

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## IN A FEW WORDS

Dear HVTC,

The Hudson Valley is quickly becoming a powerhouse for multisport; the rest of the United States is turning it's attention to one of the most beautiful places on the planet...to train for triathlon! Elite athletes are considering the "Gunks" their stomping-ground for serious climbs and hearty weather conditions; being merely an hour or two from New York City doesn't hurt, either. Let's embrace this opportunity and welcome-in the best-of-the-best to our secret gem and encourage the growth that comes with hosting such individuals; it's the least we can do. Okay, I guess we ought to continue swimming, biking and running, too. See ya out there!

Sincerely,  
Mark H. Wilson  
Founder-Hudson Valley Triathlon Coach

## HVTC Featured Athlete: Erica Ruge\*

By Mark H. Wilson

How would you like to have 0% body fat and be as ripped as Bruce Lee regardless of how many Twizzlers and M & M's you ate? How would you like to show-up at the start-line of a race and hear men sayin' "I gotta race her?" How would you like to be in your first year of triathlon and actually win a race? What are the chances of such a woman living here in the Hudson Valley rockin' the local tri-scene? Well, it's actually a fact that our Featured Athlete of the Month, Erica Ruge, is rising through the ranks on a quest for excellence as she's done throughout her athletic career. What drives her? Let's find out.

Erica was born in Rhinebeck, New York and went to Rhinebeck High School. She then went directly to the Fashion Institute of Technology (FIT...appropriate acronym!) in New York City. She majored in marketing and communications; although she despised living in the city after 2 years, she muscled-through 4. In high school she played field hockey and soccer; Erica loved team sports. In college, the school didn't really have sports so she began going to the gym and lifting weights and running.

Staying true to her roots, Erica currently lives in Rhinebeck and she and her long-time beau Jason are building a new house; they're building it themselves so it requires

© Hudson Valley Triathlon Club 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

tons of work on top of training/racing, but the project is almost done! They don't have any children; well, unless you count their two miniature dachshunds (4 months and 1 ½ years old). Yes, they're busy/proud parents! Professionally speaking, Erica works at the family business, Ruge's Automotive in Rhinebeck. She works with her whole family (Mother, Father, and two older sisters). She stated that working with her family can sometimes be very challenging. Hmm, really?! And, occasionally, she'll do a little personal training on the side for some extra cash and enjoyment. As for hobbies, downhill skiing is Erica's biggest athletic pursuit besides triathlon. Both Jason and Erica are members of the PSIA (Professional Ski Instructors of America) so they ski as often as possible. She also enjoys practicing Pilates and similar bodywork; and, of course, playing with the "babies."

Triathlon was a part of Erica's life early-on; however, they were bike, run and canoe tri's...no swimming! She did her first canoe triathlon in New Jersey in 1998. She also completed quite a few adventure races with a team, which thrilled her immensely. Erica used to do an April race in Hunter called the Kaaterskill Rush. One year it was very cold and when she completed the ski leg, she noticed that her gears and brakes were frozen stiff. Incredibly, she rode 56 miles in the cold (can you believe it?!), then ran 13 miles, and then when she was half way through the canoe (4 hours or so into the race) she accidentally flipped into the FREEZING cold water...YIKES!!! Thankfully, a rescue boat came for her. Now for the bad news; she was DQ'd for accepting aid. D'oh! Always the trooper, she came back the next year to redeem herself and won the race. Nice!

Erica started canoe triathloning with a couple buddies including HVTC-er, Mark Graminski. Fast forward 10 years, she and Mark said they were going to take swim lessons and do triathlons, dang-it! Erica proclaimed by December 2007 she would really learn to swim and stop talking about it. That's the spirit! Now, let it be known that Erica did not know how and swim and was extremely afraid of the water; no, REALLY, afraid of the water. Nonetheless, with help and encouragement from her great friend Bob Gramling, she was going to do triathlons; period. Life-bumps presented themselves, but Erica feels such events make you a little more driven. Finally, she committed to the swim lessons and triumphantly completed her first-ever swim-bike-run triathlon at the 2008 HVTC Summer Tri-Series #1; breast-stroke and all!

Including her family, Nobody thinks Erica is crazy for doing triathlon, they just see her as really motivated and ambitious. Wonderfully, Erica has informed her cycling instructor about triathlons and how great they are. She showed interest, so Erica expressed her sentiments thus "If I can do it, so can you!!" To Erica, triathlon is a great combo of incredibly fun stuff; running (which is her favorite), biking ("fast and dangerous") and the swim; well, let's just say she's learning to like this one. Thank goodness for wetsuits; 'nough said! Honestly, for her, she feels so much relief after the swim, but she has so much fun despite her jitters in the water! Jumping on the bike

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

gets her fired-up and the competitive juices begin to flow, and by the run she's completely in her element.

