



# 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. 103**

**December 2009**

## IN A FEW WORDS

Dear HVTC,

The year 2010; impossible?!?! Whatever happed to Y2K?! Regardless, we've got some serious triathlon training to do; swim, bike, run...repeat. Our mantra ought to be something like, "I am Master of the Holidays. I shall overcome; I shall overcome." I'm not sure what your household looks like, but I think everyone is under the impression that the Cookie Monster lives here; in fact, we're having a bake sale this week in case you're feeling under-sugared. In the meantime, keep moving!!!! 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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# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009



## **HVTC Featured Athlete: Mark Graminski**

By Mark H. Wilson

The good thing about being smart is that you're pretty-much guaranteed work when you graduate from college; the bad part is that the job usually gets in the way of training for triathlons! It means that you'd have to wait until you retire to turn Pro; only 8 more years to go for our Featured Athlete of the Month, Mark Graminski. He's a very determined guy so he may just make it! However, let's see what keeps him away from the pool, off his bike, and out of his running shoes. Pull-up a chair!



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

Mark was born on November 17, 1956 in Schenectady, New York. He attended Bishop Gibbons High School and then graduated from SUNY Alfred (VERY Upstate NY) with a degree in Land Surveying. He received his Masters degree from Northeastern University in Civil Engineering. Due to his studies, Mark wasn't much of an athlete in high school, but he participated in basketball and racquetball leagues in college.

Red Hook, New York is his home-base since 1986 and he's been married for 28 years and has a 10-year-old son. Mark runs a self-made civil engineering and land surveying business; he's very proud of his accomplishments as a consultant; he's the boss and it works for him (until it's time to train!). Mark also enjoys skiing and cooking; when he's not working, that is. And as far as he knows, nobody thinks he's crazy for doing triathlon; sounds like it's time to take a family poll (every chaz counts, now!).

Mark's first triathlon experience was the Glimmerglass Triathlon (canoe, bike, run) near Cooperstown, NY. Neighbor, Rich Dalzell was the first person who inspired him to attempt triathlon; he really made it fun for Mark. Due to work obligations, Mark "retired" from triathlon (Dude! Retire from work...retire from work!!!) and then, fortunately, met another Red Hook-ster Patrick Murphy who goaded Mark into training/racing again (Thanks, Pat!).

The whole triathlon experience is extremely fun and challenging for Mark; he's feels free (no doubt!). And he's an incredible ambassador for the sport recommending it to everyone he meets in business meetings...uh, in the grocery store. Besides the Glimmerglass Triathlon, Mark has raced the Kaaterskill Rush, HVTC Summer Tri-Series, Timberman Half Ironman, and the Tupper Lake Tinman (half IM). In addition, he's even placed in his age-group a bit over the years; imagine if he actually got to train a little?! See, that turning Pro thing is looking a bit more appealing.

Mark's most inspiring and logistically challenged goal is to complete an Ironman; he's scheduled to race an Ironman in 2010. Let's cross our collective fingers for him; he deserves it! Now, there is this issue of eating his favorite junk food; Trish Gramling's Cookies™ (they're so good, they oughta be trademarked!). How's this? Work less, train more, complete Ironman, eat cookies?! Done (not necessarily in that order, of course). Thanks, Mark!



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

## 2010 RACE SCHEDULE

**Bold = USA Triathlon Sanctioned**

(Need to find a race somewhere in the United States? For a complete listing of USAT Sanctioned races with event location and contact information go to [www.usatriathlon.org](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 (2/21/10) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

## MARCH

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

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi. [www.nyc.org](http://www.nyc.org)

Brandywine Duathlon-Coatsville, PA (3/28/10) R 5k, B 30k, R 5k [www.piranha-sports.com](http://www.piranha-sports.com)



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

## APRIL

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

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

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

Escape From Alcatraz-San Francisco, CA (5/2/10 NEW DATE!) S 1.5 mi., B 18 mi., R 8 mi. [www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) 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 (5/8/10) 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 (5/2/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R 15.45 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

