



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. 113

October 2010

IN A FEW WORDS

Dear HVTC,

Trick or Treat!!!! Of course, most folks hand-over the sweets when a bunch of little ones come storming-up to their doorstep on one of America's most enjoyable past-times; Halloween. I'll never forget the moan we'd give the "old foagies" who gave us an apple or orange; however, we'd all squeeze-out a "thank you" and quickly run to the next house where there seemed to be the most excitement, etc. Come to think of it, it was great training; intervals, actually...for about 3 hours straight. What fun! Now, it's like pulling teeth; better eat another apple. 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: Antonia Noonan

By Mark H. Wilson

There's a spiritual practice that suggests that each of us possesses seven talents; for instance, baking could be one of them. Another could be parenting; and yet another could be juggling, etc. totaling seven. The interesting part of this "theory" is that most folks aren't even aware of their inherent gifts let alone executing them on a daily basis. What if all of us were given a list of our abilities? Would we utilize them or would we settle for one or two and work on developing new and more challenging endeavors? Our Featured Athlete of the Month, Antonia Noonan, has been tearing through her seven knacks with leaps-and-bounds! What are they, you ask? Read-on, Friends.



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Antonia was born in Ft. Meade, MD and is a self-proclaimed Army Brat; no, that's NOT one of her talents...although, I'm sure her husband should have a say in this first! Regardless, we digress. She attended Pallotti (Catholic) and Laurel (non-Catholic) High Schools which were both in Laurel, MD. Antonia then continued her education at the University of Maryland with degrees in both Theatre and Journalism/Public Relations. But before we get too far into that, let's talk about some activities the young lady developed in middle school.

Anything that involved movement is what Antonia participated in; dance, skiing, pom-pom squad, swimming, etc. You name it, she did it! She would routinely finish-up her activities at school and walk to the dance studio and take 1-3 classes in a row; not to mention learning to swim freestyle, fly and back stroke, too. And skiing, oh goodness, she'd work like crazy in the ski club in anticipation of weekend trips to the mountains. That was the foundation of everything for Antonia. By the time she got to college, she didn't participate in formal athletics, but kept moving/swimming at the local pool and so on. She also entered a couple of dance competitions for her sorority and placed 1st and 2nd in consecutive years.

As long as she can remember, Antonia has been a singer; she was trained classically, but when she moved to New York City she worked with a teacher who trained her more in a "Broadway" style of performance. She also danced ballet, modern, tap, and jazz for many years. When Antonia was acting "full-time" she performed in workshops, and started doing Cabaret, performing at Don't Tell Mama's in the Theatre District. She used to be an actress/singer/dancer until she discovered how much she liked to eat; so she went the Corporate America route and fell back on that Journalism/Public Relations Degree working in marketing and advertising as an Account Executive. After her son was born, she quickly realized that the Corporate world was not for her any longer and she decided to become a Stay-At-Home-Mom; pretty tough for someone who loves to move as much as she does. Fast-forward!

Today, Antonia lives in Orangeburg, NY with her husband Bobby and their son Liam (8 years old). She is currently a part-time Yoga instructor and full-time mom. However, her title as MOM involves more than meets the eye; she's also her son's agent! Yes, it's true; she manages his travel hockey team, manages his school class, and teaches his Religion sessions at church, among other things. Luckily, her husband's a cool Dude and allows her plenty of "play-time" which Antonia is VERY serious about, as well.

As mentioned previously, Antonia is a HUGE ski-bum; she just loves it! In fact, Colorado is one of her most favorite places on Earth and the family plans to retire there someday in the future; in the meantime, they travel to the Rockies twice a year for some



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snow-filled fun. Antonia is also a big New York Ranger fan; well, actually, the entire family is nuts about it! It's probably best not to tell anyone that they all sleep in their Ranger Jammies during the Stanley Cup Finals; hey, who said that?! Regardless, additional hobbies include surfing, travel, reading, boating, and eating cookies and French fries.

When Antonia turned 35 she made a bucket list of things to accomplish in her lifetime; triathlon was one of them. When she was 41 she started running and a yoga instructor/Ironman friend of hers said, "You swim and ride a bike; why don't you give triathlon a try?" When she mentioned it to a couple of people, one person said, "You can't do that, have you seen those people?!" Well, that's all it took...game on! Her husband Bobby had her back and gifted her a sweet roadie Cervelo which boosted her confidence immediately. Soon after, Antonia raced in some half marathons, joined a spin class and attended a 12-week tri-camp with a VERY local triathlon coach (now, who could that be?) and completed her first triathlon at the 2009 HVTC Summer Tri-Series. Nice! She loved it, tells everyone about the sport and is in for the long haul; and, of course, her extended family thinks she's completely bonkers for it, too. To each His own!

The more Antonia is involved with triathlon, the more she thinks, "What in the world was I waiting for?!" She has met so many neat people, she feels so strong, and it gets her out of bed before the crack of dawn to workout, and it all ultimately makes her a better mom and wife. Bottom line, she feels calmer and happier; plus, she likes being associated with such a great club. Awe, shucks!

For a tri-newcomer, Antonia's pretty well versed in the triathlon distances already and has even placed in her age-group several times. Races she's completed include; Toga Spring Duathlon, HVTC Series #2 2009 (3rd AG), Hudson Valley Triathlon 2009 (3rd AG), Philadelphia Women's Triathlon, NYC Triathlon 2009, DiamondGirl New York 2009, Westchester Triathlon, HVTC Series #1 (1st AG), Eagleman 70.3, NYC Triathlon 2010, West Point Triathlon, Timberman 70.3 and HVTC Series #4 (1st AG).

Antonia's goals are ambitious and surely on the "fast track" for improvement; regardless of the fact that she PR'd (Personal Record) in EVERY race for 2010. Very impressive! Simply put; she wants to go FAST-er. She desires to place in her age-group regularly, eventually place in the top three females overall and, of course, qualify for one of those coveted Kona slots by the time she's 65; okay, 50. Then, she's gonna become a ski instructor as her final and seventh talent fully expressed on this Planet! Thanks, Antonia.



