

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 122 July 2011

## IN A FEW WORDS

Dear HVTC,

I love technology...that is, when I know how to utilize it! Often, people will ask me if they should get a power meter, heart rate monitor, disc wheels, etc. to help make them get faster. And, my usual answer is "If you have the money, then sure; if not, please continue to swim, bike and run!" The bottom line is, the quickest way to becoming the best triathlete you can be is to endure hard work, eat, sleep...and then repeat. How far? Farther. How fast? Faster. How much food? Less. Sounds like a good book title. See ya out there!

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach

## HVTC Featured Athlete: Barbara Sessa\*

By Mark H. Wilson

Would you like to have the genetics to be any kind of athlete imaginable? Would you like to be fit, strong, flexible, and adaptable; and add to that a personality that's very bubbly? How would you like to enter an event for the first time and be the overall female winner? Well, our Featured Athlete of the Month, Barbara Sessa, is all that! She has an infectious spirit that commands attention regardless of the circumstances. It hasn't always been an easy road, though. Let's see what this little dynamo's been up to for the past 40 years!

Barbara was born in Massapequa, NY (Long Island) and then moved to Orange County in Upstate New York in 1993. She and her husband Joe have a 11 year old son, Joey, who is already quite the athlete! (Takes after mom, of course.) Currently, she teaches physical education at Monroe Woodbury High School and has coached gymnastics, soccer and track & field. Her non-triathlon interests include reading and gardening. Her most consuming interest is Joey who plays football, lacrosse, basketball, and tennis. Barbara's husband is her "home base." "He's my #1 supporter and biggest fan. Without him I know I wouldn't be half the athlete I am today. Thanks Joe!"

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Unbelievably, Barbara was very heavy in high school and did NOT do sports! She really didn't start training until college. Barbara was drawn to weight training and quickly merged with the bodybuilding community. Soon after, she entered the Ms. Cortland (where she went to college) bodybuilding competition and a few days later saw an ad for the 1st Annual Cortland State Triathlon. She figured "WOW!" the tri-training can help her to lose fat for the weight training/bodybuilding. So, get this; she lifted weights, swam half a mile, biked 20 and then ran 5...EVERYDAY! In her own words, "I never said I was smart!" Barbara believed the more she trained, the leaner she would get for the competition. Oh, yeah, incidentally she took 2<sup>nd</sup> Overall Female in the bodybuilding contest and 1st Overall Female in the triathlon! Her first triathlon EVER!!! (Must be nice.)

However, Barbara did not do another tri for 17 years. Throughout college Barbara had a terrible personal health issue. She had a serious eating disorder that sent her spiraling into depression and isolation. She tried to remedy the situation by lifting weights, running, aerobics, swimming, etc.; for nearly 8 hours a day. She was obsessed with exercise, food, weight, and her looks which lasted for more than 10 years. Barbara would sometimes teach an aerobics class at a studio she owned 4 or 5 times a day. Her body was falling apart, to say the least.

Luckily, they moved to Orange County and there were no aerobic studios, so Barbara began running more for her exercise. As one would guess she became very competitive, enjoyed the racing and was very successful. Then, in 2002 Barbara re-started her triathlon career which totally changed her life; she finally found an outlet that combined power, aerobic endurance and physical strength. "In this sport you feel empowered every time you finish a race from a sprint to an IM." Barbara used to feel that people looked at her oddly because of her fitness lifestyle. But now she feels that triathlon contributes to her self-confidence, a superior body and mind. "The sport uses every muscle in the body and teaches you about yourself."

A couple of years ago, Barbara did triathlons to test my physical strength. Now she does triathlons to test her mental strength. You see, she has an incredible fear of the water; she has to convince herself to show up for every race. The minute she steps out of the water she has won her race; the rest of the race is to see how fast she can go. Barbara is extremely fortunate to have a gifted training partner in Jean Norton; Jean is her best friend. "Every training session with Jean is an adventure!" Jean helped Barbara realize that this sport is for life, it will always be there tomorrow; however, your family and friends come first. "I think I've found that happy medium." It's also helpful when she's surrounded by like-minded folks. "The people in HVTC are so inspiring." When she was invited to the Summer Tri-Series 4 years ago she was terrified, she got lost on the course 3 times, but notes that it is one of the most memorable days of her life. "I felt like a part of something for the first time." Finally, she found people that trained more than her! (Scary!) She often remembers one of her favorite quotes from Ironbaker (Myron Baker Sr.), "Stop complaining and just train!!" (He has a wonderful effect on

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newcomers!)

