



# Hudson Valley Triathlon Club



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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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**Volume VIII, Issue No. 100**

**September 2009**

## IN A FEW WORDS

Dear HVTC,

Remarkable, there's actually snow in the forecast this Wednesday evening, the last day of September; yikes!!! Well, I guess the Farmer's Almanac could be spot-on this winter; cool and snowy. No big deal, we're triathletes, "Snow? Yeah, we do that!" See ya out there.

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



## **Moments of Greatness with HVTC**

Photo: Scott Schaffrick

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

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## **HVTC Featured Athlete: Jim Stafford**

By Mark H. Wilson

Do you know anyone who's so soft-spoken that you'd never even know their name unless you walked straight up to them and asked? Do you know anyone who's so selfless that they'd give practically everything to their family and expect little, if anything, in return? Do you know anyone who's like this and still crushes you in triathlon with the utmost humility and grace? Well, our Featured Athlete of the Month, Jim Stafford, epitomizes what it is to be a gentleman. Who's responsible? Let's find out.



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Jim was born in Patterson, New Jersey in 1964; his family moved within a year and they spent most of their time in central New York near Oneonta where Jim attended Unatego High School. He went to college at the Merchant Marine Academy and received a Bachelor of Science degree and an Unlimited Third Officers License. He spent the next 10 years at sea adventurously sailing as an Unlimited Master of Oceans. Then, he worked for the Federal Government in Washington, D.C. for a year and in 2002 moved to the Hudson Valley.

In high school, Jim played baseball and soccer; and in college he played baseball until he started rowing in the spring of his sophomore year. Jim loved rowing; especially the competition and doing two-a-day training sessions. His team would hit the gym in addition to rowing in the river both morning and evening. They were very competitive and successful; they ended-up taking second place in Small College Nationals. Jim really misses that challenging team experience.

New Paltz has been Jim's home for the last four years and he simply loves all of the outdoor activities the area offers. Jim is also proud to state he's married to "the most supportive and wonderful woman imaginable." Jim's wife Nicole teaches in Newburgh and they have 6 children together...all living at home. They have three girls and three boys who range from 7 to almost 17. 'Nough said.

Jim stopped working for the U.S. Government in 2002; post-911 his father came to visit and offered him a job with Water Conditioning and Well Systems. Jim's father had been in the Hudson Valley with his own business for over 35 years and it seemed like a good fit offering Jim the flexibility needed for family obligations, etc. (not to mention triathlon training). Jim detested being cooped-up in an office four days a week and the work environment was less than favorable.

The first triathlon experience Jim had was with HVTC. Yes!!! Jim ran-into some guy at a race who happened to know a little about the club (application in hand) and invited him to join. Jim had heard from others that HVTC was not only very competitive but very supportive. Of course, it was a great experience and the rest is history; in fact, Jim's become one of the fastest members at the Summer Tri-Series and has already earned USAT Honorable Mention. Good work!

However, not everyone's tickled about Jim's triathloning! Jim's father thinks he is crazy; his Pop is very old school. "Why'd you be playing around wasting time when you could be makin' more money?!" Jim attempts to explain the balancing act, the benefits of exercise (mental and physical), etc, etc. but the Old Timer just doesn't get it. Jim can definitely see where he gets his stubbornness from. Thanks, Dad! The truth is, Jim is a



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well-rounded guy who enjoys playing with his children, exploring new areas with his wife, rowing on the Erg/competing online; and occasionally, he can be found fishing and working around the house.

Speaking of fishing; Jim was fished out of the East River once during a rowing experience. It should be mentioned that swimming is NOT his favorite part of the triathlon; it's just something he has to do prior to biking and running. In college, Jim was known to "dig too deep" with his oar and heavy traffic on the river one particular day caused large wakes; well, he dug too deep again and caused the boat to "fall off keel" and the oar came-back and knocked him clear-off the boat and into the water. Barely surviving and avoiding the whitefish the crew got him out with a launch. Yes, Jim ate humble pie that day; where's a wetsuit when you need one?!

Jim was inspired to participate in triathlon for many reasons. He had had multiple surgeries and was able to keep more mobility in his entire skeletal system by engaging in triathlon cross-training. Another by-product is that he feels better and spends more quality time with his family. Jim also likes triathlon because of the camaraderie, "The caliber of people I have met in HVTC far exceeds those I have met in all of my travels around the country. HVTC-ers genuinely appear to want to help despite the obvious competitive nature of the sport." In addition, triathlon offers him some serious respite and time-off from living with 6 kids. It also allows him to eat as much chocolate as he desires; his favorite...chocolate marshmallow Pin wheels. That's it, have at it!

