



# 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. 92**

**January 2009**

## IN A FEW WORDS

Dear HVTC,

It may be snowing like crazy out there, but the tri-season is nearly upon us! In 4 months we'll be plunging into the lake at Wilson State Park to prepare for those early races; what a rush! Take advantage of those fleeting warm days ahead; every mile counts for that all-important base building. It's a LONG season. 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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Photo: Scott Schaffrick ([www.scottschaffrick.com](http://www.scottschaffrick.com))

## **HVTC Featured Athlete: Ken Buderman**

By Mark H. Wilson

Do you know many athletes in their late 20's who know what they want for their life? Do you know many that are level-headed, polite and respectful of their elders? Do you know many that are great tri-athletes and it's just a matter of time before they kick your butt? Well, our Featured Athlete of the Month, Ken Buderman, is planning his future around the sport of triathlon and given his manners, poise and athleticism; he's gonna do just fine. Let's learn more about this rising star!



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Ken was born in Putnam County Hospital on May 26, 1981. He attended Mahopac High School and graduated in 2000. From there, he studied at SUNY New Paltz for his undergraduate degree in Mathematics and a certification in Secondary Education. For his graduate degree, he traveled to Western Connecticut State University where he received his masters in Instructional Technology. Ken was an active runner in high school, he ran Cross Country in the fall and Track in the spring. He was also on the wrestling team during the winter to keep in shape. Today, Ken works as a Personal Fitness Trainer and a Mathematics Tutor; he currently lives in Mahopac and is “completely available.”

Ken’s first triathlon was the SoBe Mossman triathlon in 2005; since then he’s been hooked! Most of Ken’s friends are involved in the sport of triathlon or in one of the three disciplines; running, biking, or swimming. His friends think he’s nuts, but Ken hasn’t confirmed yet whether it’s for doing tri’s or not (we’ll keep you posted!). Beyond triathlon, Ken loves anything to do with the outdoors; hiking, mountain biking, climbing, going to the beach, or simply relaxing and enjoying a nice view.

The first few races Ken did with HVTC were interesting to say the least. His initial Summer Tri-Series, he got a flat tire and DNF’ed (did not finish). The second time, he got caught in traffic and didn’t make the start of the race. Aaarggh!! He still completed the course for the fun of it, but didn’t get an official time (Therefore, his buddy Zac Staszak still holds the record for the slowest HVTC time! But that’s another story.). It wasn’t until his third race with HVTC that he officially finished; what a relief.

Ever since Ken was in college he wanted to do triathlons. He’s been a runner his entire life; he competed in his first running event as a first-grader! It was a 7-miler around Lake Mahopac (goodness gracious!); he’s loved it ever since that day. He’s also owned a bike for as long as he can remember; it was a freestyle bike. Then, as he grew older he got a mountain bike, which he still owns today. It wasn’t ‘til after college that he got his first road bike. As for swimming, he was never a competitive swimmer, but he knew the basics and swam well enough. Ken’s college girlfriend, who was on the SUNY New Paltz swim team, even got him a job teaching swim lessons for the YMCA of Kingston.

Ken is very modest when it comes to his athletic achievement; he likes triathlon because of the people and the experience. To him simply doing a race is a challenge and then feeling good about oneself for having done it. It’s exciting for him to see where he can improve, evaluate his weak areas and do what’s necessary for growth. He’s made a personal promise that his previous records will be broken this year. Ken has a desire to learn as much as possible about training/racing, too; he’s always reading something new about training, swim technique, running form, etc. He’s also a people person; “I love the people who do triathlons. Everyone is so supportive, from the novice level to the



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professionals.” He’s amazed at the support he receives from other athletes during and post-race; to him, it feels like they become your best friends.

Triathlon is always on the tip of Ken’s tongue; he recommends the sport to everyone and anyone. “I feel great when I do triathlons. I usually don’t want to wake up that early in the morning to do them, but once I’m up, I get excited.” Besides, the post-race food is usually really good; especially the cookies! Ken LOVES cookies.

Ken has considerable race experience mainly at the Olympic distance, such as; Pat Griskus Triathlon, Westchester Triathlon, Mighty Montauk Triathlon, Lobsterman Triathlon, Lake George Triathlon, and the Fronhoffer Tool Triathlon. As for Sprints, he’s done the SoBe Mossman, Greenwich Cup Triathlon, Pawling Triathlon, and the Ironclad Triathlon. His favorite sprint distance race...but, of course, the HVTC Summer Tri-Series.

Ken’s future is bright and includes his first Half Ironman in Massachusetts; the Patriot Triathlon. He’s pumped! However, more importantly, he’s planning to become a full-time triathlon coach and earn his living assisting others in the sport he loves. Now, he just has to get used-to the question, “You can do that?!” Thanks, Ken.



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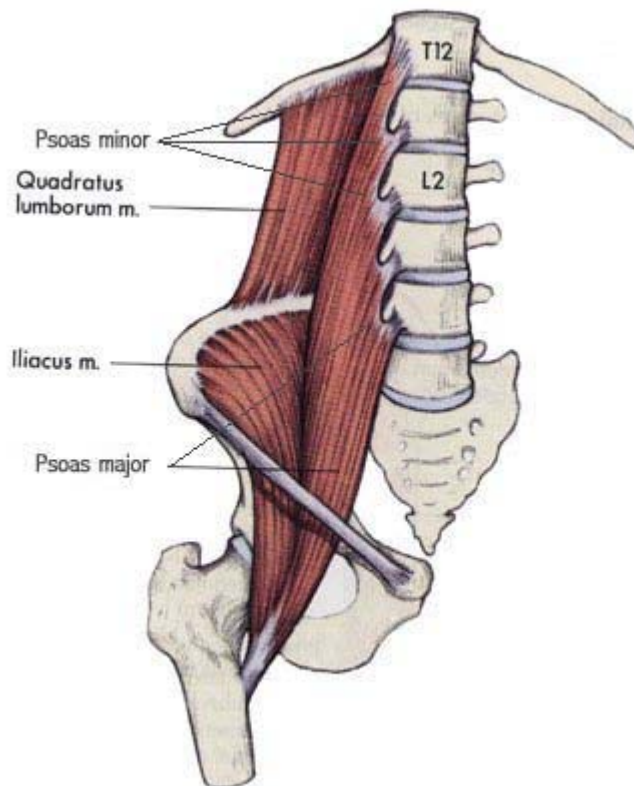
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## Muscle of the Month

