

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 131 April 2012

IN A FEW WORDS

Dear HVTC,

April is a great month for training; the long rides begin, the runs are easier due to less clothing/weight, and the open water swimming is calling. Soon enough; on Wednesday, May 2nd we'll brave the cold water and begin the summer group training. I hope you can make it! See ya out there.

Sincerely,
Mark H. Wilson
Founder-Hudson Valley Triathlon Coach

HVTC Featured Athlete: Charles Pegg*

By Mark H. Wilson

Has this ever happened to you? Of course not, but you know friends who've been through it, right? They decide to grow up and pursue other activities besides sports, such as; a career, paying bills or spending time with their husband/wife. They maintain that for awhile, you're even impressed with their fortitude and everyone seems perfectly happy...until they snap, and they're back at it again! Yep, this has happened to the best of 'em. Headed for the straight and narrow and that nasty triathlon bug just jumps up and bites 'em in the ass. You've heard them pleading, "It's not my fault! It's my nature! It's who I am." (You shake your head.) Uh-huh, classic case. Well, that's what's happened to Charles Pegg, our HVTC Featured Athlete of the Month. Charles is a transplant from jolly old England with some impressive athletic experiences. Let's get to his story!

Charles Pegg is 34 years old and was born in Hampshire, England. He attended prep school and later Radley College which were both near Oxford. Charles played all team sports at prep school and was the Captain of the Rugby and Cricket teams. He was a track star, too! He ran sprints of 100m through 400m, hurdles, long jump and triple jump with school records that lasted a few years. He was also fortunate enough to run at the Iffley road track in Oxford where Roger Bannister broke the 4 minute mile! He ended his U-14 athletic career by running in the All-England 400m Final at White City, London. He was shocked by his competitors speed but dug deep and finished in 4th overall. While at Radley, Charles focused on team sports and was Captain of the cricket team. He left school early to follow his dream of "playing cricket for England." For three years he played for what would be considered the Minor League Baseball circuit of cricket for England, coaching and playing in an Australian league during the winter. However, he became disillusioned and missed out on a first team contract.

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At this stage in his life, Charles ran away from cricket to New York City! He had too much fun, met his future wife (Charise) and discovered some balance with yoga and a vegetarian lifestyle. Consequently, he attended The Swedish Institute of Massage; he graduated with a rekindled passion for Eastern bodywork, became an instructor of Eastern studies at the Institute and started a company called Pegasus Healing Systems, Inc. His company provided onsite stress reduction to corporations and massage at sporting events. The company had a few good years, but he wasn't completely happy. "I realized that I missed the competitive arena when providing massage at Madison Square Garden for a computer convention!" It wasn't until he actually got out of the basement one time and into the "arena" that he realized he needed a change. The change came too quickly as he lost all of his clients due to the market crash and his dream of saving corporate America ended abruptly. So Charles, Charise and their one year old son-Taane (Maori, meaning "God of the Forest") moved to Woodstock to begin their new life.

Once settled in Woodstock, Charles began a tree care service specializing in climbing and pruning because of his desire to be outdoors. The organic living reminded him of his need for the "competitive edge." So, faced with the possibility of becoming really overweight he entered the Pine Hill Arms Triathlon in 2003 and placed 4th overall. (Guess he wasn't that fat, yet!) His first "proper" triathlon was the Hudson Valley Triathlon last year. He placed 143rd overall and let's just say he spent lots of time in the Hudson.um.fishing! Then he jumped on his mountain bike!! Ah, rookies. Ya gotta love 'em. As always, that experience turned him on to the sport and he's been hooked ever since. He finished his debut season with a 3rd place finish in his age group at the Greenwood Lake Triathlon. BTW, Charles found a road bike "gathering dust on a friend's wall." It had an interesting carbon fiber frame! So, he began the process of upgrading the components and then needed to learn how to ride it. "One day, just when I felt like I had gotten the hang of it, I cut across the street, hopped up onto the curb stopping dead on the lip and unable to unclip quickly enough, rolled over! I, of course, jumped up and brushed myself off in hopes no-one had seen me." Yep, it happens!

After an exciting start in triathlon and less carbs over the winter (beer), Charles began a serious base-build for 2004. His first race was the YMCA Indoor Triathlon and he came in 3rd overall! Then returned to the Pine Hill Arms ski/bike/run and took 5th place overall, 5 minutes faster than last year. He met some HVTC members at the race and decided he must join the club! He also ran the Kingston Classic last week and placed 36th overall in a personal best time of 38:58 on a very hot spring day. Charles noticed the numerous club members and the mutual support that was exchanged by everyone.

