



# 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 IX, Issue No. 110**

**July 2010**

## IN A FEW WORDS

Dear HVTC,

We're half-way through the season and everyone's doing so well! It's the spirit of the sport that keeps folks going...and going...and going. Remember to keep an eye on the target and the other eye on the rest of your life. Swimming, biking and running is fantastic; and so is spending time with your loved ones. Now, where are my cycling shoes?! 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: Bruce Cadenhead

By Mark H. Wilson

How many of you know folks who are good at everything athletic? You know, your best friend from high school never bowled in her life, yet she kicks everyone's butt and scores a 200 at a casual get-together. Or, maybe your neighbor never picked-up a golf club in his life and shoots a 70 at a bachelor party. It's crazy! Some people just know how to do sports; and our Featured Athlete of the Month, Bruce Cadenhead, is one of those fortunate few who can roll out of the office, change into his softball clothes, and proceed to rack-up the stats in hits and rbi's impressing the boss all the while. What's his secret? Let's find out.



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Bruce was born in Manhattan, New York and lived there for the first 40 years of his life. He attended Hunter College High School in Manhattan and then continued to Harvard in Cambridge, Massachusetts with a major in applied math. Bruce played varsity volleyball in both high school and college and was co-captain of the team his senior year at Harvard. Post college he played in several sport leagues including softball, volleyball, and darts. See, told ya he was good at everything!

Today, Bruce lives in Dobbs Ferry, New York with his wife Jennifer and their two young children. Bruce has worked for 24 years at Mercer, a human resource consulting firm as an Actuary (analyzes financial consequences of risk). He must be quite busy these days! In his spare-time, he enjoys trail running, reading, travel and eating pizza.

The high school Bruce attended did not have track, cross-country or swim teams at that time, but he was always interested in all three components of triathlon. For someone who was never on a swim team/club, he was always a decent swimmer (but, of course!); and he also biked all over NYC with his friends. One time they even snuck onto the Verrazano Narrows Bridge while the lower level was temporarily closed in order to get to Brooklyn from Staten Island. Darn hooligans!

Bruce's first triathlon experience was on August 16, 1991 in Harriman State Park using a mountain bike and baggy swim trunks. However, his "career" started "for real" when he was 15 years old. Previously, his father would try to get Bruce and his brother to join him for his morning runs in Central Park; in a nutshell, it was a wheezy and painful incident. But one day, he had a breakthrough; he was at a practice for a Boy Scout track meet and nobody else from his troop had shown up yet. So, while he was waiting he decided he would jog around the 1/8 mile loop. He started-out at a comfortable pace and was surprised to find that he wasn't getting tired. Get this, he ran 56 laps for a total of 7 miles!!! All of a sudden Bruce realized that he could do road races with his father and "get my own race T-shirts." By the end of December, Bruce had raced with his father in several distances and the longest being a 30k. In 1983, at 19 years old Bruce and his father ran the NYC Marathon together, but each at their own pace. Incredibly, the youngster ran a 3:12 and is still his one-and-only marathon finish. It wasn't until Bruce started doing triathlons at age 27 that he fully committed to a regular training regimen; and ever since he first heard of the sport, he knew he would eventually get into it.

And did he ever?!?! Bruce has had excellent success in the sport of triathlon and competed in numerous races locally and beyond, which include; NYTC Sprint Triathlons in Harriman State Park (almost 20 times), SOS (6 times), HVTC Summer Tri-Series, Stissing Sprint Triathlon, Sleepy Hollow Sprint, Genesis Adventures "Harryman"



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Triathlon, SBR Sprints, Putnam, Westchester, Highland Triathlon, Randolph Triathlon, American Memorial Triathlon, Hudson Highland Greenway Triathlon (run, bike, kayak); Pawling, NYC, Tucker Wenk, Hudson Valley Triathlon (when it was a half Ironman), West Point, Hudson Historical Triathlon, Bud Light Triathlon Series (VT), Vincentown Sprint, West Hartford, and Lake George. And, he's raced in a plethora of Duathlons and running races to boot; however, his two favorite races are the SOS and Escarpment Trail Run. In fact, Bruce just placed 10<sup>th</sup> overall at the Escarpment Run last weekend; which was his highest placing to date. Good on ya, Mate! His most impressive triathlon victories include 2002 NYC Triathlon (12th amateur; 2nd M35-39), 1st Overall 2007 NYTC Sprint/2008 SBR Sprint, 4 hours 48 minutes in his first SOS in 2001 (still his PR), and 2009 USAT All American M45-49.

