

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume XI Issue 133 June 2012

## IN A FEW WORDS

Dear HVTC,

When it's hot, it's hot! However, it has been an absolutely glorious summer thus far and it appears it'll remain the same for the time being. Good for us; more swimming biking and running! See ya out there.

Sincerely,  
Mark H. Wilson  
Founder-Hudson Valley Triathlon Coach

### HVTC Featured Athlete: Alicia Olmoz\*

By Mark H. Wilson

Who would you like to be racing side-by-side with in a triathlon; a lawyer, banker or accountant? How about a chef, tailor or baker? Okay, maybe the baker could be lots of fun, and the nieces wedding plans could now be complete. Regardless, wouldn't you feel quite safe and secure knowing you have a Master Nurse at your side?! Absolutely! Our Featured Athlete of the Month, Alicia Olmoz, is a professional care-giver/educator and will be happy to assist you in time of need...that is, if you can keep-up with her. Let's hear her story!

Alicia was born at Benedictine Hospital in Kingston, New York on December 31, 1973 (Happy New Year!!!). She graduated Class of 1991 from Wallkill Senior High School in Wallkill, New York where she was an avid cheerleader (not the mascot!). Alicia then attended Mount Saint Mary College in Newburgh and earned her BSN (Bachelor of Science in Nursing) in 1995. Then she earned her MSN (Master of Science in Nursing) from the University of Phoenix Online in March 2008.

Alicia currently lives in Gardiner, New York and actually a few miles from where she grew-up in the Hamlet of Wallkill; she really loves this area, especially the beautiful scenic roads for bike riding. Alicia's been married to her husband Dan for 11 years. They have 3 children; Marissa, Christian, and Michael. They also have a very sweet and energetic Border Collie named Bella. Currently, Alicia works as a Critical Care Nursing Educator at Orange Regional Medical Center. Most of her nursing career has been in the Emergency Department (ED); Alicia loves the teaching aspect, but she really misses being in the action and at bedside. Besides triathlon, Alicia absolutely CRAVES dark chocolate (especially when it's in molten lava chocolate cake...okay, that's enough!) and spends her time being a mom, a wife, and friend, etc. She is also very active in the Emergency Nurse's Association (ENA). The ENA sets the standards for the Emergency

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Department nursing practice which ultimately affects everybody in some capacity or another.

Alicia stumbled into her first triathlon at the 2007 HVTC Summer Tri-Series #3. Earlier that summer there were posters all over the ED at Westchester Medical Center (where Alicia was working as a staff nurse) inviting folks to bike and/or run in a local biathlon. Actually, Alicia had no idea what a biathlon was, but all of the residents and some of the doctors were doing the event and it sounded like fun. So Alicia and another nurse decided they would sign-up as a relay team; that way, they'd be sure to finish and not make fools of themselves. The two decided that Alicia would do the run and her colleague would bike since she recently purchased a brand new bicycle. Race day morning, Alicia's co-worker shows-up on her brand new shiny CRUISER...padded seat and all! It was hysterical!! They were high-fiving each other screaming "Yeah!!!" Anyhow, the race begins; Alicia does the first run (2 miles) around the campus and tags her friend and waits for what seemed like an eternity for over an hour. She finally returns and Alicia runs again; long story short, they got 1<sup>st</sup> place for the women's relay. Yes! Alicia was psyched, until the friend confesses "I actually only did 1 loop." D'oh! The single loop was only 6 miles and now Alicia's steaming mad and makes a vow to do this again...ALONE! You go girl. Soon after, Alicia signed-up to do the Hudson Valley Biathlon and actually thought she would die because it hurt so much. However, since nobody really does the Biathlon (most participate in the Triathlon), Alicia ended up placing in her age group; hey, you gotta show-up to win.

