



# 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 X, Issue No. 116**

**January 2011**

## IN A FEW WORDS

Dear HVTC,

The triathlon world is changing at the speed of light; fasten your seatbelts kids and enjoy the ride. Don't forget your goggles!! 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: Keith O'Malley**

By Mark H. Wilson

Do you ever wonder how the average hard-working age-group athlete does it? You know; train in the morning, work all day, train some more, kiss the kids/wife (or husband) goodnight and dream about doing it again the next day? And, of course, they DO do it again the follow day with commitment and fervor; month, after month, after month. Our HVTC Featured Athlete of the Month, Keith O'Malley, is one of those triathletes; and, he literally cannot stop talking about it! He's caught a serious bug of triathlon and he's gobbling-up every tid-bit of information possible. So, again, how and WHY are so many folks like Keith doing this without getting PAID to do it?! Maybe Keith's story has the answer; let's find out.



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Keith was born in the Bronx and moved to Stony Point (Rockland County) when he was 1 year old. He attended North Rockland High School where he ran track and participated on the ski team; then furthered his education at the State University of New York at Delhi and majored in HVAC-Refrigeration & Controls. He currently lives in Wallkill, New York with his wife Jessica of 25 years; and together they have three daughters...Danielle (23), Kaitlyn (21) and Jaclin (15). Some of Keith's favorite hobbies besides inhaling potato chips and chocolate include; skiing, snowmobiling, hiking, and just about anything outdoors. A fond memory of his and Jessica is coaching their kids in softball when they were young. Proudly, Keith is the Owner/Operator of Accurate Temperature Systems which provides plumbing, heating, and air conditioning.

After recovering from physical setback in October 2006, Keith raised the bar and decided to compete in a triathlon; this had been a fantasy of his for years. So, he signed-up for the West Point Triathlon with his cousin and totally loved it. And, despite most of his friends and family considering him to be nuts for doing the sport, it's not deterring him the in the least; actually, he laughs and says "I'll just find new ones!" The truth is, Keith is a really nice guy who is extremely appreciative for his family and lifestyle; he's not afraid to work, that's for sure.

Prior to every triathlon, Keith is a nervous wreck and it usually has to do with the first leg...the swim! In fact, his third tri ever was Escape From Alcatraz in San Francisco, California which involves a pretty scary swim from the "rock" to the mainland; but he did it. In most cases, though, once the "gun" goes off Keith relaxes and enjoys the effort; and he relishes over the sense of personal accomplishment he feels when he's finished with the entire triathlon. He loves the idea of cross training and pushing himself to the edge.

Keith is so grateful for all of the incredible people he has met in the sport, too. And, he's not shy about recruiting, either; again, it doesn't take much to get this guy talkin' about swim, bike, run. Good news for all of us!

The racing has been solid for Keith since that first plunge into the water at West Point. Some of his subsequent races include: 2008-09 Westchester Triathlon, 2009 Escape from Alcatraz, 2010 Tupper Lake Half, 2009 HVTC Summer Tri-Series (#2, #3, #4), 2010 HVTC Summer Tri-Series (#1, #2, #3, #4), in addition to the three-mile Hudson River Swim in 2009 and 2010, and a 150 mile bike ride in '07, '09 and '10.

Setting goals has been easy for Keith; he's approaching the half-way point (fifty years old!), and he really wants a negative split on the second-half. So, he's racing in the SOS this September and desires to go 59:59 or less at the HVTC Summer Tri-Series in 2011. Then, to cap it all off, he'll enter one of those big-daddy triathlons called the Ironman.



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Lastly, Keith feels blessed to have such a loving family and great friends. He'd like to thank his wife and kids for their support; and offers a big smooch! And, Keith just loves the people he's met through triathlon; and they love him back. However, he just needs to forgive them for glazing-over as he asks about their favorite heart-rate monitor, racing flat, GPS system, patch-kit, goggle de-fogger, triathlon forum, shoe-lace system, training program, cassette size, aero-bars, spoke count, lap counter, and Hammer Nutrition product. Thanks, Keith!