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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 (2/21/10) 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

Brandywine Duathlon-Coatsville, PA (3/28/10) R 5k, B 30k, R 5k www.piranha-sports.com



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APRIL

2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k
www.usatriathlon.org

MAY

Escape From Alcatraz-San Francisco, CA (5/2/10 NEW DATE!) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

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

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

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/8/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.piranha-sports.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

Toga Biathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k
www.togamultisport.com



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Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k
www.piranha-sports.com

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

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

JUNE

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

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 (6/6/10) S 1.5k, B 40k, R 10k (USAT Regional Championship) www.keukalaketri.com

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



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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

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 (6/18/10) 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



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

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

JULY

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 (7/10/10) S 1 mi., B 27 mi., R 5 mi. www.piranha-sports.com

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

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

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



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MetroMan-Long Branch, NJ (7/18/10) S .6 mi., B 12 mi., R 5k
www.sunsetracing.com

Piseco Lake Triathlon-Speculator, NY (7/18/10) S .5 mi., B 11.5 mi., R 3 mi.
www.adrkmts.com

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

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

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

Fronhofer Tool Triathlon-Cambridge, NY (8/7/10) S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

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

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi. www.piranha-sports.com

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

Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi./., R 3 mi. www.cdtriclub.org



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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

SEPTEMBER

ITU Duathlon World Championship-Edinburgh, Scotland (9/4-5/10) R 10k, B 41.6k, R 5k www.edinburghduathlon2010.com

Esprit Triathlon Festival-Montreal, Canada (9/11/10) Sprint-Iron www.esprittriathlon.com

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/11-12/10) S 1.5k, B 40k, R 10k www.usatriathlon.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 (9/12/10) S .5 mi., B 12 mi., R 5k www.hartfordmarathon.com

Westchester Toughman-Croton Point Park, NY (9/12/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

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 (9/18/10) 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



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Cold Spring Triathlon-Cold Spring, NY (9/19/10) Kayak 6 mi., B 24 mi., R 5 mi.
www.nbafu.com

Hammerfest Triathlon-Branford, CT (9/19/10) S .5 mi., B 13.5 mi., R 4 mi.
www.plattsys.com

Savageman Triathlon-Deep Creek Lake State Park, MD (9/18-19/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

Marshman Sprint Triathlon-Downingtown, PA (9/19/10) S ¼ mi., B 12.5 mi., R 2 mi.
www.piranha-sports.com

Finger Lakes Triathlon-Canandaigua, NY (9/19/10) S 1.5k, B 40k, R 10k
www.score-this.com

2010 USAT National Age Group Championships-Tuscaloosa, Alabama (9/25/10) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2011 ITU Short Course Triathlon World Championship)

Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) S 1/3 mi., B 16 mi., R 3 mi. www.nytri.org
Registration Code: 092410-2

Westchester Triathlon-Rye, NY (9/26/10) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.org

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



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OCTOBER

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

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

Toga Duathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k www.togamultisport.com

NOVEMBER

Ironman Florida-Panama City, FL (11/6/10) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

Ironman 70.3 World Championship-Clearwater, FL (11/14/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

SheROX Triathlon-Southampton, Bermuda (11/14/10) S .5 mi., B 20k, R 5k www.sheroxtri.com

Ironman Arizona-Tempe, AZ (11/21/10) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com



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2010 HVTC RACE RESULTS

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/21/10) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Colleen Hack	9.642
	Jennifer Borrero (1 st F45-59)	8.687
	Lady Brady-Walzer	7.142
<u>Overall Male:</u>	Mike Halstead	11.610
	Nick Brundage (3 rd Overall)	11.406

MARCH

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

<u>Overall Female:</u>	Felicia Kearsley	1:10:57
<u>Overall Male:</u>	Brian Grodin	0:56:03
	Mike Halstead (2 nd Overall)	0:58:11
	Chris Loftus	1:13:49

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

www.nytc.org

<u>Overall Female:</u>	Jaime Windrow	1:06:35
	Jeanette Shelow-MacDougall (3 rd Overall)	1:10:02
	Carolyn Mandaro (1 st F45-49)	1:29:12
	Antonia Noonan	1:33:14
<u>Overall Male:</u>	Eneas Freyre	0:55:44
	Frank Priest	1:19:33

APRIL

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

<u>Overall Female:</u>	Noga Ruttenburg	0:56:22
<u>Overall Male:</u>	Stephen Carr	0:50:13
	Mitch Donner	1:13:34



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2010 Duathlon National Championship-Richmond, VA (4/24/10) R 10k, B 40k, R 5k

www.usatriathlon.org

<u>Overall Female:</u>	Amy Farrell	1:44:36
	*Erica Ruge (6 th F35-39)	1:54:36
	*Kathryn Flodquist (18 th F40-44)	2:04:00

*Qualified Duathlon World Championship-Edinburgh, Scotland September 2010

<u>Overall Male:</u>	Kaleb Vanort	1:30:39
	Troy Weaver	2:03:57

St. Anthony's Triathlon-St. Petersburg, FL (4/25/10) S 15.k, B 40k, R 10k

www.satriathlon.com

<u>Overall Female:</u>	Sarah Haskins	1:58:49
	Jeanette Shelow-MacDougall	2:22:53

<u>Overall Male:</u>	Cameron Dye	1:48:44
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MAY

Escape From Alcatraz-San Francisco, CA (5/2/10 NEW DATE!) S 1.5 mi., B 18 mi., R 8 mi. www.escapefromalcatraztriathlon.com

<u>Overall Female:</u>	Leanda Cave	2:14:34
	Mary DeNitto (1 st F60-64)	3:29:10

<u>Overall Male:</u>	Hunter Kemper	1:58:21
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Trooper Biathlon-Hurley, NY (5/2/10) R 2 mi., B 14 mi., R 2 mi. www.nytc.org

<u>Overall Female:</u>	Mendy Taylor	1:09:56
	Barbara Ferrante (1 st F40-44)	1:20:13
	Alicia Olmoz (2 nd F35-39)	1:29:45

<u>Overall Male:</u>	Nick Brundage	1:01:39
	Mike Halstead (2 nd Overall)	1:04:20
	Jim Stafford (1 st M45-49)	1:06:08
	Mike Ferrante (3 rd M35-39)	1:12:53
	Steven Pressman (3 rd M55-59)	1:20:13
	Tom Struzzieri	1:22:53
	Bob Bomba	1:23:14
	Mitch Donner	1:34:48



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Bassman Triathlon-Bass River State Forest (5/2/10) S .5 mi., B 29 mi., R 4.1 mi.

www.citytri.com

Overall Female: Kristie Timmer 2:01:36
Ann Breeswine 2:52:52

Overall Male: Greg Close 1:48:28
Frank Priest (3rd M55-59) 2:19:59

St. Croix Triathlon-St. Croix, US Virgin Islands (5/1/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.stcroixtriathlon.com

Overall Female: Catriona Morrison 4:31:06

Overall Male: Terrenzo Bozzone 4:06:02
Bill Thompson 8:18:39

St. Croix Triathlon-St. Croix, US Virgin Islands (5/2/10) S 750 meters, B 8 mi., R 4 mi. www.stcroixtriathlon.com

