



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 IX, Issue No. 108

May 2010

IN A FEW WORDS

Dear HVTC,

Here we go; the 2010 HVTC Summer Tri-Series is upon us! Club members new and old will line the edge of the water at Wilson State Park on Wednesday, June 9th; it's gonna be a blast. Please be sure to arrive early to secure a good spot on the bike racks; first-come, first-served. More importantly, please be sure to stay upon finishing your race to indulge in my wife's incredible cooking; there's nothing quite like it. So, keep swimming, biking and running to your heart's delight! 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: Creighton Ko

By Mark H. Wilson

Do you have any high school friends who were non-athletes and are now full-on triathletes? You know, those folks who were really fun and great to hang around with, but could care-less about sports? Yes, they were bright and social...and they often thought that bowling was an athletic outing/adventure. Well, our HVTC Featured Athlete of the Month, Creighton Ko, was one such individual. And get this, he grew-up in Hawaii!?! Yes, despite the opportunity on a daily basis to exercise to your heart's content, our club colleague was a self-proclaimed Coach Potato Champion; Dorito's was/is his sponsor. What led him to triathlon? Let's find out.



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Creighton was born in Honolulu, Hawaii and graduated from Kalani High School; he attended Pacific Lutheran University in Tacoma Washington and then Hunter College in NYC. Creighton graduated with a Bachelor's Degree majoring in History with a minor in German and French. Although an active member of the Kalani Bowling Team, sports was just not his thing. Currently, Creighton lives in Tuckahoe, New York (Westchester County) with his partner of 14 years and their children...um, dogs; 2 Shepherd mixes from North Shore Animal League. Creighton works as a Human Resource Information Systems Specialist focusing on third party system integration with the PeopleSoft HRMS system.

Creighton's first triathlon was four years ago in New Hampshire; the Timberman Sprint Triathlon. He really loves the venue; in fact, it's where he completed his first half Ironman in 2009. "The race is awesome; except the double loop run!!!" Creighton has always loved running, biking and swimming. One of his friends is a triathlete and helped to convince him to give it a shot. Although he never participated in these activities in school the environment was always there each and every day and he would like to live it all over again; triathlon is in his blood. Actually, unlike many triathletes, open-water swimming is one of his favorite sports; excluding the wetsuit!

The nature of Creighton's occupation involves working with computers all day long, so he often finds himself day-dreaming of swimming, biking and running. Needless-to-say, he really enjoys being outdoors and working-out with groups or even alone. He finds that some of his best ideas come when he's running and biking; not to mention his love for the calm Zen-like feeling of swimming. In his spare time, he enjoys photography, videography, graphic and web design.

One of the features of triathlon that Creighton cherishes the most is the unique variety of every triathlon event; "no two courses are the same" and "they each have different challenges." He feels that sometimes it's not the physical challenge but the mental strategy that can either sink or pull you through the race. Since he's a recreational triathlete, it also gives him a chance to enjoy nature, sights-n-sounds from different parts of the country and a chance to escape his busy life. He's an avid people-watcher, too, which for him adds some appeal to the sport. He would agree that triathlon can be addictive and he's even "hooked" a few of his friends, as well. "There is such a rush at the finish line that you can't help but be enthusiastic about the sport." Ain't it the truth?!

Creighton has raced in several triathlons and isn't hesitant to announce his favorites; Columbia Triathlon in Maryland and the Timberman Triathlon in New Hampshire. Others he's completed include; NYC Triathlon, Annapolis Triathlon (sadly, no longer exists), The Mighty Hamptons and, of course, the great and wonderful HVTC club races!



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(His words...really!!!) Every year Creighton does one event to raise money for charities and a few of them are; California AIDS Ride (CA AIDS Lifecycle 2007), Athletes for a Cure (NYC Triathlon 2009), Make a Wish Foundation (Timberman 2009), and this year American Diabetes Association (Tour de Cure 2010). It always gives him added inspiration to know that his efforts can help make life better for someone else. (Amen!)

In 2010, Creighton will be doing the Eagleman in Maryland, Timberman Half, and the Half-Full Triathlon in Columbia, MD. And his Grand-Daddy of all goals is to complete an Ironman for his 50th birthday! It's truly been a dream of his and he desires greatly to make it a reality. There's no doubt he'll succeed; however, better hand-over that Couch Potato Crown! Thanks, Creighton.



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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)

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 (2/21/10) S 15 min., B 20 min., R 20 min. 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

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

Brandywine Duathlon-Coatsville, PA (3/28/10) R 5k, B 30k, R 5k 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

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

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

Trooper Biathlon-Hurley, NY (5/2/10) R 2 mi., B 14 mi., R 2 mi. 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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. 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

American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R 15.45 mi. 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



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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

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

Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k 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

EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi. 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

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

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

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

JUNE

Pawling Triathlon-Pawling, NY (6/5/10) S 1/3mi., B 13mi., R 3mi. 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

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

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/10) S 1.2mi, B 56mi, R13.1mi 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

NY Tri Series #1 (Biathlon)-Harriman State Park (6/13/10) R 3 mi., B 16 mi., R 3 mi. 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

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

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

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

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

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

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/26/10) S ½ mi., B 20 mi., R 10k 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

Philadelphia Triathlon-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k 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

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

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



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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

Diamond in the Rough Triathlon-Perryville, MD (7/10/10) S 1 mi., B 27 mi., R 5 mi.
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

Ironman 70.3 Rhode Island-Providence, RI (7/11/10) S 1.2 mi., B 56 mi., R 13.1 mi.
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

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

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

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

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

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

Hudson Valley Triathlon-Kingston, NY(7/18/10) S .3 mi., B 18 mi., R 3.5 mi.
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