Erica has had an amazing triathlon debut, her races include; 2008 HVTC Summer Tri-Series (3<sup>rd</sup> Overall, race #3), Women's Triathlon in Connecticut (13<sup>th</sup> Overall) and the Northern Columbia Triathlon (1<sup>st</sup> Female Overall). Her running was superb, as well; Steamtown Marathon (3:20 PR) and the Empire State Building Run-Up. Lastly, she was honored with the 2008 HVTC Rookie of the Year Award in November.

Her goals for the future are to continue to improve her swimming; and then move on to the SOS and Ironman. Not far now! Erica is a wonderful addition to the sport of triathlon, and she has a special message for you. "I want to thank everyone for bugging me to get involved with HVTC. It is so fun and the people are so great. Life is short and everyone needs to realize how important everyday is, and take advantage." Now, 50 crunches and pass the Twizzlers, please. Thanks, Erica!

\*Erica and Jason are now engaged, she currently holds the HVTC Summer Tri-Series Course Record, and she's participated in the ITU Sprint World Championships as well as Duathlon World Championships. Next up, qualifying at the 2012 USAT Age-Group National Championship in Burlington, VT for the ITU World Championships...Olympic distance!

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## 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).

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

8. City, state and/or country of race?

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

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)

## 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)

© Hudson Valley Triathlon Club 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

**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)**

**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)**

**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)**

© Hudson Valley Triathlon Club 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

**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)**

**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.rushtonports.com](http://www.rushtonports.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)**

**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)**

© Hudson Valley Triathlon Club 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

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)

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.teammossmann.com](http://www.teammossmann.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.nyctri.com](http://www.nyctri.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.teammossmann.com](http://www.teammossmann.com)

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 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 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)**

**Sebagon-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)**

**Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k [www.orangecountytri.com](http://www.orangecountytri.com)**

## SEPTEMBER

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

© Hudson Valley Triathlon Club 2011

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



# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

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

**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)

## DECEMBER

**HITS Open Triathlon-Coachella, CA (12/3/11) S 100 meters, B 3 mi., R 1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Coachella, CA (12/3/11) S 750 meters, B 12 miles, R 3 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

© Hudson Valley Triathlon Club 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

**HITS Olympic Triathlon-Coachella, CA (12/3/11) S 1,500 meters, B 24 mi., R 6 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Half Triathlon-Coachella, CA (12/4/11) S 1.2 mi., B 48 mi., R 13 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Full Triathlon-Coachella, CA (12/4/11) S 2.4 mi., B 96 mi., R 26 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

## 2011 HVTC RACE RESULTS

### APRIL

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

**Overall Female:**  
Gail Katouf 1:37:00  
Erica Ruge (3<sup>rd</sup> F35-39) 1:43:47

**Overall Male:**  
Dave Slavinski 1:26:14

**Spring Dual Against CF (4/30/11) R 2 mi., B 12 mi., R 2 mi.**  
[www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:**  
Mendy Taylor 1:02:05  
Rachel Loftus (3<sup>rd</sup> Overall) 1:05:43  
Mary DeNitto (1<sup>st</sup> F60-64) 1:11:29  
Jennifer Lang 1:15:37  
Patty Fassetta-Ganz 1:26:16

**Overall Male:**  
Lukas Siska 0:54:02  
Chris Loftus (2<sup>nd</sup> M40-44) 1:03:19  
Bill Shashaty 1:04:44  
Warren Sheprow 1:11:59

### MAY

**Bassman (Sprint)-Tuckahoe, NJ (5/1/11) S .35 mi., B 12 mi., R 3.1 mi.**  
[www.citytri.com](http://www.citytri.com)

**Overall Female:**  
Kristine Timmer 1:01:44

**Overall Male:**  
Tad Fabian 0:59:45  
Frank Priest (1<sup>st</sup> M60-64) 1:12:53

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## **Bassman (Half)-Tuckahoe, NJ (5/1/11) S 1.2 mi., B 58 mi., R 13.1 mi.**

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

**Overall Female:** Holly Geldhauser 4:53:20

**Overall Male:** David Hollely 4:27:46  
Tom Struzzieri 6:08:08

## **Devilman (Sprint)-Millville, NJ (5/8/11) S .45 mi., B 23.5 mi., R 4 mi. [www.piranhasports.com](http://www.piranhasports.com)**

**Overall Female:** Molly Roohi 1:35:32

**Overall Male:** Jonathan Fecik 1:26:12  
Troy Weaver (2<sup>nd</sup> M45-490) 1:47:23

## **St. Anthony's Triathlon-St. Petersburg, FL (5/1/11) S 1.5k, B 40k, R 10k**

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

**Overall Female:** Sarah Haskins 1:52:28  
Jeanette Shelow-MacDougall 2:12:30

**Overall Male:** Filip Ospaly 1:41:22

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

**Overall Female:** Erica Ruge 1:09:42  
Michele Yasson (1<sup>st</sup> F50-54) 1:25:47  
Marcy Duffy (2<sup>nd</sup> F30-34) 1:31:03

