



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. 112

September 2010

IN A FEW WORDS

Dear HVTC,

Oh, my goodness; has the weather been beautiful, or what?! The Hudson Valley is one of the greatest places on Earth to be during the fall months...and the best is yet to come. So, keep those bike miles up and enjoy the warm days while you can; then, it's back to the running mileage again, which is always fun on those brisk mornings. There's just something wonderful about goin' long! Okay, gotta run. 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: Jane Struzziari

By Mark H. Wilson

What is the greatest occupation on the planet? Is it a doctor, lawyer, astronaut, salesman, congressman, gardener, paratrooper, or investor? How about a chef, actor, disc jockey, news anchor, singer, or journalist? And what about a pianist, painter, athlete, teacher, contractor, or forester ranger? Maybe your job is the best on the Earth; however, there's one that trumps them all...Mother. Our Featured Athlete of the Month, Jane Struzziari, is a professional Mom. There's nothing else that gives her more pleasure than to see her children growing-up with an education, good health, and lots of love. Okay, there's loads of fun involved, too; so let's get to it!



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Jane was born in Poughkeepsie, NY and grew-up among six siblings in Hyde Park as the perfect little Catholic girl; no sports allowed...except jump-rope, of course! The middle of 7 children, she was the first to attend college at SUNY Cortland and received a degree in Education. Speaking of education, she may have majored in beer-drinking, too. Well, at least she got it all out of her system early-on; and continued-on to receive a Masters in Education from SUNY New Paltz.

Today, Jane lives in Saugerties with her husband Tom and their adorable children; Pia (15), Sammy (11) and Tommy (10). Besides triathlon, her hobbies include cooking, travel, gardening and helping-out with the family business during the summer; HITS or Horseshows In The Sun. Oh, yes, and there is this additional habit of pizza-eating at anytime day or night, too! But she limits her intake to Sunday nights with the family calling it "movie night."

The first triathlon Jane ever experienced was the 2009 HVTC Summer Tri-Series #4; she did very well and finished in 1 hour 18 minutes and 32 seconds. Nice job! Although her mother, sisters, brother, friends and people on the street think she's nuts for doing triathlon, it doesn't phase her one bit. This is something she's committed to for herself and it's turning-out beautifully; especially since her upbringing with sports was so limited. She has since completed 3 more races in the 2010 HVTC Summer Tri-Series and is already "pumped" to improve her times in 2011.

Besides getting really fit as a result of training for triathlon, Jane has become friends with other young ladies like herself. And, it's interesting to see the competitive nature of folks come-out when you put a race number on them. "I met my good friend Sally who was considering attempting a sprint triathlon. We were workout buddies until I CREAMED her at the race." She jokes. Seriously, Jane and Sally are very close friends...and, it sure is fun to rub it in every now-and-then.

It's easy for new athletes in HVTC to be intimidated by the overwhelming greatness of veteran triathletes. "I am no Nick or Erica. However, through this last year I have started to think differently about myself, as more of an athlete." That's the spirit of the sport that is encouraged in HVTC and Jane has embraced it sincerely. There are so many levels in the sport and she is finding her own way; "I think this sport is an opening for people of all ages since it is quite manageable, nearly anyone can complete each [sprint] event."

Jane is honest with her feelings about triathlon and enjoys the fact that if you're hurt, tired or just don't feel like doing a particular sport you can do one of the others. Her body feels exhilarated, exhausted and relieved when she's done; and she really likes the challenge of putting all three sports together. And, she generously shares her



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accomplishments with others; “Many of my friends hear about me doing triathlon and they see it could be a goal for them, as well.”

Jane’s objectives are true and manageable; she desires to become more fit and complete each race better than the last one...so far, so good! She would also love to finish a 5k under 30 minutes and complete a century ride. Witnessing her success as a Mother, the rest is a no-brainer! Thanks, Jane.

