

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume X Issue 121 June 2011

IN A FEW WORDS

Dear HVTC,

How do you handle adversity? That seems to be the question facing all of us these days; the world isn't perfect...or is it? Whatever challenges you have with your health, finances or relationship; it all boils-down to...what are you gonna do about it? We always have a choice; and, whatever decision you choose is the right one...because you're gonna learn EXACTLY what you need to learn, regardless. So, saddle-up boys and girls 'cause we're all in for what's supposed to be a wild ride ahead; and, of course, keep swimming, biking and running. See ya out there!

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

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HVTC Featured Athlete: Rachel Loftus

By Mark H. Wilson

Who is your inspiration? Is it a political figure, talk-show host or favorite singer on American Idol? Okay, none of those?! Well, there must have been someone that has guided you to do more, expect more and ultimately accomplish more. Right? Our Featured Athlete of the Month, Rachel Loftus, has been blessed and surrounded by numerous individuals who have taken her “under their wing” and supported her growth as a person and triathlete. And, she’s extremely grateful and appreciative for each one’s contribution to her development. As a result, she’s posting some great splits; let’s see who’s in her corner!

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Rachel was born in Saratoga Springs, New York and went to high school in Bloomfield (a small farm-town in the Finger Lakes). Then, on to Nazareth College, in Rochester, NY where she received an Undergraduate Degree in English, Education, Special Education, and a Masters in Literacy Education. Her high school was very small; so, she played a little bit of everything. Rachel always played soccer (indoor and outdoor), and each spring she'd play something different (track, tennis, softball, etc.). She didn't play any college sports due to her heavy work schedule; someone had to pay for college! Today, she lives in Chester, NY with her husband Chris and their "baby" Gracie (a labradoodle); she teaches Special Education to grades 3 and 4 in the same town and enjoys ice cream and chocolate guilt-free.

The first triathlon that Rachel ever completed was the 2010 HVTC Summer Tri-Series #1; to put it politely, it was the worst frickin' weather you can imagine for your first triathlon. It was 50 degrees and pouring rain...HARD! It's still unbelievable that ANYONE raced that day, not to mention a tri-virgin! Luckily, a couple of her angels wouldn't let her pull-out (nice friends!) and she finished the race. Awesome! Interestingly, the next HVTC event she went WAY off course and enjoyed the countryside in the surrounding Bearsville area. Not to worry, she still won her age-group; AND, she did the same thing at the Westchester Medical Duathlon...and, of course, won her age-group. There's definitely a theme here!

The inspiration to do triathlon came from a curious source; her future husband; imagine that?! Rachel had thought of triathlon as something she would really like to do, but not something she would "actually" do. After college, she was out of shape and overweight due to finishing-up her graduate degree and working. Rachel decided to start running and met Chris who was also out running; again, imagine that?! Chris decided he should do a triathlon. That fall, Chris bought Rachel a triathlon bike to get into triathlon the following year. All right; good work, Chris! Fast forward to 2010; Chris hit another homerun when he gave Rachel a one-month strength-training birthday gift with rock-star, Barbara Sessa. Now, Coach Sessa is Rachel's trainer and puts all of her plans together. Fantastic!

Triathletes are a bit different, and a lot of people that Rachel works with think she's crazy to workout so much; especially this year since upping her mileage and training hours. Many times she gets funny looks when she's unable to join her co-workers for a social outing because she's got to get-up early for a training session. To each, his (her) own! And that's not all; Rachel helps Barbara Sessa with her all-women's tri team...Team Stiletto. Cool! Rachel does some of the paperwork and communication for the club and also helps-out with training sessions when Barbara can't be there.

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There is tremendous satisfaction that Rachel receives when training/racing triathlon; as she puts it “it’s empowering!” She loves feeling healthy and fit; and also the women she trains with. “It gives me more energy for everything I do and a completely different outlook on life!” She says the races hurt, but post-race feels so good. And, even though she’s fairly new to the sport she’s always encouraging others to get involved; she truly enjoys the feeling of witnessing someone finishing their first-ever triathlon. She’s pretty accomplished for being such a newbie, too; 2010 HVTC Rookie of the Year, Westchester Medical Center (1st F25-29), Spring Dual For CF (3rd Overall) and 2011 HVTC Summer Tri-Series #1 (2nd Overall).

