



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. 99

August 2009

IN A FEW WORDS

Dear HVTC,

The feel of fall is in the air; it's one of my favorite times of the year as the final race of the HVTC Tri-Series approaches and training for the SOS is in full-swing. This is the stuff that keeps you going; year-after-year-after-year. In addition, it's when I get to see folks I haven't seen for nearly 12 months; it's just fantastic to see them again and catch-up on good-old stories from our past, etc. It doesn't get any better than that; enjoy! 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: Richard Miller

By Mark H. Wilson

Do you have interests that extend beyond triathlon? Are you mindful to educate yourself with varying fields of literature, art or science? It's long been known by our ancestors that balance was a necessary part of a peaceful and productive existence. Living your life according to "the middle way" has been a way of creating long-lasting tranquility and joyfulness. Our Featured Athlete of the Month, Richard Miller, has been on this path for several decades and it appears to be taking-hold nicely. How did he manage the dream? Let's explore and discover his journey!



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Richard was born in Manhattan, New York at Doctor's Hospital on August 7, 1953. When he was two years old, his family moved to Bradford, Pennsylvania; he grew-up there attending Bradford Area High School and then went to Cornell University in 1971 (he majored in history). Richard played high school basketball; and rugby for one year in college...but he was absolutely the wrong body type and speed for the sport! No skinny-minnies allowed.

Presently, Richard lives in Manhattan on West 92nd St. and Broadway; as well as on St. Josen Road in Accord part-time with his wife of 25 years, Melissa Mertz. He has been a teacher since 1990 and currently teaches high school history to 11th and 12th graders at Beacon High School on the West Side of Manhattan. (And, he must admit, there are times in the classroom that his mind wanders to thoughts of some great ride or run, but not that often!) Before that, he was a newspaper editor for four years; 10 years prior to that he worked as a business agent and organizer for a union of film technicians. As for hobbies, it's mainly sports like tennis and basketball (he coaches the Girls JV Basketball team at his school, too). But, he also loves to travel, read mystery stories, cook, drink wine/craft-brewed beer, read anything about history and eat chocolate of any kind (especially when mixed in some combination with peanut butter). Okay, time for a snack!

The first triathlon Richard ever did was the Mighty Hamptons Triathlon in September 1986; S 1.5 miles, B 25 miles, R 10 miles. He was training for his third NYC Marathon that November and a friend of his had done the triathlon the year before and convinced him to do it even though he really knew nothing about the sport. Oh, boy! Richard did some swim training in a pool, was doing a lot of running for the Marathon, and "supposes" he did some bike training consisting of a few loops around Central Park. In fact, he doesn't remember any serious training at all! The day of the race, the weather was so windy that Sag Harbor had crazy surf, so the race organizers shortened the swim to a mile. That's it?!?! Richard survived and proceeded to leisurely dry off, and then change into his sneakers, etc. He recalls commenting to his wife who was nearby that everyone seemed to be hurrying. Richard knew so little about triathlons that he didn't realize that the transitions actually counted!! Ay, caramba! Despite his inexperience, he had a decent race and finished in 3 hours 29 minutes; which included 12 luxurious minutes in T1. Hey, his hair looked great, though; yes, he had some back then.

After the Mighty Hamptons race Richard did not do another triathlon until 1999; it just never grabbed him. Then he went to Yulan, New York, and participated in the Highland Triathlon, a short race which also attracted many HVTC members such as; Don Davis, Mike Halstead, Myron Baker Sr. and Bill Norton to name a few. Richard raced there for three years although still not very seriously (no wetsuit, no cycling shoes, no clip-less pedals, and riding his old commuting bike). Wow, now that's old school!