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



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MARCH

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

www.pinehillarms.com

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

APRIL

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



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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

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

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



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JUNE

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

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

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

Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/10) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com



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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

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

JULY

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

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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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

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

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.nyctri.com

Ironman USA-Lake Placid, NY (7/25/10) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com



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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

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.teammossmann.com

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



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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

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

ITU Duathlon World Championship-Edinburgh, Scotland (9/4-5/10) R 10k, B 41.6k, R 5k www.edinburghduathlon2010.com

Esprit Triathlon Festival-Montreal, Canada (9/11/10) Sprint-Iron
www.esprittriathlon.com

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/11-12/10) S 1.5k, B 40k, R 10k www.usatriathlon.org

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



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Women's Triathlon-Farmington, CT (9/12/10) 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 (9/18/10) 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

Cold Spring Triathlon-Cold Spring, NY (9/19/10) Kayak 6 mi., B 24 mi., R 5 mi.
www.nbafu.com

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

Savageman Triathlon-Deep Creek Lake State Park, MD (9/18-19/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

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

Finger Lakes Triathlon-Canandaigua, NY (9/19/10) S 1.5k, B 40k, R 10k
www.score-this.com



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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)

Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) S 1/3 mi., B 16 mi., R 3 mi. www.nytri.org
Registration Code: 092410-2

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

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

OCTOBER

Mightyman ½ 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 ¼ 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

<u>Overall Female:</u>	Lauren Klein	6:23:41
<u>Overall Male:</u>	Scott Goldthorp	5:04:10
	Dave Nazaroff (3 rd 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

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

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

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

Williams Lake Sprint Triathlon-Rosendale, NY (5/30/10) S .5 mi., B 12 mi., R 3 mi. www.cm2promotions.com

<u>Overall Female:</u>	Mary DeNitto	1:21:23
<u>Overall Male:</u>	Mike Halstead	1:01:27
	Charles Pegg (1 st M40-44)	1:10:01
	Richard Miller (1 st M55-59)	1:18:47
	Steven Pressman (1 st M60-64)	1:20:25
	Ryan Schumacher	1:24:14



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JUNE

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

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

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

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

<u>Overall Female:</u>	Tracy MacCherola	1:12:03
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<u>Overall Male:</u>	Steven O'Boyle	1:05:02
	Troy Weaver	1:19:42

Rev3 Triathlon (Olympic)-Middlebury, CT (6/5/10) S 1.5k, B 40k, R 10k www.rev3tri.com

<u>Overall Female:</u>	Megan Wiseman	2:27:58
	Kathryn Flodquist	2:46:13

<u>Overall Male:</u>	Kevin Crossman	2:09:12
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Rev3 Triathlon (Half Ironman)-Middlebury, CT (6/6/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.rev3tri.com

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



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

Overall Female:

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

Overall Male:

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



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Tom Gill (1 st M55-59)	1:18:53
John Farmer (2 nd M55-59)	1:29:12
Adriano Echavarria (3 rd M25-29)	1:30:38

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

<u>Overall Female:</u>	Samantha Warriner	4:20:01
	Antonia Noonan	7:58:37

<u>Overall Male:</u>	Terenzo Bozzone	3:58:17
	Alex Sherwood	4:57:30
	Creighton Ko	7:50:37

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

<u>Overall Female:</u>	Aurora Lamperetta	1:11:56
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<u>Overall Male:</u>	Brian Trainor	1:00:13
	Mike Halstead (3 rd Overall)	1:00:15

Williams Lake Triathlon (Olympic)-Rosendale, NY (6/13/10) S 1.5k, B 40k, R 10k www.cm2promotions.com

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

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



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

www.sleepyhollowsprint.com

Overall Female: Michele Wolfson 1:10:33

Overall Male: Zachariah Pratt 1:04:46
Bruce Cadenhead (2nd Overall) 1:06:40

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

www.patgriskustri.com

Overall Female: Cassandra Maximenko 2:17:58
Jeanette Shelow-MacDougall (2nd Overall) 2:21:51

Overall Male: Chris Thomas 1:59:06

Patriot Half Ironman-East Freetown, MA (6/19/10) S 1.2 mi., B 56 mi., R 13.1 mi.

www.sunmultisportevents.com

Overall Female: Lisbeth Kenyon 4:43:57
Mary DeNitto (1st F60-64) 6:13:13

Overall Male: James Ball 4:15:12
Mitch Donner 7:18:10

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

www.octrirunning.com

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

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

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

Overall Female: Megan Wiseman 4:50:00

Overall Male: James Chesson 4:09:52
Mike Bakker (3rd M40-44) 4:26:30
Art Boyko 5:00:03



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Doug Thompson	5:06:47
John Ferrara	5:47:14
Keith O'Malley	5:53:43

North Country Triathlon (Sprint)-Hague, NY (6/26/10) S 750 meters, B 20k, R 5k www.northcountrytri.com