Overall Female: Emily Charlson 1:17:26
Becky Hansen 1:43:21

Overall Male: Will Peil 1:15:11

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/8/10) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female: Jordan Hedding 1:43:00

Overall Male: Brian Lovett 1:30:38
Troy Weaver (3rd M40-44) 1:52:11

Mother's Day Duathlon-Brooklyn, NY (5/9/10) R 5k, B 14 mi., R 5k www.citytri.com

Overall Female: Erica Ruge 1:27:05

Overall Male: David Roche 1:11:52



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

Overall Female: Mimi Boyle 8:44:16

Overall Male: Josh Beck 6:42:16
Mike Halstead (1st M40-44) 7:52:17

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

Overall Female: Elena Dale 6:05:07

Overall Male: John Hirsch 5:04:35
Mike Bakker (2nd Overall) 5:07:16

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

Overall Female: Mendy Taylor 2:54:57
Kathryn Flodquist (2nd Overall) 3:40:32
Rebecca Hansen (2nd F45-49) 4:25:59

Overall Male: Matt Mallet 2:53:42
Bill Thompson (3rd M50-54) 4:25:55

Toga Duathlon-Congers, NY (5/16/10) R 4.25k, B25k, R 4.25k www.togamultisport.com

Overall Female: Jeanette Shelow-MacDougall 1:26:31
Jean Norton (2nd Overall) 1:27:09
Barbara Sessa (3rd Overall) 1:28:20

Overall Male: Keith Strudler 1:12:33
Nick Brundage (2nd Overall) 1:13:04
Dave Nazaroff (2nd M40-44) 1:19:20
Chris Loftus 1:35:12



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Cascade Lake Triathlon-Hampstead, MD (5/16/10) S .3 mi., B 15 mi., R 5k

www.piranha-sports.com

Overall Female: Mandy Hudson 1:21:38

Overall Male: Lucas McCollum 1:07:51
Troy Weaver 1:29:27

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

www.genesisadventures.com

Overall Female: Lauren Cullen 2:08:19

Overall Male: Jesse Du Bey 1:39:35
Bruce Cadenhead (2nd M45-49) 2:02:27
Frank Priest 2:48:42

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

Overall Female: Lauren Klein 6:23:41

Overall Male: Scott Goldthorp 5:04:10
Dave Nazaroff (3rd M40-44) 5:41:18
John Ferrara 7:15:49

Northern Dutchess Hospital Triathlon-Milan, NY (5/23/10) S ¼ mi., B 12 mi., R 3 mi.

www.nytc.org

Overall Female: Allison Lind 1:03:06
Pam Neimeth (1st F50-54) 1:21:44
Tracy Little (2nd F50-54) 1:23:52
Megan Corjulo (2nd F40-44) 1:31:23
Rebecca Hansen (3rd F45-49) 1:31:49

Overall Male: Shawn Jackson 1:00:32
Art Boyko 1:12:20
Peter Oxenholm 1:16:56
Tom Struzzieri 1:24:29
Bill Thompson 1:29:25



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Fly By Night Duathlon-Watkins Glen, NY (5/30/10) R 1.8 mi., B 10 mi., R 1.8 mi., B 10 mi., R 1.8 mi. www.flybynightdu.com

<u>Overall Female:</u>	Julie Rosa	1:37:43
	Erica Ruge (3 rd Overall)	1:41:00
<u>Overall Male:</u>	Travis Kuhl	1:25:45

Williams Lake Sprint Triathlon-Rosendale, NY (5/30/10) S .5 mi., B 12 mi., R 3 mi. www.cm2promotions.com

<u>Overall Female:</u>	Mary DeNitto	1:21:23
<u>Overall Male:</u>	Mike Halstead	1:01:27
	Charles Pegg (1 st M40-44)	1:10:01
	Richard Miller (1 st M55-59)	1:18:47
	Steven Pressman (1 st M60-64)	1:20:25
	Ryan Schumacher	1:24:14

JUNE

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

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	1:06:30
	Barbara Sessa (1 st F45-49)	1:09:04
	Jean Norton (2 nd F45-49)	1:09:04 (not a typo)
	Kelly Heady	1:19:40
	Rebecca Hansen	1:27:56
	Roge Nesbitt	1:33:58
<u>Overall Male:</u>	Justin Harris	0:54:04
	Bill Norton	1:11:12
	Peter Oxenholm	1:12:43
	Frank Priest	1:17:12
	Steven Pressman	1:18:18
	Bill Thompson	1:23:32
	Tom Gill	1:32:22

Pocomoke Triathlon-Pocomoke, MD (6/5/10) S .5 mi., B 14.3 mi., R 3.5 mi. www.lin-mark.com

<u>Overall Female:</u>	Tracy MacCherola	1:12:03
<u>Overall Male:</u>	Steven O'Boyle	1:05:02
	Troy Weaver	1:19:42



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Rev3 Triathlon (Olympic)-Middlebury, CT (6/5/10) S 1.5k, B 40k, R 10k

www.rev3tri.com

<u>Overall Female:</u>	Megan Wiseman	2:27:58
	Kathryn Flodquist	2:46:13
<u>Overall Male:</u>	Kevin Crossman	2:09:12

Rev3 Triathlon (Half Ironman)-Middlebury, CT (6/6/10) S 1.2 mi., B 56 mi., R 13.1

www.rev3tri.com

<u>Overall Female:</u>	Mirinda Carfrae	4:23:38
<u>Overall Male:</u>	Craig Alexander	3:59:20
	Nick Brundage	5:04:49
	Dave Nazaroff	5:14:32
	Charlie Comparetto	6:19:03
	Ray Canals	6:56:42

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

www.hvtc.net

<u>Overall Female:</u>	Kathryn Flodquist	1:02:12
	Erica Ruge (2 nd Overall)	1:03:03
	Michele Yasson (3 rd Overall)	1:08:13
	Pam Neimeth (1 st F50-54)	1:08:49
	Mary DeNitto (1 st F60-64)	1:10:11
	Tracy Little (2 nd F50-54)	1:10:43
	Jennifer Borrero (1 st F45-49)	1:12:27
	Antonia Noonan (1 st F40-44)	1:13:45
	Rachel Loftus (1 st F25-29)	1:14:40
	Megan Corjulo (2 nd F45-49)	1:14:50
	Patty Fassetta (1 st F35-39)	1:17:45
	Jane Struzzieri (3 rd F50-54)	1:20:31
	Roge Nesbitt (2 nd F40-44)	1:21:48
	Janice Cagnolin (1 st F55-59)	1:22:34
	Christine Farmer (3 rd F45-49)	1:31:51
	Linda Cherny	1:31:52
	Diana Tsingopoulos (1 st F65-59)	1:45:10
<u>Overall Male:</u>	Nick Brundage	0:49:51



