

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 123 August 2011

IN A FEW WORDS

Dear HVTC,

If you'd like to become a Master of anything; face NEW fears. If you'd like to experience higher levels of joy, take NEW actions. If you'd like to reach your highest level of athleticism, do NEW workouts. Become a NEW you; become a NEW triathlete. See ya out there!

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

HVTC Featured Athlete: Mike Bakker*

By Mark H. Wilson

Triathlon has so many interesting characters participating in the multi-disciplined event that discovering each individual's story is simply fascinating! Lining-up for a race start can be a jarring experience to say the least, and listening to folks discuss their personal and professional lives can be just as riveting...as the gun fires. Michael Bakker is our Featured Athlete of the Month who's loaded with stories and a quick wit to boot. You can often find him (a.k.a. Murph) at a popular triathlon forum slowtwitch.com created by the venerable Dan Empfield; Mike's always teasing and cajoling other forum members regarding race courses, times, etc. as if in a virtual barroom debate. As an athlete, he's the real deal and qualified for the "big show" in Kona by ripping-off a 10:20 at Ironman Lake Placid last July. Nice stuff! So what's goin' on in his world? Let's find out.

Mike was born in Valhalla, New York during the "Paleolithic Era." He attended Valhalla High School and went on to Syracuse University. His major was drinking with a minor in finance. Once upon a time, fraternities were "in" and Mike was a "Mighty Sig Ep Trooper." Think "Revenge of the Nerds." No worries, though, he graduated and now lives in Garrison, New York with his wife Cathy, daughter Emma and dog Murphy. He must have done some studying (unless he's one of those sleep-through-class-get-an-A-types) because he's the Financial Advisor/Vice President at Wachovia Securities. Nice! A former skier, Mike now enjoys rock climbing, ice climbing, hiking, paddling, mountain biking, adventure racing and, of course, beer guzzlin'. And just for the record, Mike insists that pizza, ice cream and beer are ALL good for you due to the high content of carbohydrate, protein and moderate fat; more power to ya!

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When Mike was a kid he used to jump his bike like he was Evel Knevel. His athleticism showed promise and it led him to competitive running in high school; 800 meters in track and also cross-country. He remarks that the coolest thing about being a successful triathlete is that he doesn't have to recall the "good ol' days" as a youngster; it's happening right now! No re-living "the glory days" for Mike; his entry into triathlon was via adventure racing during the 90's. A teammate convinced him to do a triathlon because he had already established himself as a good mountain biker and his running was adequate, at the time. His Achilles heel? "But I can't swim!" he moaned. His buddy encouraged him to purchase a wetsuit (thank goodness for wetsuit companies!), and Mike completed the Hudson Valley Triathlon in July 2002 and finished in the top third of the field. Not bad for the first time out!!

Despite the fact that some of Mike's co-workers didn't even know he was a triathlete until AFTER he finished Lake Placid and qualified for Kona, the company quickly sent a video crew to one of the HVTC Summer Tri-Series races to film/interview him. Since becoming a tri-celebrity, his love and enjoyment of the sport has grown tremendously! Nah, truly he finds triathlon to be interesting and challenging; "you can improve yourself in so many ways, and set goals and achieve them." Mike has come to know so many incredible athletes through the sport and subsequent internet forums like Slowtwitch. When asked if he thinks about triathlon more than his job, his response is..."Doesn't everybody?!" 'Nuff said.

The second year he entered the Hudson Valley Triathlon, the water level was so low that most of the field was able to walk most of the swim leg! Being an honest gentleman, Mike felt obliged to take a few strokes on the return "with the current." Uh-huh! Consequently, he had a fantastic "swim" split. A word to the wise, running the swim exhausts the legs; Michael's legs were spent for the bike and run. Back to the drawing board!

The swim has been such a knuckle-ball for Mike that he feels like a "shipwreck survivor" when exiting the water! He's really at home on the bike and best likens his experience to that of a "fighter pilot" and then he proclaims his running as "a very pale Kenyan." The speed is there, but he may have a bit too much muscle for that one! He always recommends the sport to others, and in his own words triathlon has the highest "cool people to A-hole ratio" out of any sport he's ever done. Guess we'll just keep this one among us, huh?!