<u>Overall Female:</u>	Mara Fronhofer	1:24:58
	Megan Corjulo (1 st F45-49)	1:41:59
<u>Overall Male:</u>	Terrence Fox	1:15:41

Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/25-27/10) S 750 meters, B 20k, R 5k www.phillytri.com

<u>Overall Female:</u>	Diane Rogers	1:22:57
<u>Overall Male:</u>	Nicholas Halkowski	1:12:04
	Frank Priest	1:36:14

Philadelphia Triathlon (Olympic)-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k www.phillytri.com

<u>Overall Female:</u>	Nicky Samuels	2:02:20
	Jeanette Shelow-MacDougall (1 st F45-49)	2:18:28
<u>Overall Male:</u>	Bevan Docherty	1:49:11

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

<u>Overall Female:</u>	Maria Vlasak	1:11:37
	Rachel Loftus (1 st F25-29)	1:24:38
	Patty Fassetta	1:28:38
	Jean Norton	1:28:39
<u>Overall Male:</u>	Brian Register	1:02:29
	Chris Loftus	1:15:16



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Hopewell Sprint Triathlon-Hopewell Junction, NY (6/27/10) S 500 yards, B 9 mi., R 3 mi. www.espraces.com

Overall Female: Erica Ruge 0:57:48

Overall Male: Kevin Reese 0:52:51
Tom Gill (2nd M55-59) 1:13:04

JULY

Stissing Sprint Triathlon-Pine Plains, NY (7/3/10) S .5 mi., B 17 mi., R 3.3 mi. www.stissingsprint.com

Overall Female: Nicole Sin Quee 1:23:35
Erica Ruge (3rd Overall) 1:25:53
Tracy Little (1st F50-54) 1:44:33

Overall Male: Shawn Jackson 1:19:02
Bruce Cadenhead (2nd Overall) 1:19:53
Art Boyko (2nd M40-44) 1:25:10
Steven Pressman (1st M60-65) 1:40:44
Mark Graminski 1:41:12
Tom Gill 1:59:31

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/7/10) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

Overall Female: Michelle Wolfson 1:06:45
Kathryn Flodquist (3rd Overall) 1:12:11

Overall Male: Chris Thomas 0:57:28
Charlie Comparetto 1:23:28
Tom Gill 1:43:56

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

Overall Female: Kate Major 4:30:36
Kathryn Flodquist 5:48:43

Overall Male: Terenzo Bozzone 4:01:15
Dave Nazaroff 5:18:33



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

Overall Female: Sharon Levy 1:14:56

Overall Male: Lukas Siska 1:00:16

Mike Bakker (2nd Overall) 1:00:22

Art Boyko (2nd M40-44) 1:06:56

Philadelphia Women's Triathlon-Philadelphia, PA (7/11/10) S 750 yards, B 17 mi., R 5k

www.cgiracing.com

Overall Female: Sharon Schmidt-Mongrai 1:17:36

Pam Neimeth (3rd F50-54) 1:36:25

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/14/10) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Erica Ruge 0:55:30