American Zofingen (Medium Course)-New Paltz, NY (5/16/10) R 10.30 mi., B 58 mi., R 10.30 mi. [www.cm2promotions.com](http://www.cm2promotions.com)



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

**American Zofingen (Short Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 29 mi., R 5.15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

**Toga Biathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)**

**EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/22/10) S 1.2 mi., B 57 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

**Columbia Triathlon-Ellicott City, MD (5/23/10) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://www.tricolumbia.org)**

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

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

**Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)**

## **JUNE**

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

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/4-6/10) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier) [www.timbermantri.com](http://www.timbermantri.com)**



# Hudson Valley Triathlon Club

---

Volume VIII, Issue No. 103 December 2009

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

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

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

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

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

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

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

**Thundergust Triathlon-Pittsgrove, NJ (6/?/10) S .4 mi., B 16 mi., R 5k [www.lin-mark.us](http://www.lin-mark.us)**

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

**Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/10) S .5 mi., B 9.1 mi., R 3.3 mi. [www.plattsys.com](http://www.plattsys.com)**



# Hudson Valley Triathlon Club

---

Volume VIII, Issue No. 103 December 2009

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

**Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/26/10) S ½ mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

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

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

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

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

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

## **JULY**

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

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/7/10) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**Diamond in the Rough Triathlon-Perryville, MD (7/10/10) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**





# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

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

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

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

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

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

**MetroMan-Long Branch, NJ (7/18/10) S .6 mi., B 12 mi., R 5k [www.sunsetracing.com](http://www.sunsetracing.com)**

Piseco Lake Triathlon-Speculator, NY (7/18/10) S .5 mi., B 11.5 mi., R 3 mi. [www.adrkmts.com](http://www.adrkmts.com)

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

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

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

Pine Bush Triathlon, Pine Bush, NY (7/18/10) S 325 yds., B 11.5, R 3.25 [www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

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

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

## AUGUST

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S ½ mi., B 14.2 mi., R 5k  
[www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

**Fronhofer Tool Triathlon-Cambridge, NY (8/7/10) S 1.5k, B 40k, R 10k  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)**

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

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

**Central Park Triathlon-New York, NY (8/8/10) S ¼ mi., B 12 mi., R 3 mi. [www.nyc.org](http://www.nyc.org)**

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

**Lake Dunmore Triathlon-Salisbury, VT (8/8/10) S .9 mi., B 28 mi., R 6.2 mi.  
[www.vermontsun.com](http://www.vermontsun.com)**

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/11/10) S 400 yds, B 12 mi., R 2  
mi. [www.hvtc.net](http://www.hvtc.net)**

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



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

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

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

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi.  
[www.piranha-sports.com](http://www.piranha-sports.com)

West Point Triathlon-West Point, NY (8/15/10) 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 (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi.  
[www.timbermantri.com](http://www.timbermantri.com)

Timberman Half-Ironman Triathlon-Gilford, NH (8/20-22/10) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)

Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi/., R 3 mi. [www.cdtriclub.org](http://www.cdtriclub.org)

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

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/29/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

## SEPTEMBER

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



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

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

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

**Westchester Toughman-Croton Point Park, NY (9/12/10) 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 (9/15/10) S 400 yds., B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)

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

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

**Hammerfest Triathlon-Branford, CT (9/19/10) S .5 mi., B 13.5 mi., R 4 mi.**  
[www.plattsys.com](http://www.plattsys.com)

**Marshman Sprint Triathlon-Downingtown, PA (9/19/10) 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/?/10) S 1.5k, B 40k, R 10k** [www.score-this.com](http://www.score-this.com)

**2010 USAT National Age Group Championships-Tuscaloosa, Alabama (9/25/10) S 1.5k, B 40K, R 10K** [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2011 ITU Short Course Triathlon World Championship)