The challenge is what intrigues Jim the most about triathlon; he's happy with his accomplishments, and seeks to improve upon his technique in both the swim and bike. He also enjoys racing the clock; going as fast as he can is a thrill, and to see the measurable gains, etc. Jim's recommended the sport to only a few people; for instance, his sister. She's an accomplished runner and the swimming aspect scares her; perfect, she'll fit right in!

Jim has raced well despite his newbie-ness (yes, it's a word!); he's completed the HVTC Summer Tri-Series, Columbia County Triathlon, Toughman and Rhode Island 70.3. He really wants to do an Ironman; although with all the kids he is very limited in hours each week for training. So, he's not sure if he's ready for the increased work load. If you can handle living like the Brady bunch, Ironman's gonna be easy. Thanks, Jim!



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## 2009 RACE SCHEDULE

**Bold = USA Triathlon Sanctioned**

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

## AT THE RACES

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

Send results to: [mark@hvtc.net](mailto:mark@hvtc.net).

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 (2/22/09) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

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

March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)

## APRIL

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



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Brooklyn Biathlon-Brooklyn, NY (4/5/09) R 2.1 mi., B 10 mi., R 2.1 mi. [www.nytc.org](http://www.nytc.org)

Bronx Biathlon-Bronx, NY (4/26/09) R 3 mi., B 20 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

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

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

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

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](http://www.stcroixtriathlon.com)

EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

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

Diamond Girl-Lebanon, NJ (5/17/09) S 400 meters, B 14 mi., R 2 mi. [www.piranhasports.com](http://www.piranhasports.com)

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



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**Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://www.tricolumbia.org)

**Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k**  
[www.multisportmaniacs.org](http://www.multisportmaniacs.org)

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

**Saratoga Lions Duathlon-Saratoga, NY (5/?/09) R 5k, B 20 mi., R 5k**  
[www.saratogalins.com](http://www.saratogalins.com)

**Cascade Lake Triathlon-Hampstead, MD (5/31/09) S .3 mi., B 15 mi., R 5k**  
[www.piranha-sports.com](http://www.piranha-sports.com)

## JUNE

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

**Diamond Girl-Bear DE (6/7/09) S ¼ mi., B 10 mi., R 2 mi. [www.piranhasports.com](http://www.piranhasports.com)**

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5-7/09) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)**  
[www.fimbermantri.com](http://www.fimbermantri.com)

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

**Diamond Girl-Quakertown, PA (6/14/09) S ¼ mi., B 10 mi., R 2 mi.**  
[www.piranhasports.com](http://www.piranhasports.com)



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

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

**NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**NY Tri Series #1 (Biathlon)-Harriman State Park (6/14/09) R 3 mi., B 16 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

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

**Health Net Mossman Triathlon-Milford, CT (6/13/09) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Thundergust Triathlon-Pittsgrove, NJ (6/13/09) S .4 mi., B 16 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

**Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k [www.xterraplanet.com](http://www.xterraplanet.com)**

**Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/09) S .5 mi., B 9.1 mi., R 3.3 mi. [www.plattsys.com](http://www.plattsys.com)**



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

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

**Flat As A Pancake Triathlon-Staten Island, NY (6/27/09) S ¼ mi., B 12 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

**Philadelphia Triathlon-Philadelphia, PA (6/28/09) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/28/09) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi. [www.nytc.org](http://www.nytc.org)**

**Stamford Olympic Triathlon-Stamford, CT (6/28/09) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

## **JULY**

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

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/8/09) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Diamond in the Rough Triathlon-Perryville, MD (7/11/09) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**



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Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/12/09) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

**Ironman 70.3 Rhode Island-Providence, RI (7/12/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**

**MetroMan-Long Branch, NJ (7/12/09) S .6 mi., B 12 mi., R 5k [www.sunsetracing.com](http://www.sunsetracing.com)**

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

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

**Mossman Triathlon-Norwalk, CT (7/19/09) S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://www.teammossmann.com)**

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

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

Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 18 mi., R 3.5 mi. [www.nytc.org](http://www.nytc.org)

Hudson Valley Biathlon-Kingston, NY(7/19/09) R 1 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)



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Pine Bush Triathlon, Pine Bush, NY (7/?/09) S 325 yds., B 11.5, R 3.25  
[www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)

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

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

## AUGUST

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

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/2/09) S 1/2 mi., B 14.2 mi., R 5k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

Sandy Beach Triathlon-Morris, CT (8/?/09) S 880 yds., B 10 mi., R 5k  
[www.greystoneracing.net](http://www.greystoneracing.net)

Lake Dunmore Triathlon-Salisbury, VT (8/9/09) S .9 mi., B 28 mi., R 6.2 mi.  
[www.vermontsun.com](http://www.vermontsun.com)

