



# 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 X, Issue No. 118**

**March 2011**

## IN A FEW WORDS

Dear HVTC,

It takes courage to reach new goals; setting the bar, taking new actions and then living with the reaction of those who love you. “What are you doing?” they ask. I made a promise to myself NOT to be someone you hear saying what they want and never going for it; to me, that’s the ultimate frustration...never DOING what you say you’re gonna do. So, be brave and reach for the stars; HVTC is rising to new heights and I know you’ll be there to enjoy every minute! 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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# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011



## **HVTC Featured Athlete: Chris Loftus**

By Mark H. Wilson

What is the meaning of sincere?! Does the definition resonate with the words nice, kind, pleasant? How about friendly? Or special? Does sincerity have a particular feeling associated with it? The computer thesaurus tells us that its synonyms are: genuine, honest, truthful, earnest and heartfelt. Hmm, that pretty much describes our Featured Athlete of the Month, Chris Loftus. Truly, when you're in his presence, you get a sense of absolute attention and eagerness that is reminiscent of one's childhood. He REALLY wants to be talking with you...when he's talking with you; how refreshing! Where and how did he "get" such a feeling for NOW? Read on, Friends.



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

Chris was born in New Rochelle and then moved to Lexington, New York in the Catskills near Hunter and Windham Mountains when he was two years old. He attended Windham Ashland Jewett High School and went-on to College at Clarkson University in Potsdam, New York and received a Bachelor of Science degree in Chemical Engineering. While in high school, Chris played soccer, tennis and raced Alpine skiing; in college, he raced all four years competitively. The college plan worked well as Chris is a Project Manager for a chemical engineering design firm KMPS and he lives in Chester, New York with his wife Rachel of 2 years; they don't have any children, well, except for their Labradoodle duathlete, Gracie. In his spare time, he eats ice cream. Yum!

The first multisport experience Chris had was back in the late 90's; he raced locally at the Spring Rush (he did the ski, run and canoe legs) and the Killington Triathlon (ski, mountain bike, run). Then, in 2008 he did his first "real" triathlon at the Sodus Point Sprint Triathlon; his inaugural open-water swim...Lake Ontario...3 foot waves. Oh, sweet, Jesus! "It seemed like a good idea." Yeah, maybe for a seal; thank goodness he survived!

However, Chris's true passion and expertise is in ski racing and fishing; Bass fishing to exact. After having qualified for the Collegiate Nationals in ski racing, he wanted to pass-on the knowledge; Chris has coached ski racing for the past 16 years; and, due to work related commitments he was unable to coach in 2010. It's still been a thrilling year for Chris because one of his pupils, Chris Frank, is racing the World Cup Circuit. Nice!!! The Bass fishing hobby has been in his blood for more than twenty years EVERY spring, summer and fall. Chris's lifelong goal was to qualify for the Bass Masters Classic (<http://www.basszone.com/2007zlines/loftus.htm>); it's the sport's recognized championship and there are only 6 amateur slots awarded each year. Well, after years of hard work Chris finally accomplished the task placing 3<sup>rd</sup> at the Amateur National Championship; qualifying him as 1 of only 6 individuals from NYS to ever fish the Classic in it's 30-year history. Woo-hoo!! And, today, Chris still holds records in the New York Federation including; Most Tournament Wins (6) and Best Record in a Season. Wait, there's more...in 1997, he finished 1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup> and 1<sup>st</sup> in the Four Point Tournament. That's it; autographs at the next club race! Good for you, Chris. Unfortunately, Chris's fishin' buddies and competitors think he's lost his marbles with this tri-ath-a-lon thingy; but, of course, those trophies are up for grabs now, too. 'Nother Bud, please!

Now, with his life-long goal squarely under his belt, Chris didn't know what to do next! He didn't have a focus; except for this desire to get into better shape after the Classic...so, he started running. Chris found running to be meditative, but still nothing was coming to him as to what he should do with himself. As he got more fit, he bought a bike and began using that as a way to meet people. It was July 4<sup>th</sup> weekend and he did a



# Hudson Valley Triathlon Club

---

Volume X, Issue No. 118 March 2011

40 mile ride with some folks and someone asked him if he'd thought about doing a triathlon? Incredibly, the event was only 6 weeks away; so, Chris went to Barnes & Noble and found a book titled, you guessed it "How to do a Sprint Triathlon in 6 Weeks"...perfect! Needless to say, the fishing boat spends most of its time in the garage.