Since those first couple of tri's, Mike has been busy racing with some very impressive results; the "ultimate" HVTC Summer Tri-Series, Timberman, American Zofingen, Hudson Valley Triathlon, IM Lake Placid, Westchester Triathlon, Harriman Half IM and Kona. Recent highlights include qualifying for Kona at his first-ever Ironman and finishing the Ironman World Championship in daylight. He also placed 4th Overall at the unbelievably rugged American Zofingen as well as 1st M40-44 Harriman Half Ironman. Besides being a good father for his daughter Emma, his future triathlon plans involve:

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top-10 at Harriman Half IM, top-10 at Tupper Lake Half IM, and an age-group award at the Timberman Half IM. Mike would also like to do well in the latest of John McGovern's exciting duathlons; Devil's Kitchen Du, break 8 hours at A-Z, and maybe even subject his inner-duathlete to a swim-challenged thrash-fest of fun at the famous SOS. Only time will tell!

Mike has a special "thank you" for HVTC. "I'm pleased and honored to be a part of HVTC, which has to be the best Tri club in the universe! If I can ever learn to swim, maybe I can give the fast guys a run for their \$ someday. Thanks again to all for the overwhelming support when I was asking about borrowing a bike case for the Kona trip. I was humbled by your collective generosity." Thanks, Mike!

*This article was first printed in February 2007; Mike has since won the AZ Middle & Long Course events; and, has become one of the "fast guys" he was referring to beating!

2011 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?

Date of race?

Overall male & finish time?

Overall female & finish time?

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 (2/20/11) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/?/11) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k www.usatriathlon.org

MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/11) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

Trooper Biathlon-Hurley, NY (5/8/11) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

American Zofingen (Long Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 85 mi., R 15.45 mi. www.cm2promotions.com

American Zofingen (Medium Course)-New Paltz, NY (5/15/11) R 10.30 mi., B 58 mi., R 10.30 mi. www.cm2promotions.com

American Zofingen (Short Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 29 mi., R 5.15 mi. www.cm2promotions.com

Toga Biathlon-Congers, NY (5/?/11) R 4.25k, B25k, R 4.25k www.togamultisport.com

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Cascade Lake Triathlon-Hampstead, MD (5/15/11) S .3 mi., B 15 mi., R 5k
www.piranha-sports.com

Florida 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi.
www.ironman.com

EnduraSport Mini Triathlon-Harriman, NY (5/21/11) S .6 mi., B 29 mi., R 6.2 mi.
www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (5/21/11) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

JUNE

Escape From Alcatraz-San Francisco, CA (6/5/11) S 1.5 mi., B 18 mi., R 8 mi.
www.escapefromalcatraztriathlon.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/5/11) S 1.5k, B 40k, R 10k
www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/8/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Health Net Mossman Triathlon-Milford, CT (6/?/11) S 1.5k, B 40k, R 10k
www.trifitness.net

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/11) S 1.5k, B 40k, R 10k
www.patgriskustri.com

Pat Griskus AquaVelo-Middlebury, CT (6/18/11) S 1.5k, B 40k
www.patgriskustri.com

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Xterra East Championship-Richmond, VA (6/?/11) S 1.5k, Mtn. B 30k, R 10k
www.xterraplanet.com

Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/11) S .5 mi., B 9.1 mi., R 3.3 mi. www.plattsys.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/25/11) S ½ mi., B 20 mi., R 10k www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k
www.phillytri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/26/11) S 600 yds., B 14 mi., R 3.1 mi. www.rushtonsports.com

Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

JULY

Diamond in the Rough Triathlon-Perryville, MD (7/9/11) S 1 mi., B 27 mi., R 5 mi.
www.piranha-sports.com

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/13/11) S .5 mi., B 10.5 mi., R 5k
www.patgriskustri.com

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/13/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/17/11) S 600 yds. B 14 mi., R 3.1 mi. www.rushtonsports.com

Musselman Triathlon (Half-IM)-Geneva, NY (7/15-17/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/15-17/11) S 500 yd., B 15 mi., R 3 mi. www.musselmantri.com

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Mossman Triathlon-Norwalk, CT (7/?/11) S .5 mi., B 12.5 mi., R 5k
www.teammossman.com

Ironman USA-Lake Placid, NY (7/24/11) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironman.com

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/11) S ½ mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

New York City Triathlon-NYC, NY (8/7/11) S 1.5k, B 40k, R 10k www.nyctri.com

Lake Dunmore Triathlon-Salisbury, VT (8/7/11) S .9 mi., B 28 mi., R 6.2 mi.
www.rushtonsports.com

Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/17/11) S 400 yds, B 12 mi., R 2
mi. www.hvtc.net

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/11) S 1.5k, B 40k,
R 10k www.teammossman.com

Lums Pond Triathlon-Bear, DE (8/14/11) S .5 mi., B 19.5 mi., R 3.1 mi.
www.piranha-sports.com

