



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. 95

April 2009

IN A FEW WORDS

Dear HVTC,

Is there a sun-burn doctor in the house?! My goodness; within one week we've gone from booties, skull caps, long pants and gloves to singlets, sun-block, heat-exhaustion and Endurolytes. How exciting!!!! 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: Alicia Olmoz

By Mark H. Wilson

Who would you like to be racing side-by-side with in a triathlon; a lawyer, banker or accountant? How about a chef, tailor or baker? Okay, maybe the baker could be lots of fun, and the nieces wedding plans could now be complete. Regardless, wouldn't you feel quite safe and secure knowing you have a Master Nurse at your side?! Absolutely! Our Featured Athlete of the Month, Alicia Olmoz, is a professional care-giver/educator and will be happy to assist you in time of need...that is, if you can keep-up with her. Let's hear her story!

Alicia was born at Benedictine Hospital in Kingston, New York on December 31, 1973 (Happy New Year!!!). She graduated Class of 1991 from Wallkill Senior High School in Wallkill, New York where she was an avid cheerleader (not the mascot!). Alicia then attended Mount Saint Mary College in Newburgh and earned her BSN (Bachelor of Science in Nursing) in 1995. Then she earned her MSN (Master of Science in Nursing) from the University of Phoenix Online in March 2008.



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Alicia currently lives in Gardiner, New York and actually a few miles from where she grew-up in the Hamlet of Wallkill; she really loves this area, especially the beautiful scenic roads for bike riding. Alicia's been married to her husband Dan for 11 years. They have 3 children; Marissa, Christian, and Michael. They also have a very sweet and energetic Border Collie named Bella. Currently, Alicia works as a Critical Care Nursing Educator at Orange Regional Medical Center. Most of her nursing career has been in the Emergency Department (ED); Alicia loves the teaching aspect, but she really misses being in the action and at bedside. Besides triathlon, Alicia absolutely CRAVES dark chocolate (especially when it's in molten lava chocolate cake...okay, that's enough!) and spends her time being a mom, a wife, and friend, etc. She is also very active in the Emergency Nurse's Association (ENA). The ENA sets the standards for the Emergency Department nursing practice which ultimately affects everybody in some capacity or another.

Alicia stumbled into her first triathlon at the 2007 HVTC Summer Tri-Series #3. Earlier that summer there were posters all over the ED at Westchester Medical Center (where Alicia was working as a staff nurse) inviting folks to bike and/or run in a local biathlon. Actually, Alicia had no idea what a biathlon was, but all of the residents and some of the doctors were doing the event and it sounded like fun. So Alicia and another nurse decided they would sign-up as a relay team; that way, they'd be sure to finish and not make fools of themselves. The two decided that Alicia would do the run and her colleague would bike since she recently purchased a brand new bicycle. Race day morning, Alicia's co-worker shows-up on her brand new shiny CRUISER...padded seat and all! It was hysterical!! They were high-fiving each other screaming "Yeah!!!" Anyhow, the race begins; Alicia does the first run (2 miles) around the campus and tags her friend and waits for what seemed like an eternity for over an hour. She finally returns and Alicia runs again; long story short, they got 1st place for the women's relay. Yes! Alicia was psyched, until the friend confesses "I actually only did 1 loop." D'oh! The single loop was only 6 miles and now Alicia's steaming mad and makes a vow to do this again...ALONE! You go girl. Soon after, Alicia signed-up to do the Hudson Valley Biathlon and actually thought she would die because it hurt so much. However, since nobody really does the Biathlon (most participate in the Triathlon), Alicia ended up placing in her age group; hey, you gotta show-up to win.

