



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. 98

July 2009

IN A FEW WORDS

Dear HVTC,

It's amazing how appreciation can change one's outlook on any given situation. For instance, a challenging Ironman; you see, it's not about how fast you go but that you finish when things aren't going as planned and feel grateful that you haven't been run-over by a bus (literally, while commuting to work!) like Matt Long (16:58:02). The best news, you get to do it again next year; S 2.4, B 112, R 26.2! 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: Dave Nazaroff

By Mark H. Wilson

Do you know anyone who loves to live life so much that they just can't seem to get enough of it? You know, like someone who can't get enough chocolate cake, Seinfeld episodes or Facebook entries? They gobble-up and relish every possible experience so intensely that you can't help step-back and ask "Are you okay?!" To them, it's simply impossible to enjoy life without THOROUGHLY throwing themselves deep into the middle of it head-first. Well, it's rare you'd find any human being more committed to living life to the fullest than our Featured Athlete of the Month, Dave Nazaroff. How's he do it? Let's find out.



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Dave was born in The Big Apple; New York City. He attended Bayside High School and received a Bachelor of Science in Accounting from SUNY Buffalo. He played ice hockey in high school and college; and he also rode for the college cycling team. He currently lives in Upper Nyack, New York with his wife Kaete and their daughter Gertrude (3.5 years old); as well as their five dogs; Mr. Big (Labrador), Buddy & Chopper (pugs), Lily (pequinese), and Tugboat (bulldog). Oh, yeah; and their horse, Daisy.

The accounting degree has paid-off, literally, for Dave; he is the Owner of TOGA Bikes (3 locations) and Gotham Bikes. The TOGA brand has been a staple in the NYC Metro-Area for some time and hard-core cyclists know where to get the BEST service from guys who have “been there.” Dave is no exception; a very strong cyclist himself, he understands the in’s and out’s of the cycling community and, most importantly, business perspective. But that’s not all he does for fun; he’s a car-racing die-hard, too! His favorite driver is Dale Earnhardt Jr. (Yes, two foot-longs and a beer, please. Thanks!)

The first triathlon Dave competed in was at West Point 2008. And, so far, nobody thinks he’s nuts for doing it! In fact, it was his customers in the Nyack shop that really inspired him to give triathlon a shot. That’s how the TOGA Multisport Club was started; Dave just helped-out at first, but he saw how much fun everyone was having and he HAD to do it, too! He found the experience to be infectious; from the people he met, the high when finishing and the amazing sense of accomplishment post-race; it was his cup of tea. One of Dave’s regrets is that he didn’t begin this journey 20 years ago when he began his cycling career; Dude, welcome to the boat!

Being fairly new to triathlon, Dave has accrued an impressive list of races in a very brief time-frame; TOGA Duathlon, West Point Triathlon, HVTC Summer Tri-Series, March Madness Duathlon, Escape From Bermuda, Rev3 Half Iron Distance, Escape From Alcatraz, and the Bassman Triathlon. He admits to thinking about triathlon equally as much as his work; although, they’re pretty related. The pace certainly increased when Dave got himself a good local coach and lost over 30 pounds since September 1st. Wow! He even regulated intake of his favorite junk-food; chocolate. Good man! The best news, however, is that Dave can now relate to his customers better because he’s a triathlete; and he extends his experience freely, too. “I tell them to spend a little less money [on equipment] and hire a coach. In the long run, it’s better for them and me. They are more passionate customers by having proper coaching. I am a prime example.”

Dave’s triathlon goals are distinct and precise; qualify for Kona! His inner fire and determination are fueled by his desire to be the best he can be; at everything he does! Speaking of fuel, better pick-up some dog food on the way home. Thanks, Dave!



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2009 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

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



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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

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



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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

JUNE

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

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

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



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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

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



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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

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



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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

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



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

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

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



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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

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)



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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

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



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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

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



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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

2009 HVTC RACE RESULTS

JANUARY

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

<u>Overall Female:</u>	Eva Van Stratum	234.26
<u>Overall Male:</u>	J.P. LeFebre	283.4
	Steve Fischer	216.23

FEBRUARY

QTS Gatorade 5 Triathlon-Queensland, Australia (2/8/09) S 400 meters, B 15k, R 2k www.usmevents.com.au

<u>Overall Female:</u>	Emma Moffat	0:45:21
	Linda Rosenthal (2 nd F60-64)	1:27:13
<u>Overall Male:</u>	Dan Wilson	0:40:27



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

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
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

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

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



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

www.nytc.org

<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

APRIL

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

<u>Overall Female:</u>	Kristine Kuss	1:29:40
	Michele Yasson	2:01:55

<u>Overall Male:</u>	Rick Fessler	1:13:11
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2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k www.usatriathlon.org

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

<u>Overall Male:</u>	Nicholas Sterghos	1:49:02
	Troy Weaver	2:45:03

Bassman Triathlon-Bass River State Park, NJ (4/26/09) S .5 mi., B 29 mi., R 4.2 mi.

www.citytri.com

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

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



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

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

<u>Overall Male:</u>	Justin Harris	0:59:14
	Nick Brundage (1 st M20-24)	1:02:36
	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>	Catrina 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