West Point Triathlon-West Point, NY (8/?/11) S 800 m, B 25k, R 5k
www.westpointtri.com

2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B
40K, R 10K www.usatriathlon.org (Qualifier 2012 ITU Short Course Triathlon
World Championship in New Zealand)

2011 USAT Sprint National Age Group Championship-Burlington, VT (8/20/11) S
750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2012 ITU Short Course
Triathlon World Championship in New Zealand)

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Timberman Sprint Triathlon-Gilford, NH (8/19-21/11) S 1/3 mi., B 15 mi., R 3 mi.
www.ironman.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-21/11) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.ironman.com

Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi.
www.genesisadventures.com

Crystal Lake Triathlon (8/20/11) S .5 mi., B 18 mi., R 3 mi. www.cdtriclub.org

Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k
www.orangecountytri.com

SEPTEMBER

Big George-Lake George, NY (9/4/11) S 1.2 mi., B 56 mi., R 13.1 mi.
www.lgtrifestival.com

2011 ITU Short Course Triathlon World Championship-Beijing, China (9/11/11) S 1.5k, B 40k, R 10k www.usatriathlon.org

S.O.S.-New Paltz, NY(9/11/11) 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/?/11) S .5 mi., B 12 mi., R 5k
www.hartfordmarathon.com

Westchester Toughman-Croton Point Park, NY (9/11/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Ironman 70.3 World Championship-Lake Las Vegas, NV (9/11/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Vineyard Warrior Triathlon-Martha's Vineyard (9/11/11) S 1.5k, B 40k, R 10k
www.vineyardwarrior.com

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/14/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Lake George Triathlon-Lake George, NY (9/18/11) S 1.5k, B 40k, R 10k
www.adktri.org

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Hammerfest Triathlon-Branford, CT (9/18/11) S .5 mi., B 13.5 mi., R 4 mi.
www.plattsys.com

Savageman Triathlon-Deep Creek Lake State Park, MD (9/17-18/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

Marshman Sprint Triathlon-Downingtown, PA (9/?/11) S ¼ mi., B 12.5 mi., R 2 mi.
www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY (9/?/11) S 1.5k, B 40k, R 10k www.score-this.com

Westchester Triathlon-Rye, NY (9/25/11) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.org

OCTOBER

Cape Henlopen Triathlon-Lewes, DE (10/9/11) S ¼ mi., B 14 mi., R 5k
www.piranha-sports.com

Toga Duathlon-Congers, NY (10/?/11) R 4.25k, B25k, R 4.25k
www.togamultisport.com

DECEMBER

HITS Open Triathlon-Coachella, CA (12/3/11) S 100 meters, B 3 mi., R 1 mi.
www.hitstriathlonseries.com

HITS Sprint Triathlon-Coachella, CA (12/3/11) S 750 meters, B 12 miles, R 3 mi.
www.hitstriathlonseries.com

HITS Olympic Triathlon-Coachella, CA (12/3/11) S 1,500 meters, B 24 mi., R 6 mi.
www.hitstriathlonseries.com

HITS Half Triathlon-Coachella, CA (12/4/11) S 1.2 mi., B 48 mi., R 13 mi.
www.hitstriathlonseries.com

HITS Full Triathlon-Coachella, CA (12/4/11) S 2.4 mi., B 96 mi., R 26 mi.
www.hitstriathlonseries.com

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2011 HVTC RACE RESULTS

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k

www.usatriathlon.org

Overall Female: Gail Katouf 1:37:00
Erica Ruge (3rd F35-39) 1:43:47

Overall Male: Dave Slavinski 1:26:14

Spring Dual Against CF (4/30/11) R 2 mi., B 12 mi., R 2 mi.

www.cm2promotions.com

Overall Female: Mendy Taylor 1:02:05
Rachel Loftus (3rd Overall) 1:05:43
Mary DeNitto (1st F60-64) 1:11:29
Jennifer Lang 1:15:37
Patty Fassetta-Ganz 1:26:16

Overall Male: Lukas Siska 0:54:02
Chris Loftus (2nd M40-44) 1:03:19
Bill Shashaty 1:04:44
Warren Sheprow 1:11:59

MAY

Bassman (Sprint)-Tuckahoe, NJ (5/1/11) S .35 mi., B 12 mi., R 3.1 mi.

www.citytri.com

Overall Female: Kristine Timmer 1:01:44

Overall Male: Tad Fabian 0:59:45
Frank Priest (1st M60-64) 1:12:53

Bassman (Half)-Tuckahoe, NJ (5/1/11) S 1.2 mi., B 58 mi., R 13.1 mi.

