

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 135 August 2012

IN A FEW WORDS

Dear HVTC,

It's wonderful to see so many HVTC-ers blossoming right before our eyes; sometimes people forget that it takes time, dedication and perseverance to become a Champion. Whatever you want in life be patient, work hard and NEVER go back; the rewards are ALWAYS ahead...enjoy. See ya out there!

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

HVTC Featured Athlete: Mitch Donner*

By Mark H. Wilson

What does it take to be a triathlete? Is there some special DNA that folks must have or inherit from their parents? Are there certain personality traits that individuals must create or obtain in order to be a multi-sport specialist? The words discipline, commitment and desire come to mind; however, is it even more than that? How about willingness, spiritual or determined? It seems as though each and every triathlete resembles these adjectives in one way or another and our Featured Athlete of the Month, Mitch Donner, is an excellent example of ALL of them! Let's discover his triathlon evolution together.

Mitch grew up on Long Island and attended Plainedge High School in North Massapequa. He did a bit of wrestling and lacrosse in high school. He then went on to SUNY Stony Brook where he majored in Political Science; he also attended New York Law School. Today, Mitch is a project manager for Prudential in Newark, New Jersey. He and his wife Alesia live in Ulster Park and just celebrated their 15th wedding anniversary (congratulations!!). They have three lovely children; Henry (12), William (8) and Charlotte (1). In fact, Henry is now competing in his Sophomore year in triathlon; nice! Mitch is really proud of him and looking forward to racing with his son as he gets older.

Mitch has an extremely long commute each day to work and has developed a hobby/habit of listening to the always entertaining Howard Stern; yes, this is still a PG-rated newsletter. Another option during his "free-time" is eating his favorite junk-food; hot fudge sundaes (yum!). In order to keep his vices in check, Mitch applied for lottery entry into the 2006 NYC Marathon; he wanted to set a training goal, exercise more regularly and challenge himself physically. He signed-up for a couple of biathlons, too,

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throughout the summer to keep his fitness fine-tuned and have sub-goals to complete, and by the time he ran the marathon he discovered that the multi-sport lifestyle was something he wanted to explore more deeply. He hadn't seriously considered a triathlon because of his intimidation of the swim leg of the event. Mitch had swum recreationally, but never as a race competitor; he learned to swim adequately and decided to join HVTC in 2007.

The first triathlon of Mitch's life happened to be race #2 of the 2007 HVTC Summer Tri-Series; many of you may remember the day...an absolute downpour!!! That took some guts; the fact that he actually did another race ever again is testament to his resolve. Not only was the first race a hurdle to overcome, but his work colleague's wonder where he finds the time to train; much of it, in fact, happens during darkness when he arrives home in the evenings. Nonetheless, Mitch is always kind-hearted and soft-spoken ready to tackle the next goal on the list. He's quick to offer encouragement to others to participate in triathlon if given the opportunity, but otherwise keeps the sport and his accomplishments to himself.

For Mitch, triathlon offers incredible feelings of achievement. He receives tremendous gratification from the payoff he witnesses from training; "It's so easy to see how increased training leads to increased results and vice versa. You can't cram, you can't cheat – you get out of it exactly what you put into it." He also finds it pretty cool that he can participate in the same races as professional triathletes. Mitch gains inspiration from the company of other competitors; he feels exhilarated by his own achievement and finds himself wishing for more time to train. (Keep asking, it may come true!) Admittedly, he thinks about triathlon more than his work, and unfortunately he spends more time at work than he does doing triathlon. Early retirement, yeah, that's the ticket; then he can turn Pro.