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

www.genesisadventures.com

<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

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

13.1 mi. www.genesisadventures.com

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

<u>Overall Female:</u>	Rebecca Wassner	2:07:25
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<u>Overall Male:</u>	Terrenzo Bozzone	1:52:45
	Alex Sherwood (8 th Elite Male)	2:10:40
	Mike Halstead (1 st 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

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

<u>Overall Male:</u>	Dirk Bochel	3:54:40
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Shamrock Duathlon-Glastonbury, CT (5/17/09) R 5k, B 26k, R 5k
www.hartfordmarathon.com

<u>Overall Female:</u>	Amanda Lawrence	1:33:10
<u>Overall Male:</u>	Mike Gyulay	1:25:04
	Tom Gill	2:33:26

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

<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



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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
	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

<u>Overall Male:</u>	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



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

Overall Female: Mirinda Carfrae 4:27:26

Overall Male: Matt Reed 3:59:25
Tom Ganz 5:22:40
Dave Nazaroff 5:27:58
Roger Roberson 7:21:50

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

Overall Female: Mirinda Carfrae 4:13:28

Overall Male: Terenzo Bozzone 3:51:11
Nick Brundage (3rd 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

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

Overall Male: Andy Potts 2:07:25
Alex Sherwood 2:34:50
Dave Nazaroff 3:05:08
Keith O'Malley 3:28:22

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

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



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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

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



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

www.cm2promotions.com

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

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

Overall Female: Katey Scrimgeour 1:17:33
Linda Rosenthal (1st F60-64) 1:59:12

Overall Male: Tim Steiskal 1:05:42

Patriot Half-East Freetown, MA (6/20/09) S 1.2 mi., B 56 mi., R 13.1 mi.

www.patriottriathlon.com

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

Overall Male: Bryan Parker 4:15:01
Ken Buderman (3rd 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

Overall Female: Lynn Frampton 1:36:50
Carolyn Mandaro 2:03:53

Overall Male: Dirk Heinze 1:22:30



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

Overall Female: Kelli Montgomery 2:23:32
Kathryn Flodquist (1st F40-44) 2:38:45

Overall Male: Chris Thomas 2:00:15
John Ferrara 2:56:59
Frank Priest 3:07:45

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/27/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

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

Overall Male: Eric Roy 4:15:49
Mark Wilson 4:54:21
Dennis Ebbing 5:24:43
Ray Canals 5:54:32
Patrick Murphy 5:55:11
Mark Graminski 6:14:55

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

Overall Female: Katherine Ward 2:03:35

Overall Male: Peter Eddy 1:57:09
Art Boyko (1st M40-44) 1:59:51

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

Overall Female: Rachelle Gormley 1:29:48

Overall Male: Kevin Crossman 1:10:56
Bob Gramling (3rd Overall) 1:24:18



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

www.phillytri.com

<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

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

www.phillytri.com

<u>Overall Female:</u>	Diane Rogers	1:20:45
<u>Overall Male:</u>	James Burns	1:09:47
	Frank Priest (3 rd 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

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

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Suzie Snyder	2:15:06
	Kathryn Flodquist (1 st F40-44)	2:26:25
<u>Overall Male:</u>	Thomas McWalters	2:03:24



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

<u>Overall Female:</u>	Lisa Dunn	1:26:16
	Linda Rosenthal (1 st F60-64)	2:21:59
<u>Overall Male:</u>	Peter Doly	1:12:27

JULY

Williams Lake Sprint Triathlon-Rosendale, NY (7/4/09) S .5 mi., B 12 mi., R 3 mi.
www.cm2promotions.com

<u>Overall Female:</u>	Carol Hawran	1:33:43
	Mary DeNitto (1 st F60-64)	1:59:14
	Linda Rosenthal (2 nd F60-64)	2:08:21
<u>Overall Male:</u>	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

<u>Overall Female:</u>	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



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

Overall Male:

Nick Brundage	0:48:47
Alex Sherwood (2 nd Overall)	0:50:16
Mike Halstead (3 rd Overall)	0:51:12
Mark Wilson (1 st M40-44)	0:52:37
Doug Thompson (2 nd M40-44)	0:53:49
Bruce Cadenhead (M45-49)	0:53:54
Dave Nazaroff (3 rd M40-44)	0:54:54
Nate Deboever (1 st M19-Under)	0:55:03
Charles Pegg	0:55:22
Ken Buderman (1 st M25-29)	0:56:06
Bob Gramling (1 st M50-54)	0:56:40
Mark Rabens (2 nd M45-49)	0:57:30
Bill Norton (1 st M55-59)	0:57:55
Mike Ferrante (1 st M35-39)	0:58:35
Jon Stern (3 rd M45-49)	0:58:39
Frank Sabat	0:59:09
Jim Demis	1:00:23
Henry Collins	1:00:37
Steven Pruschki	1:01:10
Roger Husted (2 nd M35-39)	1:01:26
Richard Miller (2 nd M55-59)	1:01:28
Patrick Murphy (3 rd M35-39)	1:01:43
John Ferrara (3 rd M50-54)	1:01:48
Roger Roberson	1:02:59
Keith O'Malley	1:03:20
John Dowley	1:03:27
Kevin Adams	1:04:56
Ryan Schumacher (2 nd M25-29)	1:05:05
Mark Graminski	1:05:54
Peter Oxenholm	1:06:05
Steven Pressman (3 rd M55-59)	1:06:33
Ray Canals	1:06:38



