



Hudson Valley Triathlon Club



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

Volume IX, Issue No. 109

June 2010

IN A FEW WORDS

Dear HVTC,

Okay, it feels like August; what's goin' on?!?! Regardless, the HVTC Summer Tri-Series #2 is around the corner and the age-group battles are in full-swing. In the meantime, stay cool and, of course, be sure to S + B + R. See ya out there.

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

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

Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010



HVTC Featured Athlete: Jennifer Borrero

By Mark H. Wilson

Don't you just love surprises?! Okay, maybe only the good ones?! You know, when you discover something about your friend that simply blows your mind? For instance, maybe your best friend was a circus clown, water-skiing champion or Origami expert. Regardless, it's so much fun to hear someone's story of where they've been and what they've done, etc. Our Featured Athlete of the Month, Jennifer Borrero, is no exception and she's absolutely full of shockers that promise to delight each reader. Drum roll please...here's her story, in a nutshell. Enjoy!



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

Jennifer was born in Baltimore, Maryland and attended William Tennent High School in Warminster, Pennsylvania. She graduated from Philadelphia University (formerly known as The Philadelphia College of Textiles & Sciences) with a Bachelor of Science Degree and majored in Fashion Design. Interestingly, she is part Native American (Cherokee) from her father's side; she's has three sisters and a brother whose name is Hiawatha (and you thought you had problems in high school!). Jen did not do a lot of sports in high school; in fact, her dream was to be a fine artist. However, she did participate in gymnastics and ballet. And, in Junior High School, she was on the track team and by the second year was on the "A Team" and ran in the school championships.

Fast forward to college; Jen started to like running more as she got older. She really wanted to join the college cross country team, but the school dropped it during her freshman year. She was disappointed, but her main goal for college was the academics and that's when she was introduced to local road-racing in Philadelphia. It didn't take long for Jen to begin placing in her age-group and the running/racing became such an obsession that she became concerned about her school work. Then, she made a conscious decision to focus more on studying and give the running a little break. As a result of her thoughtful decision, her success as a designer blossomed; Best Senior Collection, Best of Show, The Frank Agostino Evening Wear Award, The City Paper Style Wars Competition (Philadelphia, PA), 1 of 10 designers in United States for the International Air France Competition (held at the Carousel De Louvre; an all expense paid trip to Paris!), and a two-time fashion showing at Bryant Park, among others. She is a Fashion Designer and has created clothing lines anywhere from women's couture to children's clothing.

The truth is Jennifer is such a natural and graceful athlete it's frightening! When you see her run it just totally makes sense; it's easy, flowing and...fast. Here's the scary part, Jen swears that one of her sisters is WAY better than she is; a pure sprinter. Jen attributes her sibling's athleticism to her father who was a strong and speedy runner himself. Actually, he was Jen's secret inspiration to run; she lost her father when she was young and it was her way to spend time with him. So, Jen's "little break" means that she's been keeping her running dormant for some time which means she's fresh and ready to let it loose again. Watch out, Girls!

Jennifer lives in Kingston, New York with her husband Stuart Borrero (a local attorney) and their child, Ian, who is 8 years old and showing serious glimpses of his mother's speed; not to mention his incredible adult-like intelligence and mannerisms. Jen is currently the president of Ian's elementary school PTO; in fact, she was recently recognized and honored by the school for her self-less contributions to the children's education during the Apple Gala at the Wiltwyck Golf Club. She is also the co-



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

coordinator for Kingston Hearty Roots (a local organic CSA). Her additional hobbies include playing guitar and eating Ben & Jerry's Fish ice cream...plus, anything chocolate.

Jen's first experience with triathlon was in 1993 as the runner for a team; they won 1st place! It wasn't until 2009 that Jen finally did an entire solo-triathlon at the HVTC Summer Tri-Series #1; she was hooked. Her entire family thought she was nuts for doing triathlon and, of course, now they just accept it. Good thing, too, because Jen loves triathlon due to the fun and the people who participate in them. She feels awesome when she's finished and can't imagine her life without them. "I would recommend triathlon to anyone; there seems to be a race to suit just about every level."