The sport of triathlon hasn't come completely easy to Chris and he admits he has experienced some "pain, pain and more pain" and still loves it; he works hard and is obviously goal-driven. And that's the part about the sport he really enjoys; setting goals, pushing himself, feeling good when he's done, etc. But the part he loves the most is the people... "Rachel and I have formed so many close friendships; I don't think I have met a person in this sport that does not have that glow to them." As a result, he and Rachel tell everyone they can about triathlon and it's benefits.

Speaking of benefits, Chris's triathlon résumé includes; HVTC Summer Tri-Series, West Point Triathlon, and the Cayuga Lake Triathlon (Olympic). "I was thrilled to have improved at every HVTC race last year. And, since I've competed in two National Championships in different sports, I want to do it in a 3<sup>rd</sup> sport!" Chris wants to qualify for the USAT National Age-Group Championships for the Olympic distance. Fantastic!

Chris would also like to thank some important people; his wife Rachel for her support, his training partner Todd Van Sickle, his coach Penny Sorbello and Barbara Sessa. "Barbara allows me to tag along at her track work-outs; I got to ride Barbs shoulder every Wednesday, last summer." Cool...just remember to take the hook out of her cheek when finished. Thanks, Chris!



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

## Knee Pain & Iliotibial Band Syndrome

By Dr. David Ness

Iliotibial band (ITB) syndrome causes knee pain in runners, long-distance walkers, and bicyclists. It is one of the conditions that is commonly called “runner's knee.” The ITB stretches from the pelvis to the upper part of the tibia, and the muscles of the leg are attached to it. Because the pain sometimes doesn't develop until after activity, it is not always easy to realize that the discomfort is coming from overuse of this large tendon. As we walk, the ITB glides over the knee, from the side to the front and back again. ITB syndrome happens when the gliding becomes more like dragging, and the pain it causes centers just above the outside of the knee.

The irritation which results from ITB syndrome may not be felt for some time after the activity, when the area feels tender. A stinging sensation may be felt over the knee. Swelling or thickening can develop just above the knee, where the band moves over the femur. Some patients report feeling something snapping inside the leg. This is a less common, but more obvious, indication that the cause is ITB syndrome – the iliotibial band is trying to move smoothly over the bone, and failing spectacularly.

Although pain may not develop until afterwards, for some runners it begins during the activity, and may stop when they slow to a walk. Regardless of how it's felt initially, the pain may intensify over time. This can include expansion up the thigh and down the calf, onset earlier in the activity, and more intense pain when the foot strikes the ground.

Causes of this problem may include running on hills and stairs, banked surfaces like road shoulders, cycling with the feet “toed in” excessively, or rowing. Bowing of the legs, either from those activities or anatomical problems like high or low arches, may also lead to ITB syndrome.

Self-treatment of ITBS should include ice, rest, reduction in or changes to training regimen, stretching of the IT Band and associated muscles, massage or foam rolling of the lateral quadriceps and IT Band, and strengthening of the hip abductors. If these treatments do not resolve the problem, a sports medicine professional should be consulted.

Professional treatments which are highly effective on ITB syndrome can include chiropractic care, physical therapy, deep tissue massage or Active Release Techniques can be focused the ITB, Quadriceps, TFL, Psoas, and hip adductors. Custom orthotics for pronators or supinators can help with knee alignment. Some cases call for cortisone shots, or a surgical procedure called a lateral release. These last resort treatments are used for cases that do not respond to any form of treatment and rest.



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

Dr. David Ness is a board-certified chiropractor who has been practicing for over 22 years. He has been a Sports Chiropractor and certified Active Release Provider since 2004, and is the staff chiropractor for the Vassar College Athletic Department. He has treated patients at multiple Ironman events at Lake Placid, and has provided treatment at races for the N.Y.T.C., the H.V.T.C., and at the S.O.S. since 2005. For questions about any sports injury, email Dr. Ness at [mail@drness.com](mailto:mail@drness.com) or call (845) 255-1200.

