

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 IV, Issue No. 8

August 2004

IN A FEW WORDS

Dear Triathletes,

What a month it's been for racing; West Point, HVTC Summer Series, Timberman and Greater Hartford! There's a few good ones left, 'though, like the S.O.S. on September 12th and the Westchester Tri the 26th. Regardless, give it your best shot and go for it! Let's be grateful for the opportunity to do what we do by offering our best effort each time we toe the line. And always remember to thank those who continue to support that experience; family, friends and loved ones. See ya out there!

Sincerely,



Mark Wilson

Founder/President, Hudson Valley Triathlon Club

Total Immersion-Director of Coaching Development & Triathlon Camps

POSE Method of Running Level II Certified Coach

USA Triathlon Level II Certified Coach

HUDSON VALLEY TRIATHLON CLUB



Disclaimer: Articles in this newsletter **do not necessarily** represent the viewpoint of the president of Hudson Valley Triathlon Club.

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Featured Athlete: Myron Baker Sr.

By Mark H. Wilson

(This article was originally published in the December 2002 edition.)

What is it you want to be remembered for when you have left this Earth? Would you like to be remembered for your profession and how successful you were? How about your personality, accomplishments or your commitment to family and friends? Maybe in the end it won't be a matter of what you did, but how you did it. This month's featured athlete is an example of someone who absolutely has to put his heart and soul into every race he does. Whether it's a 5k or an Ironman, he's givin' it his all. He's quite a character; from sentimental to downright thick-headed (to put it politely). Let's find out what's kept him goin' all these years.

Myron was born in Kingston, New York and graced the halls of Roundout Valley High School. He played football, wrestled and "ran" track & field (shot/discuss). He did the 880 once and swore he'd never run again. Yeah, right! Today, he's living in Rosendale with his wife Becky and has three kids who have all left the nest (Tammy, Myron Jr. and Will). If prodded ever so slightly, Myron would tell you of his 3 cute-as-a-button grandchildren (Ryan and twins Alyssa/Catlin). When asked what his favorite hobby is (not that triathletes need any), he bubbly states "growing up with my grandchildren."

After fifteen years without running, Myron began again and got pretty good...really fast. In fact, legend has it that on the day he returned to road racing he showed up in dress shoes and won overall. Who cares if it's true, it makes for great conversation on long runs. Myron didn't know there was anything else but running until he worked the finish line for the S.O.S. That's how it all started, a simple shirt that said SURVIVOR on it. You see, Myron doesn't feel as if he's accomplishing anything unless it's extremely

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painful or dramatic. The S.O.S. was perfect! So, Myron lovingly blames Don Davis for inspiring him to become a triathlete. "It's all Don's fault!" Another longtime friend-coach-competitor Mike Halstead prepared him for his first triathlon at Pawling in '96. "I was nervous as hell!" Dr. Mike saw me staring at the water, scared to death, and walked me over to my bike and said, "This is where your race will begin." Mike was right, Myron was close to last out of the water and still finished in the top twenty overall. His Ironman career started when Dr. Mike talked him into going to the Blackwater Eagleman Half-Ironman Triathlon. His effort was good enough to land him a spot for Hawaii in '99. Prior to this point, Myron never considered participating in an Ironman event. He had only finished two of the four marathons he'd attempted. So, his confidence in completing an Ironman (which finishes with a marathon) seemed sketchy. He went to the big island of Kona, Hawaii in '99 and made us all proud, finishing 19th in the M50-54 age-group. He qualified again for the "Super Bowl" in 2000 and 2001. Due to his remarkable 10:28:26 effort at Ironman Florida this past November, he's going to Kona again for 2003. It's pretty safe to say he's committed to the sport of triathlon. Here's the evidence.

'96, '97, '01, '02 S.O.S.-1st A.G.

'97 Bermuda Triathlon-1st A.G.

'97 USAT National Championship-17th A.G.

'97 World Triathlon Championship-Perth Australia-17th A.G.

'99, '00, '01 Ironman World Championship-19th, 17th, 13th A.G.

'97, '98, '99, '01 Columbia Triathlon-5th, 1st, 1st, 1st A.G.

'99, '00 Blackwater-Eagleman Half-Ironman-1st, 1st A.G.

'01 Ironman USA-Lake Placid-1st A.G.

'01 Xterra Eastern States Championship-1st A.G.

'01 Xterra World Championship-Maui, Hawaii-4th A.G.

'02 St. Croix Half-Ironman-4th A.G.

'02 Ironman Florida-2nd A.G.

Myron is a carpenter and his own boss. It's a lucky thing, because he puts in many training hours for the Ironman events. "I'd fire me..." is how Myron would deal with someone like himself as an employee. So why does he do triathlon? What keeps him going? He says everyone thinks he's crazy and according to him "they're right." He loves the cross-training and the camaraderie of all the other athletes. Mostly, being able to train with his two sons is one of the best parts of being so fit. It gives him an incredible feeling of gratitude. He's also very grateful to his family for their support and especially to his best friend, Mike Halstead. And just for the record, beer is a major motivating factor, too. Need those carbs, right?