Jeanette Shelow-MacDougall (2nd Overall) 0:55:52

Kathryn Flodquist (3rd Overall) 0:59:01

Michele Yasson (1st F50-54) 1:04:35

Pam Neimeth (2nd F50-54) 1:06:05

Mary DeNitto (1st F60-64) 1:06:55

Tracy Little (3rd F50-54) 1:08:09

Megan Corjulo (1st F45-49) 1:12:30

Jennifer Borrero (2nd F45-49) 1:15:24

Roge Nesbitt (1st F40-44) 1:15:50

Janice Cragolin (1st F55-59) 1:18:03

Jane Struzzieri 1:19:08

Alison Conaway (1st F35-39) 1:20:32

Linda Cherny 1:22:19

Karen Willoughby 1:23:30

Christine Farmer 1:30:22

Rachel Loftus (1st F25-29) 1:33:45

Diana Tsingopoulos (1st F65-69) 1:38:01

Melissa Signor (2nd F55-59) 1:53:55

Overall Male: Nick Brundage 0:49:18

Mike Halstead (2nd Overall) 0:50:35

Bruce Cadenhead (3rd Overall) 0:52:19

Charles Pegg (1st M40-44) 0:54:23

Bill Shashaty (2nd M40-44) 0:57:51

Pedro Collazo (1st M50-54) 0:59:30

Dennis Ebbing (3rd M40-44) 0:59:37



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Peter Oxenholm	1:00:20
Richard Miller (1 st M55-59)	1:00:55
John Ferrara (2 nd M50-54)	1:01:05
Kevin Adams	1:01:14
Keith O'Malley (1 st M45-49)	1:01:18
Kurt Carney (2 nd M45-49)	1:01:20
Chris Loftus (1 st M35-39)	1:03:39
Frank Priest (2 nd M55-59)	1:04:35
Tom Struzzieri (3 rd M50-54)	1:05:36
John Dowley (2 nd M35-39)	1:05:42
Ryan Schumacher (1 st M25-29)	1:06:23
Steven Pressman (1 st M60-64)	1:07:27
Bob Bomba (3 rd M35-39)	1:07:39
Steve Fischer	1:10:21
Mitch Donner	1:10:23
Robin Ackers (2 nd M25-29)	1:13:11
John Farmer (3 rd M55-59)	1:31:58

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

<u>Overall Female:</u>	Rebecca Wassner	2:00:25
	Jeanette Shelow-MacDougall (5 th Elite AG)	2:18:30
	Kathryn Flodquist	2:33:50
	Antonia Noonan	3:02:50

<u>Overall Male:</u>	Filip Ospaly	1:46:28
	Nick Brundage	2:05:19
	Dave Nazaroff	2:11:58
	Charles Pegg	2:13:48
	Richard Miller	2:36:00
	Steven Pressman	2:37:46
	Frank Priest	2:45:01
	Phil Placido	2:55:45

Sunset Challenge Sprint Triathlon-Bridgeton, NJ (7/17/10) S .5 mi., B 16 mi., R 5k www.lin-mark.com

<u>Overall Female:</u>	Kelli Montgomery	1:19:23
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<u>Overall Male:</u>	Kenneth Barbee	1:15:06
	Troy Weaver (1 st M40-44)	1:28:02



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

www.nytc.org

Overall Female: Christene Spiezio 1:40:46

Overall Male:

John McGovern 1:20:23

Mike Halstead (2nd Overall) 1:21:10

Bill Shashaty (3rd M40-44) 1:34:51

Tom Struzzieri (3rd M50-54) 1:47:32

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

www.nytc.org

Overall Female: Erica Ruge 1:27:22

Christine Farmer (1st F45-49) 2:22:33

Overall Male:

Gabe Sturges 1:17:30

John Farmer 2:22:33

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

www.teammossmann.com

Overall Female: Reilly Kiernan 1:06:50

Overall Male:

Gus Ellison 1:02:14

Ray Canals 1:20:01

New Jersey State Triathlon-West Windsor, NJ (7/24/10) S 550 meters, B 11 mi., R

5k www.lin-mark.com

Overall Female: Kristie Timmer 1:04:07

Overall Male:

Matthew Coleman 0:55:15

Troy Weaver 1:11:03



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**Ironman USA-Lake Placid, NY (7/25/10) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com**

Overall Female: Amy Marsh 09:27:30

Overall Male: Ben Hoffman 08:39:34
Dave Nazaroff 10:42:33
Art Boyko 11:46:24
Charlie Comparetto 13:07:31
John Ferrara 13:45:25
Mitch Donner 15:32:30
Bill Thompson 16:26:38

SheRox Triathlon-Webster, MA (7/25/10) S .5 mi., B 12 mi., R 3 mi. www.sheroxtri.com

Overall Female: Dede Griesbauer 1:00:25
Karen Willoughby 1:35:39

**Amica 19.7 Ocean Beach Triathlon-New London, CT (7/25/10) S .5 mi., B 16.1 mi.,
R 5k www.hartfordmarathon.com**

Overall Female: Susan Wines 1:25:33
Jennifer Borrero 1:50:54

Overall Male: John Babcock 1:09:06

AUGUST

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

Overall Female: Jennifer Peterson 1:18:55
Erica Ruge (1st F35-39) 1:23:49
Rachel Loftus 1:38:38

Overall Male: Brian Emelson 1:13:01

**Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/1/10) S 1.5k, B 40k, R 10k
www.ithacatriathlonclub.org**

Overall Female: Jeanette Shelow-MacDougall 2:24:06

Overall Male: Todd Shatynski 2:04:41
Chris Loftus 2:49:19



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Northern Columbia County Triathlon-Kinderhook, NY (8/7/10) S .25 mi., B 19.5 mi., R 4.5 mi. www.northerncolumbiatriathlon.com