Barbara's goals for the future are very simple; race hard, race often and have fun! Oh, yeah, and to out-split Bill Norton on the bike at the club races!!! Speaking of the club races, the HVTC Summer Tri-Series is her all-time favorite. The camaraderie, the course and THE FOOD are just the best! "I feel blessed to know HVTC." And we're blessed to know her! Thanks, Barbara.

\*Barbara finished 4<sup>th</sup> in the Female Masters at the CrossFit World Championship in California over the weekend! She's also the Founder/Head Coach of Team Stiletto; an ALL-Female Triathlon Club ([www.girlstriharder.com](http://www.girlstriharder.com)).

## Upper Crossed Syndrome

By Dr. David Ness

Upper crossed syndrome is a common problem in the office-bound United States, affecting in particular people who sit hunched over at desks for many hours. In addition to causing tension and pain in the neck, base of head, TMJ, and shoulders, it can also lead to anterior head carriage, which is a serious condition where the head is pushed forward and can lead to a permanently stooped posture in old age. For triathletes this can cause a variety of aches, pains, and injuries in the neck, upper back, and shoulders.

Hunching over to read or use a computer at a desk causes our anterior neck muscles, upper trapezius muscle, and pectoralis muscles to shorten and become tight. While at the same time it weakens and lengthens the scapular stabilization muscles of the shoulders and upper back. It's normal for our bodies to relax a muscle on one side of a joint while the other muscles contract - for example, the biceps contract and the triceps relax when lifting a heavy box. Called reciprocal inhibition, this process can be confused by spending long periods of time in postures like the sitting position.

UCS can be exacerbated by an active lifestyle; swimming, biking, and running can add strain to the skeletal system, muscles, and connective tissue. This causes neck pain, upper back pain, headaches, and jaw pain. Untreated, it can also depress the sternum, making it more difficult to breathe and nearly impossible to engage in an endurance sport. It also may contribute to asthma in adults and children.

Treatments for upper crossed syndrome address this muscular imbalance directly or seek to clear away obstacles to healing. A strengthening-and-stretching regimen may be called for, to compensate for the enforced relaxation and contraction the body's muscles

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are experiencing by this force of habit. Physical therapy or chiropractic adjustment could also be the right course for realigning the body's posture. The chronic shortening of the muscles can lead to scar tissue buildup, which can be broken up using Active Release Techniques (ART), which manually works the scar tissue out of the muscles, or another manual mode of therapy. Sound Assisted Soft Tissue Mobilization or the Graston Technique are also helpful in eliminating scar tissue.

While UCS has similar causes to the related lower crossed syndrome (LCS), it's important to approach UCS with more care. The shoulder has a great deal more mobility than the hip joint, which means that it also has a lot less stability. If you have UCS and engage in overhead athletic movements like swimming, shoulder injuries are more common due to micro-instability and impingement. Any exercise program or treatment regimen should include scapula stabilization and rotator cuff strengthening.

Longer term, upper crossed syndrome must be addressed with lifestyle changes. UCS results from training our bodies with bad habits, such as maintaining poor posture at a desk or not taking the time to stretch properly during our day or long workout sessions. On average deskbound people spend 8-10 hours a day sitting and commuting. Then they go home and sit for dinner, and it's off to the couch to sit or read to relax for a few more hours before bed. Triathletes, in general not being couch potatoes, substitute long hours on the bike in place of couch time. In order to correct UCS we tell our patients to stretch hourly at work to open the front of the body. Exercises are prescribed to strengthen the back of the neck and upper back. We encourage people who sit at work all day to spend time reading, watching T.V., and computing at home on their stomach with the upper body supported by the forearms. This posture is like the cobra yoga pose, which opens the chest and front of the neck while strengthening the upper back and back of the neck. The more time you spend doing this, the more endurance you will develop in these muscles. This helps because it is exactly the opposite body position that UCS sufferers spend the most time in. It takes time and consistent effort to unlearn those habits, just as it took time and consistent effort to learn them in the first place. Choosing a greater variety of physical activities throughout the day, routinely stretching, as well as taking care to maintain good posture no matter what we're doing, will go a long way towards preventing UCS.