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

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

Steelman Triathlon-Quakertown, PA (8/9/09) S 1.5k, B 40k, R 10k [www.lin-mark.us](http://www.lin-mark.us)



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

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/16/09) S 1.5k, B 40k, R 10k [www.teammossman.com](http://www.teammossman.com)**

**NY Tri Series Race #2-Harriman State Park, NY (8/16/09) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)**

**West Point Triathlon-West Point, NY (8/16/09) S 800 m, B 25k, R 5k [www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)**

**Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi. [www.timbermantri.com](http://www.timbermantri.com)**

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

**Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

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

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

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



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**Diamond Girl-Harriman, NY (8/30/09) S 500 meters, B 15 mi., R 4 mi.**  
[www.piranhasports.com](http://www.piranhasports.com)

## **SEPTEMBER**

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

**S.O.S.-New Paltz, NY(9/13/09) B 30mi., R 19mi., S .5mi.,R.7mi.**  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

**Women's Triathlon-Farmington, CT (9/13/09) S .5 mi., B 12 mi., R 5k**  
[www.hartfordmarathon.com](http://www.hartfordmarathon.com)

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

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

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

**Lake George Triathlon-Lake George, NY (9/19/09) S 1.5k, B 40k, R 10k**  
[www.adktri.org](http://www.adktri.org)

**Fox Run Duathlon-Bear, DE (9/?/09) R 5k, B 18.6 mi., R 5k** [www.lin-mark.us](http://www.lin-mark.us)

**Hammerfest Triathlon-Branford, CT (9/20/09) S .5 mi., B 13.5 mi., R 4 mi.**  
[www.plattsys.com](http://www.plattsys.com)



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**Marshman Sprint Triathlon-Downingtown, PA (9/20/09) S ¼ mi., B 12.5 mi., R 2 mi.**  
[www.piranha-sports.com](http://www.piranha-sports.com)

**Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k**  
[www.score-this.com](http://www.score-this.com)

**Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz)** [www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**Hudson Highlands Greenway Triathlon-Philipstown, NY (9/?/09) Kayak 6 mi., B 24 mi., R 8 mi.** [www.hudsonhighlandstriathlon.org](http://www.hudsonhighlandstriathlon.org)

**ITU Short Course Duathlon World Championship-North Carolina (9/25-26/09) R 10k, B 40k, R 5k** [www.duathlon.it](http://www.duathlon.it)

**Chesapeakeman-Cambridge, MD (9/26/09) S 2.4 mi., B 112 mi.** [www.tricolumbia.org](http://www.tricolumbia.org)

## OCTOBER

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/04/09) S 1.2mi., B 56mi., R 13.1mi.** [www.swimpower.com](http://www.swimpower.com)

**Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k**  
[www.piranha-sports.com](http://www.piranha-sports.com)

**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](http://www.americanzofingen.racesonline.com)

**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](http://www.americanzofingen.racesonline.com)



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

## **NOVEMBER**

**Ironman Florida-Panama City, FL (11/7/09) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.ironmanlive.com](http://www.ironmanlive.com)

**Ironman Arizona-Tempe, AZ (11/22/09) S 2.4 mi.,**  
**B 112 mi., R 26.2 mi. [www.ironmanarizona.com](http://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](http://www.midatlanticmultisport.com)**

**Overall Female:** Eva Van Stratum 234.26

**Overall Male:** 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](http://www.usmevents.com.au)

**Overall Female:** Emma Moffat 0:45:21  
Linda Rosenthal (2<sup>nd</sup> F60-64) 1:27:13

**Overall Male:** 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](http://www.cdymca.org)

Overall Female: Kelly Virkler 292 pts.

Overall Male: Peter Bierden 300 pts.  
Steve Fischer (1<sup>st</sup> 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](http://www.ymcaulster.org)

Overall Female: Michelle Strathers 9.758  
Mary DeNitto (2<sup>nd</sup> Overall) 9.109

Overall Male: Justin Harris 12.259  
Alex Sherwood (2<sup>nd</sup> Overall) 11.771  
Nick Brundage (1<sup>st</sup> M20-24) 11.359  
Mike Vance (1<sup>st</sup> 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](http://www.pinehillarms.com)

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

Overall Male: Nick Mancuso 0:52:35  
Mike Halstead (2<sup>nd</sup> Overall) 0:54:02  
Bob Gramling (1<sup>st</sup> M50-54) 0:59:09  
Janek Szablinski (2<sup>nd</sup> M35-39) 1:04:33  
Bill Norton (1<sup>st</sup> M55-59) 1:05:35  
Matt Merchant (2<sup>nd</sup> M50-54) 1:07:04  
Don Davis (2<sup>nd</sup> 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](http://www.nytc.org)

