

# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume XI Issue 130 March 2012

## IN A FEW WORDS

Dear HVTC,

Okay, is it March or July or December; these strange temps are stirring-up the inner fires as the tri-season begins to come-alive once again. Who will be the HVTC Champions; and, how many of you will race in Hunter and Cooperstown with the HITS Triathlon Series. Regardless, do everything with the utmost love and intensity; no regrets! See ya out there.

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

## HVTC Featured Athlete: Bill Pape\*

By Mark H. Wilson

Do you ever wonder what drives great triathletes to do their best? What kind of things actually go through their heads, or got them motivated to take-up the sport to begin with? Is it fame, attention or inner passion? For Bill Pape it's been all three in varying degrees: many awards, international recognition and pay back time to all those who ridiculed him when he was a skinny 90 lbs.; soaking wet. "Triathlon training is my purpose, all else is a brief interruption in my important thinking." Yikes! Let's hear his story.

Bill grew up in Portchester, New York and then moved near St. Louis, Missouri and attended Kirkwood High School where ran Cross Country and track but, initially, was always picked last for sports. When he was older he went to Princeton University, Woodrow Wilson School of International & Public Affairs, and then Rutgers. Bill has two children from a previous marriage; Alethea and Delia. Delia has blessed him with 3 grandchildren and Alethia is expecting soon. He has two step-children by his wife Julie, as well; Andrew and Kiera. Bill and Julie presently reside in Highland Park, NJ where he is a lawyer or "liar" as he calls it. He used to enjoy gardening, but says he spends too much time at work. Bill admits, however, that watching TV is still a "top priority."

Bill was a very slow hiker in Boy Scouts and had no childhood athletic success. One time he was running on a neighborhood street testing for a Boy Scout merit badge, when a car pulled up beside him with a few guys in it. One guy leaned out and said, "Join our cross country team, meet at Kirkwood Park for practice at..." whatever the time was. That's how his career in running/triathlon started. Bill's coach was really dedicated. The coach declared, "First, I need to teach Pape how to walk, then I'll teach him to run." He

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was assigned a mentor whose name was Dan. Bill fondly remembers that Dan's answer to everything was, "If they can't take a joke, f\_\_\_ 'em!" His team won the state championship. St. Louis was a rough place back then and Cross Country was as much a cult or religion as it was a sport. Bill's team used to drive themselves to meets and he recalls they won a meet against some Downtown teams of St. Louis. They drove up to some guys after the meet and yelled, "Thanks for the trophy, boys!" and drove off. (Kids! Ya gotta love 'em.)

Bill's first tri was in East Brunswick, NJ in 1984. He enjoyed it at first because since there were age group awards, he finally started winning. His self image wasn't always the greatest. He pictured himself as a 99 lb. weakling and thought triathlon would counteract that image. This persona Bill held of himself drove him to succeed. He won the masters award at Seaside Heights Tri in New Jersey and received a big trophy and \$100. "I love awards." Bill has also been the National Champion in duathlon in his age group several times. He considers this "pay back" to all the people dissing him and picking him last in gym class. And he always lays it on the line, too. "If I'm doing well, I feel sick to my core." He doesn't understand how winners of races can say things such as, "I felt great and won!" To him, it always has to hurt. In fact, when he has the "right" attitude he drives up to the race thinking, "I am going to rip their hearts right out of their chests." (Really makes you want to race this guy, right?)

Bill isn't always that serious, though. For instance, he loves junk food! Hostess Cupcakes, Coke, Fritos, Burger King, etc. He was off junk food for a long time, but in law school he started eating it again because of his stressed schedule. It didn't help that the only food at night school came out of vending machines. He still hasn't kicked the habit, although he's always been skinny. He believes it's partially due to his dad regulating his mother's food budget that she parceled out. Bill's wife says he eats like he's in a financial depression or a war refugee. As a college student, it was music to his ears while working in the kitchen for college reunions that a waitress saw him drooling over the food and said, "Getchu some, honey!"

\*Bill is still crushin' it today as a 60+ tri-athlete; you'll get to witness his awesome-ness this summer at Wilson State Park.

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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)

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

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

## 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.**

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

**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY 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**

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

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.rushtonsports.com](http://www.rushtonsports.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.piranhasports.com](http://www.piranhasports.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 Open Triathlon-Cooperstown, NY (9/22/12) S 100 meters, B 3 mi., R 1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)



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**HITS Olympic Triathlon-Cooperstown, NY (9/22/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Half Triathlon-Cooperstown, NY (9/23/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Full Triathlon-Cooperstown, NY (9/23/12) S 2.4 mi., B 112 mi., R 26.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

## OCTOBER

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

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

**HITS Half Triathlon-Lake Havasu City, AZ (11/11/12) S 1.2 mi., B 56 mi., R 13.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

**HITS Full Triathlon-Lake Havasu City, AZ (11/11/12) S 2.4 mi., B 112 mi., R 26.2 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)**

## DECEMBER

**HITS Open Triathlon-La Quinta, CA (12/1/12) S 100 meters, B 3 mi., R 1 mi.**

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

**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

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## FEBRUARY

### HITS Sprint Triathlon-Corpus Christi, TX (2/18/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

<u>Overall Female:</u>	Monserrat Morales Lopez	1:21:37
<u>Overall Male:</u>	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)

<u>Overall Female:</u>	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
<u>Overall Male:</u>	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)

<u>Overall Female:</u>	Kelly Williamson	4:14:06
<u>Overall Male:</u>	Timothy O'Donnell	3:51:32
	Ray Canals	6:41:42

### HITS Sprint Triathlon-Ocala, FL (3/24/12) S 750 meters, B 12.4 miles, R 3.1 mi. [www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

<u>Overall Female:</u>	Catherine LaCrosse	1:15:20
<u>Overall Male:</u>	Rod De Kanel	1:05:08
	Troy Weaver (1 <sup>st</sup> M45)	1:22:33

## APRIL

## MAY

## JUNE

# Hudson Valley Triathlon Club

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JULY  
AUGUST  
SEPTEMBER  
OCTOBER  
NOVEMBER  
DECEMBER

## 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.)

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

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<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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CAUTION: Participating in the sport of triathlon and HVTC may cause radiant health and spiritual well-being!

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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**
- **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>
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*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
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