



# Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.  
Volume X Issue 120 May 2011

## IN A FEW WORDS

Dear HVTC,

Do you know what's possible for you? Would you like to know? Would you like to reach your highest athletic potential? Do you want to grow? If you have the courage to answer "yes" to any of these questions, you may find yourself being pushed by forces in the Universe WAY beyond your comfort level. And, if that's the case...congratulations, you're on your way to absolute fulfillment. See ya out there!

Sincerely,  
Mark H. Wilson  
Professional Life & Triathlon Coach



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## **HVTC Featured Athlete: Marcy Duffy**

By Mark H. Wilson

What does it mean to be passionate? How would you describe it to your friends and family? What does it look like? How does it feel? What are the attributes that are required for a person to be labeled in such a fashion? Do you have passion? Well, our Featured Athlete of the Month, Marcy Duffy, is EXTREMELY passionate; almost beyond comprehension. When she loves; it's serious. When she angers; it's serious. When she tri's, it's serious. So, where does it all come from and how is she managing her gift? Let's find out.



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Marcy was born and raised in Kingston, New York and attended Kingston High where she participated in track/field and the ski club. Her education continued at Ulster Community College and she became a Boces-Certified Surgical Technician. She currently lives and plays in Saugerties, New York with her husband of nine years Chad and their two beautiful children; Alivia (10) and Julia (7). Today, Marcy works at Northern Dutchess Hospital as a Certified Surgical Tech for almost eleven years; she's also a Clinical Coordinator and Instructor for Ulster Boces in the Surgical Tech Program for six years. Another part-time joy of hers is to teach spinning class 2x/week; she loves putting music together for an intense workout to motivate people.

The first triathlon she ever did was the Hudson Valley Triathlon in 2009; subsequently, she won her age-group and got "hooked." It was a major motivating factor for her to finish so well. Marcy had seen Chad do his first tri and that got the juices flowing; and, since swimming was a no-brainer for her and she had been cycling already, all she had to do was survive the run. It turned-out pretty good!

The morning of a race is sometimes nerve-racking for Marcy; they've got to get the kids to the grandparents and what not. Finally, when she's on the bike and mowing people down (no, not literally!), she's at ease and really enjoys the moment. Her mantra is to "run well" and it's been working because she's setting new PR's monthly. It's definitely boosted her confidence and given her a new sense of accomplishment each workout and race she completes. Bottom line, she loves training with a goal or purpose! And, Marcy is always quick to advise others with their training, racing, goals, etc; especially her friends, co-workers and family.

Some of the events that Marcy has completed are; Trooper Biathlon 2010-11, Vassar Triathlon 2009-10, Northern Dutchess Triathlon 2010, Tupper Lake 2010, Columbia Triathlon 2010, Harriman Triathlon 2009-10, and the Williams Lake Triathlon 2009-10. Her immediate goal was to PR in the Trooper Biathlon which she did by 10 minutes...wow! She also plans to kick some serious butt at the 2011 HVTC Summer Tri-Series, bring her run times down to 7:59 or under and, continue to enjoy her favorite junk-food guilt-free; COOKIES. Nice!

The sport of triathlon has brought absolute joy to her life; she truly loves to arrange her life around her training; the only exception is the afternoon, that's for her girls. The training itself gets her out of bed and to the gym by 5 am every morning; whether it's swimming or teaching spin...it's just fantastic for Marcy. Interestingly, ever since she began this "hobbie" her desire to train outdoors has increased, and she's definitely accepting it as a blessing. In fact, Marcy has noted that her relationship with her husband improved dramatically when they began to workout together; it's been the glue that has cemented their love for one another again. Not to mention, the tremendous gift they are offering to their children; healthy, clean and passionate parents. The final thought that Marcy wanted to share is "There is no greater feeling than to see Chad smile as I finish." Now THAT'S passion. Thanks, Marcy!

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## **Shoulder Impingement**

By Dr. David Ness

Pain in the shoulder which is worsened by raising the arm or putting it behind one's back results from a condition called shoulder impingement. This is a common problem among swimmers, baseball and tennis players, but can be triggered by the frequent overhead arm movements of flautists, violinists, construction workers, house painters, and similar professions. Symptoms can worsen over time, and the condition can contribute to injuring the rotator cuff, so early treatment is the best course of action.