Speaking of Pro triathletes, last year when Mitch was checking his bike into transition at Timberman, he asked a couple of people in the parking lot for some advice on what time to arrive the next morning prior to the race-start; you know, whether to attend the pre-race meeting, etc. The folks he'd spoken with were so friendly and helpful (usually the case in our sport) and eventually they exchanged names and to Mitch's amazement it was Alex McDonald; the Ironman Lake Placid Champion three weeks earlier. What a thrill! A "close encounter" of another sort occurred in the NYC Triathlon this summer when Mitch felt his face burning and tingling during the swim. In the transition area, a bunch of athletes talked about having the same experience and so they all surmised they'd been swimming through the jellyfish that they spotted on the way to the swim start. (No, thanks!)

Mitch has been pretty active since that rainy-day more than a year ago; he's completed every HVTC Summer Tri-Series event since joining, several local sprints, Timberman 2007/2008, Finger Lakes Triathlon 2007, and he also received the 2007 HVTC Rookie of the Year Award. Age-group awards have eluded Mitch right now, but he thinks he's

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about ready to move beyond the mode of “it’s an achievement just to finish.” He’s registered for the Lake Placid Ironman next July; he and his son Henry drove from The NYC Tri up to Placid, camped on the street outside the Olympic skating oval and then received one of the precious IM slots. His goals for 2009 are to move-up to the middle of the pack in his races and to finish in a “respectable” time at the Ironman. Yep, better get that Pro card!

Mitch would also like to publicly thank his greatest sponsor. “I would not be able to train without the ongoing support of my wonderful wife. Last year we started a practice of Alesia having a getaway at the end of the season so she can recover and get some time on her own as a small payback for all the extra work she absorbs so I can train. It’s great for both us – she has something to look forward to and it helps assuage any guilt I feel about those long runs and rides!” Compassionate; yes, that’s another one! Thanks, Mitch.

*Mitch is currently preparing his body to go long again at the HITS Triathlon Series: Hunter Mountain II on Saturday, September 22, 2012. Who knows, maybe Chrissie Wellington will be there to put his medal around his neck; if not, it’ll have to be the race director.

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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: info@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

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

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

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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

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

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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

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

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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.teammossmann.com

Lums Pond Triathlon-Bear, DE S .5 mi., B 19.5 mi., R 3.1 mi. www.piranhasports.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 Half Triathlon-Hunter II, NY (9/22/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

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HITS Full Triathlon-Hunter II, NY (9/22/12) S 2.4 mi., B 112 mi., R 26.2 mi.
www.hitstriathlonseries.com

HITS Open Triathlon-Hunter II, NY (9/23/12) S 100 meters, B 3 mi., R 1 mi.
www.hitstriathlonseries.com

HITS Sprint Triathlon-Hunter II, NY (9/23/12) S 750 meters, B 12.4 miles, R 3.1 mi.
www.hitstriathlonseries.com

HITS Olympic Triathlon-Hunter II, NY (9/23/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

OCTOBER

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

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DECEMBER

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

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 (3/25/12) 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

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APRIL

USAT Duathlon National Championship (Standard Distance)-Tucson, AZ (4/28/12) R 5k, B 35k, R 5k www.usatriathlon.org

Overall Female: Gail Katouf 1:37:00
Eric Ruge (1st F40-44) 1:45:49

Overall Male: Lionel Sanders 1:22:54

HITS Sprint Triathlon-Marble Falls, TX (4/28/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

Overall Female: Hollie Kenney 1:18:56

Overall Male: Ben Drezek 1:11:09
Troy Weaver (1st M45) 1:25:04

Spring Dual Against CF-New Paltz, NY (4/28/12) R 2 mi., B 12 mi., R 2 mi. www.cm2promotions.com

Overall Female: Jean Norton 1:01:59
Michele Yasson (1st F50-54) 1:11:54
Mary DeNitto (1st F60-64) 1:13:18
Kim Klemen (2nd F45-49) 1:13:51
Alicia Olmoz (2nd F35-39) 1:14:42
Jennifer Lang 1:16:13
Nancy Figueroa 1:22:38

