



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 VIII, Issue No. 101

October 2009

IN A FEW WORDS

Dear HVTC,

As the cooler air seeps into the Hudson Valley the trunk of winter gear begins to open in preparation for those beautiful rides/runs in the Catskills/Shawangunk Mountains. Most who have lived here for awhile truly feel they reside in one of the loveliest places on the planet; and I agree with them. It makes it easy to be a triathlete, schedule for today; swim, bike and 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: Barbara Ferrante

By Mark H. Wilson

For women, it seems as though beauty, fashion and athletics are becoming very mainstream lately; Dara Torres, Amanda Beard, Jenny Fletcher, Gail Devers, Somer Sanders, Serena Williams and Laura Bennett; come to mind. Can toughness come in such a pretty package? Duh! Do you know anyone who does their nails prior to a triathlon? Do you know anyone who shaves their legs before a race (okay, let's leave-out the men!)? Lastly, do know anyone who is a professional beauty consultant and races triathlon as hard as she can? Well, please meet the lovely (but toughy) Barbara Ferrante; and don't call her Babs 'cause she'll really give it to you at the next club race! Let's find-out what lead our Featured Athlete of the Month to triathlon.



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Barbara was born in Goshen, New York and was raised in Greenwood Lake, New York; she attended Tuxedo High School and graduated in 1989. She went-on to receive a degree in cosmetology and unlike her present-day athletic lifestyle; she did not play any sports in high school. What interested her most was getting into trouble and having fun; she majored in “badness” which, of course, meant good at the time. After high school, Barbara traveled the east coast working for Saullo Hair Salon in Ft. Lauderdale, Florida. She also worked in North Carolina and Georgia. These days, Barbara’s celebrating 15 years working in Goshen and now has over 20 years in the beauty industry. She’s very grateful to have picked the right profession that suits her because she has always enjoyed her job. Barbara is married to her husband Mike who is also a member of HVTC. They live in Goshen and have no children; unless you consider their dog Milo (a six pound Yorkie) who is “the” boss of the house. In her next life, Barbara wants to come back as him. “Yeah, could you scratch my belly some more; a little to the left, please? Ahh!!” What a life!

Regarding hobbies, Barbara loves to decorate, paint, and garden; although, since beginning triathlon she doesn’t do too much else these days because there’s just not enough time. The truth be told, she’d rather go for a run, jump on her bike or do a swim. Barbara also enjoys CrossFit and has been doing it for 1 year. Her husband who’s been enjoying the exercise for a couple of years inspired her to try it; they both really like it!

Barbara’s first race experience was a 5k in the summer of 2007. Her training began with a jog to the mailbox and back; then, to the end of road and back. At that point, it looked like the end of her running career. Oh, well, back to the eye-lashes! However, the man of the house announced he was gonna do a local 5k in Middletown; Barbara said she’d like to do it, too. “Bwaah! You don’t run,” says, Mike. Uh, oh; wrong thing to say! Barbara said, “I run...to the end of the road and back.” Silence. Then Mike says emphatically, “YOU WILL NEVER FINISH!” Well, that day she ran her first 5k and it was the longest 31 minutes of her life. “I thought I was going to die...I knew he was waiting at the finish line and if I had to crawl across that finish line (which I thought might actually happen) I was going to finish.” Good for you, Girl!

It was through one of Barbara’s clients that she heard of this gal named Barbara Sessa; HVTC-er and CrossFit Extraordinaire. Barbara began training with her and that’s when it all started. In July 2008, Barbara bought a bike and began taking swimming lessons with Coach Sessa. Regarding Barbara’s swimming skills, this is how she puts it; “God Bless Barbara Sessa!” ‘Nough said! Coach Sessa practically held Barbara’s hand for her first triathlon experience. It was the 2008 HVTC Summer Tri-Series #4; Barbara remembers standing by the lake looking at her coach and saying “I think I’m gonna throw up.” No worries; she loved it beyond words and was totally hooked. Phew! That was close. Thanks, Coach!



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Barbara's come a long way since that first tri-encounter and has raced well, too; 2009 HVTC Summer Tri-Series, Pawling Triathlon and West Point Triathlon. In fact, Barbara is the reigning 2009 HVTC Summer Tri-Series Champion; because of her consistency, she earned enough points for the overall Series victory. Nice! However, initially not everyone was as enthused about Barbara and her husband's tri-mania! Barbara's mom was coming for a visit in July; when she arrived and saw all the training she and Mike were doing, she sat down the two of them and said "This is too much, all this stuff you do. I think you have an addiction and you need to get it under control." Sound familiar?! Despite Barbara and Mike's laughter, her mom was sincerely concerned; healthy bodies and all...disgusting! Bravely, they took her to Wilson State Park to watch the club race. Get this; she was so excited she was beside herself!!! Barbara can't remember her mother getting that excited about anything...ever!!! Her mother couldn't believe how much fun it was and how warm and friendly everyone treated her (thanks, Folks!). That was the end of any intervention. Thank goodness!

Barbara likes triathlon because you can challenge yourself and she loves the energy she gets from everyone around the sport. She enjoys training with all her "girls" she's gotten to know through HVTC; it makes training fun. Barbara's established a group of friends that she thinks is simply amazing; incredible people. Her goal for the future is to become stronger and faster; for 2010, she plans to do more sprint races and an Olympic distance triathlon by the end of the summer. Barbara would like to thank Barb Sessa for everything she has done for her. "She is a great person and I couldn't have asked for a better coach." Now, regarding those cuticles. Thanks, Barbara!



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2010 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the United States? For a complete listing of USAT Sanctioned races with event location and contact information go to www.usatriathlon.org)

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. Good luck to everyone this season and thanks for your stats!

Send results to: mark@hvtc.net.

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/?/10) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

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

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

APRIL

Brandywine Duathlon-Coatsville, PA (4/?/10) R 5k, B 30k, R 5k www.piranha-sports.com



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Brooklyn Biathlon-Brooklyn, NY (4/11/10) R 2.1 mi., B 10 mi., R 2.1 mi. www.nytc.org

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

2009 Duathlon National Championship-Richmond, VA (4/?/10) R 10k, B 40k, R 5k
www.usatriathlon.org

MAY

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/10) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/?/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

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

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

Diamond Girl-Lebanon, NJ (5/?/10) S 400 meters, B 14 mi., R 2 mi.
www.piranhasports.com



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

EnduraSport Mini Triathlon-Harriman, NY (5/15/10) S .6 mi., B 29 mi., R 6.2 mi.
www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (5/15/10) 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

Pinchot Triathlon-Lewisberry, PA (5/?/10) S .5 mi., B 18 mi., R 5k
www.multisportmaniacs.org

Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

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

Cascade Lake Triathlon-Hampstead, MD (5/?/10) S .3 mi., B 15 mi., R 5k
www.piranha-sports.com

Escape From Alcatraz-San Francisco, CA (5/30/10) S 1.5 mi., B 18 mi., R 8 mi.
www.escapefromalcatraztriathlon.com

JUNE

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



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Diamond Girl-Bear DE (6/?/10) S ¼ mi., B 10 mi., R 2 mi. www.piranhasports.com

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/?/10) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com

Diamond Girl-Quakertown, PA (6/?/10) S ¼ mi., B 10 mi., R 2 mi. www.piranhasports.com

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

NY Tri Series #1 (Triathlon)-Harriman State Park (6/13/10) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

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

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

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

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



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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/?/10) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/26/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/26/10) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Flat As A Pancake Triathlon-Staten Island, NY (6/?/10) S ¼ mi., B 12 mi., R 5k www.lin-mark.us

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

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/27/10) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

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

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



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JULY

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

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) S 1 mi., B 27 mi., R 5 mi. www.piranha-sports.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/18/10) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

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

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

Musselman Triathlon (Half-IM)-Geneva, NY (7/10-11/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

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

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

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



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

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

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

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

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

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

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/?/10) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S 1/2 mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

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

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



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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.teammossman.com

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

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

West Point Triathlon-West Point, NY (8/?/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