The birth of their children required Bruce to pare-down his activities to triathlon and running ONLY; what a wonderful thing. Although he won't admit it, perhaps Bruce thinks of triathlon more than work. And no one particularly thinks he's lost his marbles for doing tri's, but his co-workers and family don't understand how he can look forward with enthusiasm to hill repeats followed by trail running at Bear Mountain. And he never forces his sport on others; "No hard sell. If they express interest, then I respond with enthusiasm and helpful tips." He doesn't push others, just himself; to him, it hurts but it also feels good to feel like he's able to get a good return on all those hours of training. He feels that the sense of accomplishment at the end of the race is more than enough to outweigh the pain. "It also helps that I have been able to be competitive over the years."

Bruce has been working with a local coach (wink, wink) since 2002 which he has found to be enormously helpful; particularly in terms of motivation and avoiding mistakes. However, with a full time job and two kids it helps to have a very supportive family. His wife Jen has been like a 2nd coach; she's there when he needs it the most. In fact, she's purchased form DVD's to help with his technique, not to mention numerous triathlon toys over the years. So far, it's working like a charm; Bruce has 4 top 3 finishes overall in 2010. Good stuff! The main goal is to continue to improve in the next several years, set a new PR at the SOS, and avoid golf at all costs; thing is, he'd probably be good at that, too! Thanks, Bruce.



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## 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?!?!?**

## 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)



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## 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)

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)

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)

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)



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**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)**

**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)**

**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)**

**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)**

**Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

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

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

## **JUNE**

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



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**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)**

**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)**





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**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)**

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

## **JULY**

**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)**



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**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)

**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)**

**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)**

**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)**



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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.nycetri.com](http://www.nycetri.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)

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)



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**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.teammossman.com](http://www.teammossman.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)

**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)



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**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)**

**Esprit Triathlon Festival-Montreal, Canada (9/11/10) Sprint-Iron [www.esprittriathlon.com](http://www.esprittriathlon.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)**

**Cold Spring Triathlon-Cold Spring, NY Kayak 6 mi., B 24 mi., R 6 mi. [www.nbafu.com](http://www.nbafu.com)**



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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)

**Savageman Triathlon-Deep Creek Lake State Park, MD (9/18-19/10) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.savagemantri.org](http://www.savagemantri.org)

**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)

**Chesapeakman-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)



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

## **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**

### **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)

<b><u>Overall Female:</u></b>	Colleen Hack	9.642
	Jennifer Borrero (1 <sup>st</sup> F45-59)	8.687
	Lady Brady-Walzer	7.142
<b><u>Overall Male:</u></b>	Mike Halstead	11.610
	Nick Brundage (3 <sup>rd</sup> Overall)	11.406



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## 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)

Overall Female: Felicia Kearsley 1:10:57

Overall Male: Brian Grodin 0:56:03

Mike Halstead (2<sup>nd</sup> Overall) 0:58:11

Chris Loftus 1:13:49

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)

Overall Female: Jaime Windrow 1:06:35

Jeanette Shelow-MacDougall (3<sup>rd</sup> Overall) 1:10:02

Carolyn Mandaro (1<sup>st</sup> F45-49) 1:29:12

Antonia Noonan 1:33:14

Overall Male: Eneas Freyre 0:55:44

Frank Priest 1:19:33

## 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)

Overall Female: Noga Ruttenburg 0:56:22

Overall Male: Stephen Carr 0:50:13

Mitch Donner 1:13:34

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k

[www.usatriathlon.org](http://www.usatriathlon.org)

Overall Female: Amy Farrell 1:44:36

\*Erica Ruge (6<sup>th</sup> F35-39) 1:54:36

\*Kathryn Flodquist (18<sup>th</sup> F40-44) 2:04:00

\*Qualified Duathlon World Championship-Edinburgh, Scotland September 2010

Overall Male: Kaleb Vanort 1:30:39

Troy Weaver 2:03:57





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## St. Anthony's Triathlon-St. Petersburg, FL (4/25/10) S 15.k, B 40k, R 10k

[www.satriathlon.com](http://www.satriathlon.com)

<b><u>Overall Female:</u></b>	Sarah Haskins	1:58:49
	Jeanette Shelow-MacDougall	2:22:53
<b><u>Overall Male:</u></b>	Cameron Dye	1:48:44

## 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)

<b><u>Overall Female:</u></b>	Leanda Cave	2:14:34
	Mary DeNitto (1 <sup>st</sup> F60-64)	3:29:10
<b><u>Overall Male:</u></b>	Hunter Kemper	1:58:21