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

Westchester Triathlon-Rye, NY (9/26/10) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.org](http://www.westchestertriathlon.org)

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

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

## OCTOBER

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/?/10) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)

Cape Henlopen Triathlon-Lewes, DE (10/10/10) S 1/4 mi., B 14 mi., R 5k [www.piranha-sports.com](http://www.piranha-sports.com)

Toga Biathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k [www.togamultisport.com](http://www.togamultisport.com)

## NOVEMBER

Ironman Florida-Panama City, FL (11/6/10) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)

Ironman 70.3 World Championship-Clearwater, FL (11/14/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)

Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

## 2010 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

DECEMBER

## 2009 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>				
Jeanette Shelow-MacDougall	45-59			
Jean Norton	45-49			
Barbara Sessa	40-44			
Lauren Warren	40-44			
Erica Ruge	35-39			
Kathryn Flodquist	40-44			
Barbara Sessa (Duathlon)	40-44			
Mary DeNitto	60-64			
Julie LoRusso	40-44			
Alicia Olmoz	35-39			
Alicia Olmoz (Duathlon)	35-39			
Michele Yasson	45-49			



# Hudson Valley Triathlon Club

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Volume VIII, Issue No. 103 December 2009

Julie LoRusso (Duathlon)	40-44
Mineke Etienne	30-34
Roge Nesbitt	40-44
Linda Rosenthal	60-64
Diana Tsingopoulos	60-64

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			
Alex Sherwood	30-34			
Mike Halstead	40-44			
Michael Bakker	40-44			
Nick Brundage	20-24			
Nick Brundage (Duathlon)	20-24			
Art Boyko	40-44			
Mark Wilson	40-44			
Jim Stafford	40-44			
Mike Vance	25-29			
Nate DeBoever	16-17			
Dave Nazaroff (Duathlon)	40-44			
Tom Ganz	35-39			
Charles Pegg	35-39			
Bob Gramling	50-54			
Jon Stern	45-49			
Jim Demis	45-49			
Troy Weaver	40-44			
Mark Rabens	40-44			
Matt Merchant	50-54			
Bill Norton	55-59			
Richard Miller	55-59			
John Dowley	35-39			
Patrick Murphy	35-39			
Doug Thompson	40-44			
John Ferrara	50-54			
Mark Graminski	50-54			
Steven Pressman	55-59			
Steve Fischer	50-54			
Maurice Tessier	35-39			
Larry Knapp	50-54			
Peter Oxenholm	40-44			

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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Volume VIII, Issue No. 103 December 2009

## 2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2009 HVTC Most Improved Award: **Kathryn Flodquist**  
2009 HVTC Female Honorable Mention Award: **Lauren Warren**  
2009 HVTC Female Honorable Mention Award: **Barbara Sessa**  
2009 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

### MALE

2009 HVTC Rookie of the Year Award: **Bill Thompson**  
2009 HVTC Volunteer of the Year Award: **Dave Haze**  
2009 HVTC Male Honorable Mention Award: **Michael Bakker**  
2009 HVTC Male Honorable Mention Award: **Alex Sherwood**  
2009 HVTC Male Triathlete of the Year Award: **Nick Brundage**

### 2009 HVTC Summer Tri-Series Winners

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

2<sup>nd</sup> Place: **Barbara Sessa (60)**

3<sup>rd</sup> Place: **Michele Yasson (60)**

4<sup>th</sup> Place: **Lauren Warren (58)**

5<sup>th</sup> Place: **Alicia Olmoz (53)**

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

2<sup>nd</sup> Place: **Mike Halstead (72)**

3<sup>rd</sup> Place: **Mark Wilson (61)**

4<sup>th</sup> Place: **Alex Sherwood (58)**

5<sup>th</sup> Place: **Doug Thompson (56)**

## 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)





# Hudson Valley Triathlon Club

Volume VIII, Issue No. 103 December 2009

## 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 USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

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