Overall Male: Justin Harris 0:52:41
Mike Halstead (3rd Overall) 0:55:03
Art Boyko (1st M45-49) 1:01:00
Chris Loftus (1st M40-44) 1:02:23
Bob Gramling (2nd M55-59) 1:02:34
Bill Shashaty 1:02:49
Joe Falcon 1:11:12

HITS Half Triathlon-Marble Falls, TX (4/29/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

Overall Female: Jennifer Reinhart 5:32:56

Overall Male: Adrian Cameron 4:59:30
Troy Weaver 7:02:10

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MAY

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

<u>Overall Female:</u>	Kenna Moran	1:12:06
	Star Walters (1 st F60-64)	1:23:07
	Haley Fields	1:30:46
	Lindsay Yandon	1:30:49
	Jess Keil	1:30:52
<u>Overall Male:</u>	Greg Reznich	0:56:44
	Frank Priest (2 nd M60-64)	1:16:51
	Brian Morris	1:22:46
	Jonathan Viola	1:28:04
	Clay Corjulo	1:48:11

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

<u>Overall Female:</u>	Tara Rasch	5:04:11
<u>Overall Male:</u>	Greg Close	4:18:06
	Tom Struzzieri	5:56:46
	Vinnie Card	5:56:46

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

<u>Overall Female:</u>	Erica Ruge	1:10:22
	Jean Norton (3 rd Overall)	1:14:08
	Mary DeNitto (1 st F60-64)	1:24:18
	Marcy Duffy (3 rd F30-34)	1:28:04
<u>Overall Male:</u>	Michael Tanzi	1:00:48
	Mike Halstead (1 st M45-49)	1:05:12
	Bill Shashaty	1:13:28
	Chad Duffy (3 rd M30-34)	1:14:17
	Bill Pape (1 st M60-64)	1:20:20
	Mike Hargrove (1 st M55-59)	1:21:52
	Steven Pressman (3 rd M60-64)	1:23:01

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Devilman (Sprint)-New Jersey S .4 mil, Bb 12.35 mi., R 4 mi.

www.piranhasports.com

Overall Female: Stephanie Gonzalez 1:37:02

Overall Male: Ryan Phillips 1:31:25
Troy Weaver 1:49:34

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

Overall Female: Jana Richtrova 5:46:27

Overall Male: Rich Burke 4:55:19
Mike Bakker (2nd Overall) 5:03:09

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

Overall Female: Erica Ruge 3:02:33

Overall Male: Matt Mallett 2:44:24
Mike Hargrove 3:54:29

JUNE

Pawling Triathlon-Pawling, NY (6/2/12) S 500 yards, B 12 mi., R 3.1 mi. www.nytc.org

Overall Female: Jean Norton 1:09:27
Margie McGoldrick 1:30:29
Terri Keating 1:30:29
Nancy Figueroa 1:38:21

Overall Male: Michael Tanzi 0:58:31
George Stewart 1:10:08
Kevin Adams 1:11:45
Bill Norton 1:13:03
Peter Oxenholm 1:14:16
Mike Hargrove 1:17:38
Steven Pressman (3rd M60-64) 1:17:56
Frank Priest 1:21:01
Joe Falcon 1:26:47

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

www.hitstriathlonseries.com

<u>Overall Female:</u>	Anna Fyodorova	1:30:08
	Marcy Duffy (1 st F32)	1:32:30
	Lise Hafner (1 st F49)	1:33:36
	Jennifer Borrero (1 st F50)	1:45:53
<u>Overall Male:</u>	Mike Halstead	1:10:41
	Troy Weaver (1 st M45)	1:22:58

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

www.hitstriathlonseries.com

<u>Overall Female:</u>	Karen Pompay	2:33:40
	Mary DeNitto (1 st F63)	3:10:55
<u>Overall Male:</u>	Chris McCloskey	2:12:22
	Bill Shashaty (1 st Clydesdale 40+)	2:37:34
	Steven Pressman (1 st M61)	3:00:53