Lums Pond Triathlon-Bear, DE (8/?/10) S .5 mi., B 19.5 mi., R 3.1 mi. www.piranha-sports.com



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2010 USAT National Age Group Championships-Tuscaloosa, Alabama (8/?/10) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2011 ITU Short Course Triathlon World Championship)

Crystal Lake Triathlon (8/28/10) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/29/10) S 1.5k, B 40k, R 10k www.usatriathlon.org

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

Diamond Girl-Harriman, NY (8/?/10) S 500 meters, B 15 mi., R 4 mi. www.piranhasports.com

SEPTEMBER

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

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

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

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



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

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

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

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

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

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

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

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

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

OCTOBER

Mightyman ½ Ironman Triathlon-Montauk, NY (10/?/10) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com



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

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

NOVEMBER

Ironman Florida-Panama City, FL (11/?/10) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

Ironman Arizona-Tempe, AZ (11/?/10) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanarizona.com

2009 HVTC RACE RESULTS

JANUARY

Mid-Atlantic MultiSport Indoor Tri-Series #2 Berwyn, PA (1/11/09) S 10 min., B 20 min., R 20 min. www.midatlanticmultisport.com

<u>Overall Female:</u>	Eva Van Stratum	234.26
<u>Overall Male:</u>	J.P. LeFebre	283.4
	Steve Fischer	216.23

FEBRUARY

QTS Gatorade 5 Triathlon-Queensland, Australia (2/8/09) S 400 meters, B 15k, R 2k
www.usmevents.com.au

<u>Overall Female:</u>	Emma Moffat	0:45:21
	Linda Rosenthal (2 nd F60-64)	1:27:13
<u>Overall Male:</u>	Dan Wilson	0:40:27



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Love to Tri Indoor Triathlon-South Saratoga YMCA, NY (2/8/09) S 15 min., B 15 min., R 15 min. www.cdymca.org

Overall Female: Kelly Virkler 292 pts.

Overall Male: Peter Bierden 300 pts.
Steve Fischer (1st M50-54) 236 pts.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/22/09) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

Overall Female: Michelle Strathers 9.758
Mary DeNitto (2nd Overall) 9.109

Overall Male: Justin Harris 12.259
Alex Sherwood (2nd Overall) 11.771
Nick Brundage (1st M20-24) 11.359
Mike Vance (1st M25-29) 10.922
Bill Shashaty 10.248
Matt Merchant 10.051
Maurice Tessier 09.970
Henry Collins 09.881
Steve Fischer 09.857
Michael Spang 09.425
Don Davis 09.381
Mitch Donner 08.386

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

Overall Female: Erica Ruge 0:58:42
Jean Norton (2nd Overall) 1:03:17
Mary DeNitto (1st F60-64) 1:12:34

Overall Male: Nick Mancuso 0:52:35
Mike Halstead (2nd Overall) 0:54:02
Bob Gramling (1st M50-54) 0:59:09
Janek Szablinski (2nd M35-39) 1:04:33
Bill Norton (1st M55-59) 1:05:35
Matt Merchant (2nd M50-54) 1:07:04
Don Davis (2nd M60-64) 1:22:01



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March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi.

www.nytc.org

<u>Overall Female:</u>	Barbara Sessa	1:09:38
	Jean Norton (1 st F45-49)	1:10:25
	Jeanette Shelow-MacDougall (2 nd F45-49)	1:13:33
	Alicia Olmoz	1:25:06
	Deb Torpey (3 rd F50-54)	1:33:15

<u>Overall Male:</u>	Jason Gers	0:59:41
	Dave Nazaroff (2 nd M40-44)	1:02:29

APRIL

Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k www.piranha-sports.com

<u>Overall Female:</u>	Kristine Kuss	1:29:40
	Michele Yasson	2:01:55

<u>Overall Male:</u>	Rick Fessler	1:13:11
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2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k www.usatriathlon.org

<u>Overall Female:</u>	Suzanne Huelster	2:06:08
	Erica Ruge	2:21:10
	Kathryn Flodquist	2:48:47

<u>Overall Male:</u>	Nicholas Sterghos	1:49:02
	Troy Weaver	2:45:03

Bassman Triathlon-Bass River State Park, NJ (4/26/09) S .5 mi., B 29 mi., R 4.2 mi. www.citytri.com

<u>Overall Female:</u>	Mirielle Rodriguez	1:59:31
	Jeanette Shelow-MacDougall (2 nd Overall)	2:06:40
	Ann Breeswine (3 rd F45-49)	2:36:55

<u>Overall Male:</u>	Martin Lamont Lacas	1:50:13
	Dave Nazaroff	2:09:54



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Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

<u>Overall Female:</u>	Laurel Wassner	1:06:43
	Jean Norton (2 nd Overall)	1:11:20
	Christene Spiezio (3 rd Overall)	1:14:12
	Lori Cassia-Decker (2 nd F45-49)	1:26:56
	Michele Yasson (3 rd F45-49)	1:30:44

<u>Overall Male:</u>	Justin Harris	0:59:14
	Nick Brundage (1 st M20-24)	1:02:36
	James Stafford (1 st M40-44)	1:05:54
	Bill Norton (2 nd M55-59)	1:14:20
	Art Boyko	1:16:58
	Patrick Nesbitt	1:21:47
	Chris Giam	1:24:31
	Michael Spang	1:24:37
	Steven Pressman	1:24:51
	William Thompson	1:36:36

St. Croix Triathlon-St. Croix, US Virgin Islands (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

<u>Overall Female:</u>	Catriona Morrison	4:32:38
	Mary DeNitto* (1 st F60-64)	6:51:54

*Qualified-70.3 & Ironman World Championships (Declined Both Slots)

<u>Overall Male:</u>	Tim O'Donald	4:02:36
	Mike Halstead	5:03:25
	Don Davis	6:45:05

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/3/09) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

<u>Overall Female:</u>	Kristin Kuss	1:36:08
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<u>Overall Male:</u>	John Nowoslawski	1:28:02
	Troy Weaver (2 nd M40-44)	1:46:56



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EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi.

www.genesisadventures.com

Overall Female:	Katherine Ward	2:24:23*
	Kathryn Flodquist (1 st F40-44)	2:43:09*
	Ann Breeswine (3 rd F45-49)	3:20:01*

Overall Male:	David Gutstadt	2:17:25*
	Brian Chew	2:43:33*
	Gabriel Danaher	2:46:43*

*Swim cancelled due to heavy fog and replaced by 1.5 mile run

EnduraSport Half Ironman Triathlon-Harriman, NY (5/16/09) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Overall Female:	Charlotte Dequeker	5:37:40*
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Overall Male:	Jesse Du Bey	4:23:13*
	Michael Bakker (3 rd Overall)	4:30:23*
	Mark Wilson (3 rd M40-44)	5:00:35*
	John Ferrara	6:19:32*
	William Thompson (3 rd M45-49)	7:21:44*

*Swim cancelled due to heavy fog and replaced by 1.5 mile run

Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k

www.tricolumbia.org

Overall Female:	Rebecca Wassner	2:07:25
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Overall Male:	Terrenzo Bozzone	1:52:45
	Alex Sherwood (8 th Elite Male)	2:10:40
	Mike Halstead (1 st M40-44)	2:11:11
	Ray Canals	2:47:29
	Creighton Ko	3:06:45

Florida 70.3-Orlando, FL (5/17/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female:	Leanda Cave	4:15:47
	Alicia Olmoz	6:52:07

Overall Male:	Dirk Bochel	3:54:40
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Shamrock Duathlon-Glastonbury, CT (5/17/09) R 5k, B 26k, R 5k
www.hartfordmarathon.com

<u>Overall Female:</u>	Amanda Lawrence	1:33:10
<u>Overall Male:</u>	Mike Gyulay	1:25:04
	Tom Gill	2:33:26

Toga Biathlon-Congers, NY (5/17/09) R 4.25k, B25k, R 4.25k
www.togamultisport.com

<u>Overall Female:</u>	Jennifer Cromie	1:29:37
	Barbara Ferrante (2 nd F40-44)	1:42:38
	Deb Torpey (3 rd F50-54)	1:57:19
<u>Overall Male:</u>	David Roche	1:12:13
	Michael Ferrante (2 nd M35-39)	1:28:58

