



Hudson Valley Triathlon Club



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

Volume VIII, Issue No. 102

November 2009

IN A FEW WORDS

Dear HVTC,

Happy Thanksgiving!!!! I am so grateful for every one of you; I'm honored to say that you help me to feel great joy. Each year, when I look at the photos and re-live the memories of the summer my heart just soars with excitement. And it's because of your commitment to yourself, your sport, and your life that makes all the difference FOR the world. Thank you! Now, during this Holiday Season we're gonna eat a lot, and let's keep movin', too, okay?! See ya out there.

Sincerely,
Mark H. Wilson
Professional Life & Triathlon Coach



Moments of Greatness with HVTC

Photo: Scott Schaffrick

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

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HVTC Featured Athlete: Ray Canals

By Mark H. Wilson

What does it mean to be a good father? And how do you determine the criteria? Would it be based-on time spent with the children, what he provided tangibly for his kids, or simply how he expressed his love for them? The obvious answer would be someone who possesses ALL of these attributes simultaneously. Our Featured Athlete of the Month, Ray Canals, represents the above mentioned aspects; and astonishingly, he somehow still maintains incredibly high standards for himself athletically, academically and professionally. What's his secret? Let's get to the heart of the matter.

Ray Canals was born in New York City and raised in the South Bronx. He graduated from Cardinal Hayes High School; and that's when the fun began. Post high school, Ray went to four different colleges and it took him 7 years to finally graduate from Iona College Cum Laude with a degree in Accounting. What took him so long? Stay tuned!



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Then, he went to New York Law School and graduated in the top third of his class. Good for him!

Basketball was one of the sports Ray loved; although he didn't play for the school team, he did hit the court with local "rec" teams. However, he'd only play if they gave him new sneakers; yes, he was that good...point guard. In fact, his mother used to think he was stealing shoes 'cause he'd come home with so many! (Now, if he could only manage that with carbon bikes.) As a senior in high school his enjoyment of parties and such dashed any dream of becoming a legitimate player in college. He got a try-out with a team in Puerto Rico, but he got injured and his opportunity faded.

With the partying out of his system and his degree FINALLY under his belt, Ray met Norma and has spent the last 23 years happily married; they have three children (23-year-old twins Giselle/Janyll and Matthew who is 14). The family lives in Stony Point (Rockland County) and Ray is currently a college law professor and an independent pharmacy owner.

Norma is extremely supportive of Ray's athletic endeavors and triathlon is no exception. And her husband is a sport-nut like no other; Ray has skied all over the country and even done some heli-skiing. Okay, that's just plain crazy!!! No matter, Ray makes-up for his little adventures by attending his kids' sporting events; his daughters swam competitively for 13 years and Ray attended every high school meet for 6 years and attended most of their college meets, too.

Ray really enjoys reading and eating anything with chocolate; but it's being involved with his kids' athletic and academic lives that make his heart hum. Selflessly, Ray gave-up his law practice to spend more time with his family and he doesn't regret it for a minute. And he actually beams with joy when he talks about his son Matthew who is a multi-sport guy, too; cross country, skiing and lacrosse. Unfortunately for Ray, his son is a faster runner and skier, but Ray can still beat his @\$ in basketball. Nice job, Pops! There's always time for the annual family football game, as well. It's the Over-30 vs. Under-30 game; the one time Ray gets to rock his son and his mother can't say anything about it! Meanwhile, his sisters are cheering for their father to take their brother down, too. (Man, he must really deserve it!!!)

As for triathlon, Ray did his first race about 13 years ago after turning 40; he was getting tired of chasing 20-year-olds around the basketball court. That first triathlon he had no clue what he was getting himself into (welcome to the boat!). He remembers borrowing a wetsuit from a surfer friend; short sleeves and no legs. That's the good news; the bad news is that the race was held in May (back when it used to be cold in the spring!). The first mistake was visiting the lake the day before the race; Ray remembers



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thinking that the buoy was the end; and his wife said the look on his face was priceless when someone educated him of the fact that he had to swim back, too. “No way!” Way. The water was so cold that he started hyperventilating before he even started swimming; all he could think was “Please God, let me finish the swim!” But when Ray got out of the water he was staggering all over the place and Norma came to his aid; she said he could quit and that she wouldn’t tell any of his friends. What?!?! Well, that’s all Ray needed to hear and he suddenly became extremely motivated and bounded-off to finish the race. Thank goodness for healthy egos!

There wasn’t any particular reason why Ray began competing in triathlon; he just wanted to try something different. He recalls how he used to hate running and the idea of doing all three (swim, bike, run) would keep him from getting bored. Besides, for Ray, he likes to be fit, healthy and to compete with his peers. He feels a great sense of accomplishment and he can sense that his family is very proud of him, too. Ray tells everyone they should at least do a sprint triathlon; his daughter and wife did one as a relay team (close, but no cigar!). He hopes to get his son more involved; although, he’s already done two. Ray hopes that before he’s too old he and his son can do one together...of course, so Ray can beat him in that, as well!

All of the competition aside, Ray simply adores his family and isn’t afraid to show it on every level; he’s strict with the kids when necessary and they’re rewarded nicely for their efforts to follow the wishes of their father and mother. Ray’s true highlights and achievements center on his family; raising children is a challenging task and Ray and Norma work very hard at it. Their daughters have both graduated from college and are pursuing graduate degrees and working, while their son is at the top of his class both academically and athletically. Ray has achieved good success in triathlon thus far; in 2009 he completed the Tupper Lake Tinman and the Ironman at Lake Placid. Finishing the Ironman was something he had thought about for a long time; being able to complete it with a busted blister over the last 13 miles made it even more satisfying. Ray ended the day in 13 hours 17 minutes; he told his son his goal was 13 hours and his son’s first comment was “What happened to 13 hrs?!” (Okay, Girls; let him have it!) Rays fatherly posture while teaching also inspires his students to further their education and go-on to law school; which is very gratifying for him. As a result, he’s scored an “excellent” rating on myprofessor.com. There ya have it!

Ray would like to do a 12:30 at the 2010 Lake Placid Ironman; although, he doesn’t want to get too greedy. Everyone thinks he’s crazy for doing triathlons; especially when he told them he wanted to do the Ironman. And if you’d ask his family they would say he’s addicted to the sport. The truth be told, he’s addicted to them (in a good way!). Thanks, Ray!



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2010 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

AT THE RACES

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

Send results to: mark@hvtc.net.

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/?/10) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

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

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

APRIL

Brandywine Duathlon-Coatsville, PA (4/?/10) R 5k, B 30k, R 5k www.piranha-sports.com



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

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

2009 Duathlon National Championship-Richmond, VA (4/?/10) R 10k, B 40k, R 5k
www.usatriathlon.org

MAY

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/10) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/?/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.com

St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

American Zofingen (Long Course)-New Paltz, NY (5/16/10) R 5.15 mi., B 85 mi., R 15.45 mi. www.cm2promotions.com

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

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

Diamond Girl-Lebanon, NJ (5/?/10) S 400 meters, B 14 mi., R 2 mi.
www.piranhasports.com



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

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

EnduraSport Half Ironman Triathlon-Harriman, NY (5/22/10) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

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

Pinchot Triathlon-Lewisberry, PA (5/?/10) S .5 mi., B 18 mi., R 5k
www.multisportmaniacs.org

Florida 70.3-Orlando, FL (5/16/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

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

Cascade Lake Triathlon-Hampstead, MD (5/?/10) S .3 mi., B 15 mi., R 5k
www.piranha-sports.com

Escape From Alcatraz-San Francisco, CA (5/30/10) S 1.5 mi., B 18 mi., R 8 mi.
www.escapefromalcatraztriathlon.com

JUNE

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



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Diamond Girl-Bear DE (6/?/10) S ¼ mi., B 10 mi., R 2 mi. www.piranhasports.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/4-6/10) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier) www.timbermantri.com

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

Diamond Girl-Quakertown, PA (6/?/10) S ¼ mi., B 10 mi., R 2 mi. www.piranhasports.com

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

NY Tri Series #1 (Triathlon)-Harriman State Park (6/13/10) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

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

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/9/10) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

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

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



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

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

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

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/26/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

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

Flat As A Pancake Triathlon-Staten Island, NY (6/?/10) S ¼ mi., B 12 mi., R 5k www.lin-mark.us

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

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/27/10) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

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

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



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JULY

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Ironman USA-Lake Placid, NY (7/25/10) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/?/10) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

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

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

Northern Columbia County Triathlon-Kinderhook, NY (8/?/10) S .25 mi., B 19.5 mi., R 4.5 mi. www.northerncolumbiatriathlon.com