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

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

## APRIL

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

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

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



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## MAY

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

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

<u>Overall Male:</u>	Justin Harris	0:59:14
	Nick Brundage (1 <sup>st</sup> M20-24)	1:02:36
	James Stafford (1 <sup>st</sup> M40-44)	1:05:54
	Bill Norton (2 <sup>nd</sup> 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](http://www.stcroixtriathlon.com)

<u>Overall Female:</u>	Catriona Morrison	4:32:38
	Mary DeNitto* (1 <sup>st</sup> 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](http://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 <sup>nd</sup> 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](http://www.genesisadventures.com)

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

<b>Overall Male:</b>	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](http://www.genesisadventures.com)

<b>Overall Female:</b>	Charlotte Dequeker	5:37:40*
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<b>Overall Male:</b>	Jesse Du Bey	4:23:13*
	Michael Bakker (3 <sup>rd</sup> Overall)	4:30:23*
	Mark Wilson (3 <sup>rd</sup> M40-44)	5:00:35*
	John Ferrara	6:19:32*
	William Thompson (3 <sup>rd</sup> 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](http://www.tricolumbia.org)

<b>Overall Female:</b>	Rebecca Wassner	2:07:25
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<b>Overall Male:</b>	Terrenzo Bozzzone	1:52:45
	Alex Sherwood (8 <sup>th</sup> Elite Male)	2:10:40
	Mike Halstead (1 <sup>st</sup> 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](http://www.ironman.com)

<b>Overall Female:</b>	Leanda Cave	4:15:47
	Alicia Olmoz	6:52:07

<b>Overall Male:</b>	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](http://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](http://www.togamultisport.com)

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

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

<u>Overall Female:</u>	Carol Wilke	1:02:15
	Jean Norton (2 <sup>nd</sup> Overall)	1:08:05
	Barbara Sessa (3 <sup>rd</sup> Overall)	1:08:07
	Kathryn Flodquist (1 <sup>st</sup> F40-44)	1:09:02
	Christene Speizio (2 <sup>nd</sup> 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 <sup>nd</sup> Overall)	0:59:06
	Zak Staszak	1:03:28
	Ken Buderman (2 <sup>nd</sup> M25-29)	1:03:30
	Michael Bakker (2 <sup>nd</sup> M40-44)	1:03:33
	Mark De Luccia	1:04:05
	Art Boyko (3 <sup>rd</sup> M40-44)	1:04:33
	Bill Norton (1 <sup>st</sup> 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](http://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](http://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](http://www.tricolumbia.org)

**Overall Female:** Mirinda Carfrae 4:13:28

**Overall Male:** Terenzo Bozzone 3:51:11  
Nick Brundage (3<sup>rd</sup> 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](http://www.escapefromalcatraztriathlon.com)

**Overall Female:** Mary Beth Ellis 2:21:23  
Kathryn Flodquist 3:07:55  
Mary DeNitto (1<sup>st</sup> 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](http://www.hvtc.net)

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



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

## Overall Male:

Nick Brundage	0:49:10
Mike Halstead (2 <sup>nd</sup> Overall)	0:50:34
Mark Wilson (3 <sup>rd</sup> Overall)	0:53:26
Art Boyko (1 <sup>st</sup> M40-44)	0:54:48
Charles Pegg (2 <sup>nd</sup> M40-44)	0:54:56
Doug Thompson (3 <sup>rd</sup> M40-44)	0:55:25
Ken Buderman (1 <sup>st</sup> M25-29)	0:56:05
Nate Deboever (1 <sup>st</sup> M19-Under)	0:56:20
Bob Gramling (1 <sup>st</sup> M50-54)	0:57:04
Dave Nazaroff	0:57:11
Bill Norton (1 <sup>st</sup> M55-59)	0:57:17
Dennis Ebbing	0:57:48
Jim Demis (1 <sup>st</sup> M45-49)	0:58:52
Jon Stern (2 <sup>nd</sup> M45-49)	1:00:36
Patrick Murphy (1 <sup>st</sup> M35-39)	1:02:15
Roger Husted (2 <sup>nd</sup> M35-39)	1:03:34
Henry Collins	1:05:47
John Dowley (3 <sup>rd</sup> M35-39)	1:05:52
John Ferrara (2 <sup>nd</sup> M50-54)	1:06:25
Mark Graminski (3 <sup>rd</sup> M50-54)	1:06:57
Ryan Schumacher (2 <sup>nd</sup> M25-29)	1:06:31
Peter Oxenholm	1:06:39
Steven Pressman (2 <sup>nd</sup> M55-59)	1:07:01
Frank Priest (3 <sup>rd</sup> 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 <sup>rd</sup> 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](http://www.cm2promotions.com)