## 2011 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 (2/20/11) 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/?/11) Ski 2.5 mi., B 10 mi., R 3 mi. [www.pinehillarms.com](http://www.pinehillarms.com)



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

## APRIL

**2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k**  
[www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

**St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/11) 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 (5/7/11) 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 (5/7/11) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.piranha-sports.com](http://www.piranha-sports.com)

**Trooper Biathlon-Hurley, NY (5/8/11) R 2 mi., B 14 mi., R 2 mi.** [www.nytc.org](http://www.nytc.org)

**Wheel & Heel Triathlon-Lake Taghkanic State Park, NY (5/15/11) S 400 yds., B 13.5 mi., R 3.3 mi.** [www.wheelandheel.com](http://www.wheelandheel.com)

**American Zofingen (Long Course)-New Paltz, NY (5/15/11) 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 (5/15/11) R 10.30 mi., B 58 mi., R 10.30 mi.** [www.cm2promotions.com](http://www.cm2promotions.com)

**American Zofingen (Short Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 29 mi., R 5.15 mi.** [www.cm2promotions.com](http://www.cm2promotions.com)

**Toga Biathlon-Congers, NY (5/?/11) R 4.25k, B25k, R 4.25k**  
[www.togamultisport.com](http://www.togamultisport.com)

**Cascade Lake Triathlon-Hampstead, MD (5/15/11) S .3 mi., B 15 mi., R 5k**  
[www.piranha-sports.com](http://www.piranha-sports.com)

**Florida 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)



# Hudson Valley Triathlon Club

---

Volume X, Issue No. 118 March 2011

**EnduraSport Mini Triathlon-Harriman, NY (5/21/11) S .6 mi., B 29 mi., R 6.2 mi.**  
[www.genesisadventures.com](http://www.genesisadventures.com)

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/21/11) S 1.2 mi., B 57 mi., R 13.1 mi.** [www.genesisadventures.com](http://www.genesisadventures.com)

**Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://www.tricolumbia.org)

## JUNE

**Escape From Alcatraz-San Francisco, CA (6/5/11) S 1.5 mi., B 18 mi., R 8 mi.**  
[www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5/11) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

**Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/5/11) S 1.5k, B 40k, R 10k**  
[www.keukalaketri.com](http://www.keukalaketri.com)

**Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi** [www.tricolumbia.org](http://www.tricolumbia.org)

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/8/11) S 400 yds., B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)

**Health Net Mossman Triathlon-Milford, CT (6/?/11) S 1.5k, B 40k, R 10k**  
[www.trifitness.net](http://www.trifitness.net)

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/11) S 1.5k, B 40k, R 10k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Pat Griskus AquaVelo-Middlebury, CT (6/18/11) S 1.5k, B 40k**  
[www.patgriskustri.com](http://www.patgriskustri.com)

**Xterra East Championship-Richmond, VA (6/?/11) S 1.5k, Mtn. B 30k, R 10k**  
[www.xterraplanet.com](http://www.xterraplanet.com)



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

**Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/11) 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 (6/25/11) 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 (6/25/11) S ½ mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

**Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/26/11) S 600 yds., B 14 mi., R 3.1 mi. [www.rushtonsports.com](http://www.rushtonsports.com)**

**Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

## JULY

**Diamond in the Rough Triathlon-Perryville, MD (7/9/11) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

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

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/13/11) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/13/11) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/17/11) S 600 yds. B 14 mi., R 3.1 mi. [www.rushtonsports.com](http://www.rushtonsports.com)**

**Musselman Triathlon (Half-IM)-Geneva, NY (7/15-17/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)**



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

**Musselman Triathlon (Sprint)-Geneva, NY (7/15-17/11) S 500 yd., B 15 mi., R 3 mi.**  
[www.musselmantri.com](http://www.musselmantri.com)

**Mossman Triathlon-Norwalk, CT (7/?/11) S .5 mi., B 12.5 mi., R 5k**  
[www.teammossman.com](http://www.teammossman.com)

**Ironman USA-Lake Placid, NY (7/24/11) S 2.4 mi.,**  
**B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)**

## AUGUST

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/11) S ½ mi., B 14.2 mi., R 5k**  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

**New York City Triathlon-NYC, NY (8/7/11) S 1.5k, B 40k, R 10k [www.nycetri.com](http://www.nycetri.com)**

**Lake Dunmore Triathlon-Salisbury, VT (8/7/11) S .9 mi., B 28 mi., R 6.2 mi.**  
[www.rushtonsports.com](http://www.rushtonsports.com)

**Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k**  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/17/11) 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/?/11) S 1.5k, B 40k,**  
**R 10k [www.teammossman.com](http://www.teammossman.com)**

**Kingdom Triathlon-Kingdom, VT (8/6/11) S 500 yds., B 13 mi., R 5 mi.**  
[www.kingdomtriathlon.org](http://www.kingdomtriathlon.org)

**Lums Pond Triathlon-Bear, DE (8/14/11) 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/?/11) S 800 m, B 25k, R 5k**  
[www.westpointtri.com](http://www.westpointtri.com)



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

2011 USAT Sprint National Age Group Championship-Burlington, VT (8/20/11) S 750 meters, B 20K, R 5K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