Williams Lake Off-Road Triathlon-Rosendale, NY (5/24/09) S .5 mi., B 12.4 mi., R 5k
www.cm2promotions.com

<u>Overall Female:</u>	NA	
<u>Overall Male:</u>	Mike Halstead	1:34:40
	Jim Demis	2:25:00
	Bill Norton	2:49:36

Ironclad Triathlon-Glen Rock, NY (5/31/09) S .5 mi., B 13.5 mi., R 3.2 mi.
www.triandduit.com

<u>Overall Female:</u>	Michele Henschel	1:13:33
<u>Overall Male:</u>	Takao Muehmel	1:06:49
	John Ferrara	1:29:54

Cascade lake Triathlon-Hampstead, MD (5/31/09) S .31, B 15 mi., R 5k
www.piranha-sports.com

<u>Overall Female:</u>	Kerri Robbins	1:19:40
<u>Overall Male:</u>	Joe Liberto	1:09:15
	Troy Weaver	1:25:57



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Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi. www.nytc.org

<u>Overall Female:</u>	Carol Wilke	1:02:15
	Jean Norton (2 nd Overall)	1:08:05
	Barbara Sessa (3 rd Overall)	1:08:07
	Kathryn Flodquist (1 st F40-44)	1:09:02
	Christene Speizio (2 nd F35-39)	1:10:51
	Barbara Ferrante	1:20:32
	Kelly Heady	1:20:38
	Christine Honig	1:20:55
	Alicia Olmoz	1:22:35
	Julie LoRusso	1:25:25
	Roge Nesbitt	1:30:33
	Deb Torpey	1:30:42

<u>Overall Male:</u>	Justin Harris	0:58:10
	Nick Brundage (2 nd Overall)	0:59:06
	Zak Staszak	1:03:28
	Ken Buderman (2 nd M25-29)	1:03:30
	Michael Bakker (2 nd M40-44)	1:03:33
	Mark De Luccia	1:04:05
	Art Boyko (3 rd M40-44)	1:04:33
	Bill Norton (1 st M55-59)	1:08:54
	Mike Ferrante	1:13:39
	Steven Pressman	1:16:42
	Frank Priest	1:19:40
	Patrick Nesbitt	1:20:18
	Chris Giam	1:21:25
	Larry Knapp	1:27:42
	Tom Gill	1:34:16
	William Thompson	1:42:09

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/7/09) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com

<u>Overall Female:</u>	Kathleen Hayden	2:21:07
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<u>Overall Male:</u>	Matt Migonis	2:00:03
	Maurice Tessier	3:09:41



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Rev3-Middlebury, CT (6/7/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.rev3tri.com

Overall Female: Mirinda Carfrae 4:27:26

Overall Male: Matt Reed 3:59:25
Tom Ganz 5:22:40
Dave Nazaroff 5:27:58
Roger Roberson 7:21:50

Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

Overall Female: Mirinda Carfrae 4:13:28

Overall Male: Terenzo Bozzone 3:51:11
Nick Brundage (3rd M20-24) 4:41:33*

*Qualified-Ironman Triathlon World Championship (Declined Slot)

Escape From Alcatraz-San Francisco, CA (6/14/09) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

Overall Female: Mary Beth Ellis 2:21:23
Kathryn Flodquist 3:07:55
Mary DeNitto (1st F60-64) 3:31:33
Ann Breeswine 3:59:44

Overall Male: Andy Potts 2:07:25
Alex Sherwood 2:34:50
Dave Nazaroff 3:05:08
Keith O'Malley 3:28:22

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Barbara Sessa 0:57:14
Jean Norton (2nd Overall) 0:58:15
Barbara Ferrante (3rd Overall) 1:06:26
Mary DeNitto (1st F60-64) 1:06:57
Michele Yasson (1st F50-54) 1:08:40
Alicia Olmoz (1st F35-39) 1:09:22
Julie LoRusso (1st F40-44) 1:09:51
AnnMarie Gardner (2nd F40-44) 1:15:16
Roge Nesbitt (3rd F40-44) 1:15:20



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Carolyn Mandaro (1 st F45-49)	1:16:59
Tracy Little (2 nd F45-49)	1:17:15
Jennifer Borrero (3 rd F45-49)	1:18:10
Megan Corjulo	1:18:32
Debra Torpey (2 nd F50-54)	1:20:41
Mary Velez (2 nd F35-39)	1:26:39
Janice Cragolin (3 rd F50-54)	1:27:30
Diana Tsingopoulos (1 st F65-59)	1:37:41

Overall Male:

Nick Brundage	0:49:10
Mike Halstead (2 nd Overall)	0:50:34
Mark Wilson (3 rd Overall)	0:53:26
Art Boyko (1 st M40-44)	0:54:48
Charles Pegg (2 nd M40-44)	0:54:56
Doug Thompson (3 rd M40-44)	0:55:25
Ken Buderman (1 st M25-29)	0:56:05
Nate Deboever (1 st M19-Under)	0:56:20
Bob Gramling (1 st M50-54)	0:57:04
Dave Nazaroff	0:57:11
Bill Norton (1 st M55-59)	0:57:17
Dennis Ebbing	0:57:48
Jim Demis (1 st M45-49)	0:58:52
Jon Stern (2 nd M45-49)	1:00:36
Patrick Murphy (1 st M35-39)	1:02:15
Roger Husted (2 nd M35-39)	1:03:34
Henry Collins	1:05:47
John Dowley (3 rd M35-39)	1:05:52
John Ferrara (2 nd M50-54)	1:06:25
Mark Graminski (3 rd M50-54)	1:06:57
Ryan Schumacher (2 nd M25-29)	1:06:31
Peter Oxenholm	1:06:39
Steven Pressman (2 nd M55-59)	1:07:01
Frank Priest (3 rd M55-59)	1:07:42
Larry Knapp	1:10:58
Bob Bomba	1:11:09
Steve Fischer	1:11:20
Ed Burke	1:12:53
Michael Spang (3 rd M45-49)	1:16:04
Craig Boyce	1:18:27
Tom Struzzieri	1:18:40
Tom Gill	1:26:01



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Williams Lake Sprint Triathlon-Rosendale, NY (6/13/09) S .5 mi., B 12 mi., R 3 mi.

www.cm2promotions.com

Overall Female: Mimi Boyle 1:13:21
Michele Yasson (2nd Overall) 1:23:56

Overall Male: Mike Halstead 1:02:29
Charles Pegg (1st M40-44) 1:08:05
Bill Norton (1st M55-59) 1:13:50
Jim Demis (1st M45-49) 1:13:53
Richard Miller (2nd M55-59) 1:17:56
Steven Pressman (3rd M55-59) 1:22:46
Ed Burke 1:54:04

Lake Waramaug Sprint Triathlon-New Preston, CT (6/19/09) S .5 mi., B 12.5 mi., R 3 mi.

www.endureitmultisports.com

Overall Female: Katey Scrimgeour 1:17:33
Linda Rosenthal (1st F60-64) 1:59:12

Overall Male: Tim Steiskal 1:05:42

Patriot Half-East Freetown, MA (6/20/09) S 1.2 mi., B 56 mi., R 13.1 mi.

www.patriottriathlon.com

Overall Female: Lisbeth Kenyon 4:30:57
Christene Spiezio 5:20:14

Overall Male: Bryan Parker 4:15:01
Ken Buderman (3rd M25-29) 4:56:11

Wyckoff Triathlon-Franklin Lakes, NJ (6/20/09) S .5 mi., B 17 mi., R 5 mi.

www.wyckoffymca.org

Overall Female: Lynn Frampton 1:36:50
Carolyn Mandaro 2:03:53

Overall Male: Dirk Heinze 1:22:30



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Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k

www.patgriskustri.com

Overall Female: Kelli Montgomery 2:23:32
Kathryn Flodquist (1st F40-44) 2:38:45

Overall Male: Chris Thomas 2:00:15
John Ferrara 2:56:59
Frank Priest 3:07:45

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/27/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female: Leslie Sanderson 4:40:39
Jean Norton (2nd F45-49) 5:22:15
Michele Yasson 6:43:36
Julie LoRusso 7:22:23

