

Hudson Valley Triathlon Club

Mission Statement: To help individuals reach their fitness, health and competitive goals through the sport of triathlon.
Volume XI Issue 136 September 2012

IN A FEW WORDS

Dear HVTC,

The clock is ticking for the infamous date “12/21/12”; I’m sure you’ll handle it just fine. In fact, I’m sure you’ll be swimming, biking or running. See ya out there!

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

HVTC Featured Athlete: Megan Corjulo

By Mark H. Wilson

Do you have folks in your life who don’t even know how great they are at what they do? You know, people who make such an unbelievable difference in your life and because they do it everyday, all year, decade-to-decade they don’t give it a second thought? Or, maybe they understand that their occupation is important from day-to-day, etc; but do they truly know that the impact their work has on your life is going to last a life-time?! Rarely; and it’s not that they don’t care; it’s just that the “show” must go on and they’ve got more work to do in an hour or so; sometimes even less than that! Our HVTC Featured Athlete of the Month, Megan Corjulo, is a mid-wife and is the first to welcome little-ones into this world for women in our neck of the woods. How special is she? Let’s find out.

Megan was born in Kingston, New York; the youngest of seven children and there was never a dull moment. She also attended Kingston High School where she was a cheerleader and soccer player. Now, the soccer needs some explaining; during the half-time of a football game, a coach spotted Megan playing-around on the field and instantly planned to recruit her for the soccer team...the BOYS JV soccer team! Yes, she was the first and ONLY girl to ever play boys soccer in Kingston. Congratulations, Meg! She also ran cross-country her senior year in high school because the same coach thought that the boys Varsity soccer team would be “too physical for a girl.” Whatever.

Post high-school she went to Keuka College (played soccer) and then transferred to Hartwick College in Oneonta, NY. Megan majored in Nursing and Philosophy; then she went on to get her Masters in Science Specialty in Midwifery at SUNY Stony Brook in 2004. At Hartwick, she walked onto the x-c team and ran indoor/outdoor track as well and eventually became the captain her senior year.

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Today, Megan lives six houses down from her childhood home. She and her husband Clay just celebrated their 20th wedding anniversary; they met at Hartwick and ran cross-country together. Megan talked him into doing the Philadelphia Marathon in 1986; and it's where Megan set her marathon PR of 3:09 (nice!). Much of their life revolves around their three kids; Ryan 17, Hannah 14 and Kacey 12. Megan and Clay returned to Kingston in 2002 because she had begun her Masters degree and needed help with the kids from Grandma and Grandpa; which was truly a blessing.

Megan works as a Midwife at Sharon Hospital in Sharon, Connecticut. "It's been a calling since I was in the 5th grade." Whoa; now THAT'S a calling! The most challenging part about her job is that it requires crazy hours; you know the kid comes-out when he/she's good-n-ready and usually when you're not ready. So, she'll be up for un-godly hours on end; and then, have to go-in and receive another one after that...smiling all the while (yeah, right!). Regardless, it's an incredibly beautiful and rewarding job that Megan loves with all her heart. And, somebody's gotta do it; it might as well be her!

In 2007, Megan joined the YMCA triathlon group mostly to find some "friends" to hang out with. This led her to meeting Jen (Borrero), Tracy (Little) and Melissa (Signor); who are all now HVTC members. The group's first "race" among themselves was very inspirational and included women from all stages of life; just turning 60, some losing weight, others just to meet other women athletes, etc. Her first official triathlon was the Women's Triathlon in Farmington, CT. "I was hooked! It was fun to compete with such a vast array of women." Since then, Megan has completed several other races; HVTC Summer Tri-Series, Lake George Triathlon, Lake Placid Half Marathon, Virginia Beach Half Marathon and the Kingston Classic (1st F40-49, 2009).

The main reason Megan joined the women's tri-group was because her work hours have an isolating effect. She thinks what keeps her interest is the diversity of people that she gets to train and compete with. Athletes that haven't been in shape for years inspire her and she gets to see their transformation over the year's or witness the first-time Ironman. "I love it all." A secondary reason is..."I'm never last." She likes the group training, mixed with the individual training; and she enjoys the fact that she doesn't know her final standing until the times are posted later-on. For her, even a bad time is a great day out; and she gets a thrill out of knowing that if she puts-on her shoes faster than someone else she may beat them. "Really, I think about that all the time!" However, when asked about how she feels after a triathlon her response is hysterical, "terrible." But the fact that she gets to indulge in her favorite, organic, junk-food makes it all worth it...Oreos and milk. Okay, maybe they're not that organic, but it's fun to think so!

The truth be told, Megan feels awful during the race, but instantly better when she sees her family out on the course or in transition area; that's when she thinks about inspiring them, to be and do more than you thought you could. Her hope is to be a role-model for them by participating in triathlon in her mid-40's to create a life of clean living and exercise now and beyond. And besides, it helps her to maintain her position as

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fastest downhill skier in the family; not to mention, her five-year-old nephew who stares dumb-founded when Megan states that she “ran” from Kingston to Hurley, and back. Keep ‘em guessin’!

Megan is very shy when it comes to expressing her goals, etc. However, she’s a meticulous planner and has very clear objectives when it comes to improvement and performance. In fact, she thinks about triathlon and training non-stop; but not while at work; that would be bad (Fumble!!!). Yes, she’ll check the weather, who’s available to train, where are the kids, what time can she get-out there, and on and on. She admits to have been obsessing since last year’s Lake George Triathlon, “How can I get better, stronger, faster?!” Okay, so she’s a bit competitive and her whole year is geared to this race; her family owns a vacation home at the picturesque venue, too. Some additional goals include completing an Ironman and attend a tri-camp in Hawaii; both are easily attainable.

Many of Megan’s clients thank her and express that they couldn’t have achieved the birth of their child without her incredible guidance and loving support. It’s certainly a gift and requires someone with patience and humility. And, of course, insomnia! Thanks, Megan.