- Causes and symptoms

The head of the humerus sits in a narrow cavity on the scapula called the glenoid fossa. Impingement is when the acromioclavicular process and humerus pinch (impinge) the soft tissues of the rotator cuff and bursa. This can be due to repetitive stress, overuse, arthritis, or inflammation of the rotator cuff itself and surrounding ligaments. The space between this bone and muscle is narrow under the best of circumstances, so it doesn't take much to jam it up entirely. The bursa provides lubrication to the joint, while the rotator cuff actually holds the humerus in place as it goes through its range of motion. The condition can be complicated by certain congenital conditions (e.g. a hooked acromion), upper crossed syndrome, or micro-instability. Left untreated, shoulder impingement can cause a tear in the rotator cuff over time.

Pain and stiffness when raising or lowering the arm is typically the first symptom to present. There may also be tenderness or swelling. In time the pain may come on more suddenly, such as when reaching or lifting. Overhead movements like serving a ball can become increasingly uncomfortable, and swimming. Eventually, pain may be present even when the arm is at rest, and may feel like it is radiating out from the front of the shoulder to the side of the arm. Loss of strength or motion may be experienced, particularly when trying to reach behind one's back. Another frequent complaint is night pain, especially when lying on the affected shoulder.

- Diagnosis and treatment

Range of motion and muscle testing should be performed when a patient complains about shoulder pain to determine which muscles are involved. Because the problem impacts the soft tissue, x-rays can be helpful in diagnosing the problem revealing arthritic or congenital changes often associated with impingement syndrome. An MRI may confirm a diagnosis of shoulder impingement or rotator cuff tear.

Icing the affected area can reduce discomfort initially. Active Release Techniques is very successful in breaking up scar tissue in the rotator cuff and surrounding muscles of the shoulder. In addition to increasing the shoulder joint's range of motion. This should be complemented by a program of scapular stabilization and rotator cuff strengthening exercises to correct muscular imbalances and weaknesses, which may be contributing to



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the problem. The muscles making up the rotator cuff are small and easy to strain; strengthening the surrounding muscles reduce the risk of an overuse injury to the shoulder.

A course of treatment, which starts soon enough, can head off more serious inflammation or a torn rotator cuff. Surgery is often the only option for a severe rotator cuff tear, while shoulder impingement without a major tear can be addressed using physical therapy, ART and exercise as prescribed.

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

## 2011 RACE SCHEDULE

**Bold = USA Triathlon Sanctioned**

**(Need to find a race somewhere in the United States? For a complete listing of USAT Sanctioned races with event location and contact information go to [www.usatriathlon.org](http://www.usatriathlon.org))**

## AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. Good luck to everyone this season and thanks for your stats!

Send results to: [mark@hvtc.net](mailto:mark@hvtc.net).

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

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

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

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

## FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/20/11) S 15 min., B 20 min., R 20 min. [www.ymcaulster.org](http://www.ymcaulster.org)

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## MARCH

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

## APRIL

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

## MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/11) S .45 mi., B 23.5 mi., R 4 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.piranha-sports.com](http://www.piranha-sports.com)

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

Wheel & Heel Triathlon-Lake Taghkanic State Park, NY (5/15/11) S 400 yds., B 13.5 mi., R 3.3 mi. [www.wheelandheel.com](http://www.wheelandheel.com)

American Zofingen (Long Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 85 mi., R 15.45 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

American Zofingen (Medium Course)-New Paltz, NY (5/15/11) R 10.30 mi., B 58 mi., R 10.30 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

American Zofingen (Short Course)-New Paltz, NY (5/15/11) R 5.15 mi., B 29 mi., R 5.15 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

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

Cascade Lake Triathlon-Hampstead, MD (5/15/11) S .3 mi., B 15 mi., R 5k  
[www.piranha-sports.com](http://www.piranha-sports.com)

Florida 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi.  
[www.ironman.com](http://www.ironman.com)

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

**EnduraSport Half Ironman Triathlon-Harriman, NY (5/21/11) S 1.2 mi., B 57 mi., R 13.1 mi.** [www.genesisadventures.com](http://www.genesisadventures.com)

**Columbia Triathlon-Ellicott City, MD (5/22/11) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://www.tricolumbia.org)

## JUNE

**Escape From Alcatraz-San Francisco, CA (6/5/11) S 1.5 mi., B 18 mi., R 8 mi.**  
[www.escapefromalcatraztriathlon.com](http://www.escapefromalcatraztriathlon.com)

**Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/5/11) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.ironman.com](http://www.ironman.com)

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

**Blackwater Eagleman Triathlon-Cambridge, MD (6/12/11) S 1.2mi, B 56mi, R13.1mi** [www.tricolumbia.org](http://www.tricolumbia.org)