Dr. David Ness is a board-certified chiropractor who has been practicing for over 20 years. He has been a Sports Chiropractor and certified Active Release Provider since 2004, and is the staff chiropractor for the Vassar College Athletic Department. He has treated patients at over six Ironman events at Lake Placid, and has provided treatment at races for the N.Y.T.C., the H.V.T.C., and at the S.O.S. For questions about any sports injury, email Dr. Ness at [mail@drness.com](mailto:mail@drness.com) or call (845) 255-1200.

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## 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).

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

8. City, state and/or country of race?

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

10. **Race website?!?!?**

## 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)

## 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)

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**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)**

**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)**

**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**

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[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)

**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)

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**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)**

**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.teammossmann.com](http://www.teammossmann.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.nyctri.com](http://www.nyctri.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.teammossmann.com](http://www.teammossmann.com)**



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**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)

**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)

**Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k**  
[www.orangecountytri.com](http://www.orangecountytri.com)

## SEPTEMBER

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

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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)

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)

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## DECEMBER

**HITS Open Triathlon-Coachella, CA (12/3/11) S 100 meters, B 3 mi., R 1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Coachella, CA (12/3/11) S 750 meters, B 12 miles, R 3 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Olympic Triathlon-Coachella, CA (12/3/11) S 1,500 meters, B 24 mi., R 6 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Half Triathlon-Coachella, CA (12/4/11) S 1.2 mi., B 48 mi., R 13 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Full Triathlon-Coachella, CA (12/4/11) S 2.4 mi., B 96 mi., R 26 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

## 2011 HVTC RACE RESULTS

### APRIL

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

**Overall Female:**

Gail Katouf	1:37:00
Erica Ruge (3 <sup>rd</sup> F35-39)	1:43:47

**Overall Male:**

Dave Slavinski	1:26:14
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**Spring Dual Against CF (4/30/11) R 2 mi., B 12 mi., R 2 mi.**  
[www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:**

Mendy Taylor	1:02:05
Rachel Loftus (3 <sup>rd</sup> Overall)	1:05:43
Mary DeNitto (1 <sup>st</sup> F60-64)	1:11:29
Jennifer Lang	1:15:37
Patty Fassetta-Ganz	1:26:16

**Overall Male:**

Lukas Siska	0:54:02
Chris Loftus (2 <sup>nd</sup> M40-44)	1:03:19
Bill Shashaty	1:04:44
Warren Sheprow	1:11:59

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## MAY

### Bassman (Sprint)-Tuckahoe, NJ (5/1/11) S .35 mi., B 12 mi., R 3.1 mi.

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

**Overall Female:** Kristine Timmer 1:01:44

**Overall Male:** Tad Fabian 0:59:45  
Frank Priest (1<sup>st</sup> M60-64) 1:12:53

### Bassman (Half)-Tuckahoe, NJ (5/1/11) S 1.2 mi., B 58 mi., R 13.1 mi.

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

**Overall Female:** Holly Geldhauser 4:53:20

**Overall Male:** David Hollely 4:27:46  
Tom Struzzieri 6:08:08

### Devilman (Sprint)-Millville, NJ (5/8/11) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

**Overall Female:** Molly Roohi 1:35:32

**Overall Male:** Jonathan Fecik 1:26:12  
Troy Weaver (2<sup>nd</sup> M45-490) 1:47:23

### St. Anthony's Triathlon-St. Petersburg, FL (5/1/11) S 1.5k, B 40k, R 10k

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

**Overall Female:** Sarah Haskins 1:52:28  
Jeanette Shelow-MacDougall 2:12:30

**Overall Male:** Filip Ospaly 1:41:22

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

**Overall Female:** Erica Ruge 1:09:42  
Michele Yasson (1<sup>st</sup> F50-54) 1:25:47  
Marcy Duffy (2<sup>nd</sup> F30-34) 1:31:03

