



Hudson Valley Triathlon Club



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

Volume VIII, Issue No. 94

March 2009

IN A FEW WORDS

Dear HVTC,

Spring is so interesting! One day it's gorgeous, the next it's back to winter coats; then beautiful, then back to splitting wood for the fire. Geez, Louise! One thing's for sure, on Monday, May 4th we're gonna plunge into the lake at Wilson State Park; ice or no ice (BYOIP-Bring Your Own Ice Pick). See ya out there!

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

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

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HVTC Featured Athlete: Troy Weaver

By Mark H. Wilson

How'd you like to go to work and begin a conversation with your "client" while in the pool, on the spin-bike or on a treadmill?! How'd you like to do that again the next day, but at a completely different location in a completely different town?! It gets even better; how'd you like to be asked by your boss to leave the office by 3:30 pm so you can get-in your long bike ride?! In your dreams, you say; well, our Featured Athlete of the Month, Troy Weaver, has got that dream-job and he's enjoying every moment. What's his secret? Let's find out.



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Troy grew-up in Lamar, Pennsylvania and attended Bald Eagle Nittany in Mill Hall, PA. His Undergraduate studies were at Lock Haven University with a Dual Major, Bachelor of Science in Health and Physical Education as well as a BS in Recreation (Fitness Management). In high school, Troy played football, baseball and cheerleading...um...he was the mascot decked-out in a Black Panther Suit. Nice! In college, he ran track and played rugby.

Currently, Troy lives in Westminster, Maryland and has the longest commute of any HVTC-er to the Summer Tri-Series! He is the Vice President of Health and Wellness Operations Y of Central Maryland. It's a huge responsibility as Troy oversees 8 full facility Y's in the middle of the state. His product line includes; Aquatic, Fitness, Facilities, Membership and Sports. And he loves every minute of it; he works at work AND trains at work! "Could life be any better?!" Post workout-wise, yes; his down-time involves watching movies to chill out after tough training sessions...with plenty of pizza! Fantabulous.

The first triathlon Troy participated in was in 1995 at Colonial Beach, Virginia (Olympic Distance). However, he arrived at triathlon via swimming and biking to help rehab a back injury and mostly for general fitness. One day, while he was finishing-up a swim workout Troy overheard some members of the Y talking about the Chesapeake Bay Swim (4.6 miles); he asked them if they thought he could complete the swim. They sort-of laughed at him and said "No way!" Well, that's all it took; GAME ON. Since then, Troy has finished the swim 3 times; and twice beating his "buddies" out of the water. "I am a swimmer!" Next thing ya know, a friend introduced him to running a bit and twisted his arm to do that first tri in 1995; Troy was hooked as soon as he hit the water.

Several family members and friends think he's nuts for doing triathlon, although most think it's cool. And the ones that think he's off his rocker have good reason. Interesting side note, Troy completed a half Ironman where his right triceps muscle was torn-off the bone! Ouch!!!! After the race, he was operated on and the surgeon had to use a cadaver tendon and pig tendon to re-attach his triceps. "Now, the smell of bacon makes me sad and I get sudden urges to roll in the mud during my runs in the rain." Heavens to Betsy!

Troy really likes the sport of triathlon; he meets a ton of crazy people from all walks of life, it's a cool lifestyle and challenge that every race is different even if it's a race he's done several times. He reckons one walks a bit taller after completing a swim, bike and run event; especially Ironman. He even recommends the sport to practically everyone he meets; being associated with so many YMCA's it's easy to find folks who are ready for the step-up. Troy has assisted many newbies experience their first-ever tri.



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A seasoned tri-veteran is the best way to describe Troy; he's raced for over 13 years and in multiple states (MD, VA, TN, KY, AZ, NY, FL, AL, MI, ME, NH, DE, NJ, PA). He's finished 75 races (35 sprints, 17 Olympic, 15 Half Ironman, 6 Ironman and 1 SOS). In addition, he's kept 70 swim caps of the 75 races he's completed; yikes, where does he keep them all?! The 2008 tri-season was a break-out year for Troy; General Smallwood Triathlon-Sprint (2nd M40-44), Lums Pond Triathlon-Sprint (3rd M40-44), New Jersey State Triathlon-Sprint (3rd M40-44), Marshman Triathlon-Sprint (3rd M40-44), Blue Water Triathlon-Sprint (3rd M40-44), USAT Age-Group National Championship-Sprint (14th M40-44). Fantastic!