### *The Iliopsoas Muscle*

By: Dr. David Ness, CCSP, ART



The Iliopsoas muscle is often overlooked in training and in the treatment of lower back pain. In this addition of the muscle of the month we will look at ways to tell if you have a weak or shortened Iliopsoas muscle, and ways to stretch and strengthen your Iliopsoas muscle. We will also look at injuries to the psoas and their effect on the lower back and core.



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The Iliopsoas muscle is actually broken into 3 muscles, the Psoas major, Psoas minor, and the Iliacus muscle. The Psoas major originates from the lumbar vertebra, lumbar discs, and transverse processes and inserts into the lesser trochanter of the Femur. The Iliacus muscle originates from the anterior fossa of the Ilium and joins with the Psoas major to form a common tendon that inserts into the lesser trochanter of the femur. Both muscles go under the inguinal ligament before inserting into the lesser trochanter of the Femur. These muscles function with the other hip flexor muscles to flex the hip when your trunk / spine are fixed, or to flex the trunk / spine when the legs are fixed. In other words, the Iliopsoas either raises your thigh to your body, or bends your body towards your thighs.

The Iliopsoas muscle is very important in maintaining the proper lumbar lordotic curvature, and pelvic tilt in all activities. People who are in sedentary jobs, or sit or drive for long hours are prone to shortened hip flexors. Long hours training on a bicycle can also contribute to a tight Iliopsoas. If you have a shortened Iliopsoas muscle your pelvis tilts anterior, which will cause your lumbar curve to increase thus altering your spine and pelvic biomechanics. Running with this over time will increase the wear and tear on your lumbar intervertebral discs, and sacroiliac joints leading to lower back and sacroiliac pain.

To test yourself for tight Iliopsoas you have to lie on a bed or bench and take one knee into your chest. Then try to lower your opposite leg and knee off of the side of the bed. If your knee stays above or does not touch the bed you have a tight Iliopsoas muscle.

To stretch the Iliopsoas lunges with a foot on a chair and bend into the knee on the chair. This opens and stretches the opposite hip flexor. This can also be done with a knee on the floor and leaning into the bent knee opening and stretching the opposite side. For an additional stretch you can lift the arm on the side opposite of the bent knee and side bend to the side of your bent knee.

There are many ways to strengthen your Iliopsoas you can do your favorite abdominal exercises like crunches. One legged standing balance work is good for creating strength and stability in the core



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muscles. Dead bug exercises, (lying on your back and moving the arms and legs like a dead bug) strengthens the abdominals and Iliopsoas. 3 sets of 30 seconds or 1 minute of the dead bugs will get you in shape with a 30 second rest in between sets. Planks and bridges also will help strengthen the Iliopsoas and abdominals creating a solid core.

**About Dr. Ness: A chiropractor for over 20 years, Dr. Ness has been a Sports Chiropractor and certified Active Release Provider since 2004. He has treated patients at the past four Ironman events at Lake Placid, and has provided treatment at races for the H.V.T.C Club races since 2005, the N.Y.T.C. Club races since 2006, and at the S.O.S Triathlon since 2004.**

## 2009 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

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



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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](http://www.ymcaulster.org)

## MARCH

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

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

## APRIL

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

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

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

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

## MAY

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





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

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

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

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

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

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

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

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

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

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



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## JUNE

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

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

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

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

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

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

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

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

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



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

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

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

**Philadelphia Triathlon-Philadelphia, PA (6/27/09) S 1.5k, B 40k, R 10k [www.phillytri.com](http://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](http://www.tupperlakeinfo.com)**

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

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

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

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

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



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## JULY

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

## AUGUST

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

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

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

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



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Northern Columbia County Triathlon-Kinderhook, NY (8/2/09) S .25 mi., B 19.5 mi., R 4.5 mi. [www.northerncolumbiatriathlon.com](http://www.northerncolumbiatriathlon.com)

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

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

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

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

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

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

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

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

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



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

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

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

## **SEPTEMBER**

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

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

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

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

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

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



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

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

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

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

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

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

## OCTOBER

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

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





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American Zofingen (Long Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 85 mi., R 15.45 mi. [www.americanzofingen.racesonline.com](http://www.americanzofingen.racesonline.com)

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

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

## NOVEMBER

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

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

## 2009 HVTC RACE RESULTS

### JANUARY

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

Overall Female: Eva Van Stratum 234.26

Overall Male: J.P. LeFebre 283.4  
Steve Fischer 216.23

### FEBRUARY

### MARCH

### APRIL



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MAY

JUNE

JULY

AUGUST

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. 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>
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Place  
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>
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Place  
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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## 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)**  
2<sup>nd</sup> Place: **Mari Flores (68)**  
3<sup>rd</sup> Place: **Erica Ruge (67)**  
4<sup>th</sup> Place: **Jeanette Shelow-MacDougall (59)**  
5<sup>th</sup> Place: **Shannon Dawkins (59)**

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

### 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)



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## ANNOUNCEMENTS

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

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