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

<b><u>Overall Female:</u></b>	Mendy Taylor	1:09:56
	Barbara Ferrante (1 <sup>st</sup> F40-44)	1:20:13
	Alicia Olmoz (2 <sup>nd</sup> F35-39)	1:29:45
<b><u>Overall Male:</u></b>	Nick Brundage	1:01:39
	Mike Halstead (2 <sup>nd</sup> Overall)	1:04:20
	Jim Stafford (1 <sup>st</sup> M45-49)	1:06:08
	Mike Ferrante (3 <sup>rd</sup> M35-39)	1:12:53
	Steven Pressman (3 <sup>rd</sup> M55-59)	1:20:13
	Tom Struzzieri	1:22:53
	Bob Bomba	1:23:14
	Mitch Donner	1:34:48

### Bassman Triathlon-Bass River State Forest (5/2/10) S .5 mi., B 29 mi., R 4.1 mi.

[www.citytri.com](http://www.citytri.com)

<b><u>Overall Female:</u></b>	Kristie Timmer	2:01:36
	Ann Breeswine	2:52:52
<b><u>Overall Male:</u></b>	Greg Close	1:48:28
	Frank Priest (3 <sup>rd</sup> M55-59)	2:19:59



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**St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/10) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**Overall Female:** Catriona Morrison 4:31:06

**Overall Male:** Terrenzo Bozzone 4:06:02  
Bill Thompson 8:18:39

**St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 750 meters, B 8 mi., R 4 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**Overall Female:** Emily Charlson 1:17:26  
Becky Hansen 1:43:21

**Overall Male:** Will Peil 1:15:11

**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)**

**Overall Female:** Jordan Hedding 1:43:00

**Overall Male:** Brian Lovett 1:30:38  
Troy Weaver (3<sup>rd</sup> M40-44) 1:52:11

**Mother's Day Duathlon-Brooklyn, NY (5/9/10) R 5k, B 14 mi., R 5k [www.citytri.com](http://www.citytri.com)**

**Overall Female:** Erica Ruge 1:27:05

**Overall Male:** David Roche 1:11:52

**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)**

**Overall Female:** Mimi Boyle 8:44:16

**Overall Male:** Josh Beck 6:42:16  
Mike Halstead (1<sup>st</sup> M40-44) 7:52:17



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## 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)

**Overall Female:** Elena Dale 6:05:07

**Overall Male:** John Hirsch 5:04:35  
Mike Bakker (2<sup>nd</sup> Overall) 5:07:16

## 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)

**Overall Female:** Mendy Taylor 2:54:57  
Kathryn Flodquist (2<sup>nd</sup> Overall) 3:40:32  
Rebecca Hansen (2<sup>nd</sup> F45-49) 4:25:59

**Overall Male:** Matt Mallet 2:53:42  
Bill Thompson (3<sup>rd</sup> M50-54) 4:25:55

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

**Overall Female:** Jeanette Shelow-MacDougall 1:26:31  
Jean Norton (2<sup>nd</sup> Overall) 1:27:09  
Barbara Sessa (3<sup>rd</sup> Overall) 1:28:20

**Overall Male:** Keith Strudler 1:12:33  
Nick Brundage (2<sup>nd</sup> Overall) 1:13:04  
Dave Nazaroff (2<sup>nd</sup> M40-44) 1:19:20  
Chris Loftus 1:35:12

## 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)

**Overall Female:** Mandy Hudson 1:21:38

**Overall Male:** Lucas McCollum 1:07:51  
Troy Weaver 1:29:27



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**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)

<b><u>Overall Female:</u></b>	Lauren Cullen	2:08:19
<b><u>Overall Male:</u></b>	Jesse Du Bey	1:39:35
	Bruce Cadenhead (2 <sup>nd</sup> M45-49)	2:02:27
	Frank Priest	2:48:42

**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)

<b><u>Overall Female:</u></b>	Lauren Klein	6:23:41
<b><u>Overall Male:</u></b>	Scott Goldthorp	5:04:10
	Dave Nazaroff (3 <sup>rd</sup> M40-44)	5:41:18
	John Ferrara	7:15:49

**Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Allison Lind	1:03:06
	Pam Neimeth (1 <sup>st</sup> F50-54)	1:21:44
	Tracy Little (2 <sup>nd</sup> F50-54)	1:23:52
	Megan Corjulo (2 <sup>nd</sup> F40-44)	1:31:23
	Rebecca Hansen (3 <sup>rd</sup> F45-49)	1:31:49
<b><u>Overall Male:</u></b>	Shawn Jackson	1:00:32
	Art Boyko	1:12:20
	Peter Oxenholm	1:16:56
	Tom Struzzieri	1:24:29
	Bill Thompson	1:29:25

**Fly By Night Duathlon-Watkins Glen, NY (5/30/10) R 1.8 mi., B 10 mi., R 1.8 mi., B 10 mi., R 1.8 mi.** [www.flybynightdu.com](http://www.flybynightdu.com)

<b><u>Overall Female:</u></b>	Julie Rosa	1:37:43
	Erica Ruge (3 <sup>rd</sup> Overall)	1:41:00
<b><u>Overall Male:</u></b>	Travis Kuhl	1:25:45



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## Williams Lake Sprint Triathlon-Rosendale, NY (5/30/10) S .5 mi., B 12 mi., R 3 mi.