The Trooper Biathlon is the next race on Charles' schedule and he's "craving" some open-water swimming. He's looking forward to the HVTC Summer Points Series and plans to do a few sprint and Olympic races which will lead up to the Timberman Half in August. Come November, he plans to end the season with the Laguna Phuket Triathlon in Thailand. His brother lives there and he hasn't seen him in years. Charles' long-term goals include an Ironman in the next year or so and he'd love to qualify for Kona.

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Charles wanted to express this, too. "Please may I take this opportunity to thank the club for their kind welcome and thanks to Billy at Overlook Mountain Bikes and Karen with her run group from Athletica in Woodstock." Thanks, Charles!

*Today, Charles is the Founder/President of Pegasus Wellness Programs (www.pegasuswell.com). And, you can experience his magic personally as he is one of our fine massage therapists at the HVTC Summer Tri-Series.

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2012 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.

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

8. City, state and/or country of race?

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

10. **Race website?!?!?**

JANUARY

HITS Open Triathlon-Naples, FL (1/7/12) S 100 meters, B 3 mi., R 1 mi.

www.hitstriathlonseries.com

HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi.

www.hitstriathlonseries.com

HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.

www.hitstriathlonseries.com

HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi.

www.hitstriathlonseries.com

HITS Full Triathlon-Naples, FL (1/8/12) S 2.4 mi., B 112 mi., R 26.2 mi.

www.hitstriathlonseries.com

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

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MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/?/12) Ski 2.5 mi., B 10 mi., R 3 mi.
www.pinehillarms.com

APRIL

2012 Duathlon National Championship-Tucson, AZ (4/?/12) R 10k, B 40k, R 5k
www.usatriathlon.org

MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/?/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/12) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

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

Trooper Biathlon-Hurley, NY R 2 mi., B 14 mi., R 2 mi. www.nytc.org

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

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

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

Toga Biathlon-Congers, NY R 4.25k, B25k, R 4.25k www.togamultisport.com

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

EnduraSport Mini Triathlon-Harriman, NY S .6 mi., B 29 mi., R 6.2 mi.
www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY S 1.2 mi., B 57 mi., R 13.1 mi.
www.genesisadventures.com

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Columbia Triathlon-Ellicott City, MD S 1.5k, Bike 41k, R 10k www.tricolumbia.org

JUNE

HITS Open Triathlon-Hunter, NY (6/9/12) S 100 meters, B 3 mi., R 1 mi.
www.hitstriathlonseries.com

HITS Sprint Triathlon-Hunter, NY (6/9/12) S 750 meters, B 12.4 miles, R 3.1 mi.
www.hitstriathlonseries.com

HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.
www.hitstriathlonseries.com

HITS Half Triathlon-Hunter, NY (6/10/12) S 1.2 mi., B 56 mi., R 13.1 mi.
www.hitstriathlonseries.com

HITS Full Triathlon-Hunter, NY (6/10/12) S 2.4 mi., B 112 mi., R 26.2 mi.
www.hitstriathlonseries.com

Escape From Alcatraz-San Francisco, CA S 1.5 mi., B 18 mi., R 8 mi.
www.escapefromalcatraztriathlon.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

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

Blackwater Eagleman Triathlon-Cambridge, MD S 1.2mi, B 56mi, R13.1mi
www.tricolumbia.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/12) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Health Net Mossman Triathlon-Milford, CT S 1.5k, B 40k, R 10k www.trifitness.net

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

Pat Griskus AquaVelo-Middlebury, CT S 1.5k, B 40k www.patgriskustri.com

Lake Waramaug Sprint Triathlon-New Preston, CT S .5 mi., B 9.1 mi., R 3.3 mi.
www.plattsys.com

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CAUTION: Participating in the sport of triathlon and HVTC may cause radiant health and spiritual well-being!

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

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

Philadelphia Triathlon-Philadelphia, PA S 1.5k, B 40k, R 10k www.phillytri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT S 600 yds., B 14 mi., R 3.1 mi. www.rushtonsports.com

Stamford Olympic Triathlon-Stamford, CT S 1.5k, B 40k, R 10k www.hartfordmarathon.com

JULY

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

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

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/12) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT S 600 yds. B 14 mi., R 3.1 mi. www.rushtonsports.com

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

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

Mossman Triathlon-Norwalk, CT S .5 mi., B 12.5 mi., R 5k www.teammossmann.com

Ironman USA-Lake Placid, NY S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

AUGUST

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

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New York City Triathlon-NYC, NY S 1.5k, B 40k, R 10k www.nyctri.com

**Lake Dunmore Triathlon-Salisbury, VT S .9 mi., B 28 mi., R 6.2 mi.
www.rushtonsports.com**

**Fronhofer Tool Triathlon-Cambridge, NY S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com**

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/12) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT S 1.5k, B 40k, R 10k
www.teammossman.com**