**Overall Male:** Mike Halstead 1:03:03  
Nick Brundage (2<sup>nd</sup> Overall) 1:03:26  
Chad Duffy 1:16:13  
Jim Demis 1:16:16  
Bill Shashaty 1:17:08  
Richard Miller (1<sup>st</sup> M55-590) 1:18:14  
Steven Pressman (2<sup>nd</sup> M60-64) 1:21:37

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## **TriRock Annapolis, Maryland (5/14/11) S 500 m., B 12 mi., R 3.1 mi.**

[www.trirock.competitor.com](http://www.trirock.competitor.com)

<b><u>Overall Female:</u></b>	Brownen Price	1:09:33
	Antonia Noonan	1:39:48
<b><u>Overall Male:</u></b>	Gregory Dierksen	0:58:13
	Troy Weaver	1:20:56

## **Ironman 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)

<b><u>Overall Female:</u></b>	Caitlin Snow	4:22:31
	Jeanette Shelow-Macdougall(1 <sup>st</sup> F45-49)	5:05:46
<b><u>Overall Male:</u></b>	Andy Potts	3:53:14

## **American Zofingen Duathlon High Falls, New York(5/15/11) Short Course R 5mi., B 29mi., R 5mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

<b><u>Overall Female:</u></b>	Erica Ruge	3:12:40
	Kathryn Flodquist	3:23:29
<b><u>Overall Male:</u></b>	John Hirsch	2:47:13

## **American Zofingen Duathlon-High Falls, New York (5/15/11) Middle Distance R 5 mi., B 29 mi., R 5 mi., B 29 mi., R 5 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

<b><u>Overall Female:</u></b>	Jana Richtrova	5:50:40
<b><u>Overall Male:</u></b>	Michael Bakker	5:04:52
	John Ferrara	6:49:24
	Doug Thompson	6:30:19

## **American Zofingen Duathlon-High Falls, New York (5/15/11) Long Course R 5 mi., B 84 mi., R 15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

<b><u>Overall Female:</u></b>	Mimi Boyle	9:07:47
<b><u>Overall Male:</u></b>	Josh Beck	7:05:06
	Michael Halstead (3 <sup>rd</sup> M45-49)	7:57:00

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 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)

**Overall Female:** Mariana Lara 2:36:05  
Mary DeNitto (1<sup>st</sup> F60-64) 3:20:18

**Overall Male:** Chris Gebhardt 2:16:19  
Mike Bakker (2<sup>nd</sup> Overall) 2:21:20

## **Ten Penny Ale Shamrock Duathlon-Glastonbury, CT (5/22/11) R 5k, B 28k, R 5k**

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

**Overall Female:** Rebecca Stephenson 1:34:28  
Kathryn Flodquist (3<sup>rd</sup> Overall) 1:41:05

**Overall Male:** Eneus Fregne 1:18:09

## **Fly By Night Duathlon-Watkins Glen, NY (5/28/11) R 1.8 mi., B 10.2 mi., R 1.8 mi., B 10.2 mi., R 1.8 mi. [www.flybynightdu.com](http://www.flybynightdu.com)**

**Overall Female:** Laura Kline 1:40:53  
Erica Ruge (2<sup>nd</sup> Overall) 1:44:01

**Overall Male:** Travis Kuhl 1:29:31

## **JUNE**

## **Pawling Triathlon-Pawling, NY (6/4/11) S .5 mi., 12 mi., 5k [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Jeanette Shelow-MacDougall 1:05:44  
Michele Yasson (2<sup>nd</sup> F50-54) 1:19:17  
Terri Keating 1:33:13  
Jennifer Lang 1:34:25

**Overall Male:** Shawn Jackson 1:00:02  
Peter Oxenholm 1:13:44  
Steven Pressman (1<sup>st</sup> M60-64) 1:15:40  
Warren Sheprow 1:17:40  
Frank Priest (2<sup>nd</sup> M60-64) 1:17:57  
Thomas Skeados 1:20:24

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## **Rev3 (Olympic)-Middlebury, CT (6/4/11) S 1.5k, B 40k, R 10k [www.rev3tri.com](http://www.rev3tri.com)**

<b><u>Overall Female:</u></b>	Catherine Sterling	2:18:26
	Pam Neimeth (3 <sup>rd</sup> F50-54)	3:13:11
<b><u>Overall Male:</u></b>	Brett Nichols	2:05:46
	Nick Brundage	2:24:51

## **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)**

<b><u>Overall Female:</u></b>	Lesley Paterson	4:30:58
	Kathryn Flodquist	5:40:53
<b><u>Overall Male:</u></b>	Maxim Kriat	4:20:04

## **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)**

<b><u>Overall Female:</u></b>	Nicky Samuels	2:13:13
<b><u>Overall Male:</u></b>	Andy Potts	1:59:45
	Keith O'Malley	3:20:32