Overall Female:

Erica Ruge	1:34:34 CR
Pam Neimeth (1 st F50-54)	1:54:13
Jennifer Borrero (2 nd F45-49)	1:59:42

Overall Male:

John McGovern	1:24:34
Peter Oxenholm (2 nd M40-44)	1:46:44

Iron Girl Triathlon-Syracuse, NY (8/7/10) S 600 meters, B 18 mi., R 5k www.irongirl.com

Overall Female:

Jaime Sherwood	1:21:59
Karen Willoughby	1:43:31

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

Overall Female:

Jeanette Shelow-MacDougall	0:54:46
Erica Ruge (2 nd Overall; NEW Bike Course Record)	0:55:26
Barbara Sessa (3 rd Overall)	0:56:55
Kathryn Flodquist (1 st F40-44)	0:57:05
Michele Yasson (1 st F50-54)	1:03:48
Lise Hafner (1 st F45-49)	1:05:45
Mary DeNitto (1 st F60-64)	1:07:12
Rachel Loftus (1 st F25-29)	1:07:21
Pam Neimeth (2 nd F50-54)	1:08:35
Jennifer Borrero (2 nd F45-49)	1:10:52
Roge Nesbitt (2 nd F40-44)	1:11:10
Patty Fassetta (1 st F35-39)	1:13:03
Megan Corjulo (3 rd F45-49)	1:15:09
Janice Cragolin (1 st F55-59)	1:16:40
Lara Pruschki (1 st F20-24)	1:19:21
Jennifer Lang (3 rd F40-44)	1:20:42
Annette Bauer (3 rd F50-54)	1:21:15
Linda Cherny	1:22:07
Marie Pruschki	1:23:13
Lori Sash-Gail	1:28:11
Christine Farmer	1:30:08
Diana Tsingopoulos	1:36:46



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Overall Male:

Nick Brundage	0:48:56
Mike Halstead (2 nd Overall)	0:49:47
Mike Bakker (3 rd Overall)	0:50:06
Bruce Cadenhead (1 st M45-49)	0:53:07
Pedro Collazo (1 st M50-54)	0:56:01
Bill Shashaty (1 st M40-44)	0:56:50
Jim Demis (2 nd M45-49)	0:57:04
Bill Norton (1 st M55-59)	0:57:30
Richard Miller (2 nd M55-59)	0:59:51
John Epidy (1 st M20-24)	1:00:40
Kurt Carney (3 rd M45-49)	1:01:11
Keith O'Malley	1:01:29
Peter Oxenholm (2 nd M40-44)	1:02:38
John Ferrara (2 nd M50-54)	1:03:06
Chris Loftus (1 st M35-39)	1:03:19
John Dowley (2 nd M35-39)	1:04:13
Ryan Schumacher (1 st M25-29)	1:04:57
Bob Bomba (3 rd M35-39)	1:05:15
Frank Priest (3 rd M55-59)	1:05:47
Steven Pressman (1 st M60-64)	1:06:10
Steve Fischer	1:09:48
Mitch Donner (3 rd M40-44)	1:11:25
Steve Buerle	1:17:34
Steve Pruschki	1:23:14
John Farmer	1:32:26
Alan Shanker	1:33:20

NY Tri Series Race #2-Harriman State Park, NY (8/15/10) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

Overall Female:

Claudia Kretschman	1:21:35
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Overall Male:

Rick Krupa	1:11:42
Bruce Cadenhead (3 rd Overall)	1:16:06
Pedro Collazo (3 rd M50-54)	1:21:33
Art Boyko (1 st M40-44)	1:22:21
Ray Canals	1:36:01