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

www.hitstriathlonseries.com

<u>Overall Female:</u>	Sarah Rodriguez	5:16:32
<u>Overall Male:</u>	Stephen Holloway	4:46:09
	Mike Halstead (3 rd Overall)	4:48:27
	Chad Duffy (1 st M34)	5:37:35
	Ed Galgay (1 st M58)	8:55:40

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

www.hitstriathlonseries.com

<u>Overall Female:</u>	Deb Battaglia	12:11:42
<u>Overall Male:</u>	Tim Cronin	12:04:38
	Henry Collins (1 st M44)	15:45:57

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

Overall Female:

Erica Ruge	0:55:19
Rachel Loftus (2 nd Overall)	0:59:45
Michele Yasson (3 rd Overall)	1:05:39
Mary DeNitto (1 st F60-64)	1:06:01
Lise Hafner (1 st F50-54)	1:06:49
Alicia Olmoz (1 st F35-39)	1:09:37
Lori Cassia-Decker (2 nd F50-54)	1:10:24
Jennifer Borrero (3 rd F50-54)	1:12:59
Christine Westerman (1 st F40-44)	1:13:28
Tracy Little	1:14:52
Terri Keating (1 st F55-59)	1:16:31
Jess Keil (1 st F30-34)	1:17:34
Ellen Nesbitt (1 st FU19)	1:17:55
Megan Corjulo (1 st F45-49)	1:18:20
Roge Nesbitt (2 nd F45-49)	1:18:26
Jane Struzzieri	1:20:26
Janice Cragolin (2 nd F55-59)	1:21:35
Nancy Figueroa (2 nd F40-44)	1:26:10
Abby Billias	1:27:56
Linda Cherny (3 rd F45-49)	1:37:22
Marcy Duffy (1 st F30-34)	1:41:55
Tammy Bryk	1:44:45
Trish Gondolfo	1:45:53
Diana Tsingopoulos (1 st F65-69)	1:56:15
Melissa Signor (3 rd F55-59)	2:04:09

Overall Male:

Mike Bakker	0:50:50
Mike Halstead (2 nd Overall)	0:51:39
Bruce Cadenhead (3 rd Overall)	0:52:14
Alex Sherwood (1 st M35-39)	0:53:40
Art Boyko (1 st M45-49)	0:55:45
Doug Thompson (2 nd M45-49)	0:56:03
Bill Shashaty (1 st M40-44)	0:56:09
Mark Gueren (2 nd M40-44)	0:56:24
Chad Duffy (1 st M30-34)	0:58:26
Donald Thurston (3 rd M45-49)	0:59:07
George Stewart (3 rd M40-44)	0:59:39
Henry Collins	0:59:47
Chris Loftus	0:59:51
Jason DeFabio	1:01:08
Bill Pape (1 st M65-59)	1:02:06
Peter Oxenholm	1:02:23

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Dennis Ebbing	1:02:33
Jim Demis	1:03:50
John Jasinski (1 st M55-59)	1:04:55
John Ferrara (2 nd M55-59)	1:07:56
Steven Pressman (1 st M60-64)	1:09:41
Mike Hargrove (3 rd M55-59)	1:09:50
Brian Morris	1:14:09
Joe Falcon (1 st M50-54)	1:15:04
Hillel Bryk (2 nd M50-54)	1:15:46
Donald Roth	1:17:55
Vic McGregor	1:33:29

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/12) S 1.5k, B 40k, R 10k

www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	2:22:25
	Erica Ruge (1 st F40-44)	2:31:28
	Rachel Loftus (3 rd F25-29)	2:45:15
<u>Overall Male:</u>	Chris Thomas	2:01:58

Wheel & Heel Triathlon-Wilcox Park, NY (6/24/12) S ¼ mi., B 12 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Kierann Toth	1:12:24
	Lori Cassia-Decker (3 rd Overall)	1:24:34
<u>Overall Male:</u>	Bruce Cadenhead	1:02:27
	Peter Oxenholm (3 rd M45-49)	1:14:30