## **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)**

<b><u>Overall Female:</u></b>	Erica Ruge	0:55:18
	Rachel Loftus (2 <sup>nd</sup> Overall)	1:01:15
	Michele Yasson (3 <sup>rd</sup> Overall)	1:05:56
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:07:11
	Tracy Little (1 <sup>st</sup> F50-54)	1:10:11
	Lise Hafner (1 <sup>st</sup> F45-49)	1:10:25
	Marcy Duffy (1 <sup>st</sup> F30-34)	1:11:09
	Megan Corjulo (2 <sup>nd</sup> F45-49)	1:14:15
	Margie McGoldrick (2 <sup>nd</sup> F50-54)	1:15:07
	Terri Keating (1 <sup>st</sup> F55-59)	1:16:45
	Jennifer Lang (3 <sup>rd</sup> F45-49)	1:18:22
	Antonia Noonan	1:18:27
	Roge Nesbitt	1:18:57
	Rachel Crop (1 <sup>st</sup> F25-29)	1:19:24
	Nancy Figueroa (1 <sup>st</sup> F40-44)	1:21:17
	Shelley Turk	1:23:49
	Darcy Dyer (3 <sup>rd</sup> F50-54)	1:36:25
	Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:43:06
	Melissa Signor (2 <sup>nd</sup> F55-59)	1:46:27

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## Overall Male:

Mike Bakker	0:48:37
Nick Brundage (2 <sup>nd</sup> Overall)	0:49:30
Mike Halstead (3 <sup>rd</sup> Overall)	0:51:24
Bruce Cadenhead (1 <sup>st</sup> M45-49)	0:54:05
Bill Shashaty (1 <sup>st</sup> M40-44)	0:58:44
Jon Stern (1 <sup>st</sup> M50-54)	0:58:57
Jim Demis (2 <sup>nd</sup> M45-49)	0:58:58
Chad Duffy (1 <sup>st</sup> M30-34)	0:59:25
Charles Pegg (2 <sup>nd</sup> M40-44)	1:00:21
Dennis Ebbing (3 <sup>rd</sup> M40-44)	1:01:29
Kurt Carney (3 <sup>rd</sup> M45-49)	1:02:05
Myron Baker Sr. (1 <sup>st</sup> M60-64)	1:02:42
Bob Gramling (1 <sup>st</sup> M55-59)	1:02:48
Chris Loftus	1:03:03
Warren Sheprow	1:04:58
John Ferrara (2 <sup>nd</sup> M50-54)	1:05:07
Steven Pressman (2 <sup>nd</sup> M60-64)	1:05:14
Tom Struzzieri (3 <sup>rd</sup> M50-54)	1:06:14
Peter Oxenholm	1:06:34
Henry Collins	1:10:41
Bill Thompson	1:11:35
Steve Fischer	1:12:38
Aaron Forstell (1 <sup>st</sup> M35-39)	1:17:38
Clay Corjulo	1:19:48
Tom Teufel	1:21:58

## Williams Lake Sprint Triathlon-Rosendale, NY (6/12/11) S .5 mi., B 12 mi., R 3 mi.

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

### Overall Female:

Allison Schefer	1:17:26
-----------------	---------

### Overall Male:

Charles Pegg	1:13:23
Richard Miller (1 <sup>st</sup> M55-59)	1:18:22
Steven Pressman (1 <sup>st</sup> M60-64)	1:22:49

## Williams Lake Olympic Triathlon-Rosendale, NY (6/12/11) S 1 mi., B 24 mi., R 6 mi.

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

### Overall Female:

Jean Norton	2:24:59
Mary DeNitto (1 <sup>st</sup> F60-64)	2:44:47
Michele Yasson (1 <sup>st</sup> F50-54)	2:47:14

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

<b>Overall Male:</b>	William Schefer	2:02:47
	Jim Demis (2 <sup>nd</sup> M45-49)	2:24:27
	John Ferrara	2:49:05

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

<b>Overall Female:</b>	Cassandra Maximenko	2:01:35
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	2:06:49
	Erica Ruge (1 <sup>st</sup> F35-39)	2:07:13
	Kathryn Flodquist (3 <sup>rd</sup> F45-49)	2:18:26
	Rachel Loftus	2:23:54
	Jennifer Lang	3:04:32

<b>Overall Male:</b>	Chris Thomas	1:46:09
	Chris Loftus	2:22:14
	John Ferraro	2:40:12
	Frank Priest (3 <sup>rd</sup> M60-64)	2:40:19

## **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**

<b>Overall Female:</b>	Kayla Segal	4:50:50
<b>Overall Male:</b>	Chuck Perrault	4:06:32
	Chad Duffy	5:25:54

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

<b>Overall Female:</b>	Rebecca Wassner	1:59:36
	Jeanette Shelow-MacDougall	2:20:34
	Kathryn Flodquist	2:30:34
<b>Overall Male:</b>	Andy Potts	1:46:05
	Frank Priest	2:55:28

## **North Country Triathlon (Sprint)-Hague, NY (6/25/11) S 750 meters., B 20k, R 5k** [www.northcountrytri.com](http://www.northcountrytri.com)