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

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

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

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

**Xterra East Championship-Richmond, VA (6/?/11) S 1.5k, Mtn. B 30k, R 10k**  
[www.xterraplanet.com](http://www.xterraplanet.com)

**Lake Waramaug Sprint Triathlon-New Preston, CT (6/?/11) S .5 mi., B 9.1 mi., R 3.3 mi.** [www.plattsys.com](http://www.plattsys.com)



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**Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/11) S 1.2 mi., B 56 mi., R 13.1 mi. [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)**

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

**Philadelphia Triathlon-Philadelphia, PA (6/24-26/11) S 1.5k, B 40k, R 10k [www.phillytri.com](http://www.phillytri.com)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/26/11) S 600 yds., B 14 mi., R 3.1 mi. [www.rushtonsports.com](http://www.rushtonsports.com)**

**Stamford Olympic Triathlon-Stamford, CT (6/26/11) S 1.5k, B 40k, R 10k [www.hartfordmarathon.com](http://www.hartfordmarathon.com)**

## JULY

**Diamond in the Rough Triathlon-Perryville, MD (7/9/11) S 1 mi., B 27 mi., R 5 mi. [www.piranha-sports.com](http://www.piranha-sports.com)**

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

**Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/13/11) S .5 mi., B 10.5 mi., R 5k [www.patgriskustri.com](http://www.patgriskustri.com)**

**HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/13/11) S 400 yds., B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)**

**Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/17/11) S 600 yds. B 14 mi., R 3.1 mi. [www.rushtonsports.com](http://www.rushtonsports.com)**

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

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

**Mossman Triathlon-Norwalk, CT (7/?/11) S .5 mi., B 12.5 mi., R 5k [www.teammossmann.com](http://www.teammossmann.com)**

**Ironman USA-Lake Placid, NY (7/24/11) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://www.ironman.com)**

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## AUGUST

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

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

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

Fronhofer Tool Triathlon-Cambridge, NY (8/6/11) S 1.5k, B 40k, R 10k  
[www.fronhofertooltriathlon.com](http://www.fronhofertooltriathlon.com)

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/17/11) S 400 yds, B 12 mi., R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/?/11) S 1.5k, B 40k, R 10k [www.teammossman.com](http://www.teammossman.com)

Kingdom Triathlon-Kingdom, VT (8/6/11) S 500 yds., B 13 mi., R 5 mi.  
[www.kingdomtriathlon.org](http://www.kingdomtriathlon.org)

Lums Pond Triathlon-Bear, DE (8/14/11) S .5 mi., B 19.5 mi., R 3.1 mi.  
[www.piranha-sports.com](http://www.piranha-sports.com)

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

2011 USAT National Age Group Championship-Burlington, VT (8/20/11) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

2011 USAT Sprint National Age Group Championship-Burlington, VT (8/20/11) S 750 meters, B 20K, R 5K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

Timberman Sprint Triathlon-Gilford, NH (8/19-21/11) S 1/3 mi., B 15 mi., R 3 mi.  
[www.ironman.com](http://www.ironman.com)

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-21/11) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.ironman.com](http://www.ironman.com)

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

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

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

## SEPTEMBER

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

2011 ITU Short Course Triathlon World Championship-Beijing, China (9/11/11) S  
1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

S.O.S.-New Paltz, NY(9/11/11) B 30 mi., R 4.5 mi., S 1.1 mi., R 5.5 mi., S .5 mi., R 8  
mi., S .5 mi., R .7mi. [www.sostriathlon.com](http://www.sostriathlon.com)

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

Westchester Toughman-Croton Point Park, NY (9/11/11) S 1.2 mi., B 56 mi., R 13.1  
mi. [www.westchestertoughman.com](http://www.westchestertoughman.com)

Ironman 70.3 World Championship-Lake Las Vegas, NV (9/11/11) S 1.2 mi., B 56  
mi., R 13.1 mi. [www.ironman.com](http://www.ironman.com)

Vineyard Warrior Triathlon-Martha's Vineyard (9/11/11) S 1.5k, B 40k, R 10k  
[www.vineyardwarrior.com](http://www.vineyardwarrior.com)

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/14/11) S 400 yds., B 12 mi., R 2  
mi. [www.hvtc.net](http://www.hvtc.net)

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

Hammerfest Triathlon-Branford, CT (9/18/11) S .5 mi., B 13.5 mi., R 4 mi.  
[www.plattsys.com](http://www.plattsys.com)