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Mike Halstead (2 nd Overall)	0:51:12
Bruce Cadenhead (3 rd Overall)	0:52:35
Bill Shashaty (1 st M40-44)	0:57:59
Charles Pegg (2 nd M40-44)	0:58:00
Mike Bakker (3 rd M40-44)	0:59:18
Doug Thompson	0:59:19
Jim Demis (1 st M45-49)	1:01:13
Dennis Ebbing	1:02:03
Keith O'Malley (2 nd M45-49)	1:02:04
Kevin Adams	1:03:42
Chris Loftus (1 st M35-39)	1:06:12
John Dowley (2 nd M35-39)	1:08:00
Bob Bomba (3 rd M35-39)	1:09:19
Ryan Schumacher (1 st M25-29)	1:10:04
Tom Struzzieri (1 st M50-54)	1:10:21
Phil Placido	1:12:22
John Ferrara (2 nd M50-54)	1:13:30
Robin Ackers (2 nd M25-29)	1:13:35
Tom Ganz	1:18:18
Mitch Donner	1:18:44
Tom Gill (1 st M55-59)	1:18:53
John Farmer (2 nd M55-59)	1:29:12
Adriano Echavarria (3 rd M25-29)	1:30:38

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

Overall Female: Samantha Warriner 4:20:01
Antonia Noonan 7:58:37

Overall Male: Terenzo Bozzone 3:58:17
Alex Sherwood 4:57:30
Creighton Ko 7:50:37

Hudson Crossing Triathlon-Schuylerville, NY (6/13/10) S 500 yds., B 12 mi., R 5k www.hudsoncrossingtri.com

Overall Female: Aurora Lamperetta 1:11:56

Overall Male: Brian Trainor 1:00:13
Mike Halstead (3rd Overall) 1:00:15



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Williams Lake Triathlon (Olympic)-Rosendale, NY (6/13/10) S 1.5k, B 40k, R 10k

www.cm2promotions.com

<u>Overall Female:</u>	Elisa Benzoni	2:32:04
	Michele Yasson (3 rd Overall)	2:46:18
	Mary DeNitto (1 st F60-64)	2:57:07

<u>Overall Male:</u>	Brendan O'Melveny	2:02:19
	Charles Pegg (3 rd Overall)	2:16:33
	Jim Demis (2 nd M45-49)	2:28:12
	Bill Shashaty	2:29:46
	Richard Miller (1 st M55-59)	2:37:27
	Steven Pressman (1 st M60-64)	2:46:01
	Ryan Schumacher (2 nd M25-29)	2:46:07
	Alan Shanker (3 rd M55-59)	2:53:37

Sleepy Hollow Triathlon-Sleepy Hollow, NY (6/13/10) S ½ mi., B 10 mi., R 3 mi.

www.sleepyhollowsprint.com

<u>Overall Female:</u>	Michele Wolfson	1:10:33
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<u>Overall Male:</u>	Zachariah Pratt	1:04:46
	Bruce Cadenhead (2 nd Overall)	1:06:40

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

www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	2:17:58
	Jeanette Shelow-MacDougall (2 nd Overall)	2:21:51

<u>Overall Male:</u>	Chris Thomas	1:59:06
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Patriot Half Ironman-East Freetown, MA (6/19/10) S 1.2 mi., B 56 mi., R 13.1 mi.

www.sunmultisportevents.com

<u>Overall Female:</u>	Lisbeth Kenyon	4:43:57
	Mary DeNitto (1 st F60-64)	6:13:13

<u>Overall Male:</u>	James Ball	4:15:12
	Mitch Donner	7:18:10



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Assateague Triathlon-Ocean City, MD (6/20/10) S ½ mi., B 14 mi., R 3.2 mi.

www.octrirunning.com

Overall Female: Mandy Hudson (excellent name!) 1:15:33

Overall Male: Steven O'Boyle 1:05:07
Troy Weaver 1:21:20

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

Overall Female: Megan Wiseman 4:50:00

Overall Male: James Chesson 4:09:52
Mike Bakker (3rd M40-44) 4:26:30
Art Boyko 5:00:03
Doug Thompson 5:06:47
John Ferrara 5:47:14
Keith O'Malley 5:53:43

North Country Triathlon (Sprint)-Hague, NY (6/26/10) S 750 meters, B 20k, R 5k

www.northcountrytri.com

Overall Female: Mara Fronhofer 1:24:58
Megan Corjulo (1st F45-49) 1:41:59

Overall Male: Terrence Fox 1:15:41

Philadelphia Triathlon (Sprint)-Philadelphia, PA (6/25-27/10) S 750 meters, B 20k, R 5k www.phillytri.com

Overall Female: Diane Rogers 1:22:57

Overall Male: Nicholas Halkowski 1:12:04
Frank Priest 1:36:14

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

Overall Female: Nicky Samuels 2:02:20
Jeanette Shelow-MacDougall (1st F45-49) 2:18:28

Overall Male: Bevan Docherty 1:49:11



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

www.nytc.org

<u>Overall Female:</u>	Maria Vlasak	1:11:37
	Rachel Loftus (1 st F25-29)	1:24:38
	Patty Fassetta	1:28:38
	Jean Norton	1:28:39

<u>Overall Male:</u>	Brian Register	1:02:29
	Chris Loftus	1:15:16

Hopewell Sprint Triathlon-Hopewell Junction, NY (6/27/10) S 500 yards, B 9 mi., R 3 mi. www.espraces.com

<u>Overall Female:</u>	Erica Ruge	0:57:48
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<u>Overall Male:</u>	Kevin Reese	0:52:51
	Tom Gill (2 nd M55-59)	1:13:04

JULY

Stissing Sprint Triathlon-Pine Plains, NY (7/3/10) S .5 mi., B 17 mi., R 3.3 mi.

www.stissingsprint.com

<u>Overall Female:</u>	Nicole Sin Quee	1:23:35
	Erica Ruge (3 rd Overall)	1:25:53
	Tracy Little (1 st F50-54)	1:44:33

<u>Overall Male:</u>	Shawn Jackson	1:19:02
	Bruce Cadenhead (2 nd Overall)	1:19:53
	Art Boyko (2 nd M40-44)	1:25:10
	Steven Pressman (1 st M60-65)	1:40:44
	Mark Graminski	1:41:12
	Tom Gill	1:59:31

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

www.patgriskustri.com

<u>Overall Female:</u>	Michelle Wolfson	1:06:45
	Kathryn Flodquist (3 rd Overall)	1:12:11