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

<u>Overall Female:</u>	Isabelle Landry	5:06:34
<u>Overall Male:</u>	Chuck Perreault	4:04:55
	Mike Bakker (1 st M45-49)	4:37:23

North Country Triathlon (Sprint)-Hague, NY (6/30/12) S 750 meters, B 20k, R 5k

www.northcountrytri.com

<u>Overall Female:</u>	Elizabeth McDonough	1:23:27
<u>Overall Male:</u>	Patrick O'Keefe	1:11:35

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North Country Triathlon (Olympic)-Hague, NY (6/30/12) S 1.5k, B 26 mi., R 10k www.northcountrytri.com

<u>Overall Female:</u>	Michelle Rosowski	2:40:30
<u>Overall Male:</u>	Mark Snowise	2:28:26
	Tom Struzzieri	3:13:45

JULY

Stissing Triathlon-Stissing, NY (7/7/12) S .5 mi., B 16.4 mi., R 3.3 mi. www.stissingsprint.com

<u>Overall Female:</u>	Erica Ruge	1:28:52
	Lori Decker-Cassia (1 st F50-54)	1:50:37
<u>Overall Male:</u>	Bruce Cadenhead	1:24:07
	Bill Shashaty (1 st M40-44)	1:33:43
	Peter Oxenholm (2 nd M45-49)	1:36:31

Rhode Island 70.3-Providence, RI (7/8/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

<u>Overall Female:</u>	Caitlin Snow	4:32:50
<u>Overall Male:</u>	Paul Ambrose	3:54:29
	George Stewart	6:27:30

NYC Triathlon-New York, NY (7/8/12) S 1.5k, B 40k, R 10k www.nyctri.com

<u>Overall Female:</u>	Amy Bevilacqua	2:00:04
	Mary DeNitto (2 nd F60-64)	2:45:32
<u>Overall Male:</u>	Jordan Jones	1:45:04
	Charles Pegg	2:27:46

Orange County Triathlon-Newburgh, NY (7/8/12) S 1.5k, B 40k, R 10k www.orangecountytri.com

<u>Overall Female:</u>	Roxanne Wegman	2:18:17
	Rachel Loftus (1 st F25-29)	2:32:08
	Alicia Olmoz (3 rd F35-59)	2:56:35
	Nancy Figueroa	3:22:48
<u>Overall Male:</u>	Keith Strudler	2:05:11
	Mike Halstead (3 rd M45-49)	2:11:15

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

Overall Female:

Erica Ruge	0:55:33
Michele Yasson (2 nd Overall)	1:02:56
Mary DeNitto (3 rd Overall)	1:06:43
Lori Cassia-Decker (1 st F50-54)	1:08:10
Marcy Duffy (1 st F30-34)	1:08:44
Christine Westerman (1 st F40-44)	1:09:44
Ellen Nesbitt (1 st FU19)	1:11:28
Tracy Little (2 nd F50-54)	1:12:50
Jen Borrero (3 rd F50-54)	1:13:29
Janice Cragolin (1 st F55-59)	1:19:09
Jane Struzzieri	1:19:58
Abby Billias	1:20:11
Nancy Figueroa (2 nd F40-44)	1:20:29
Tamara Kaynan (2 nd F30-34)	1:37:03
Viviane Eisenberg-Mellen (1 st F60-64)	1:37:14
Tammy Bryk (1 st F45-49)	1:42:46
Diana Tsingopoulos (1 st F65-59)	1:45:33
Melissa Signor (2 nd F55-59)	2:00:41

Overall Male:

Mike Bakker	0:49:59
Mike Halstead (2 nd Overall)	0:50:44
Alex Sherwood (3 rd Overall)	0:50:45
Bruce Cadenhead (1 st M45-49)	0:53:00
Art Boyko (2 nd M45-49)	0:55:43
Donald Thurston (3 rd M45-49)	0:56:34
Chad Duffy (1 st M35-39)	0:56:42
Bill Shashaty (1 st M40-44)	0:57:31
Jason DeFabio (2 nd M40-44)	0:59:34
George Stewart (3 rd M40-44)	0:59:43
Henry Collins	0:59:51
Peter Oxenholm	1:00:40
Dennis Ebbing	1:01:08
Ken Katz	1:01:17
Kurt Carney	1:02:10
Bill Pape (1 st M65-59)	1:02:37
Tom Struzzieri (1 st M50-54)	1:03:27
John Jasinski (1 st M55-59)	1:03:52
Jim Demis	1:03:55
Steven Pressman (1 st M60-64)	1:08:32
John Ferrara (2 nd M55-59)	1:10:05
Patrick Nesbitt	1:11:29
Joe Falcon (2 nd M50-54)	1:11:51

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Brian Morris	1:12:24
Tom Tauscher (3 rd M50-54)	1:23:29

Hudson Valley Triathlon-Kingston, NY (7/15/12) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

<u>Overall Female:</u>	Jennifer Miller	1:31:58
	Christine Westerman (1 st F40-44)	1:51:13

<u>Overall Male:</u>	Mark DeLuccia	1:24:31
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NJ State Triathlon-West Windsor, NJ (7/22/12) S .5 mi., B 11.5 mi., R 3.1 mi.

www.newjerseystatetri.cgiracing.com

<u>Overall Female:</u>	Robin Sandos	0:59:27
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<u>Overall Male:</u>	Michael Phinney	0:53:57
	Troy Weaver	1:05:48

Ironman USA-Lake Placid, NY (7/23/12) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironman.com

<u>Overall Female:</u>	Jessie Donovan	09:47:39
	Michele Yasson	13:38:03

<u>Overall Male:</u>	Andy Potts	08:25:07
	Henry Collins	13:18:56

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/5/12) S ½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Colleen Sands	1:21:59
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<u>Overall Male:</u>	Brett Ryan	1:12:09
	Chris Loftus	1:24:48

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/12) S 1.5k, B 40k mi., R 10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Yvette DeBoer	2:27:07
	Erica Ruge (3 rd Overall)	2:31:54
	Rachel Loftus (1 st F25-29)	2:44:20

<u>Overall Male:</u>	Doug Maclean	2:10:31
	Bob Gramling (1 st M55-59)	2:40:11

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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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Fronhofer Tool Triathlon-Cambridge, NY (8/5/12) S 1.5k, B 40k, R 10k

www.fronhofertooltriathlon.com

Overall Female: Erin Rock 1:22:20
Lise Hafner (1st F50-54) 1:29:21

Overall Male: John MacDonald 1:13:06

US Ironman Championship-New York, NY (8/11/12) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironman.com

Overall Female: Mary Beth Ellis 09:02:48
Alicia Olmoz 14:41:12

Overall Male: Jordan Rapp 08:11:18
George Stewart 11:43:35

Mt. Snow Tri For Hope-West Dover, VT (8/11/12) S .5 mi., B 12 mi., R 5k

www.gsr.com

Overall Female: Whitney Peterson 1:10:04

Overall Male: Andrew Rebak 1:09:23
Tom Gill (3rd M50+) 1:43:37

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

Overall Female: Erica Ruge 0:56:58
Michele Yasson (2nd Overall) 1:04:59
Marcy Duffy (3rd Overall) 1:05:48
Lori Cassia-Decker (1st F50-54) 1:06:42
Christine Westerman (1st F40-44) 1:09:17
Ellen Nesbitt (1st F19-Under) 1:11:20
Jen Borrero (2nd F50-54) 1:11:41
Tracy Little (3rd F50-54) 1:11:57
Janice Cragolin (1st F55-59) 1:16:03
Emily Boyko (2nd F19-Under) 1:17:15
Roge Nesbitt (1st F45-49) 1:18:00
Abby Billias 1:19:49
Jane Struzzieri 1:19:51
Nancy Figueroa (2nd F40-44) 1:23:01
Trish Gondolfo 1:38:46
Viviane Eisenberg-Mellen (1st F60-64) 1:38:59
Diana Tsingopoulos (1st F65-69) 1:39:40
Renee Frasch (3rd F40-44) 1:45:59
Melissa Signor (2nd F55-59) 2:00:15

