

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

IN A FEW WORDS

Dear HVTC,

The world is full of unknowns; who could predict the damage and heartbreak a summer rain-fall could bring to a community, not to mention the entire east coast?! The memories hurricane Irene has left with the Hudson Valley and beyond is truly shocking; how water could have THAT much power is simply remarkable. Millions of dollars in repair cannot bring back lives, old bridges or cherished valuables. What we can do is be grateful for what we DO have and continue living and being like humans do best; survive and thrive. See ya out there!

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

HVTC Featured Athlete: Troy Weaver*

By Mark H. Wilson

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

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

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

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

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

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

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

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Championship-Sprint (14th M40-44). Fantastic!

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

*Troy qualified for and completed the 2011 ITU Sprint World Championships in Beijing, China. Becoming an All-American is looking pretty sweet, for sure!

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)

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.

Name of race?

Date of race?

Overall male & finish time?

Overall female & finish time?

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?!?!?**

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Volume X Issue 124 September 2011

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/20/11) S 15 min., B 20 min., R 20 min. 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

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k 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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/11) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

Trooper Biathlon-Hurley, NY (5/8/11) R 2 mi., B 14 mi., R 2 mi. 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

American Zofingen (Medium Course)-New Paltz, NY (5/15/11) R 10.30 mi., B 58 mi., R 10.30 mi. 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

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

Cascade Lake Triathlon-Hampstead, MD (5/15/11) S .3 mi., B 15 mi., R 5k
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

EnduraSport Mini Triathlon-Harriman, NY (5/21/11) S .6 mi., B 29 mi., R 6.2 mi.
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

Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k
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

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

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

Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi
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

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

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

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

Hudson Valley Triathlon Club

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Volume X Issue 124 September 2011

Xterra East Championship-Richmond, VA (6/?/11) S 1.5k, Mtn. B 30k, R 10k
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

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

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/25/11) S ½ mi., B 20 mi., R 10k www.tupperlakeinfo.com

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

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

Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k
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

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/17/11) S 600 yds. B 14 mi., R 3.1 mi. 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

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

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

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

AUGUST

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

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

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

Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k
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

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/11) S 1.5k, B 40k,
R 10k www.teammossman.com

Lums Pond Triathlon-Bear, DE (8/14/11) S .5 mi., B 19.5 mi., R 3.1 mi.
www.piranha-sports.com

West Point Triathlon-West Point, NY (8/?/11) S 800 m, B 25k, R 5k
www.westpointtri.com

2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B
40K, R 10K 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 (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

Hudson Valley Triathlon Club

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Volume X Issue 124 September 2011

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

Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi. www.genesisadventures.com

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

Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k 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

2011 ITU Short Course Triathlon World Championship-Beijing, China (9/11/11) S 1.5k, B 40k, R 10k 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

Women's Triathlon-Farmington, CT (9/?/11) S .5 mi., B 12 mi., R 5k 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

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

Vineyard Warrior Triathlon-Martha's Vineyard (9/11/11) S 1.5k, B 40k, R 10k 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

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

Hammerfest Triathlon-Branford, CT (9/18/11) S .5 mi., B 13.5 mi., R 4 mi. www.plattsys.com

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Volume X Issue 124 September 2011

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

Marshman Sprint Triathlon-Downingtown, PA (9/?/11) S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY (9/?/11) S 1.5k, B 40k, R 10k 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

OCTOBER

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

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

DECEMBER

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

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

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

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

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

2011 HVTC RACE RESULTS

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k

www.usatriathlon.org

Overall Female: Gail Katouf 1:37:00
Erica Ruge (3rd 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

Overall Female: Mendy Taylor 1:02:05
Rachel Loftus (3rd Overall) 1:05:43
Mary DeNitto (1st 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 (2nd 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

Overall Female: Kristine Timmer 1:01:44

Overall Male: Tad Fabian 0:59:45
Frank Priest (1st M60-64) 1:12:53

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

www.citytri.com

Overall Female: Holly Geldhauser 4:53:20

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

Devilman (Sprint)-Millville, NJ (5/8/11) S .45 mi., B 23.5 mi., R 4 mi. www.piranhasports.com

Overall Female: Molly Roohi 1:35:32

Overall Male: Jonathan Fecik 1:26:12
Troy Weaver (2nd 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

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

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

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

TriRock Annapolis, Maryland (5/14/11) S 500 m., B 12 mi., R 3.1 mi. www.trirock.competitor.com

Overall Female: Brownen Price 1:09:33
Antonia Noonan 1:39:48

Overall Male: Gregory Dierksen 0:58:13
Troy Weaver 1:20:56

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

Ironman 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi.

www.ironman.com

Overall Female: Caitlin Snow 4:22:31
Jeanette Shelow-Macdougall(1st F45-49) 5:05:46