www.citytri.com

Overall Female: Holly Geldhauser 4:53:20

Overall Male: David Hollely 4:27:46
Tom Struzzieri 6:08:08

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Devilman (Sprint)-Millville, NJ (5/8/11) S .45 mi., B 23.5 mi., R 4 mi. www.piranhasports.com

Overall Female: Molly Roohi 1:35:32

Overall Male: Jonathan Fecik 1:26:12
Troy Weaver (2nd M45-490) 1:47:23

St. Anthony's Triathlon-St. Petersburg, FL (5/1/11) S 1.5k, B 40k, R 10k www.satriathlon.com

Overall Female: Sarah Haskins 1:52:28
Jeanette Shelow-MacDougall 2:12:30

Overall Male: Filip Ospaly 1:41:22

Trooper Biathlon-Hurley, NY (5/8/11) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

Overall Female: Erica Ruge 1:09:42
Michele Yasson (1st F50-54) 1:25:47
Marcy Duffy (2nd F30-34) 1:31:03

Overall Male: Mike Halstead 1:03:03
Nick Brundage (2nd Overall) 1:03:26
Chad Duffy 1:16:13
Jim Demis 1:16:16
Bill Shashaty 1:17:08
Richard Miller (1st M55-590) 1:18:14
Steven Pressman (2nd M60-64) 1:21:37

TriRock Annapolis, Maryland (5/14/11) S 500 m., B 12 mi., R 3.1 mi. www.trirock.competitor.com

Overall Female: Brownen Price 1:09:33
Antonia Noonan 1:39:48

Overall Male: Gregory Dierksen 0:58:13
Troy Weaver 1:20:56

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Ironman 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi.

www.ironman.com

Overall Female: Caitlin Snow 4:22:31
Jeanette Shelow-Macdougall(1st F45-49) 5:05:46

Overall Male: Andy Potts 3:53:14

American Zofingen Duathlon High Falls, New York(5/15/11) Short Course R 5mi., B 29mi., R 5mi. www.cm2promotions.com

Overall Female: Erica Ruge 3:12:40
Kathryn Flodquist 3:23:29

Overall Male: John Hirsch 2:47:13

American Zofingen Duathlon-High Falls, New York (5/15/11) Middle Distance R 5 mi., B 29 mi., R 5 mi., B 29 mi., R 5 mi. www.cm2promotions.com

Overall Female: Jana Richtrova 5:50:40

Overall Male: Michael Bakker 5:04:52
John Ferrara 6:49:24
Doug Thompson 6:30:19

American Zofingen Duathlon-High Falls, New York (5/15/11) Long Course R 5 mi., B 84 mi., R 15 mi. www.cm2promotions.com

Overall Female: Mimi Boyle 9:07:47

Overall Male: Josh Beck 7:05:06
Michael Halstead (3rd M45-49) 7:57:00

EnduraSport Mini Triathlon-Harriman, NY (5/21/11) S .6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

Overall Female: Mariana Lara 2:36:05
Mary DeNitto (1st F60-64) 3:20:18

Overall Male: Chris Gebhardt 2:16:19
Mike Bakker (2nd Overall) 2:21:20

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Ten Penny Ale Shamrock Duathlon-Glastonbury, CT (5/22/11) R 5k, B 28k, R 5k
www.hartfordmarathon.com

<u>Overall Female:</u>	Rebecca Stephenson	1:34:28
	Kathryn Flodquist (3 rd Overall)	1:41:05
<u>Overall Male:</u>	Eneus Fregne	1:18:09

Fly By Night Duathlon-Watkins Glen, NY (5/28/11) R 1.8 mi., B 10.2 mi., R 1.8 mi., B 10.2 mi., R 1.8 mi. www.flybynightdu.com

<u>Overall Female:</u>	Laura Kline	1:40:53
	Erica Ruge (2 nd Overall)	1:44:01
<u>Overall Male:</u>	Travis Kuhl	1:29:31

JUNE

Pawling Triathlon-Pawling, NY (6/4/11) S .5 mi., 12 mi., 5k www.nytc.org

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:05:44
	Michele Yasson (2 nd F50-54)	1:19:17
	Terri Keating	1:33:13
	Jennifer Lang	1:34:25
<u>Overall Male:</u>	Shawn Jackson	1:00:02
	Peter Oxenholm	1:13:44
	Steven Pressman (1 st M60-64)	1:15:40
	Warren Sheprow	1:17:40
	Frank Priest (2 nd M60-64)	1:17:57
	Thomas Skeados	1:20:24