Overall Male: Eric Roy 4:15:49
Mark Wilson 4:54:21
Dennis Ebbing 5:24:43
Ray Canals 5:54:32
Patrick Murphy 5:55:11
Mark Graminski 6:14:55

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/27/09) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Overall Female: Katherine Ward 2:03:35

Overall Male: Peter Eddy 1:57:09
Art Boyko (1st M40-44) 1:59:51

North Country Triathlon (Sprint)-Hague, NY S 750 meters, B 20k, R 5k

www.northcountryvtri.com

Overall Female: Rachelle Gormley 1:29:48

Overall Male: Kevin Crossman 1:10:56
Bob Gramling (3rd Overall) 1:24:18



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Philadelphia Triathlon (Olympic)-Philadelphia, PA (6/28/09) S 1.5k, B 40k, R 10k

www.phillytri.com

<u>Overall Female:</u>	Rebecca Wassner	2:02:22
	Carolyn Mandaro	3:03:46
	Julianna Benedick	3:22:18

<u>Overall Male:</u>	David Thompson	1:49:52
	Nick Brundage	2:10:26
	Mark Rabens	2:22:57
	Steve Fischer	3:00:15

Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/28/09) S .9k, B 24k, R 5k

www.phillytri.com

<u>Overall Female:</u>	Diane Rogers	1:20:45
<u>Overall Male:</u>	James Burns	1:09:47
	Frank Priest (3 rd M55-59)	1:35:36

Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi.

www.nytc.org

<u>Overall Female:</u>	Amy Bevilaqua	1:04:41
	Barbara Sessa (2 nd Overall)	1:09:59
	Alicia Olmoz	1:29:00
	Deb Torpey	1:38:39

<u>Overall Male:</u>	Arthur Samsonov	1:00:04
	Mike Ferrante	1:10:50
	Peter Oxenholm	1:25:09
	William Thompson	1:45:32

Stamford Olympic Triathlon-Stamford, CT (6/28/09) S 1.5k, B 40k, R 10k

www.hartfordmarathon.com

<u>Overall Female:</u>	Suzie Snyder	2:15:06
	Kathryn Flodquist (1 st F40-44)	2:26:25
<u>Overall Male:</u>	Thomas McWalters	2:03:24



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Sharon Parks & Recreation Triathlon-Sharon, CT (6/27/09) S .5 mi., B 12 mi., R 4 mi.
www.greystoneracing.net

<u>Overall Female:</u>	Lisa Dunn	1:26:16
	Linda Rosenthal (1 st F60-64)	2:21:59
<u>Overall Male:</u>	Peter Doly	1:12:27

JULY

Williams Lake Sprint Triathlon-Rosendale, NY (7/4/09) S .5 mi., B 12 mi., R 3 mi.
www.cm2promotions.com

<u>Overall Female:</u>	Carol Hawran	1:33:43
	Mary DeNitto (1 st F60-64)	1:59:14
	Linda Rosenthal (2 nd F60-64)	2:08:21
<u>Overall Male:</u>	Justin Harris	1:03:50
	Art Boyko (1 st M40-44)	1:12:54
	Charles Pegg (2 nd M40-44)	1:13:50
	Jim Demis (1 st M45-49)	1:16:52
	Don Davis (1 st M65-69)	1:30:53
	Peter Oxenholm	1:32:14
	Steven Pressman (2 nd M55-59)	1:33:00
	Bill Norton	1:37:09
	Ed Burke	1:37:23
	Bill Thompson	1:58:37
	Larry Knapp	2:02:29

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/8/09) S 400 yds., B 12 mi., R 2 mi.
www.hvtc.net

<u>Overall Female:</u>	Barbara Sessa	0:56:07
	Lauren Warren (2 nd Overall)	0:57:01
	Tomi Stern (3 rd Overall)	1:04:57
	Barbara Ferrante (1 st F40-44)	1:07:03
	Kelly Heady (1 st F35-39)	1:07:50
	Alicia Olmoz (2 nd F35-39)	1:08:51
	Julie LoRusso (2 nd F40-44)	1:09:17
	Michele Yasson (1 st F50-54)	1:10:14
	Tracy Little (2 nd F50-54)	1:11:16
	Mineke Etienne (1 st F30-34)	1:11:57
	Jennifer Borrero (1 st F45-49)	1:13:57



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Norma Lopez (2 nd F45-49)	1:15:50
Antonia Noonan (3 rd F40-44)	1:16:06
Melissa Cowan (1 st F25-29)	1:18:05
Deb Torpey (3 rd F50-54)	1:18:27
Carolyn Mandaro (3 rd F45-49)	1:19:54
Janice Cragolin	1:24:27
Diana Tsingopoulos (1 st F65-69)	1:33:44
Melissa Signor (1 st F55-59)	2:01:57

Overall Male:

Nick Brundage	0:48:47
Alex Sherwood (2 nd Overall)	0:50:16
Mike Halstead (3 rd Overall)	0:51:12
Mark Wilson (1 st M40-44)	0:52:37
Doug Thompson (2 nd M40-44)	0:53:49
Bruce Cadenhead (M45-49)	0:53:54
Dave Nazaroff (3 rd M40-44)	0:54:54
Nate Deboever (1 st M19-Under)	0:55:03
Charles Pegg	0:55:22
Ken Buderman (1 st M25-29)	0:56:06
Bob Gramling (1 st M50-54)	0:56:40
Mark Rabens (2 nd M45-49)	0:57:30
Bill Norton (1 st M55-59)	0:57:55
Mike Ferrante (1 st M35-39)	0:58:35
Jon Stern (3 rd M45-49)	0:58:39
Frank Sabat	0:59:09
Jim Demis	1:00:23
Henry Collins	1:00:37
Steven Pruschki	1:01:10
Roger Husted (2 nd M35-39)	1:01:26
Richard Miller (2 nd M55-59)	1:01:28
Patrick Murphy (3 rd M35-39)	1:01:43
John Ferrara (3 rd M50-54)	1:01:48
Roger Roberson	1:02:59
Keith O'Malley	1:03:20
John Dowley	1:03:27
Kevin Adams	1:04:56
Ryan Schumacher (2 nd M25-29)	1:05:05
Mark Graminski	1:05:54
Peter Oxenholm	1:06:05
Steven Pressman (3 rd M55-59)	1:06:33
Ray Canals	1:06:38



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Maurice Tessier	1:07:29
Bill Thompson	1:07:34
Phil Placido	1:07:56
Frank Priest	1:08:08
Steve Fischer	1:08:56
Ed Burke	1:10:21
Bob Bomba	1:11:30
Larry Knapp	1:12:25
Bevan Harris	1:12:26
Tom Struzzieri	1:16:32
Tim Slominski	1:47:58

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/8/09) S .5 mi., B 10.5 mi., R 5k

www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	1:05:38
	Kathryn Flodquist (1 st F40-44)	1:09:22
<u>Overall Male:</u>	Domenic Gillen	0:55:52

Ironman 70.3 Rhode Island-Providence, RI (7/12/09) S 1.2 mi., B 56 mi., R 13.1 mi.

www.ironman.com

<u>Overall Female:</u>	Michellie Jones	4:23:56
<u>Overall Male:</u>	Michael Lovato	3:54:39
	Nick Brundage	4:32:00*
	Doug Thompson	5:22:29

*Qualified-70.3 Ironman Triathlon World Championship

Tri-Putnam-Carmel, NY (7/12/09) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Melina Healey	1:15:15
<u>Overall Male:</u>	John McGovern	0:59:57
	Michael Bakker (2 nd Overall)	1:01:05
	Bruce Cadenhead (3 rd Overall)	1:05:31
	Patrick Nesbitt	1:20:39
	Peter Oxenholm	1:20:57
	Bill Thompson	1:22:45
	Tim Slominski	2:00:41



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Philadelphia Women's Triathlon-Philadelphia, PA (7/12/09) S 750 m, B 17 mi., R 5k
www.cgiracing.com

<u>Female:</u>	Diane Rogers	1:22:23*
	Antonia Noonan	1:46:37*

*Swim cancelled due to strong currents, replaced by a run.