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Then, in May 2002, he bumped into a long-time friend at the theater who had been diagnosed with Leukemia. The following morning in a coffee shop Richard saw a notice for Team in Training's fight against Leukemia through triathlons. He thought, "This must be a sign of some kind." So, he went to a meeting two days later and signed-up to do the 2002 NYC Triathlon! That's when he FINALLY bought an appropriate bike, pedals/shoes, and found an opportunity to swim in the Hudson River. After that race, he was hooked! He also did a half Ironman with TNT in Panama City, Florida in the spring of 2003. Since then, he's continued to do the NYC Triathlon every summer, along with a series of other sprint races like the HVTC Summer Tri-Series.

Richard is very fortunate; many of his friends are athletic and so they understand his triathlon pursuit. His wife is a cyclist and extremely supportive having come to many of Richard's races. His mother also lives in New York City on part of the NYC Triathlon course; so she's always out there cheering. His high school students are simply surprised that someone "so old" could do such things. Thanks kids, love you, too! No matter, they're quite supportive and a few of them have come-out to pump fists for Richard. Even better, one time the captain of the cross country team ran about four miles of the race in Central Park with him, pushing Richard to go faster. Not; thanks for helpin', though!

Triathlon has offered such variety and richness to his life that Richard is enjoying every moment. He really loves cycling; just to go out and ride for miles all around Ulster County. It's one of the reasons that he and Melissa really love being up north. He also likes the competition; but mostly, he likes the people who have been so friendly and enthusiastic. In fact, some of his best friends are triathletes! The three disciplines really appeal to him, as well; Richard was a runner from the mid-70s to mid-90s and he finds triathlons are more interesting, better for training, and more fun. And lastly, "I'm a sucker for the free water bottles, t-shirts, and other stuff they give out at the races!" Not to mention the massage. He recommends triathlon to others on a regular basis; family, friends, and students. Richard believes it's a great combination of conditioning, mingling with friends, and seeing beautiful countryside.

He's raced considerably and at interesting venues, too; Mighty Hamptons Triathlon, Highland Triathlon, Panama City Half-Ironman, NYC Triathlon, Central Park Triathlon, HVTC Summer Tri-Series, Catskill Mountain Multisports Sprint Triathlons, Seabright Triathlon, NJ Sprint Triathlon, Staten Island Flat-as-a-Pancake Triathlon and Las Palomas Triathlon (Puerto Punasco, Mexico). Richard has won his age group in the Central Park Triathlon twice as well as some age-group "hardware" at the HVTC races. "Joining HVTC has really made our move to Accord even more enjoyable; I remember being very excited when I first read about it online!"



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Richard's goals are realistic and motivating; he plans to stay injury free and keep racing by slowing down gracefully as he ages. He'd like to do another half or even a full Ironman and compete in the SOS. His all-time fantasy would be to retire to Accord full-time, write the first triathlon mystery story and enjoy many hours of cycling with his wife in the beauty of Ulster County. If that ain't balanced, what is?! Thanks, Richard.

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

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

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.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

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

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

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



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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 (6/28/09) 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

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



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

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 18 mi., R 3.5 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

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.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

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/

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

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



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

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

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

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

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

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



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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

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

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

Overall Male: 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

Overall Female: Kelly Virkler 292 pts.

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

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

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

Overall Male: Justin Harris 12.259
Alex Sherwood (2nd Overall) 11.771
Nick Brundage (1st M20-24) 11.359
Mike Vance (1st M25-29) 10.922



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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

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

Overall Female: Kristine Kuss 1:29:40
Michele Yasson 2:01:55

Overall Male: Rick Fessler 1:13:11

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

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

Overall Male: 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

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

Overall Male: Martin Lamont Lacas 1:50:13
Dave Nazaroff 2:09:54

MAY

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

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

Overall Male: Justin Harris 0:59:14
Nick Brundage (1st M20-24) 1:02:36



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James Stafford (1 st M40-44)	1:05:54
Bill Norton (2 nd M55-59)	1:14:20
Art Boyko	1:16:58
Patrick Nesbitt	1:21:47
Chris Giam	1:24:31
Michael Spang	1:24:37
Steven Pressman	1:24:51
William Thompson	1:36:36