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Maurice Tessier	1:07:29
Bill Thompson	1:07:34
Phil Placido	1:07:56
Frank Priest	1:08:08
Steve Fischer	1:08:56
Ed Burke	1:10:21
Bob Bomba	1:11:30
Larry Knapp	1:12:25
Bevan Harris	1:12:26
Tom Struzzieri	1:16:32
Tim Slominski	1:47:58

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

www.patgriskustri.com

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

<u>Overall Female:</u>	Michellie Jones	4:23:56
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Melina Healey	1:15:15
<u>Overall Male:</u>	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



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

www.cgiracing.com

<u>Female:</u>	Diane Rogers	1:22:23*
	Antonia Noonan	1:46:37*

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

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

www.adrkmts.com

<u>Overall Female:</u>	Judy Guzzo	1:18:23
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<u>Overall Male:</u>	Tom Goth	1:05:16
	Matt Merchant (2 nd M50-54)	1:21:47

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

www.teammossmann.com

<u>Overall Female:</u>	Megan Kelly	1:04:46
	Kathryn Flodquist (1 st F40-44)	1:09:51
	Ann Breeswine	1:26:58

<u>Overall Male:</u>	Ian Ray	0:59:12
	Ray Canals	1:13:33

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

www.musselmantri.com

<u>Overall Female:</u>	Kristin White	4:44:36
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<u>Overall Male:</u>	Jesse Vandracek	4:23:58
	Bob Gramling	5:06:58
	John Ferrara	5:54:21

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

www.musselmantri.com

<u>Overall Female:</u>	Meghan Newcomer	1:17:42
	Colleen Bruley	2:10:40

<u>Overall Male:</u>	Kevin Crossman	1:09:57
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Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

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

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:	Rebecca Wassner	1:58:25
	Jeanette Shelow-MacDougall	2:29:59
	Kathryn Flodquist	2:33:02



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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
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**

Overall Female:

Tereza Macel	09:29:36
Michele Yasson	14:21:59

Overall Male:

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

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Hudson Valley Triathlon Club

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2008 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in **at least 3 USA Triathlon Sanctioned** races that year; i.e. Lake George Triathlon, HVTC Summer Tri-Series #1 and Pat Griskus Triathlon.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Shannon Dawkins (Duathlon)	30-34	AA	97.102	5
Jeanette Shelow-MacDougall	45-59	AA	93.922	6
Shannon Dawkins	30-34	AA	92.085	53
Jean Norton	45-49	AA	90.278	23
Barbara Sessa	40-44	AA	89.897	75
Lauren Warren	40-44	AA	89.655	80
Mari Flores	35-39	HM	88.153	124
Erica Ruge	35-39	HM	87.014	158
Kathryn Flodquist	40-44		83.738	226
Christene Spiezio	35-39		83.717	296
Barbara Sessa (Duathlon)	40-44		82.412	41
Lana Shannon	40-44		80.013	411
Mary DeNitto	60-64	AA	77.822	7
Julie LoRusso	40-44		75.586	679
Christine Honig	35-39		73.747	947
Alicia Olmoz	35-39		72.696	1,035
Alicia Olmoz (Duathlon)	35-39		72.042	79
Michele Yasson	45-49		70.840	670
Julie LoRusso (Duathlon)	40-44		70.127	95
Mineke Etienne	30-34		67.077	1,304
Roge Nesbitt	40-44		62.157	1,585
Linda Rosenthal	60-64		57.484	96
Diana Tsingopoulos	60-64		52.145	113

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Mike Halstead (Duathlon)	40-44	AA	98.941	6
Alex Sherwood	30-34	AA	97.195	19
Mike Halstead	40-44	AA	95.012	20
Michael Bakker	40-44	AA	92.452	52
Nick Brundage	20-24	HM	92.470	59
Nick Brundage (Duathlon)	20-24	HM	92.248	6
Zac Staszak	30-34	AA	90.598	124
Art Boyko	40-44	AA	88.993	158
Mark Wilson	40-44	HM	87.861	218
Jim Stafford	40-44	HM	86.331	296
Andrew Schupak	40-44	HM	86.164	303
Mike Vance	25-29		85.342	301



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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)

2008 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

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

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

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

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

MALE

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

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

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

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

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



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2008 HVTC Summer Tri-Series Winners

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

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

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-Nate Deboever (10:16)

ANNOUNCEMENTS

- **2009 HVTC Summer Tri-Series: June 10, July 8, August 12 & September 16.**
Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2009 HVTC Summer Tri-Series Races are now USAT Sanctioned!**
- **2009 HVTC \$200.00 membership is valid from January 1st-December 31st.**



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