Timberman Sprint Triathlon-Gilford, NH (8/19-21/11) S 1/3 mi., B 15 mi., R 3 mi. [www.ironman.com](http://www.ironman.com)

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-21/11) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.ironman.com](http://www.ironman.com)  
Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

Crystal Lake Triathlon (8/20/11) S .5 mi., B 18 mi., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)

## SEPTEMBER

Big George-Lake George, NY (9/4/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.lgtrifest.com](http://www.lgtrifest.com)

2011 ITU Short Course Triathlon World Championship-Beijing, China (9/11/11) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

S.O.S.-New Paltz, NY(9/11/11) B 30 mi., R 4.5 mi., S 1.1 mi., R 5.5 mi., S .5 mi., R 8 mi., S .5 mi., R .7mi. [www.sostriathlon.com](http://www.sostriathlon.com)

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

Westchester Toughman-Croton Point Park, NY (9/11/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.westchestertoughman.com](http://www.westchestertoughman.com)

Ironman 70.3 World Championship-Lake Las Vegas, NV (9/11/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)

Vineyard Warrior Triathlon-Martha's Vineyard (9/11/11) S 1.5k, B 40k, R 10k [www.vineyardwarrior.com](http://www.vineyardwarrior.com)



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

**HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/14/11) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Lake George Triathlon-Lake George, NY (9/18/11) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)**

**Hammerfest Triathlon-Branford, CT (9/18/11) 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 (9/17-18/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.savagemantri.org](http://www.savagemantri.org)**

**Marshman Sprint Triathlon-Downingtown, PA (9/?/11) 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/?/11) S 1.5k, B 40k, R 10k [www.score-this.com](http://www.score-this.com)**

**Westchester Triathlon-Rye, NY (9/25/11) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.org](http://www.westchestertriathlon.org)**

## OCTOBER

**Cape Henlopen Triathlon-Lewes, DE (10/9/11) S ¼ mi., B 14 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

**Toga Duathlon-Congers, NY (10/?/11) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

## NOVEMBER

**Ironman Florida-Panama City, FL (11/5/11) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)**

**Ironman Arizona-Tempe, AZ (11/20/11) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)**



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

## 2011 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

## 2010 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>
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Place

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

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

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

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

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



# Hudson Valley Triathlon Club

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Volume X, Issue No. 118 March 2011

## 2010 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2010 HVTC Rookie of the Year Award: **Rachel Loftus**

2010 HVTC Most Improved Award: **Michele Yasson**

2010 HVTC Female Honorable Mention Award: **Kathryn Flodquist**

2010 HVTC Female Honorable Mention Award: **Erica Ruge**

2010 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

### MALE

2010 HVTC Volunteer of the Year Award: **Bob Gramling**

2010 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2010 HVTC Male Honorable Mention Award: **Mike Bakker**

2010 HVTC Male Triathlete of the Year Award: **Mike Halstead**

## 2010 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge (78)**

2<sup>nd</sup> Place: **Kathryn Flodquist (74)**

3<sup>rd</sup> Place: **Michele Yasson (69)**

4<sup>th</sup> Place: **Jennifer Borrero (49)**

5<sup>th</sup> Place: **Megan Corjulo (48)**

Men's Champion: **Nick Brundage (80)**

2<sup>nd</sup> Place: **Mike Halstead (75)**

3<sup>rd</sup> Place: **Bruce Cadenhead (70)**

4<sup>th</sup> Place: **Bill Shashaty (64)**

5<sup>th</sup> Place: **Mike Bakker (52)**

## HVTC Summer Tri-Series Standing Course Records

### Women

**Course**-Jeanette Shelow-MacDougall (54:32)

**Swim**-Christine Honig (4:50)

**Bike**-Erica Ruge (36:20)

**Run**-Shannon Dawkins (10:57)

### Men

**Course**-Terry Kerrigan (47:20)

**Swim**-Art Boyko (4:16)

**Bike**-Terry Kerrigan (32:05)

**Run**-Nick Brundage (10:01)



# Hudson Valley Triathlon Club

Volume X, Issue No. 118 March 2011

## ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2011 HVTC Registration & Packet Pick-Up:** Wednesday, April 27<sup>th</sup> from 5:30-7:30 pm at Wilson State Park (859 Wittenberg Rd. Mt. Tremper, NY).
- **2011 HVTC Summer Tri-Series: June 8, July 13, August 17 & September 14.** 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 2011 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2011 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2011 HVTC \$240.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

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