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

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

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

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

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

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

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

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

<u>Overall Male:</u>	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



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

Overall Female: Charlotte Dequeker 5:37:40*

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

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

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

Overall Female: Rebecca Wassner 2:07:25

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

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

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

Overall Male: Dirk Bochel 3:54:40

Shamrock Duathlon-Glastonbury, CT (5/17/09) R 5k, B 26k, R 5k www.hartfordmarathon.com

Overall Female: Amanda Lawrence 1:33:10

Overall Male: Mike Gyulay 1:25:04
Tom Gill 2:33:26



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

www.togamultisport.com

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

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

5k www.cm2promotions.com

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

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

www.triandduit.com

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

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

www.piranha-sports.com

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

JUNE

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

<u>Overall Female:</u>	Carol Wilke	1:02:15
	Jean Norton (2 nd Overall)	1:08:05
	Barbara Sessa (3 rd Overall)	1:08:07
	Kathryn Flodquist (1 st F40-44)	1:09:02



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Christene Speizio (2 nd F35-39)	1:10:51
Barbara Ferrante	1:20:32
Kelly Heady	1:20:38
Christine Honig	1:20:55
Alicia Olmoz	1:22:35
Julie LoRusso	1:25:25
Roge Nesbitt	1:30:33
Deb Torpey	1:30:42

Overall Male:

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

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

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

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

<u>Overall Female:</u>	Mirinda Carfrae	4:27:26
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<u>Overall Male:</u>	Matt Reed	3:59:25
	Tom Ganz	5:22:40
	Dave Nazaroff	5:27:58
	Roger Roberson	7:21:50



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

<u>Overall Female:</u>	Mirinda Carfrae	4:13:28
<u>Overall Male:</u>	Terenzo Bozzone	3:51:11
	Nick Brundage (3 rd 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

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

<u>Overall Female:</u>	Barbara Sessa	0:57:14
	Jean Norton (2 nd Overall)	0:58:15
	Barbara Ferrante (3 rd Overall)	1:06:26
	Mary DeNitto (1 st F60-64)	1:06:57
	Michele Yasson (1 st F50-54)	1:08:40
	Alicia Olmoz (1 st F35-39)	1:09:22
	Julie LoRusso (1 st F40-44)	1:09:51
	AnnMarie Gardner (2 nd F40-44)	1:15:16
	Roge Nesbitt (3 rd F40-44)	1:15:20
	Carolyn Mandaro (1 st F45-49)	1:16:59
	Tracy Little (2 nd F45-49)	1:17:15
	Jennifer Borrero (3 rd F45-49)	1:18:10
	Megan Corjulo	1:18:32
	Debra Torpey (2 nd F50-54)	1:20:41
	Mary Velez (2 nd F35-39)	1:26:39
	Janice Cragolin (3 rd F50-54)	1:27:30
	Diana Tsingopoulos (1 st F65-59)	1:37:41



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Overall Male:

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

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

www.cm2promotions.com

Overall Female:

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

Overall Male:

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

<u>Overall Female:</u>	Katey Scrimgeour	1:17:33
	Linda Rosenthal (1 st F60-64)	1:59:12
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Lisbeth Kenyon	4:30:57
	Christene Spiezio	5:20:14
<u>Overall Male:</u>	Bryan Parker	4:15:01
	Ken Buderman (3 rd 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

<u>Overall Female:</u>	Lynn Frampton	1:36:50
	Carolyn Mandaro	2:03:53
<u>Overall Male:</u>	Dirk Heinze	1:22:30

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

www.patgriskustri.com

<u>Overall Female:</u>	Kelli Montgomery	2:23:32
	Kathryn Flodquist (1 st F40-44)	2:38:45
<u>Overall Male:</u>	Chris Thomas	2:00:15
	John Ferrara	2:56:59
	Frank Priest	3:07:45



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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

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

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Katherine Ward	2:03:35
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<u>Overall Male:</u>	Peter Eddy	1:57:09
	Art Boyko (1 st M40-44)	1:59:51

