



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 IX, Issue No. 107

April 2010

IN A FEW WORDS

Dear HVTC,

Change is in the air; whether we want it or not! The key is, to adapt to our environment the best we can and turn challenges into opportunities. That's what's so great about triathlon...and as Forrest Gump puts it; it's like a box of chocolates, ya never know what yer gonna git! 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: Megan Corjulo

By Mark H. Wilson

Do you have folks in your life who don't even know how great they are at what they do? You know, people who make such an unbelievable difference in your life and because they do it everyday, all year, decade-to-decade they don't give it a second thought? Or, maybe they understand that their occupation is important from day-to-day, etc; but do they truly know that the impact their work has on your life is going to last a life-time?! Rarely; and it's not that they don't care; it's just that the "show" must go on and they've got more work to do in an hour or so; sometimes even less than that! Our HVTC Featured Athlete of the Month, Megan Corjulo, is a mid-wife and is the first to welcome little-ones into this world for women in our neck of the woods. How special is she? Let's find out.



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Megan was born in Kingston, New York; the youngest of seven children and there was never a dull moment. She also attended Kingston High School where she was a cheerleader and soccer player. Now, the soccer needs some explaining; during the half-time of a football game, a coach spotted Megan playing-around on the field and instantly planned to recruit her for the soccer team...the BOYS JV soccer team! Yes, she was the first and ONLY girl to ever play boys soccer in Kingston. Congratulations, Meg! She also ran cross-country her senior year in high school because the same coach thought that the boys Varsity soccer team would be “too physical for a girl.” Whatever.

Post high-school she went to Keuka College (played soccer) and then transferred to Hartwick College in Oneonta, NY. Megan majored in Nursing and Philosophy; then she went on to get her Masters in Science Specialty in Midwifery at SUNY Stony Brook in 2004. At Hartwick, she walked onto the x-c team and ran indoor/outdoor track as well and eventually became the captain her senior year.

Today, Megan lives six houses down from her childhood home. She and her husband Clay just celebrated their 20th wedding anniversary; they met at Hartwick and ran cross-country together. Megan talked him into doing the Philadelphia Marathon in 1986; and it's where Megan set her marathon PR of 3:09 (nice!). Much of their life revolves around their three kids; Ryan 17, Hannah 14 and Kacey 12. Megan and Clay returned to Kingston in 2002 because she had begun her Masters degree and needed help with the kids from Grandma and Grandpa; which was truly a blessing.

Megan works as a Midwife at Sharon Hospital in Sharon, Connecticut. “It's been a calling since I was in the 5th grade.” Whoa; now THAT'S a calling! The most challenging part about her job is that it requires crazy hours; you know the kid comes-out when he/she's good-n-ready and usually when you're not ready. So, she'll be up for ungodly hours on end; and then, have to go-in and receive another one after that...smiling all the while (yeah, right!). Regardless, it's an incredibly beautiful and rewarding job that Megan loves with all her heart. And, somebody's gotta do it; it might as well be her!

In 2007, Megan joined the YMCA triathlon group mostly to find some “friends” to hang out with. This led her to meeting Jen (Borrero), Tracy (Little) and Melissa (Signor); who are all now HVTC members. The group's first “race” among themselves was very inspirational and included women from all stages of life; just turning 60, some losing weight, others just to meet other women athletes, etc. Her first official triathlon was the Women's Triathlon in Farmington, CT. “I was hooked! It was fun to compete with such a vast array of women.” Since then, Megan has completed several other races; HVTC Summer Tri-Series, Lake George Triathlon, Lake Placid Half Marathon, Virginia Beach Half Marathon and the Kingston Classic (1st F40-49, 2009).



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The main reason Megan joined the women's tri-group was because her work hours have an isolating effect. She thinks what keeps her interest is the diversity of people that she gets to train and compete with. Athletes that haven't been in shape for years inspire her and she gets to see their transformation over the year's or witness the first-time Ironman. "I love it all." A secondary reason is..."I'm never last." She likes the group training, mixed with the individual training; and she enjoys the fact that she doesn't know her final standing until the times are posted later-on. For her, even a bad time is a great day out; and she gets a thrill out of knowing that if she puts-on her shoes faster than someone else she may beat them. "Really, I think about that all the time!" However, when asked about how she feels after a triathlon her response is hysterical, "terrible." But the fact that she gets to indulge in her favorite, organic, junk-food makes it all worth it...Oreos and milk. Okay, maybe they're not that organic, but it's fun to think so!