Savageman Triathlon-Deep Creek Lake State Park, MD (9/17-18/11) S 1.2 mi., B 56  
mi., R 13.1 mi. [www.savagemantri.org](http://www.savagemantri.org)

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

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**Finger Lakes Triathlon-Canandaigua, NY (9/?/11) S 1.5k, B 40k, R 10k [www.score-this.com](http://www.score-this.com)**

**Westchester Triathlon-Rye, NY (9/25/11) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) [www.westchestertriathlon.org](http://www.westchestertriathlon.org)**

## OCTOBER

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

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

## NOVEMBER

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

**Ironman Arizona-Tempe, AZ (11/20/11) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.com](http://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](http://www.usatriathlon.org)**

**Overall Female:**

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

**Overall Male:**

Dave Slavinski	1:26:14
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## Spring Dual Against CF (4/30/11) R 2 mi., B 12 mi., R 2 mi.

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

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

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

## MAY

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

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

<b><u>Overall Female:</u></b>	Kristine Timmer	1:01:44
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<b><u>Overall Male:</u></b>	Tad Fabian	0:59:45
	Frank Priest (1 <sup>st</sup> M60-64)	1:12:53

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

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

<b><u>Overall Female:</u></b>	Holly Geldhauser	4:53:20
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<b><u>Overall Male:</u></b>	David Hollely	4:27:46
	Tom Struzzieri	6:08:08

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

<b><u>Overall Female:</u></b>	Molly Roohi	1:35:32
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<b><u>Overall Male:</u></b>	Jonathan Fecik	1:26:12
	Troy Weaver (2 <sup>nd</sup> M45-490)	1:47:23



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

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

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

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

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

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

**Overall Male:** Mike Halstead 1:03:03  
Nick Brundage (2<sup>nd</sup> Overall) 1:03:26  
Chad Duffy 1:16:13  
Jim Demis 1:16:16  
Bill Shashaty 1:17:08  
Richard Miller (1<sup>st</sup> M55-59) 1:18:14  
Steven Pressman (2<sup>nd</sup> M60-64) 1:21:37

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

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

**Overall Female:** Brownen Price 1:09:33  
Antonia Noonan 1:39:48

**Overall Male:** Gregory Dierksen 0:58:13  
Troy Weaver 1:20:56

## **Ironman 70.3-Orlando, FL (5/15/11) S 1.2 mi., B 56 mi., R 13.1 mi.**

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

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

**Overall Male:** Andy Potts 3:53:14



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## American Zofingen Duathlon High Falls, New York(5/15/11) Short Course R 5mi., B 29mi., R 5mi. [www.cm2promotions.com](http://www.cm2promotions.com)

<u>Overall Female:</u>	Erica Ruge	3:12:40
	Kathryn Flodquist	3:23:29
<u>Overall Male:</u>	John Hirsch	2:47:13

## American Zofingen Duathlon-High Falls, New York (5/15/11) Middle Distance R 5 mi., B 29 mi., R 5 mi., B 29 mi., R 5 mi. [www.cm2promotions.com](http://www.cm2promotions.com)

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

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

<u>Overall Female:</u>	Mimi Boyle	9:07:47
<u>Overall Male:</u>	Josh Beck	7:05:06
	Michael Halstead (3 <sup>rd</sup> 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](http://www.genesisadventures.com)

<u>Overall Female:</u>	Mariana Lara	2:36:05
	Mary DeNitto (1 <sup>st</sup> F60-64)	3:20:18
<u>Overall Male:</u>	Chris Gebhardt	2:16:19
	Mike Bakker (2 <sup>nd</sup> Overall)	2:21:20

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

<u>Overall Female:</u>	Rebecca Stephenson	1:34:28
	Kathryn Flodquist (3 <sup>rd</sup> Overall)	1:41:05
<u>Overall Male:</u>	Eneus Fregne	1:18:09



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

<b><u>Overall Female:</u></b>	Laura Kline	1:40:53
	Erica Ruge (2 <sup>nd</sup> Overall)	1:44:01
<b><u>Overall Male:</u></b>	Travis Kuhl	1:29:31

**JUNE**  
**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.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<b>Place</b>				
Jeanette Shelow-Macdougall	45-49	AA	92.6468	15
Erica Ruge	35-39	AA	90.11307	107
Kathryn Flodquist	40-44	HM	87.4655	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)**

<u>Name (Men)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<b>Place</b>				
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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## 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.**

## HVTC SPONSORS

*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
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