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2012 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

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: info@hvtc.net

Name of race?

6. Your finish time?

Date of race?

7. Your Age-Group place?

Overall male & finish time?

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

Overall female & finish time?

9. USAT sanctioned?

Swim, bike, run distances?

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

JANUARY

HITS Open Triathlon-Naples, FL (1/7/12) S 100 meters, B 3 mi., R 1 mi.

www.hitstriathlonseries.com

HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi.

www.hitstriathlonseries.com

HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.

www.hitstriathlonseries.com

HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi.

www.hitstriathlonseries.com

HITS Full Triathlon-Naples, FL (1/8/12) S 2.4 mi., B 112 mi., R 26.2 mi.

www.hitstriathlonseries.com

FEBRUARY

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

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MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/?/12) Ski 2.5 mi., B 10 mi., R 3 mi.
www.pinehillarms.com

APRIL

2012 Duathlon National Championship-Tucson, AZ (4/?/12) R 10k, B 40k, R 5k
www.usatriathlon.org

MAY

St. Croix Triathlon-St. Croix, US Virgin Islands (5/?/12) S 1.2 mi., B 56 mi., R 13.1 mi.
www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/12) S .45 mi., B 23.5 mi., R 4 mi.
www.piranha-sports.com

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

Trooper Biathlon-Hurley, NY R 2 mi., B 14 mi., R 2 mi. www.nytc.org

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

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

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

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

EnduraSport Mini Triathlon-Harriman, NY S .6 mi., B 29 mi., R 6.2 mi.
www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY S 1.2 mi., B 57 mi., R 13.1 mi.
www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD S 1.5k, Bike 41k, R 10k www.tricolumbia.org

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JUNE

HITS Open Triathlon-Hunter, NY (6/9/12) S 100 meters, B 3 mi., R 1 mi.
www.hitstriathlonseries.com

HITS Sprint Triathlon-Hunter, NY (6/9/12) S 750 meters, B 12.4 miles, R 3.1 mi.
www.hitstriathlonseries.com

HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi.
www.hitstriathlonseries.com

HITS Half Triathlon-Hunter, NY (6/10/12) S 1.2 mi., B 56 mi., R 13.1 mi.
www.hitstriathlonseries.com

HITS Full Triathlon-Hunter, NY (6/10/12) S 2.4 mi., B 112 mi., R 26.2 mi.
www.hitstriathlonseries.com

Escape From Alcatraz-San Francisco, CA S 1.5 mi., B 18 mi., R 8 mi.
www.escapefromalcatraztriathlon.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

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

Blackwater Eagleman Triathlon-Cambridge, MD S 1.2mi, B 56mi, R13.1mi
www.tricolumbia.org

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/12) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Health Net Mossman Triathlon-Milford, CT S 1.5k, B 40k, R 10k www.trifitness.net

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

Pat Griskus AquaVelo-Middlebury, CT S 1.5k, B 40k www.patgriskustri.com

Lake Waramaug Sprint Triathlon-New Preston, CT S .5 mi., B 9.1 mi., R 3.3 mi.
www.plattsys.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

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

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

Philadelphia Triathlon-Philadelphia, PA S 1.5k, B 40k, R 10k www.phillytri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT S 600 yds., B 14 mi., R 3.1 mi. www.rushtonsports.com

Stamford Olympic Triathlon-Stamford, CT S 1.5k, B 40k, R 10k
www.hartfordmarathon.com

JULY

Diamond in the Rough Triathlon-Perryville, MD S 1 mi., B 27 mi., R 5 mi.
www.piranha-sports.com

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

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

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT S 600 yds. B 14 mi., R 3.1 mi. www.rushtonsports.com

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

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

Mossman Triathlon-Norwalk, CT S .5 mi., B 12.5 mi., R 5k www.teammossmann.com

Ironman USA-Lake Placid, NY S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

AUGUST

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

New York City Triathlon-NYC, NY S 1.5k, B 40k, R 10k www.nyctri.com

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Lake Dunmore Triathlon-Salisbury, VT S .9 mi., B 28 mi., R 6.2 mi.
www.rushtonsports.com

Fronhofer Tool Triathlon-Cambridge, NY S 1.5k, B 40k, R 10k
www.fronhofertooltriathlon.com

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/12) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Park City Mossman Triathlon-Seaside Park Bridgeport, CT S 1.5k, B 40k, R 10k
www.teammossmann.com

Lums Pond Triathlon-Bear, DE S .5 mi., B 19.5 mi., R 3.1 mi. www.piranhasports.com

West Point Triathlon-West Point, NY S 800 m, B 25k, R 5k www.westpointtri.com

2012 USAT National Age Group Championship-Burlington, VT S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

2012 USAT Sprint National Age Group Championship-Burlington, VT S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

Timberman Sprint Triathlon-Gilford, NH S 1/3 mi., B 15 mi., R 3 mi.
www.ironman.com

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

Sebagoman-Harriman, NY S .9 mi., B 21 mi., R 6.2 mi. www.genesisadventures.com

Crystal Lake Triathlon S .5 mi., B 18 mi., R 3 mi. www.cdtriclub.org

Orange County Triathlon-Newburgh, NY S 1,500 meters, B 40k, R 10k
www.orangecountytri.com

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SEPTEMBER

Lake George Triathlon-Lake George, NY (9/1/12) S 1.5k, B 40k, R 10k
www.adktri.org

Big George-Lake George, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.lgtrifestival.com

2012 ITU Short Course Triathlon World Championship-New Zealand S 1.5k, B 40k, R 10k www.usatriathlon.org

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

Westchester Toughman-Croton Point Park, NY S 1.2 mi., B 56 mi., R 13.1 mi.
www.westchestertoughman.com

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

Savageman Triathlon-Deep Creek Lake State Park, MD S 1.2 mi., B 56 mi., R 13.1 mi. www.savagemantri.org