## 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](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?!?!?**

## FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/20/11) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)



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## MARCH

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

## APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k  
[www.usatriathlon.org](http://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](http://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](http://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](http://www.piranha-sports.com)

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

Wheel & Heel Triathlon-Lake Taghkanic State Park, NY (5/15/11) S 400 yds., B 13.5 mi., R 3.3 mi. [www.wheelandheel.com](http://www.wheelandheel.com)

American Zofingen (Long Course)-New Paltz, NY (5/15/11) 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 (5/15/11) 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 (5/15/11) R 5.15 mi., B 29 mi., R 5.15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

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

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



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

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

**Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k [www.tricolumbia.org](http://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](http://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](http://www.ironman.com)**

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

**Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://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](http://www.hvtc.net)**

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

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

**Pat Griskus AquaVelo-Middlebury, CT (6/18/11) S 1.5k, B 40k [www.patgriskustri.com](http://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](http://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](http://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](http://www.tupperlakeinfo.com)

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

**Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k**  
[www.phillytri.com](http://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](http://www.rushtonsports.com)

**Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k**  
[www.hartfordmarathon.com](http://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](http://www.piranha-sports.com)

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

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





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

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

**Mossman Triathlon-Norwalk, CT (7/?/11) S .5 mi., B 12.5 mi., R 5k [www.teammossman.com](http://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](http://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](http://www.ithacatriathlonclub.org)**

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

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

**Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k [www.fronhofertooltriathlon.com](http://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](http://www.hvtc.net)**

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

**Kingdom Triathlon-Kingdom, VT (8/6/11) S 500 yds., B 13 mi., R 5 mi. [www.kingdomtriathlon.org](http://www.kingdomtriathlon.org)**

**Lums Pond Triathlon-Bear, DE (8/14/11) 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/?/11) S 800 m, B 25k, R 5k [www.westpointtri.com](http://www.westpointtri.com)**





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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](http://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](http://www.usatriathlon.org) (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

Timberman Sprint Triathlon-Gilford, NH (8/19-21/11) S 1/3 mi., B 15 mi., R 3 mi. [www.ironman.com](http://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](http://www.ironman.com)  
Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

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

## SEPTEMBER

Big George-Lake George, NY (9/4/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.lgtrifest.com](http://www.lgtrifest.com)

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

Women's Triathlon-Farmington, CT (9/?/11) S .5 mi., B 12 mi., R 5k [www.hartfordmarathon.com](http://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](http://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](http://www.ironman.com)



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

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

Hammerfest Triathlon-Branford, CT (9/18/11) S .5 mi., B 13.5 mi., R 4 mi.  
[www.plattsys.com](http://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](http://www.savagemantri.org)

Marshman Sprint Triathlon-Downingtown, PA (9/?/11) 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/?/11) S 1.5k, B 40k, R 10k [www.score-this.com](http://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](http://www.westchestertriathlon.org)

## OCTOBER

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

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

## NOVEMBER

Ironman Florida-Panama City, FL (11/5/11) S 2.4 mi., B 112 mi., R 26.2 mi.  
[www.ironman.com](http://www.ironman.com)

Ironman Arizona-Tempe, AZ (11/20/11) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)



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## 2011 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

## 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.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
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Place  
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>
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Place  
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)**

2<sup>nd</sup> Place: **Kathryn Flodquist (74)**

3<sup>rd</sup> Place: **Michele Yasson (69)**

4<sup>th</sup> Place: **Jennifer Borrero (49)**

5<sup>th</sup> Place: **Megan Corjulo (48)**

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

2<sup>nd</sup> Place: **Mike Halstead (75)**

3<sup>rd</sup> Place: **Bruce Cadenhead (70)**

4<sup>th</sup> Place: **Bill Shashaty (64)**

5<sup>th</sup> Place: **Mike Bakker (52)**

## HVTC Summer Tri-Series Standing Course Records

### Women

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

**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 Registration & Packet Pick-Up:** Wednesday, April 27<sup>th</sup> from 5:30-7:30 pm at Wilson State Park (859 Wittenberg Rd. Mt. Tremper, NY).
- **2011 HVTC Summer Tri-Series: June 8, July 13, August 17 & September 14.** 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 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<sup>st</sup>-December 31<sup>st</sup>.**

## HVTC SPONSORS

*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.hammernutrition.com">www.hammernutrition.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>
*** DR. DAVID NESS ***	<a href="http://www.drness.com">www.drness.com</a>
*** TRIFUEL.COM ***	<a href="http://www.trifuel.com">www.trifuel.com</a>
*** GENESIS ADVENTURES ***	<a href="http://www.genesisadventures.com">www.genesisadventures.com</a>
*** NYS TROOPERS ***	<a href="http://www.troopers.state.ny.us">www.troopers.state.ny.us</a>
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