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

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

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

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/11/10) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

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

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

NY Tri Series Race #2-Harriman State Park, NY (8/15/10) S ½ mi., B 16 mi., R 3mi. www.nytc.org

West Point Triathlon-West Point, NY (8/15/10) S 800 m, B 25k, R 5k www.usma.edu/USCC/DCA/Clubs/trit/

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

Timberman Half-Ironman Triathlon-Gilford, NH (8/20-22/10) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Lums Pond Triathlon-Bear, DE (8/?/10) S .5 mi., B 19.5 mi., R 3.1 mi. www.piranha-sports.com



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2010 USAT National Age Group Championships-Tuscaloosa, Alabama (8/?/10) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2011 ITU Short Course Triathlon World Championship)

Crystal Lake Triathlon (8/28/10) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/29/10) S 1.5k, B 40k, R 10k www.usatriathlon.org

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/29/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

Diamond Girl-Harriman, NY (8/?/10) S 500 meters, B 15 mi., R 4 mi. www.piranhasports.com

SEPTEMBER

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

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

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

Westchester Toughman-Croton Point Park, NY (9/?/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com



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

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

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

Hammerfest Triathlon-Branford, CT (9/?/10) S .5 mi., B 13.5 mi., R 4 mi. www.plattsys.com

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

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

Westchester Triathlon-Rye, NY (9/?/10) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.org

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

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

OCTOBER

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



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

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

NOVEMBER

Ironman Florida-Panama City, FL (11/?/10) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

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

Ironman Arizona-Tempe, AZ (11/?/10) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanarizona.com

2009 HVTC RACE RESULTS

JANUARY

Mid-Atlantic MultiSport Indoor Tri-Series #2 Berwyn, PA (1/11/09) S 10 min., B 20 min., R 20 min. www.midatlanticmultisport.com

<u>Overall Female:</u>	Eva Van Stratum	234.26
<u>Overall Male:</u>	J.P. LeFebre	283.4
	Steve Fischer	216.23



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FEBRUARY

QTS Gatorade 5 Triathlon-Queensland, Australia (2/8/09) S 400 meters, B 15k, R 2k

www.usmevents.com.au

<u>Overall Female:</u>	Emma Moffat	0:45:21
	Linda Rosenthal (2 nd F60-64)	1:27:13

<u>Overall Male:</u>	Dan Wilson	0:40:27
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Love to Tri Indoor Triathlon-South Saratoga YMCA, NY (2/8/09) S 15 min., B 15 min.,

R 15 min. www.cdymca.org

<u>Overall Female:</u>	Kelly Virkler	292 pts.
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<u>Overall Male:</u>	Peter Bierden	300 pts.
	Steve Fischer (1 st M50-54)	236 pts.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/22/09) S 15 min., B 20 min., R 20

min. www.ymcaulster.org

<u>Overall Female:</u>	Michelle Strathers	9.758
	Mary DeNitto (2 nd Overall)	9.109

<u>Overall Male:</u>	Justin Harris	12.259
	Alex Sherwood (2 nd Overall)	11.771
	Nick Brundage (1 st M20-24)	11.359
	Mike Vance (1 st M25-29)	10.922
	Bill Shashaty	10.248
	Matt Merchant	10.051
	Maurice Tessier	09.970
	Henry Collins	09.881
	Steve Fischer	09.857
	Michael Spang	09.425
	Don Davis	09.381
	Mitch Donner	08.386



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MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/21/09) Ski 2.5 mi., B 10 mi., R 3 mi.

www.pinehillarms.com

<u>Overall Female:</u>	Erica Ruge	0:58:42
	Jean Norton (2 nd Overall)	1:03:17
	Mary DeNitto (1 st F60-64)	1:12:34

<u>Overall Male:</u>	Nick Mancuso	0:52:35
	Mike Halstead (2 nd Overall)	0:54:02
	Bob Gramling (1 st M50-54)	0:59:09
	Janek Szablinski (2 nd M35-39)	1:04:33
	Bill Norton (1 st M55-59)	1:05:35
	Matt Merchant (2 nd M50-54)	1:07:04
	Don Davis (2 nd M60-64)	1:22:01

March Madness Biathlon-New York, NY (3/29/09) R 2 mi., B 12 mi., R 2 mi.

www.nytc.org

<u>Overall Female:</u>	Barbara Sessa	1:09:38
	Jean Norton (1 st F45-49)	1:10:25
	Jeanette Shelow-MacDougall (2 nd F45-49)	1:13:33
	Alicia Olmoz	1:25:06
	Deb Torpey (3 rd F50-54)	1:33:15

<u>Overall Male:</u>	Jason Gers	0:59:41
	Dave Nazaroff (2 nd M40-44)	1:02:29

APRIL

Brandywine Duathlon-Coatsville, PA (4/5/09) R 5k, B 30k, R 5k www.piranha-sports.com

<u>Overall Female:</u>	Kristine Kuss	1:29:40
	Michele Yasson	2:01:55

<u>Overall Male:</u>	Rick Fessler	1:13:11
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2009 Duathlon National Championship-Richmond, VA (4/25-26/09) R 10k, B 40k, R 5k www.usatriathlon.org

<u>Overall Female:</u>	Suzanne Huelster	2:06:08
	Erica Ruge	2:21:10
	Kathryn Flodquist	2:48:47

<u>Overall Male:</u>	Nicholas Sterghos	1:49:02
	Troy Weaver	2:45:03

Bassman Triathlon-Bass River State Park, NJ (4/26/09) S .5 mi., B 29 mi., R 4.2 mi. www.citytri.com

<u>Overall Female:</u>	Mirielle Rodriguez	1:59:31
	Jeanette Shelow-MacDougall (2 nd Overall)	2:06:40
	Ann Breeswine (3 rd F45-49)	2:36:55

<u>Overall Male:</u>	Martin Lamont Lacas	1:50:13
	Dave Nazaroff	2:09:54

MAY

Trooper Biathlon-Hurley, NY (5/3/09) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

<u>Overall Female:</u>	Laurel Wassner	1:06:43
	Jean Norton (2 nd Overall)	1:11:20
	Christene Spiezio (3 rd Overall)	1:14:12
	Lori Cassia-Decker (2 nd F45-49)	1:26:56
	Michele Yasson (3 rd F45-49)	1:30:44

<u>Overall Male:</u>	Justin Harris	0:59:14
	Nick Brundage (1 st M20-24)	1:02:36
	James Stafford (1 st M40-44)	1:05:54
	Bill Norton (2 nd M55-59)	1:14:20
	Art Boyko	1:16:58
	Patrick Nesbitt	1:21:47
	Chris Giam	1:24:31
	Michael Spang	1:24:37
	Steven Pressman	1:24:51
	William Thompson	1:36:36



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St. Croix Triathlon-St. Croix, US Virgin Islands (5/3/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

Overall Female:	Catriona Morrison	4:32:38
	Mary DeNitto* (1 st F60-64)	6:51:54

*Qualified-70.3 & Ironman World Championships (Declined Both Slots)

Overall Male:	Tim O'Donald	4:02:36
	Mike Halstead	5:03:25
	Don Davis	6:45:05

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/3/09) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female:	Kristin Kuss	1:36:08
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Overall Male:	John Nowoslawski	1:28:02
	Troy Weaver (2 nd M40-44)	1:46:56

EnduraSport Mini Triathlon-Harriman, NY (5/16/09) S .6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

Overall Female:	Katherine Ward	2:24:23*
	Kathryn Flodquist (1 st F40-44)	2:43:09*
	Ann Breeswine (3 rd F45-49)	3:20:01*

Overall Male:	David Gutstadt	2:17:25*
	Brian Chew	2:43:33*
	Gabriel Danaher	2:46:43*

*Swim cancelled due to heavy fog and replaced by 1.5 mile run

EnduraSport Half Ironman Triathlon-Harriman, NY (5/16/09) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Overall Female:	Charlotte Dequeker	5:37:40*
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Overall Male:	Jesse Du Bey	4:23:13*
	Michael Bakker (3 rd Overall)	4:30:23*
	Mark Wilson (3 rd M40-44)	5:00:35*
	John Ferrara	6:19:32*
	William Thompson (3 rd M45-49)	7:21:44*

*Swim cancelled due to heavy fog and replaced by 1.5 mile run



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Columbia Triathlon-Ellicott City, MD (5/17/09) S 1.5k, Bike 41k, R 10k

www.tricolumbia.org

Overall Female: Rebecca Wassner 2:07:25

Overall Male: Terrenzo Bozzone 1:52:45
Alex Sherwood (8th Elite Male) 2:10:40
Mike Halstead (1st M40-44) 2:11:11
Ray Canals 2:47:29
Creighton Ko 3:06:45