Rachel’s goals are realistic and attainable; she plans to discover the Olympic distance for 2011. In fact, she completed the Pat Griskus Triathlon this month; no age-group place, but overall a good learning experience. It’s just a matter of time! She’ll get another shot at the Cayuga Lake Triathlon in August; let’s see what Coach Sessa’s magic can do. And, of course, lingering in the back of her mind is the inevitable Half and Full; Perhaps at the HITS Triathlon Series (shameless plug, shameless plug!). Regardless, she’s really rockin’ at the shorter races for now; as she should.

There are many individuals who have helped Rachel accomplish her latest successes; she’d like to thank her husband Chris, her coach Barbara Sessa, and most importantly, her parents. Rachel’s parents have always been supportive in whatever athletic endeavor she chose; incredibly, her mother was a swimmer and runner in college...back in the day when there were no women’s teams, so she ran for the men’s team!!! Goodness gracious; today, Rachel’s mom is an avid cyclist. Now THAT’S an inspiration?! Thanks, Rachel.

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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)

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.

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

MARCH

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

APRIL

2011 Duathlon National Championship-Tucson, AZ (4/30/11) R 10k, B 40k, R 5k 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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/11) S .45 mi., B 23.5 mi., R 4 mi. 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

Trooper Biathlon-Hurley, NY (5/8/11) R 2 mi., B 14 mi., R 2 mi. 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

American Zofingen (Medium Course)-New Paltz, NY (5/15/11) R 10.30 mi., B 58 mi., R 10.30 mi. 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

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

Cascade Lake Triathlon-Hampstead, MD (5/15/11) S .3 mi., B 15 mi., R 5k 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

EnduraSport Mini Triathlon-Harriman, NY (5/21/11) S .6 mi., B 29 mi., R 6.2 mi. 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

Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k 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

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

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

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Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi 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

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

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

Pat Griskus AquaVelo-Middlebury, CT (6/18/11) S 1.5k, B 40k www.patgriskustri.com

Xterra East Championship-Richmond, VA (6/?/11) S 1.5k, Mtn. B 30k, R 10k 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

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

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

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

Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k 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

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

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/13/11) S 400 yds., B 12 mi., R 2 mi. 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

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

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

Mossman Triathlon-Norwalk, CT (7/?/11) S .5 mi., B 12.5 mi., R 5k
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

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/11) S ½ mi., B 14.2 mi., R 5k
www.ithacatriathlonclub.org

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

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

Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k
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

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/11) S 1.5k, B 40k, R 10k 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

West Point Triathlon-West Point, NY (8/?/11) S 800 m, B 25k, R 5k
www.westpointtri.com

2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B 40K, R 10K 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 (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

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

Sebagoman-Harriman, NY (8/20/11) S .9 mi., B 21 mi., R 6.2 mi.
www.genesisadventures.com

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

Orange County Triathlon-Newburgh, NY (8/21/11) S 1,500 meters, B 40k, R 10k
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

2011 ITU Short Course Triathlon World Championship-Beijing, China (9/11/11) S 1.5k, B 40k, R 10k 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

Women's Triathlon-Farmington, CT (9/?/11) S .5 mi., B 12 mi., R 5k
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

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

Vineyard Warrior Triathlon-Martha's Vineyard (9/11/11) S 1.5k, B 40k, R 10k 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

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

Hammerfest Triathlon-Branford, CT (9/18/11) S .5 mi., B 13.5 mi., R 4 mi. 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

Marshman Sprint Triathlon-Downingtown, PA (9/?/11) S ¼ mi., B 12.5 mi., R 2 mi. www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY (9/?/11) S 1.5k, B 40k, R 10k 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

OCTOBER

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

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

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NOVEMBER

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

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

2011 HVTC RACE RESULTS

APRIL

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

Overall Female:

Gail Katouf	1:37:00
Erica Ruge (3 rd 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

Overall Female:

Mendy Taylor	1:02:05
Rachel Loftus (3 rd Overall)	1:05:43
Mary DeNitto (1 st 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 nd 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

Overall Female: Kristine Timmer 1:01:44

Overall Male: Tad Fabian 0:59:45
Frank Priest (1st 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

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

www.piranha-sports.com

Overall Female: Molly Roohi 1:35:32

Overall Male: Jonathan Fecik 1:26:12
Troy Weaver (2nd 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

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

Overall Male: Filip Ospaly 1:41:22

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

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

<u>Overall Male:</u>	Mike Halstead	1:03:03
	Nick Brundage (2 nd Overall)	1:03:26
	Chad Duffy	1:16:13
	Jim Demis	1:16:16
	Bill Shashaty	1:17:08
	Richard Miller (1 st M55-59)	1:18:14
	Steven Pressman (2 nd 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

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

<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	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