Piseco Lake Triathlon-Speculator, NY (7/18/09) S .5 mi., B 11.5 mi., R 3 mi.
www.adrkmts.com

<u>Overall Female:</u>	Judy Guzzo	1:18:23
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<u>Overall Male:</u>	Tom Goth	1:05:16
	Matt Merchant (2 nd M50-54)	1:21:47

Mossman Triathlon-Norwalk, CT (7/19/09) S .5 mi., B 12.5 mi., R 5k
www.teammossman.com

<u>Overall Female:</u>	Megan Kelly	1:04:46
	Kathryn Flodquist (1 st F40-44)	1:09:51
	Ann Breeswine	1:26:58

<u>Overall Male:</u>	Ian Ray	0:59:12
	Ray Canals	1:13:33

Musselman Triathlon (Half-IM)-Geneva, NY (7/18-19/09) S 1.2 mi., B 56 mi., R 13.1 mi.
www.musselmantri.com

<u>Overall Female:</u>	Kristin White	4:44:36
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<u>Overall Male:</u>	Jesse Vandracek	4:23:58
	Bob Gramling	5:06:58
	John Ferrara	5:54:21

Musselman Triathlon (Sprint)-Geneva, NY (7/18-19/09) S 500 yd., B 15 mi., R 3 mi.
www.musselmantri.com

<u>Overall Female:</u>	Meghan Newcomer	1:17:42
	Colleen Bruley	2:10:40

<u>Overall Male:</u>	Kevin Crossman	1:09:57
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Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

Overall Female:	Jeanette Shelow-MacDougall	1:27:41
	Lauren Warren (2 nd Overall)	1:29:14
	Antonia Noonan (3 rd F40-44)	1:56:50

Overall Male:	John McGovern	1:16:09
	Art Boyko (1 st M40-44)	1:27:06
	Maurice Tessier	1:41:22
	Peter Oxenholm	1:42:49
	Bill Thompson	1:43:58
	Frank Priest (3 rd M55-59)	1:45:15

Sunset Triathlon-Bridgeton, NJ (7/19/09) S .5 mi., B 16 mi., R 5k www.lin-mark.us

Overall Female:	Laurie Hug	1:17:54
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Overall Male:	Todd Wiley	1:09:55
	Troy Weaver (1 st M40-44)	1:24:25

Iron Girl Triathlon-Syracuse, NY (7/26/09) S 800 meters, B 30k, R 5k

www.irongirl.com

Overall Female:	Rachel Sears	1:20:19
	Kelly Heady	1:34:43

New Jersey State Triathlon-Mercer County Park, NJ (7/26/09) S 1.5k, 23 mi., R 10k

www.cgiracing.com

Overall Female:	Sharon Schmidt-Mongrai	2:12:37
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Overall Male:	James Burns	1:56:42
	Troy Weaver	2:24:05
	Steve Fischer	3:02:24



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New York City Triathlon-NYC, NY (7/26/09) S 1.5k, B 40k, R 10k www.nyctri.com

<u>Overall Female:</u>	Rebecca Wassner	1:58:25
	Jeanette Shelow-MacDougall	2:29:59
	Kathryn Flodquist	2:33:02
	Ann Breeswine	2:59:28
	Antonia Noonan	3:06:40
	Darcy Dyer	3:40:18

<u>Overall Male:</u>	Greg Bennett	1:45:50
	Dave Nazaroff	2:14:02
	Charles Pegg	2:15:40
	Richard Miller	2:33:56
	Don Davis (2 nd M65-69)	2:34:56
	Steven Pressman	2:42:33

Ironman USA-Lake Placid, NY (7/26/09) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

<u>Overall Female:</u>	Tereza Macel	09:29:36
	Michele Yasson	14:21:59

<u>Overall Male:</u>	Maik Twelsiek	08:36:37
	Mark Wilson	12:53:02
	Ray Canals	13:17:22
	Frank Sabat	14:03:57
	Henry Collins	14:51:57
	Tom Ganz	14:51:57
	Roger Roberson	15:25:55

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/1/09) S 1.5k, B 40k, R 10k www.fronhofertooltriathlon.com

<u>Overall Female:</u>	Nicole Andres	2:21:29
	Kathryn Flodquist (1 st F40-44)	2:27:00

<u>Overall Male:</u>	Kevin Bouchard-Hall	2:02:23
	Jon Stern (3 rd M45-49)	2:26:11
	Dennis Ebbing	2:28:50



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Williams Lake Triathlon #3-Rosendale, NY (8/1/09) S ½ mi., B 12 mi., R 3 mi.

www.cm2promotions.com

<u>Overall Female:</u>	Barbara Sessa	1:08:52
	Lauren Warren (2 nd Overall)	1:08:58
	Linda Rosenthal (1 st F60-64)	1:56:25

<u>Overall Male:</u>	Mike Halstead	1:02:55
	Charles Pegg (1 st M40-44)	1:07:04
	Bill Norton (1 st M55-59)	1:11:11
	Steve Pruschki (2 nd M50-54)	1:13:55
	Richard Miller (2 nd M55-59)	1:16:06
	Jim Demis	1:16:12
	Steven Pressman (3 rd M55-59)	1:24:58

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/2/09) S 1/2 mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:17:32
	Erica Ruge (1 st F35-39)	1:26:20

<u>Overall Male:</u>	Tim Steiskal	1:09:05
	Nate DeBoever (1 st M19-Under)	1:17:47

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/2/09) S 1.5k, B 40k, R 10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Danielle Ohlson	2:28:04
	Alicia Olmoz	3:09:39
	Julie LoRusso	3:11:07

<u>Overall Male:</u>	Nick LaHecka	2:07:30
	Bob Gramling (2 nd M50-54)	2:29:08

Wilkes Barre Triathlon-Wilkes Barre, PA (8/2/09) S 1.5k, B 40k, R 11k

www.wilkesbarretriathlon.com

<u>Overall Female:</u>	Kristin White	2:21:33
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<u>Overall Male:</u>	Joe Maloy	2:03:26
	John Ferrara	2:56:29



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Greenwich Cup Triathlon-Greenwich, CT (8/2/09) S ½ mi., B 15 mi., R 3 mi.

www.threadsandtreads.com

Overall Female: Donna Kay-Ness 1:12:19
Vanessa Calderone 1:58:54

Overall Male: Dominick Gillem 1:03:22
Tim Slominski 2:11:06

Niantic Bay Triathlon-Niantic, CT (8/9/09) S .5 mi., B 12 mi., R 3.5 mi.

www.hartfordmarathon.com

Overall Female: Elise Vonhousen 1:06:49
Kathryn Flodquist (2nd F40-44) 1:11:01

Overall Male: John Babcock 0:59:24

Northern Columbia County Triathlon-Kinderhook, NY (8/?/09) S .25 mi., B 19.5 mi., R 4.5 mi. www.northerncolumbiatriathlon.com

Overall Female: Erica Ruge 1:37:24

Overall Male: John McGovern 1:21:35
Bob Gramling (1st M50-54) 1:35:28
Peter Oxenholm 1:51:14
Steve Fischer 2:01:42

Central Park Triathlon-New York, NY (8/9/09) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

Overall Female: Julie Cook 1:07:28
Diana Tsingopoulos (2nd F65-69) 1:55:56

Overall Male: Timothy Oakes 0:58:52
Richard Miller (1st M55-59) 1:10:01

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/12/09) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Barbara Sessa 0:55:13
Lauren Warren (2nd Overall) 0:56:19
Jean Norton (3rd Overall) 0:58:11