**Overall Male:** Mike Halstead 1:03:03  
Nick Brundage (2<sup>nd</sup> Overall) 1:03:26  
Chad Duffy 1:16:13  
Jim Demis 1:16:16

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Bill Shashaty	1:17:08
Richard Miller (1 <sup>st</sup> M55-590)	1:18:14
Steven Pressman (2 <sup>nd</sup> M60-64)	1:21:37

## **TriRock Annapolis, Maryland (5/14/11) S 500 m., B 12 mi., R 3.1 mi.**

[www.trirock.competitor.com](http://www.trirock.competitor.com)

<b><u>Overall Female:</u></b>	Brownen Price	1:09:33
	Antonia Noonan	1:39:48

<b><u>Overall Male:</u></b>	Gregory Dierksen	0:58:13
	Troy Weaver	1:20:56

## **Ironman 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)

<b><u>Overall Female:</u></b>	Caitlin Snow	4:22:31
	Jeanette Shelow-Macdougall(1 <sup>st</sup> F45-49)	5:05:46

<b><u>Overall Male:</u></b>	Andy Potts	3:53:14
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## **American Zofingen Duathlon High Falls, New York(5/15/11) Short Course R 5mi., B 29mi., R 5mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

<b><u>Overall Female:</u></b>	Erica Ruge	3:12:40
	Kathryn Flodquist	3:23:29

<b><u>Overall Male:</u></b>	John Hirsch	2:47:13
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## **American Zofingen Duathlon-High Falls, New York (5/15/11) Middle Distance R 5 mi., B 29 mi., R 5 mi., B 29 mi., R 5 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

<b><u>Overall Female:</u></b>	Jana Richtrova	5:50:40
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<b><u>Overall Male:</u></b>	Michael Bakker	5:04:52
	John Ferrara	6:49:24
	Doug Thompson	6:30:19

## **American Zofingen Duathlon-High Falls, New York (5/15/11) Long Course R 5 mi., B 84 mi., R 15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

<b><u>Overall Female:</u></b>	Mimi Boyle	9:07:47
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<b><u>Overall Male:</u></b>	Josh Beck	7:05:06
	Michael Halstead (3 <sup>rd</sup> M45-49)	7:57:00

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## **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)

**Overall Female:** Mariana Lara 2:36:05  
Mary DeNitto (1<sup>st</sup> F60-64) 3:20:18

**Overall Male:** Chris Gebhardt 2:16:19  
Mike Bakker (2<sup>nd</sup> Overall) 2:21:20

## **Ten Penny Ale Shamrock Duathlon-Glastonbury, CT (5/22/11) R 5k, B 28k, R 5k**

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

**Overall Female:** Rebecca Stephenson 1:34:28  
Kathryn Flodquist (3<sup>rd</sup> Overall) 1:41:05

**Overall Male:** Eneus Fregne 1:18:09

## **Fly By Night Duathlon-Watkins Glen, NY (5/28/11) R 1.8 mi., B 10.2 mi., R 1.8 mi., B 10.2 mi., R 1.8 mi. [www.flybynightdu.com](http://www.flybynightdu.com)**

**Overall Female:** Laura Kline 1:40:53  
Erica Ruge (2<sup>nd</sup> Overall) 1:44:01

**Overall Male:** Travis Kuhl 1:29:31

## **JUNE**

## **Pawling Triathlon-Pawling, NY (6/4/11) S .5 mi., 12 mi., 5k [www.nytc.org](http://www.nytc.org)**

**Overall Female:** Jeanette Shelow-MacDougall 1:05:44  
Michele Yasson (2<sup>nd</sup> F50-54) 1:19:17  
Terri Keating 1:33:13  
Jennifer Lang 1:34:25

