M25-29)	1:10:04
Tom Struzzieri (1 <sup>st</sup> M50-54)	1:10:21
Phil Placido	1:12:22
John Ferrara (2 <sup>nd</sup> M50-54)	1:13:30
Robin Ackers (2 <sup>nd</sup> M25-29)	1:13:35
Tom Ganz	1:18:18
Mitch Donner	1:18:44
Tom Gill (1 <sup>st</sup> M55-59)	1:18:53
John Farmer (2 <sup>nd</sup> M55-59)	1:29:12
Adriano Echavarria (3 <sup>rd</sup> M25-29)	1:30:38

## **Blackwater Eagleman Triathlon-Cambridge, MD (6/13/10) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)**

**Overall Female:** Samantha Warriner 4:20:01  
Antonia Noonan 7:58:37

**Overall Male:** Terenzo Bozzone 3:58:17  
Alex Sherwood 4:57:30  
Creighton Ko 7:50:37

## **Hudson Crossing Triathlon-Schuylerville, NY (6/13/10) S 500 yds., B 12 mi., R 5k [www.hudsoncrossingtri.com](http://www.hudsoncrossingtri.com)**

**Overall Female:** Aurora Lamperetta 1:11:56

**Overall Male:** Brian Trainor 1:00:13  
Mike Halstead (3<sup>rd</sup> Overall) 1:00:15



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## Williams Lake Triathlon (Olympic)-Rosendale, NY (6/13/10) S 1.5k, B 40k, R 10k

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

<b><u>Overall Female:</u></b>	Elisa Benzoni	2:32:04
	Michele Yasson (3 <sup>rd</sup> Overall)	2:46:18
	Mary DeNitto (1 <sup>st</sup> F60-64)	2:57:07

<b><u>Overall Male:</u></b>	Brendan O'Melveny	2:02:19
	Charles Pegg (3 <sup>rd</sup> Overall)	2:16:33
	Jim Demis (2 <sup>nd</sup> M45-49)	2:28:12
	Bill Shashaty	2:29:46
	Richard Miller (1 <sup>st</sup> M55-59)	2:37:27
	Steven Pressman (1 <sup>st</sup> M60-64)	2:46:01
	Ryan Schumacher (2 <sup>nd</sup> M25-29)	2:46:07
	Alan Shanker (3 <sup>rd</sup> M55-59)	2:53:37

## Sleepy Hollow Triathlon-Sleepy Hollow, NY (6/13/10) S ½ mi., B 10 mi., R 3 mi.

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

<b><u>Overall Female:</u></b>	Michele Wolfson	1:10:33
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<b><u>Overall Male:</u></b>	Zachariah Pratt	1:04:46
	Bruce Cadenhead (2 <sup>nd</sup> Overall)	1:06:40

## Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/19/10) S 1.5k, B 40k, R 10k

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

<b><u>Overall Female:</u></b>	Cassandra Maximenko	2:17:58
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	2:21:51

<b><u>Overall Male:</u></b>	Chris Thomas	1:59:06
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## Patriot Half Ironman-East Freetown, MA (6/19/10) S 1.2 mi., B 56 mi., R 13.1 mi.

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

<b><u>Overall Female:</u></b>	Lisbeth Kenyon	4:43:57
	Mary DeNitto (1 <sup>st</sup> F60-64)	6:13:13

<b><u>Overall Male:</u></b>	James Ball	4:15:12
	Mitch Donner	7:18:10



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Assateague Triathlon-Ocean City, MD (6/20/10) S ½ mi., B 14 mi., R 3.2 mi.

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

**Overall Female:** Mandy Hudson (excellent name!) 1:15:33

**Overall Male:** Steven O'Boyle 1:05:07  
Troy Weaver 1:21:20

JULY  
AUGUST  
SEPTEMBER  
OCTOBER  
NOVEMBER  
DECEMBER

## 2009 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>
<u>Place</u>				
Barbara Sessa	45-49	AA	91.38083	13
Lauren Warren	40-44	AA	91.06874	46
Jeanette Shelow-MacDougall	45-59	AA	88.84743	36
Jean Norton	45-49	AA	88.56880	41
Erica Ruge	35-39	HM	86.68253	175
Kathryn Flodquist	40-44	HM	85.88682	162
Barbara Ferrante	40-44		76.75550	618
Mary DeNitto	60-64	AA	76.25392	8
Michele Yasson	50-54		76.15916	181
Kelly Heady	35-39		75.06615	800
Alicia Olmoz	35-39		73.52287	940
Julie LoRusso	40-44		73.48586	849
Tracy Little	50-54		71.42191	344
Megan Corjulo	40-44		69.06832	1,220
Jennifer Borrero	45-49		67.66119	883
Carolyn Mandaro	45-49		66.22912	969
Norma Lopez	45-49		66.10964	978
Deb Torpey	50-54		64.13315	612
Janice Cragolin	50-54		64.01059	619
Nancy Figueroa	40-44		63.12101	1,682
Diana Tsingopoulos	60-64		53.41356	45