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

HITS Half Triathlon-Hunter II, NY (9/22/12) S 1.2 mi., B 56 mi., R 13.1 mi.
www.hitstriathlonseries.com

HITS Full Triathlon-Hunter II, NY (9/22/12) S 2.4 mi., B 112 mi., R 26.2 mi.
www.hitstriathlonseries.com

HITS Open Triathlon-Hunter II, NY (9/23/12) S 100 meters, B 3 mi., R 1 mi.
www.hitstriathlonseries.com

HITS Sprint Triathlon-Hunter II, NY (9/23/12) S 750 meters, B 12.4 miles, R 3.1 mi.
www.hitstriathlonseries.com

HITS Olympic Triathlon-Hunter II, NY (9/23/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

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OCTOBER

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

NOVEMBER

HITS Open Triathlon-Lake Havasu City, AZ (11/10/12) S 100 meters, B 3 mi., R 1 mi. www.hitstriathlonseries.com

HITS Sprint Triathlon-Lake Havasu City, AZ (11/10/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

HITS Olympic Triathlon-Lake Havasu City, AZ (11/10/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

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

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

DECEMBER

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

HITS Sprint Triathlon-La Quinta, CA (12/1/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

HITS Olympic Triathlon-La Quinta, CA (12/1/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

HITS Half Triathlon-La Quinta, CA (12/2/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

HITS Full Triathlon-La Quinta, CA (12/2/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.hitstriathlonseries.com

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2012 HVTC RACE RESULTS

JANUARY

HITS Sprint Triathlon-Naples, FL (1/7/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

Overall Female: Erin Smith 1:17:33

Overall Male: Joe Malloy 0:57:17
Troy Weaver (1st M45) 1:14:57

HITS Olympic Triathlon-Naples, FL (1/7/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

Overall Female: Kelly Kingma 2:23:53

Overall Male: Alex Habecker 1:58:59
Steve Fischer (2nd M54) 2:59:25

HITS Half Triathlon-Naples, FL (1/8/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

Overall Female: Karen Tamsen 5:11:42

Overall Male: Scott Anderson 4:32:26
Troy Weaver 6:15:51

FEBRUARY

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

Overall Female: Monserrat Morales Lopez 1:21:37

Overall Male: Frank Sarosdy 1:04:18
Troy Weaver (1st M45) 1:16:20

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Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/12) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

<u>Overall Female:</u>	Jennifer Jankowski	09.747
	Marcy Duffy (1 st F30-34)	09.109
	Mary DeNitto (1 st F60-64)	08.948
	Laila Brady (2 nd F50-54)	07.251

<u>Overall Male:</u>	John Mitchell	11.232
	Bill Shashaty (3 rd Overall)	11.083
	Chad Duffy (3 rd M30-34)	10.218
	Bill Pape (1 st M60-64)	09.955

MARCH

Ironman 70.3 San Juan-San Juan, Puerto Rico (3/18/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironman.com

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

HITS Sprint Triathlon-Ocala, FL (3/25/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

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

APRIL

USAT Duathlon National Championship (Standard Distance)-Tucson, AZ (4/28/12) R 5k, B 35k, R 5k www.usatriathlon.org

<u>Overall Female:</u>	Gail Katouf	1:37:00
	Eric Ruge (1 st F40-44)	1:45:49

<u>Overall Male:</u>	Lionel Sanders	1:22:54
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HITS Sprint Triathlon-Marble Falls, TX (4/28/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

Overall Female: Hollie Kenney 1:18:56

Overall Male: Ben Drezek 1:11:09
Troy Weaver (1st M45) 1:25:04

Spring Dual Against CF-New Paltz, NY (4/28/12) R 2 mi., B 12 mi., R 2 mi. www.cm2promotions.com

Overall Female: Jean Norton 1:01:59
Michele Yasson (1st F50-54) 1:11:54
Mary DeNitto (1st F60-64) 1:13:18
Kim Klemen (2nd F45-49) 1:13:51
Alicia Olmoz (2nd F35-39) 1:14:42
Jennifer Lang 1:16:13
Nancy Figueroa 1:22:38

Overall Male: Justin Harris 0:52:41
Mike Halstead (3rd Overall) 0:55:03
Art Boyko (1st M45-49) 1:01:00
Chris Loftus (1st M40-44) 1:02:23
Bob Gramling (2nd M55-59) 1:02:34
Bill Shashaty 1:02:49
Joe Falcon 1:11:12

HITS Half Triathlon-Marble Falls, TX (4/29/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

Overall Female: Jennifer Reinhart 5:32:56

Overall Male: Adrian Cameron 4:59:30
Troy Weaver 7:02:10

MAY

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/?/12) S .45 mi., B 23.5 mi., R 4 mi. www.piranha-sports.com

Overall Female: Kenna Moran 1:12:06
Star Walters (1st F60-64) 1:23:07
Haley Fields 1:30:46
Lindsay Yandon 1:30:49
Jess Keil 1:30:52

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<u>Overall Male:</u>	Greg Reznich	0:56:44
	Frank Priest (2 nd M60-64)	1:16:51
	Brian Morris	1:22:46
	Jonathan Viola	1:28:04
	Clay Corjulo	1:48:11

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

<u>Overall Female:</u>	Tara Rasch	5:04:11
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<u>Overall Male:</u>	Greg Close	4:18:06
	Tom Struzzieri	5:56:46
	Vinnie Card	5:56:46

Trooper Duathlon-Hurley, NY R 2 mi., B 14 mi., R 2 mi. www.nytc.org

<u>Overall Female:</u>	Erica Ruge	1:10:22
	Jean Norton (3 rd Overall)	1:14:08
	Mary DeNitto (1 st F60-64)	1:24:18
	Marcy Duffy (3 rd F30-34)	1:28:04

<u>Overall Male:</u>	Michael Tanzi	1:00:48
	Mike Halstead (1 st M45-49)	1:05:12
	Bill Shashaty	1:13:28
	Chad Duffy (3 rd M30-34)	1:14:17
	Bill Pape (1 st M60-64)	1:20:20
	Mike Hargrove (1 st M55-59)	1:21:52
	Steven Pressman (3 rd M60-64)	1:23:01