Rev3 (Olympic)-Middlebury, CT (6/4/11) S 1.5k, B 40k, R 10k www.rev3tri.com

<u>Overall Female:</u>	Catherine Sterling	2:18:26
	Pam Neimeth (3 rd F50-54)	3:13:11
<u>Overall Male:</u>	Brett Nichols	2:05:46
	Nick Brundage	2:24:51

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Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

<u>Overall Female:</u>	Lesley Paterson	4:30:58
	Kathryn Flodquist	5:40:53
<u>Overall Male:</u>	Maxim Kriat	4:20:04

Escape From Alcatraz-San Francisco, CA (6/5/11) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

<u>Overall Female:</u>	Nicky Samuels	2:13:13
<u>Overall Male:</u>	Andy Potts	1:59:45
	Keith O'Malley	3:20:32

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/8/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

<u>Overall Female:</u>	Erica Ruge	0:55:18
	Rachel Loftus (2 nd Overall)	1:01:15
	Michele Yasson (3 rd Overall)	1:05:56
	Mary DeNitto (1 st F60-64)	1:07:11
	Tracy Little (1 st F50-54)	1:10:11
	Lise Hafner (1 st F45-49)	1:10:25
	Marcy Duffy (1 st F30-34)	1:11:09
	Megan Corjulo (2 nd F45-49)	1:14:15
	Margie McGoldrick (2 nd F50-54)	1:15:07
	Terri Keating (1 st F55-59)	1:16:45
	Jennifer Lang (3 rd F45-49)	1:18:22
	Antonia Noonan	1:18:27
	Roge Nesbitt	1:18:57
	Rachel Crop (1 st F25-29)	1:19:24
	Nancy Figueroa (1 st F40-44)	1:21:17
	Shelley Turk	1:23:49
	Darcy Dyer (3 rd F50-54)	1:36:25
	Diana Tsingopoulos (1 st F65-69)	1:43:06
	Melissa Signor (2 nd F55-59)	1:46:27
<u>Overall Male:</u>	Mike Bakker	0:48:37
	Nick Brundage (2 nd Overall)	0:49:30
	Mike Halstead (3 rd Overall)	0:51:24
	Bruce Cadenhead (1 st M45-49)	0:54:05

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Bill Shashaty (1 st M40-44)	0:58:44
Jon Stern (1 st M50-54)	0:58:57
Jim Demis (2 nd M45-49)	0:58:58
Chad Duffy (1 st M30-34)	0:59:25
Charles Pegg (2 nd M40-44)	1:00:21
Dennis Ebbing (3 rd M40-44)	1:01:29
Kurt Carney (3 rd M45-49)	1:02:05
Myron Baker Sr. (1 st M60-64)	1:02:42
Bob Gramling (1 st M55-59)	1:02:48
Chris Loftus	1:03:03
Warren Sheprow	1:04:58
John Ferrara (2 nd M50-54)	1:05:07
Steven Pressman (2 nd M60-64)	1:05:14
Tom Struzzieri (3 rd M50-54)	1:06:14
Peter Oxenholm	1:06:34
Henry Collins	1:10:41
Bill Thompson	1:11:35
Steve Fischer	1:12:38
Aaron Forstell (1 st M35-39)	1:17:38
Clay Corjulo	1:19:48
Tom Teufel	1:21:58

Williams Lake Sprint Triathlon-Rosendale, NY (6/12/11) S .5 mi., B 12 mi., R 3 mi.

www.cm2promotions.com

Overall Female:	Allison Schefer	1:17:26
Overall Male:	Charles Pegg	1:13:23
	Richard Miller (1 st M55-59)	1:18:22
	Steven Pressman (1 st M60-64)	1:22:49

Williams Lake Olympic Triathlon-Rosendale, NY (6/12/11) S 1 mi., B 24 mi., R 6 mi.

www.cm2promotions.com

Overall Female:	Jean Norton	2:24:59
	Mary DeNitto (1 st F60-64)	2:44:47
	Michele Yasson (1 st F50-54)	2:47:14
Overall Male:	William Schefer	2:02:47
	Jim Demis (2 nd M45-49)	2:24:27
	John Ferrara	2:49:05