Florida 70.3-Orlando, FL (5/17/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female: Leanda Cave 4:15:47
Alicia Olmoz 6:52:07

Overall Male: Dirk Bochel 3:54:40

Shamrock Duathlon-Glastonbury, CT (5/17/09) R 5k, B 26k, R 5k

www.hartfordmarathon.com

Overall Female: Amanda Lawrence 1:33:10

Overall Male: Mike Gyulay 1:25:04
Tom Gill 2:33:26

Toga Biathlon-Congers, NY (5/17/09) R 4.25k, B25k, R 4.25k

www.togamultisport.com

Overall Female: Jennifer Cromie 1:29:37
Barbara Ferrante (2nd F40-44) 1:42:38
Deb Torpey (3rd F50-54) 1:57:19

Overall Male: David Roche 1:12:13
Michael Ferrante (2nd M35-39) 1:28:58



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Williams Lake Off-Road Triathlon-Rosendale, NY (5/24/09) S .5 mi., B 12.4 mi., R 5k www.cm2promotions.com

Overall Female: NA

Overall Male: Mike Halstead 1:34:40
Jim Demis 2:25:00
Bill Norton 2:49:36

Ironclad Triathlon-Glen Rock, NY (5/31/09) S .5 mi., B 13.5 mi., R 3.2 mi. www.triandduit.com

Overall Female: Michele Henschel 1:13:33

Overall Male: Takao Muehmel 1:06:49
John Ferrara 1:29:54

Cascade lake Triathlon-Hampstead, MD (5/31/09) S .31, B 15 mi., R 5k www.piranha-sports.com

Overall Female: Kerri Robbins 1:19:40

Overall Male: Joe Liberto 1:09:15
Troy Weaver 1:25:57

JUNE

Pawling Triathlon-Pawling, NY (6/6/09) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Overall Female: Carol Wilke 1:02:15
Jean Norton (2nd Overall) 1:08:05
Barbara Sessa (3rd Overall) 1:08:07
Kathryn Flodquist (1st F40-44) 1:09:02
Christene Speizio (2nd F35-39) 1:10:51
Barbara Ferrante 1:20:32
Kelly Heady 1:20:38
Christine Honig 1:20:55
Alicia Olmoz 1:22:35
Julie LoRusso 1:25:25
Roge Nesbitt 1:30:33
Deb Torpey 1:30:42



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<u>Overall Male:</u>	Justin Harris	0:58:10
	Nick Brundage (2 nd Overall)	0:59:06
	Zak Staszak	1:03:28
	Ken Buderman (2 nd M25-29)	1:03:30
	Michael Bakker (2 nd M40-44)	1:03:33
	Mark De Luccia	1:04:05
	Art Boyko (3 rd M40-44)	1:04:33
	Bill Norton (1 st M55-59)	1:08:54
	Mike Ferrante	1:13:39
	Steven Pressman	1:16:42
	Frank Priest	1:19:40
	Patrick Nesbitt	1:20:18
	Chris Giam	1:21:25
	Larry Knapp	1:27:42
	Tom Gill	1:34:16
	William Thompson	1:42:09

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/7/09) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com

Overall Female: Kathleen Hayden 2:21:07

Overall Male: Matt Migonis 2:00:03
Maurice Tessier 3:09:41

Rev3-Middlebury, CT (6/7/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.rev3tri.com

Overall Female: Mirinda Carfrae 4:27:26

Overall Male: Matt Reed 3:59:25
Tom Ganz 5:22:40
Dave Nazaroff 5:27:58
Roger Roberson 7:21:50



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Blackwater Eagleman Triathlon-Cambridge, MD (6/14/09) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

<u>Overall Female:</u>	Mirinda Carfrae	4:13:28
<u>Overall Male:</u>	Terenzo Bozzone	3:51:11
	Nick Brundage (3 rd M20-24)	4:41:33*

*Qualified-Ironman Triathlon World Championship (Declined Slot)

Escape From Alcatraz-San Francisco, CA (6/14/09) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

<u>Overall Female:</u>	Mary Beth Ellis	2:21:23
	Kathryn Flodquist	3:07:55
	Mary DeNitto (1 st F60-64)	3:31:33
	Ann Breeswine	3:59:44
<u>Overall Male:</u>	Andy Potts	2:07:25
	Alex Sherwood	2:34:50
	Dave Nazaroff	3:05:08
	Keith O'Malley	3:28:22

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/10/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

<u>Overall Female:</u>	Barbara Sessa	0:57:14
	Jean Norton (2 nd Overall)	0:58:15
	Barbara Ferrante (3 rd Overall)	1:06:26
	Mary DeNitto (1 st F60-64)	1:06:57
	Michele Yasson (1 st F50-54)	1:08:40
	Alicia Olmoz (1 st F35-39)	1:09:22
	Julie LoRusso (1 st F40-44)	1:09:51
	AnnMarie Gardner (2 nd F40-44)	1:15:16
	Roge Nesbitt (3 rd F40-44)	1:15:20
	Carolyn Mandaro (1 st F45-49)	1:16:59
	Tracy Little (2 nd F45-49)	1:17:15
	Jennifer Borrero (3 rd F45-49)	1:18:10
	Megan Corjulo	1:18:32
	Debra Torpey (2 nd F50-54)	1:20:41
	Mary Velez (2 nd F35-39)	1:26:39
	Janice Cragolin (3 rd F50-54)	1:27:30



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Diana Tsingopoulos (1st F65-59) 1:37:41

Overall Male:

Nick Brundage 0:49:10
Mike Halstead (2nd Overall) 0:50:34
Mark Wilson (3rd Overall) 0:53:26
Art Boyko (1st M40-44) 0:54:48
Charles Pegg (2nd M40-44) 0:54:56
Doug Thompson (3rd M40-44) 0:55:25
Ken Buderman (1st M25-29) 0:56:05
Nate Deboever (1st M19-Under) 0:56:20
Bob Gramling (1st M50-54) 0:57:04
Dave Nazaroff 0:57:11
Bill Norton (1st M55-59) 0:57:17
Dennis Ebbing 0:57:48
Jim Demis (1st M45-49) 0:58:52
Jon Stern (2nd M45-49) 1:00:36
Patrick Murphy (1st M35-39) 1:02:15
Roger Husted (2nd M35-39) 1:03:34
Henry Collins 1:05:47
John Dowley (3rd M35-39) 1:05:52
John Ferrara (2nd M50-54) 1:06:25
Mark Graminski (3rd M50-54) 1:06:57
Ryan Schumacher (2nd M25-29) 1:06:31
Peter Oxenholm 1:06:39
Steven Pressman (2nd M55-59) 1:07:01
Frank Priest (3rd M55-59) 1:07:42
Larry Knapp 1:10:58
Bob Bomba 1:11:09
Steve Fischer 1:11:20
Ed Burke 1:12:53
Michael Spang (3rd M45-49) 1:16:04
Craig Boyce 1:18:27
Tom Struzzieri 1:18:40
Tom Gill 1:26:01

Williams Lake Sprint Triathlon-Rosendale, NY (6/13/09) S .5 mi., B 12 mi., R 3 mi.

www.cm2promotions.com

Overall Female:

Mimi Boyle 1:13:21
Michele Yasson (2nd Overall) 1:23:56

Overall Male:

Mike Halstead 1:02:29



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Charles Pegg (1 st M40-44)	1:08:05
Bill Norton (1 st M55-59)	1:13:50
Jim Demis (1 st M45-49)	1:13:53
Richard Miller (2 nd M55-59)	1:17:56
Steven Pressman (3 rd M55-59)	1:22:46
Ed Burke	1:54:04

Lake Waramaug Sprint Triathlon-New Preston, CT (6/19/09) S .5 mi., B 12.5 mi., R 3 mi. www.endureitmultisports.com

<u>Overall Female:</u>	Katey Scrimgeour	1:17:33
	Linda Rosenthal (1 st F60-64)	1:59:12
<u>Overall Male:</u>	Tim Steiskal	1:05:42

Patriot Half-East Freetown, MA (6/20/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.patriottriathlon.com

<u>Overall Female:</u>	Lisbeth Kenyon	4:30:57
	Christene Spiezio	5:20:14
<u>Overall Male:</u>	Bryan Parker	4:15:01
	Ken Buderman (3 rd M25-29)	4:56:11

Wyckoff Triathlon-Franklin Lakes, NJ (6/20/09) S .5 mi., B 17 mi., R 5 mi. www.wyckoffymca.org

<u>Overall Female:</u>	Lynn Frampton	1:36:50
	Carolyn Mandaro	2:03:53
<u>Overall Male:</u>	Dirk Heinze	1:22:30