After reflecting on her experience a bit longer, she began searching for more races and discovered HVTC online. She was invited to come "swim, bike, and run" with the club in Wilson State Park. She remembers telling another nurse what she was gonna do and she thought Alicia was nuts; perfect reason to go do it! Alicia was a little apprehensive to take this to the next level, but she figured she should see what this triathlon thing is all about before she discounted the whole idea. So, against her better judgment she came one Wednesday night and met a group of HVTC-ers. Everyone was very nice; not at all what she expected. Alicia went one loop around the bike course with the group and decided this really wasn't for her after all (it was hilly!). When everyone got back to the Park she was all set to say "thank you for the experience and maybe I'll see you around" and before she could get the words out someone said she should race...in 2 weeks!!! Alicia shook her head "No, way!" The group just stood there nodding their heads "Yes, way!" Well (sigh), once again, against her better judgment...she showed up; shaking, terrified and wondering why she was punishing herself this way. Her creative mind was asking questions like, "Will I drown? Will I get up those hills? Will I walk my bike? Will I get lost? Will I be able to lift my feet after riding that crazy course? Most of all, will I be the laughing stock of this club?" And on and on and on. To her amazement and delight, she crossed that finish line. Barbara Sessa gave her a high-five. Alicia had seen her before, and then remembered where; Barbara was the buff lady who won the Westchester Biathlon earlier that summer. Nice! Alicia was so in awe of Barbara, and here she was high-fiving HER! That very moment was pivotal for Alicia; Barbara is now

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Alicia's coach, friend and mentor. Alicia has such respect for her and all she represents; Barbara brought together the best group of women who are all fellow HVTC-ers. Julie LoRusso, Torpey (Deb), Jean Norton, and Barb (Ferrante). "I couldn't have ever asked for more."

Once upon a time, Alicia saw bits and pieces of a triathlon on TV and thought "Wow, these people are really hard core!" She didn't feel that inspired by the viewing; more like, please pass another cigarette (she has since quit!). Alicia never, ever thought she'd be hanging with anyone like THAT. Her life at that time was VERY different; she worked crazy hours, walked around sleep deprived, living on pretzels and drinking lots of coffee. Her husband says she was like the walking dead; so, Alicia finally got onto the day shift and got some well-deserved rest. Once meeting HVTC, Barbara and the "gang" of amazing athletes with the "can do" spirit Alicia was infected by it in a wonderful way. Alicia realized, "You're actually very balanced people [triathletes]...not really nuts at all (which I have to confess, I thought you all might be)." The Kool-Aid must be working!

Alicia likes triathlon because she finds great joy in the sport both in training and in racing. It helps her remain "in the moment." When she's training/racing nothing else matters but her breathing, her cadence, watching for potholes, trying to catch that person just up ahead, trying not to throw up, getting to the finish line, and so on. She repeats to herself often mantras such as; I am able, I am strong, I am fast. She enjoys being a "can do" person. For her, triathlon has become a very spiritual journey. The only way to get through the day sometimes is to dig deep and ultimately find out what you are made-of; whether it's a tough training day, a bad day at work, kids driving you nuts, or the last leg of that forever long race. "Triathlon teaches you so many life lessons."

Despite being so "green" in the sport of triathlon, Alicia has done well and there's more ahead. Some of the races she's done include: 2007 HVTC Summer Tri-Series (#3 & #4), 2008 HVTC Summer Tri-Series, Toga Biathlon (2x), Westchester Biathlon (2x), Pawling Triathlon, Central Park Biathlon (3x), Springtown Biathlon, Cayuga Lake USA Triathlon National Age Group Championship, American Triathlon, Metroman, Danskin, Vermont Journey (Half Ironman). Alicia also completed her first-ever marathon at Philadelphia in November 2008.

Alicia has her sites set on some great goals; number one is to "Stay out of the medical tent!" Good idea. She's also registered for the Florida Ironman 70.3 on May 17<sup>th</sup>; she's really excited about the upcoming season and can't wait to see everyone at the Park. She wanted to share a quote that inspires her, as well "To get what we've never had, we must do what we've never done." So, if Alicia sees you bonk in the next club race, don't be surprised if the nurse keeps-on running! Thanks, Alicia.