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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Name (Men) Place	AG	Honors	Rank	Nat'l AG
Alex Sherwood	30-34	AA	97.06864	26
Nick Brundage	20-24	AA	95.68302	27
Mike Halstead	40-44	AA	93.45361	48
Michael Bakker	40-44	AA	92.86618	57
Mark Wilson	40-44	HM	87.84147	246
Bruce Cadenhead	45-49	AA	87.78216	126
Jim Stafford	45-49	AA	87.29484	140
Charles Pegg	40-44	HM	86.72933	324
Art Boyko	40-44	HM	86.62205	330
Doug Thompson	40-44	HM	86.03291	376
Dave Nazaroff	40-44		83.47222	572
Nate DeBoever	16-17		83.46274	31
Bob Gramling	50-54	HM	82.85139	164
Ken Buderman	25-29		82.22496	531
Mark Rabens	45-49		81.74198	424
Dennis Ebbing	40-44		81.40513	787
Bill Norton	55-59	HM	80.88711	64
Jim Demis	45-49		79.32186	647
Troy Weaver	40-44		78.77467	1,100
Jon Stern	45-49		78.60986	714
Roger Husted	35-39		75.76093	1,649
Kevin Adams	40-44		75.19672	1,675
Patrick Murphy	35-39		74.69255	1,842
Richard Miller	55-59		74.62155	246
Frank Sabat	40-44		74.61678	1,780
Mike Ferrante	35-39		74.12195	1,953
Keith O'Malley	45-49		73.69671	1,296
John Ferrara	50-54		72.93888	796
Ryan Schumacher	25-29		72.29908	1,319
Ray Canals	50-54		72.22880	832
John Dowley	35-39		71.77255	2,450
Peter Oxenholm	40-44		71.37752	2,372
Mark Graminski	50-54		70.93623	951
Frank Priest	55-59		70.57355	412
Henry Collins	40-44		70.35883	2,558
Steven Pressman	55-59		69.57201	465
Bill Thompson	45-49		68.61565	1,949
Roger Roberson	50-54		68.12641	1,188
Steve Fischer	50-54		67.54415	1,242
Creighton Ko	45-49		66.17416	2,243
Maurice Tessier	40-44		65.90933	3,317
Bob Bomba	35-39		65.65665	3,475
Tom Struzzieri	50-54		61.74372	1,675
Tom Gill	55-59		56.63128	975

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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## 2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

- 2009 HVTC Most Improved Award: **Kathryn Flodquist**  
2009 HVTC Female Honorable Mention Award: **Lauren Warren**  
2009 HVTC Female Honorable Mention Award: **Barbara Sessa**  
2009 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

### MALE

- 2009 HVTC Rookie of the Year Award: **Bill Thompson**  
2009 HVTC Volunteer of the Year Award: **Dave Haze**  
2009 HVTC Male Honorable Mention Award: **Michael Bakker**  
2009 HVTC Male Honorable Mention Award: **Alex Sherwood**  
2009 HVTC Male Triathlete of the Year Award: **Nick Brundage**

### 2009 HVTC Summer Tri-Series Winners

Women's Champion: **Barbara Ferrante (64)**

2<sup>nd</sup> Place: **Barbara Sessa (60)**

3<sup>rd</sup> Place: **Michele Yasson (60)**

4<sup>th</sup> Place: **Lauren Warren (58)**

5<sup>th</sup> Place: **Alicia Olmoz (53)**

Men's Champion: **Nick Brundage (78)**

2<sup>nd</sup> Place: **Mike Halstead (72)**

3<sup>rd</sup> Place: **Mark Wilson (61)**

4<sup>th</sup> Place: **Alex Sherwood (58)**

5<sup>th</sup> Place: **Doug Thompson (56)**

### 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-Nick Mancuso (10:02)



# Hudson Valley Triathlon Club

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## ANNOUNCEMENTS

- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.**  
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 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

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