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

<u>Overall Female:</u>	Rachelle Gormley	1:29:48
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<u>Overall Male:</u>	Kevin Crossman	1:10:56
	Bob Gramling (3 rd Overall)	1:24:18

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

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

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



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

www.phillytri.com

Overall Female: Diane Rogers 1:20:45

Overall Male: James Burns 1:09:47
Frank Priest (3rd 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

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

Overall Male: 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

Overall Female: Suzie Snyder 2:15:06
Kathryn Flodquist (1st F40-44) 2:26:25

Overall Male: Thomas McWalters 2:03:24

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

www.greystoneracing.net

Overall Female: Lisa Dunn 1:26:16
Linda Rosenthal (1st F60-64) 2:21:59

Overall Male: Peter Doly 1:12:27



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JULY

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

www.cm2promotions.com

Overall Female:

Carol Hawran	1:33:43
Mary DeNitto (1 st F60-64)	1:59:14
Linda Rosenthal (2 nd F60-64)	2:08:21

Overall Male:

Justin Harris	1:03:50
Art Boyko (1 st M40-44)	1:12:54
Charles Pegg (2 nd M40-44)	1:13:50
Jim Demis (1 st M45-49)	1:16:52
Don Davis (1 st M65-69)	1:30:53
Peter Oxenholm	1:32:14
Steven Pressman (2 nd M55-59)	1:33:00
Bill Norton	1:37:09
Ed Burke	1:37:23
Bill Thompson	1:58:37
Larry Knapp	2:02:29

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

[mi. www.hvtc.net](http://www.hvtc.net)

Overall Female:

Barbara Sessa	0:56:07
Lauren Warren (2 nd Overall)	0:57:01
Tomi Stern (3 rd Overall)	1:04:57
Barbara Ferrante (1 st F40-44)	1:07:03
Kelly Heady (1 st F35-39)	1:07:50
Alicia Olmoz (2 nd F35-39)	1:08:51
Julie LoRusso (2 nd F40-44)	1:09:17
Michele Yasson (1 st F50-54)	1:10:14
Tracy Little (2 nd F50-54)	1:11:16
Mineke Etienne (1 st F30-34)	1:11:57
Jennifer Borrero (1 st F45-49)	1:13:57
Norma Lopez (2 nd F45-49)	1:15:50
Antonia Noonan (3 rd F40-44)	1:16:06
Melissa Cowan (1 st F25-29)	1:18:05
Deb Torpey (3 rd F50-54)	1:18:27
Carolyn Mandaro (3 rd F45-49)	1:19:54
Janice Cragolin	1:24:27
Diana Tsingopoulos (1 st F65-69)	1:33:44



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Melissa Signor (1st F55-59) 2:01:57

Overall Male:

Nick Brundage 0:48:47
Alex Sherwood (2nd Overall) 0:50:16
Mike Halstead (3rd Overall) 0:51:12
Mark Wilson (1st M40-44) 0:52:37
Doug Thompson (2nd M40-44) 0:53:49
Bruce Cadenhead (M45-49) 0:53:54
Dave Nazaroff (3rd M40-44) 0:54:54
Nate Deboever (1st M19-Under) 0:55:03
Charles Pegg 0:55:22
Ken Buderman (1st M25-29) 0:56:06
Bob Gramling (1st M50-54) 0:56:40
Mark Rabens (2nd M45-49) 0:57:30
Bill Norton (1st M55-59) 0:57:55
Mike Ferrante (1st M35-39) 0:58:35
Jon Stern (3rd 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 (2nd M35-39) 1:01:26
Richard Miller (2nd M55-59) 1:01:28
Patrick Murphy (3rd M35-39) 1:01:43
John Ferrara (3rd 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 (2nd M25-29) 1:05:05
Mark Graminski 1:05:54
Peter Oxenholm 1:06:05
Steven Pressman (3rd M55-59) 1:06:33
Ray Canals 1:06:38
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



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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