**Overall Male:** Shawn Jackson 1:00:02  
Peter Oxenholm 1:13:44  
Steven Pressman (1<sup>st</sup> M60-64) 1:15:40  
Warren Sheprow 1:17:40  
Frank Priest (2<sup>nd</sup> M60-64) 1:17:57  
Thomas Skeados 1:20:24

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## **Rev3 (Olympic)-Middlebury, CT (6/4/11) S 1.5k, B 40k, R 10k [www.rev3tri.com](http://www.rev3tri.com)**

<b><u>Overall Female:</u></b>	Catherine Sterling	2:18:26
	Pam Neimeth (3 <sup>rd</sup> F50-54)	3:13:11
<b><u>Overall Male:</u></b>	Brett Nichols	2:05:46
	Nick Brundage	2:24:51

## **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)**

<b><u>Overall Female:</u></b>	Lesley Paterson	4:30:58
	Kathryn Flodquist	5:40:53
<b><u>Overall Male:</u></b>	Maxim Kriat	4:20:04

## **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)**

<b><u>Overall Female:</u></b>	Nicky Samuels	2:13:13
<b><u>Overall Male:</u></b>	Andy Potts	1:59:45
	Keith O'Malley	3:20:32

## **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)**

<b><u>Overall Female:</u></b>	Erica Ruge	0:55:18
	Rachel Loftus (2 <sup>nd</sup> Overall)	1:01:15
	Michele Yasson (3 <sup>rd</sup> Overall)	1:05:56
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:07:11
	Tracy Little (1 <sup>st</sup> F50-54)	1:10:11
	Lise Hafner (1 <sup>st</sup> F45-49)	1:10:25
	Marcy Duffy (1 <sup>st</sup> F30-34)	1:11:09
	Megan Corjulo (2 <sup>nd</sup> F45-49)	1:14:15
	Margie McGoldrick (2 <sup>nd</sup> F50-54)	1:15:07
	Terri Keating (1 <sup>st</sup> F55-59)	1:16:45
	Jennifer Lang (3 <sup>rd</sup> F45-49)	1:18:22
	Antonia Noonan	1:18:27
	Roge Nesbitt	1:18:57
	Rachel Crop (1 <sup>st</sup> F25-29)	1:19:24
	Nancy Figueroa (1 <sup>st</sup> F40-44)	1:21:17
	Shelley Turk	1:23:49
	Darcy Dyer (3 <sup>rd</sup> F50-54)	1:36:25

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Diana Tsingopoulos (1<sup>st</sup> F65-69) 1:43:06  
Melissa Signor (2<sup>nd</sup> F55-59) 1:46:27

## **Overall Male:**

Mike Bakker 0:48:37  
Nick Brundage (2<sup>nd</sup> Overall) 0:49:30  
Mike Halstead (3<sup>rd</sup> Overall) 0:51:24  
Bruce Cadenhead (1<sup>st</sup> M45-49) 0:54:05  
Bill Shashaty (1<sup>st</sup> M40-44) 0:58:44  
Jon Stern (1<sup>st</sup> M50-54) 0:58:57  
Jim Demis (2<sup>nd</sup> M45-49) 0:58:58  
Chad Duffy (1<sup>st</sup> M30-34) 0:59:25  
Charles Pegg (2<sup>nd</sup> M40-44) 1:00:21  
Dennis Ebbing (3<sup>rd</sup> M40-44) 1:01:29  
Kurt Carney (3<sup>rd</sup> M45-49) 1:02:05  
Myron Baker Sr. (1<sup>st</sup> M60-64) 1:02:42  
Bob Gramling (1<sup>st</sup> M55-59) 1:02:48  
Chris Loftus 1:03:03  
Warren Sheprow 1:04:58  
John Ferrara (2<sup>nd</sup> M50-54) 1:05:07  
Steven Pressman (2<sup>nd</sup> M60-64) 1:05:14  
Tom Struzzieri (3<sup>rd</sup> M50-54) 1:06:14  
Peter Oxenholm 1:06:34  
Henry Collins 1:10:41  
Bill Thompson 1:11:35  
Steve Fischer 1:12:38  
Aaron Forstell (1<sup>st</sup> M35-39) 1:17:38  
Clay Corjulo 1:19:48  
Tom Teufel 1:21:58

