



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. 96

May 2009

IN A FEW WORDS

Dear HVTC,

What is our purpose as triathletes? What is the goal? Why do we do this? I feel that the answer to these questions is, respectively; live a good life, enjoy superior fitness, and because it feels so good. Yes, it's all selfish; and aren't there worse things we could be doing with our existence? You betcha! 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: Mark Rabens

By Mark H. Wilson

How would you like to be good at everything you did? No, not great or superior; just good. No, not average or below average; simply good. What would it feel like? How would you know that you were good? Who would be the judge of your goodness? Your parents? Your spouse? Your children? Well, our Featured Athlete of the Month, Mark Rabens, is one heck-of-a good triathlete. He's pretty good at a few other things, too; he's just too good to brag about it. Let's spill the beans!



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Mark was born and raised in southeastern Pennsylvania and went to college at Penn State University. As a kid he swam on an AAU club team, but his family moved while he was in junior high, and the school district had no indoor pool which put an end to his competitive swimming career. What a shame! The muscle memory is still there though as swimming is Mark's strongest leg of the three disciplines in triathlon. As a child, Mark was always "good" at a lot of different sports but never great at any one of them. It's all relative!

Mark lives in Glen Rock, in the heart of Bergen County, New Jersey, the undisputed retail shopping capital of the world, with his two adorable children Emily (11) and Will (9); he and his ex-wife share equal custody of the children. If there's anything that Mark may break the "good-ness" barrier at, it might be parenting; his kids are respectful and courteous little angels. Okay, maybe when they're around strangers! Mark enjoys triathlon because he believes it'll keep him healthy and remain active in order to play sports with his kids until they discover he's a "dork" and move-on to pursue their peer interests.

Running was the exercise of choice for Mark and most of his aging friends in their 20's and 30's. He participated in local 5k's and even several marathons. "My first full marathon was Marine Corps in DC the same year Oprah ran...and yes, I beat her." Drenched shoes and all! When Mark was approaching his 40th birthday, a Cat 2 (serious cycling level) co-worker talked him into attempting some cycling; after the humbling stutter, stop and crumble at several intersections while attempting to un-clip he stuck with it and eventually became a fan of leisurely 50-mile rides, etc.

Now that Mark had become familiar with all three sports, the natural progression was to give it a shot at triathlon. His inspiration came from the epic battles between Mark Allen and Dave Scott that he saw on Wide World of Sports; many of you may not even know what WWS was...how about Howard Cosell? Oh, never mind! Mark's interest was peaked and it took a "wine-fueled dare" to get him to register for his first-ever triathlon. Hey, haven't we heard that story before somewhere?! Regardless, Mark registered for the 2004 West Point Triathlon; he was hooked instantly.

Mark revels in triathlon because of the stress relief he receives from the training and racing; for him, it acts as a counterbalance. He really derives so much from the sport; obvious physical health, mental clarity and vitality, and an incredible mechanism for setting and achieving personal goals. The camaraderie he experiences via group workouts is awesome; he enjoys exercising with active, friendly, dynamic and supportive peers. At least until the gun goes off! Mark also likes the cool toys we get to play with and display; carbon fiber, titanium, Alien head-wear, humiliating outfits, etc.



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However, Mark feels that triathlon offers some great life-lessons to be learned; there's no short-cut to success and that you can only reap what you've sown in training, recovery and nutrition. Hey, if triathlon doesn't work out, he would always make a "good" philosopher. Thanks, Mark!

2009 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. Good luck to everyone this season and thanks for your stats!

Send results to: mark@hvtc.net.

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**



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FEBRUARY

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

MARCH

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

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

APRIL

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

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

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

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

MAY

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

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



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

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

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

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

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

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

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

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

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

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

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



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JUNE

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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



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

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

JULY

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

AUGUST

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

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



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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

SEPTEMBER

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

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

2009 ITU Short Course Triathlon World Championship-Gold Coast, Australia (9/9-13/09) S 1.5k, B 40k, R 10k www.usatriathlon.org



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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

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

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

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

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

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

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

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



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OCTOBER

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

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

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

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

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

NOVEMBER

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

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



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2009 HVTC RACE RESULTS

JANUARY

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

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

FEBRUARY

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

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

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

<u>Overall Female:</u>	Kelly Virkler	292 pts.
<u>Overall Male:</u>	Peter Bierden	300 pts.
	Steve Fischer (1 st M50-54)	236 pts.