Troy's 2009 goals are determined and exact; he'd like to do well at the USAT Age-Group National Championship in Tuscaloosa, Alabama in August; and, he's aimed at becoming a USAT Age-Group All-American. It's all a no-brainer; unless, of course, he's planning-on replacing more body parts from a pig! Thanks, Troy.

Muscle of the Month

The Multifidus Muscles

By: Dr. David Ness, CCSP, ART

The multifidus muscles are groups of muscles that are deep and are attached to the spine. They attach from your tailbone (sacrum) at every spinal level all the way up to the top of your neck, and span 3 spinal segments per muscle. These thin muscles are mostly responsible for maintaining posture and alignment in all activities, and are considered part of the back core muscles along with the erector spinae muscles. These muscles work in concert with the other core muscles; the deep abdominal muscles, pelvic floor muscles, hip muscles, and diaphragm. Training these muscles specifically can be done with Pilate's, Yoga, Egoscue Technique, and other methods including physio balls or stability training devices like Bosu Balls.



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People with lower back pain usually have weak and tight multifidi muscles which results in pain, decreased performance, and back injuries. Long standing weakness of the multifidi muscle can lead to early spinal degeneration, disc degeneration, and eventually disc herniation. If you ask any triathlete what it is like to train with lower back pain and you will find out how it can impair your training, or completely prevent you from training, and racing.

In our office we see all types of athletes coming in with weak spinal stabilizers causing lower back pain. The most common causes of having weak multifidi would be sedentary jobs requiring many hours seated, poor posture while being seated, and long hours driving. The second most common cause would be an injury from heavy or repetitive lifting, or from an accident or fall. If you are in this type of situation or have had a previous back injury, and you do not have a regular stretching and strengthening routine for your lower back it will let you know. If on top of the above described situation you are a triathlete spending 5-10 hours on your bike per week, and 3-6 hours running per week, and swimming this could aggravate an already weak and tight lower back.

Lower back pain that does not resolve itself within 4-6 weeks should really cause you to seek professional help to identify the source of your lower back pain, and help with a rehabilitation program to get you back on track. Treatments that help relieve lower back pain from tight multifidi muscles and other causes of lower back pain are; chiropractic care, physical therapy, massage, acupuncture, Active Release techniques, Egoscue technique, Graston Technique, Alexander technique to name a few.

About Dr. Ness: A chiropractor for over 20 years, Dr. Ness has been a Sports Chiropractor and certified Active Release Provider since 2004. He has treated patients at the past four Ironman events at Lake Placid, and has provided treatment for the HVTC Summer Tri-Series since 2005, the N.Y.T.C. Club races since 2006, and at the S.O.S Triathlon since 2004. Currently he is the director of Performance Sports and Wellness at 3 Cherry Hill Road in New Paltz. Performance Sports and Wellness offers Active Release Techniques, Chiropractic Care, Acupuncture, Sports Massage, and Strength Training.



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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 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.

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

MARCH

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

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

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

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

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

MAY

Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. 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

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

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

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



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

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

Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k
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

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

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

JUNE

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

Diamond Girl-Bear DE (6/7/09) S ¼ mi., B 10 mi., R 2 mi. 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

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



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Diamond Girl-Quakertown, PA (6/14/09) S ¼ mi., B 10 mi., R 2 mi.

www.piranhasports.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi,

R13.1mi 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

NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi.

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

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2

mi. www.hvtc.net

Health Net Mossman Triathlon-Milford, CT (6/13/09) S 1.5k, B 40k, R 10k

www.trifitness.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k

www.patgriskustri.com

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

mark.us

Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k

www.xterraplanet.com



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Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/09) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Philadelphia Triathlon-Philadelphia, PA (6/27/09) S 1.5k, B 40k, R 10k www.phillytri.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

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

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

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

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

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



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Diamond in the Rough Triathlon-Perryville, MD (7/11/09) S 1 mi., B 27 mi., R 5 mi.
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

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

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

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

Mossman Triathlon-Norwalk, CT (7/19/09) S .5 mi., B 12.5 mi., R 5k
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**

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

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

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



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

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

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

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

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/1/09) S 1.5k, B 40k, R 10k
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

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

Lake Dunmore Triathlon-Salisbury, VT (8/9/09) S .9 mi., B 28 mi., R 6.2 mi.
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