Devilman (Sprint)-New Jersey S .4 mil, Bb 12.35 mi., R 4 mi. www.piranhasports.com

<u>Overall Female:</u>	Stephanie Gonzalez	1:37:02
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<u>Overall Male:</u>	Ryan Phillips	1:31:25
	Troy Weaver	1:49:34

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

Overall Female: Jana Richtrova 5:46:27

Overall Male: Rich Burke 4:55:19
Mike Bakker (2nd Overall) 5:03:09

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

Overall Female: Erica Ruge 3:02:33

Overall Male: Matt Mallett 2:44:24
Mike Hargrove 3:54:29

JUNE

Pawling Triathlon-Pawling, NY (6/2/12) S 500 yards, B 12 mi., R 3.1 mi. www.nytc.org

Overall Female: Jean Norton 1:09:27
Margie McGoldrick 1:30:29
Terri Keating 1:30:29
Nancy Figueroa 1:38:21

Overall Male: Michael Tanzi 0:58:31
George Stewart 1:10:08
Kevin Adams 1:11:45
Bill Norton 1:13:03
Peter Oxenholm 1:14:16
Mike Hargrove 1:17:38
Steven Pressman (3rd M60-64) 1:17:56
Frank Priest 1:21:01
Joe Falcon 1:26:47

HITS Sprint Triathlon-Hunter, NY (6/9/12) S 750 meters, B 12.4 miles, R 3.1 mi. www.hitstriathlonseries.com

Overall Female: Anna Fyodorova 1:30:08
Marcy Duffy (1st F32) 1:32:30
Lise Hafner (1st F49) 1:33:36
Jennifer Borrero (1st F50) 1:45:53

Overall Male: Mike Halstead 1:10:41
Troy Weaver (1st M45) 1:22:58

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HITS Olympic Triathlon-Hunter, NY (6/9/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

Overall Female: Karen Pompay 2:33:40
Mary DeNitto (1st F63) 3:10:55

Overall Male: Chris McCloskey 2:12:22
Bill Shashaty (1st Clydesdale 40+) 2:37:34
Steven Pressman (1st M61) 3:00:53

HITS Half Triathlon-Hunter, NY (6/10/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.hitstriathlonseries.com

Overall Female: Sarah Rodriguez 5:16:32

Overall Male: Stephen Holloway 4:46:09
Mike Halstead (3rd Overall) 4:48:27
Chad Duffy (1st M34) 5:37:35
Ed Galgay (1st M58) 8:55:40

HITS Full Triathlon-Hunter, NY (6/10/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.hitstriathlonseries.com

Overall Female: Deb Battaglia 12:11:42

Overall Male: Tim Cronin 12:04:38
Henry Collins (1st M44) 15:45:57

HVTC Summer Tri-Series #1-Mt. Tremper, NY (6/13/12) S 400 yds., B 12 mi., R 2 mi. www.hvtc.net

Overall Female: Erica Ruge 0:55:19
Rachel Loftus (2nd Overall) 0:59:45
Michele Yasson (3rd Overall) 1:05:39
Mary DeNitto (1st F60-64) 1:06:01
Lise Hafner (1st F50-54) 1:06:49
Alicia Olmoz (1st F35-39) 1:09:37
Lori Cassia-Decker (2nd F50-54) 1:10:24
Jennifer Borrero (3rd F50-54) 1:12:59
Christine Westerman (1st F40-44) 1:13:28
Tracy Little 1:14:52
Terri Keating (1st F55-59) 1:16:31
Jess Keil (1st F30-34) 1:17:34
Ellen Nesbitt (1st FU19) 1:17:55

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Megan Corjulo (1 st F45-49)	1:18:20
Roge Nesbitt (2 nd F45-49)	1:18:26
Jane Struzzieri	1:20:26
Janice Cragolin (2 nd F55-59)	1:21:35
Nancy Figueroa (2 nd F40-44)	1:26:10
Abby Billias	1:27:56
Linda Cherny (3 rd F45-49)	1:37:22
Marcy Duffy (1 st F30-34)	1:41:55
Tammy Bryk	1:44:45
Trish Gondolfo	1:45:53
Diana Tsingopoulos (1 st F65-69)	1:56:15
Melissa Signor (3 rd F55-59)	2:04:09

Overall Male:

Mike Bakker	0:50:50
Mike Halstead (2 nd Overall)	0:51:39
Bruce Cadenhead (3 rd Overall)	0:52:14
Alex Sherwood (1 st M35-39)	0:53:40
Art Boyko (1 st M45-49)	0:55:45
Doug Thompson (2 nd M45-49)	0:56:03
Bill Shashaty (1 st M40-44)	0:56:09
Mark Gueren (2 nd M40-44)	0:56:24
Chad Duffy (1 st M30-34)	0:58:26
Donald Thurston (3 rd M45-49)	0:59:07
George Stewart (3 rd M40-44)	0:59:39
Henry Collins	0:59:47
Chris Loftus	0:59:51
Jason DeFabio	1:01:08
Bill Pape (1 st M65-59)	1:02:06
Peter Oxenholm	1:02:23
Dennis Ebbing	1:02:33
Jim Demis	1:03:50
John Jasinski (1 st M55-59)	1:04:55
John Ferrara (2 nd M55-59)	1:07:56
Steven Pressman (1 st M60-64)	1:09:41
Mike Hargrove (3 rd M55-59)	1:09:50
Brian Morris	1:14:09
Joe Falcon (1 st M50-54)	1:15:04
Hillel Bryk (2 nd M50-54)	1:15:46
Donald Roth	1:17:55
Vic McGregor	1:33:29

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Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/16/12) S 1.5k, B 40k, R 10k www.patgriskustri.com