<b>Overall Female:</b>	Kristen Wangerin	1:18:21
	Megan Corjulo (1 <sup>st</sup> F45-49)	1:40:50
<b>Overall Male:</b>	Matthew Knight	1:14:48
	Clay Corjulo	1:52:43



# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## North Country Triathlon (Olympic)-Hague, NY (6/25/11) S 1,500 meters, B 40k, R 10k [www.northcountrytri.com](http://www.northcountrytri.com)

Overall Female: Michelle Rosowsky 2:36:11

Overall Male: Joe Ward 2:21:34  
Tom Struzziari 3:10:31

## Doc & Sok Triathlon-Watchung, NJ (6/26/11) S 1/3 mi., B 10 mi., R 5k [www.greenbrookracing.com](http://www.greenbrookracing.com)

Overall Female: Bridgett Sherratt 1:00:03

Overall Male: Scott Duprex 0:54:19  
Troy Weaver 1:07:44

## Northern Dutchess Triathlon-Stanfordville, NY (6/26/11) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

Overall Female: Erica Ruge 1:07:24  
Marcy Duffy (1<sup>st</sup> F30-34) 1:29:27

Overall Male: Tim Donahue 0:59:53  
Bob Gramling (1<sup>st</sup> M55-59) 1:08:29  
Peter Oxenholm (3<sup>rd</sup> M40-44) 1:15:05  
Warren Sheprow 1:19:36

## JULY

## Stissing Triathlon-Pine Plains, NY (7/2/11) S .5 mi., B 17 mi., R 3.3 mi. [www.stissingsprint.com](http://www.stissingsprint.com)

Overall Female: Erica Ruge 1:29:06  
Mary DeNitto (1<sup>st</sup> F60-64) 1:44:20  
Tracy Little (1<sup>st</sup> F50-54) 1:52:49

Overall Male: Michael Sikorski 1:21:05  
Bruce Cadenhead (2<sup>nd</sup> Overall) 1:23:25  
Bob Gramling (2<sup>nd</sup> M55-59) 1:32:43  
Bill Shashaty (2<sup>nd</sup> M40-44) 1:36:20  
Peter Oxenholm (3<sup>rd</sup> M45-49) 1:38:52

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## **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)**

### **Overall Female:**

Erica Ruge	0:54:23 CR
Rachel Loftus (2 <sup>nd</sup> Overall)	1:01:35
Mary DeNitto (3 <sup>rd</sup> Overall/F60-64)	1:05:28 CR
Michele Yasson (1 <sup>st</sup> F50-54)	1:06:30
Pam Neimeth (2 <sup>nd</sup> F50-54)	1:07:17
Tracy Little (3 <sup>rd</sup> F50-54)	1:11:16
Megan Corjulo (1 <sup>st</sup> F45-49)	1:13:03
Jennifer Borrero	1:13:20
Marcy Duffy (1 <sup>st</sup> F30-34)	1:14:50
Karen Bradbury (1 <sup>st</sup> F40-44)	1:15:12
Jennifer Lang (2 <sup>nd</sup> F45-49)	1:15:28
Margie McGoldrick	1:15:39
Shelley Turk (3 <sup>rd</sup> F45-49)	1:17:28
Roge Nesbitt	1:20:45
Jane Struzzieri	1:21:55
Nancy Figueroa (2 <sup>nd</sup> F40-44)	1:22:18
Haley Fields (1 <sup>st</sup> F20-24)	1:24:55
Darcy Dyer	1:27:21
Linda Cherny	1:34:29
Terri Keating (1 <sup>st</sup> F55-59)	1:35:44
Debby Dyle (1 <sup>st</sup> F35-39)	1:38:22
Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:38:56
Melissa Signor (2 <sup>nd</sup> F55-59)	1:51:40

### **Overall Male:**

Mike Bakker (M45-49)	0:48:36 CR
Mike Halstead (2 <sup>nd</sup> Overall)	0:50:25
Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:50:38
Carl Regenauer (1 <sup>st</sup> M45-49)	0:53:47
Charles Pegg (1 <sup>st</sup> M40-44)	0:55:53
Bob Gramling (1 <sup>st</sup> M55-59)	0:56:09 CR
Bill Shashaty (2 <sup>nd</sup> M40-44)	0:57:57
Jack Ryon (1 <sup>st</sup> M30-34)	0:58:13
Chris Loftus (3 <sup>rd</sup> M40-44)	0:59:06
Jon Stern (1 <sup>st</sup> M50-54)	0:59:19
Chad Duffy (2 <sup>nd</sup> M30-34)	0:59:31
Kevin Adams	1:00:16
Richard Miller (2 <sup>nd</sup> M55-59)	1:01:16
Kurt Carney (2 <sup>nd</sup> M45-49)	1:01:20
Jason DeFabio	1:03:17
Henry Collins	1:04:37
Tom Struzzieri (2 <sup>nd</sup> M50-54)	1:06:19