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Overall Male:	Mike Bakker	0:49:59
	Alex Sherwood (2 nd Overall)	0:50:26
	Bruce Cadenhead (3 rd Overall)	0:52:31
	Chad Duffy (1 st M35-39)	0:54:58
	Doug Thompson (1 st M45-49)	0:55:57
	Donald Thurston (2 nd M45-49)	0:56:10
	Bill Shashaty (1 st M40-44)	0:56:51
	George Stewart (2 nd M40-44)	0:57:19
	Jason DeFabio (3 rd M40-44)	0:58:16
	Peter Oxenholm (3 rd M45-49)	0:59:27
	Bill Pape (1 st M65-59)	1:01:34
	Richard Miller (1 st M55-59)	1:01:51
	Tom Struzzieri (1 st M50-54)	1:03:34
	Mike Hargrove (2 nd M55-59)	1:04:09
	John Jasinski (3 rd M55-59)	1:04:31
	Steven Pressman (1 st M60-64)	1:06:19
	Joe Falcon (2 nd M50-54)	1:11:03
	Steve Fischer (3 rd M50-54)	1:11:19
	Brian Morris	1:12:00
	Tom Tauscher	1:16:16
	Art Boyko	1:17:16
	Tom Gill (2 nd M60-64)	1:20:12
	Victor McGregor	1:33:25

West Point Triathlon-West Point, NY (8/19/12) S 800 m, B 25k, R 5k

www.westpointtri.com

Overall Female:	Nola Ruttenberg	1:15:16
	Michele Yasson (2 nd F50-54)	1:30:03

Overall Male:	James Chesson	1:04:49
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2012 USAT National Age Group Championship-Burlington, VT (8/18/12) S 1.5k, B

40K, R 10K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon

World Championship)

Overall Female:	Haley Churna	2:05:40
	Erica Ruge	2:26:15
	Rachel Loftus	2:50:09

Overall Male:	Brian Duffy	1:53:33
	Bill Pape (5 th M65-59)*	2:36:32

*Qualified World Championships London 2013

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2012 USAT Sprint National Age Group Championship-Burlington, VT (8/19/12) S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

Overall Female: Sonja Kent 1:05:25
Jennifer Borrero 1:34:51

Overall Male: Patrick Parish 0:57:46
Bruce Cadenhead 1:07:22
Troy Weaver 1:13:14
Chris Loftus 1:14:22

YMCA of Middletown-Middletown, NY (8/25/12) S 1/3 mi., B 13 mi., R 3 mi.

www.nytc.org

Overall Female: Audrey Friedrichsen 1:13:45
Michele Yasson (1st F50-54) 1:23:40
Christine Westerman (2nd F40-44) 1:27:39
Karen Bradbury (1st F45-49) 1:33:08
Abby Billias (2nd F50-54) 1:42:07

Overall Male: Michael Tanzi 1:01:04
Donald Thurston (1st M45-49) 1:09:16
Chris Loftus (1st M40-44) 1:13:34
Joe Falcon 1:28:16

Staten Island Tri-Staten Island, NY (8/26/12) S 1/3 mi., B 12 mi., R 4 mi. www.nytc.org

Overall Female: Jamie Kyei-Frimpong 1:12:20
Tammy Bryk 2:05:18

Overall Male: Ryan Eason 0:58:43
Hillel Bryk 1:24:26

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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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)

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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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