<u>Overall Female:</u>	Cassandra Maximenko	2:22:25
	Erica Ruge (1 st F40-44)	2:31:28
	Rachel Loftus (3 rd F25-29)	2:45:15
<u>Overall Male:</u>	Chris Thomas	2:01:58

Wheel & Heel Triathlon-Wilcox Park, NY (6/24/12) S ¼ mi., B 12 mi., R 3 mi. www.nytc.org

<u>Overall Female:</u>	Kierann Toth	1:12:24
	Lori Cassia-Decker (3 rd Overall)	1:24:34
<u>Overall Male:</u>	Bruce Cadenhead	1:02:27
	Peter Oxenholm (3 rd M45-49)	1:14:30

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/30/12) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

<u>Overall Female:</u>	Isabelle Landry	5:06:34
<u>Overall Male:</u>	Chuck Perreault	4:04:55
	Mike Bakker (1 st M45-49)	4:37:23

North Country Triathlon (Sprint)-Hague, NY (6/30/12) S 750 meters, B 20k, R 5k www.northcountrytri.com

<u>Overall Female:</u>	Elizabeth McDonough	1:23:27
<u>Overall Male:</u>	Patrick O'Keefe	1:11:35

North Country Triathlon (Olympic)-Hague, NY (6/30/12) S 1.5k, B 26 mi., R 10k www.northcountrytri.com

<u>Overall Female:</u>	Michelle Rosowski	2:40:30
<u>Overall Male:</u>	Mark Snowise	2:28:26
	Tom Struzzieri	3:13:45

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JULY

Stissing Triathlon-Stissing, NY (7/7/12) S .5 mi., B 16.4 mi., R 3.3 mi.

www.stissingsprint.com

Overall Female: Erica Ruge 1:28:52
Lori Decker-Cassia (1st F50-54) 1:50:37

Overall Male: Bruce Cadenhead 1:24:07
Bill Shashaty (1st M40-44) 1:33:43
Peter Oxenholm (2nd M45-49) 1:36:31

Rhode Island 70.3-Providence, RI (7/8/12) S 1.2 mi., B 56 mi., R 13.1 mi.

www.ironman.com

Overall Female: Caitlin Snow 4:32:50

Overall Male: Paul Ambrose 3:54:29
George Stewart 6:27:30

NYC Triathlon-New York, NY (7/8/12) S 1.5k, B 40k, R 10k www.nyctri.com

Overall Female: Amy Bevilacqua 2:00:04
Mary DeNitto (2nd F60-64) 2:45:32

Overall Male: Jordan Jones 1:45:04
Charles Pegg 2:27:46

Orange County Triathlon-Newburgh, NY (7/8/12) S 1.5k, B 40k, R 10k

www.orangecountytri.com

Overall Female: Roxanne Wegman 2:18:17
Rachel Loftus (1st F25-29) 2:32:08
Alicia Olmoz (3rd F35-59) 2:56:35
Nancy Figueroa 3:22:48

Overall Male: Keith Strudler 2:05:11
Mike Halstead (3rd M45-49) 2:11:15

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

Overall Female: Erica Ruge 0:55:33
Michele Yasson (2nd Overall) 1:02:56
Mary DeNitto (3rd Overall) 1:06:43

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Lori Cassia-Decker (1 st F50-54)	1:08:10
Marcy Duffy (1 st F30-34)	1:08:44
Christine Westerman (1 st F40-44)	1:09:44
Ellen Nesbitt (1 st FU19)	1:11:28
Tracy Little (2 nd F50-54)	1:12:50
Jen Borrero (3 rd F50-54)	1:13:29
Janice Cragolin (1 st F55-59)	1:19:09
Jane Struzzieri	1:19:58
Abby Billias	1:20:11
Nancy Figueroa (2 nd F40-44)	1:20:29
Tamara Kaynan (2 nd F30-34)	1:37:03
Viviane Eisenberg-Mellen (1 st F60-64)	1:37:14
Tammy Bryk (1 st F45-49)	1:42:46
Diana Tsingopoulos (1 st F65-59)	1:45:33
Melissa Signor (2 nd F55-59)	2:00:41

Overall Male:

Mike Bakker	0:49:59
Mike Halstead (2 nd Overall)	0:50:44
Alex Sherwood (3 rd Overall)	0:50:45
Bruce Cadenhead (1 st M45-49)	0:53:00
Art Boyko (2 nd M45-49)	0:55:43
Donald Thurston (3 rd M45-49)	0:56:34
Chad Duffy (1 st M35-39)	0:56:42
Bill Shashaty (1 st M40-44)	0:57:31
Jason DeFabio (2 nd M40-44)	0:59:34
George Stewart (3 rd M40-44)	0:59:43
Henry Collins	0:59:51
Peter Oxenholm	1:00:40
Dennis Ebbing	1:01:08
Ken Katz	1:01:17
Kurt Carney	1:02:10
Bill Pape (1 st M65-59)	1:02:37
Tom Struzzieri (1 st M50-54)	1:03:27
John Jasinski (1 st M55-59)	1:03:52
Jim Demis	1:03:55
Steven Pressman (1 st M60-64)	1:08:32
John Ferrara (2 nd M55-59)	1:10:05
Patrick Nesbitt	1:11:29
Joe Falcon (2 nd M50-54)	1:11:51
Brian Morris	1:12:24
Tom Tauscher (3 rd M50-54)	1:23:29

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Hudson Valley Triathlon-Kingston, NY (7/15/12) S .3 mi., B 18 mi., R 3.5 mi.

www.nytc.org

<u>Overall Female:</u>	Jennifer Miller	1:31:58
	Christine Westerman (1 st F40-44)	1:51:13
<u>Overall Male:</u>	Mark DeLuccia	1:24:31

NJ State Triathlon-West Windsor, NJ (7/22/12) S .5 mi., B 11.5 mi., R 3.1 mi.

www.newjerseystatetri.cgiracing.com

<u>Overall Female:</u>	Robin Sandos	0:59:27
<u>Overall Male:</u>	Michael Phinney	0:53:57
	Troy Weaver	1:05:48