[www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Mary DeNitto 1:21:23

**Overall Male:** Mike Halstead 1:01:27

Charles Pegg (1<sup>st</sup> M40-44) 1:10:01

Richard Miller (1<sup>st</sup> M55-59) 1:18:47

Steven Pressman (1<sup>st</sup> M60-64) 1:20:25

Ryan Schumacher 1:24:14

## JUNE

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

**Overall Female:** Jeanette Shelow-MacDougall 1:06:30  
Barbara Sessa (1<sup>st</sup> F45-49) 1:09:04  
Jean Norton (2<sup>nd</sup> F45-49) 1:09:04 (not a typo)  
Kelly Heady 1:19:40  
Rebecca Hansen 1:27:56  
Roge Nesbitt 1:33:58

**Overall Male:** Justin Harris 0:54:04

Bill Norton 1:11:12

Peter Oxenholm 1:12:43

Frank Priest 1:17:12

Steven Pressman 1:18:18

Bill Thompson 1:23:32

Tom Gill 1:32:22

## Pocomoke Triathlon-Pocomoke, MD (6/5/10) S .5 mi., B 14.3 mi., R 3.5 mi. [www.lin-mark.com](http://www.lin-mark.com)

**Overall Female:** Tracy MacCherola 1:12:03

**Overall Male:** Steven O'Boyle 1:05:02

Troy Weaver 1:19:42



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## **Rev3 Triathlon (Olympic)-Middlebury, CT (6/5/10) S 1.5k, B 40k, R 10k**

[www.rev3tri.com](http://www.rev3tri.com)

<b><u>Overall Female:</u></b>	Megan Wiseman	2:27:58
	Kathryn Flodquist	2:46:13
<b><u>Overall Male:</u></b>	Kevin Crossman	2:09:12

## **Rev3 Triathlon (Half Ironman)-Middlebury, CT (6/6/10) S 1.2 mi., B 56 mi., R 13.1**

[www.rev3tri.com](http://www.rev3tri.com)

<b><u>Overall Female:</u></b>	Mirinda Carfrae	4:23:38
<b><u>Overall Male:</u></b>	Craig Alexander	3:59:20
	Nick Brundage	5:04:49
	Dave Nazaroff	5:14:32
	Charlie Comparetto	6:19:03
	Ray Canals	6:56:42

## **HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/9/10) S 400 yds., B 12 mi., R 2**

[www.hvtc.net](http://www.hvtc.net)

<b><u>Overall Female:</u></b>	Kathryn Flodquist	1:02:12
	Erica Ruge (2 <sup>nd</sup> Overall)	1:03:03
	Michele Yasson (3 <sup>rd</sup> Overall)	1:08:13
	Pam Neimeth (1 <sup>st</sup> F50-54)	1:08:49
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:10:11
	Tracy Little (2 <sup>nd</sup> F50-54)	1:10:43
	Jennifer Borrero (1 <sup>st</sup> F45-49)	1:12:27
	Antonia Noonan (1 <sup>st</sup> F40-44)	1:13:45
	Rachel Loftus (1 <sup>st</sup> F25-29)	1:14:40
	Megan Corjulo (2 <sup>nd</sup> F45-49)	1:14:50
	Patty Fassetta (1 <sup>st</sup> F35-39)	1:17:45
	Jane Struzzieri (3 <sup>rd</sup> F50-54)	1:20:31
	Roge Nesbitt (2 <sup>nd</sup> F40-44)	1:21:48
	Janice Cagnolin (1 <sup>st</sup> F55-59)	1:22:34
	Christine Farmer (3 <sup>rd</sup> F45-49)	1:31:51
	Linda Cherny	1:31:52
	Diana Tsingopoulos (1 <sup>st</sup> F65-59)	1:45:10
<b><u>Overall Male:</u></b>	Nick Brundage	0:49:51