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Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/11) S 1.5k, B 40k, R 10k

www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	2:01:35
	Jeanette Shelow-MacDougall (2 nd Overall)	2:06:49
	Erica Ruge (1 st F35-39)	2:07:13
	Kathryn Flodquist (3 rd F45-49)	2:18:26
	Rachel Loftus	2:23:54
	Jennifer Lang	3:04:32
<u>Overall Male:</u>	Chris Thomas	1:46:09
	Chris Loftus	2:22:14
	John Ferraro	2:40:12
	Frank Priest (3 rd M60-64)	2:40:19

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/11) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

<u>Overall Female:</u>	Kayla Segal	4:50:50
<u>Overall Male:</u>	Chuck Perrault	4:06:32
	Chad Duffy	5:25:54

Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k

www.phillytri.com

<u>Overall Female:</u>	Rebecca Wassner	1:59:36
	Jeanette Shelow-MacDougall	2:20:34
	Kathryn Flodquist	2:30:34
<u>Overall Male:</u>	Andy Potts	1:46:05
	Frank Priest	2:55:28

North Country Triathlon (Sprint)-Hague, NY (6/25/11) S 750 meters., B 20k, R 5k

www.northcountrytri.com

<u>Overall Female:</u>	Kristen Wangerin	1:18:21
	Megan Corjulo (1 st F45-49)	1:40:50
<u>Overall Male:</u>	Matthew Knight	1:14:48
	Clay Corjulo	1:52:43

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North Country Triathlon (Olympic)-Hague, NY (6/25/11) S 1,500 meters, B 40k, R 10k www.northcountrytri.com

<u>Overall Female:</u>	Michelle Rosowsky	2:36:11
<u>Overall Male:</u>	Joe Ward	2:21:34
	Tom Struzzi	3:10:31

Doc & Sok Triathlon-Watchung, NJ (6/26/11) S 1/3 mi., B 10 mi., R 5k www.greenbrookracing.com

<u>Overall Female:</u>	Bridgett Sherratt	1:00:03
<u>Overall Male:</u>	Scott Duprex	0:54:19
	Troy Weaver	1:07:44

Northern Dutchess Triathlon-Stanfordville, NY (6/26/11) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Erica Ruge	1:07:24
	Marcy Duffy (1 st F30-34)	1:29:27
<u>Overall Male:</u>	Tim Donahue	0:59:53
	Bob Gramling (1 st M55-59)	1:08:29
	Peter Oxenholm (3 rd M40-44)	1:15:05
	Warren Sheprow	1:19:36

JULY

Stissing Triathlon-Pine Plains, NY (7/2/11) S .5 mi., B 17 mi., R 3.3 mi. www.stissingsprint.com

<u>Overall Female:</u>	Erica Ruge	1:29:06
	Mary DeNitto (1 st F60-64)	1:44:20
	Tracy Little (1 st F50-54)	1:52:49
<u>Overall Male:</u>	Michael Sikorski	1:21:05
	Bruce Cadenhead (2 nd Overall)	1:23:25
	Bob Gramling (2 nd M55-59)	1:32:43
	Bill Shashaty (2 nd M40-44)	1:36:20
	Peter Oxenholm (3 rd M45-49)	1:38:52

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HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/13/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female:

Erica Ruge	0:54:23 CR
Rachel Loftus (2 nd Overall)	1:01:35
Mary DeNitto (3 rd Overall/F60-64)	1:05:28 CR
Michele Yasson (1 st F50-54)	1:06:30
Pam Neimeth (2 nd F50-54)	1:07:17
Tracy Little (3 rd F50-54)	1:11:16
Megan Corjulo (1 st F45-49)	1:13:03
Jennifer Borrero	1:13:20
Marcy Duffy (1 st F30-34)	1:14:50
Karen Bradbury (1 st F40-44)	1:15:12
Jennifer Lang (2 nd F45-49)	1:15:28
Margie McGoldrick	1:15:39
Shelley Turk (3 rd F45-49)	1:17:28
Roge Nesbitt	1:20:45
Jane Struzzieri	1:21:55
Nancy Figueroa (2 nd F40-44)	1:22:18
Haley Fields (1 st F20-24)	1:24:55
Darcy Dyer	1:27:21
Linda Cherny	1:34:29
Terri Keating (1 st F55-59)	1:35:44
Debby Dyle (1 st F35-39)	1:38:22
Diana Tsingopoulos (1 st F65-69)	1:38:56
Melissa Signor (2 nd F55-59)	1:51:40

Overall Male:

Mike Bakker (M45-49)	0:48:36 CR
Mike Halstead (2 nd Overall)	0:50:25
Bruce Cadenhead (3 rd Overall)	0:50:38
Carl Regenauer (1 st M45-49)	0:53:47
Charles Pegg (1 st M40-44)	0:55:53
Bob Gramling (1 st M55-59)	0:56:09 CR
Bill Shashaty (2 nd M40-44)	0:57:57
Jack Ryon (1 st M30-34)	0:58:13
Chris Loftus (3 rd M40-44)	0:59:06
Jon Stern (1 st M50-54)	0:59:19
Chad Duffy (2 nd M30-34)	0:59:31
Kevin Adams	1:00:16
Richard Miller (2 nd M55-59)	1:01:16
Kurt Carney (2 nd M45-49)	1:01:20
Jason DeFabio	1:03:17
Henry Collins	1:04:37
Tom Struzzieri (2 nd M50-54)	1:06:19
Mike Rydell (1 st M35-39)	1:06:25

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Steven Pressman (1 st M60-64)	1:06:33
Thomas Skeados (3 rd M50-54)	1:07:35
Warren Sheprow	1:07:53
Steve Fischer	1:08:59
Clay Corjulo (3 rd M45-49)	1:17:26
Norbert Lazar	1:17:29
Victor McGregor	1:22:33
Craig Chapman (1 st M25-29)	1:43:17

Beacon Triathlon-Beacon, NY (7/10/11) S 400 yards, B 11, R 3 mi.

www.bikeway.com

<u>Overall Female:</u>	Erica Ruge	1:06:33
	Antonia Noonan	1:26:27

<u>Overall Male:</u>	Charles Ropes	1:04:52
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Putnam Triathlon-Carmel, NY (7/17/11) S ¼ mi., B 14 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Anja Kreiger-Redwood	1:04:58
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<u>Overall Male:</u>	Justin Harris	0:57:40
	Mike Bakker (1 st M45-49)	1:00:40

Hudson Valley Triathlon-Kingston, NY (7/24/11) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

<u>Overall Female:</u>	Kierann Toth	1:30:11
	Marcy Duffy (2 nd F30-34)	1:55:13

<u>Overall Male:</u>	Mike Halstead	1:20:57
	Chad Duffy (3 rd M30-34)	1:32:29
	Jack Ryon	1:32:47

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/11) S ½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Valerie Cross	1:24:25
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<u>Overall Male:</u>	Curt Eggers	1:13:18
	Bob Gramling (1 st M55-59)	1:23:21

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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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Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/11) S1.5k, B 40k, R 10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Danielle Ohlson	2:20:30
	Rachel Loftus (2 nd F25-29)	2:42:40
	Erica Ruge	2:54:31
	Jennifer Lang	3:27:05

<u>Overall Male:</u>	Nick Lehecka	2:07:10
	Chris Loftus	2:40:13

New York City Triathlon-NYC, NY (8/7/11) S 1.5k, B 40k, R 10k www.nycetri.com

<u>Overall Female:</u>	Rebecca Wassner	2:03:19
	Shelley Turk	3:26:22

<u>Overall Male:</u>	Ben Collins	1:48:11
	Charles Pegg	2:21:44
	Richard Miller	2:38:06
	Steven Pressman	2:44:09
	Frank Priest	3:11:36

West Point Triathlon-West Point, NY (8/14/11) S 800 m, B 25k, R 5k

www.westpointtri.com

<u>Overall Female:</u>	Roxanne Wegman	1:16:06
	Erica Ruge (3 rd Overall)	1:18:34
	Michele Yasson (3 rd F50-54)	1:32:04
	Antonia Noonan	1:43:01

<u>Overall Male:</u>	Chris Gebhardt	1:06:55
	Kurt Carney	1:21:35

Battle of Waterloo-Grass Lake, MI (8/14/11) R 1.4 mi., B 20.5 mi., S .5 mi., R 4 mi., S .25 mi., R 3.4 mi., S .7 mi., R3.3 mi., B5.8 mi., R 1.4 mi. www.epicraces.com

<u>Overall Female:</u>	Heather Curnutt	3:40:58
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<u>Overall Male:</u>	Mike Halstead	3:23:12
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2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

<u>Overall Female:</u>	Susan Williams	2:06:01
	Rachel Loftus	2:39:27
	Pam Neimeth	2:52:18

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<u>Overall Male:</u>	Karl Kahsar	1:52:17
	Chris Loftus	2:34:46
	Frank Priest	2:50:32

2011 USAT Sprint National Age Group Championship-Burlington, VT (8/20/11) S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

<u>Overall Female:</u>	Abby Levene	1:11:30
	Erica Ruge (3 rd F35-39)*	1:16:58
	Tracy Little	1:40:15
	Jennifer Borrero	1:41:12
	Marcy Duffy	1:42:41