## **Williams Lake Sprint Triathlon-Rosendale, NY (6/12/11) S .5 mi., B 12 mi., R 3 mi.** [www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Allison Schefer 1:17:26

**Overall Male:** Charles Pegg 1:13:23  
Richard Miller (1<sup>st</sup> M55-59) 1:18:22  
Steven Pressman (1<sup>st</sup> M60-64) 1:22:49

## **Williams Lake Olympic Triathlon-Rosendale, NY (6/12/11) S 1 mi., B 24 mi., R 6 mi.** [www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Jean Norton 2:24:59  
Mary DeNitto (1<sup>st</sup> F60-64) 2:44:47



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Michele Yasson (1<sup>st</sup> F50-54) 2:47:14

**Overall Male:**

William Schefer 2:02:47

Jim Demis (2<sup>nd</sup> M45-49) 2:24:27

John Ferrara 2:49:05

**Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/11) S 1.5k, B 40k, R 10k**

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

**Overall Female:**

Cassandra Maximenko 2:01:35

Jeanette Shelow-MacDougall (2<sup>nd</sup> Overall) 2:06:49

Erica Ruge (1<sup>st</sup> F35-39) 2:07:13

Kathryn Flodquist (3<sup>rd</sup> F45-49) 2:18:26

Rachel Loftus 2:23:54

Jennifer Lang 3:04:32

**Overall Male:**

Chris Thomas 1:46:09

Chris Loftus 2:22:14

John Ferraro 2:40:12

Frank Priest (3<sup>rd</sup> M60-64) 2:40:19

**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)**

**Overall Female:**

Kayla Segal 4:50:50

**Overall Male:**

Chuck Perrault 4:06:32

Chad Duffy 5:25:54

**Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k**

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

**Overall Female:**

Rebecca Wassner 1:59:36

Jeanette Shelow-MacDougall 2:20:34

Kathryn Flodquist 2:30:34

**Overall Male:**

Andy Potts 1:46:05

Frank Priest 2:55:28

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## North Country Triathlon (Sprint)-Hague, NY (6/25/11) S 750 meters., B 20k, R 5k [www.northcountrytri.com](http://www.northcountrytri.com)

<b><u>Overall Female:</u></b>	Kristen Wangerin	1:18:21
	Megan Corjulo (1 <sup>st</sup> F45-49)	1:40:50
<b><u>Overall Male:</u></b>	Matthew Knight	1:14:48
	Clay Corjulo	1:52:43

## North Country Triathlon (Olympic)-Hague, NY (6/25/11) S 1,500 meters, B 40k, R 10k [www.northcountrytri.com](http://www.northcountrytri.com)

<b><u>Overall Female:</u></b>	Michelle Rosowsky	2:36:11
<b><u>Overall Male:</u></b>	Joe Ward	2:21:34
	Tom Struzzieri	3:10:31

## Doc & Sok Triathlon-Watchung, NJ (6/26/11) S 1/3 mi., B 10 mi., R 5k [www.greenbrookracing.com](http://www.greenbrookracing.com)

<b><u>Overall Female:</u></b>	Bridgett Sherratt	1:00:03
<b><u>Overall Male:</u></b>	Scott Duprex	0:54:19
	Troy Weaver	1:07:44

## Northern Dutchess Triathlon-Stanfordville, NY (6/26/11) S ¼ mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)

<b><u>Overall Female:</u></b>	Erica Ruge	1:07:24
	Marcy Duffy (1 <sup>st</sup> F30-34)	1:29:27
<b><u>Overall Male:</u></b>	Tim Donahue	0:59:53
	Bob Gramling (1 <sup>st</sup> M55-59)	1:08:29
	Peter Oxenholm (3 <sup>rd</sup> M40-44)	1:15:05
	Warren Sheprow	1:19:36