After reflecting on her experience a bit longer, she began searching for more races and discovered HVTC online. She was invited to come "swim, bike, and run" with the club in Wilson State Park. She remembers telling another nurse what she was gonna do and she thought Alicia was nuts; perfect reason to go do it! Alicia was a little apprehensive to take this to the next level, but she figured she should see what this triathlon thing is all about before she discounted the whole idea. So, against her better judgment she came one Wednesday night and met a group of HVTC-ers. Everyone was very nice; not at all



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what she expected. Alicia went one loop around the bike course with the group and decided this really wasn't for her after all (it was hilly!). When everyone got back to the Park she was all set to say "thank you for the experience and maybe I'll see you around" and before she could get the words out someone said she should race...in 2 weeks!!! Alicia shook her head "No, way!" The group just stood there nodding their heads "Yes, way!" Well (sigh), once again, against her better judgment...she showed up; shaking, terrified and wondering why she was punishing herself this way. Her creative mind was asking questions like, "Will I drown? Will I get up those hills? Will I walk my bike? Will I get lost? Will I be able to lift my feet after riding that crazy course? Most of all, will I be the laughing stock of this club?" And on and on and on. To her amazement and delight, she crossed that finish line. Barbara Sessa gave her a high-five. Alicia had seen her before, and then remembered where; Barbara was the buff lady who won the Westchester Biathlon earlier that summer. Nice! Alicia was so in awe of Barbara, and here she was high-fiving HER! That very moment was pivotal for Alicia; Barbara is now Alicia's coach, friend and mentor. Alicia has such respect for her and all she represents; Barbara brought together the best group of women who are all fellow HVTC-ers. Julie LoRusso, Torpey (Deb), Jean Norton, and Barb (Ferrante). "I couldn't have ever asked for more."

Once upon a time, Alicia saw bits and pieces of a triathlon on TV and thought "Wow, these people are really hard core!" She didn't feel that inspired by the viewing; more like, please pass another cigarette (she has since quit!). Alicia never, ever thought she'd be hanging with anyone like THAT. Her life at that time was VERY different; she worked crazy hours, walked around sleep deprived, living on pretzels and drinking lots of coffee. Her husband says she was like the walking dead; so, Alicia finally got onto the day shift and got some well-deserved rest. Once meeting HVTC, Barbara and the "gang" of amazing athletes with the "can do" spirit Alicia was infected by it in a wonderful way. Alicia realized, "You're actually very balanced people [triathletes]...not really nuts at all (which I have to confess, I thought you all might be)." The Kool-Aid must be working!

Alicia likes triathlon because she finds great joy in the sport both in training and in racing. It helps her remain "in the moment." When she's training/racing nothing else matters but her breathing, her cadence, watching for potholes, trying to catch that person just up ahead, trying not to throw up, getting to the finish line, and so on. She repeats to herself often mantras such as; I am able, I am strong, I am fast. She enjoys being a "can do" person. For her, triathlon has become a very spiritual journey. The only way to get through the day sometimes is to dig deep and ultimately find out what you are made-of; whether it's a tough training day, a bad day at work, kids driving you nuts, or the last leg of that forever long race. "Triathlon teaches you so many life lessons."



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Despite being so “green” in the sport of triathlon, Alicia has done well and there’s more ahead. Some of the races she’s done include: 2007 HVTC Summer Tri-Series (#3 & #4), 2008 HVTC Summer Tri-Series, Toga Biathlon (2x), Westchester Biathlon (2x), Pawling Triathlon, Central Park Biathlon (3x), Springtown Biathlon, Cayuga Lake USAT National Age Group Championship, American Triathlon, Metroman, Danskin, Vermont Journey (Half Ironman). Alicia also completed her first-ever marathon at Philadelphia in November 2008.

Alicia has her sites set on some great goals; number one is to “Stay out of the medical tent!” Good idea. She’s also registered for the Florida Ironman 70.3 on May 17th; she’s really excited about the upcoming season and can’t wait to see everyone at the Park. She wanted to share a quote that inspires her, as well “To get what we’ve never had, we must do what we’ve never done.” So, if Alicia sees you bonk in the next club race, don’t be surprised if the nurse keeps-on running! Thanks, Alicia.

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 and click “calendar.”)

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?!?!?