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Mike Halstead (2 <sup>nd</sup> Overall)	0:51:12
Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:52:35
Bill Shashaty (1 <sup>st</sup> M40-44)	0:57:59
Charles Pegg (2 <sup>nd</sup> M40-44)	0:58:00
Mike Bakker (3 <sup>rd</sup> M40-44)	0:59:18
Doug Thompson	0:59:19
Jim Demis (1 <sup>st</sup> M45-49)	1:01:13
Dennis Ebbing	1:02:03
Keith O'Malley (2 <sup>nd</sup> M45-49)	1:02:04
Kevin Adams	1:03:42
Chris Loftus (1 <sup>st</sup> M35-39)	1:06:12
John Dowley (2 <sup>nd</sup> M35-39)	1:08:00
Bob Bomba (3 <sup>rd</sup> M35-39)	1:09:19
Ryan Schumacher (1 <sup>st</sup> M25-29)	1:10:04
Tom Struzzieri (1 <sup>st</sup> M50-54)	1:10:21
Phil Placido	1:12:22
John Ferrara (2 <sup>nd</sup> M50-54)	1:13:30
Robin Ackers (2 <sup>nd</sup> M25-29)	1:13:35
Tom Ganz	1:18:18
Mitch Donner	1:18:44
Tom Gill (1 <sup>st</sup> M55-59)	1:18:53
John Farmer (2 <sup>nd</sup> M55-59)	1:29:12
Adriano Echavarria (3 <sup>rd</sup> M25-29)	1:30:38

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

<b><u>Overall Female:</u></b>	Samantha Warriner	4:20:01
	Antonia Noonan	7:58:37

<b><u>Overall Male:</u></b>	Terenzo Bozzone	3:58:17
	Alex Sherwood	4:57:30
	Creighton Ko	7:50:37

**Hudson Crossing Triathlon-Schuylerville, NY (6/13/10) S 500 yds., B 12 mi., R 5k  
[www.hudsoncrossingtri.com](http://www.hudsoncrossingtri.com)**

<b><u>Overall Female:</u></b>	Aurora Lamperetta	1:11:56
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<b><u>Overall Male:</u></b>	Brian Trainor	1:00:13
	Mike Halstead (3 <sup>rd</sup> Overall)	1:00:15



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## Williams Lake Triathlon (Olympic)-Rosendale, NY (6/13/10) S 1.5k, B 40k, R 10k

[www.cm2promotions.com](http://www.cm2promotions.com)

<b><u>Overall Female:</u></b>	Elisa Benzoni	2:32:04
	Michele Yasson (3 <sup>rd</sup> Overall)	2:46:18
	Mary DeNitto (1 <sup>st</sup> F60-64)	2:57:07

<b><u>Overall Male:</u></b>	Brendan O'Melveny	2:02:19
	Charles Pegg (3 <sup>rd</sup> Overall)	2:16:33
	Jim Demis (2 <sup>nd</sup> M45-49)	2:28:12
	Bill Shashaty	2:29:46
	Richard Miller (1 <sup>st</sup> M55-59)	2:37:27
	Steven Pressman (1 <sup>st</sup> M60-64)	2:46:01
	Ryan Schumacher (2 <sup>nd</sup> M25-29)	2:46:07
	Alan Shanker (3 <sup>rd</sup> M55-59)	2:53:37

## Sleepy Hollow Triathlon-Sleepy Hollow, NY (6/13/10) S ½ mi., B 10 mi., R 3 mi.

[www.sleepyhollowsprint.com](http://www.sleepyhollowsprint.com)

<b><u>Overall Female:</u></b>	Michele Wolfson	1:10:33
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<b><u>Overall Male:</u></b>	Zachariah Pratt	1:04:46
	Bruce Cadenhead (2 <sup>nd</sup> Overall)	1:06:40

## Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/19/10) S 1.5k, B 40k, R 10k

[www.patgriskustri.com](http://www.patgriskustri.com)

<b><u>Overall Female:</u></b>	Cassandra Maximenko	2:17:58
	Jeanette Shelow-MacDougall (2 <sup>nd</sup> Overall)	2:21:51

<b><u>Overall Male:</u></b>	Chris Thomas	1:59:06
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## Patriot Half Ironman-East Freetown, MA (6/19/10) S 1.2 mi., B 56 mi., R 13.1 mi.

[www.sunmultisportevents.com](http://www.sunmultisportevents.com)

<b><u>Overall Female:</u></b>	Lisbeth Kenyon	4:43:57
	Mary DeNitto (1 <sup>st</sup> F60-64)	6:13:13

<b><u>Overall Male:</u></b>	James Ball	4:15:12
	Mitch Donner	7:18:10





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## Assateague Triathlon-Ocean City, MD (6/20/10) S ½ mi., B 14 mi., R 3.2 mi.