<u>Overall Male:</u>	Chris Thomas	0:57:28
	Charlie Comparetto	1:23:28
	Tom Gill	1:43:56



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

www.ironman.com

Overall Female: Kate Major 4:30:36
Kathryn Flodquist 5:48:43

Overall Male: Terenzo Bozzone 4:01:15
Dave Nazaroff 5:18:33

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

Overall Female: Sharon Levy 1:14:56

Overall Male: Lukas Siska 1:00:16
Mike Bakker (2nd Overall) 1:00:22
Art Boyko (2nd M40-44) 1:06:56

Philadelphia Women's Triathlon-Philadelphia, PA (7/11/10) S 750 yards, B 17 mi., R 5k

www.cgiracing.com

Overall Female: Sharon Schmidt-Mongrai 1:17:36
Pam Neimeth (3rd F50-54) 1:36:25

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

Overall Female: Erica Ruge 0:55:30
Jeanette Shelow-MacDougall (2nd Overall) 0:55:52
Kathryn Flodquist (3rd Overall) 0:59:01
Michele Yasson (1st F50-54) 1:04:35
Pam Neimeth (2nd F50-54) 1:06:05
Mary DeNitto (1st F60-64) 1:06:55
Tracy Little (3rd F50-54) 1:08:09
Megan Corjulo (1st F45-49) 1:12:30
Jennifer Borrero (2nd F45-49) 1:15:24
Roge Nesbitt (1st F40-44) 1:15:50
Janice Cragolin (1st F55-59) 1:18:03
Jane Struzzieri 1:19:08
Alison Conaway (1st F35-39) 1:20:32
Linda Cherny 1:22:19
Karen Willoughby 1:23:30



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Christine Farmer	1:30:22
Rachel Loftus (1 st F25-29)	1:33:45
Diana Tsingopoulos (1 st F65-69)	1:38:01
Melissa Signor (2 nd F55-59)	1:53:55

Overall Male:

Nick Brundage	0:49:18
Mike Halstead (2 nd Overall)	0:50:35
Bruce Cadenhead (3 rd Overall)	0:52:19
Charles Pegg (1 st M40-44)	0:54:23
Bill Shashaty (2 nd M40-44)	0:57:51
Pedro Collazo (1 st M50-54)	0:59:30
Dennis Ebbing (3 rd M40-44)	0:59:37
Peter Oxenholm	1:00:20
Richard Miller (1 st M55-59)	1:00:55
John Ferrara (2 nd M50-54)	1:01:05
Kevin Adams	1:01:14
Keith O'Malley (1 st M45-49)	1:01:18
Kurt Carney (2 nd M45-49)	1:01:20
Chris Loftus (1 st M35-39)	1:03:39
Frank Priest (2 nd M55-59)	1:04:35
Tom Struzzieri (3 rd M50-54)	1:05:36
John Dowley (2 nd M35-39)	1:05:42
Ryan Schumacher (1 st M25-29)	1:06:23
Steven Pressman (1 st M60-64)	1:07:27
Bob Bomba (3 rd M35-39)	1:07:39
Steve Fischer	1:10:21
Mitch Donner	1:10:23
Robin Ackers (2 nd M25-29)	1:13:11
John Farmer (3 rd M55-59)	1:31:58

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

Overall Female:

Rebecca Wassner	2:00:25
Jeanette Shelow-MacDougall (5 th Elite AG)	2:18:30
Kathryn Flodquist	2:33:50
Antonia Noonan	3:02:50

Overall Male:

Filip Ospaly	1:46:28
Nick Brundage	2:05:19
Dave Nazaroff	2:11:58
Charles Pegg	2:13:48



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Richard Miller	2:36:00
Steven Pressman	2:37:46
Frank Priest	2:45:01
Phil Placido	2:55:45

Sunset Challenge Sprint Triathlon-Bridgeton, NJ (7/17/10) S .5 mi., B 16 mi., R 5k

www.lin-mark.com

Overall Female: Kelli Montgomery 1:19:23

Overall Male: Kenneth Barbee 1:15:06
Troy Weaver (1st M40-44) 1:28:02

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

www.nytc.org

Overall Female: Christene Spiezio 1:40:46

Overall Male: John McGovern 1:20:23
Mike Halstead (2nd Overall) 1:21:10
Bill Shashaty (3rd M40-44) 1:34:51
Tom Struzzieri (3rd M50-54) 1:47:32

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

www.nytc.org

Overall Female: Erica Ruge 1:27:22
Christine Farmer (1st F45-49) 2:22:33

Overall Male: Gabe Sturges 1:17:30
John Farmer 2:22:33

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

www.teammossmann.com

Overall Female: Reilly Kiernan 1:06:50

Overall Male: Gus Ellison 1:02:14
Ray Canals 1:20:01



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New Jersey State Triathlon-West Windsor, NJ (7/24/10) S 550 meters, B 11 mi., R 5k www.lin-mark.com

Overall Female: Kristie Timmer 1:04:07

Overall Male: Matthew Coleman 0:55:15
Troy Weaver 1:11:03

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

Overall Female: Amy Marsh 09:27:30

Overall Male: Ben Hoffman 08:39:34
Dave Nazaroff 10:42:33
Art Boyko 11:46:24
Charlie Comparetto 13:07:31
John Ferrara 13:45:25
Mitch Donner 15:32:30
Bill Thompson 16:26:38

SheRox Triathlon-Webster, MA (7/25/10) S .5 mi., B 12 mi., R 3 mi. www.sheroxtri.com

Overall Female: Dede Griesbauer 1:00:25
Karen Willoughby 1:35:39

Amica 19.7 Ocean Beach Triathlon-New London, CT (7/25/10) S .5 mi., B 16.1 mi., R 5k www.hartfordmarathon.com

Overall Female: Susan Wines 1:25:33
Jennifer Borrero 1:50:54

Overall Male: John Babcock 1:09:06



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AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/1/10) S 1½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Jennifer Peterson	1:18:55
	Erica Ruge (1 st F35-39)	1:23:49
	Rachel Loftus	1:38:38

<u>Overall Male:</u>	Brian Emelson	1:13:01
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Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/1/10) S 1.5k, B 40k, R 10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	2:24:06
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<u>Overall Male:</u>	Todd Shatynski	2:04:41
	Chris Loftus	2:49:19

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

<u>Overall Female:</u>	Erica Ruge	1:34:34 CR
	Pam Neimeth (1 st F50-54)	1:54:13
	Jennifer Borrero (2 nd F45-49)	1:59:42