\*Alicia has continued to race and go where she's never been or done; she's a proud Ironman Finisher and all-around tough nut to crack. Keep an eye on her continued success as a triathlete.

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## 2012 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?!?!?**

## JANUARY

**HITS Open Triathlon-Naples, FL (1/7/12) S 100 meters, B 3 mi., R 1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Full Triathlon-Naples, FL (1/8/12) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

## FEBRUARY

**Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min.** [www.ymcaulster.org](http://www.ymcaulster.org)

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## MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/?/12) Ski 2.5 mi., B 10 mi., R 3 mi.  
[www.pinehillarms.com](http://www.pinehillarms.com)

## APRIL

2012 Duathlon National Championship-Tucson, AZ (4/?/12) R 10k, B 40k, R 5k  
[www.usatriathlon.org](http://www.usatriathlon.org)

## MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/?/12) 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/?/12) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

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

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

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

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

EnduraSport Half Ironman Triathlon-Harriman, NY S 1.2 mi., B 57 mi., R 13.1 mi.  
[www.genesisadventures.com](http://www.genesisadventures.com)

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

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## JUNE

**HITS Open Triathlon-Hunter, NY (6/9/12) S 100 meters, B 3 mi., R 1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Hunter, NY (6/9/12) S 750 meters, B 12.4 miles, R 3.1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Half Triathlon-Hunter, NY (6/10/12) S 1.2 mi., B 56 mi., R 13.1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Full Triathlon-Hunter, NY (6/10/12) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**Escape From Alcatraz-San Francisco, CA 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 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 S 1.5k, B 40k, R 10k**  
[www.keukalaketri.com](http://www.keukalaketri.com)

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

**HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/12) S 400 yds., B 12 mi., R 2 mi.** [www.hvtc.net](http://www.hvtc.net)

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

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

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

**Lake Waramaug Sprint Triathlon-New Preston, CT S .5 mi., B 9.1 mi., R 3.3 mi.**  
[www.plattsys.com](http://www.plattsys.com)

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**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) 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 S ½ mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

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

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT S 600 yds., B 14 mi., R 3.1 mi. [www.rushtonsports.com](http://www.rushtonsports.com)**

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

## JULY

**Diamond in the Rough Triathlon-Perryville, MD S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

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

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/11/12) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury,VT S 600 yds. B 14 mi., R 3.1 mi. [www.rushtonsports.com](http://www.rushtonsports.com)**

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

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

**Mossman Triathlon-Norwalk, CT S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://www.teammossmann.com)**

**Ironman USA-Lake Placid, NY 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 S ½ mi., B 14.2 mi., R 5k [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

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

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

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

**HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/12) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

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

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

**2012 USAT National Age Group Championship-Burlington, VT S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2013 ITU Short Course Triathlon World Championship)**

**2012 USAT Sprint National Age Group Championship-Burlington, VT S 750 meters, B 20K, R 5K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2013 ITU Short Course Triathlon World Championship)**

**Timberman Sprint Triathlon-Gilford, NH S 1/3 mi., B 15 mi., R 3 mi.  
[www.ironman.com](http://www.ironman.com)**

**Timberman Half-Ironman Triathlon-Gilford, NH 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 S .9 mi., B 21 mi., R 6.2 mi. [www.genesisadventures.com](http://www.genesisadventures.com)**

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

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



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## SEPTEMBER

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

2012 ITU Short Course Triathlon World Championship-New Zealand S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

S.O.S.-New Paltz, NY B 30 mi., R 4.5 mi., S 1.1 mi., R 5.5 mi., S .5 mi., R 8 mi., S .5 mi., R .7mi. [www.sostriathlon.com](http://www.sostriathlon.com)

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

Westchester Toughman-Croton Point Park, NY 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 S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)

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

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

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

Hammerfest Triathlon-Branford, CT 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 S 1.2 mi., B 56 mi., R 13.1 mi. [www.savagemantri.org](http://www.savagemantri.org)