[www.octrirunning.com](http://www.octrirunning.com)

**Overall Female:** Mandy Hudson (excellent name!) 1:15:33

**Overall Male:** Steven O'Boyle 1:05:07  
Troy Weaver 1:21:20

## 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)

**Overall Female:** Megan Wiseman 4:50:00

**Overall Male:** James Chesson 4:09:52  
Mike Bakker (3<sup>rd</sup> M40-44) 4:26:30  
Art Boyko 5:00:03  
Doug Thompson 5:06:47  
John Ferrara 5:47:14  
Keith O'Malley 5:53:43

## North Country Triathlon (Sprint)-Hague, NY (6/26/10) S 750 meters, B 20k, R 5k

[www.northcountrytri.com](http://www.northcountrytri.com)

**Overall Female:** Mara Fronhofer 1:24:58  
Megan Corjulo (1<sup>st</sup> F45-49) 1:41:59

**Overall Male:** Terrence Fox 1:15:41

## Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/25-27/10) S 750 meters, B 20k, R 5k [www.phillytri.com](http://www.phillytri.com)

**Overall Female:** Diane Rogers 1:22:57

**Overall Male:** Nicholas Halkowski 1:12:04  
Frank Priest 1:36:14



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

<b><u>Overall Female:</u></b>	Nicky Samuels	2:02:20
	Jeanette Shelow-MacDougall (1 <sup>st</sup> F45-49)	2:18:28
<b><u>Overall Male:</u></b>	Bevan Docherty	1:49:11

## 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)

<b><u>Overall Female:</u></b>	Maria Vlasak	1:11:37
	Rachel Loftus (1 <sup>st</sup> F25-29)	1:24:38
	Patty Fassetta	1:28:38
	Jean Norton	1:28:39
<b><u>Overall Male:</u></b>	Brian Register	1:02:29
	Chris Loftus	1:15:16

## Hopewell Sprint Triathlon-Hopewell Junction, NY (6/27/10) S 500 yards, B 9 mi., R 3 mi. [www.espraces.com](http://www.espraces.com)

<b><u>Overall Female:</u></b>	Erica Ruge	0:57:48
<b><u>Overall Male:</u></b>	Kevin Reese	0:52:51
	Tom Gill (2 <sup>nd</sup> M55-59)	1:13:04

## JULY

## Stissing Sprint Triathlon-Pine Plains, NY (7/3/10) S .5 mi., B 17 mi., R 3.3 mi. [www.stissingsprint.com](http://www.stissingsprint.com)

<b><u>Overall Female:</u></b>	Nicole Sin Quee	1:23:35
	Erica Ruge (3 <sup>rd</sup> Overall)	1:25:53
	Tracy Little (1 <sup>st</sup> F50-54)	1:44:33
<b><u>Overall Male:</u></b>	Shawn Jackson	1:19:02
	Bruce Cadenhead (2 <sup>nd</sup> Overall)	1:19:53
	Art Boyko (2 <sup>nd</sup> M40-44)	1:25:10
	Steven Pressman (1 <sup>st</sup> M60-65)	1:40:44
	Mark Graminski	1:41:12
	Tom Gill	1:59:31



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## **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)

**Overall Female:** Michelle Wolfson 1:06:45  
Kathryn Flodquist (3<sup>rd</sup> Overall) 1:12:11

**Overall Male:** Chris Thomas 0:57:28  
Charlie Comparetto 1:23:28  
Tom Gill 1:43:56

## **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)

**Overall Female:** Kate Major 4:30:36  
Kathryn Flodquist 5:48:43

**Overall Male:** Terenzo Bozzone 4:01:15  
Dave Nazaroff 5:18:33

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

**Overall Female:** Sharon Levy 1:14:56

**Overall Male:** Lukas Siska 1:00:16  
Mike Bakker (2<sup>nd</sup> Overall) 1:00:22  
Art Boyko (2<sup>nd</sup> M40-44) 1:06:56

## **Philadelphia Women's Triathlon-Philadelphia, PA (7/11/10) S 750 yards, B 17 mi., R 5k**

[www.cgiracing.com](http://www.cgiracing.com)

**Overall Female:** Sharon Schmidt-Mongrai 1:17:36  
Pam Neimeth (3<sup>rd</sup> F50-54) 1:36:25

## **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)**

**Overall Female:** Erica Ruge 0:55:30  
Jeanette Shelow-MacDougall (2<sup>nd</sup> Overall) 0:55:52  
Kathryn Flodquist (3<sup>rd</sup> Overall) 0:59:01  
Michele Yasson (1<sup>st</sup> F50-54) 1:04:35  
Pam Neimeth (2<sup>nd</sup> F50-54) 1:06:05



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Mary DeNitto (1 <sup>st</sup> F60-64)	1:06:55
Tracy Little (3 <sup>rd</sup> F50-54)	1:08:09
Megan Corjulo (1 <sup>st</sup> F45-49)	1:12:30
Jennifer Borrero (2 <sup>nd</sup> F45-49)	1:15:24
Roge Nesbitt (1 <sup>st</sup> F40-44)	1:15:50
Janice Cragolin (1 <sup>st</sup> F55-59)	1:18:03
Jane Struzzieri	1:19:08
Alison Conaway (1 <sup>st</sup> F35-39)	1:20:32
Linda Cherny	1:22:19
Karen Willoughby	1:23:30
Christine Farmer	1:30:22
Rachel Loftus (1 <sup>st</sup> F25-29)	1:33:45
Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:38:01
Melissa Signor (2 <sup>nd</sup> F55-59)	1:53:55