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

Mike Rydell (1 <sup>st</sup> M35-39)	1:06:25
Steven Pressman (1 <sup>st</sup> M60-64)	1:06:33
Thomas Skeados (3 <sup>rd</sup> M50-54)	1:07:35
Warren Sheprow	1:07:53
Steve Fischer	1:08:59
Clay Corjulo (3 <sup>rd</sup> M45-49)	1:17:26
Norbert Lazar	1:17:29
Victor McGregor	1:22:33
Craig Chapman (1 <sup>st</sup> M25-29)	1:43:17

## **Beacon Triathlon-Beacon, NY (7/10/11) S 400 yards, B 11, R 3 mi.**

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

<b><u>Overall Female:</u></b>	Erica Ruge	1:06:33
	Antonia Noonan	1:26:27

<b><u>Overall Male:</u></b>	Charles Ropes	1:04:52
-----------------------------	---------------	---------

## **Putnam Triathlon-Carmel, NY (7/17/11) S ¼ mi., B 14 mi., R 3 mi. www.nytc.org**

<b><u>Overall Female:</u></b>	Anja Kreiger-Redwood	1:04:58
-------------------------------	----------------------	---------

<b><u>Overall Male:</u></b>	Justin Harris	0:57:40
	Mike Bakker (1 <sup>st</sup> M45-49)	1:00:40

## **Hudson Valley Triathlon-Kingston, NY (7/24/11) S .3 mi., B 18 mi., R 3.5 mi.**

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

<b><u>Overall Female:</u></b>	Kierann Toth	1:30:11
	Marcy Duffy (2 <sup>nd</sup> F30-34)	1:55:13

<b><u>Overall Male:</u></b>	Mike Halstead	1:20:57
	Chad Duffy (3 <sup>rd</sup> M30-34)	1:32:29
	Jack Ryon	1:32:47

## **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)

<b><u>Overall Female:</u></b>	Valerie Cross	1:24:25
-------------------------------	---------------	---------

<b><u>Overall Male:</u></b>	Curt Eggers	1:13:18
	Bob Gramling (1 <sup>st</sup> M55-59)	1:23:21

© Hudson Valley Triathlon Club 2011

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

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## **Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/11) S1.5k, B 40k, R 10k**

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

<b><u>Overall Female:</u></b>	Danielle Ohlson	2:20:30
	Rachel Loftus (2 <sup>nd</sup> F25-29)	2:42:40
	Erica Ruge	2:54:31
	Jennifer Lang	3:27:05

<b><u>Overall Male:</u></b>	Nick Lehecka	2:07:10
	Chris Loftus	2:40:13

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

<b><u>Overall Female:</u></b>	Rebecca Wassner	2:03:19
	Shelley Turk	3:26:22

<b><u>Overall Male:</u></b>	Ben Collins	1:48:11
	Charles Pegg	2:21:44
	Richard Miller	2:38:06
	Steven Pressman	2:44:09
	Frank Priest	3:11:36

## **West Point Triathlon-West Point, NY (8/14/11) S 800 m, B 25k, R 5k**

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

<b><u>Overall Female:</u></b>	Roxanne Wegman	1:16:06
	Erica Ruge (3 <sup>rd</sup> Overall)	1:18:34
	Michele Yasson (3 <sup>rd</sup> F50-54)	1:32:04
	Antonia Noonan	1:43:01

<b><u>Overall Male:</u></b>	Chris Gebhardt	1:06:55
	Kurt Carney	1:21:35

## **Battle of Waterloo-Grass Lake, MI (8/14/11) R 1.4 mi., B 20.5 mi., S .5 mi., R 4 mi., S .25 mi., R 3.4 mi., S .7 mi., R 3.3 mi., B 5.8 mi., R 1.4 mi. [www.epicraces.com](http://www.epicraces.com)**

<b><u>Overall Female:</u></b>	Heather Curnutt	3:40:58
-------------------------------	-----------------	---------

<b><u>Overall Male:</u></b>	Mike Halstead	3:23:12
-----------------------------	---------------	---------

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 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)**

<b><u>Overall Female:</u></b>	Susan Williams	2:06:01
	Rachel Loftus	2:39:27
	Pam Neimeth	2:52:18

<b><u>Overall Male:</u></b>	Karl Kahsar	1:52:17
	Chris Loftus	2:34:46
	Frank Priest	2:50:32

## **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)**

<b><u>Overall Female:</u></b>	Abby Levene	1:11:30
	Erica Ruge (3 <sup>rd</sup> F35-39)*	1:16:58
	Tracy Little	1:40:15
	Jennifer Borrero	1:41:12
	Marcy Duffy	1:42:41

\*Qualified-2012 World Championship-New Zealand

<b><u>Overall Male:</u></b>	Ryan Peterson	1:05:20
	Bruce Cadenhead (3 <sup>rd</sup> M45-49)*	1:11:22
	Troy Weaver	1:24:27
	Chad Duffy (6 <sup>th</sup> M30-34)*	1:24:40