Marshman Sprint Triathlon-Downingtown, PA S ¼ mi., B 12.5 mi., R 2 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

Finger Lakes Triathlon-Canandaigua, NY S 1.5k, B 40k, R 10k [www.score-this.com](http://www.score-this.com)

Westchester Triathlon-Rye, NY S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.org](http://www.westchestertriathlon.org)

HITS Half Triathlon-Hunter II, NY (9/22/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

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

**HITS Open Triathlon-Hunter II, NY (9/23/12) S 100 meters, B 3 mi., R 1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Hunter II, NY (9/23/12) S 750 meters, B 12.4 miles, R 3.1 mi.**  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Olympic Triathlon-Hunter II, NY (9/23/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.** [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

## OCTOBER

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

## NOVEMBER

**HITS Open Triathlon-Lake Havasu City, AZ (11/10/12) S 100 meters, B 3 mi., R 1 mi.** [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Sprint Triathlon-Lake Havasu City, AZ (11/10/12) S 750 meters, B 12.4 miles, R 3.1 mi.** [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

**HITS Olympic Triathlon-Lake Havasu City, AZ (11/10/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.** [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

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## DECEMBER

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

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**HITS Sprint Triathlon-La Quinta, CA (12/1/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Olympic Triathlon-La Quinta, CA (12/1/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Half Triathlon-La Quinta, CA (12/2/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Full Triathlon-La Quinta, CA (12/2/12) S 2.4 mi., B 112 mi., R 26.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

## **2012 HVTC RACE RESULTS**

### **JANUARY**

**HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Erin Smith 1:17:33

**Overall Male:** Joe Malloy 0:57:17  
Troy Weaver (1<sup>st</sup> M45) 1:14:57

**HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Kelly Kingma 2:23:53

**Overall Male:** Alex Habecker 1:58:59  
Steve Fischer (2<sup>nd</sup> M54) 2:59:25

**HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Karen Tamsen 5:11:42

**Overall Male:** Scott Anderson 4:32:26  
Troy Weaver 6:15:51

### **FEBRUARY**

**HITS Sprint Triathlon-Corpus Christi, TX (2/18/12) S 750 meters, B 12.4 miles, R**

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## **3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Monserrat Morales Lopez 1:21:37

**Overall Male:** Frank Sarosdy 1:04:18

Troy Weaver (1<sup>st</sup> M45) 1:16:20

## **Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)**

**Overall Female:** Jennifer Jankowski 09.747

Marcy Duffy (1<sup>st</sup> F30-34) 09.109

Mary DeNitto (1<sup>st</sup> F60-64) 08.948

Laila Brady (2<sup>nd</sup> F50-54) 07.251

**Overall Male:** John Mitchell 11.232

Bill Shashaty (3<sup>rd</sup> Overall) 11.083

Chad Duffy (3<sup>rd</sup> M30-34) 10.218

Bill Pape (1<sup>st</sup> M60-64) 09.955

## **MARCH**

## **Ironman 70.3 San Juan-San Juan, Puerto Rico (3/18/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)**

**Overall Female:** Kelly Williamson 4:14:06

**Overall Male:** Timothy O'Donnell 3:51:32

Ray Canals 6:41:42

## **HITS Sprint Triathlon-Ocala, FL (3/25/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Catherine LaCrosse 1:15:20

**Overall Male:** Rod De Kanel 1:05:08

Troy Weaver (1<sup>st</sup> M45) 1:22:33

## **APRIL**

## **USAT Duathlon National Championship (Standard Distance)-Tucson, AZ (4/28/12) R 5k, B 35k, R 5k [www.usatriathlon.org](http://www.usatriathlon.org)**

**Overall Female:** Gail Katouf 1:37:00

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Eric Ruge (1<sup>st</sup> F40-44) 1:45:49

**Overall Male:** Lionel Sanders 1:22:54

**HITS Sprint Triathlon-Marble Falls, TX (4/28/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Hollie Kenney 1:18:56

