



# Hudson Valley Triathlon Club



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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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**Volume VIII, Issue No. 104**

**January 2010**

## IN A FEW WORDS

Dear HVTC,

What a rush; the New Year blows-on-by and all-of-a-sudden it's practically tri-season again! Think about it; Y Indoor Tri in February, Pine Hill Arms in March, Kingston Classic in April, Trooper Biathlon in May, HVTC Summer Tri-Series #1 in June. Folks, it's here...keep training!!! See ya out there.

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



### **Moments of Greatness with HVTC**

Photo: Scott Schaffrick

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

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## **HVTC Featured Athlete: Kelly Heady**

By Mark H. Wilson

Were you on the track or swim team as a kid? Many of us were, but what if you didn't realize until over 20 years later that you had some un-tapped athletic talent? What an eye-opener; what would you do? Would you exercise just for fun? Of course not; you'd become a triathlete just like our Featured Athlete of the Month, Kelly Heady. Not only is she a natural athlete, she's got a serious competitor inside that's been asleep for a LONG time. How's does she feed the monster? Let's find out.



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Kelly was born in Poughkeepsie, New York and attended Roy C. Ketcham High School and continued her education at SUNY Albany for her undergraduate degree and then on to Pace University where she received an MBA. She and her family live in Beacon, NY; there's husband Dave (also a competitive triathlete) and their two children who are both under 10 years old.

The corporate/business world is very familiar to Kelly as she works for GE Capital commuting 2.5 hours daily (that's correct, that is not a mis-print). Yet the commute and demanding job does not stop her. Kelly finds time to work-out either at 5 am before work or late in the evening multi-tasking while the kids are doing their homework. This lifestyle does not allow Kelly to have any extra hobbies. Her work requires travel and she absolutely loves it; it just means she needs to organize her training (and workout clothes) around it. Now she just needs to find a triathlon in one of those cities. Now we're talkin'!

Beating her husband was actually the driving force behind Kelly entering her first triathlon at Pawling. After all, how tough could it be?!? Wow, was she in for a surprise! Not only did she get her BLEEP kicked by her humble hubby, but she panicked in the water and doggie-paddled the entire swim. Lesson #1; honor thy tri-spouse! Lesson learned (sniff, sniff). Tears swallowed and pride in-tact; Kelly's stubbornness wouldn't allow her to give-up after the swim. She was second-to-last out of the water; and to her benefit, it was a HUGE accomplishment to even complete the swim due to her extreme fear of the deep abyss. To make matters worse, her mother thinks she's nuts for attempting to work, commute, kids, marriage, etc. Especially when she dragged her parents to Boston to watch her and Dave compete in the Muddy Buddy (both kids also competed at the early ages of 3 and 5). What?! What?! Isn't that what everybody does!?!

Kelly is actually a very strong cyclist and she recalls enjoying biking so much that she had an exercise bike in her dorm room while at college; ah-ha, that's where she put the miles in! She's not too shabby in the running department, either; she's got some quickness in those fresh legs that haven't been fatigued by competitive sports in her youth. Of course, as we know, it was her husband Dave that inspired her to enter the sport (And we know how that turned-out! Thanks, Dave; you're still 1-0.); she just wishes she had begun in her 20's.

As competitive as they come, Kelly loves the feeling of accomplishment and the ability to continually improve in triathlon. She takes each race very seriously; her intense focus of wanting that age-group award. Kelly has recommended the sport to a few people who are now similarly "addicted." A dear friend of Kelly's from college will be



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competing in her first race this year (yes, Sue, she's talking about you!). Isn't it nice to know that YOU were responsible for your friend's undoing? Fifteen years later in a crowded room... "Hi, my name is Suzanne; I'm a triathlete. (All) Hi, Suzanne!

Seriously, Kelly attended a local triathlon camp and decided to enter several tri's in 2009; which went very well. The highlights included returning to the Pawling Triathlon and improving her overall time by 18 minutes. Fantastic! She also raced Iron Girl where she was 23<sup>rd</sup> overall (out of 461 participants) as well as the inaugural Vassar Medical Center Triathlon where she placed 1<sup>st</sup> in her age-group and 5<sup>th</sup> overall female.

The goals that are on Kelly's list for 2010 include the HVTC Summer Tri-Series, returning to Pawling, the NYC Triathlon (which will be her first-ever Olympic distance tri), and the Timberman sprint. She has her eye on a half Ironman in the not-so-distant future; and her heart may be set on the Disney 70.3 since she's a self-proclaimed "Disney junkie." Excellent, just dress-up like Snow-White and be sure that your HUSBAND drinks the sleeping potion. Thanks, Kelly!

## 2010 RACE SCHEDULE

**Bold = USA Triathlon Sanctioned**  
**(Need to find a race somewhere in the United States? For a complete listing of USAT Sanctioned races with event location and contact information go to [www.usatriathlon.org](http://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](mailto:mark@hvtc.net).

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**



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## FEBRUARY

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

## MARCH

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

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

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

## APRIL

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

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

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

## MAY

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

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



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

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

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

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

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

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

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

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

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

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

Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)



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Saratoga Lions Duathlon-Saratoga, NY (5/?/10) R 5k, B 20 mi., R 5k  
[www.saratogalins.com](http://www.saratogalins.com)

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

## JUNE

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

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

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

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

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

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

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

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





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

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

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

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

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

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

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

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

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

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





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

## JULY

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

## AUGUST

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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



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

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

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

## SEPTEMBER

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

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

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

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

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

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

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



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

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

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

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

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

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

**Chesapeake-Cambridge, MD (9/25/10) S 2.4 mi., B 112 mi.** [www.tricolumbia.org](http://www.tricolumbia.org)

## OCTOBER

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

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

**Toga Biathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k**  
[www.togamultisport.com](http://www.togamultisport.com)



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## NOVEMBER

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

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

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

## 2010 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



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## 2009 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

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

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

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

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

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





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

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

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

## 2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

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

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

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

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

### MALE

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

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

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

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

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

### 2009 HVTC Summer Tri-Series Winners

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

2<sup>nd</sup> Place: **Barbara Sessa (60)**

3<sup>rd</sup> Place: **Michele Yasson (60)**

4<sup>th</sup> Place: **Lauren Warren (58)**

5<sup>th</sup> Place: **Alicia Olmoz (53)**

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

2<sup>nd</sup> Place: **Mike Halstead (72)**

3<sup>rd</sup> Place: **Mark Wilson (61)**

4<sup>th</sup> Place: **Alex Sherwood (58)**

5<sup>th</sup> Place: **Doug Thompson (56)**



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## HVTC Summer Tri-Series Standing Course Records

### Women

**Course**-Jeannette Shelow-MacDougall (54:32)

**Swim**-Christine Honig (4:50)

**Bike**-Shannon Dawkins (36:30)

**Run**-Shannon Dawkins (10:57)

### Men

**Course**-Terry Kerrigan (47:20)

**Swim**-Art Boyko (4:16)

**Bike**-Terry Kerrigan (32:05)

**Run**-Nick Mancuso (10:02)

## ANNOUNCEMENTS

- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.** Points will be awarded accordingly; Female/Male 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<sup>th</sup>-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<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **ALL 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**



# Hudson Valley Triathlon Club

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