\*Qualified-2012 World Championship-New Zealand

## **13.1 mi. (USAT New England Regional Championship) [www.ironman.com](http://www.ironman.com)**

<b><u>Overall Female:</u></b>	Chrissie Wellington	4:16:33
	Michele Yasson	5:48:24

<b><u>Overall Male:</u></b>	Rasmus Henning	3:53:41
-----------------------------	----------------	---------

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k [www.orangecountytri.com](http://www.orangecountytri.com)

<b><u>Overall Female:</u></b>	Gina Donato	2:25:15
	Barbara Sessa (3 <sup>rd</sup> Overall)	2:43:23
	Nancy Figueroa	3:31:48
	Jennifer Lang	4:02:04

<b><u>Overall Male:</u></b>	Keith Strudler	2:08:27
	Jon Stern (1 <sup>st</sup> M50-54)	2:36:36

## SEPTEMBER

## Lake George Triathlon-Lake George, NY (9/4/11) S 1.5k, B 40k, R 10k [www.adktri.org](http://www.adktri.org)

<b><u>Overall Female:</u></b>	Madeline Nagy	2:21:53
	Erica Ruge (3 <sup>rd</sup> Overall)	2:22:22
	Pam Neimeth (3 <sup>rd</sup> F50-54)	2:53:51
	Tracy Little	3:03:59
	Marcy Duffy	3:12:06
	Megan Corjulo	3:19:53

<b><u>Overall Male:</u></b>	Jason Frand	2:01:14
	Chad Duffy	2:37:57
	Warren Sheprow	2:44:45
	Thomas Skeados	2:46:26
	Clay Corjulo	3:49:56

## 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)

<b><u>Overall Female:</u></b>	Laura Siddall	1:08:57
-------------------------------	---------------	---------

<b><u>Overall Male:</u></b>	Luke Farrell	1:03:58
	Troy Weaver	1:24:29

## 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)

<b><u>Overall Female:</u></b>	Rebeccah Wassner	2:48:34
-------------------------------	------------------	---------

<b><u>Overall Male:</u></b>	Keith Strudler	2:43:14
	Mike Halstead (1 <sup>st</sup> M45-49)	2:54:08
	Bruce Cadenhead (3 <sup>rd</sup> M45-49)	2:59:20

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

Charles Pegg	3:17:27
Art Boyko	3:22:20
Jim Demis	3:23:32
Bill Shashaty	3:36:51
Steven Pressman (1 <sup>st</sup> M60-64)	3:37:54
Keith O'Malley	3:48:01
Mike Hargrove	3:55:02
Bill Thompson	5:02:49

## 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)

**Overall Female:** Suzanne Snyder 4:45:15

**Overall Male:** Scott Defilippis 4:11:55  
Mike Bakker (1<sup>st</sup> M45-49) 4:37:48  
Pedro Collazo 5:55:52  
Peter Oxenholm 6:03:25

## 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)

**Overall Female:** Erica Ruge 0:54:36  
Rachel Loftus (2<sup>nd</sup> Overall) 1:01:55  
Michele Yasson (3<sup>rd</sup> Overall) 1:06:25  
Pam Neimeth (1<sup>st</sup> F50-54) 1:07:49  
Jennifer Borrero (2<sup>nd</sup> F50-54) 1:10:21  
Tracy Little (3<sup>rd</sup> F50-54) 1:10:39  
Karen Bradbury (1<sup>st</sup> F40-44) 1:11:29  
Marcy Duffy (1<sup>st</sup> F30-34) 1:12:37  
Terri Keating (1<sup>st</sup> F55-59) 1:14:26  
Margie McGoldrick 1:15:43  
Nancy Figueroa (2<sup>nd</sup> F40-44) 1:19:06  
Haley Fields (1<sup>st</sup> F20-24) 1:20:07  
Jane Struzzieri 1:22:19  
Janice Cragolin (2<sup>nd</sup> F55-59) 1:25:22  
Melissa Signor (3<sup>rd</sup> F55-59) 1:46:33

**Overall Male:** Mike Bakker 0:49:35  
Mike Halstead (2<sup>nd</sup> Overall) 0:50:40  
Bruce Cadenhead (3<sup>rd</sup> Overall) 0:52:38  
Kurt Carney (1<sup>st</sup> M45-49) 0:54:46  
Bob Gramling (1<sup>st</sup> M55-59) 0:55:03  
Art Boyko (2<sup>nd</sup> M45-49) 0:56:02

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

Bill Shashaty (1 <sup>st</sup> M40-44)	0:57:14
Pedro Callazo (1 <sup>st</sup> M50-54)	0:58:34
Peter Oxenholm	1:01:01
Mike Hargrove (2 <sup>nd</sup> M55-59)	1:03:32
Tom Struzzieri (2 <sup>nd</sup> M50-54)	1:05:02
Mike Rydell (1 <sup>st</sup> M35-39)	1:08:13
Steve Fischer (3 <sup>rd</sup> M50-54)	1:09:09
Clay Corjulo	1:20:33
Tom Tauscher (3 <sup>rd</sup> M55-59)	1:27:41
Norbert Lazar	1:46:33