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/20/09) S 1.5k, B 40k, R 10k www.patgriskustri.com

<u>Overall Female:</u>	Kelli Montgomery	2:23:32
	Kathryn Flodquist (1 st F40-44)	2:38:45
<u>Overall Male:</u>	Chris Thomas	2:00:15
	John Ferrara	2:56:59
	Frank Priest	3:07:45



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Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/27/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

<u>Overall Female:</u>	Leslie Sanderson	4:40:39
	Jean Norton (2 nd F45-49)	5:22:15
	Michele Yasson	6:43:36
	Julie LoRusso	7:22:23

<u>Overall Male:</u>	Eric Roy	4:15:49
	Mark Wilson	4:54:21
	Dennis Ebbing	5:24:43
	Ray Canals	5:54:32
	Patrick Murphy	5:55:11
	Mark Graminski	6:14:55

Tupper Lake (Sprint) Triathlon-Tupper Lake, NY (6/27/09) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

<u>Overall Female:</u>	Katherine Ward	2:03:35
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<u>Overall Male:</u>	Peter Eddy	1:57:09
	Art Boyko (1 st M40-44)	1:59:51

North Country Triathlon (Sprint)-Hague, NY S 750 meters, B 20k, R 5k www.northcountrytri.com

<u>Overall Female:</u>	Rachelle Gormley	1:29:48
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<u>Overall Male:</u>	Kevin Crossman	1:10:56
	Bob Gramling (3 rd Overall)	1:24:18

Philadelphia Triathlon (Olympic)-Philadelphia, PA (6/28/09) S 1.5k, B 40k, R 10k www.phillytri.com

<u>Overall Female:</u>	Rebecca Wassner	2:02:22
	Carolyn Mandaro	3:03:46
	Julianna Benedick	3:22:18

<u>Overall Male:</u>	David Thompson	1:49:52
	Nick Brundage	2:10:26
	Mark Rabens	2:22:57
	Steve Fischer	3:00:15



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Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/28/09) S .9k, B 24k, R 5k

www.phillytri.com

<u>Overall Female:</u>	Diane Rogers	1:20:45
<u>Overall Male:</u>	James Burns	1:09:47
	Frank Priest (3 rd M55-59)	1:35:36

Westchester Medical Center Biathlon-Valhalla, NY (6/28/09) R 2 mi., B 15 mi., R 2 mi.

www.nytc.org

<u>Overall Female:</u>	Amy Bevilaqua	1:04:41
	Barbara Sessa (2 nd Overall)	1:09:59
	Alicia Olmoz	1:29:00
	Deb Torpey	1:38:39
<u>Overall Male:</u>	Arthur Samsonov	1:00:04
	Mike Ferrante	1:10:50
	Peter Oxenholm	1:25:09
	William Thompson	1:45:32

Stamford Olympic Triathlon-Stamford, CT (6/28/09) S 1.5k, B 40k, R 10k

www.hartfordmarathon.com

<u>Overall Female:</u>	Suzie Snyder	2:15:06
	Kathryn Flodquist (1 st F40-44)	2:26:25
<u>Overall Male:</u>	Thomas McWalters	2:03:24

Sharon Parks & Recreation Triathlon-Sharon, CT (6/27/09) S .5 mi., B 12 mi., R 4 mi.

www.greystoneracing.net

<u>Overall Female:</u>	Lisa Dunn	1:26:16
	Linda Rosenthal (1 st F60-64)	2:21:59
<u>Overall Male:</u>	Peter Doly	1:12:27



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JULY

Williams Lake Sprint Triathlon-Rosendale, NY (7/4/09) S .5 mi., B 12 mi., R 3 mi.

www.cm2promotions.com

Overall Female:

Carol Hawran	1:33:43
Mary DeNitto (1 st F60-64)	1:59:14
Linda Rosenthal (2 nd F60-64)	2:08:21

Overall Male:

Justin Harris	1:03:50
Art Boyko (1 st M40-44)	1:12:54
Charles Pegg (2 nd M40-44)	1:13:50
Jim Demis (1 st M45-49)	1:16:52
Don Davis (1 st M65-69)	1:30:53
Peter Oxenholm	1:32:14
Steven Pressman (2 nd M55-59)	1:33:00
Bill Norton	1:37:09
Ed Burke	1:37:23
Bill Thompson	1:58:37
Larry Knapp	2:02:29

HVTC Summer Tri-Series #2-Mt. Tremper, NY (7/8/09) S 400 yds., B 12 mi., R 2

[mi. www.hvtc.net](http://www.hvtc.net)

Overall Female:

Barbara Sessa	0:56:07
Lauren Warren (2 nd Overall)	0:57:01
Tomi Stern (3 rd Overall)	1:04:57
Barbara Ferrante (1 st F40-44)	1:07:03
Kelly Heady (1 st F35-39)	1:07:50
Alicia Olmoz (2 nd F35-39)	1:08:51
Julie LoRusso (2 nd F40-44)	1:09:17
Michele Yasson (1 st F50-54)	1:10:14
Tracy Little (2 nd F50-54)	1:11:16
Mineke Etienne (1 st F30-34)	1:11:57
Jennifer Borrero (1 st F45-49)	1:13:57
Norma Lopez (2 nd F45-49)	1:15:50
Antonia Noonan (3 rd F40-44)	1:16:06
Melissa Cowan (1 st F25-29)	1:18:05
Deb Torpey (3 rd F50-54)	1:18:27
Carolyn Mandaro (3 rd F45-49)	1:19:54
Janice Cragolin	1:24:27
Diana Tsingopoulos (1 st F65-69)	1:33:44



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Melissa Signor (1st F55-59) 2:01:57

Overall Male:

Nick Brundage 0:48:47

Alex Sherwood (2nd Overall) 0:50:16

Mike Halstead (3rd Overall) 0:51:12

Mark Wilson (1st M40-44) 0:52:37

Doug Thompson (2nd M40-44) 0:53:49

Bruce Cadenhead (M45-49) 0:53:54

Dave Nazaroff (3rd M40-44) 0:54:54

Nate Deboever (1st M19-Under) 0:55:03

Charles Pegg 0:55:22

Ken Buderman (1st M25-29) 0:56:06

Bob Gramling (1st M50-54) 0:56:40

Mark Rabens (2nd M45-49) 0:57:30

Bill Norton (1st M55-59) 0:57:55

Mike Ferrante (1st M35-39) 0:58:35

Jon Stern (3rd M45-49) 0:58:39

Frank Sabat 0:59:09

Jim Demis 1:00:23

Henry Collins 1:00:37

Steven Pruschki 1:01:10

Roger Husted (2nd M35-39) 1:01:26

Richard Miller (2nd M55-59) 1:01:28

Patrick Murphy (3rd M35-39) 1:01:43

John Ferrara (3rd M50-54) 1:01:48

Roger Roberson 1:02:59

Keith O'Malley 1:03:20

John Dowley 1:03:27

Kevin Adams 1:04:56

Ryan Schumacher (2nd M25-29) 1:05:05

Mark Graminski 1:05:54

Peter Oxenholm 1:06:05

Steven Pressman (3rd M55-59) 1:06:33

Ray Canals 1:06:38

Maurice Tessier 1:07:29

Bill Thompson 1:07:34

Phil Placido 1:07:56

Frank Priest 1:08:08

Steve Fischer 1:08:56

Ed Burke 1:10:21

Bob Bomba 1:11:30



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Larry Knapp	1:12:25
Bevan Harris	1:12:26
Tom Struzzieri	1:16:32
Tim Slominski	1:47:58

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/8/09) S .5 mi., B 10.5 mi., R 5k

www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	1:05:38
	Kathryn Flodquist (1 st F40-44)	1:09:22

<u>Overall Male:</u>	Domenic Gillen	0:55:52
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Ironman 70.3 Rhode Island-Providence, RI (7/12/09) S 1.2 mi., B 56 mi., R 13.1 mi.

www.ironman.com

<u>Overall Female:</u>	Michellie Jones	4:23:56
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<u>Overall Male:</u>	Michael Lovato	3:54:39
	Nick Brundage	4:32:00*
	Doug Thompson	5:22:29

*Qualified-70.3 Ironman Triathlon World Championship

Tri-Putnam-Carmel, NY (7/12/09) S .3 mi., B 18 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Melina Healey	1:15:15
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<u>Overall Male:</u>	John McGovern	0:59:57
	Michael Bakker (2 nd Overall)	1:01:05
	Bruce Cadenhead (3 rd Overall)	1:05:31
	Patrick Nesbitt	1:20:39
	Peter Oxenholm	1:20:57
	Bill Thompson	1:22:45
	Tim Slominski	2:00:41



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Philadelphia Women's Triathlon-Philadelphia, PA (7/12/09) S 750 m, B 17 mi., R 5k
www.cgiracing.com

<u>Female:</u>	Diane Rogers	1:22:23*
	Antonia Noonan	1:46:37*

*Swim cancelled due to strong currents, replaced by a run.