<u>Overall Male:</u>	John McGovern	1:24:34
	Peter Oxenholm (2 nd M40-44)	1:46:44

Iron Girl Triathlon-Syracuse, NY (8/7/10) S 600 meters, B 18 mi., R 5k

www.irongirl.com

<u>Overall Female:</u>	Jaime Sherwood	1:21:59
	Karen Willoughby	1:43:31

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

<u>Overall Female:</u>	Jeanette Shelow-MacDougall	0:54:46
	Erica Ruge (2 nd Overall; NEW Bike Course Record)	0:55:26
	Barbara Sessa (3 rd Overall)	0:56:55
	Kathryn Flodquist (1 st F40-44)	0:57:05
	Michele Yasson (1 st F50-54)	1:03:48
	Lise Hafner (1 st F45-49)	1:05:45
	Mary DeNitto (1 st F60-64)	1:07:12
	Rachel Loftus (1 st F25-29)	1:07:21



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Pam Neimeth (2 nd F50-54)	1:08:35
Jennifer Borrero (2 nd F45-49)	1:10:52
Roge Nesbitt (2 nd F40-44)	1:11:10
Patty Fassetta (1 st F35-39)	1:13:03
Megan Corjulo (3 rd F45-49)	1:15:09
Janice Cragolin (1 st F55-59)	1:16:40
Lara Pruschki (1 st F20-24)	1:19:21
Jennifer Lang (3 rd F40-44)	1:20:42
Annette Bauer (3 rd F50-54)	1:21:15
Linda Cherny	1:22:07
Marie Pruschki	1:23:13
Lori Sash-Gail	1:28:11
Christine Farmer	1:30:08
Diana Tsingopoulos	1:36:46

Overall Male:

Nick Brundage	0:48:56
Mike Halstead (2 nd Overall)	0:49:47
Mike Bakker (3 rd Overall)	0:50:06
Bruce Cadenhead (1 st M45-49)	0:53:07
Pedro Collazo (1 st M50-54)	0:56:01
Bill Shashaty (1 st M40-44)	0:56:50
Jim Demis (2 nd M45-49)	0:57:04
Bill Norton (1 st M55-59)	0:57:30
Richard Miller (2 nd M55-59)	0:59:51
John Epidy (1 st M20-24)	1:00:40
Kurt Carney (3 rd M45-49)	1:01:11
Keith O'Malley	1:01:29
Peter Oxenholm (2 nd M40-44)	1:02:38
John Ferrara (2 nd M50-54)	1:03:06
Chris Loftus (1 st M35-39)	1:03:19
John Dowley (2 nd M35-39)	1:04:13
Ryan Schumacher (1 st M25-29)	1:04:57
Bob Bomba (3 rd M35-39)	1:05:15
Frank Priest (3 rd M55-59)	1:05:47
Steven Pressman (1 st M60-64)	1:06:10
Steve Fischer	1:09:48
Mitch Donner (3 rd M40-44)	1:11:25
Steve Buerle	1:17:34
Steve Pruschki	1:23:14
John Farmer	1:32:26
Alan Shanker	1:33:20



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

www.nytc.org

Overall Female: Claudia Kretschman 1:21:35

Overall Male:

Rick Krupa 1:11:42

Bruce Cadenhead (3rd Overall) 1:16:06

Pedro Collazo (3rd M50-54) 1:21:33

Art Boyko (1st M40-44) 1:22:21

Ray Canals 1:36:01

Lums Pond Triathlon-Bear, DE (8/15/10) S .5 mi., B 19.5 mi., R 3.1 mi.

www.piranha-sports.com

Overall Female: Laurie Hug 1:29:12

Overall Male:

Michael Banks 1:20:57

Troy Weaver 1:33:37

West Point Triathlon-West Point, NY (8/15/10) S 800 m, B 25k, R 5k

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

Overall Female: Jeanette Shelow-MacDougall 1:17:27

Jean Norton (3rd Overall) 1:22:29

Michele Yasson (3rd F50-54) 1:32:42

Rachel Loftus (2nd F25-29) 1:36:25

Mary DeNitto (1st F60-64) 1:36:48

Antonia Noonan 1:42:21

Patty Fassetta 1:44:03

Marie Pruschki 1:52:02

Overall Male:

Clayton Petty 1:06:21

Dave Nazaroff 1:17:55

Bill Norton 1:24:09

Kurt Carney 1:25:46

Chris Loftus 1:29:02

Steve Pruschki 1:29:15

Frank Priest 1:32:31

Phil Placido 1:39:37



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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

Overall Female:	Chrissie Wellington	4:10:11
	Jeanette Shelow-MacDougall (2 nd F45-49)*	5:04:24
	Antonia Noonan	6:45:00

*Qualified Ironman 70.3 World Championship-Clearwater, FL

Overall Male:	Andy Potts	3:50:51
	Nick Brundage	4:48:00
	Dave Nazaroff*	4:48:33
	Mitch Donner	6:55:00
	Creighton Ko	7:07:09

*Qualified Ironman 70.3 World Championship-Clearwater, FL

Crystal Lake Triathlon (8/21/10) S .5 mi., B 18 mi/., R 3 mi. www.cdtriclub.org

Overall Female:	Michelle Rosowsky	1:28:26
	Erica Ruge (2 nd Overall)	1:33:06
	Jennifer Borrero	1:56:17
	Linda Cherny	2:13:11

Overall Male:	Keith Murray	1:21:41
	Bob Gramling (1 st M50-54)	1:34:15

Diamond Girl-Harriman, NY (8/29/10) S 500 meters, B 15.5 mi., R 4 mi. www.piranhasports.com

Overall Female:	Jean Norton	1:33:16
	Jennifer Borrero	1:58:17
	Patty Fassetta	2:08:30
	Nancy Figueroa	2:23:17

Frost Valley YMCA Triathlon-Frost Valley, NY (8/29/10) S .5 mi., B 11 mi., R 2.5 mi. www.cm2promotions.com

Overall Female:	Kristin Duffy	1:14:42
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Overall Male:	Shawn Jackson	0:57:22
	Bill Shashaty (3 rd Overall)	1:05:16
	Richard Miller (1 st M55-59)	1:07:54



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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

Overall Female: Angie DeFilippi 4:50:28

Overall Male: Mike Wynn 4:18:06

Steven Pressman (2nd M60-64) 5:44:39

Kevin Adams 6:08:10

SEPTEMBER

ITU Duathlon World Championship-Edinburgh, Scotland (9/4-5/10) R 10k, B 41.6k, R 5k www.edinburghduathlon2010.com