Ironman USA-Lake Placid, NY (7/23/12) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironman.com

<u>Overall Female:</u>	Jessie Donovan	09:47:39
	Michele Yasson	13:38:03
<u>Overall Male:</u>	Andy Potts	08:25:07
	Henry Collins	13:18:56

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/5/12) S ½ mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Colleen Sands	1:21:59
<u>Overall Male:</u>	Brett Ryan	1:12:09
	Chris Loftus	1:24:48

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/5/12) S 1.5k, B 40k mi., R 10k

www.ithacatriathlonclub.org

<u>Overall Female:</u>	Yvette DeBoer	2:27:07
	Erica Ruge (3 rd Overall)	2:31:54
	Rachel Loftus (1 st F25-29)	2:44:20
<u>Overall Male:</u>	Doug Maclean	2:10:31
	Bob Gramling (1 st M55-59)	2:40:11

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Fronhofer Tool Triathlon-Cambridge, NY (8/5/12) S 1.5k, B 40k, R 10k www.fronhofertooltriathlon.com

Overall Female:	Erin Rock	1:22:20
	Lise Hafner (1 st F50-54)	1:29:21
Overall Male:	John MacDonald	1:13:06

US Ironman Championship-New York, NY (8/11/12) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironman.com

Overall Female:	Mary Beth Ellis	09:02:48
	Alicia Olmoz	14:41:12
Overall Male:	Jordan Rapp	08:11:18
	George Stewart	11:43:35

Mt. Snow Tri For Hope-West Dover, VT (8/11/12) S .5 mi., B 12 mi., R 5k www.gsrs.com

Overall Female:	Whitney Peterson	1:10:04
Overall Male:	Andrew Rebak	1:09:23
	Tom Gill (3 rd M50+)	1:43:37

HVTC Summer Tri-Series #3-Mt. Tremper, NY (8/15/12) S 400 yds, B 12 mi., R 2 mi. www.hvtc.net

Overall Female:	Erica Ruge	0:56:58
	Michele Yasson (2 nd Overall)	1:04:59
	Marcy Duffy (3 rd Overall)	1:05:48
	Lori Cassia-Decker (1 st F50-54)	1:06:42
	Christine Westerman (1 st F40-44)	1:09:17
	Ellen Nesbitt (1 st F19-Under)	1:11:20
	Jen Borrero (2 nd F50-54)	1:11:41
	Tracy Little (3 rd F50-54)	1:11:57
	Janice Cragolin (1 st F55-59)	1:16:03
	Emily Boyko (2 nd F19-Under)	1:17:15
	Roge Nesbitt (1 st F45-49)	1:18:00
	Abby Billias	1:19:49
	Jane Struzzieri	1:19:51
	Nancy Figueroa (2 nd F40-44)	1:23:01
	Trish Gondolfo	1:38:46
	Viviane Eisenberg-Mellen (1 st F60-64)	1:38:59
	Diana Tsingopoulos (1 st F65-69)	1:39:40

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Renee Frasc (3 rd F40-44)	1:45:59
Melissa Signor (2 nd F55-59)	2:00:15

Overall Male:

Mike Bakker	0:49:59
Alex Sherwood (2 nd Overall)	0:50:26
Bruce Cadenhead (3 rd Overall)	0:52:31
Chad Duffy (1 st M35-39)	0:54:58
Doug Thompson (1 st M45-49)	0:55:57
Donald Thurston (2 nd M45-49)	0:56:10
Bill Shashaty (1 st M40-44)	0:56:51
George Stewart (2 nd M40-44)	0:57:19
Jason DeFabio (3 rd M40-44)	0:58:16
Peter Oxenholm (3 rd M45-49)	0:59:27
Bill Pape (1 st M65-59)	1:01:34
Richard Miller (1 st M55-59)	1:01:51
Tom Struzzieri (1 st M50-54)	1:03:34
Mike Hargrove (2 nd M55-59)	1:04:09
John Jasinski (3 rd M55-59)	1:04:31
Steven Pressman (1 st M60-64)	1:06:19
Joe Falcon (2 nd M50-54)	1:11:03
Steve Fischer (3 rd M50-54)	1:11:19
Brian Morris	1:12:00
Tom Tauscher	1:16:16
Art Boyko	1:17:16
Tom Gill (2 nd M60-64)	1:20:12
Victor McGregor	1:33:25

West Point Triathlon-West Point, NY (8/19/12) S 800 m, B 25k, R 5k

www.westpointtri.com

Overall Female:

Nola Ruttenberg	1:15:16
Michele Yasson (2 nd F50-54)	1:30:03

Overall Male:

James Chesson	1:04:49
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2012 USAT National Age Group Championship-Burlington, VT (8/18/12) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

<u>Overall Female:</u>	Haley Churna	2:05:40
	Erica Ruge	2:26:15
	Rachel Loftus	2:50:09

<u>Overall Male:</u>	Brian Duffy	1:53:33
	Bill Pape (5 th M65-59)*	2:36:32

*Qualified World Championships London 2013

2012 USAT Sprint National Age Group Championship-Burlington, VT (8/19/12) S 750 meters, B 20K, R 5K www.usatriathlon.org (Qualifier 2013 ITU Short Course Triathlon World Championship)

<u>Overall Female:</u>	Sonja Kent	1:05:25
	Jennifer Borrero	1:34:51

<u>Overall Male:</u>	Patrick Parish	0:57:46
	Bruce Cadenhead	1:07:22
	Troy Weaver	1:13:14
	Chris Loftus	1:14:22

YMCA of Middletown-Middletown, NY (8/25/12) S 1/3 mi., B 13 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Audrey Friedrichsen	1:13:45
	Michele Yasson (1 st F50-54)	1:23:40
	Christine Westerman (2 nd F40-44)	1:27:39
	Karen Bradbury (1 st F45-49)	1:33:08
	Abby Billias (2 nd F50-54)	1:42:07