## Overall Male:

Nick Brundage	0:49:18
Mike Halstead (2 <sup>nd</sup> Overall)	0:50:35
Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:52:19
Charles Pegg (1 <sup>st</sup> M40-44)	0:54:23
Bill Shashaty (2 <sup>nd</sup> M40-44)	0:57:51
Pedro Collazo (1 <sup>st</sup> M50-54)	0:59:30
Dennis Ebbing (3 <sup>rd</sup> M40-44)	0:59:37
Peter Oxenholm	1:00:20
Richard Miller (1 <sup>st</sup> M55-59)	1:00:55
John Ferrara (2 <sup>nd</sup> M50-54)	1:01:05
Kevin Adams	1:01:14
Keith O'Malley (1 <sup>st</sup> M45-49)	1:01:18
Kurt Carney (2 <sup>nd</sup> M45-49)	1:01:20
Chris Loftus (1 <sup>st</sup> M35-39)	1:03:39
Frank Priest (2 <sup>nd</sup> M55-59)	1:04:35
Tom Struzzieri (3 <sup>rd</sup> M50-54)	1:05:36
John Dowley (2 <sup>nd</sup> M35-39)	1:05:42
Ryan Schumacher (1 <sup>st</sup> M25-29)	1:06:23
Steven Pressman (1 <sup>st</sup> M60-64)	1:07:27
Bob Bomba (3 <sup>rd</sup> M35-39)	1:07:39
Steve Fischer	1:10:21
Mitch Donner	1:10:23
Robin Ackers (2 <sup>nd</sup> M25-29)	1:13:11
John Farmer (3 <sup>rd</sup> M55-59)	1:31:58



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

<b><u>Overall Female:</u></b>	Rebecca Wassner	2:00:25
	Jeanette Shelow-MacDougall (5 <sup>th</sup> Elite AG)	2:18:30
	Kathryn Flodquist	2:33:50
	Antonia Noonan	3:02:50

<b><u>Overall Male:</u></b>	Filip Ospaly	1:46:28
	Nick Brundage	2:05:19
	Dave Nazaroff	2:11:58
	Charles Pegg	2:13:48
	Richard Miller	2:36:00
	Steven Pressman	2:37:46
	Frank Priest	2:45:01
	Phil Placido	2:55:45

## Sunset Challenge Sprint Triathlon-Bridgeton, NJ (7/17/10) S .5 mi., B 16 mi., R 5k [www.lin-mark.com](http://www.lin-mark.com)

<b><u>Overall Female:</u></b>	Kelli Montgomery	1:19:23
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<b><u>Overall Male:</u></b>	Kenneth Barbee	1:15:06
	Troy Weaver (1 <sup>st</sup> M40-44)	1:28:02

## 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)

<b><u>Overall Female:</u></b>	Christene Spiezio	1:40:46
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<b><u>Overall Male:</u></b>	John McGovern	1:20:23
	Mike Halstead (2 <sup>nd</sup> Overall)	1:21:10
	Bill Shashaty (3 <sup>rd</sup> M40-44)	1:34:51
	Tom Struzzieri (3 <sup>rd</sup> M50-54)	1:47:32



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## Hudson Valley Biathlon-Kingston, NY(7/18/10) R 1 mi., B 12 mi., R 3 mi.

[www.nytc.org](http://www.nytc.org)

Overall Female: Erica Ruge 1:27:22  
Christine Farmer (1<sup>st</sup> F45-49) 2:22:33

Overall Male: Gabe Sturges 1:17:30  
John Farmer 2:22:33

## Mossman Triathlon-Norwalk, CT (7/18/10) S .5 mi., B 12.5 mi., R 5k

[www.teammossmann.com](http://www.teammossmann.com)

Overall Female: Reilly Kiernan 1:06:50

Overall Male: Gus Ellison 1:02:14  
Ray Canals 1:20:01

## 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)

Overall Female: Amy Marsh 09:27:30

Overall Male: Ben Hoffman 08:39:34  
Dave Nazaroff 10:42:33  
Art Boyko 11:46:24  
Charlie Comparetto 13:07:31  
John Ferrara 13:45:25  
Mitch Donner 15:32:30  
Bill Thompson 16:26:38

## New Jersey State Triathlon-West Windsor, NJ (7/24/10) S 550 meters, B 11 mi., R

5k [www.lin-mark.com](http://www.lin-mark.com)