Overall Female: Catriona Morrison 2:02:48

Erica Ruge (6th F35-39) 2:27:58

Kathryn Flodquist (25th F40-44) 2:45:18

Overall Male: Bart Aernouts 1:50:22

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

www.nytc.org

Overall Female: Erica Ruge 1:07:05

Jennifer Borrero (2nd F45-49) 1:23:27

Overall Male: Shawn Jackson 1:00:28

Peter Oxenholm 1:13:41

Robin Ackers 1:21:12

2010 ITU Short Course Triathlon World Championship-Budapest, Hungary (8/11-12/10) S 1.5k, B 40k, R 10k www.usatriathlon.org

Overall Female: Emma Snowsill 1:49:43

Kathryn Flodquist (24th F40-44) 2:18:05

Overall Male: Alistair Brownlee 1:42:26



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Survival of the Shawangunks (SOS)-New Paltz, NY(9/12/10) B 30mi., R 19mi., S .5mi.,R.7mi. <http://www.sostriathlon.com/>

Overall Female: Sue Dean 5:13:22
Mary DeNitto (1st F60-64) 6:29:07

Overall Male: Justin Harris 4:26:36
Alex Sherwood (3rd Overall) 4:28:25
Mike Halstead (3rd M40-44) 4:36:29
Bruce Cadenhead (1st M45-49) 4:49:02
Art Boyko 5:06:47
Charles Pegg 5:08:13
Bob Bomba 6:22:58

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

Overall Female: Katey Scrimgeour 1:12:37
Tracy Little (1st F50-54) 1:26:22
Megan Corjulo 1:27:15

Westchester Toughman-Croton Point Park, NY (9/12/10) S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

Overall Female: Suzanne Snyder 4:36:47

Overall Male: John Kenny 4:03:48
Mike Bakker (1st M40-44) 4:26:34
Dave Nazaroff 4:53:31
Pedro Collazo 5:04:50
Ray Canals 5:55:39

Revolution3 Triathlon-Cedar Point, OH (9/12/10) S 2.4 mi., B 112 mi. R 26.2 mi. www.rev3tri.com

Overall Female: Amy Marsh 09:15:40
Pam Neimeth (1st F50-54) 14:25:07

Overall Male: James Cunnama 08:21:28



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Delaware Diamondman Triathlon-Bear, DE (9/12/10) S .6 mi., B 16 mi., R 2 mi.

www.piranha-sports.com

Overall Female: Jordan Hedding 1:20:28

Overall Male: John Dawson 1:15:41
Troy Weaver (3rd M40-44) 1:21:48

Battle of Waterloo Triathlon-Grass Lake, MI (8/15/10) R 1.5 mi., B 20.5 mi., S .45 mi., R 4 mi., S .25 mi., R 3.4 mi., S .7 mi., R 3.3 mi., B 5.8 mi., R 1.4 mi.

www.estevents.com

Overall Female: Heather Curnutt 3:43:15

Overall Male: Mike Halstead 3:31:55

Hudson Crossing Triathlon-Schuylerville, NY (6/13/10) S 500 yd., B 12 mi., R 3.2 mi. www.hudsoncrossingtri.com

Overall Female: Aurora Lamperetta 1:11:56

Overall Male: Brian Trainor 1:00:13
Mike Halstead (3rd Overall) 1:00:15

Danskin Triathlon-Sandy Hook, NJ (9/12/10) S .5 mi., B 9.5 mi., R 3.1 mi.

www.danskintriathlon.net

Overall Female: Carrie Merritt 0:59:26
Michele Yasson (2nd F50-54) 1:08:58

Nation's Triathlon-Washington, DC (9/12/10) S 1.5k, B 40k, R 10k

www.thenationstriathlon.com

Overall Female: Peggy Yetman 2:07:20
Jeanette Shelow-MacDougall (6th Elite Female) 2:16:05

Overall Male: Robert Wade 1:57:13
Steve Fischer 2:58:06



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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

Overall Female:

Erica Ruge	0:57:47
Kathryn Flodquist (2 nd Overall)	1:00:50
Michele Yasson (3 rd Overall)	1:05:53
Rachel Loftus (1 st F25-29)	1:07:24
Megan Corjulo (1 st F45-49)	1:08:35
Tracy Little (1 st F50-54)	1:09:15
Antonia Noonan (1 st F40-44)	1:11:02
Jennifer Borrero (3 rd F45-49)	1:13:35
Jane Struzzieri (2 nd F50-54)	1:19:13
Janice Cragolin (1 st F55-59)	1:24:30
Linda Cherny	1:27:53
Christine Farmer	1:37:52
Diana Tsingopoulos (1 st F65-59)	1:38:11

Overall Male:

Nick Brundage	0:48:59
Mike Bakker (2 nd Overall)	0:49:45
Mike Halstead (3 rd Overall)	0:50:18
Bruce Cadenhead (1 st M45-49)	0:54:24
Bill Shashaty (1 st M40-44)	0:58:03
Jim Demis (2 nd M45-49)	0:59:14
Bill Norton (1 st M55-59)	1:00:15
Kevin Adams (2 nd M40-44)	1:00:44
Kurt Carney (3 rd M45-49)	1:00:47
Keith O'Malley	1:00:51
Peter Oxenholm (3 rd M40-44)	1:01:51
Chris Loftus (1 st M35-39)	1:02:05
Steve Pruschki (1 st M50-54)	1:03:54
Steven Pressman (1 st M60-64)	1:05:34
Robin Ackers (1 st M25-29)	1:07:20
Tom Struzzieri (2 nd M50-54)	1:07:38
John Dowley (2 nd M35-39)	1:07:51
Steve Fischer (3 rd M50-54)	1:08:42
John Ferrara	1:09:13
Mitch Donner	1:17:07
John Farmer (2 nd M55-59)	1:36:16



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Lake George Triathlon-Lake George, NY (9/18/10) S 1.5k, B 40k, R 10k

www.adktri.org

<u>Overall Female:</u>	Jesse Donovan	2:15:24
	Erica Ruge (2 nd F35-39)	2:35:57
	Megan Corjulo	2:57:06
	Tracy Little	2:57:27

<u>Overall Male:</u>	Patrick O'Keefe	2:00:58
	Peter Oxenholm	2:36:20

Cold Spring Triathlon-Cold Spring, NY (9/19/10) Kayak 6 mi., B 24 mi., R 5 mi.

www.nbafu.com

<u>Overall Female:</u>	Elizabeth Kennedy	3:48:06
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<u>Overall Male:</u>	Mike Bakker	2:50:43
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Finger Lakes Triathlon-Canandaigua, NY (9/19/10) S 1.5k, B 40k, R 10k

www.score-this.com

<u>Overall Female:</u>	Jennie Donofrio	2:17:52
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<u>Overall Male:</u>	Kevin Crossman	2:00:09
	Mitch Donner	3:01:52