Overall Female: Jana Richtrova 5:50:40

Overall Male: 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

Overall Female: Mimi Boyle 9:07:47

Overall Male: Josh Beck 7:05:06
Michael Halstead (3rd M45-49) 7:57:00

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

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

Overall Male: Chris Gebhardt 2:16:19
Mike Bakker (2nd Overall) 2:21:20

Ten Penny Ale Shamrock Duathlon-Glastonbury, CT (5/22/11) R 5k, B 28k, R 5k www.hartfordmarathon.com

Overall Female: Rebecca Stephenson 1:34:28
Kathryn Flodquist (3rd 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

Overall Female: Laura Kline 1:40:53
Erica Ruge (2nd Overall) 1:44:01

Overall Male: Travis Kuhl 1:29:31

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JUNE

Pawling Triathlon-Pawling, NY (6/4/11) S .5 mi., 12 mi., 5k www.nytc.org

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

<u>Overall Male:</u>	Shawn Jackson	1:00:02
	Peter Oxenholm	1:13:44
	Steven Pressman (1 st M60-64)	1:15:40
	Warren Sheprow	1:17:40
	Frank Priest (2 nd M60-64)	1:17:57
	Thomas Skeados	1:20:24
	Tom Gill	1:32:44

Rev3 (Olympic)-Middlebury, CT (6/4/11) S 1.5k, B 40k, R 10k www.rev3tri.com

<u>Overall Female:</u>	Catherine Sterling	2:18:26
	Pam Neimeth (3 rd F50-54)	3:13:11

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Lesley Paterson	4:30:58
	Kathryn Flodquist	5:40:53

<u>Overall Male:</u>	Maxim Kriat	4:20:04
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Escape From Alcatraz-San Francisco, CA (6/5/11) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

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

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HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/8/11) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female:

Erica Ruge	0:55:18
Rachel Loftus (2 nd Overall)	1:01:15
Michele Yasson (3 rd Overall)	1:05:56
Mary DeNitto (1 st F60-64)	1:07:11
Tracy Little (1 st F50-54)	1:10:11
Lise Hafner (1 st F45-49)	1:10:25
Marcy Duffy (1 st F30-34)	1:11:09
Megan Corjulo (2 nd F45-49)	1:14:15
Margie McGoldrick (2 nd F50-54)	1:15:07
Terri Keating (1 st F55-59)	1:16:45
Jennifer Lang (3 rd F45-49)	1:18:22
Antonia Noonan	1:18:27
Roge Nesbitt	1:18:57
Rachel Crop (1 st F25-29)	1:19:24
Nancy Figueroa (1 st F40-44)	1:21:17
Shelley Turk	1:23:49
Darcy Dyer (3 rd F50-54)	1:36:25
Diana Tsingopoulos (1 st F65-69)	1:43:06
Melissa Signor (2 nd F55-59)	1:46:27

Overall Male:

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

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Steve Fischer	1:12:38
Aaron Forstell (1 st M35-39)	1:17:38
Clay Corjulo	1:19:48
Tom Teufel	1:21:58

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

<u>Overall Female:</u>	Cassandra Maximenko	2:01:35
	Jeanette Shelow-MacDougall (2 nd Overall)	2:06:49
	Erica Ruge (1 st F35-39)	2:07:13
	Kathryn Flodquist (3 rd F45-49)	2:18:26
	Rachel Loftus	2:23:54
	Jennifer Lang	3:04:32

<u>Overall Male:</u>	Chris Thomas	1:46:09
	Chris Loftus	2:22:14
	John Ferraro	2:40:12
	Frank Priest (3 rd 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

<u>Overall Female:</u>	Kayla Segal	4:50:50
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Rebecca Wassner	1:59:36
	Jeanette Shelow-MacDougall	2:20:34
	Kathryn Flodquist	2:30:34
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Kristen Wangerin	1:18:21
	Megan Corjulo (1 st F45-49)	1:40:50
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Michelle Rosowsky	2:36:11
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Bridgett Sherratt	1:00:03
<u>Overall Male:</u>	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

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

JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER

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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.)

Name (Women)	AG	Honors	Rank	Nat'l AG
Place				
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 Cragnolin	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)

Name (Men)	AG	Honors	Rank	Nat'l AG
Place				
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
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)

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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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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-Jeanette Shelow-MacDougall (54:32)

Swim-Christine Honig (4:50)

Bike-Erica Ruge (36:20)

Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (4:16)

Bike-Terry Kerrigan (32:05)

Run-Nick Brundage (10:01)

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ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2011 HVTC 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.**

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