Lums Pond Triathlon-Bear, DE S .5 mi., B 19.5 mi., R 3.1 mi. www.piranha-sports.com

West Point Triathlon-West Point, NY S 800 m, B 25k, R 5k www.westpointtri.com

2012 USAT National Age Group Championship-Burlington, VT S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

2012 USAT Sprint National Age Group Championship-Burlington, VT S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

**Timberman Sprint Triathlon-Gilford, NH S 1/3 mi., B 15 mi., R 3 mi.
www.ironman.com**

**Timberman Half-Ironman Triathlon-Gilford, NH S 1.2 mi., B 56 mi., R 13.1 mi.
(USAT New England Regional Championship) www.ironman.com**

Sebagoman-Harriman, NY S .9 mi., B 21 mi., R 6.2 mi. www.genesisadventures.com

Crystal Lake Triathlon S .5 mi., B 18 mi., R 3 mi. www.cdtriclub.org

**Orange County Triathlon-Newburgh, NY S 1,500 meters, B 40k, R 10k
www.orangecountytri.com**

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SEPTEMBER

Big George-Lake George, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.lgtrifestival.com

2012 ITU Short Course Triathlon World Championship-New Zealand S 1.5k, B 40k, R 10k www.usatriathlon.org

S.O.S.-New Paltz, NY B 30 mi., R 4.5 mi., S 1.1 mi., R 5.5 mi., S .5 mi., R 8 mi., S .5 mi., R .7mi. www.sostriathlon.com

Women's Triathlon-Farmington, CT (9/2/11) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

Westchester Toughman-Croton Point Park, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Ironman 70.3 World Championship-Lake Las Vegas, NV S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Vineyard Warrior Triathlon-Martha's Vineyard S 1.5k, B 40k, R 10k www.vineyardwarrior.com

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

Lake George Triathlon-Lake George, NY S 1.5k, B 40k, R 10k www.adktri.org

Hammerfest Triathlon-Branford, CT S .5 mi., B 13.5 mi., R 4 mi. www.plattsys.com

Savageman Triathlon-Deep Creek Lake State Park, MD S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

Marshman Sprint Triathlon-Downingtown, PA S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY S 1.5k, B 40k, R 10k www.score-this.com

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

HITS Open Triathlon-Cooperstown, NY (9/22/12) S 100 meters, B 3 mi., R 1 mi. www.hitstriathlonseries.com

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HITS Sprint Triathlon-Cooperstown, NY (9/22/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

HITS Olympic Triathlon-Cooperstown, NY (9/22/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

HITS Half Triathlon-Cooperstown, NY (9/23/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

HITS Full Triathlon-Cooperstown, NY (9/23/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.hitstriathlonseries.com

OCTOBER

Cape Henlopen Triathlon-Lewes, DE S ¼ mi., B 14 mi., R 5k www.piranhasports.com

Toga Duathlon-Congers, NY R 4.25k, B25k, R 4.25k www.togamultisport.com

NOVEMBER

HITS Open Triathlon-Lake Havasu City, AZ (11/10/12) S 100 meters, B 3 mi., R 1 mi. www.hitstriathlonseries.com

HITS Sprint Triathlon-Lake Havasu City, AZ (11/10/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

HITS Olympic Triathlon-Lake Havasu City, AZ (11/10/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

HITS Half Triathlon-Lake Havasu City, AZ (11/11/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

HITS Full Triathlon-Lake Havasu City, AZ (11/11/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.hitstriathlonseries.com

DECEMBER

HITS Open Triathlon-La Quinta, CA (12/1/12) S 100 meters, B 3 mi., R 1 mi. www.hitstriathlonseries.com

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HITS Sprint Triathlon-La Quinta, CA (12/1/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

HITS Olympic Triathlon-La Quinta, CA (12/1/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

HITS Half Triathlon-La Quinta, CA (12/2/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

HITS Full Triathlon-La Quinta, CA (12/2/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.hitstriathlonseries.com

2012 HVTC RACE RESULTS

JANUARY

HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

Overall Female: Erin Smith 1:17:33

Overall Male: Joe Malloy 0:57:17
Troy Weaver (1st M45) 1:14:57

HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

Overall Female: Kelly Kingma 2:23:53

Overall Male: Alex Habecker 1:58:59
Steve Fischer (2nd M54) 2:59:25

HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

Overall Female: Karen Tamsen 5:11:42

Overall Male: Scott Anderson 4:32:26
Troy Weaver 6:15:51

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FEBRUARY

HITS Sprint Triathlon-Corpus Christi, TX (2/18/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