The truth be told, Megan feels awful during the race, but instantly better when she sees her family out on the course or in transition area; that's when she thinks about inspiring them, to be and do more than you thought you could. Her hope is to be a role-model for them by participating in triathlon in her mid-40's to create a life of clean living and exercise now and beyond. And besides, it helps her to maintain her position as fastest downhill skier in the family; not to mention, her five-year-old nephew who stares dumb-founded when Megan states that she "ran" from Kingston to Hurley, and back. Keep 'em guessin'!

Megan is very shy when it comes to expressing her goals, etc. However, she's a meticulous planner and has very clear objectives when it comes to improvement and performance. In fact, she thinks about triathlon and training non-stop; but not while at work; that would be bad (Fumble!!!). Yes, she'll check the weather, who's available to train, where are the kids, what time can she get-out there, and on and on. She admits to have been obsessing since last year's Lake George Triathlon, "How can I get better, stronger, faster?!" Okay, so she's a bit competitive and her whole year is geared to this race; her family owns a vacation home at the picturesque venue, too. Some additional goals include completing an Ironman and attend a tri-camp in Hawaii; both are easily attainable.

Many of Megan's clients thank her and express that they couldn't have achieved the birth of their child without her incredible guidance and loving support. It's certainly a gift and requires someone with patience and humility. And, of course, insomnia! Thanks, Megan.



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2010 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

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 (2/21/10) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

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

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi. www.nytc.org

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



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APRIL

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

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

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

MAY

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

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R
4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/8/10) S 1.2 mi., B 56
mi., R 13.1 mi. www.piranha-sports.com

St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 1.2 mi., B 56 mi., R 13.1
mi. www.stcroixtriathlon.com

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

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



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

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

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

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

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

Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com
Saratoga Lions Duathlon-Saratoga, NY (5/?/10) R 5k, B 20 mi., R 5k www.saratogalins.com

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

JUNE

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

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



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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

JULY

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

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

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



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

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

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

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

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

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

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

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

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

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



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Pine Bush Triathlon, Pine Bush, NY (7/?/10) S 325 yds., B 11.5, R 3.25
www.pinebushtriathlon.org

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

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

AUGUST

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

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

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

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

Central Park Triathlon-New York, NY (8/8/10) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

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

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



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

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

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

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

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

West Point Triathlon-West Point, NY (8/15/10) S 800 m, B 25k, R 5k www.usma.edu/USCC/DCA/Clubs/trit/

Timberman Sprint Triathlon-Gilford, NH (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

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

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

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

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



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SEPTEMBER

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

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

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

Westchester Toughman-Croton Point Park, NY (9/12/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/15/10) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

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

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

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

Marshman Sprint Triathlon-Downingtown, PA (9/19/10) S ¼ mi., B 12.5 mi., R 2 mi.
www.piranha-sports.com

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



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

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

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

Chesapeakman-Cambridge, MD (9/25/10) S 2.4 mi., B 112 mi. www.tricolumbia.org

OCTOBER

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

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

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

NOVEMBER

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

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



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

2010 HVTC RACE RESULTS

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/21/10) S 15 min., B 20 min., R 20
min. www.ymcaulster.org

<u>Overall Female:</u>	Colleen Hack	9.642
	Jennifer Borrero (1 st F45-59)	8.687
	Lady Brady-Walzer	7.142
<u>Overall Male:</u>	Mike Halstead	11.610
	Nick Brundage (3 rd Overall)	11.406

MARCH

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

<u>Overall Female:</u>	Felicia Kearsley	1:10:57
<u>Overall Male:</u>	Brian Grodin	0:56:03
	Mike Halstead (2 nd Overall)	0:58:11
	Chris Loftus	1:13:49

March Madness Biathlon-New York, NY (3/28/10) R 2 mi., B 12 mi., R 2 mi.
www.nytc.org

<u>Overall Female:</u>	Jaime Windrow	1:06:35
	Jeanette Shelow-MacDougall (3 rd Overall)	1:10:02
	Carolyn Mandaro (1 st F45-49)	1:29:12
	Antonia Noonan	1:33:14
<u>Overall Male:</u>	Eneas Freyre	0:55:44
	Frank Priest	1:19:33



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

Overall Female: ???