Piseco Lake Triathlon-Speculator, NY (7/18/09) S .5 mi., B 11.5 mi., R 3 mi.
www.adrkmts.com

<u>Overall Female:</u>	Judy Guzzo	1:18:23
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<u>Overall Male:</u>	Tom Goth	1:05:16
	Matt Merchant (2 nd M50-54)	1:21:47

Mossman Triathlon-Norwalk, CT (7/19/09) S .5 mi., B 12.5 mi., R 5k
www.teammossman.com

<u>Overall Female:</u>	Megan Kelly	1:04:46
	Kathryn Flodquist (1 st F40-44)	1:09:51
	Ann Breeswine	1:26:58

<u>Overall Male:</u>	Ian Ray	0:59:12
	Ray Canals	1:13:33

Musselman Triathlon (Half-IM)-Geneva, NY (7/18-19/09) S 1.2 mi., B 56 mi., R 13.1 mi.
www.musselmantri.com

<u>Overall Female:</u>	Kristin White	4:44:36
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<u>Overall Male:</u>	Jesse Vandracek	4:23:58
	Bob Gramling	5:06:58
	John Ferrara	5:54:21

Musselman Triathlon (Sprint)-Geneva, NY (7/18-19/09) S 500 yd., B 15 mi., R 3 mi.
www.musselmantri.com

<u>Overall Female:</u>	Meghan Newcomer	1:17:42
	Colleen Bruley	2:10:40

<u>Overall Male:</u>	Kevin Crossman	1:09:57
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Hudson Valley Triathlon-Kingston, NY(7/19/09) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

Overall Female:	Jeanette Shelow-MacDougall	1:27:41
	Lauren Warren (2 nd Overall)	1:29:14
	Antonia Noonan (3 rd F40-44)	1:56:50

Overall Male:	John McGovern	1:16:09
	Art Boyko (1 st M40-44)	1:27:06
	Maurice Tessier	1:41:22
	Peter Oxenholm	1:42:49
	Bill Thompson	1:43:58
	Frank Priest (3 rd M55-59)	1:45:15

Sunset Triathlon-Bridgeton, NJ (7/19/09) S .5 mi., B 16 mi., R 5k www.lin-mark.us

Overall Female:	Laurie Hug	1:17:54
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Overall Male:	Todd Wiley	1:09:55
	Troy Weaver (1 st M40-44)	1:24:25

Iron Girl Triathlon-Syracuse, NY (7/26/09) S 800 meters, B 30k, R 5k

www.irongirl.com

Overall Female:	Rachel Sears	1:20:19
	Kelly Heady	1:34:43

New Jersey State Triathlon-Mercer County Park, NJ (7/26/09) S 1.5k, 23 mi., R 10k

www.cgiracing.com

Overall Female:	Sharon Schmidt-Mongrai	2:12:37
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Overall Male:	James Burns	1:56:42
	Troy Weaver	2:24:05
	Steve Fischer	3:02:24



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New York City Triathlon-NYC, NY (7/26/09) S 1.5k, B 40k, R 10k www.nyctri.com

<u>Overall Female:</u>	Rebecca Wassner	1:58:25
	Jeanette Shelow-MacDougall	2:29:59
	Kathryn Flodquist	2:33:02
	Ann Breeswine	2:59:28
	Antonia Noonan	3:06:40
	Darcy Dyer	3:40:18

<u>Overall Male:</u>	Greg Bennett	1:45:50
	Dave Nazaroff	2:14:02
	Charles Pegg	2:15:40
	Richard Miller	2:33:56
	Don Davis (2 nd M65-69)	2:34:56
	Steven Pressman	2:42:33

Ironman USA-Lake Placid, NY (7/26/09) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

<u>Overall Female:</u>	Tereza Macel	09:29:36
	Michele Yasson	14:21:59

<u>Overall Male:</u>	Maik Twelsiek	08:36:37
	Mark Wilson	12:53:02
	Ray Canals	13:17:22
	Frank Sabat	14:03:57
	Henry Collins	14:51:57
	Tom Ganz	14:51:57
	Roger Roberson	15:25:55

AUGUST

Fronhofer Tool Triathlon-Cambridge, NY (8/1/09) S 1.5k, B 40k, R 10k www.fronhofertooltriathlon.com

<u>Overall Female:</u>	Nicole Andres	2:21:29
	Kathryn Flodquist (1 st F40-44)	2:27:00

<u>Overall Male:</u>	Kevin Bouchard-Hall	2:02:23
	Jon Stern (3 rd M45-49)	2:26:11
	Dennis Ebbing	2:28:50



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Williams Lake Triathlon #3-Rosendale, NY (8/1/09) S ½ mi., B 12 mi., R 3 mi.

www.cm2promotions.com

<u>Overall Female:</u>	Barbara Sessa	1:08:52
	Lauren Warren (2 nd Overall)	1:08:58
	Linda Rosenthal (1 st F60-64)	1:56:25

<u>Overall Male:</u>	Mike Halstead	1:02:55
	Charles Pegg (1 st M40-44)	1:07:04
	Bill Norton (1 st M55-59)	1:11:11
	Steve Pruschki (2 nd M50-54)	1:13:55
	Richard Miller (2 nd M55-59)	1:16:06
	Jim Demis	1:16:12
	Steven Pressman (3 rd M55-59)	1:24:58

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/2/09) S 1/2 mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:17:32
	Erica Ruge (1 st F35-39)	1:26:20

<u>Overall Male:</u>	Tim Steiskal	1:09:05
	Nate DeBoever (1 st M19-Under)	1:17:47

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/2/09) S 1.5k, B 40k, R 10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Danielle Ohlson	2:28:04
	Alicia Olmoz	3:09:39
	Julie LoRusso	3:11:07

<u>Overall Male:</u>	Nick LaHecka	2:07:30
	Bob Gramling (2 nd M50-54)	2:29:08

Wilkes Barre Triathlon-Wilkes Barre, PA (8/2/09) S 1.5k, B 40k, R 11k

www.wilkesbarretriathlon.com

<u>Overall Female:</u>	Kristin White	2:21:33
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<u>Overall Male:</u>	Joe Maloy	2:03:26
	John Ferrara	2:56:29



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Greenwich Cup Triathlon-Greenwich, CT (8/2/09) S ½ mi., B 15 mi., R 3 mi.

www.threadsandtreads.com

Overall Female: Donna Kay-Ness 1:12:19
Vanessa Calderone 1:58:54

Overall Male: Dominick Gillem 1:03:22
Tim Slominski 2:11:06

Niantic Bay Triathlon-Niantic, CT (8/9/09) S .5 mi., B 12 mi., R 3.5 mi.

www.hartfordmarathon.com

Overall Female: Elise Vonhousen 1:06:49
Kathryn Flodquist (2nd F40-44) 1:11:01

Overall Male: John Babcock 0:59:24

Northern Columbia County Triathlon-Kinderhook, NY (8/?/09) S .25 mi., B 19.5 mi., R 4.5 mi. www.northerncolumbiatriathlon.com

Overall Female: Erica Ruge 1:37:24

Overall Male: John McGovern 1:21:35
Bob Gramling (1st M50-54) 1:35:28
Peter Oxenholm 1:51:14
Steve Fischer 2:01:42

Central Park Triathlon-New York, NY (8/9/09) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

Overall Female: Julie Cook 1:07:28
Diana Tsingopoulos (2nd F65-69) 1:55:56

Overall Male: Timothy Oakes 0:58:52
Richard Miller (1st M55-59) 1:10:01

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/12/09) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Barbara Sessa 0:55:13
Lauren Warren (2nd Overall) 0:56:19
Jean Norton (3rd Overall) 0:58:11



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Erica Ruge (1 st F35-39)	0:58:28
Tomi Stern (1 st F40-44)	1:04:21
Barbara Ferrante (2 nd F40-44)	1:06:13
Michele Yasson (1 st F50-54)	1:07:28
Kelly Heady (2 nd F35-39)	1:07:45
Julie LoRusso (3 rd F40-44)	1:09:09
Alicia Olmoz (3 rd F35-39)	1:09:57
Tracy Little (2 nd F50-54)	1:11:22
Ann Breeswine (1 st F45-49)	1:13:45
Norma Lopez (2 nd F45-49)	1:15:12
Vanessa Calderone (1 st F30-34)	1:15:17
Janice Cragolin (3 rd F50-54)	1:15:43
Jennifer Borrero (3 rd F45-49)	1:18:02
Nancy Figueroa	1:21:16
Mary Velez	1:26:13
Darcy Dyer	1:27:53
Colleen Bruley	1:30:01
Diana Tsingopoulos (1 st F65-59)	1:35:10
Melissa Signor (1 st F55-59)	1:54:51