The tri-world has been good to Jennifer thus far; she has placed in practically every race she's completed. Those events include; 2009 HVTC Summer Tri-Series (#1-third place, #2-first place, #3-third place, #4-second place...all in the F45-49), Diamond Girl (1st F45-49), YMCA Indoor Triathlon (3rd Female Overall), and the 2010 HVTC Summer Tri-Series #1 (1st F45-49).

Jennifer's goals are humble and true; she'd like to spend more quality time with her son and be a good mother. She'd also like to race more often and get much FASTER! Since she spends so much of her time thinking about triathlon training and racing, she's decided to design her own line of triathlon clothing, too; now we're talkin'! "I am glad I finally have a chance to do this. It seems so many things have been the priority in my life and now I finally have the opportunity. I feel so lucky and love my Tri-Friends!" Anyone for some HVTC jammies?! Thanks, Jen.



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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)

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.

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

MARCH

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

APRIL

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

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

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

Trooper Biathlon-Hurley, NY (5/2/10) R 2 mi., B 14 mi., R 2 mi. 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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. 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

American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R 15.45 mi. 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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

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

Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k 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

EnduraSport Mini Triathlon-Harriman, NY (5/22/10) S .6 mi., B 29 mi., R 6.2 mi. 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

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

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

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

JUNE

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

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

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/10) S 1.2mi, B 56mi, R13.1mi 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

NY Tri Series #1 (Biathlon)-Harriman State Park (6/13/10) R 3 mi., B 16 mi., R 3 mi. 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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

Lake Waramaug Sprint Triathlon-New Preston, CT (6/18/10) S .5 mi., B 9.1 mi., R 3.3 mi. 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

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/26/10) S ½ mi., B 20 mi., R 10k 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

Philadelphia Triathlon-Philadelphia, PA (6/25-27/10) S 1.5k, B 40k, R 10k 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

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

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

JULY

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/18/10) S 600 yds. B 14 mi., R 3.1 mi. 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

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

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

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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/?/10) S 325 yds., B 11.5, R 3.25

www.pinebushtriathlon.org

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

Ironman USA-Lake Placid, NY (7/25/10) S 2.4 mi.,

B 112 mi., R 26.2 mi. www.ironmanusa.com

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S ½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

Fronhofer Tool Triathlon-Cambridge, NY (8/7/10) S 1.5k, B 40k, R 10k

www.fronhofertooltriathlon.com

Sandy Beach Triathlon-Morris, CT (8/?/10) S 880 yds., B 10 mi., R 5k

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

Lake Dunmore Triathlon-Salisbury, VT (8/8/10) S .9 mi., B 28 mi., R 6.2 mi.
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

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

Kingdom Triathlon-Kingdom, VT (8/14/10) S 500 yds., B 13 mi., R 5 mi.
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

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi.
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/

Timberman Sprint Triathlon-Gilford, NH (8/20-22/10) S 1/3 mi., B 15 mi., R 3 mi.
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

Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi./., R 3 mi. 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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

SEPTEMBER

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

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

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

Esprit Triathlon Festival-Montreal, Canada (9/11/10) Sprint-Iron 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

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

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

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

Cold Spring Triathlon-Cold Spring, NY Kayak 6 mi., B 24 mi., R 6 mi. www.nbafu.com



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

Hammerfest Triathlon-Branford, CT (9/19/10) S .5 mi., B 13.5 mi., R 4 mi.
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

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

Finger Lakes Triathlon-Canandaigua, NY (9/?/10) S 1.5k, B 40k, R 10k 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 (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

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

Chesapeakman-Cambridge, MD (9/25/10) S 2.4 mi., B 112 mi. www.tricolumbia.org

OCTOBER

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

Toga Duathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k
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

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

Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi., B 112 mi., R 26.2 mi. 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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/10) Ski 2.5 mi., B 10 mi., R 3 mi.