<u>Overall Male:</u>	Michael Tanzi	1:01:04
	Donald Thurston (1 st M45-49)	1:09:16
	Chris Loftus (1 st M40-44)	1:13:34
	Joe Falcon	1:28:16

Staten Island Tri-Staten Island, NY (8/26/12) S 1/3 mi., B 12 mi., R 4 mi. www.nytc.org

<u>Overall Female:</u>	Jamie Kyei-Frimpong	1:12:20
	Tammy Bryk	2:05:18

<u>Overall Male:</u>	Ryan Eason	0:58:43
	Hillel Bryk	1:24:26

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

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SEPTEMBER

Lake George Triathlon-Lake George, NY (9/1/12) S 1.5k, B 40k, R 10k

www.adktri.org

<u>Overall Female:</u>	Darbi Roberts	2:13:33
	Erica Ruge (2 nd F40-44)	2:32:45
	Alicia Olmoz	3:01:14

<u>Overall Male:</u>	Don Kjelleren	2:06:49
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Vassar Triathlon-Pine Plains, NY S 1/3 mi., B 14 mi., R 3.1 mi.

<u>Overall Female:</u>	Eileen Bernhardt	1:12:01
	Jennifer Borrero	1:27:33
	Trish Gondolfo	1:50:04

<u>Overall Male:</u>	Jon Paladino	1:04:05
	Tom Gill	1:40:04

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

<u>Overall Female:</u>	Rose Shabet	5:24:07
	Mary DeNitto (1 st F60-64)	6:31:31

<u>Overall Male:</u>	Keith Strudler	4:28:47
	Bruce Cadenhead (1 st M45-49)	4:59:18
	Art Boyko (2 nd M45-49)	5:13:14
	Doug Thompson	5:33:02
	Chad Duffy	5:36:17
	Jim Demis	5:45:44
	Bill Shashaty	6:06:06
	Steven Pressman (1 st M60-64)	6:25:54
	Dennis Ebbing	6:28:25
	Mike Hargrove (2 nd M55-59)	6:35:14
	Ketih O'Malley	7:16:00
	John Ferrara	7:41:47
	Bill Thompson	8:24:10

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Westchester Toughman-Croton Point Park, NY S 1.2 mi., B 56 mi., R 13.1 mi. www.westchestertoughman.com

<u>Overall Female:</u>	Kristen White	4:39:55
<u>Overall Male:</u>	Chris Nocera	4:05:06
	Peter Oxenholm	5:41:40
	Joe Falcon	6:35:44

Diamondman-DE (9/9/12) S .6 mi., B 16 mi., R 2 mi. www.piranha-sports.com

<u>Overall Female:</u>	Jocelyn Wong	1:20:27
<u>Overall Male:</u>	Wayne Ryland	1:07:38
	Troy Weaver (1 st M45-49)	1:16:36

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

<u>Overall Female:</u>	Erica Ruge	0:54:55
	Kierann Toth (2 nd Overall)	0:57:48
	Rachel Loftus (3 rd Overall)	1:01:27
	Michele Yasson (1 st F50-54)	1:06:04
	Lori Cassia-Decker (2 nd F50-54)	1:07:10
	Marcy Duffy (1 st F30-34)	1:09:27
	Christine Westerman (1 st F40-44)	1:10:56
	Tracy Little (3 rd F50-54)	1:12:03
	Karen Bradbury (1 st F45-49)	1:12:04
	Jennifer Borrero	1:13:40
	Janice Cragolin (1 st F55-59)	1:16:30
	Jess Kiel (2 nd F30-34)	1:17:24
	Abby Billias	1:18:33
	Jane Struzzieri	1:20:24
	Nancy Figueroa (2 nd F40-44)	1:21:52
	Tamara Kaynan (1 st M25-29)	1:29:13
	Trish Gondolfo	1:36:10
	Diana Tsingopoulos (1 st F65-59)	1:41:02
	Tammy Bryk (2 nd F45-49)	1:45:01
<u>Overall Male:</u>	Mike Bakker	0:49:53
	Alex Sherwood (2 nd Overall)	0:51:32
	Bruce Cadenhead (3 rd Overall)	0:53:12
	Art Boyko (1 st M45-49)	0:53:50
	Mike Halstead (2 nd M45-49)	0:54:40
	Chad Duffy (1 st M35-39)	0:55:19

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Donald Thurston (3 rd M45-49)	0:56:15
Bill Shashaty (1 st M40-44)	0:56:53
David Wright (1 st M25-29)	0:57:13
Jason DeFabio (2 nd 40-44)	0:58:29
Peter Oxenholm	1:00:05
Bill Pape (1 st M65-69)	1:01:04
Chris Loftus (3 rd M40-44)	1:01:42
John Jasinski (1 st M55-59)	1:05:22
Steven Pressman (1 st M60-64)	1:07:06
Steve Fischer (1 st M50-54)	1:09:55
Brian Morris	1:11:19
Hillel Bryk (2 nd M50-54)	1:14:37
Tom Tauscher (2 nd M55-59)	1:16:04
Tom Gill (2 nd M60-64)	1:17:48
Vic McGregor (3 rd M55-59)	1:22:43
Clay Corjulo	1:27:05

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

Overall Female:	Amy Farrell	2:17:17
	Karen Bradbury	3:04:23
	Viviane Eisenberg-Mellen (3 rd F60-64)	4:47:28
Overall Male:	Jordan Jones	1:56:33
	Bruce Cadenhead	2:19:05
	Doug Thompson (1 st Clydesdale)*	2:27:08
	Keith O'Malley	2:59:24

*Qualified-2013Escape From Alcatraz Triathlon

2012 ITU Duathlon World Championship-Nancy, France (9/22/12) R 10k, B 40k, R 5k www.triathlon.org

Overall Female:	Felicity Sheedy-Ryan	1:52:43
	Erica Ruge (11 th F40-44)	2:18:31
Overall Male:	Emilio Martin	1:40:40