Overall Male:

Alex Sherwood	0:48:25
John McGovern (2 nd Overall)	0:48:48
Nick Brundage (3 rd Overall)	0:49:16
Mike Halstead (1 st M40-44)	0:50:03
Michael Bakker (2 nd M40-44)	0:50:27
Nick Mancuso (1 st M19-Under)	0:52:35
Jim Stafford (1 st M45-49)	0:52:50
Bruce Cadenhead (2 nd M45-49)	0:53:06
Mark Wilson (3 rd M40-44)	0:53:21
Charles Pegg	0:53:56
Doug Thompson	0:54:08
Dave Nazaroff	0:55:26
Bob Gramling (1 st F50-54)	0:55:36
Dennis Ebbing	0:56:34
Bill Norton (1 st M55-59)	0:56:49
Jon Stern (3 rd M45-49)	0:57:47
Nate DeBoever (2 nd M19-Under)	0:57:57
Mike DeBoever (1 st M25-29)	0:57:58
Steve Pruschki (2 nd M50-54)	0:58:20
Richard Miller (2 nd M55-59)	1:00:23
Kevin Adams	1:00:30



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Roger Husted (1 st M35-39)	1:00:50
Patrick Murphy (2 nd M35-39)	1:02:19
John Ferrara (3 rd M50-54)	1:02:36
Keith O'Malley	1:02:40
Mark Graminski	1:03:20
Ryan Schumacher (2 nd M25-29)	1:03:45
John Dowley (3 rd M35-39)	1:04:34
Peter Oxenholm	1:04:54
Mike Andrasak	1:05:21
Roger Roberson	1:05:29
Frank Priest (3 rd M55-59)	1:05:46
Jerry DeBoever (1 st M20-24)	1:06:01
Bill Thompson	1:08:52
Bob Bomba	1:09:17
Steve Fischer	1:09:25
Phil Placido	1:09:45
Michael Spang	1:13:33
Tom Struzzieri	1:14:17
Creighton Ko	1:25:05

SBR Triathlon #2-Harriman, NY (8/15/09) S .5 mi., B 16 mi., R 3.1 mi.

www.sbrshop.com

<u>Overall Female:</u>	Lindsay Jacobson	1:26:11
<u>Overall Male:</u>	David Hollely	1:16:09
	Bruce Cadenhead (1 st M45-49)	1:21:04

NY Tri Series Race #2-Harriman State Park, NY (8/16/09) S ½ mi., B 16 mi., R 3mi.

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:24:57
<u>Overall Male:</u>	Chris Gebhardt	1:09:14
	Art Boyko (1 st M40-44)	1:21:24
	Bill Thompson	1:41:09



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West Point Triathlon-West Point, NY (8/16/09) S 800 m, B 25k, R 5k

www.usma.edu/USCC/DCA/Clubs/trit/

<u>Overall Female:</u>	Ashley Morgan	1:16:08
	Lauren Warren (3 rd Overall)	1:19:52
	Barbara Sessa (1 st F45-49)	1:24:00
	Jean Norton (2 nd F45-49)	1:25:04
	Tomi Stern (2 nd F40-44)	1:29:21
	Barbara Ferrante	1:36:32
	Michele Yasson	1:38:16
	Alicia Olmoz	1:39:55

<u>Overall Male:</u>	John McGovern	1:09:04
	Mark Rabens	1:19:52
	Dave Nazaroff	1:21:09
	Jim Demis	1:21:27
	Bill Norton (3 rd M55-59)	1:23:23
	Steve Pruschki	1:24:20
	Mike Ferrante	1:24:40
	Jon Stern	1:26:02
	Kevin Adams	1:26:35
	Frank Priest	1:33:30
	Phil Placido	1:36:49
	Steve Fischer	1:46:02

Lums Pond Triathlon-Bear, DE (8/16/09) S .5 mi., B 19.5 mi., R 3 mi. www.piranha-sports.com

<u>Overall Female:</u>	Michelle Faurot	1:26:09
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<u>Overall Male:</u>	William Miller	1:14:33
	Troy Weaver	1:26:25

Tuckahoe Triathlon-Tuckahoe, NJ (8/16/09) S ¼ mi., B 12 mi., R 2 mi.

www.citytri.com

<u>Overall Female:</u>	Jeanette Duffy	0:57:17
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<u>Overall Male:</u>	Mike Pudlinski	0:52:12
	Doug Thompson (3 rd M40-44)	0:56:21



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Timberman Sprint Triathlon-Gilford, NH (8/21-23/09) S 1/3 mi., B 15 mi., R 3 mi.

www.timbermantri.com

Overall Female: Caitlin Snow 1:06:48

Overall Male: Tim Snow 1:05:05

Phil Placido 1:29:13

Bevan Harris 1:30:09

Timberman Half-Ironman Triathlon-Gilford, NH (8/21-23/09) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Chrissie Wellington 4:15:11

Jeanette Shelow-MacDougall (2nd F45-49) 5:19:43*

Ann Breeswine 6:59:52

*Qualified-Ironman 70.3 World Championships (Clearwater, FL)

Overall Male: Andy Potts 3:51:19

Michael Bakker 4:43:13

Dave Nazaroff 5:16:14

Creighton Ko 6:47:23

Timberman AquaBike-Gilford, NH (8/21-23/09) S 1.2 mi., B 56 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Brooke O'Connor 3:07:29

Overall Male: Jeff Dolan 2:49:05

Frank Priest 3:46:55

2009 USAT National Age Group Championships-Tuscaloosa, Alabama (8/22/09) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2010 ITU Short Course Triathlon World Championship)

Overall Female: Jasmine Oeinck 2:02:49

Kathryn Flodquist 2:42:38*

*Qualified ITU Short Course Triathlon World Championships-Budapest, Hungary

Overall Male: Matt Chrabot 1:48:14

Troy Weaver 3:01:18



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Diamond Girl (Sprint)-Harriman, NY (8/30/09) S 500 meters, B 15.5 mi., 4 mi.

www.piranha-sports.com

<u>Overall Female:</u>	Lauren Warren	1:28:13
	Erica Ruge (1 st F35-39)	1:33:50
	Kelly Heady	1:50:38
	Vanessa Calderone (3 rd F30-34)	1:55:37
	Antonia Noonan	2:00:08
	Nancy Figueroa	2:08:30
	Jennifer Borrero (1 st F45-49)	2:08:52

Diamond Girl (Long)-Harriman, NY (8/30/09) S 1,500 meters, B 30.5 mi., 8.4 mi.

www.piranha-sports.com

<u>Overall Female:</u>	Barbara Sessa	3:06:35
	Jean Norton (1 st F45-49)	3:18:08
	Michele Yasson (2 nd F50-54)	3:54:15
	Julie LoRusso (3 rd F40-44)	4:01:44

Crystal Lake Triathlon (8/29/09) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org

<u>Overall Female:</u>	Michelle Rosowsky	1:33:48
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<u>Overall Male:</u>	Keith Murray	1:21:42
	Dennis Ebbing	1:33:35

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/30/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

<u>Overall Female:</u>	Angie DeFilippi	4:54:35
	Alicia Olmoz	6:34:32

<u>Overall Male:</u>	Chris Casey	4:15:22
	John Ferrara	5:56:10
	Steven Pressman (3 rd M55-59)	5:59:33
	Mike Ferrante	6:02:54



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SEPTEMBER

Williams Lake Sprint Triathlon #4-Rosendale, NY (9/5/09) S .5 mi., B 12 mi., R 3 mi. www.cm2promotions.com

<u>Overall Female:</u>	Lauren Warren	1:09:13
	Michael Yasson (2 nd F50-59)	1:25:14
	Mary DeNitto (1 st F60-64)	1:29:52

<u>Overall Male:</u>	John McGovern	1:02:32
	Charles Pegg (2 nd Overall)	1:05:27
	Bob Gramling (2 nd M50-59)	1:10:22
	Bill Norton (3 rd M50-59)	1:11:01
	Richard Miller	1:17:19
	Jack Ryon (2 nd M20-29)	1:19:52
	Steven Pressman	1:24:27
	Steve Fischer	1:31:30

Frost Valley Triathlon-Claryville, NY (9/6/09) S .5 mi., B 11 mi., R 2.5 mi. www.cm2promotions.com

<u>Overall Female:</u>	Lauren Warren	?
	Michele Yasson (2 nd Overall)	?
	Mary DeNitto (3 rd Overall)	?

