



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 IX, Issue No. 114

November 2010

IN A FEW WORDS

Dear HVTC,

Two, four, six, eight, who do we appreciate...?!?! This was one of our favorite cheers when I was a kid; man, the memories. And, the truth is...we should STILL be chanting that phrase daily to show our thankfulness for our incredibly abundant life. The fact that we GET to swim, bike and run FOR FUN is an absolute gift from Above; so, let's be thankful for every moment of our existence, and keep the blessings coming...Amen! 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!

Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010



HVTC Featured Athlete: Kevin Adams

By Mark H. Wilson

There are billions of people on the planet and it's nearly impossible to know everyone; although Facebook is attempting the feat! Regardless, in a triathlon club, it's fun to get to know those you don't have the pleasure to train with on a regular basis. Occasionally, you'll get to share a ride with someone to-and-from a race which lends itself to some socializing, etc; and unfortunately, this is a rarity, too. Then, once in a blue moon, you come across someone like our November Featured Athlete of the Month, Kevin Adams, who just blows you away and spills the beans about their athletic background which opens-up a whole new world of possibilities and options. What's all the fuss about? Gather 'round and take a good listen.



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

Serendipitously, Kevin was born in the month of November in the year 1967 at Horton Hospital in Middletown, New York. He attended Valley Central High School and played basketball, baseball and soccer. Now hear this, he ran a 4:30 mile in high school; yes, that's pretty quick. However, he refused to run on the track team for various reasons, etc. There had to be some coaches who were drooling to get this raw talent on the squad, and to no avail.

Today, Kevin is self-employed and runs his own business called Adams Concrete Construction which provides for his two sons; Sean (11) and Kyle (14). Even though triathlon feels like his second job, which he enjoys immensely, he also coaches his sons' sport teams for fun; it all adds tremendous daily therapeutic relief. It's a good thing, too; because it seems anyone he knows who doesn't participate in the sport thinks he's crazy for attempting it. No worries; one less friend on Facebook!

Kevin's first triathlon experience was at the 2009 HVTC Summer Tri-Series in Wilson State Park. That first one felt like he was wresting an alligator (and losing badly) upon exiting the swim leg; he simply could not get the darn wetsuit off! It doesn't help that his heart rate was through the roof from exhaustion, either; Kevin's not too fond of the swim thing, yet. Despite that initial snafu, Kevin stuck with it and completed most of the club races since as well as several other local favorites.

The mental challenge in triathlon is the greatest hurdle for Kevin; he says that each race offers different opportunities and every one makes him stronger. Consequently, he recommends the sport to each person that asks about it.

It's been said that it's difficult to be a bad triathlete because one is a good runner. And, this couldn't be more true of Kevin; with his running capability, the sky is the limit. As stated above, he has raced in several other local events and shone promise of excellent triathlon form. He also raced at West Point and the Vermont Journey which is a half iron distance and stayed under 6 hours. With only 3 years of running under his belt again, Kevin's been whippin' the old running legs back into shape. He's done the North Face Challenge 50k (that's 31 miles; 6 hours), Rehoboth Beach Marathon in Delaware (3:13:05), and the Escarpment Trail Run (2x).

Kevin's triathlon hopes and dreams are common; he desires to hear the words..."Kevin Adams, YOU are an Ironman!" And, of course, he'd like to become a finisher at one of the most famous triathlon events on the planet; Survival of the Shawangunks (SOS). Well, race registrations aside, it seems like a no-brainer that this guy is goin' no-where but up in the sport of triathlon. Now, if he could just avoid refusing coach invitations! Thanks, Kevin.



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

2011 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

AT THE RACES

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

Send results to: mark@hvtc.net.

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 (2/20/11) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

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

APRIL

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

MAY

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

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

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

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

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

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

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

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

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

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

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

EnduraSport Half Ironman Triathlon-Harriman, NY (5/?/11) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

JUNE

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

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

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

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

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

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

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

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

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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

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

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

JULY

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

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

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

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

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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

AUGUST

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

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

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

Fronhofer Tool Triathlon-Cambridge, NY (8/?/11) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

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

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

Kingdom Triathlon-Kingdom, VT (8/?/11) S 500 yds., B 13 mi., R 5 mi.
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

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

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

2011 USAT Sprint National Age Group Championship-Burlington, VT (8/21/11) S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2012 ITU Short Course Triathlon World Championship in New Zealand)

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

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

SEPTEMBER

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

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

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

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

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

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

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

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

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

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

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



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

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

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

OCTOBER

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

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

NOVEMBER

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

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

2011 HVTC RACE RESULTS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

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>
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Place
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>
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Place
AA-All American (Top 5% of respective age group in the USA)
HM-Honorable Mention (Top 10% of respective age group in the USA)

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)**



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

HVTC Summer Tri-Series Standing Course Records

Women

Course-Jeannette 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)

ANNOUNCEMENTS

- **Mark H. Wilson is available for:** Private Coaching, Group Tri-Camps, and Active Life-Coaching.
- **2011 HVTC Registration & Packet Pick-Up:** Wednesday, April 27th from 5:30-7:30 pm at Wilson State Park (859 Wittenberg Rd. Mt. Tremper, NY).
- **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 1st in all 4) and the least 1 (participated in one race for 20th 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 1st-December 31st.**



Hudson Valley Triathlon Club

Volume IX, Issue No. 114 November 2010

HVTC SPONSORS

*** USA TRIATHLON ***	www.usatriathlon.org
*** VERGE AMERICA LTD. ***	www.vergesport.com
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