**Overall Female:** Mimi Boyle 1:13:21  
Michele Yasson (2<sup>nd</sup> Overall) 1:23:56

**Overall Male:** Mike Halstead 1:02:29  
Charles Pegg (1<sup>st</sup> M40-44) 1:08:05  
Bill Norton (1<sup>st</sup> M55-59) 1:13:50  
Jim Demis (1<sup>st</sup> M45-49) 1:13:53  
Richard Miller (2<sup>nd</sup> M55-59) 1:17:56  
Steven Pressman (3<sup>rd</sup> 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](http://www.endureitmultisports.com)

**Overall Female:** Katey Scrimgeour 1:17:33  
Linda Rosenthal (1<sup>st</sup> 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](http://www.patriottriathlon.com)

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

**Overall Male:** Bryan Parker 4:15:01  
Ken Buderman (3<sup>rd</sup> 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](http://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](http://www.patgriskustri.com)

**Overall Female:** Kelli Montgomery 2:23:32  
Kathryn Flodquist (1<sup>st</sup> 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](http://www.tupperlakeinfo.com)

**Overall Female:** Leslie Sanderson 4:40:39  
Jean Norton (2<sup>nd</sup> 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](http://www.tupperlakeinfo.com)

**Overall Female:** Katherine Ward 2:03:35

**Overall Male:** Peter Eddy 1:57:09  
Art Boyko (1<sup>st</sup> M40-44) 1:59:51

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

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

**Overall Female:** Rachelle Gormley 1:29:48

**Overall Male:** Kevin Crossman 1:10:56  
Bob Gramling (3<sup>rd</sup> 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](http://www.phillytri.com)

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

<b><u>Overall Male:</u></b>	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](http://www.phillytri.com)

<b><u>Overall Female:</u></b>	Diane Rogers	1:20:45
<b><u>Overall Male:</u></b>	James Burns	1:09:47
	Frank Priest (3 <sup>rd</sup> 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](http://www.nytc.org)

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

<b><u>Overall Male:</u></b>	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](http://www.hartfordmarathon.com)

<b><u>Overall Female:</u></b>	Suzie Snyder	2:15:06
	Kathryn Flodquist (1 <sup>st</sup> F40-44)	2:26:25
<b><u>Overall Male:</u></b>	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.greystonetracing.net](http://www.greystonetracing.net)

<u>Overall Female:</u>	Lisa Dunn	1:26:16
	Linda Rosenthal (1 <sup>st</sup> 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](http://www.cm2promotions.com)

<u>Overall Female:</u>	Carol Hawran	1:33:43
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:59:14
	Linda Rosenthal (2 <sup>nd</sup> F60-64)	2:08:21
<u>Overall Male:</u>	Justin Harris	1:03:50
	Art Boyko (1 <sup>st</sup> M40-44)	1:12:54
	Charles Pegg (2 <sup>nd</sup> M40-44)	1:13:50
	Jim Demis (1 <sup>st</sup> M45-49)	1:16:52
	Don Davis (1 <sup>st</sup> M65-69)	1:30:53
	Peter Oxenholm	1:32:14
	Steven Pressman (2 <sup>nd</sup> 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](http://www.hvtc.net)

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



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

## Overall Male:

Nick Brundage	0:48:47
Alex Sherwood (2 <sup>nd</sup> Overall)	0:50:16
Mike Halstead (3 <sup>rd</sup> Overall)	0:51:12
Mark Wilson (1 <sup>st</sup> M40-44)	0:52:37
Doug Thompson (2 <sup>nd</sup> M40-44)	0:53:49
Bruce Cadenhead (M45-49)	0:53:54
Dave Nazaroff (3 <sup>rd</sup> M40-44)	0:54:54
Nate Deboever (1 <sup>st</sup> M19-Under)	0:55:03
Charles Pegg	0:55:22
Ken Buderman (1 <sup>st</sup> M25-29)	0:56:06
Bob Gramling (1 <sup>st</sup> M50-54)	0:56:40
Mark Rabens (2 <sup>nd</sup> M45-49)	0:57:30
Bill Norton (1 <sup>st</sup> M55-59)	0:57:55
Mike Ferrante (1 <sup>st</sup> M35-39)	0:58:35
Jon Stern (3 <sup>rd</sup> 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 <sup>nd</sup> M35-39)	1:01:26
Richard Miller (2 <sup>nd</sup> M55-59)	1:01:28
Patrick Murphy (3 <sup>rd</sup> M35-39)	1:01:43
John Ferrara (3 <sup>rd</sup> 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 <sup>nd</sup> M25-29)	1:05:05
Mark Graminski	1:05:54
Peter Oxenholm	1:06:05
Steven Pressman (3 <sup>rd</sup> 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](http://www.patgriskustri.com)