## JULY

## Stissing Triathlon-Pine Plains, NY (7/2/11) S .5 mi., B 17 mi., R 3.3 mi. [www.stissingsprint.com](http://www.stissingsprint.com)

<b><u>Overall Female:</u></b>	Erica Ruge	1:29:06
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:44:20
	Tracy Little (1 <sup>st</sup> F50-54)	1:52:49

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<b><u>Overall Male:</u></b>	Michael Sikorski	1:21:05
	Bruce Cadenhead (2 <sup>nd</sup> Overall)	1:23:25
	Bob Gramling (2 <sup>nd</sup> M55-59)	1:32:43
	Bill Shashaty (2 <sup>nd</sup> M40-44)	1:36:20
	Peter Oxenholm (3 <sup>rd</sup> M45-49)	1:38:52

## **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)**

<b><u>Overall Female:</u></b>	Erica Ruge	0:54:23 CR
	Rachel Loftus (2 <sup>nd</sup> Overall)	1:01:35
	Mary DeNitto (3 <sup>rd</sup> Overall/F60-64)	1:05:28 CR
	Michele Yasson (1 <sup>st</sup> F50-54)	1:06:30
	Pam Neimeth (2 <sup>nd</sup> F50-54)	1:07:17
	Tracy Little (3 <sup>rd</sup> F50-54)	1:11:16
	Megan Corjulo (1 <sup>st</sup> F45-49)	1:13:03
	Jennifer Borrero	1:13:20
	Marcy Duffy (1 <sup>st</sup> F30-34)	1:14:50
	Karen Bradbury (1 <sup>st</sup> F40-44)	1:15:12
	Jennifer Lang (2 <sup>nd</sup> F45-49)	1:15:28
	Margie McGoldrick	1:15:39
	Shelley Turk (3 <sup>rd</sup> F45-49)	1:17:28
	Roge Nesbitt	1:20:45
	Jane Struzzieri	1:21:55
	Nancy Figueroa (2 <sup>nd</sup> F40-44)	1:22:18
	Haley Fields (1 <sup>st</sup> F20-24)	1:24:55
	Darcy Dyer	1:27:21
	Linda Cherny	1:34:29
	Terri Keating (1 <sup>st</sup> F55-59)	1:35:44
	Debby Dyle (1 <sup>st</sup> F35-39)	1:38:22
	Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:38:56
	Melissa Signor (2 <sup>nd</sup> F55-59)	1:51:40

<b><u>Overall Male:</u></b>	Mike Bakker (M45-49)	0:48:36 CR
	Mike Halstead (2 <sup>nd</sup> Overall)	0:50:25
	Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:50:38
	Carl Regenauer (1 <sup>st</sup> M45-49)	0:53:47
	Charles Pegg (1 <sup>st</sup> M40-44)	0:55:53
	Bob Gramling (1 <sup>st</sup> M55-59)	0:56:09 CR
	Bill Shashaty (2 <sup>nd</sup> M40-44)	0:57:57
	Jack Ryon (1 <sup>st</sup> M30-34)	0:58:13
	Chris Loftus (3 <sup>rd</sup> M40-44)	0:59:06
	Jon Stern (1 <sup>st</sup> M50-54)	0:59:19

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Chad Duffy (2 <sup>nd</sup> M30-34)	0:59:31
Kevin Adams	1:00:16
Richard Miller (2 <sup>nd</sup> M55-59)	1:01:16
Kurt Carney (2 <sup>nd</sup> M45-49)	1:01:20
Jason DeFabio	1:03:17
Henry Collins	1:04:37
Tom Struzzieri (2 <sup>nd</sup> M50-54)	1:06:19
Mike Rydell (1 <sup>st</sup> M35-39)	1:06:25
Steven Pressman (1 <sup>st</sup> M60-64)	1:06:33
Thomas Skeados (3 <sup>rd</sup> M50-54)	1:07:35
Warren Sheprow	1:07:53
Steve Fischer	1:08:59
Clay Corjulo (3 <sup>rd</sup> M45-49)	1:17:26
Norbert Lazar	1:17:29
Victor McGregor	1:22:33
Craig Chapman (1 <sup>st</sup> M25-29)	1:43:17

