

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

IN A FEW WORDS

Dear HVTC,

Triathlon fever; that's where it's at! The hottest sport on the planet is growing faster than ever; and, the HITS Triathlon Series is right in the middle of it. In fact, so are you; don't miss-out on the 2 New York events; Hunter Mountain (June) and Cooperstown (September). And, of course, I'll be there, too! See ya out there.

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

HVTC Featured Athlete: Steve Fischer*

By Mark H. Wilson

Have you ever wondered what it would be like to grow-up in a country other than the U.S.A.? Have you ever thought of all the places in the world and the many differences; language, food, color, religion, beliefs, culture, etc., etc.? In America we have a multitude of choices ranging from pizzas, cars, jobs, houses and, of course, sport. Out of all the athletic options available such as; ping pong, curling, badmitton, cricket, putt-putt, darts and kite flying (to name a few)...why do we choose triathlon? Well, our HVTC Featured Athlete of the Month Steve Fischer offers some answers you're gonna relate to. Here's his half-time report. (GO Patriots!)

Steve was born the year 1957 in Brooklyn, New York. He attended Oceanside High School on Long Island and went to the University of Florida with a major in History. In school he played baseball, basketball and football. Baseball was his first love, however. He presently lives in Saugerties with his wife Alba Sabio who, according to Steve, is "a runner of note." Steve has a daughter who graduated from Stony Brook in 2002. His occupation is Executive Director of Kingston Housing Authority and other than triathlon; his major focus is his work.

Steve's first tri experience was at the Kingston YMCA Indoor Triathlon in February, 2000 based on a dare from a friend at age 43. He claims he didn't know how to swim and exclaims "Still don't!" A couple of the guys he worked-out with at the Y did the race (Mike Cahill and Doug Maloney). "Once an idea gets into my head, if it takes, I generally take it to obsessive levels." (Sounds like a triathlete to me.) He doesn't just DO triathlons. He has to do every one he can possibly fit into his schedule. And he has some pretty tough expectations of himself, too. "Barring adverse weather conditions, I better have improved on last year's time." His experience is that just about everyone he knows

© Hudson Valley Triathlon Club 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

outside of the gym and the tri-circuit thinks the sport is crazy. He says he does remember exhibiting anti-social behavior as a youngster, so perhaps this is what eventually led him to the sport of triathlon.

More evidence of his tri-athletic behavior, Steve's first job after college was a stint in the Peace Corps. He went to Africa and while there discovered that running in the streets with shorts was not culturally acceptable. But he couldn't help himself, so he went out into the woods where he wouldn't be seen, shed his long pants [interesting visual] and ran in total isolation from the village..."or so I thought." After some time, he found himself being joined by village children and even some adults. Everybody had a great time! Like many of us, Steve has experienced the paradox that triathlon offers, "How else can you put your body through a healthy challenge in 3 different ways while communing with nature at the same time. You can be miserable and happy simultaneously, questioning 'why the hell am I doing this?' while being glad you ARE doing it and not sitting on a couch somewhere." Nicely put! So, he recommends triathlon to anyone who would consider it.

Steve has mostly completed sprints in the Hudson Valley, other New York locations and Vermont. Last year he completed his first Olympic distance (Hudson Valley Triathlon) and would like to do more this year. He says he's just happy to participate noting that calling himself a competitor would be a bit of a stretch. Although the late George Sheehan was quoted as saying "The difference between a jogger and a runner is a race application." So if you've crossed that finish line, you're a competitor! "I did win my age group once at a tri in Shelburne, VT." See!! "It seemed like a decent-sized field but there must have been a low turnout for the 40-somethings that day." Hey, ya gotta show up to win.

Steve's goals are realistic and intrinsic. He'd like to keep at it, stay healthy, keep improving, lose some weight, gain strength, learn to understand his bike, learn to understand himself, learn to swim and eat chocolate. (Oops! How'd that get in there? Okay, maybe not too much weight.)

Bottom line, Steve loves triathlon! "When I do triathlon, like James Brown says, 'I feel good, du-du-du-du-du-du-du!'" 'Nough said! Thanks, Steve.

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

© Hudson Valley Triathlon Club 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

© Hudson Valley Triathlon Club 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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.teammossmann.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**

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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/?/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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

© Hudson Valley Triathlon Club 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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			
Erica Ruge	35-39			
Michele Yasson	50-54			
Mary DeNitto	60-64			
Tracy Little	50-54			
Megan Corjulo	45-49			
Jennifer Borrero	50-54			
Janice Cragolin	55-59			
Diana Tsingopoulos	65-69			

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	45-49			
Michael Bakker	45-49			
Bruce Cadenhead	45-49			
Charles Pegg	40-44			
Art Boyko	45-49			
Bill Shashaty	40-44			
Jim Demis	45-49			
Troy Weaver	45-49			
Keith O'Malley	45-49			
Richard Miller	55-59			
Kevin Adams	40-44			
Peter Oxenholm	45-49			
John Ferrara	50-54			
Steven Pressman	60-64			
Frank Priest	55-59			
Tom Struzzieri	50-54			
Steve Fischer	50-54			

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

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

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 129 February 2012

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.
Volume XI Issue 129 February 2012

ANNOUNCEMENTS

- **Mark H. Wilson-Race Director: HITS Triathlon Series**
- **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.**

HVTC SPONSORS

*** HITS TRIATHLON SERIES ***	www.hitstriathlonseries.com
*** DIAMOND MILLS HOTEL & TAVERN ***	www.diamondmillshotel.com
*** HITS, INC. ***	www.hitsshows.com
*** USA TRIATHLON ***	www.usatriathlon.org
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** HAMMER NUTRITION, LTD. ***	www.hammernutrition.com
*** OVERLOOK MOUNTAIN BIKES ***	www.overlookmountainbikes.com
*** OPTICAL ILLUSIONS ***	www.scottschaffrick.com
*** ROADID.COM ***	www.roadid.com
*** DR. DAVID NESS ***	www.drness.com
*** NYS TROOPERS ***	www.troopers.state.ny.us
*** SISTEM ***	www.swedishinstitute.org

THANK YOU SPONSORS!!!