2010 USAT National Age Group Championships-Tuscaloosa, Alabama (9/25/10) S

1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2011 ITU Short Course

Triathlon World Championship)

<u>Overall Female:</u>	Katie June	1:06:44
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<u>Overall Male:</u>	Patrick Parrish	0:59:06
	Troy Weaver (8 th M40-44)*	1:17:06

*Qualified-2011 ITU Sprint Triathlon World Championship in Beijing, China



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Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) S 1/3 mi., B 16 mi., R 3 mi. www.nytri.org

Overall Female: Victoria Mather 1:25:51

Overall Male: Shawn Jackson 1:08:09

Tom Struzzieri 1:27:24

Tom Gill 1:45:28

Rocking Horse Ranch Triathlon Weekend-Fishkill, NY (9/26/10) R 1 mi., B 14 mi., R 3 mi. www.nytri.org

Overall Female: Mendy Taylor 1:12:36

Christine Farmer 1:53:11

Overall Male: Eric Waldron 1:08:22

Westchester Triathlon-Rye, NY (9/26/10) S 1.5k, B 40k, R 10k (Qualifier-Escape From Alcatraz) www.westchestertriathlon.org

Overall Female: Laurel Wassner 2:06:24

Overall Male: Andrew Starykowicz 1:51:15

Nick Brundage (1st M25-29) 2:10:35

Bruce Cadenhead (2nd M45-49) 2:12:10

Charles Pegg 2:18:59

Dave Nazaroff 2:20:42

Ray Canals 2:43:15

OCTOBER

Half Full Triathlon-Ellicott City, MD (10/3/10) S .9 mi., B 56 mi., R 13.1 mi. www.halffulltri.org

Overall Female: Megan Martin 5:06:45

Overall Male: Geoffrey Irwin 4:41:48

Creighton Ko 6:48:24



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

www.piranha-sports.com

Overall Female: Heather Leiggi 1:05:50

Overall Male: Blair Saunders 1:04:17

Troy Weaver 1:14:57

Toga Duathlon-Congers, NY (10/17/10) R 4.25k, B25k, R 4.25k

www.togamultisport.com

Overall Female: Lynn Frampton 1:25:42

Overall Male: Nate Martins 1:13:37

Nick Brundage (1st M25-29) 1:15:40

Great Floridian (Short Course)-Clermont, FL (10/24/10) S 2k, B 62k, R 15k

www.greatfloridian.com

Overall Female: Laura Jorgensen 3:30:49

Overall Male: Nat Glackin 3:16:24

Troy Weaver (3rd M40-44) 4:28:58

NOVEMBER

DECEMBER



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2009 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>				
Barbara Sessa	45-49	AA	91.38083	13
Lauren Warren	40-44	AA	91.06874	46
Jeanette Shelow-MacDougall	45-59	AA	88.84743	36
Jean Norton	45-49	AA	88.56880	41
Erica Ruge	35-39	HM	86.68253	175
Kathryn Flodquist	40-44	HM	85.88682	162
Barbara Ferrante	40-44		76.75550	618
Mary DeNitto	60-64	AA	76.25392	8
Michele Yasson	50-54		76.15916	181
Kelly Heady	35-39		75.06615	800
Alicia Olmoz	35-39		73.52287	940
Julie LoRusso	40-44		73.48586	849
Tracy Little	50-54		71.42191	344
Megan Corjulo	40-44		69.06832	1,220
Jennifer Borrero	45-49		67.66119	883
Carolyn Mandaro	45-49		66.22912	969
Norma Lopez	45-49		66.10964	978
Deb Torpey	50-54		64.13315	612
Janice Cragolin	50-54		64.01059	619
Nancy Figueroa	40-44		63.12101	1,682
Diana Tsingopoulos	60-64		53.41356	45

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>
<u>Place</u>				
Alex Sherwood	30-34	AA	97.06864	26
Nick Brundage	20-24	AA	95.68302	27
Mike Halstead	40-44	AA	93.45361	48
Michael Bakker	40-44	AA	92.86618	57
Mark Wilson	40-44	HM	87.84147	246
Bruce Cadenhead	45-49	AA	87.78216	126
Jim Stafford	45-49	AA	87.29484	140
Charles Pegg	40-44	HM	86.72933	324
Art Boyko	40-44	HM	86.62205	330
Doug Thompson	40-44	HM	86.03291	376
Dave Nazaroff	40-44		83.47222	572
Nate DeBoever	16-17		83.46274	31
Bob Gramling	50-54	HM	82.85139	164
Ken Buderman	25-29		82.22496	531



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Mark Rabens	45-49		81.74198	424
Dennis Ebbing	40-44		81.40513	787
Bill Norton	55-59	HM	80.88711	64
Jim Demis	45-49		79.32186	647
Troy Weaver	40-44		78.77467	1,100
Jon Stern	45-49		78.60986	714
Roger Husted	35-39		75.76093	1,649
Kevin Adams	40-44		75.19672	1,675
Patrick Murphy	35-39		74.69255	1,842
Richard Miller	55-59		74.62155	246
Frank Sabat	40-44		74.61678	1,780
Mike Ferrante	35-39		74.12195	1,953
Keith O'Malley	45-49		73.69671	1,296
John Ferrara	50-54		72.93888	796
Ryan Schumacher	25-29		72.29908	1,319
Ray Canals	50-54		72.22880	832
John Dowley	35-39		71.77255	2,450
Peter Oxenholm	40-44		71.37752	2,372
Mark Graminski	50-54		70.93623	951
Frank Priest	55-59		70.57355	412
Henry Collins	40-44		70.35883	2,558
Steven Pressman	55-59		69.57201	465
Bill Thompson	45-49		68.61565	1,949
Roger Roberson	50-54		68.12641	1,188
Steve Fischer	50-54		67.54415	1,242
Creighton Ko	45-49		66.17416	2,243
Maurice Tessier	40-44		65.90933	3,317
Bob Bomba	35-39		65.65665	3,475
Tom Struzzieri	50-54		61.74372	1,675
Tom Gill	55-59		56.63128	975

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 Most Improved Award:

2010 HVTC Female Honorable Mention Award:

2010 HVTC Female Honorable Mention Award:

2010 HVTC Female Triathlete of the Year Award:

MALE

2010 HVTC Rookie of the Year Award:

2010 HVTC Volunteer of the Year Award:

2010 HVTC Male Honorable Mention Award:

2010 HVTC Male Honorable Mention Award:

2010 HVTC Male Triathlete of the Year Award:



Hudson Valley Triathlon Club

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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-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!**
- **2011 HVTC \$240.00 membership is valid from January 1st-December 31st.**



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