<b>Overall Female:</b>	Cassandra Maximenko	1:05:38
	Kathryn Flodquist (1 <sup>st</sup> F40-44)	1:09:22
<b>Overall Male:</b>	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](http://www.ironman.com)

<b>Overall Female:</b>	Michellie Jones	4:23:56
<b>Overall Male:</b>	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](http://www.nytc.org)

<b>Overall Female:</b>	Melina Healey	1:15:15
<b>Overall Male:</b>	John McGovern	0:59:57
	Michael Bakker (2 <sup>nd</sup> Overall)	1:01:05
	Bruce Cadenhead (3 <sup>rd</sup> 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](http://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](http://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 <sup>nd</sup> M50-54)	1:21:47

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

<u>Overall Female:</u>	Megan Kelly	1:04:46
	Kathryn Flodquist (1 <sup>st</sup> 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](http://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](http://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](http://www.nytc.org)

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

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

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

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

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

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

<b>Overall Female:</b>	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](http://www.cgiracing.com)

<b>Overall Female:</b>	Sharon Schmidt-Mongrai	2:12:37
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<b>Overall Male:</b>	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.nycetri.com](http://www.nycetri.com)

<b><u>Overall Female:</u></b>	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

<b><u>Overall Male:</u></b>	Greg Bennett	1:45:50
	Dave Nazaroff	2:14:02
	Charles Pegg	2:15:40
	Richard Miller	2:33:56
	Don Davis (2 <sup>nd</sup> 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](http://www.ironmanusa.com)

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

<b><u>Overall Male:</u></b>	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](http://www.fronhofertooltriathlon.com)

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

<b><u>Overall Male:</u></b>	Kevin Bouchard-Hall	2:02:23
	Jon Stern (3 <sup>rd</sup> 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](http://www.cm2promotions.com)

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

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

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

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

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

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

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

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

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

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

<b>Overall Female:</b>	Kristin White	2:21:33
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<b>Overall Male:</b>	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](http://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](http://www.hartfordmarathon.com)

**Overall Female:** Elise Vonhousen 1:06:49  
Kathryn Flodquist (2<sup>nd</sup> 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](http://www.northerncolumbiatriathlon.com)

**Overall Female:** Erica Ruge 1:37:24

**Overall Male:** John McGovern 1:21:35  
Bob Gramling (1<sup>st</sup> 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](http://www.nytc.org)

**Overall Female:** Julie Cook 1:07:28  
Diana Tsingopoulos (2<sup>nd</sup> F65-69) 1:55:56

**Overall Male:** Timothy Oakes 0:58:52  
Richard Miller (1<sup>st</sup> 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](http://www.hvtc.net)

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



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Erica Ruge (1 <sup>st</sup> F35-39)	0:58:28
Tomi Stern (1 <sup>st</sup> F40-44)	1:04:21
Barbara Ferrante (2 <sup>nd</sup> F40-44)	1:06:13
Michele Yasson (1 <sup>st</sup> F50-54)	1:07:28
Kelly Heady (2 <sup>nd</sup> F35-39)	1:07:45
Julie LoRusso (3 <sup>rd</sup> F40-44)	1:09:09
Alicia Olmoz (3 <sup>rd</sup> F35-39)	1:09:57
Tracy Little (2 <sup>nd</sup> F50-54)	1:11:22
Ann Breeswine (1 <sup>st</sup> F45-49)	1:13:45
Norma Lopez (2 <sup>nd</sup> F45-49)	1:15:12
Vanessa Calderone (1 <sup>st</sup> F30-34)	1:15:17
Janice Cragolin (3 <sup>rd</sup> F50-54)	1:15:43
Jennifer Borrero (3 <sup>rd</sup> 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 <sup>st</sup> F65-59)	1:35:10
Melissa Signor (1 <sup>st</sup> F55-59)	1:54:51

## Overall Male:

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



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Roger Husted (1 <sup>st</sup> M35-39)	1:00:50
Patrick Murphy (2 <sup>nd</sup> M35-39)	1:02:19
John Ferrara (3 <sup>rd</sup> M50-54)	1:02:36
Keith O'Malley	1:02:40
Mark Graminski	1:03:20
Ryan Schumacher (2 <sup>nd</sup> M25-29)	1:03:45
John Dowley (3 <sup>rd</sup> M35-39)	1:04:34
Peter Oxenholm	1:04:54
Mike Andrasak	1:05:21
Roger Roberson	1:05:29
Frank Priest (3 <sup>rd</sup> M55-59)	1:05:46
Jerry DeBoever (1 <sup>st</sup> 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](http://www.sbrshop.com)

<b><u>Overall Female:</u></b>	Lindsay Jacobson	1:26:11
<b><u>Overall Male:</u></b>	David Hollely	1:16:09
	Bruce Cadenhead (1 <sup>st</sup> 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](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Claudia Kretschman	1:24:57
<b><u>Overall Male:</u></b>	Chris Gebhardt	1:09:14
	Art Boyko (1 <sup>st</sup> 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/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