**Overall Male:** Ben Drezek 1:11:09

Troy Weaver (1<sup>st</sup> M45) 1:25:04

**Spring Dual Against CF-New Paltz, NY (4/28/12) R 2 mi., B 12 mi., R 2 mi. [www.cm2promotions.com](http://www.cm2promotions.com)**

**Overall Female:** Jean Norton 1:01:59

Michele Yasson (1<sup>st</sup> F50-54) 1:11:54

Mary DeNitto (1<sup>st</sup> F60-64) 1:13:18

Kim Klemen (2<sup>nd</sup> F45-49) 1:13:51

Alicia Olmoz (2<sup>nd</sup> F35-39) 1:14:42

Jennifer Lang 1:16:13

Nancy Figueroa 1:22:38

**Overall Male:** Justin Harris 0:52:41

Mike Halstead (3<sup>rd</sup> Overall) 0:55:03

Art Boyko (1<sup>st</sup> M45-49) 1:01:00

Chris Loftus (1<sup>st</sup> M40-44) 1:02:23

Bob Gramling (2<sup>nd</sup> M55-59) 1:02:34

Bill Shashaty 1:02:49

Joe Falcon 1:11:12

**HITS Half Triathlon-Marble Falls, TX (4/29/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**Overall Female:** Jennifer Reinhart 5:32:56

**Overall Male:** Adrian Cameron 4:59:30

Troy Weaver 7:02:10

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## MAY

### New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/12) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

<u>Overall Female:</u>	Kenna Moran	1:12:06
	Star Walters (1 <sup>st</sup> F60-64)	1:23:07
	Haley Fields	1:30:46
	Lindsay Yandon	1:30:49
	Jess Keil	1:30:52

<u>Overall Male:</u>	Greg Reznich	0:56:44
	Frank Priest (2 <sup>nd</sup> M60-64)	1:16:51
	Brian Morris	1:22:46
	Jonathan Viola	1:28:04
	Clay Corjulo	1:48:11

### New Jersey Devilman Festival (Half-Ironman)-Millville, NJ S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

<u>Overall Female:</u>	Tara Rasch	5:04:11
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<u>Overall Male:</u>	Greg Close	4:18:06
	Tom Struzzieri	5:56:46
	Vinnie Card	5:56:46

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

<u>Overall Female:</u>	Erica Ruge	1:10:22
	Jean Norton (3 <sup>rd</sup> Overall)	1:14:08
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:24:18
	Marcy Duffy (3 <sup>rd</sup> F30-34)	1:28:04

<u>Overall Male:</u>	Michael Tanzi	1:00:48
	Mike Halstead (1 <sup>st</sup> M45-49)	1:05:12
	Bill Shashaty	1:13:28
	Chad Duffy (3 <sup>rd</sup> M30-34)	1:14:17
	Bill Pape (1 <sup>st</sup> M60-64)	1:20:20
	Mike Hargrove (1 <sup>st</sup> M55-59)	1:21:52
	Steven Pressman (3 <sup>rd</sup> M60-64)	1:23:01

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## Devilman (Sprint)-New Jersey S .4 mil, Bb 12.35 mi., R 4 mi.

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

**Overall Female:** Stephanie Gonzalez 1:37:02

**Overall Male:** Ryan Phillips 1:31:25  
Troy Weaver 1:49:34

## American Zofingen (Medium Course)-New Paltz, NY R 10.30 mi., B 58 mi., R 10.30 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

**Overall Female:** Jana Richtrova 5:46:27

**Overall Male:** Rich Burke 4:55:19  
Mike Bakker (2<sup>nd</sup> Overall) 5:03:09

## American Zofingen (Short Course)-New Paltz, NY R 5.15 mi., B 29 mi., R 5.15 mi.

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

**Overall Female:** Erica Ruge 3:02:33

**Overall Male:** Matt Mallett 2:44:24  
Mike Hargrove 3:54:29

## JUNE

## Pawling Triathlon-Pawling, NY (6/2/12) S 500 yards, B 12 mi., R 3.1 mi. [www.nytc.org](http://www.nytc.org)

**Overall Female:** Jean Norton 1:09:27  
Margie McGoldrick 1:30:29  
Terri Keating 1:30:29  
Nancy Figueroa 1:38:21

**Overall Male:** Michael Tanzi 0:58:31  
George Stewart 1:10:08  
Kevin Adams 1:11:45  
Bill Norton 1:13:03  
Peter Oxenholm 1:14:16