<u>Overall Male:</u>	John McGovern	0:55:12
	Nick Brundage (2 nd Overall)	?
	Charles Pegg (3 rd Overall)	?
	Nate DeBoever (1 st 19-Under)	?
	Bill Norton (1 st M55-59)	?
	Jack Ryon (2 nd M20-29)	?
	Richard Miller (2 nd M55-59)	?
	Steven Pressman (3 rd M55-59)	?
	Steve Fischer(1 st M50-54)	?

Espirit Triathlon-Montreal, Canada (9/12/09) S 1.5k, B 40k, R 10k www.sportstats.com

<u>Overall Female:</u>	Manon LeTourneau	2:08:38
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<u>Overall Male:</u>	Yanik LeDuc	1:55:45
	Steve Fischer	2:58:00



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Vassar Brothers Triathlon-LaGrange, NY (9/12/09) S ¼ mi., B 15 mi., R 5k

www.nytc.org

<u>Overall Female:</u>	Dana White	1:09:17
	Tomi Stern (2nd Overall)	1:12:06
	Kelly Heady (1st F35-39)	1:16:48
	Linda Rosenthal (1st F60-64)	1:48:20

<u>Overall Male:</u>	Shawn Jackson	1:02:43
	Robin Ackers	1:22:46
	Tom Gill	1:36:55

Vassar Brothers Duathlon-LaGrange, NY (9/12/09) R 1mi., B 15 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Erica Ruge	1:08:24
<u>Overall Male:</u>	David St. Lawrence	1:01:03

Quakerman-Nockamixon State Park, PA (9/12/09) S 1.2 mi., B 56.7 mi., R 13.1 mi.

www.genesisadventures.com

<u>Overall Female:</u>	Patti Weil	5:19:47
<u>Overall Male:</u>	John Hewlett	4:48:03
	Mike Ferrante	5:25:59
	Bill Thompson	6:49:16

Danskin Women's Triathlon-Sandy Hook, NJ (9/13/09) S .5 mi., B 11 mi., R 3 mi.

www.danskinwomenstri.com

<u>Overall Female:</u>	Maureen Cullen	1:03:14
	Julie LoRusso	1:13:14



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S.O.S.-New Paltz, NY(9/13/09) B 30mi., R 19mi., S .5mi.,R.7mi.

www.ulster.net/~sosnyta/

Overall Female:

Sue Dean (Art Boyko's Elder Sister)	5:13:04
Jean Norton (2nd F45-49)	5:30:46
Michele Yasson (1st F50-54)	6:50:42

Overall Male:

Jonas Colting	4:18:38
Alex Sherwood (2nd Overall)	4:28:37
Mike Halstead (2nd M40-44)	4:52:01
Bruce Cadenhead (3rd M45-49)	4:56:25
Art Boyko (1st Police Officer)	4:56:39
Charles Pegg	5:02:38
Mike Vance (1st M25-29)	5:04:43
Mark Wilson	5:08:29
Doug Thompson	5:13:15
Jim Demis	5:30:58
Dave Nazaroff	5:39:29
John Ferrara	6:32:26
Patrick Murphy	6:46:14

Women's Triathlon-Farmington, CT (9/13/09) S .5 mi., B 12 mi., R 5k

www.hartfordmarathon.com

Overall Female:

Christine Loudon	1:13:56
Tracy Little (2nd F50-54)	1:31:01
Megan Corjulo	1:31:53

2009 ITU Short Course Triathlon World Championship-Gold Coast, Australia (9/9-13/09) S 1.5k, B 40k, R 10k www.usatriathlon.org

Overall Female:

Emma Moffatt	1:59:14
Jeannette Shelow-MacDougall(16th F45-49)	2:25:33

Overall Male:

Alistair Brownlee	1:44:51
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2009 ITU Sprint Triathlon World Championship-Gold Coast, Australia (9/9-13/09)

S 750 meters, B 20k, R 5k www.usatriathlon.org

Overall Female: Christelle Van Niekerk 1:05:38
Jeannette Shelow-MacDougall (4th F45-49) 1:13:10

Overall Male: Nicholas Dougall 0:57:25

Westchester Toughman-Croton Point Park, NY (9/13/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Overall Female: Kristen Budden 5:03:16

Overall Male: Dominic Gillen 4:08:05
Michael Bakker (1st M40-44) 4:34:07

HVTC Summer Tri-Series #4-Mt. Tremper, NY (9/16/09) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Lauren Warren 0:55:58
Erica Ruge (2nd Overall) 0:58:47
Tomi Stern (3rd Overall) 1:01:44
Michele Yasson (1st F50-54) 1:05:05
Tiffany Italiano (1st F35-39) 1:05:15
Mary DeNitto (1st F60-64) 1:06:00
Barbara Ferrante (1st F40-44) 1:06:59
Tracy Little (2nd F50-54) 1:10:35
Alicia Olmoz (2nd F35-39) 1:11:29
Julie LoRusso (2nd F40-44) 1:11:46
Megan Corjulo (3rd F40-44) 1:12:16
Ann Breeswine (1st F45-49) 1:13:46
Jennifer Borrero (2nd F45-49) 1:14:43
Janice Cragolin (3rd F50-54) 1:17:45
Jane Struzzieri 1:18:32
Ann Marie Gardner (3rd F45-49) 1:18:37
Roge Nesbitt 1:19:06
Nancy Figueroa 1:19:58



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Deb Torpey	1:20:09
Mallory Edens (1 st F19-Under)	1:23:02
Kristen Curran (2 nd F19-Under)	1:23:03
Sally DePoala	1:25:47
Diana Tsingopoulos (1 st F65-69)	1:37:58
Melissa Signor (1 st F55-59)	1:53:05

Overall Male:

Nick Brundage	0:47:51
Alex Sherwood (2 nd Overall)	0:48:25
Mike Halstead (3 rd Overall)	0:49:00
Michael Bakker (1 st M40-44)	0:49:41
Jim Stafford (1 st M45-49)	0:52:18
Doug Thompson (2 nd M40-44)	0:53:56
Mark Wilson (3 rd M40-44)	0:54:20
Bob Gramling (1 st M50-54)	0:55:29
Nate DeBoever (1 st M19-Under)	0:55:46
Mark Rabens (2 nd M45-49)	0:56:12
Jack Ryon (1 st M25-29)	0:56:20
Dennis Ebbing	0:56:46
Kevin Adams	0:58:40
Roger Husted (1 st M35-39)	1:00:28
Keith O'Malley (3 rd M45-49)	1:01:51
Mike Andrasak	1:02:16
Ryan Schumacher (2 nd M25-29)	1:02:47
Peter Oxenholm	1:03:38
Phil Placido (2 nd M35-39)	1:03:58
Creighton Ko	1:04:38
Frank Priest (1 st M55-59)	1:04:42
Bill Thompson	1:05:19
John Ferrara (2 nd M50-54)	1:05:43
Maurice Tessier	1:08:48
Steve Fischer (3 rd M50-54)	1:08:56
Robin Ackers (3 rd M25-29)	1:11:05
Tom Struzzieri	1:13:24
Michael Spang	1:13:59
Tom Gill (2 nd M55-59)	1:16:55



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Lake George Triathlon-Lake George, NY (9/19/09) S 1.5k, B 40k, R 10k

www.adktri.org

<u>Overall Female:</u>	Christina Robeson	2:17:53
	Alicia Olmoz	3:09:35
	Megan Corjulo	3:11:43

<u>Overall Male:</u>	Patrick O'Keefe	2:01:53
	Art Boyko	2:20:42
	Bob Gramling (2 nd M50-54)	2:26:27
	Peter Oxenholm	2:52:11
	Bill Thompson	3:02:31
	Maurice Tessier	3:14:21

Hammerfest Triathlon-Branford, CT (9/20/09) S .5 mi., B 13.5 mi., R 4 mi.

www.plattsys.com

<u>Overall Female:</u>	Cassie Maximenko	1:19:16
	Kathryn Flodquist (2 nd Overall)	1:23:15

<u>Overall Male:</u>	William Schumann	1:11:29
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War At The Shore Triathlon (Short)-Long Branch, NJ (9/20/09) S ?, B 9.6 mi., R 3 mi. www.fasttracktiming.com

<u>Overall Female:</u>	Caitlin Dorgan	0:54:44
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<u>Overall Male:</u>	Jake Bond	0:50:35
	Mark Rabens (1 st M40-44)	0:54:38