Overall Female:	Cassandra Maximenko	1:05:38
	Kathryn Flodquist (1 st F40-44)	1:09:22
Overall Male:	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

Overall Female:	Michellie Jones	4:23:56
Overall Male:	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

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

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

www.cgiracing.com

Female:	Diane Rogers	1:22:23*
	Antonia Noonan	1:46:37*

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



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

www.adrkmts.com

Overall Female: Judy Guzzo 1:18:23

Overall Male: Tom Goth 1:05:16

Matt Merchant (2nd M50-54) 1:21:47

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

www.teammossman.com

Overall Female: Megan Kelly 1:04:46

Kathryn Flodquist (1st F40-44) 1:09:51

Ann Breeswine 1:26:58

Overall Male: 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

Overall Female: Kristin White 4:44:36

Overall Male: 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

Overall Female: Meghan Newcomer 1:17:42

Colleen Bruley 2:10:40

Overall Male: Kevin Crossman 1:09:57

Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

Overall Female: Jeanette Shelow-MacDougall 1:27:41

Lauren Warren (2nd Overall) 1:29:14

Antonia Noonan (3rd F40-44) 1:56:50



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

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

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

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

www.irongirl.com

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

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

www.cgiracing.com

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

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

Overall Female:	Rebeccah 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

Overall Male:	Greg Bennett	1:45:50
	Dave Nazaroff	2:14:02
	Charles Pegg	2:15:40



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Richard Miller	2:33:56
Don Davis (2 nd M65-69)	2:34:56
Steven Pressman	2:42:33

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

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

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

AUGUST

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

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

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

Williams Lake Triathlon #3-Rosendale, NY (8/1/09) S ½ mi., B 12 mi., R 3 mi. www.cm2promotions.com

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

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



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

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:17:32
	Erica Ruge (1 st F35-39)	1:26:20
<u>Overall Male:</u>	Tim Steiskal	1:09:05
	Nate DeBoever (1 st M19-Under)	1:17:47

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

<u>Overall Female:</u>	Danielle Ohlson	2:28:04
	Alicia Olmoz	3:09:39
	Julie LoRusso	3:11:07
<u>Overall Male:</u>	Nick LaHecka	2:07:30
	Bob Gramling (2 nd M50-54)	2:29:08

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

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

Greenwich Cup Triathlon-Greenwich, CT (8/2/09) S 1/2 mi., B 15 mi., R 3 mi. www.threadsandtreads.com

<u>Overall Female:</u>	Donna Kay-Ness	1:12:19
	Vanessa Calderone	1:58:54
<u>Overall Male:</u>	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

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



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Overall Male: John Babcock 0:59:24

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

Overall Female: Erica Ruge 1:37:24

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

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

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

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

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

Overall Female: Barbara Sessa 0:55:13
Lauren Warren (2nd Overall) 0:56:19
Jean Norton (3rd Overall) 0:58:11
Erica Ruge (1st F35-39) 0:58:28
Tomi Stern (1st F40-44) 1:04:21
Barbara Ferrante (2nd F40-44) 1:06:13
Michele Yasson (1st F50-54) 1:07:28
Kelly Heady (2nd F35-39) 1:07:45
Julie LoRusso (3rd F40-44) 1:09:09
Alicia Olmoz (3rd F35-39) 1:09:57
Tracy Little (2nd F50-54) 1:11:22
Ann Breeswine (1st F45-49) 1:13:45
Norma Lopez (2nd F45-49) 1:15:12
Vanessa Calderone (1st F30-34) 1:15:17
Janice Cragolin (3rd F50-54) 1:15:43
Jennifer Borrero (3rd F45-49) 1:18:02
Nancy Figueroa 1:21:16
Mary Velez 1:26:13



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Darcy Dyer	1:27:53
Colleen Bruley	1:30:01
Diana Tsingopoulos (1 st F65-59)	1:35:10
Melissa Signor (1 st F55-59)	1:54:51

Overall Male:

Alex Sherwood	0:48:25
John McGovern (2 nd Overall)	0:48:48
Nick Brundage (3 rd Overall)	0:49:16
Mike Halstead (1 st M40-44)	0:50:03
Michael Bakker (2 nd M40-44)	0:50:27
Nick Mancuso (1 st M19-Under)	0:52:35
Jim Stafford (1 st M45-49)	0:52:50
Bruce Cadenhead (2 nd M45-49)	0:53:06
Mark Wilson (3 rd M40-44)	0:53:21
Charles Pegg	0:53:56
Doug Thompson	0:54:08
Dave Nazaroff	0:55:26
Bob Gramling (1 st F50-54)	0:55:36
Dennis Ebbing	0:56:34
Bill Norton (1 st M55-59)	0:56:49
Jon Stern (3 rd M45-49)	0:57:47
Nate DeBoever (2 nd M19-Under)	0:57:57
Mike DeBoever (1 st M25-29)	0:57:58
Steve Pruschki (2 nd M50-54)	0:58:20
Richard Miller (2 nd M55-59)	1:00:23
Kevin Adams	1:00:30
Roger Husted (1 st M35-39)	1:00:50
Patrick Murphy (2 nd M35-39)	1:02:19
John Ferrara (3 rd M50-54)	1:02:36
Keith O'Malley	1:02:40
Mark Graminski	1:03:20
Ryan Schumacher (2 nd M25-29)	1:03:45
John Dowley (3 rd M35-39)	1:04:34
Peter Oxenholm	1:04:54
Mike Andrasak	1:05:21
Roger Roberson	1:05:29
Frank Priest (3 rd M55-59)	1:05:46
Jerry DeBoever (1 st M20-24)	1:06:01
Bill Thompson	1:08:52
Bob Bomba	1:09:17
Steve Fischer	1:09:25



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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

Overall Female: Lindsay Jacobson 1:26:11

Overall Male: David Hollely 1:16:09
Bruce Cadenhead (1st 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

Overall Female: Claudia Kretschman 1:24:57

Overall Male: Chris Gebhardt 1:09:14
Art Boyko (1st M40-44) 1:21:24
Bill Thompson 1:41:09

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

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

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

Overall Male: John McGovern 1:09:04
Mark Rabens 1:19:52
Dave Nazaroff 1:21:09
Jim Demis 1:21:27
Bill Norton (3rd M55-59) 1:23:23
Steve Pruschki 1:24:20
Mike Ferrante 1:24:40



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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

Overall Female: Michelle Faurot 1:26:09

Overall Male: 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

Overall Female: Jeanette Duffy 0:57:17

Overall Male: Mike Pudlinski 0:52:12
Doug Thompson (3rd M40-44) 0:56:21

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

Overall Female: Caitlin Snow 1:06:48

Overall Male: Tim Snow 1:05:05
Phil Placido 1:29:13
Bevan Harris 1:30:09

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

Overall Female: Chrissie Wellington 4:15:11
Jeanette Shelow-MacDougall (2nd F45-49) 5:19:43*
Ann Breeswine 6:59:52

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

Overall Male: Andy Potts 3:51:19
Michael Bakker 4:43:13



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Dave Nazaroff	5:16:14
Creighton Ko	6:47:23

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

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

Overall Male: Jeff Dolan 2:49:05
Frank Priest 3:46:55

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

Overall Female: Jasmine Oeinck 2:02:49
Kathryn Flodquist 2:42:38

Overall Male: Matt Chrabot 1:48:14
Troy Weaver 3:01:18

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

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

Diamond Girl (Sprint)-Harriman, NY (8/30/09) S 1,500 meters, B 30.5 mi., 8.4 mi. www.piranha-sports.com

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



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

Overall Female: Michelle Rosowsky 1:33:48

Overall Male: Keith Murray 1:21:42

Dennis Ebbing 1:33:35

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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)



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<u>Name (Men)</u> <u>Place</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</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
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)



Hudson Valley Triathlon Club

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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**

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)**

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)



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ANNOUNCEMENTS

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

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