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FEBRUARY

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

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

APRIL

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

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

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

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

MAY

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



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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

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

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

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

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

Pinchot Triathlon-Lewisberry, PA (5/17/09) S .5 mi., B 18 mi., R 5k 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

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

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



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JUNE

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

Diamond Girl-Bear DE (6/7/09) S ¼ mi., B 10 mi., R 2 mi. 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.timbermantri.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

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

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

NY Tri Series #1 (Triathlon)-Harriman State Park (6/14/09) S ½ mi., B 16 mi., R 3 mi. 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

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



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

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

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

Xterra East Championship-Richmond, VA (6/?/09) S 1.5k, Mtn. B 30k, R 10k
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

Philadelphia Triathlon-Philadelphia, PA (6/27/09) S 1.5k, B 40k, R 10k
www.phillytri.com

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

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

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



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

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/12/09) S 600 yds. B 14 mi., R 3.1 mi. 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

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

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

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



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

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

Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 12 mi., R 3 mi. www.nytc.org

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

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

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

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

AUGUST

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



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

Lake Dunmore Triathlon-Salisbury, VT (8/9/09) S .9 mi., B 28 mi., R 6.2 mi.
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

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

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

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

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/16/09) S 1.5k, B 40k, R 10k www.teammossmann.com

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

Vassar Brothers Triathlon-LaGrange, NY (8/22/09) S ¼ mi., B 15 mi., R 5k

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



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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

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3.1 mi. 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 (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

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

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

SEPTEMBER

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

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



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

Lake George Triathlon-Lake George, NY (9/?/09) S 1.5k, B 40k, R 10k www.adktri.org

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

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

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

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

Finger Lakes Triathlon-Canandaigua, NY (9/20/09) S 1.5k, B 40k, R 10k 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

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

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



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Chesapeakman-Cambridge, MD (9/26/09) S 2.4 mi., B 112 mi. www.tricolumbia.org

OCTOBER

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

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

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

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

Ironman Arizona-Tempe, AZ (11/22/09) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com



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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

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

<u>Overall Female:</u>	Kelly Virkler	292 pts.
<u>Overall Male:</u>	Peter Bierden	300 pts.
	Steve Fischer (1 st 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

<u>Overall Female:</u>	Michelle Strathers	9.758
	Mary DeNitto (2 nd Overall)	9.109
<u>Overall Male:</u>	Justin Harris	12.259
	Alex Sherwood (2 nd Overall)	11.771



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Nick Brundage (1 st M20-24)	11.359
Mike Vance (1 st 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

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

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

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



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APRIL

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

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

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. S.O.S., 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>				
Jeanette Shelow-MacDougall	45-59			
Shannon Dawkins	30-34			
Jean Norton	45-49			
Barbara Sessa	40-44			
Mari Flores	35-39			
Erica Ruge	35-39			
Kathryn Flodquist	40-44			
Natalie Marriott	25-29			
Lana Corsano	40-44			
Mary DeNitto	60-64			
Julie LoRusso	40-44			
Alicia Olmoz	35-39			
Christine Honig	35-39			
Mineke Etienne	30-34			
Roge Nesbitt	40-44			
Linda Rosenthal	60-64			
Diana Tsingopoulos	60-64			
Christine Spiezio	35-39			
Kimberly Kuppenheimer	35-39			

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>				
Alex Sherwood	30-34			
Mike Halstead	40-44			
Terry Kerrigan	35-59			
Michael Bakker	40-44			
Nick Brundage	20-24			
Art Boyko	40-44			
Zac Staszak	30-34			
Mark Wilson	40-44			
Jim Stafford	40-44			
Andrew Schupak	40-44			
Michael Donnelly	45-49			
Charles Pegg	35-39			
Tom Ganz	35-39			



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Nate DeBoever	19-Under
Bob Gramling	50-54
Jim Demis	40-44
Doug Thompson	40-44
Jon Stern	45-49
Ken Buderman	25-29
Mark Rabens	40-44
Matt Merchant	50-54
Bill Norton	55-59
Patrick Murphy	35-39
Janek Szablinski	35-39
Bill Shashaty	35-39
John Jasinski	50-54
Richard Miller	55-59
John Dowley	35-39
Brian Chew	30-34
Steven Pressman	55-59
Gabriel Danaher	40-44
John Ferrara	50-54
Steve Fischer	50-54
Mike Hargrove	50-54
Maurice Tessier	35-39
Peter Oxenholm	40-44
Larry Knapp	50-54
Mark Graminski	50-54
Mitch Donner	40-44
Tom Gill	50-54

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**



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2008 HVTC Summer Tri-Series Winners

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

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

2008 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-Terry Kerrigan (10:19)

ANNOUNCEMENTS

- **2009 HVTC Summer Tri-Series: June 10, July 8, August 12 & September 16.** 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 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1st-December 31st.**



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