Overall Male: 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

Overall Female: Erica Ruge 3:12:40
Kathryn Flodquist 3:23:29

Overall Male: 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

Overall Female: Jana Richtrova 5:50:40

Overall Male: 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

Overall Female: Mimi Boyle 9:07:47

Overall Male: Josh Beck 7:05:06
Michael Halstead (3rd M45-49) 7:57:00

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

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

Overall Male: Chris Gebhardt 2:16:19
Mike Bakker (2nd Overall) 2:21:20

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

Ten Penny Ale Shamrock Duathlon-Glastonbury, CT (5/22/11) R 5k, B 28k, R 5k
www.hartfordmarathon.com

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

<u>Overall Female:</u>	Laura Kline	1:40:53
	Erica Ruge (2 nd Overall)	1:44:01
<u>Overall Male:</u>	Travis Kuhl	1:29:31

JUNE

Pawling Triathlon-Pawling, NY (6/4/11) S .5 mi., 12 mi., 5k www.nytc.org

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:05:44
	Michele Yasson (2 nd F50-54)	1:19:17
	Terri Keating	1:33:13
	Jennifer Lang	1:34:25
<u>Overall Male:</u>	Shawn Jackson	1:00:02
	Peter Oxenholm	1:13:44
	Steven Pressman (1 st M60-64)	1:15:40
	Warren Sheprow	1:17:40
	Frank Priest (2 nd M60-64)	1:17:57
	Thomas Skeados	1:20:24

Rev3 (Olympic)-Middlebury, CT (6/4/11) S 1.5k, B 40k, R 10k www.rev3tri.com

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

Hudson Valley Triathlon Club

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Volume X Issue 124 September 2011

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

<u>Overall Female:</u>	Lesley Paterson	4:30:58
	Kathryn Flodquist	5:40:53
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Nicky Samuels	2:13:13
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Erica Ruge	0:55:18
	Rachel Loftus (2 nd Overall)	1:01:15
	Michele Yasson (3 rd Overall)	1:05:56
	Mary DeNitto (1 st F60-64)	1:07:11
	Tracy Little (1 st F50-54)	1:10:11
	Lise Hafner (1 st F45-49)	1:10:25
	Marcy Duffy (1 st F30-34)	1:11:09
	Megan Corjulo (2 nd F45-49)	1:14:15
	Margie McGoldrick (2 nd F50-54)	1:15:07
	Terri Keating (1 st F55-59)	1:16:45
	Jennifer Lang (3 rd F45-49)	1:18:22
	Antonia Noonan	1:18:27
	Roge Nesbitt	1:18:57
	Rachel Crop (1 st F25-29)	1:19:24
	Nancy Figueroa (1 st F40-44)	1:21:17
	Shelley Turk	1:23:49
	Darcy Dyer (3 rd F50-54)	1:36:25
	Diana Tsingopoulos (1 st F65-69)	1:43:06
	Melissa Signor (2 nd F55-59)	1:46:27
<u>Overall Male:</u>	Mike Bakker	0:48:37
	Nick Brundage (2 nd Overall)	0:49:30
	Mike Halstead (3 rd Overall)	0:51:24
	Bruce Cadenhead (1 st M45-49)	0:54:05

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

Bill Shashaty (1 st M40-44)	0:58:44
Jon Stern (1 st M50-54)	0:58:57
Jim Demis (2 nd M45-49)	0:58:58
Chad Duffy (1 st M30-34)	0:59:25
Charles Pegg (2 nd M40-44)	1:00:21
Dennis Ebbing (3 rd M40-44)	1:01:29
Kurt Carney (3 rd M45-49)	1:02:05
Myron Baker Sr. (1 st M60-64)	1:02:42
Bob Gramling (1 st M55-59)	1:02:48
Chris Loftus	1:03:03
Warren Sheprow	1:04:58
John Ferrara (2 nd M50-54)	1:05:07
Steven Pressman (2 nd M60-64)	1:05:14
Tom Struzzieri (3 rd 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 st 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

Overall Female:	Allison Schefer	1:17:26
Overall Male:	Charles Pegg	1:13:23
	Richard Miller (1 st M55-59)	1:18:22
	Steven Pressman (1 st 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

Overall Female:	Jean Norton	2:24:59
	Mary DeNitto (1 st F60-64)	2:44:47
	Michele Yasson (1 st F50-54)	2:47:14
Overall Male:	William Schefer	2:02:47
	Jim Demis (2 nd M45-49)	2:24:27
	John Ferrara	2:49:05

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/11) S 1.5k, B 40k, R 10k

www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	2:01:35
	Jeanette Shelow-MacDougall (2 nd Overall)	2:06:49
	Erica Ruge (1 st F35-39)	2:07:13
	Kathryn Flodquist (3 rd F45-49)	2:18:26
	Rachel Loftus	2:23:54
	Jennifer Lang	3:04:32
<u>Overall Male:</u>	Chris Thomas	1:46:09
	Chris Loftus	2:22:14
	John Ferraro	2:40:12
	Frank Priest (3 rd 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

<u>Overall Female:</u>	Kayla Segal	4:50:50
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Rebecca Wassner	1:59:36
	Jeanette Shelow-MacDougall	2:20:34
	Kathryn Flodquist	2:30:34
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Kristen Wangerin	1:18:21
	Megan Corjulo (1 st F45-49)	1:40:50
<u>Overall Male:</u>	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 124 September 2011