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

www.piranha-sports.com

Overall Female: Laurie Hug 1:29:12

Overall Male: Michael Banks 1:20:57

Troy Weaver 1:33:37

West Point Triathlon-West Point, NY (8/15/10) S 800 m, B 25k, R 5k

www.usma.edu/USCC/DCA/Clubs/trit/

Overall Female: Jeanette Shelow-MacDougall 1:17:27

Jean Norton (3rd Overall) 1:22:29

Michele Yasson (3rd F50-54) 1:32:42

Rachel Loftus (2nd F25-29) 1:36:25

Mary DeNitto (1st F60-64) 1:36:48

Antonia Noonan 1:42:21

Patty Fassetta 1:44:03

Marie Pruschki 1:52:02

Overall Male: Clayton Petty 1:06:21

Dave Nazaroff 1:17:55

Bill Norton 1:24:09

Kurt Carney 1:25:46

Chris Loftus 1:29:02

Steve Pruschki 1:29:15

Frank Priest 1:32:31

Phil Placido 1:39:37

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

Overall Female: Chrissie Wellington 4:10:11

Jeanette Shelow-MacDougall (2nd F45-49)* 5:04:24

Antonia Noonan 6:45:00

*Qualified Ironman 70.3 World Championship-Clearwater, FL

Overall Male: Andy Potts 3:50:51

Nick Brundage 4:48:00

Dave Nazaroff* 4:48:33

Mitch Donner 6:55:00

*Qualified Ironman 70.3 World Championship-Clearwater, FL



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

<u>Overall Female:</u>	Michelle Rosowsky	1:28:26
	Erica Ruge (2 nd Overall)	1:33:06
	Jennifer Borrero	1:56:17
	Linda Cherny	2:13:11

<u>Overall Male:</u>	Keith Murray	1:21:41
	Bob Gramling (1 st M50-54)	1:34:15

Diamond Girl-Harriman, NY (8/29/10) S 500 meters, B 15.5 mi., R 4 mi.

www.piranhasports.com

<u>Overall Female:</u>	Jean Norton	1:33:16
	Jennifer Borrero	1:58:17
	Patty Fassetta	2:08:30
	Nancy Figueroa	2:23:17

Frost Valley YMCA Triathlon-Frost Valley, NY (8/29/10) S .5 mi., B 11 mi., R 2.5 mi. www.cm2promotions.com

<u>Overall Female:</u>	Kristin Duffy	1:14:42
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<u>Overall Male:</u>	Shawn Jackson	0:57:22
	Bill Shashaty (3 rd Overall)	1:05:16
	Richard Miller (1 st M55-59)	1:07:54

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

<u>Overall Female:</u>	Angie DeFilippi	4:50:28
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<u>Overall Male:</u>	Mike Wynn	4:18:06
	Steven Pressman (2 nd M60-64)	5:44:39
	Kevin Adams	6:08:10



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SEPTEMBER

ITU Duathlon World Championship-Edinburgh, Scotland (9/4-5/10) R 10k, B 41.6k, R 5k www.edinburghduathlon2010.com

<u>Overall Female:</u>	Catriona Morrison	2:02:48
	Erica Ruge (6th F35-39)	2:27:58
	Kathryn Flodquist (25th F40-44)	2:45:18

<u>Overall Male:</u>	Bart Aernouts	1:50:22
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Vassar Brothers Triathlon-LaGrange, NY (9/11/10) S ¼ mi., B 15 mi., R 5k www.nytc.org

<u>Overall Female:</u>	Erica Ruge	1:07:05
	Jennifer Borrero (2nd F45-49)	1:23:27

<u>Overall Male:</u>	Shawn Jackson	1:00:28
	Peter Oxenholm	1:13:41
	Robin Ackers	1:21:12

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/11-12/10) S 1.5k, B 40k, R 10k www.usatriathlon.org

<u>Overall Female:</u>	Emma Snowsill	1:49:43
	Kathryn Flodquist (24th F40-44)	2:18:05

<u>Overall Male:</u>	Alistair Brownlee	1:42:26
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S.O.S.-New Paltz, NY(9/12/10) B 30mi., R 19mi., S .5mi.,R.7mi. <http://www.sostriathlon.com/>

<u>Overall Female:</u>	Sue Dean	5:13:22
	Mary DeNitto (1st F60-64)	6:29:07

<u>Overall Male:</u>	Justin Harris	4:26:36
	Alex Sherwood (3rd Overall)	4:28:25
	Mike Halstead (3rd M40-44)	4:36:29
	Bruce Cadenhead (1st M45-49)	4:49:02
	Art Boyko	5:06:47
	Charles Pegg	5:08:13
	Bob Bomba	6:22:58



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

www.hartfordmarathon.com

Overall Female:	Katey Scrimgeour	1:12:37
	Tracy Little (1 st F50-54)	1:26:22
	Megan Corjulo	1:27:15