Overall Male: Stephen Carr 0:50:13
Mitch Donner 1:13:34

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

Overall Female: Amy Farrell 1:44:36

*Erica Ruge (6th F35-39) 1:54:36

*Kathryn Flodquist (18th F40-44) 2:04:00

*Qualified Duathlon World Championship-Edinburgh, Scotland September 2010

Overall Male: Kaleb Vanort 1:30:39
Troy Weaver 2:03:57

St. Anthony's Triathlon-St. Petersburg, FL (4/25/10) S 15.k, B 40k, R 10k

www.satriathlon.com

Overall Female: Sarah Haskins 1:58:49

Jeanette Shelow-MacDougall 2:22:53

Overall Male: Cameron Dye 1:48:44

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



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2009 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

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

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Jeanette Shelow-MacDougall	45-59			
Jean Norton	45-49			
Barbara Sessa	40-44			
Lauren Warren	40-44			
Erica Ruge	35-39			
Kathryn Flodquist	40-44			
Barbara Sessa (Duathlon)	40-44			
Mary DeNitto	60-64			
Julie LoRusso	40-44			
Alicia Olmoz	35-39			
Alicia Olmoz (Duathlon)	35-39			
Michele Yasson	45-49			
Julie LoRusso (Duathlon)	40-44			
Mineke Etienne	30-34			
Roge Nesbitt	40-44			
Linda Rosenthal	60-64			
Diana Tsingopoulos	60-64			

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

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

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Mike Halstead (Duathlon)	40-44			
Alex Sherwood	30-34			
Mike Halstead	40-44			
Michael Bakker	40-44			
Nick Brundage	20-24			
Nick Brundage (Duathlon)	20-24			
Art Boyko	40-44			
Mark Wilson	40-44			
Jim Stafford	40-44			
Mike Vance	25-29			
Nate DeBoever	16-17			
Dave Nazaroff (Duathlon)	40-44			
Tom Ganz	35-39			
Charles Pegg	35-39			
Bob Gramling	50-54			
Jon Stern	45-49			



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Jim Demis	45-49
Troy Weaver	40-44
Mark Rabens	40-44
Matt Merchant	50-54
Bill Norton	55-59
Richard Miller	55-59
John Dowley	35-39
Patrick Murphy	35-39
Doug Thompson	40-44
John Ferrara	50-54
Mark Graminski	50-54
Steven Pressman	55-59
Steve Fischer	50-54
Maurice Tessier	35-39
Larry Knapp	50-54
Peter Oxenholm	40-44

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

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

2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2009 HVTC Most Improved Award: **Kathryn Flodquist**

2009 HVTC Female Honorable Mention Award: **Lauren Warren**

2009 HVTC Female Honorable Mention Award: **Barbara Sessa**

2009 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

MALE

2009 HVTC Rookie of the Year Award: **Bill Thompson**

2009 HVTC Volunteer of the Year Award: **Dave Haze**

2009 HVTC Male Honorable Mention Award: **Michael Bakker**

2009 HVTC Male Honorable Mention Award: **Alex Sherwood**

2009 HVTC Male Triathlete of the Year Award: **Nick Brundage**



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2009 HVTC Summer Tri-Series Winners

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

2nd Place: **Barbara Sessa (60)**

3rd Place: **Michele Yasson (60)**

4th Place: **Lauren Warren (58)**

5th Place: **Alicia Olmoz (53)**

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

2nd Place: **Mike Halstead (72)**

3rd Place: **Mark Wilson (61)**

4th Place: **Alex Sherwood (58)**

5th Place: **Doug Thompson (56)**

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette Shelow-MacDougall (54:32)

Swim-Christine Honig (4:50)

Bike-Shannon Dawkins (36:30)

Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (4:16)

Bike-Terry Kerrigan (32:05)

Run-Nick Mancuso (10:02)

ANNOUNCEMENTS

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



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