War At The Shore Triathlon (Long)-Long Branch, NJ (9/20/09) S ?, B 19.2 mi., R 5 mi. www.fasttracktiming.com

<u>Overall Female:</u>	Elizabeth Whittmaack	1:32:06
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<u>Overall Male:</u>	Terry Kerrigan	1:24:04
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Westchester Triathlon-Rye, NY (9/27/09) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.com

Overall Female:	Rebecca Wassner	2:10:34
	Kathryn Flodquist (2 nd F40-44)	2:41:01*
	Antonia Noonan	3:19:55
	Ann Breeswine	3:30:24

*Qualified-Escape From Alcatraz

Overall Male:	Andrew Starykowicz	1:58:30
	Charles Pegg	2:25:47
	Mark Rabens	2:29:23
	Keith O'Malley	2:58:20
	Frank Priest	3:14:25

OCTOBER

Brierman Triathlon-Boonsboro, MD (10/4/09) S .45 mi., B 23.9 mi., R 4 mi. www.piranha-sports.com

Overall Female:	Michele Trdina	2:06:56
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Overall Male:	Brian Trdina	1:51:45
	Troy Weaver	2:19:25

Mightyman ½ Ironman Triathlon-Montauk, NY (10/4/09) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Overall Female:	Christine Kenney	4:58:41
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Overall Male:	Nick LeHecka	4:26:04
	Terry Kerrigan (2 nd Overall)	4:26:10
	Bill Thompson	6:43:36

Cape Henlopen Triathlon-Lewes, DE (10/11/09) S ¼ mi., B 14 mi., R 5k www.piranha-sports.com

Overall Female:	Heather Leiggi	1:13:38
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Overall Male:	Brian Lovett	1:09:32
	Troy Weaver	1:23:58



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American Zofingen (Long Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 85 mi., R 15.45 mi. www.americanzofingen.racesonline.com

Overall Female: Mimi Boyle 9:00:24

Overall Male: Michael Bakker 7:17:39

American Zofingen (Middle Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 58 mi., R 10.30 mi. www.americanzofingen.racesonline.com

Overall Female: Lynn Frampton 5:57:33

Overall Male: Andrew Stock 5:15:39
Jim Stafford (2nd Overall) 5:25:17

American Zofingen (Short Course)-New Paltz, NY (10/11/09) R 5.15 mi., B 29 mi., R 5.15 mi. www.americanzofingen.racesonline.com

Overall Female: Mendy Taylor 3:08:21
Erica Ruge (3rd Overall) 3:13:05

Overall Male: David Roche 2:39:05
Nate DeBoever 3:07:22
Charles Pegg 3:23:24
Bill Thompson 4:26:42

Toga Biathlon-Congers, NY (10/18/09) R 4.25k, B25k, R 4.25k www.togamultisport.com

Overall Female: Lynn Frampton 1:25:36

Overall Male: Nick Brundage 1:16:57
Phil Placido 1:49:55
Bill Thompson (1st M45-49) 1:51:48

Great Floridian Triathlon (Short Course Tri-America)-Clermont, FL (10/24/09) S 2k, B 62k, R 15k www.greatfloridian.com

Overall Female: Sarah Groff 3:24:24

Overall Male: Marko Albert 3:07:04
Troy Weaver 4:58:06



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NOVEMBER

Ironman 70.3 World Championship-Clearwater, FL (11/14/09) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

Overall Female: Julie Dibens 3:59:33
Jeanette Shelow-MacDougall 5:01:07

Overall Male: Michael Raelert 3:34:04
Nick Brundage 4:48:25

DECEMBER

2008 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in **at least 3 USA Triathlon Sanctioned** races that year; i.e. Lake George Triathlon, HVTC Summer Tri-Series #1 and Pat Griskus Triathlon.)

<u>Name (Women)</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
<u>Place</u>				
Shannon Dawkins (Duathlon)	30-34	AA	97.102	5
Jeanette Shelow-MacDougall	45-59	AA	93.922	6
Shannon Dawkins	30-34	AA	92.085	53
Jean Norton	45-49	AA	90.278	23
Barbara Sessa	40-44	AA	89.897	75
Lauren Warren	40-44	AA	89.655	80
Mari Flores	35-39	HM	88.153	124
Erica Ruge	35-39	HM	87.014	158
Kathryn Flodquist	40-44		83.738	226
Christene Spiezio	35-39		83.717	296
Barbara Sessa (Duathlon)	40-44		82.412	41
Lana Shannon	40-44		80.013	411
Mary DeNitto	60-64	AA	77.822	7
Julie LoRusso	40-44		75.586	679
Christine Honig	35-39		73.747	947
Alicia Olmoz	35-39		72.696	1,035
Alicia Olmoz (Duathlon)	35-39		72.042	79
Michele Yasson	45-49		70.840	670
Julie LoRusso (Duathlon)	40-44		70.127	95
Mineke Etienne	30-34		67.077	1,304
Roge Nesbitt	40-44		62.157	1,585
Linda Rosenthal	60-64		57.484	96
Diana Tsingopoulos	60-64		52.145	113

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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<u>Name (Men)</u> <u>Place</u>	<u>AG</u>	<u>Honors</u>	<u>Rank</u>	<u>Nat'l AG</u>
Mike Halstead (Duathlon)	40-44	AA	98.941	6
Alex Sherwood	30-34	AA	97.195	19
Mike Halstead	40-44	AA	95.012	20
Michael Bakker	40-44	AA	92.452	52
Nick Brundage	20-24	HM	92.470	59
Nick Brundage (Duathlon)	20-24	HM	92.248	6
Zac Staszak	30-34	AA	90.598	124
Art Boyko	40-44	AA	88.993	158
Mark Wilson	40-44	HM	87.861	218
Jim Stafford	40-44	HM	86.331	296
Andrew Schupak	40-44	HM	86.164	303
Mike Vance	25-29		85.342	301
Nate DeBoever	16-17	HM	85.248	12
Dave Nazaroff (Duathlon)	40-44		84.295	53
Tom Ganz	35-39		84.288	481
Charles Pegg	35-39		84.152	490
Bob Gramling	50-54		83.347	115
Jon Stern	45-49		80.793	428
Jim Demis	40-44		80.556	742
Ken Buderman	25-29		79.913	579
Troy Weaver	40-44		78.541	967
Mark Rabens	40-44		78.444	985
Matt Merchant	50-54		78.015	331
Bill Norton	55-59		77.650	114
Bill Shashaty	35-39		76.221	1,451
John Jasinski	50-54		74.874	199
Richard Miller	55-59		74.787	203
Brian Chew	30-34		73.848	1,344
John Dowley	35-39		73.742	1,891
Patrick Murphy	35-39		73.635	1,911
Doug Thompson	40-44		72.021	1,948
John Ferrara	50-54		71.851	728
Gabriel Danaher	40-44		71.375	2,052
Mark Graminski	50-54		70.521	836
Steven Pressman	55-59		70.315	400
Patrick Nesbitt	40-44		69.724	2,319
Mike Hargrove	50-54		69.594	904
Steve Fischer	50-54		68.941	950
Maurice Tessier	35-39		68.026	2,893
Larry Knapp	50-54		67.565	1,056
Peter Oxenholm	40-44		65.747	2,895

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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2009 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

- 2009 HVTC Most Improved Award: **Kathryn Flodquist**
2009 HVTC Female Honorable Mention Award: **Lauren Warren**
2009 HVTC Female Honorable Mention Award: **Barbara Sessa**
2009 HVTC Female Triathlete of the Year Award: **Jeanette Shelow-MacDougall**

MALE

- 2009 HVTC Rookie of the Year Award: **Bill Thompson**
2009 HVTC Volunteer of the Year Award: **Dave Haze**
2009 HVTC Male Honorable Mention Award: **Michael Bakker**
2009 HVTC Male Honorable Mention Award: **Alex Sherwood**
2009 HVTC Male Triathlete of the Year Award: **Nick Brundage**

2009 HVTC Summer Tri-Series Winners

Women's Champion: **Barbara Ferrante (64)**

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

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

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

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

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

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

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

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

5th Place: **Doug Thompson (56)**

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette Shelow-MacDougall (54:32)

Swim-Christine Honig (4:50)

Bike-Shannon Dawkins (36:30)

Run-Shannon Dawkins (10:57)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (4:16)

Bike-Terry Kerrigan (32:05)

Run-Nick Mancuso (10:02)



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ANNOUNCEMENTS

- **2010 HVTC Summer Tri-Series: June 9, July 14, August 11 & September 15.**
Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a “total score” for overall awards. The most points one could receive is 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **ALL 2010 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **2010 HVTC \$240.00 membership is valid from January 1st-December 31st.**

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