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

Overall Female:	Suzanne Snyder	4:36:47
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Overall Male:	John Kenny	4:03:48
	Mike Bakker (1 st M40-44)	4:26:34
	Dave Nazaroff	4:53:31
	Pedro Collazo	5:04:50
	Ray Canals	5:55:39

Revolution3 Triathlon-Cedar Point, OH (9/12/10) S 2.4 mi., B 112 mi. R 26.2 mi.

www.rev3tri.com

Overall Female:	Amy Marsh	09:15:40
	Pam Neimeth (1 st F50-54)	14:25:07

Overall Male:	James Cunnama	08:21:28
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Delaware Diamondman Triathlon-Bear, DE (9/12/10) S .6 mi., B 16 mi., R 2 mi.

www.piranha-sports.com

Overall Female:	Jordan Hedding	1:20:28
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Overall Male:	John Dawson	1:15:41
	Troy Weaver (3 rd M40-44)	1:21:48

Battle of Waterloo Triathlon-Grass Lake, MI (8/15/10) R 1.5 mi., B 20.5 mi., S .45 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.estevents.com

Overall Female:	Heather Curnutt	3:43:15
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Overall Male:	Mike Halstead	3:31:55
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Hudson Crossing Triathlon-Schuylerville, NY (6/13/10) S 500 yd., B 12 mi., R 3.2 mi. www.hudsoncrossingtri.com

Overall Female: Aurora Lamperetta 1:11:56

Overall Male: Brian Trainor 1:00:13
Mike Halstead (3rd Overall) 1:00:15

Danskin Triathlon-Sandy Hook, NJ (9/12/10) S .5 mi., B 9.5 mi., R 3.1 mi. www.danskintriathlon.net

Overall Female: Carrie Merritt 0:59:26
Michele Yasson (2nd F50-54) 1:08:58

Nation's Triathlon-Washington, DC (9/12/10) S 1.5k, B 40k, R 10k www.thenationstriathlon.com

Overall Female: Peggy Yetman 2:07:20
Jeanette Shelow-MacDougall (6th Elite Female) 2:16:05

Overall Male: Robert Wade 1:57:13
Steve Fischer 2:58:06

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/15/10) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Erica Ruge 0:57:47
Kathryn Flodquist (2nd Overall) 1:00:50
Michele Yasson (3rd Overall) 1:05:53
Rachel Loftus (1st F25-29) 1:07:24
Megan Corjulo (1st F45-49) 1:08:35
Tracy Little (1st F50-54) 1:09:15
Antonia Noonan (1st F40-44) 1:11:02
Jennifer Borrero (3rd F45-49) 1:13:35
Jane Struzzieri (2nd F50-54) 1:19:13
Janice Cragolin (1st F55-59) 1:24:30
Linda Cherny 1:27:53
Christine Farmer 1:37:52
Diana Tsingopoulos (1st F65-59) 1:38:11

Overall Male: Nick Brundage 0:48:59



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Mike Bakker (2 nd Overall)	0:49:45
Mike Halstead (3 rd Overall)	0:50:18
Bruce Cadenhead (1 st M45-49)	0:54:24
Bill Shashaty (1 st M40-44)	0:58:03
Jim Demis (2 nd M45-49)	0:59:14
Bill Norton (1 st M55-59)	1:00:15
Kevin Adams (2 nd M40-44)	1:00:44
Kurt Carney (3 rd M45-49)	1:00:47
Keith O'Malley	1:00:51
Peter Oxenholm (3 rd M40-44)	1:01:51
Chris Loftus (1 st M35-39)	1:02:05
Steve Pruschki (1 st M50-54)	1:03:54
Steven Pressman (1 st M60-64)	1:05:34
Robin Ackers (1 st M25-29)	1:07:20
Tom Struzzieri (2 nd M50-54)	1:07:38
John Dowley (2 nd M35-39)	1:07:51
Steve Fischer (3 rd M50-54)	1:08:42
John Ferrara	1:09:13
Mitch Donner	1:17:07
John Farmer (2 nd M55-59)	1:36:16

Lake George Triathlon-Lake George, NY (9/18/10) S 1.5k, B 40k, R 10k

www.adktri.org

Overall Female:

Jesse Donovan	2:15:24
Erica Ruge (2 nd F35-39)	2:35:57
Megan Corjulo	2:57:06
Tracy Little	2:57:27