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

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



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Nick Brundage (1 st M20-24)	11.359
Mike Vance (1 st M25-29)	10.922
Bill Shashaty	10.248
Matt Merchant	10.051
Maurice Tessier	09.970
Henry Collins	09.881
Steve Fischer	09.857
Michael Spang	09.425
Don Davis	09.381
Mitch Donner	08.386

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi.

www.pinehillarms.com

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

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

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

www.nytc.org

<u>Overall Female:</u>	Barbara Sessa	1:09:38
	Jean Norton (1 st F45-49)	1:10:25
	Jeanette Shelow-MacDougall (2 nd F45-49)	1:13:33
	Alicia Olmoz	1:25:06
	Deb Torpey (3 rd F50-54)	1:33:15

<u>Overall Male:</u>	Jason Gers	0:59:41
	Dave Nazaroff (2 nd M40-44)	1:02:29



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APRIL

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

Overall Female:

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

Overall Male:

Nicholas Sterghos	1:49:02
Troy Weaver	2:45:03

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

Overall Female:

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

Overall Male:

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

MAY

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

Overall Female:

Laurel Wassner	1:06:43
Jean Norton (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

Overall Male:

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



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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

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

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

Overall Male: 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

Overall Female: Kristin Kuss 1:36:08

Overall Male: John Nowoslawski 1:28:02
Troy Weaver (2nd M40-44) 1:46:56

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

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

Overall Male: 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

Overall Female: Charlotte Dequeker 5:37:40*

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

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



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

www.tricolumbia.org

Overall Female: Rebecca Wassner 2:07:25

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

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

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

Overall Male: Dirk Bochel 3:54:40

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

www.hartfordmarathon.com

Overall Female: Amanda Lawrence 1:33:10

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

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

www.togamultisport.com

Overall Female: Jennifer Cromie 1:29:37
Barbara Ferrante (2nd F40-44) 1:42:38
Deb Torpey (3rd F50-54) 1:57:19

Overall Male: David Roche 1:12:13
Michael Ferrante (2nd 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

Overall Female: NA

Overall Male: Mike Halstead 1:34:40
Jim Demis 2:25:00
Bill Norton 2:49:36



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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. Lake George Triathlon, HVTC Summer Tri-Series #1 and Pat Griskus Triathlon.)

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

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

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



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<u>Name (Men)</u> <u>Place</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
Mike Halstead (Duathlon)	40-44	AA	98.941	6
Alex Sherwood	30-34	AA	97.195	19
Mike Halstead	40-44	AA	95.012	20
Michael Bakker	40-44	AA	92.452	52
Nick Brundage	20-24	HM	92.470	59
Nick Brundage (Duathlon)	20-24	HM	92.248	6
Zac Staszak	30-34	AA	90.598	124
Art Boyko	40-44	AA	88.993	158
Mark Wilson	40-44	HM	87.861	218
Jim Stafford	40-44	HM	86.331	296
Andrew Schupak	40-44	HM	86.164	303
Mike Vance	25-29		85.342	301
Nate DeBoever	16-17	HM	85.248	12
Dave Nazaroff (Duathlon)	40-44		84.295	53
Tom Ganz	35-39		84.288	481
Charles Pegg	35-39		84.152	490
Bob Gramling	50-54		83.347	115
Jon Stern	45-49		80.793	428
Jim Demis	40-44		80.556	742
Ken Buderman	25-29		79.913	579
Troy Weaver	40-44		78.541	967
Mark Rabens	40-44		78.444	985
Matt Merchant	50-54		78.015	331
Bill Norton	55-59		77.650	114
Bill Shashaty	35-39		76.221	1,451
John Jasinski	50-54		74.874	199
Richard Miller	55-59		74.787	203
Brian Chew	30-34		73.848	1,344
John Dowley	35-39		73.742	1,891
Patrick Murphy	35-39		73.635	1,911
Doug Thompson	40-44		72.021	1,948
John Ferrara	50-54		71.851	728
Gabriel Danaher	40-44		71.375	2,052
Mark Graminski	50-54		70.521	836
Steven Pressman	55-59		70.315	400
Patrick Nesbitt	40-44		69.724	2,319
Mike Hargrove	50-54		69.594	904
Steve Fischer	50-54		68.941	950
Maurice Tessier	35-39		68.026	2,893
Larry Knapp	50-54		67.565	1,056
Peter Oxenholm	40-44		65.747	2,895

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

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

2008 HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeanette Shelow-MacDougall (54:32)
Swim-Christine Honig (4:50)
Bike-Shannon Dawkins (36:30)
Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)
Swim-Art Boyko (4:16)
Bike-Terry Kerrigan (32:05)
Run-Terry Kerrigan (10:19)



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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 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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