## **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)**

**Overall Female:** Susan Williams 5:23:22

**Overall Male:** John Kenny 4:29:52  
Mike Bakker (1<sup>st</sup> M45-49) 5:06:58

## **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)**

**Overall Female:** Laurel Wassner 2:07:11  
Karen Bradbury 2:51:53

**Overall Male:** Jordan Jones 1:52:26  
Bruce Cadenhead (2<sup>nd</sup> M45-49) 2:12:15  
Charles Pegg 2:18:24  
Keith O'Malley 2:43:40  
Frank Priest 2:53:24

## **2011 ITU Duathlon World Championships-Gijon, Spain (9/25/11) R 10k, B 40k, R 5k [www.triathlon.org](http://www.triathlon.org)**

**Overall Female:** Katie Hewison 2:02:45  
Erica Ruge (5<sup>th</sup> F35-39) 2:15:02

**Overall Male:** Sergio Silva 1:51:17

**OCTOBER**  
**NOVEMBER**  
**DECEMBER**



# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## 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.)

<b>Name (Women)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
<b>Place</b>				
Erica Ruge	35-39	AA	98.78328	1
Kathryn Flodquist	40-44	HM	94.44848	7
Jeanette Shelow-Macdougall	45-49	AA	92.64680	15
Erica Ruge	35-39	AA	90.11307	107
Kathryn Flodquist	40-44	HM	87.46550	142
Jean Norton	45-49	AA	87.02682	81
Michele Yasson	50-54		78.95765	138
Mary Denitto	60-64	HM	75.61172	13
Kelly Heady	35-39		74.81122	844
Tracy Little	50-54		74.10748	290
Megan Corjulo	45-49		72.21358	724
Jennifer Borrero	45-49		71.08211	786
Janice Cragnolin	55-59		64.78787	259
Diana Tsingopoulos	65-69		51.81755	57

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

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

<b>Name (Men)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
<b>Place</b>				
Mike Halstead	40-44	AA	37	95.24314
Nick Brundage	25-29	AA	70	94.96777
Michael Bakker	40-44	AA	111	92.04565
Alex Sherwood	35-39	AA	168	91.24560
Bruce Cadenhead	45-49	AA	69	90.68364
Dave Nazaroff	40-44	HM	366	86.67939
Charles Pegg	40-44		477	85.23385
Art Boyko	40-44		722	82.76311
Bill Shashaty	40-44		905	81.08269
Jim Demis	45-49		692	78.99193
Troy Weaver	40-44		1168	78.91224
Bill Norton	55-59		182	77.51582
Keith O'Malley	45-49		1022	76.09886
Richard Miller	55-59		250	75.63678
Kevin Adams	40-44		1721	75.52371
Peter Oxenholm	40-44		1845	74.86264
John Ferrara	50-54		889	72.6033
Steven Pressman	60-64		171	71.31574
Frank Priest	55-59		449	71.16248
Tom Struzzieri	50-54		1238	68.88876
Steve Fischer	50-54		1524	66.07536
Tom Gill	55-59		1030	57.95498

**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

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 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)**

2nd Place: **Kathryn Flodquist (74)**

3rd Place: **Michele Yasson (69)**

4th Place: **Jennifer Borrero (49)**

5th Place: **Megan Corjulo (48)**

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

2nd Place: **Mike Halstead (75)**

3rd Place: **Bruce Cadenhead (70)**

4th Place: **Bill Shashaty (64)**

5th Place: **Mike Bakker (52)**

### HVTC Summer Tri-Series Standing Course Records

#### Women

**Course**-Erica Ruge (54:23)

**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

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 125 October 2011

## ANNOUNCEMENTS

- **Mark H. Wilson-Race Director: HITS Triathlon Series**
- **2012 HVTC Summer Tri-Series: June 13, July 11, August 15 & September 12.**  
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 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 2012 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2012 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2012 HVTC \$240.00 membership is valid from January 1-December 31.**

## HVTC SPONSORS

*** HITS TRIATHLON SERIES ***	<a href="http://www.hitstriathlonseries.com">www.hitstriathlonseries.com</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.hammernutrition.com">www.hammernutrition.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>
*** DR. DAVID NESS ***	<a href="http://www.drness.com">www.drness.com</a>
*** TRIFUEL.COM ***	<a href="http://www.trifuel.com">www.trifuel.com</a>
*** GENESIS ADVENTURES ***	<a href="http://www.genesisadventures.com">www.genesisadventures.com</a>
*** NYS TROOPERS ***	<a href="http://www.troopers.state.ny.us">www.troopers.state.ny.us</a>
*** SISTEM ***	<a href="http://www.swedishinstitute.org">www.swedishinstitute.org</a>
*** FLEX-POWER ***	<a href="http://www.flexpower.com">www.flexpower.com</a>

***THANK YOU SPONSORS!!!***