<u>Overall Female:</u>	Ashley Morgan	1:16:08
	Lauren Warren (3 <sup>rd</sup> Overall)	1:19:52
	Barbara Sessa (1 <sup>st</sup> F45-49)	1:24:00
	Jean Norton (2 <sup>nd</sup> F45-49)	1:25:04
	Tomi Stern (2 <sup>nd</sup> 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 <sup>rd</sup> 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](http://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](http://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 <sup>rd</sup> 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](http://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](http://www.timbermantri.com)

**Overall Female:** Chrissie Wellington 4:15:11

Jeanette Shelow-MacDougall (2<sup>nd</sup> 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](http://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](http://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](http://www.piranha-sports.com)

<b><u>Overall Female:</u></b>	Lauren Warren	1:28:13
	Erica Ruge (1 <sup>st</sup> F35-39)	1:33:50
	Kelly Heady	1:50:38
	Vanessa Calderone (3 <sup>rd</sup> F30-34)	1:55:37
	Antonia Noonan	2:00:08
	Nancy Figueroa	2:08:30
	Jennifer Borrero (1 <sup>st</sup> 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](http://www.piranha-sports.com)

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

## **Crystal Lake Triathlon (8/29/09) S .5 mi., B 18 mi/., R 3 mi. [www.cdtriclub.org](http://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](http://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 (3<sup>rd</sup> 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](http://www.cm2promotions.com)

Overall Female:

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

Overall Male:

John McGovern	1:02:32
Charles Pegg (2 <sup>nd</sup> Overall)	1:05:27
Bob Gramling (2 <sup>nd</sup> M50-59)	1:10:22
Bill Norton (3 <sup>rd</sup> M50-59)	1:11:01
Richard Miller	1:17:19
Jack Ryon (2 <sup>nd</sup> 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](http://www.cm2promotions.com)

Overall Female:

Lauren Warren	?
Michele Yasson (2 <sup>nd</sup> Overall)	?
Mary DeNitto (3 <sup>rd</sup> Overall)	?

Overall Male:

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

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

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

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

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

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

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

<u>Overall Female:</u>	Erica Ruge	1:08:24
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<u>Overall Male:</u>	David St. Lawrence	1:01:03
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Danskin Women's Triathlon-Sandy Hook, NJ (9/13/09) S .5 mi., B 11 mi., R 3 mi.

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

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

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

[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

<u>Overall Female:</u>	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

<u>Overall Male:</u>	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



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

<b>Overall Female:</b>	Christine Louden	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](http://www.usatriathlon.org)

<b>Overall Female:</b>	Emma Moffatt	1:59:14
	Jeannette Shelow-MacDougall(16th F45-49)	2:25:33

<b>Overall Male:</b>	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](http://www.usatriathlon.org)

<b>Overall Female:</b>	Christelle Van Niekerk	1:05:38
	Jeannette Shelow-MacDougall (4th F45-49)	1:13:10

<b>Overall Male:</b>	Nicholas Dougall	0:57:25
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## Westchester Toughman-Croton Point Park, NY (9/13/09) S 1.2 mi., B 56 mi., R 13.1 mi. [www.westchestertoughman.com](http://www.westchestertoughman.com)

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



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

## **Overall Female:**

Lauren Warren	0:55:58
Erica Ruge (2 <sup>nd</sup> Overall)	0:58:47
Tomi Stern (3 <sup>rd</sup> Overall)	1:01:44
Michele Yasson (1 <sup>st</sup> F50-54)	1:05:05
Tiffany Italiano (1 <sup>st</sup> F35-39)	1:05:15
Mary DeNitto (1 <sup>st</sup> F60-64)	1:06:00
Barbara Ferrante (1 <sup>st</sup> F40-44)	1:06:59
Tracy Little (2 <sup>nd</sup> F50-54)	1:10:35
Alicia Olmoz (2 <sup>nd</sup> F35-39)	1:11:29
Julie LoRusso (2 <sup>nd</sup> F40-44)	1:11:46
Megan Corjulo (3 <sup>rd</sup> F40-44)	1:12:16
Ann Breeswine (1 <sup>st</sup> F45-49)	1:13:46
Jennifer Borrero (2 <sup>nd</sup> F45-49)	1:14:43
Janice Cragolin (3 <sup>rd</sup> F50-54)	1:17:45
Jane Struzzieri	1:18:32
Ann Marie Gardner (3 <sup>rd</sup> F45-49)	1:18:37
Roge Nesbitt	1:19:06
Nancy Figueroa	1:19:58
Deb Torpey	1:20:09
Mallory Edens (1 <sup>st</sup> F19-Under)	1:23:02
Kristen Curran (2 <sup>nd</sup> F19-Under)	1:23:03
Sally DePoala	1:25:47
Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:37:58
Melissa Signor (1 <sup>st</sup> F55-59)	1:53:05