*Qualified-2012 World Championship-New Zealand

<u>Overall Male:</u>	Ryan Peterson	1:05:20
	Bruce Cadenhead (3 rd M45-49)*	1:11:22
	Troy Weaver	1:24:27
	Chad Duffy (6 th M30-34)*	1:24:40

*Qualified-2012 World Championship-New Zealand

13.1 mi. (USAT New England Regional Championship) www.ironman.com

<u>Overall Female:</u>	Chrissie Wellington	4:16:33
	Michele Yasson	5:48:24

<u>Overall Male:</u>	Rasmus Henning	3:53:41
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Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k www.orangecountytri.com

<u>Overall Female:</u>	Gina Donato	2:25:15
	Barbara Sessa (3 rd Overall)	2:43:23
	Nancy Figueroa	3:31:48
	Jennifer Lang	4:02:04

<u>Overall Male:</u>	Keith Strudler	2:08:27
	Jon Stern (1 st M50-54)	2:36:36

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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2010 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.)

Name (Women)	AG	Honors	Rank	Nat'l AG
Place				
Erica Ruge	35-39	AA	98.78328	1
Kathryn Flodquist	40-44	HM	94.44848	7
Jeanette Shelow-Macdougall	45-49	AA	92.64680	15
Erica Ruge	35-39	AA	90.11307	107
Kathryn Flodquist	40-44	HM	87.46550	142
Jean Norton	45-49	AA	87.02682	81
Michele Yasson	50-54		78.95765	138
Mary Denitto	60-64	HM	75.61172	13
Kelly Heady	35-39		74.81122	844
Tracy Little	50-54		74.10748	290
Megan Corjulo	45-49		72.21358	724
Jennifer Borrero	45-49		71.08211	786
Janice Cragnolin	55-59		64.78787	259
Diana Tsingopoulos	65-69		51.81755	57

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				
Mike Halstead	40-44	AA	37	95.24314
Nick Brundage	25-29	AA	70	94.96777
Michael Bakker	40-44	AA	111	92.04565
Alex Sherwood	35-39	AA	168	91.24560
Bruce Cadenhead	45-49	AA	69	90.68364
Dave Nazaroff	40-44	HM	366	86.67939
Charles Pegg	40-44		477	85.23385
Art Boyko	40-44		722	82.76311
Bill Shashaty	40-44		905	81.08269
Jim Demis	45-49		692	78.99193
Troy Weaver	40-44		1168	78.91224
Bill Norton	55-59		182	77.51582
Keith O'Malley	45-49		1022	76.09886
Richard Miller	55-59		250	75.63678
Kevin Adams	40-44		1721	75.52371
Peter Oxenholm	40-44		1845	74.86264
John Ferrara	50-54		889	72.6033
Steven Pressman	60-64		171	71.31574
Frank Priest	55-59		449	71.16248
Tom Struzzieri	50-54		1238	68.88876
Steve Fischer	50-54		1524	66.07536
Tom Gill	55-59		1030	57.95498

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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2010 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2010 HVTC Rookie of the Year Award: **Rachel Loftus**

2010 HVTC Most Improved Award: **Michele Yasson**

2010 HVTC Female Honorable Mention Award: **Kathryn Flodquist**

2010 HVTC Female Honorable Mention Award: **Erica Ruge**

2010 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

MALE

2010 HVTC Volunteer of the Year Award: **Bob Gramling**

2010 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2010 HVTC Male Honorable Mention Award: **Mike Bakker**

2010 HVTC Male Triathlete of the Year Award: **Mike Halstead**

2010 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge (78)**

2nd Place: **Kathryn Flodquist (74)**

3rd Place: **Michele Yasson (69)**

4th Place: **Jennifer Borrero (49)**

5th Place: **Megan Corjulo (48)**

Men's Champion: **Nick Brundage (80)**

2nd Place: **Mike Halstead (75)**

3rd Place: **Bruce Cadenhead (70)**

4th Place: **Bill Shashaty (64)**

5th Place: **Mike Bakker (52)**

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 (4:16)

Bike-Terry Kerrigan (32:05)

Run-Nick Brundage (10:01)

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ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2011 HVTC Summer Tri-Series: June 8, July 13, August 17 & September 14.** 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 2011 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2011 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2011 HVTC \$240.00 membership is valid from January 1-December 31.**

HVTC SPONSORS

*** HITS TRIATHLON SERIES ***	www.hitstriathlonseries.com
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