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

www.pinebushtriathlon.org

New York City Triathlon-NYC, NY (7/18/10) S 1.5k, B 40k, R 10k www.nycetri.com

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

B 112 mi., R 26.2 mi. 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

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

www.fronhofertooltriathlon.com

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

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

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

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

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/11/10) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/10) S 1.5k, B 40k, R 10k www.teammossman.com

Kingdom Triathlon-Kingdom, VT (8/14/10) S 500 yds., B 13 mi., R 5 mi.
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

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi.
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/

Timberman Sprint Triathlon-Gilford, NH (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi.
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

Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi./., R 3 mi. 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



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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

SEPTEMBER

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

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

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

Westchester Toughman-Croton Point Park, NY (9/12/10) S 1.2 mi., B 56 mi., R 13.1 mi. 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

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

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

Hammerfest Triathlon-Branford, CT (9/19/10) S .5 mi., B 13.5 mi., R 4 mi. www.plattsys.com

Marshman Sprint Triathlon-Downingtown, PA (9/19/10) S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com



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

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

Chesapeake-Cambridge, MD (9/25/10) S 2.4 mi., B 112 mi. www.tricolumbia.org

OCTOBER

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/?/10) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Cape Henlopen Triathlon-Lewes, DE (10/10/10) S 1/4 mi., B 14 mi., R 5k www.piranha-sports.com

Toga Duathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k 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



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

Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi., B 112 mi., R 26.2 mi. 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

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

MARCH

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

<u>Overall Female:</u>	Felicia Kearsley	1:10:57
<u>Overall Male:</u>	Brian Grodin	0:56:03
	Mike Halstead (2 nd Overall)	0:58:11
	Chris Loftus	1:13:49



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

www.nytc.org

<u>Overall Female:</u>	Jaime Windrow	1:06:35
	Jeanette Shelow-MacDougall (3 rd Overall)	1:10:02
	Carolyn Mandaro (1 st F45-49)	1:29:12
	Antonia Noonan	1:33:14

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Noga Ruttenburg	0:56:22
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<u>Overall Male:</u>	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

<u>Overall Female:</u>	Amy Farrell	1:44:36
	*Erica Ruge (6 th F35-39)	1:54:36
	*Kathryn Flodquist (18 th F40-44)	2:04:00

*Qualified Duathlon World Championship-Edinburgh, Scotland September 2010

<u>Overall Male:</u>	Kaleb Vanort	1:30:39
	Troy Weaver	2:03:57

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

www.satriathlon.com

<u>Overall Female:</u>	Sarah Haskins	1:58:49
	Jeanette Shelow-MacDougall	2:22:53

<u>Overall Male:</u>	Cameron Dye	1:48:44
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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

Overall Female: Leanda Cave 2:14:34
Mary DeNitto (1st F60-64) 3:29:10

Overall Male: Hunter Kemper 1:58:21

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

Overall Female: Mendy Taylor 1:09:56
Barbara Ferrante (1st F40-44) 1:20:13
Alicia Olmoz (2nd F35-39) 1:29:45

Overall Male: Nick Brundage 1:01:39
Mike Halstead (2nd Overall) 1:04:20
Jim Stafford (1st M45-49) 1:06:08
Mike Ferrante (3rd M35-39) 1:12:53
Steven Pressman (3rd 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

Overall Female: Kristie Timmer 2:01:36
Ann Breeswine 2:52:52

Overall Male: Greg Close 1:48:28
Frank Priest (3rd M55-59) 2:19:59

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

Overall Female: Catriona Morrison 4:31:06

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



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

<u>Overall Female:</u>	Emily Charlson	1:17:26
	Becky Hansen	1:43:21
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Jordan Hedding	1:43:00
<u>Overall Male:</u>	Brian Lovett	1:30:38
	Troy Weaver (3 rd M40-44)	1:52:11

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

<u>Overall Female:</u>	Erica Ruge	1:27:05
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Mimi Boyle	8:44:16
<u>Overall Male:</u>	Josh Beck	6:42:16
	Mike Halstead (1 st M40-44)	7:52:17

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

<u>Overall Female:</u>	Elena Dale	6:05:07
<u>Overall Male:</u>	John Hirsch	5:04:35
	Mike Bakker (2 nd Overall)	5:07:16



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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

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

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

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

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

Overall Male: Keith Strudler 1:12:33
Nick Brundage (2nd Overall) 1:13:04
Dave Nazaroff (2nd 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

Overall Female: Mandy Hudson 1:21:38

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

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

Overall Female: Lauren Cullen 2:08:19

Overall Male: Jesse Du Bey 1:39:35
Bruce Cadenhead (2nd M45-49) 2:02:27
Frank Priest 2:48:42



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

Overall Female: Lauren Klein 6:23:41

Overall Male: Scott Goldthorp 5:04:10

Dave Nazaroff (3rd 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

Overall Female: Allison Lind 1:03:06

Pam Neimeth (1st F50-54) 1:21:44

Tracy Little (2nd F50-54) 1:23:52

Megan Corjulo (2nd F40-44) 1:31:23

Rebecca Hansen (3rd F45-49) 1:31:49

Overall Male: 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

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



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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)

<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	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



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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)

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**



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2009 HVTC Summer Tri-Series Winners

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

2nd Place: **Barbara Sessa (60)**

3rd Place: **Michele Yasson (60)**

4th Place: **Lauren Warren (58)**

5th Place: **Alicia Olmoz (53)**

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

2nd Place: **Mike Halstead (72)**

3rd Place: **Mark Wilson (61)**

4th Place: **Alex Sherwood (58)**

5th Place: **Doug Thompson (56)**

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette 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)

ANNOUNCEMENTS

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



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