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Mike Hargrove	1:17:38
Steven Pressman (3 <sup>rd</sup> M60-64)	1:17:56
Frank Priest	1:21:01
Joe Falcon	1:26:47

## **HITS Sprint Triathlon-Hunter, NY (6/9/12) S 750 meters, B 12.4 miles, R 3.1 mi.**

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

<b><u>Overall Female:</u></b>	Anna Fyodorova	1:30:08
	Marcy Duffy (1 <sup>st</sup> F32)	1:32:30
	Lise Hafner (1 <sup>st</sup> F49)	1:33:36
	Jennifer Borrero (1 <sup>st</sup> F50)	1:45:53

<b><u>Overall Male:</u></b>	Mike Halstead	1:10:41
	Troy Weaver (1 <sup>st</sup> M45)	1:22:58

## **HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.**

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

<b><u>Overall Female:</u></b>	Karen Pompay	2:33:40
	Mary DeNitto (1 <sup>st</sup> F63)	3:10:55

<b><u>Overall Male:</u></b>	Chris McCloskey	2:12:22
	Bill Shashaty (1 <sup>st</sup> Clydesdale 40+)	2:37:34
	Steven Pressman (1 <sup>st</sup> M61)	3:00:53

## **HITS Half Triathlon-Hunter, NY (6/10/12) S 1.2 mi., B 56 mi., R 13.1 mi.**

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

<b><u>Overall Female:</u></b>	Sarah Rodriguez	5:16:32
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<b><u>Overall Male:</u></b>	Stephen Holloway	4:46:09
	Mike Halstead (3 <sup>rd</sup> Overall)	4:48:27
	Chad Duffy (1 <sup>st</sup> M34)	5:37:35
	Ed Galgay (1 <sup>st</sup> M58)	8:55:40

## **HITS Full Triathlon-Hunter, NY (6/10/12) S 2.4 mi., B 112 mi., R 26.2 mi.**

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

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<b><u>Overall Female:</u></b>	Deb Battaglia	12:11:42
<b><u>Overall Male:</u></b>	Tim Cronin	12:04:38
	Henry Collins (1 <sup>st</sup> M44)	15:45:57

## **HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/12) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

<b><u>Overall Female:</u></b>	Erica Ruge	0:55:19
	Rachel Loftus (2 <sup>nd</sup> Overall)	0:59:45
	Michele Yasson (3 <sup>rd</sup> Overall)	1:05:39
	Mary DeNitto (1 <sup>st</sup> F60-64)	1:06:01
	Lise Hafner (1 <sup>st</sup> F50-54)	1:06:49
	Alicia Olmoz (1 <sup>st</sup> F35-39)	1:09:37
	Lori Cassia-Decker (2 <sup>nd</sup> F50-54)	1:10:24
	Jennifer Borrero (3 <sup>rd</sup> F50-54)	1:12:59
	Christine Westerman (1 <sup>st</sup> F40-44)	1:13:28
	Tracy Little	1:14:52
	Terri Keating (1 <sup>st</sup> F55-59)	1:16:31
	Jess Keil (1 <sup>st</sup> F30-34)	1:17:34
	Ellen Nesbitt (1 <sup>st</sup> FU19)	1:17:55
	Megan Corjulo (1 <sup>st</sup> F45-49)	1:18:20
	Roge Nesbitt (2 <sup>nd</sup> F45-49)	1:18:26
	Jane Struzzieri	1:20:26
	Janice Cragolin (2 <sup>nd</sup> F55-59)	1:21:35
	Nancy Figueroa (2 <sup>nd</sup> F40-44)	1:26:10
	Abby Billias	1:27:56
	Linda Cherny (3 <sup>rd</sup> F45-49)	1:37:22
	Marcy Duffy (1 <sup>st</sup> F30-34)	1:41:55
	Tammy Bryk	1:44:45
	Trish Gondolfo	1:45:53
	Diana Tsingopoulos (1 <sup>st</sup> F65-69)	1:56:15
	Melissa Signor (3 <sup>rd</sup> F55-59)	2:04:09
<b><u>Overall Male:</u></b>	Mike Bakker	0:50:50
	Mike Halstead (2 <sup>nd</sup> Overall)	0:51:39
	Bruce Cadenhead (3 <sup>rd</sup> Overall)	0:52:14
	Alex Sherwood (1 <sup>st</sup> M35-39)	0:53:40
	Art Boyko (1 <sup>st</sup> M45-49)	0:55:45
	Doug Thompson (2 <sup>nd</sup> M45-49)	0:56:03
	Bill Shashaty (1 <sup>st</sup> M40-44)	0:56:09
	Mark Gueren (2 <sup>nd</sup> M40-44)	0:56:24