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HITS Half Triathlon-Hunter II, NY (9/22/12) S 1.2 mi., B 56 mi., R 13.1 mi.

www.hitstriathlonseries.com

<u>Overall Female:</u>	Kierann Toth	5:36:11
	Michele Yasson (1 st F52)	7:16:39
	Marcy Duffy (1 st F32)	7:26:26

<u>Overall Male:</u>	Jason Toth	4:46:32
	Donald Thurston (1 st M46)	5:33:05
	Art Boyko	5:34:23
	Chad Duffy	7:26:26

HITS Sprint Triathlon-Hunter II, NY (9/23/12) S 750 meters, B 12.4 miles, R 3.1 mi.

www.hitstriathlonseries.com

<u>Overall Female:</u>	Kathryn Flodquist	1:26:39
	Jane Struzzieri (1 st F52)	2:08:08

<u>Overall Male:</u>	Joel Vann	1:19:05
	Chad Duffy (3 rd Overall)	1:22:07
	Troy Weaver (1 st M45)	1:26:26
	John Jasinski (1 st M55)	1:48:01
	Tom Gill (1 st M60)	1:57:43
	Clay Corjulo (1 st M50)	2:15:48

HITS Olympic Triathlon-Hunter II, NY (9/23/12) S 1,500 meters, B 24.8 mi., R 6.2 mi. www.hitstriathlonseries.com

<u>Overall Female:</u>	Dot Martin	2:56:53
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<u>Overall Male:</u>	Ed O'Malley	2:26:17
	Mike Halstead (2 nd Overall)	2:30:22

OCTOBER
NOVEMBER
DECEMBER

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2011 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in **at least 3 USA Triathlon Sanctioned** races that year; i.e. HVTC Summer Tri-Series #1, HITS Triathlon Series: Hunter Mountain & Cooperstown, NY.)

Name (Women)	AG	Honors	Rank	Nat'l AG
Place				
Erica Ruge	35-39	AA	93.6744	48
Rachel Loftus	25-29		84.4581	241
Michele Yasson	50-54		77.5332	250
Mary DeNitto	60-64	AA	77.5128	12
Pam Neimeth	50-54		75.9548	308
Tracy Little	50-54		72.9134	420
Marcy Duffy	30-34		71.7363	1160
Jennifer Borrero	50-54		71.5305	483
Megan Corjulo	45-49		69.2889	995
Terri Keating	55-59		62.3014	372
Janice Cragolin	55-59			

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

Name (Men)	AG	Honors	Rank	Nat'l AG
Place				
Michael Bakker	45-49	AA	97.4978	8
Mike Halstead	45-49	AA	95.1049	23
Bruce Cadenhead	45-49	AA	91.6598	80
Charles Pegg	40-44		84.1375	599
Art Boyko	45-49		83.4039	449
Bob Gramling	55-59	HM	82.6512	75
Bill Shashaty	40-44		80.6246	1044
Jim Demis	45-49		79.4144	817
Chris Loftus	40-44			
Chad Duffy	30-34		78.6360	1180
Troy Weaver	45-49		76.9617	1101
Keith O'Malley	45-49			
Richard Miller	55-59		75.0584	332
Kevin Adams	40-44			
Peter Oxenholm	45-49		74.6052	1436
Steven Pressman	60-64		71.7345	177
Tom Struzzieri	50-54		70.8049	1255
Frank Priest	60-64		69.7324	232
John Ferrara	50-54		69.1296	1443
Steve Fischer	50-54		66.8959	1686

AA-All American (Top 5% of respective age group in the USA)

HM-Honorable Mention (Top 10% of respective age group in the USA)

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2011 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

FEMALE

2011 HVTC Rookie of the Year Award: **Haley Fields**

2011 HVTC Most Improved Award: **Tracy Little**

2011 HVTC Female Honorable Mention Award: **Rachel Loftus**

2011 HVTC Female Honorable Mention Award: **Mary DeNitto**

2011 HVTC Female Triathlete of the Year Award: **Erica Ruge**

2011 HVTC Volunteer of the Year Award: **Rosa Wilson**

MALE

2011 HVTC Male Honorable Mention Award: **Bruce Cadenhead**

2011 HVTC Male Honorable Mention Award: **Mike Halstead**

2011 HVTC Male Triathlete of the Year Award: **Mike Bakker**

2011 HVTC Summer Tri-Series Winners

Women's Champion: **Erica Ruge**

2nd Place: **Rachel Loftus**

3rd Place: **Michele Yasson**

4th Place: **Tracy Little**

5th Place: **Marcy Duffy**

Men's Champion: **Mike Bakker**

2nd Place: **Mike Halstead**

3rd Place: **Bill Shashaty**

4th Place: **Bob Gramling**

5th Place: **Bruce Cadenhead**

HVTC Summer Tri-Series Course Records

Women

Course-Erica Ruge (54:23)

Swim-Emily Boyko (4:24)

Bike-Erica Ruge (36:20)

Run-Kierann Toth (10:49)

Men

Course-Terry Kerrigan (47:20)

Swim-Art Boyko (3:54)

Bike-Mike Bakker (31:56)

Run-Nick Brundage (10:01)

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ANNOUNCEMENTS

- **Mark H. Wilson-Race Director...HITS Triathlon Series; A Distance For Everyone™**
- **2012 HVTC Summer Tri-Series: June 13, July 11, August 15 & September 12.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a “total score” for overall awards. The most points one could receive is 80 (20/race for 1 in all 4) and the least 1 (participated in one race for 20 place or lower).
- **ALL 2012 HVTC Summer Tri-Series Races are USAT Sanctioned!**
- **The 2012 HVTC Summer Tri-Series is open to non-HVTC members at \$90.00/race...plus \$10.00 USAT Insurance Fee (for non-USAT members).**
- **2012 HVTC \$240.00 membership is valid from January 1-December 31.**

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