Overall Female: Kristie Timmer 1:04:07

Overall Male: Matthew Coleman 0:55:15  
Troy Weaver 1:11:03



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## Amica 19.7 Ocean Beach Triathlon-New London, CT (7/25/10) S .5 mi., B 16.1 mi., R 5k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

<b><u>Overall Female:</u></b>	Susan Wines	1:25:33
	Jennifer Borrero	1:50:54
<b><u>Overall Male:</u></b>	John Babcock	1:09:06

**AUGUST**  
**SEPTEMBER**  
**OCTOBER**  
**NOVEMBER**  
**DECEMBER**

### **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.)

<b><u>Name (Women)</u></b>	<b><u>AG</u></b>	<b><u>Honors</u></b>	<b><u>Rank</u></b>	<b><u>Nat'l AG</u></b>
<b><u>Place</u></b>				
Barbara Sessa	45-49	AA	91.38083	13
Lauren Warren	40-44	AA	91.06874	46
Jeanette Shelow-MacDougall	45-59	AA	88.84743	36
Jean Norton	45-49	AA	88.56880	41
Erica Ruge	35-39	HM	86.68253	175
Kathryn Flodquist	40-44	HM	85.88682	162
Barbara Ferrante	40-44		76.75550	618
Mary DeNitto	60-64	AA	76.25392	8
Michele Yasson	50-54		76.15916	181
Kelly Heady	35-39		75.06615	800
Alicia Olmoz	35-39		73.52287	940
Julie LoRusso	40-44		73.48586	849
Tracy Little	50-54		71.42191	344
Megan Corjulo	40-44		69.06832	1,220
Jennifer Borrero	45-49		67.66119	883
Carolyn Mandaro	45-49		66.22912	969
Norma Lopez	45-49		66.10964	978
Deb Torpey	50-54		64.13315	612
Janice Cragolin	50-54		64.01059	619
Nancy Figueroa	40-44		63.12101	1,682
Diana Tsingopoulos	60-64		53.41356	45

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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Name (Men) Place	AG	Honors	Rank	Nat'l AG
Alex Sherwood	30-34	AA	97.06864	26
Nick Brundage	20-24	AA	95.68302	27
Mike Halstead	40-44	AA	93.45361	48
Michael Bakker	40-44	AA	92.86618	57
Mark Wilson	40-44	HM	87.84147	246
Bruce Cadenhead	45-49	AA	87.78216	126
Jim Stafford	45-49	AA	87.29484	140
Charles Pegg	40-44	HM	86.72933	324
Art Boyko	40-44	HM	86.62205	330
Doug Thompson	40-44	HM	86.03291	376
Dave Nazaroff	40-44		83.47222	572
Nate DeBoever	16-17		83.46274	31
Bob Gramling	50-54	HM	82.85139	164
Ken Buderman	25-29		82.22496	531
Mark Rabens	45-49		81.74198	424
Dennis Ebbing	40-44		81.40513	787
Bill Norton	55-59	HM	80.88711	64
Jim Demis	45-49		79.32186	647
Troy Weaver	40-44		78.77467	1,100
Jon Stern	45-49		78.60986	714
Roger Husted	35-39		75.76093	1,649
Kevin Adams	40-44		75.19672	1,675
Patrick Murphy	35-39		74.69255	1,842
Richard Miller	55-59		74.62155	246
Frank Sabat	40-44		74.61678	1,780
Mike Ferrante	35-39		74.12195	1,953
Keith O'Malley	45-49		73.69671	1,296
John Ferrara	50-54		72.93888	796
Ryan Schumacher	25-29		72.29908	1,319
Ray Canals	50-54		72.22880	832
John Dowley	35-39		71.77255	2,450
Peter Oxenholm	40-44		71.37752	2,372
Mark Graminski	50-54		70.93623	951
Frank Priest	55-59		70.57355	412
Henry Collins	40-44		70.35883	2,558
Steven Pressman	55-59		69.57201	465
Bill Thompson	45-49		68.61565	1,949
Roger Roberson	50-54		68.12641	1,188
Steve Fischer	50-54		67.54415	1,242
Creighton Ko	45-49		66.17416	2,243
Maurice Tessier	40-44		65.90933	3,317
Bob Bomba	35-39		65.65665	3,475
Tom Struzzieri	50-54		61.74372	1,675
Tom Gill	55-59		56.63128	975

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

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## 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)**

### HVTC Summer Tri-Series Standing Course Records

#### Women

**Course**-Jeanette 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)



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## ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **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>.**
- **Women’s Wetsuit For Sale:** <http://westernmass.craigslist.org/spo/1835301626.html>

## 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>
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