<u>Overall Female:</u>	Monserrat Morales Lopez	1:21:37
<u>Overall Male:</u>	Frank Sarosdy	1:04:18
	Troy Weaver (1 st M45)	1:16:20

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Jennifer Jankowski	09.747
	Marcy Duffy (1 st F30-34)	09.109
	Mary DeNitto (1 st F60-64)	08.948
	Laila Brady (2 nd F50-54)	07.251
<u>Overall Male:</u>	John Mitchell	11.232
	Bill Shashaty (3 rd Overall)	11.083
	Chad Duffy (3 rd M30-34)	10.218
	Bill Pape (1 st M60-64)	09.955

MARCH

Ironman 70.3 San Juan-San Juan, Puerto Rico (3/18/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

<u>Overall Female:</u>	Kelly Williamson	4:14:06
<u>Overall Male:</u>	Timothy O'Donnell	3:51:32
	Ray Canals	6:41:42

HITS Sprint Triathlon-Ocala, FL (3/24/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

<u>Overall Female:</u>	Catherine LaCrosse	1:15:20
<u>Overall Male:</u>	Rod De Kanel	1:05:08
	Troy Weaver (1 st M45)	1:22:33

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

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OCTOBER
NOVEMBER
DECEMBER

2011 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. HVTC Summer Tri-Series #1, HITS Triathlon Series: Hunter Mountain & Cooperstown, NY.)

Name (Women)	AG	Honors	Rank	Nat'l AG
Place				
Erica Ruge	35-39	AA	93.6744	48
Rachel Loftus	25-29		84.4581	241
Michele Yasson	50-54		77.5332	250
Mary DeNitto	60-64	AA	77.5128	12
Pam Neimeth	50-54		75.9548	308
Tracy Little	50-54		72.9134	420
Marcy Duffy	30-34		71.7363	1160
Jennifer Borrero	50-54		71.5305	483
Megan Corjulo	45-49		69.2889	995
Terri Keating	55-59		62.3014	372
Janice Cragolin	55-59			

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

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

Name (Men)	AG	Honors	Rank	Nat'l AG
Place				
Michael Bakker	45-49	AA	97.4978	8
Mike Halstead	45-49	AA	95.1049	23
Bruce Cadenhead	45-49	AA	91.6598	80
Charles Pegg	40-44		84.1375	599
Art Boyko	45-49		83.4039	449
Bob Gramling	55-59	HM	82.6512	75
Bill Shashaty	40-44		80.6246	1044
Jim Demis	45-49		79.4144	817
Chris Loftus	40-44			
Chad Duffy	30-34		78.6360	1180
Troy Weaver	45-49		76.9617	1101
Keith O'Malley	45-49			
Richard Miller	55-59		75.0584	332
Kevin Adams	40-44			
Peter Oxenholm	45-49		74.6052	1436
Steven Pressman	60-64		71.7345	177
Tom Struzzieri	50-54		70.8049	1255
Frank Priest	60-64		69.7324	232
John Ferrara	50-54		69.1296	1443
Steve Fischer	50-54		66.8959	1686

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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2011 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2011 HVTC Rookie of the Year Award: **Haley Fields**

2011 HVTC Most Improved Award: **Tracy Little**

2011 HVTC Female Honorable Mention Award: **Rachel Loftus**

2011 HVTC Female Honorable Mention Award: **Mary DeNitto**

2011 HVTC Female Triathlete of the Year Award: **Erica Ruge**

2011 HVTC Volunteer of the Year Award: **Rosa Wilson**

MALE

2011 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2011 HVTC Male Honorable Mention Award: **Mike Halstead**

2011 HVTC Male Triathlete of the Year Award: **Mike Bakker**

2011 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge**

2nd Place: **Rachel Loftus**

3rd Place: **Michele Yasson**

4th Place: **Tracy Little**

5th Place: **Marcy Duffy**

Men's Champion: **Mike Bakker**

2nd Place: **Mike Halstead**

3rd Place: **Bill Shashaty**

4th Place: **Bob Gramling**

5th Place: **Bruce Cadenhead**

HVTC Summer Tri-Series Standing Course Records

Women

Course-Erica Ruge (54:23)

Swim-Christine Honig (4:50)

Bike-Erica Ruge (36:20)

Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (3:54)

Bike-Mike Bakker (31:56)

Run-Nick Brundage (10:01)

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
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ANNOUNCEMENTS

- **Mark H. Wilson-Race Director...HITS Triathlon Series; A Distance For Everyone™**
- **2012 HVTC Summer Tri-Series: June 13, July 11, August 15 & September 12.** 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 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 2012 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2012 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2012 HVTC \$240.00 membership is valid from January 1-December 31.**

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