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

<u>Overall Female:</u>	Michelle Rosowsky	2:36:11
<u>Overall Male:</u>	Joe Ward	2:21:34
	Tom Struzzi	3:10:31

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

<u>Overall Female:</u>	Bridgett Sherratt	1:00:03
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Erica Ruge	1:07:24
	Marcy Duffy (1 st F30-34)	1:29:27
<u>Overall Male:</u>	Tim Donahue	0:59:53
	Bob Gramling (1 st M55-59)	1:08:29
	Peter Oxenholm (3 rd 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

<u>Overall Female:</u>	Erica Ruge	1:29:06
	Mary DeNitto (1 st F60-64)	1:44:20
	Tracy Little (1 st F50-54)	1:52:49
<u>Overall Male:</u>	Michael Sikorski	1:21:05
	Bruce Cadenhead (2 nd Overall)	1:23:25
	Bob Gramling (2 nd M55-59)	1:32:43
	Bill Shashaty (2 nd M40-44)	1:36:20
	Peter Oxenholm (3 rd 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 124 September 2011

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

Overall Female:

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

Overall Male:

Mike Bakker (M45-49)	0:48:36 CR
Mike Halstead (2 nd Overall)	0:50:25
Bruce Cadenhead (3 rd Overall)	0:50:38
Carl Regenauer (1 st M45-49)	0:53:47
Charles Pegg (1 st M40-44)	0:55:53
Bob Gramling (1 st M55-59)	0:56:09 CR
Bill Shashaty (2 nd M40-44)	0:57:57
Jack Ryon (1 st M30-34)	0:58:13
Chris Loftus (3 rd M40-44)	0:59:06
Jon Stern (1 st M50-54)	0:59:19
Chad Duffy (2 nd M30-34)	0:59:31
Kevin Adams	1:00:16
Richard Miller (2 nd M55-59)	1:01:16
Kurt Carney (2 nd M45-49)	1:01:20
Jason DeFabio	1:03:17
Henry Collins	1:04:37
Tom Struzzieri (2 nd M50-54)	1:06:19
Mike Rydell (1 st M35-39)	1:06:25

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

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

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

www.bikeway.com

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

<u>Overall Male:</u>	Charles Ropes	1:04:52
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Putnam Triathlon-Carmel, NY (7/17/11) S ¼ mi., B 14 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Anja Kreiger-Redwood	1:04:58
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<u>Overall Male:</u>	Justin Harris	0:57:40
	Mike Bakker (1 st 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

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

<u>Overall Male:</u>	Mike Halstead	1:20:57
	Chad Duffy (3 rd 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

<u>Overall Female:</u>	Valerie Cross	1:24:25
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<u>Overall Male:</u>	Curt Eggers	1:13:18
	Bob Gramling (1 st M55-59)	1:23:21

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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 124 September 2011

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

www.ithacatriathlonclub.org

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

<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Heather Curnutt	3:40:58
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<u>Overall Male:</u>	Mike Halstead	3:23:12
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Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

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

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

<u>Overall Male:</u>	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 (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

<u>Overall Female:</u>	Abby Levene	1:11:30
	Erica Ruge (3 rd 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

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

*Qualified-2012 World Championship-New Zealand

13.1 mi. (USAT New England Regional Championship) www.ironman.com

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

<u>Overall Male:</u>	Rasmus Henning	3:53:41
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Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 2011

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

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

<u>Overall Male:</u>	Keith Strudler	2:08:27
	Jon Stern (1 st 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

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

<u>Overall Male:</u>	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

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

<u>Overall Female:</u>	Rebeccah Wassner	2:48:34
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<u>Overall Male:</u>	Keith Strudler	2:43:14
	Mike Halstead (1 st M45-49)	2:54:08
	Bruce Cadenhead (3 rd 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 124 September 2011

Charles Pegg	3:17:27
Art Boyko	3:22:20
Jim Demis	3:23:32
Bill Shashaty	3:36:51
Steven Pressman (1 st 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

Overall Female: Suzanne Snyder 4:45:15

Overall Male: Scott Defilippis 4:11:55
Mike Bakker (1st 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

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

Overall Male: Mike Bakker 0:49:35
Mike Halstead (2nd Overall) 0:50:40
Bruce Cadenhead (3rd Overall) 0:52:38
Kurt Carney (1st M45-49) 0:54:46
Bob Gramling (1st M55-59) 0:55:03
Art Boyko (2nd 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 124 September 2011

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

Overall Female: Susan Williams 5:23:22

Overall Male: John Kenny 4:29:52
Mike Bakker (1st 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

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

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

OCTOBER
NOVEMBER
DECEMBER

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Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 124 September 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.)

Name (Women)	AG	Honors	Rank	Nat'l AG
Place				
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)

Name (Men)	AG	Honors	Rank	Nat'l AG
Place				
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 124 September 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 124 September 2011

ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **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 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 2011 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2011 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2011 HVTC \$240.00 membership is valid from January 1-December 31.**

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