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Chad Duffy (1 <sup>st</sup> M30-34)	0:58:26
Donald Thurston (3 <sup>rd</sup> M45-49)	0:59:07
George Stewart (3 <sup>rd</sup> M40-44)	0:59:39
Henry Collins	0:59:47
Chris Loftus	0:59:51
Jason DeFabio	1:01:08
Bill Pape (1 <sup>st</sup> M65-59)	1:02:06
Peter Oxenholm	1:02:23
Dennis Ebbing	1:02:33
Jim Demis	1:03:50
John Jasinski (1 <sup>st</sup> M55-59)	1:04:55
John Ferrara (2 <sup>nd</sup> M55-59)	1:07:56
Steven Pressman (1 <sup>st</sup> M60-64)	1:09:41
Mike Hargrove (3 <sup>rd</sup> M55-59)	1:09:50
Brian Morris	1:14:09
Joe Falcon (1 <sup>st</sup> M50-54)	1:15:04
Hillel Bryk (2 <sup>nd</sup> M50-54)	1:15:46
Donald Roth	1:17:55
Vic McGregor	1:33:29

## **Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/12) S 1.5k, B 40k, R 10k**

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

<b><u>Overall Female:</u></b>	Cassandra Maximenko	2:22:25
	Erica Ruge (1 <sup>st</sup> F40-44)	2:31:28
	Rachel Loftus (3 <sup>rd</sup> F25-29)	2:45:15
<b><u>Overall Male:</u></b>	Chris Thomas	2:01:58

## **Wheel & Heel Triathlon-Wilcox Park, NY (6/24/12) S ¼ mi., B 12 mi., R 3 mi.**

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

<b><u>Overall Female:</u></b>	Kierann Toth	1:12:24
	Lori Cassia-Decker (3 <sup>rd</sup> Overall)	1:24:34
<b><u>Overall Male:</u></b>	Bruce Cadenhead	1:02:27
	Peter Oxenholm (3 <sup>rd</sup> M45-49)	1:14:30

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## Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

Overall Female: Isabelle Landry 5:06:34

Overall Male: Chuck Perreault 4:04:55

Mike Bakker (1<sup>st</sup> M45-49) 4:37:23

## North Country Triathlon (Sprint)-Hague, NY (6/30/12) S 750 meters, B 20k, R 5k [www.northcountrytri.com](http://www.northcountrytri.com)

Overall Female: Elizabeth McDonough 1:23:27

Overall Male: Patrick O'Keefe 1:11:35

## North Country Triathlon (Olympic)-Hague, NY (6/30/12) S 1.5k, B 26 mi., R 10k [www.northcountrytri.com](http://www.northcountrytri.com)

Overall Female: Michelle Rosowski 2:40:30

Overall Male: Mark Snowise 2:28:26

Tom Struzzieri 3:13:45

JULY  
AUGUST  
SEPTEMBER  
OCTOBER  
NOVEMBER  
DECEMBER

# Hudson Valley Triathlon Club

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## 2011 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. HVTC Summer Tri-Series #1, HITS Triathlon Series: Hunter Mountain & Cooperstown, NY.)