Overall Male:

Patrick O'Keefe	2:00:58
Peter Oxenholm	2:36:20

Cold Spring Triathlon-Cold Spring, NY (9/19/10) Kayak 6 mi., B 24 mi., R 5 mi.

www.nbafu.com

Overall Female:

Elizabeth Kennedy	3:48:06
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Overall Male:

Mike Bakker	2:50:43
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Finger Lakes Triathlon-Canandaigua, NY (9/19/10) S 1.5k, B 40k, R 10k

www.score-this.com

Overall Female: Jennie Donofrio 2:17:52

Overall Male: Kevin Crossman 2:00:09
Mitch Donner 3:01:52

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)

Overall Female: Katie June 1:06:44

Overall Male: Patrick Parrish 0:59:06
Troy Weaver (8th M40-44)* 1:17:06

*Qualified-2011 ITU Sprint Triathlon World Championship in Beijing, China

Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) S 1/3 mi., B 16 mi., R 3 mi. www.nytri.org

Overall Female: Victoria Mather 1:25:51

Overall Male: Shawn Jackson 1:08:09
Tom Struzzieri 1:27:24
Tom Gill 1:45:28

Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) R 1 mi., B 14 mi., R 3 mi. www.nytri.org

Overall Female: Mendy Taylor 1:12:36
Christine Farmer 1:53:11

Overall Male: Eric Waldron 1:08:22

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

Overall Female: Laurel Wassner 2:06:24

Overall Male: Andrew Starykowicz 1:51:15
Nick Brundage (1st M25-29) 2:10:35
Bruce Cadenhead (2nd M45-49) 2:12:10
Charles Pegg 2:18:59
Dave Nazaroff 2:20:42
Ray Canals 2:43:15



Hudson Valley Triathlon Club

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OCTOBER

NOVEMBER

DECEMBER

2009 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in **at least 3 USA Triathlon Sanctioned** races that year; i.e. Lake George Triathlon, HVTC Summer Tri-Series #1 and Pat Griskus Triathlon.)

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

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

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



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<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
Mark Rabens	45-49		81.74198	424
Dennis Ebbing	40-44		81.40513	787
Bill Norton	55-59	HM	80.88711	64
Jim Demis	45-49		79.32186	647
Troy Weaver	40-44		78.77467	1,100
Jon Stern	45-49		78.60986	714
Roger Husted	35-39		75.76093	1,649
Kevin Adams	40-44		75.19672	1,675
Patrick Murphy	35-39		74.69255	1,842
Richard Miller	55-59		74.62155	246
Frank Sabat	40-44		74.61678	1,780
Mike Ferrante	35-39		74.12195	1,953
Keith O'Malley	45-49		73.69671	1,296
John Ferrara	50-54		72.93888	796
Ryan Schumacher	25-29		72.29908	1,319
Ray Canals	50-54		72.22880	832
John Dowley	35-39		71.77255	2,450
Peter Oxenholm	40-44		71.37752	2,372
Mark Graminski	50-54		70.93623	951
Frank Priest	55-59		70.57355	412
Henry Collins	40-44		70.35883	2,558
Steven Pressman	55-59		69.57201	465
Bill Thompson	45-49		68.61565	1,949
Roger Roberson	50-54		68.12641	1,188
Steve Fischer	50-54		67.54415	1,242
Creighton Ko	45-49		66.17416	2,243
Maurice Tessier	40-44		65.90933	3,317
Bob Bomba	35-39		65.65665	3,475
Tom Struzzieri	50-54		61.74372	1,675
Tom Gill	55-59		56.63128	975

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

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



Hudson Valley Triathlon Club

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2010 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2010 HVTC Most Improved Award:
2010 HVTC Female Honorable Mention Award:
2010 HVTC Female Honorable Mention Award:
2010 HVTC Female Triathlete of the Year Award:

MALE

2010 HVTC Rookie of the Year Award:
2010 HVTC Volunteer of the Year Award:
2010 HVTC Male Honorable Mention Award:
2010 HVTC Male Honorable Mention Award:
2010 HVTC Male Triathlete of the Year Award:

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-Jeannette 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

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ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2011 HVTC Registration & Packet Pick-Up:** Wednesday, April 27th 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 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 2011 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2011 HVTC \$240.00 membership is valid from January 1st-December 31st.**

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