www.pinehillarms.com

Overall Female: Felicia Kearsley 1:10:57

Overall Male: Brian Grodin 0:56:03

Mike Halstead (2nd 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

Overall Female: Jaime Windrow 1:06:35

Jeanette Shelow-MacDougall (3rd Overall) 1:10:02

Carolyn Mandaro (1st 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

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

Overall Female: Amy Farrell 1:44:36

*Erica Ruge (6th F35-39) 1:54:36

*Kathryn Flodquist (18th 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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

www.satriathlon.com

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

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

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

<u>Overall Female:</u>	Mendy Taylor	1:09:56
	Barbara Ferrante (1 st F40-44)	1:20:13
	Alicia Olmoz (2 nd F35-39)	1:29:45
<u>Overall Male:</u>	Nick Brundage	1:01:39
	Mike Halstead (2 nd Overall)	1:04:20
	Jim Stafford (1 st M45-49)	1:06:08
	Mike Ferrante (3 rd M35-39)	1:12:53
	Steven Pressman (3 rd 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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

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

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

Overall Female: Jordan Hedding 1:43:00

Overall Male: Brian Lovett 1:30:38
Troy Weaver (3rd M40-44) 1:52:11

Mother's Day Duathlon-Brooklyn, NY (5/9/10) R 5k, B 14 mi., R 5k 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

Overall Female: Mimi Boyle 8:44:16

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

Overall Female: Elena Dale 6:05:07

Overall Male: John Hirsch 5:04:35
Mike Bakker (2nd 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

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

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

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

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

Overall Male: Keith Strudler 1:12:33
Nick Brundage (2nd Overall) 1:13:04
Dave Nazaroff (2nd 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

Overall Female: Mandy Hudson 1:21:38

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

<u>Overall Female:</u>	Lauren Cullen	2:08:19
<u>Overall Male:</u>	Jesse Du Bey	1:39:35
	Bruce Cadenhead (2 nd 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

<u>Overall Female:</u>	Lauren Klein	6:23:41
<u>Overall Male:</u>	Scott Goldthorp	5:04:10
	Dave Nazaroff (3 rd 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

<u>Overall Female:</u>	Allison Lind	1:03:06
	Pam Neimeth (1 st F50-54)	1:21:44
	Tracy Little (2 nd F50-54)	1:23:52
	Megan Corjulo (2 nd F40-44)	1:31:23
	Rebecca Hansen (3 rd F45-49)	1:31:49
<u>Overall Male:</u>	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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

www.cm2promotions.com

Overall Female: Mary DeNitto 1:21:23

Overall Male: Mike Halstead 1:01:27

Charles Pegg (1st M40-44) 1:10:01

Richard Miller (1st M55-59) 1:18:47

Steven Pressman (1st 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

Overall Female: Jeanette Shelow-MacDougall 1:06:30
Barbara Sessa (1st F45-49) 1:09:04
Jean Norton (2nd 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

Overall Female: Tracy MacCherola 1:12:03

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

Troy Weaver 1:19:42



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

www.rev3tri.com

<u>Overall Female:</u>	Megan Wiseman	2:27:58
	Kathryn Flodquist	2:46:13
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Mirinda Carfrae	4:23:38
<u>Overall Male:</u>	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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

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

Overall Female: Samantha Warriner 4:20:01
Antonia Noonan 7:58:37

Overall Male: 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

Overall Female: Aurora Lamperetta 1:11:56

Overall Male: Brian Trainor 1:00:13
Mike Halstead (3rd Overall) 1:00:15



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

www.cm2promotions.com

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

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

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

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

www.patgriskustri.com

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

<u>Overall Male:</u>	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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

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

JULY
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.)

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

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

Volume IX, Issue No. 109 June 2010

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)**

2nd Place: **Barbara Sessa (60)**

3rd Place: **Michele Yasson (60)**

4th Place: **Lauren Warren (58)**

5th Place: **Alicia Olmoz (53)**

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

2nd Place: **Mike Halstead (72)**

3rd Place: **Mark Wilson (61)**

4th Place: **Alex Sherwood (58)**

5th 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)



Hudson Valley Triathlon Club

Volume IX, Issue No. 109 June 2010

ANNOUNCEMENTS

- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.**
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 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1st-December 31st.**

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