## **Overall Male:**

Nick Brundage	0:47:51
Alex Sherwood (2 <sup>nd</sup> Overall)	0:48:25
Mike Halstead (3 <sup>rd</sup> Overall)	0:49:00
Michael Bakker (1 <sup>st</sup> M40-44)	0:49:41
Jim Stafford (1 <sup>st</sup> M45-49)	0:52:18
Doug Thompson (2 <sup>nd</sup> M40-44)	0:53:56
Mark Wilson (3 <sup>rd</sup> M40-44)	0:54:20
Bob Gramling (1 <sup>st</sup> M50-54)	0:55:29
Nate DeBoever (1 <sup>st</sup> M19-Under)	0:55:46
Mark Rabens (2 <sup>nd</sup> M45-49)	0:56:12
Jack Ryon (1 <sup>st</sup> M25-29)	0:56:20
Dennis Ebbing	0:56:46
Kevin Adams	0:58:40
Roger Husted (1 <sup>st</sup> M35-39)	1:00:28



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Keith O'Malley (3 <sup>rd</sup> M45-49)	1:01:51
Mike Andrasak	1:02:16
Ryan Schumacher (2 <sup>nd</sup> M25-29)	1:02:47
Peter Oxenholm	1:03:38
Phil Placido (2 <sup>nd</sup> M35-39)	1:03:58
Creighton Ko	1:04:38
Frank Priest (1 <sup>st</sup> M55-59)	1:04:42
Bill Thompson	1:05:19
John Ferrara (2 <sup>nd</sup> M50-54)	1:05:43
Maurice Tessier	1:08:48
Steve Fischer (3 <sup>rd</sup> M50-54)	1:08:56
Robin Ackers (3 <sup>rd</sup> M25-29)	1:11:05
Tom Struzzieri	1:13:24
Michael Spang	1:13:59
Tom Gill (2 <sup>nd</sup> M55-59)	1:16:55

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

[www.adktri.org](http://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
Bob Gramling (2 <sup>nd</sup> 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](http://www.plattsys.com)

### **Overall Female:**

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

### **Overall Male:**

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

**Overall Female:** Caitlin Dorgan 0:54:44

**Overall Male:** Jake Bond 0:50:35

Mark Rabens (1<sup>st</sup> 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](http://www.fasttracktiming.com)**

**Overall Female:** Elizabeth Whittmaack 1:32:06

**Overall Male:** Terry Kerrigan 1:24:04

**Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.com](http://www.westchestertriathlon.com)**

**Overall Female:** Rebecca Wassner 2:10:34

Kathryn Flodquist (2<sup>nd</sup> F40-44) 2:41:01

Antonia Noonan 3:19:55

Ann Breeswine 3:30:24

**Overall Male:** 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

**OCTOBER**

**NOVEMBER**

**DECEMBER**



# Hudson Valley Triathlon Club

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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)

## 2008 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2008 HVTC Rookie of the Year Award: **Erica Ruge**

2008 HVTC Female Honorable Mention Award: **Shannon Dawkins**

2008 HVTC Female Honorable Mention Award: **Jeanette Shelow-MacDougall**

2008 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

### MALE

2008 HVTC Most Improved Award: **Nick Brundage**

2008 HVTC Volunteer of the Year Award: **Roger Roberson**

2008 HVTC Male Honorable Mention Award: **Michael Bakker**

2008 HVTC Male Honorable Mention Award: **Alex Sherwood**

2008 HVTC Male Triathlete of the Year Award: **Mike Halstead**



# Hudson Valley Triathlon Club

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## 2008 HVTC Summer Tri-Series Winners

Women's Champion: **Jean Norton (72)**  
2<sup>nd</sup> Place: **Mari Flores (68)**  
3<sup>rd</sup> Place: **Erica Ruge (67)**  
4<sup>th</sup> Place: **Jeanette Shelow-MacDougall (59)**  
5<sup>th</sup> Place: **Shannon Dawkins (59)**

Men's Champion: **Michael Bakker (75)**  
2<sup>nd</sup> Place: **Mike Halstead (72)**  
3<sup>rd</sup> Place: **Mark Wilson (62)**  
4<sup>th</sup> Place: **Nick Brundage (53)**  
5<sup>th</sup> Place: **Nate DeBoever (42)**

## HVTC Summer Tri-Series Standing Course Records

### Women

Course-Jeanette 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 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<sup>th</sup>-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<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **ALL 2010 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



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