<b>Name (Women)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
<b>Place</b>				
Erica Ruge	35-39	AA	93.6744	48
Rachel Loftus	25-29		84.4581	241
Michele Yasson	50-54		77.5332	250
Mary DeNitto	60-64	AA	77.5128	12
Pam Neimeth	50-54		75.9548	308
Tracy Little	50-54		72.9134	420
Marcy Duffy	30-34		71.7363	1160
Jennifer Borrero	50-54		71.5305	483
Megan Corjulo	45-49		69.2889	995
Terri Keating	55-59		62.3014	372
Janice Cragolin	55-59			

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

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

<b>Name (Men)</b>	<b>AG</b>	<b>Honors</b>	<b>Rank</b>	<b>Nat'l AG</b>
<b>Place</b>				
Michael Bakker	45-49	AA	97.4978	8
Mike Halstead	45-49	AA	95.1049	23
Bruce Cadenhead	45-49	AA	91.6598	80
Charles Pegg	40-44		84.1375	599
Art Boyko	45-49		83.4039	449
Bob Gramling	55-59	HM	82.6512	75
Bill Shashaty	40-44		80.6246	1044
Jim Demis	45-49		79.4144	817
Chris Loftus	40-44			
Chad Duffy	30-34		78.6360	1180
Troy Weaver	45-49		76.9617	1101
Keith O'Malley	45-49			
Richard Miller	55-59		75.0584	332
Kevin Adams	40-44			
Peter Oxenholm	45-49		74.6052	1436
Steven Pressman	60-64		71.7345	177
Tom Struzzieri	50-54		70.8049	1255
Frank Priest	60-64		69.7324	232
John Ferrara	50-54		69.1296	1443
Steve Fischer	50-54		66.8959	1686

**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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## 2011 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

### FEMALE

2011 HVTC Rookie of the Year Award: **Haley Fields**

2011 HVTC Most Improved Award: **Tracy Little**

2011 HVTC Female Honorable Mention Award: **Rachel Loftus**

2011 HVTC Female Honorable Mention Award: **Mary DeNitto**

2011 HVTC Female Triathlete of the Year Award: **Erica Ruge**

2011 HVTC Volunteer of the Year Award: **Rosa Wilson**

### MALE

2011 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2011 HVTC Male Honorable Mention Award: **Mike Halstead**

2011 HVTC Male Triathlete of the Year Award: **Mike Bakker**

### 2011 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge**

2nd Place: **Rachel Loftus**

3rd Place: **Michele Yasson**

4th Place: **Tracy Little**

5th Place: **Marcy Duffy**

Men's Champion: **Mike Bakker**

2nd Place: **Mike Halstead**

3rd Place: **Bill Shashaty**

4th Place: **Bob Gramling**

5th Place: **Bruce Cadenhead**

### 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 (3:54)

**Bike**-Mike Bakker (31:56)

**Run**-Nick Brundage (10:01)

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## ANNOUNCEMENTS

- **Mark H. Wilson-Race Director...HITS Triathlon Series; A Distance For Everyone™**
- **2012 HVTC Summer Tri-Series: June 13, July 11, August 15 & September 12.** 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 2012 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2012 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2012 HVTC \$240.00 membership is valid from January 1-December 31.**

## HVTC SPONSORS

*** HITS TRIATHLON SERIES ***	<a href="http://www.hitstriathlonseries.com">www.hitstriathlonseries.com</a>
*** DIAMOND MILLS HOTEL & TAVERN ***	<a href="http://www.diamondmillshotel.com">www.diamondmillshotel.com</a>
*** HITS, INC. ***	<a href="http://www.hitsshow.com">www.hitsshow.com</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
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