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Erica Ruge (1 st F35-39)	0:58:28
Tomi Stern (1 st F40-44)	1:04:21
Barbara Ferrante (2 nd F40-44)	1:06:13
Michele Yasson (1 st F50-54)	1:07:28
Kelly Heady (2 nd F35-39)	1:07:45
Julie LoRusso (3 rd F40-44)	1:09:09
Alicia Olmoz (3 rd F35-39)	1:09:57
Tracy Little (2 nd F50-54)	1:11:22
Ann Breeswine (1 st F45-49)	1:13:45
Norma Lopez (2 nd F45-49)	1:15:12
Vanessa Calderone (1 st F30-34)	1:15:17
Janice Cragolin (3 rd F50-54)	1:15:43
Jennifer Borrero (3 rd F45-49)	1:18:02
Nancy Figueroa	1:21:16
Mary Velez	1:26:13
Darcy Dyer	1:27:53
Colleen Bruley	1:30:01
Diana Tsingopoulos (1 st F65-59)	1:35:10
Melissa Signor (1 st F55-59)	1:54:51

Overall Male:

Alex Sherwood	0:48:25
John McGovern (2 nd Overall)	0:48:48
Nick Brundage (3 rd Overall)	0:49:16
Mike Halstead (1 st M40-44)	0:50:03
Michael Bakker (2 nd M40-44)	0:50:27
Nick Mancuso (1 st M19-Under)	0:52:35
Jim Stafford (1 st M45-49)	0:52:50
Bruce Cadenhead (2 nd M45-49)	0:53:06
Mark Wilson (3 rd M40-44)	0:53:21
Charles Pegg	0:53:56
Doug Thompson	0:54:08
Dave Nazaroff	0:55:26
Bob Gramling (1 st F50-54)	0:55:36
Dennis Ebbing	0:56:34
Bill Norton (1 st M55-59)	0:56:49
Jon Stern (3 rd M45-49)	0:57:47
Nate DeBoever (2 nd M19-Under)	0:57:57
Mike DeBoever (1 st M25-29)	0:57:58
Steve Pruschki (2 nd M50-54)	0:58:20
Richard Miller (2 nd M55-59)	1:00:23
Kevin Adams	1:00:30



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Roger Husted (1 st M35-39)	1:00:50
Patrick Murphy (2 nd M35-39)	1:02:19
John Ferrara (3 rd M50-54)	1:02:36
Keith O'Malley	1:02:40
Mark Graminski	1:03:20
Ryan Schumacher (2 nd M25-29)	1:03:45
John Dowley (3 rd M35-39)	1:04:34
Peter Oxenholm	1:04:54
Mike Andrasak	1:05:21
Roger Roberson	1:05:29
Frank Priest (3 rd M55-59)	1:05:46
Jerry DeBoever (1 st M20-24)	1:06:01
Bill Thompson	1:08:52
Bob Bomba	1:09:17
Steve Fischer	1:09:25
Phil Placido	1:09:45
Michael Spang	1:13:33
Tom Struzzieri	1:14:17
Creighton Ko	1:25:05

SBR Triathlon #2-Harriman, NY (8/15/09) S .5 mi., B 16 mi., R 3.1 mi.

www.sbrshop.com

<u>Overall Female:</u>	Lindsay Jacobson	1:26:11
<u>Overall Male:</u>	David Hollely	1:16:09
	Bruce Cadenhead (1 st M45-49)	1:21:04

NY Tri Series Race #2-Harriman State Park, NY (8/16/09) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:24:57
<u>Overall Male:</u>	Chris Gebhardt	1:09:14
	Art Boyko (1 st M40-44)	1:21:24
	Bill Thompson	1:41:09



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West Point Triathlon-West Point, NY (8/16/09) S 800 m, B 25k, R 5k

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

<u>Overall Female:</u>	Ashley Morgan	1:16:08
	Lauren Warren (3 rd Overall)	1:19:52
	Barbara Sessa (1 st F45-49)	1:24:00
	Jean Norton (2 nd F45-49)	1:25:04
	Tomi Stern (2 nd F40-44)	1:29:21
	Barbara Ferrante	1:36:32
	Michele Yasson	1:38:16
	Alicia Olmoz	1:39:55

<u>Overall Male:</u>	John McGovern	1:09:04
	Mark Rabens	1:19:52
	Dave Nazaroff	1:21:09
	Jim Demis	1:21:27
	Bill Norton (3 rd M55-59)	1:23:23
	Steve Pruschki	1:24:20
	Mike Ferrante	1:24:40
	Jon Stern	1:26:02
	Kevin Adams	1:26:35
	Frank Priest	1:33:30
	Phil Placido	1:36:49
	Steve Fischer	1:46:02

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3 mi. www.piranha-sports.com

<u>Overall Female:</u>	Michelle Faurot	1:26:09
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<u>Overall Male:</u>	William Miller	1:14:33
	Troy Weaver	1:26:25

Tuckahoe Triathlon-Tuckahoe, NJ (8/16/09) S ¼ mi., B 12 mi., R 2 mi.

www.citytri.com

<u>Overall Female:</u>	Jeanette Duffy	0:57:17
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<u>Overall Male:</u>	Mike Pudlinski	0:52:12
	Doug Thompson (3 rd M40-44)	0:56:21



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Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi.

www.timbermantri.com

Overall Female: Caitlin Snow 1:06:48

Overall Male: Tim Snow 1:05:05

Phil Placido 1:29:13

Bevan Harris 1:30:09

Timberman Half-Ironman Triathlon-Gilford, NH (8/21-23/09) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Chrissie Wellington 4:15:11

Jeanette Shelow-MacDougall (2nd F45-49) 5:19:43*

Ann Breeswine 6:59:52

*Qualified-Ironman 70.3 World Championships (Clearwater, FL)

Overall Male: Andy Potts 3:51:19

Michael Bakker 4:43:13

Dave Nazaroff 5:16:14

Creighton Ko 6:47:23

Timberman AquaBike-Gilford, NH (8/21-23/09) S 1.2 mi., B 56 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Brooke O'Connor 3:07:29

Overall Male: Jeff Dolan 2:49:05

Frank Priest 3:46:55

2009 USAT National Age Group Championships-Tuscaloosa, Alabama (8/22/09) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2010 ITU Short Course Triathlon World Championship)

Overall Female: Jasmine Oeinck 2:02:49

Kathryn Flodquist 2:42:38

Overall Male: Matt Chrabot 1:48:14

Troy Weaver 3:01:18



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Diamond Girl (Sprint)-Harriman, NY (8/30/09) S 500 meters, B 15.5 mi., 4 mi.

www.piranha-sports.com

<u>Overall Female:</u>	Lauren Warren	1:28:13
	Erica Ruge (1 st F35-39)	1:33:50
	Kelly Heady	1:50:38
	Vanessa Calderone (3 rd F30-34)	1:55:37
	Antonia Noonan	2:00:08
	Nancy Figueroa	2:08:30
	Jennifer Borrero (1 st F45-49)	2:08:52

Diamond Girl (Long)-Harriman, NY (8/30/09) S 1,500 meters, B 30.5 mi., 8.4 mi.

www.piranha-sports.com

<u>Overall Female:</u>	Barbara Sessa	3:06:35
	Jean Norton (1 st F45-49)	3:18:08
	Michele Yasson (2 nd F50-54)	3:54:15
	Julie LoRusso (3 rd F40-44)	4:01:44

Crystal Lake Triathlon (8/29/09) S .5 mi., B 18 mi/., R 3 mi. www.cdtriclub.org

Overall Female: Michelle Rosowsky 1:33:48

Overall Male: Keith Murray 1:21:42
Dennis Ebbing 1:33:35

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/30/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

Overall Female: Angie DeFilippi 4:54:35
Alicia Olmoz 6:34:32

Overall Male: Chris Casey 4:15:22
John Ferrara 5:56:10
Steven Pressman (3rd M55-59) 5:59:33
Mike Ferrante 6:02:54



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SEPTEMBER

Williams Lake Sprint Triathlon #4-Rosendale, NY (9/5/09) S .5 mi., B 12 mi., R 3 mi. www.cm2promotions.com

Overall Female:

Lauren Warren	1:09:13
Michael Yasson (2 nd F50-59)	1:25:14
Mary DeNitto (1 st F60-64)	1:29:52

Overall Male:

John McGovern	1:02:32
Charles Pegg (2 nd Overall)	1:05:27
Bob Gramling (2 nd M50-59)	1:10:22
Bill Norton (3 rd M50-59)	1:11:01
Richard Miller	1:17:19
Jack Ryon (2 nd M20-29)	1:19:52
Steven Pressman	1:24:27
Steve Fischer	1:31:30

Frost Valley Triathlon-Claryville, NY (9/6/09) S .5 mi., B 11 mi., R 2.5 mi. www.cm2promotions.com

Overall Female:

Lauren Warren	?
Michele Yasson (2 nd Overall)	?
Mary DeNitto (3 rd Overall)	?