## **Beacon Triathlon-Beacon, NY (7/10/11) S 400 yards, B 11, R 3 mi.**

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

<b><u>Overall Female:</u></b>	Erica Ruge	1:06:33
	Antonia Noonan	1:26:27

<b><u>Overall Male:</u></b>	Charles Ropes	1:04:52
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## **Putnam Triathlon-Carmel, NY (7/17/11) S ¼ mi., B 14 mi., R 3 mi. www.nytc.org**

<b><u>Overall Female:</u></b>	Anja Kreiger-Redwood	1:04:58
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<b><u>Overall Male:</u></b>	Justin Harris	0:57:40
	Mike Bakker (1 <sup>st</sup> M45-49)	1:00:40

## **Hudson Valley Triathlon-Kingston, NY (7/24/11) S .3 mi., B 18 mi., R 3.5 mi.**

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

<b><u>Overall Female:</u></b>	Kierann Toth	1:30:11
	Marcy Duffy (2 <sup>nd</sup> F30-34)	1:55:13

<b><u>Overall Male:</u></b>	Mike Halstead	1:20:57
	Chad Duffy (3 <sup>rd</sup> M30-34)	1:32:29
	Jack Ryon	1:32:47

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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>
<u>Place</u>				
Erica Ruge	35-39	AA	98.78328	1
Kathryn Flodquist	40-44	HM	94.44848	7
Jeanette Shelow-MacDougall	45-49	AA	92.64680	15
Erica Ruge	35-39	AA	90.11307	107
Kathryn Flodquist	40-44	HM	87.46550	142
Jean Norton	45-49	AA	87.02682	81
Michele Yasson	50-54		78.95765	138
Mary Denitto	60-64	HM	75.61172	13
Kelly Heady	35-39		74.81122	844
Tracy Little	50-54		74.10748	290
Megan Corjulo	45-49		72.21358	724
Jennifer Borrero	45-49		71.08211	786
Janice Cragolin	55-59		64.78787	259
Diana Tsingopoulos	65-69		51.81755	57

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	40-44	AA	37	95.24314
Nick Brundage	25-29	AA	70	94.96777
Michael Bakker	40-44	AA	111	92.04565
Alex Sherwood	35-39	AA	168	91.24560
Bruce Cadenhead	45-49	AA	69	90.68364
Dave Nazaroff	40-44	HM	366	86.67939
Charles Pegg	40-44		477	85.23385
Art Boyko	40-44		722	82.76311
Bill Shashaty	40-44		905	81.08269
Jim Demis	45-49		692	78.99193
Troy Weaver	40-44		1168	78.91224
Bill Norton	55-59		182	77.51582
Keith O'Malley	45-49		1022	76.09886
Richard Miller	55-59		250	75.63678
Kevin Adams	40-44		1721	75.52371
Peter Oxenholm	40-44		1845	74.86264
John Ferrara	50-54		889	72.6033
Steven Pressman	60-64		171	71.31574
Frank Priest	55-59		449	71.16248

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

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Tom Struzzieri	50-54	1238	68.88876
Steve Fischer	50-54	1524	66.07536
Tom Gill	55-59	1030	57.95498

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

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

## 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)**

2nd Place: **Kathryn Flodquist (74)**

3rd Place: **Michele Yasson (69)**

4th Place: **Jennifer Borrero (49)**

5th Place: **Megan Corjulo (48)**

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

2nd Place: **Mike Halstead (75)**

3rd Place: **Bruce Cadenhead (70)**

4th Place: **Bill Shashaty (64)**

5th Place: **Mike Bakker (52)**

### HVTC Summer Tri-Series Standing Course Records

#### Women

**Course**-Erica Ruge (54:23)

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

**Bike**-Erica Ruge (36:20)

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

#### Men

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

**Swim**-Art Boyko (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 Summer Tri-Series: June 8, July 13, August 17 & September 14.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a “total score” for overall awards. The most points one could receive is 80 (20/race for 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 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-December 31.**

## HVTC SPONSORS

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