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



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Steelman Triathlon-Quakertown, PA (8/9/09) S 1.5k, B 40k, R 10k 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

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/16/09) S 1.5k, B 40k, R 10k 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

West Point Triathlon-West Point, NY (8/16/09) S 800 m, B 25k, R 5k 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

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

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi. 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 (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

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

Diamond Girl-Harriman, NY (8/30/09) S 500 meters, B 15 mi., R 4 mi. 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/

Westchester Toughman-Croton Point Park, NY (9/13/09) S 1.2 mi., B 56 mi., R 13.1 mi. 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

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

Lake George Triathlon-Lake George, NY (9/?/09) S 1.5k, B 40k, R 10k www.adktri.org

Women's Triathlon-Farmington, CT (9/?/09) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

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



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

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

Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k
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

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

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

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

OCTOBER

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

Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k
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



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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

Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k 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

Ironman Arizona-Tempe, AZ (11/22/09) S 2.4 mi., B 112 mi., R 26.2 mi. 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

<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

<u>Overall Female:</u>	Emma Moffat	0:45:21
	Linda Rosenthal (2 nd 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

Overall Female: Kelly Virkler 292 pts.

Overall Male: Peter Bierden 300 pts.
Steve Fischer (1st 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

Overall Female: Michelle Strathers 9.758
Mary DeNitto (2nd Overall) 9.109

Overall Male: Justin Harris 12.259
Alex Sherwood (2nd Overall) 11.771
Nick Brundage (1st M20-24) 11.359
Mike Vance (1st 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

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

Overall Male: Nick Mancuso 0:52:35
Mike Halstead (2nd Overall) 0:54:02
Bob Gramling (1st M50-54) 0:59:09
Janek Szablinski (2nd M35-39) 1:04:33
Bill Norton (1st M55-59) 1:05:35



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Matt Merchant (2 nd M50-54)	1:07:04
Don Davis (2 nd M60-64)	1:22:01

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

www.nytc.org

Overall Female:

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

Overall Male:

Jason Gers	0:59:41
Dave Nazaroff (2 nd M40-44)	1:02:29

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



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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. S.O.S., 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>				
Jeanette Shelow-MacDougall	45-59			
Shannon Dawkins	30-34			
Jean Norton	45-49			
Barbara Sessa	40-44			
Mari Flores	35-39			
Erica Ruge	35-39			
Kathryn Flodquist	40-44			
Natalie Marriott	25-29			
Lana Corsano	40-44			
Mary DeNitto	60-64			
Julie LoRusso	40-44			
Alicia Olmoz	35-39			
Christine Honig	35-39			
Mineke Etienne	30-34			
Roge Nesbitt	40-44			
Linda Rosenthal	60-64			
Diana Tsingopoulos	60-64			
Christine Spiezio	35-39			
Kimberly Kuppenheimer	35-39			

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

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

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Alex Sherwood	30-34			
Mike Halstead	40-44			
Terry Kerrigan	35-59			
Michael Bakker	40-44			
Nick Brundage	20-24			
Art Boyko	40-44			
Zac Staszak	30-34			
Mark Wilson	40-44			
Jim Stafford	40-44			
Andrew Schupak	40-44			
Michael Donnelly	45-49			
Charles Pegg	35-39			
Tom Ganz	35-39			



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Nate DeBoever	19-Under
Bob Gramling	50-54
Jim Demis	40-44
Doug Thompson	40-44
Jon Stern	45-49
Ken Buderman	25-29
Mark Rabens	40-44
Matt Merchant	50-54
Bill Norton	55-59
Patrick Murphy	35-39
Janek Szablinski	35-39
Bill Shashaty	35-39
John Jasinski	50-54
Richard Miller	55-59
John Dowley	35-39
Brian Chew	30-34
Steven Pressman	55-59
Gabriel Danaher	40-44
John Ferrara	50-54
Steve Fischer	50-54
Mike Hargrove	50-54
Maurice Tessier	35-39
Peter Oxenholm	40-44
Larry Knapp	50-54
Mark Graminski	50-54
Mitch Donner	40-44
Tom Gill	50-54

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

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

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**



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2008 HVTC Summer Tri-Series Winners

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

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

2008 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-Terry Kerrigan (10:19)

ANNOUNCEMENTS

- **2009 HVTC Summer Tri-Series: June 10, July 8, August 12 & September 16.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1st-December 31st.**



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