Overall Male:

John McGovern	0:55:12
Nick Brundage (2 nd Overall)	?
Charles Pegg (3 rd Overall)	?
Nate DeBoever (1 st 19-Under)	?
Bill Norton (1 st M55-59)	?
Jack Ryon (2 nd M20-29)	?
Richard Miller (2 nd M55-59)	?
Steven Pressman (3 rd M55-59)	?
Steve Fischer (1 st M50-54)	?

Espirit Triathlon-Montreal, Canada (9/12/09) S 1.5k, B 40k, R 10k www.sportstats.com

Overall Female:

Manon LeTourneau	2:08:38
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Overall Male:

Yanik LeDuc	1:55:45
Steve Fischer	2:58:00



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Vassar Brothers Triathlon-LaGrange, NY (9/12/09) S ¼ mi., B 15 mi., R 5k

www.nytc.org

<u>Overall Female:</u>	Dana White	1:09:17
	Tomi Stern (2nd Overall)	1:12:06
	Kelly Heady (1st F35-39)	1:16:48
	Linda Rosenthal (1st F60-64)	1:48:20

<u>Overall Male:</u>	Shawn Jackson	1:02:43
	Robin Ackers	1:22:46
	Tom Gill	1:36:55

Vassar Brothers Duathlon-LaGrange, NY (9/12/09) R 1mi., B 15 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Erica Ruge	1:08:24
<u>Overall Male:</u>	David St. Lawrence	1:01:03

Quakerman-Nockamixon State Park, PA (9/12/09) S 1.2 mi., B 56.7 mi., R 13.1 mi.

www.genesisadventures.com

<u>Overall Female:</u>	Patti Weil	5:19:47
<u>Overall Male:</u>	John Hewlett	4:48:03
	Mike Ferrante	5:25:59
	Bill Thompson	6:49:16

Danskin Women's Triathlon-Sandy Hook, NJ (9/13/09) S .5 mi., B 11 mi., R 3 mi.

www.danskinwomenstri.com

<u>Overall Female:</u>	Maureen Cullen	1:03:14
	Julie LoRusso	1:13:14



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S.O.S.-New Paltz, NY(9/13/09) B 30mi., R 19mi., S .5mi.,R.7mi.

www.ulster.net/~sosnyta/

Overall Female:

Sue Dean (Art Boyko's Elder Sister)	5:13:04
Jean Norton (2nd F45-49)	5:30:46
Michele Yasson (1st F50-54)	6:50:42

Overall Male:

Jonas Colting	4:18:38
Alex Sherwood (2nd Overall)	4:28:37
Mike Halstead (2nd M40-44)	4:52:01
Bruce Cadenhead (3rd M45-49)	4:56:25
Art Boyko (1st Police Officer)	4:56:39
Charles Pegg	5:02:38
Mike Vance (1st M25-29)	5:04:43
Mark Wilson	5:08:29
Doug Thompson	5:13:15
Jim Demis	5:30:58
Dave Nazaroff	5:39:29
John Ferrara	6:32:26
Patrick Murphy	6:46:14

Women's Triathlon-Farmington, CT (9/13/09) S .5 mi., B 12 mi., R 5k

www.hartfordmarathon.com

Overall Female:

Christine Loudon	1:13:56
Tracy Little (2nd F50-54)	1:31:01
Megan Corjulo	1:31:53

2009 ITU Short Course Triathlon World Championship-Gold Coast, Australia (9/9-13/09) S 1.5k, B 40k, R 10k www.usatriathlon.org

Overall Female:

Emma Moffatt	1:59:14
Jeannette Shelow-MacDougall(16th F45-49)	2:25:33

Overall Male:

Alistair Brownlee	1:44:51
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2009 ITU Sprint Triathlon World Championship-Gold Coast, Australia (9/9-13/09) S 750 meters, B 20k, R 5k www.usatriathlon.org

<u>Overall Female:</u>	Christelle Van Niekerk	1:05:38
	Jeannette Shelow-MacDougall (4th F45-49)	1:13:10
<u>Overall Male:</u>	Nicholas Dougall	0:57:25

Westchester Toughman-Croton Point Park, NY (9/13/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

<u>Overall Female:</u>	Kristen Budden	5:03:16
<u>Overall Male:</u>	Dominic Gillen	4:08:05
	Michael Bakker (1 st M40-44)	4:34:07

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/16/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

<u>Overall Female:</u>	Lauren Warren	0:55:58
	Erica Ruge (2 nd Overall)	0:58:47
	Tomi Stern (3 rd Overall)	1:01:44
	Michele Yasson (1 st F50-54)	1:05:05
	Tiffany Italiano (1 st F35-39)	1:05:15
	Mary DeNitto (1 st F60-64)	1:06:00
	Barbara Ferrante (1 st F40-44)	1:06:59
	Tracy Little (2 nd F50-54)	1:10:35
	Alicia Olmoz (2 nd F35-39)	1:11:29
	Julie LoRusso (2 nd F40-44)	1:11:46
	Megan Corjulo (3 rd F40-44)	1:12:16
	Ann Breeswine (1 st F45-49)	1:13:46
	Jennifer Borrero (2 nd F45-49)	1:14:43
	Janice Cagnolin (3 rd F50-54)	1:17:45
	Jane Struzzieri	1:18:32
	Ann Marie Gardner (3 rd F45-49)	1:18:37
	Roge Nesbitt	1:19:06
	Nancy Figueroa	1:19:58
	Deb Torpey	1:20:09
	Mallory Edens (1 st F19-Under)	1:23:02
	Kristen Curran (2 nd F19-Under)	1:23:03
	Sally DePoala	1:25:47
	Diana Tsingopoulos (1 st F65-69)	1:37:58



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Melissa Signor (1st F55-59) 1:53:05

Overall Male:

Nick Brundage 0:47:51
Alex Sherwood (2nd Overall) 0:48:25
Mike Halstead (3rd Overall) 0:49:00
Michael Bakker (1st M40-44) 0:49:41
Jim Stafford (1st M45-49) 0:52:18
Doug Thompson (2nd M40-44) 0:53:56
Mark Wilson (3rd M40-44) 0:54:20
Bob Gramling (1st M50-54) 0:55:29
Nate DeBoever (1st M19-Under) 0:55:46
Mark Rabens (2nd M45-49) 0:56:12
Jack Ryon (1st M25-29) 0:56:20
Dennis Ebbing 0:56:46
Kevin Adams 0:58:40
Roger Husted (1st M35-39) 1:00:28
Keith O'Malley (3rd M45-49) 1:01:51
Mike Andrasak 1:02:16
Ryan Schumacher (2nd M25-29) 1:02:47
Peter Oxenholm 1:03:38
Phil Placido (2nd M35-39) 1:03:58
Creighton Ko 1:04:38
Frank Priest (1st M55-59) 1:04:42
Bill Thompson 1:05:19
John Ferrara (2nd M50-54) 1:05:43
Maurice Tessier 1:08:48
Steve Fischer (3rd M50-54) 1:08:56
Robin Ackers (3rd M25-29) 1:11:05
Tom Struzzieri 1:13:24
Michael Spang 1:13:59
Tom Gill (2nd M55-59) 1:16:55

Lake George Triathlon-Lake George, NY (9/19/09) S 1.5k, B 40k, R 10k

www.adktri.org

Overall Female:

Christina Robeson 2:17:53
Alicia Olmoz 3:09:35
Megan Corjulo 3:11:43

Overall Male:

Patrick O'Keefe 2:01:53
Art Boyko 2:20:42



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Bob Gramling (2 nd M50-54)	2:26:27
Peter Oxenholm	2:52:11
Bill Thompson	3:02:31
Maurice Tessier	3:14:21

Hammerfest Triathlon-Branford, CT (9/20/09) S .5 mi., B 13.5 mi., R 4 mi.

www.plattsys.com

<u>Overall Female:</u>	Cassie Maximenko	1:19:16
	Kathryn Flodquist (2 nd Overall)	1:23:15

<u>Overall Male:</u>	William Schumann	1:11:29
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War At The Shore Triathlon (Short)-Long Branch, NJ (9/20/09) S ?, B 9.6 mi., R 3 mi. www.fasttracktiming.com

<u>Overall Female:</u>	Caitlin Dorgan	0:54:44
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<u>Overall Male:</u>	Jake Bond	0:50:35
	Mark Rabens (1 st M40-44)	0:54:38

War At The Shore Triathlon (Long)-Long Branch, NJ (9/20/09) S ?, B 19.2 mi., R 5 mi. www.fasttracktiming.com

<u>Overall Female:</u>	Elizabeth Whittmaack	1:32:06
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<u>Overall Male:</u>	Terry Kerrigan	1:24:04
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Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.com

<u>Overall Female:</u>	Rebecca Wassner	2:10:34
	Kathryn Flodquist (2 nd F40-44)	2:41:01
	Antonia Noonan	3:19:55
	Ann Breeswine	3:30:24

<u>Overall Male:</u>	Andrew Starykowicz	1:58:30
	Charles Pegg	2:25:47
	Mark Rabens	2:29:23
	Keith O'Malley	2:58:20
	Frank Priest	3:14:25



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OCTOBER

Brierman Triathlon-Boonsboro, MD (10/4/09) S .45 mi., B 23.9 mi., R 4 mi.

www.piranha-sports.com

Overall Female: Michele Trdina 2:06:56

Overall Male: Brian Trdina 1:51:45

Troy Weaver 2:19:25

Mightyman ½ Ironman Triathlon-Montauk, NY (10/4/09) S 1.2mi., B 56mi., R

13.1mi. www.swimpower.com

Overall Female: Christine Kenney 4:58:41

Overall Male: Nick LeHecka 4:26:04

Terry Kerrigan (2nd Overall) 4:26:10

Bill Thompson 6:43:36

Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k

www.piranha-sports.com

Overall Female: Heather Leiggi 1:13:38

Overall Male: Brian Lovett 1:09:32

Troy Weaver 1:23:58

American Zofingen (Long Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 85 mi., R

15.45 mi. www.americanzofingen.racesonline.com

Overall Female: Mimi Boyle 9:00:24

Overall Male: Michael Bakker 7:17:39

American Zofingen (Middle Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 58 mi.,

R 10.30 mi. www.americanzofingen.racesonline.com

Overall Female: Lynn Frampton 5:57:33

Overall Male: Andrew Stock 5:15:39

Jim Stafford (2nd Overall) 5:25:17



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American Zofingen (Short Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 29 mi., R 5.15 mi. www.americanzofingen.racesonline.com

Overall Female: Mendy Taylor 3:08:21
Erica Ruge (3rd Overall) 3:13:05

Overall Male: David Roche 2:39:05
Nate DeBoever 3:07:22
Charles Pegg 3:23:24
Bill Thompson 4:26:42

Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k www.togamultisport.com

Overall Female: Lynn Frampton 1:25:36

Overall Male: Nick Brundage 1:16:57
Phil Placido 1:49:55
Bill Thompson (1st M45-49) 1:51:48

Great Floridian Triathlon (Short Course Tri-America)-Clermont, FL (10/24/09) S 2k, B 62k, R 15k www.greatfloridian.com

Overall Female: Sarah Groff 3:24:24

Overall Male: Marko Albert 3:07:04
Troy Weaver 4:58:06

NOVEMBER

DECEMBER



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2008 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>				
Shannon Dawkins (Duathlon)	30-34	AA	97.102	5
Jeanette Shelow-MacDougall	45-59	AA	93.922	6
Shannon Dawkins	30-34	AA	92.085	53
Jean Norton	45-49	AA	90.278	23
Barbara Sessa	40-44	AA	89.897	75
Lauren Warren	40-44	AA	89.655	80
Mari Flores	35-39	HM	88.153	124
Erica Ruge	35-39	HM	87.014	158
Kathryn Flodquist	40-44		83.738	226
Christene Spiezio	35-39		83.717	296
Barbara Sessa (Duathlon)	40-44		82.412	41
Lana Shannon	40-44		80.013	411
Mary DeNitto	60-64	AA	77.822	7
Julie LoRusso	40-44		75.586	679
Christine Honig	35-39		73.747	947
Alicia Olmoz	35-39		72.696	1,035
Alicia Olmoz (Duathlon)	35-39		72.042	79
Michele Yasson	45-49		70.840	670
Julie LoRusso (Duathlon)	40-44		70.127	95
Mineke Etienne	30-34		67.077	1,304
Roge Nesbitt	40-44		62.157	1,585
Linda Rosenthal	60-64		57.484	96
Diana Tsingopoulos	60-64		52.145	113

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

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

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Mike Halstead (Duathlon)	40-44	AA	98.941	6
Alex Sherwood	30-34	AA	97.195	19
Mike Halstead	40-44	AA	95.012	20
Michael Bakker	40-44	AA	92.452	52
Nick Brundage	20-24	HM	92.470	59
Nick Brundage (Duathlon)	20-24	HM	92.248	6
Zac Staszak	30-34	AA	90.598	124
Art Boyko	40-44	AA	88.993	158
Mark Wilson	40-44	HM	87.861	218
Jim Stafford	40-44	HM	86.331	296
Andrew Schupak	40-44	HM	86.164	303
Mike Vance	25-29		85.342	301
Nate DeBoever	16-17	HM	85.248	12



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Dave Nazaroff (Duathlon)	40-44	84.295	53
Tom Ganz	35-39	84.288	481
Charles Pegg	35-39	84.152	490
Bob Gramling	50-54	83.347	115
Jon Stern	45-49	80.793	428
Jim Demis	40-44	80.556	742
Ken Buderman	25-29	79.913	579
Troy Weaver	40-44	78.541	967
Mark Rabens	40-44	78.444	985
Matt Merchant	50-54	78.015	331
Bill Norton	55-59	77.650	114
Bill Shashaty	35-39	76.221	1,451
John Jasinski	50-54	74.874	199
Richard Miller	55-59	74.787	203
Brian Chew	30-34	73.848	1,344
John Dowley	35-39	73.742	1,891
Patrick Murphy	35-39	73.635	1,911
Doug Thompson	40-44	72.021	1,948
John Ferrara	50-54	71.851	728
Gabriel Danaher	40-44	71.375	2,052
Mark Graminski	50-54	70.521	836
Steven Pressman	55-59	70.315	400
Patrick Nesbitt	40-44	69.724	2,319
Mike Hargrove	50-54	69.594	904
Steve Fischer	50-54	68.941	950
Maurice Tessier	35-39	68.026	2,893
Larry Knapp	50-54	67.565	1,056
Peter Oxenholm	40-44	65.747	2,895

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

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

2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2009 HVTC Rookie of the Year Award:

2009 HVTC Female Honorable Mention Award:

2009 HVTC Female Honorable Mention Award:

2009 HVTC Female Triathlete of the Year Award:

MALE

2009 HVTC Most Improved Award:

2009 HVTC Volunteer of the Year Award:

2009 HVTC Male Honorable Mention Award:

2009 HVTC Male Honorable Mention Award:

2009 HVTC Male Triathlete of the Year Award:



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2009 HVTC Summer Tri-Series Winners

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

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

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

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

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

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

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

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

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

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

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette Shelow-MacDougall (54:32)

Swim-Christine Honig (4:50)

Bike-Shannon Dawkins (36:30)

Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (4:16)

Bike-Terry Kerrigan (32:05)

Run-Nick Mancuso (10:02)

ANNOUNCEMENTS

- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1st-December 31st.**



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