The one major goal left for Myron is to place in the top five in his age-group at the World Triathlon Championship at Kona. This is an ambitious goal that will take tremendous focus and discipline. With all the support from his family, coach and HVTC...he will succeed! Thanks, Myron.

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2004 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the U.S.? For a complete listing of USAT Sanctioned Races with event location and contact information go to www.usatriathlon.org and click “events,” then “events calendar.”)

MAY

St. Croix Half Ironman-U. S. Virgin Islands (5/2/04) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

King of the Hill Xterra Triathlon-Lebanon, NJ (5/8/04) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

JUNE

Middlebury Triathlon-Middlebury, VT (6/6/04) S 400 yds. (Pool), B 12.5 mi., R 2.9 mi.
www.vermontsun.com

Mighty Montauk Triathlon-Montauk, NY (6/?/04) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi, R13.1mi
www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/13/04) S ½ mi., B 16 mi., R 3 mi.
www.nytc.org

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/?/04) S ½ mi., B 14 mi., R 4 mi.
www.firm-racing.com

HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

www.hvtc.net

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Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Mooseman Triathlon-Waterville, NH (6/26/04) S ¼ mi., B 15 mi., R 3.5 mi. www.fimbermantri.com

Mooseman Xterra Triathlon-Waterville, NH (6/27/04) S ¼ mi., B 5.5 mi., R 3 mi. www.fimbermantri.com

Vermont Sun Triathlon-Lake Dunmore, VT (6/27/04) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsuntriathlon.com

JULY

Vermont Sun Triathlon-Lake Dunmore, VT (7/11/04) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Try the Tri-Bristol, RI (7/10/04) Sprint www.americansportsevents.com

Mossman Triathlon-Norwalk, CT (7/11/04) S .5 mi., B 12.5 mi., R 5k (USAT New England Regional Championship) www.trifitness.net

Hudson Valley Triathlon-Kingston, NY(7/11/04) S 1.5k, B 26 mi., R 10k www.nytc.org

HVTC Williams Lake Sprint Tri Point Series #2-Rosendale, NY (7/14/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Pine Bush Triathlon, Pine Bush, NY (7/?/04) S 325 yds., B 11.5, R 3.25

Tri the Tri-Danbury, CT (7/17/04) Sprint www.americansportsevents.com

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-Lake Placid, NY (7/25/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Lake Dunmore ,VT (7/25/04) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

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AUGUST

Cayuga Lake Triathlon-Ithaca, NY (8/1/04) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

Try the Tri-Bristol, RI (8/7/04) Sprint www.americansportsevents.com

19th **New York Triathlon Race #2-Harriman State Park, NY (8/15/04) S ½ mi., B 16 mi., R 3mi.** www.nytc.org

HVTC Williams Lake Sprint Tri Point Series #3-Rosendale, NY (8/18/04) S 700 yds, B 12 mi, R 2 mi. www.hvtc.net.

Try the Tri-Danbury, CT (8/21/04) Sprint www.americansportsevents.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

Timberman Sprint Triathlon-Gilford, NH (8/22/04) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

West Point Triathlon-West Point, NY (8/15/04) S 800 m, B 25k, R 5k
www.usma.edu/uscc/dca/clubs/trit/index.html

Cranberry Country Triathlon-Lakeville, MA (8/29/04) S .8 mi., B 24.9 mi., R 10k
(USAT New England Regional Championship) www.cranberrycountrytri.com

Lake Dunmore Triathlon-Salisbury, VT (8/15/04) S .5 mi., B 27.5 mi., R 5 mi.
www.vermontsun.com

Great Keewaydin Triathlon-Keewaydin State Park(8/?/04) S 1mi., B 42mi., R 9.5 mi.
www.vermontsun.com

Grafton Lakes Off Road Triathlon-Grafton, NY (8/8/04) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

SEPTEMBER

Vermont State Triathlon-Lake Dunmore, VT (9/5/04) S 1.5k, B 27.5 mi., R 10k
www.vermontsun.com

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S.O.S.-New Paltz, NY(9/12/04) B 30mi., R 19mi., S .5mi.,R.7mi.
www.ulster.net/~sosnyta/

Firmman Rhode Island (9/12/04) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

HVTC Williams Lake Sprint Tri Point Series #4-Rosendale, NY (9/15/04) S 700yds., B 12 mi., R 2mi. www.hvtc.net.

Mighty Hamptons-Sag Harbor, NY (9/19/04) S 1.5k, B 38k, R 10k
www.swimpower.com

USAT National Age Group Championships-Shreveport, LA (9/18/04) S 1.5k, B 40K, R 10K www.usatriathlon.org

Skylands Triathlon-Clinton, NJ (9/19/04) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Danskin Triathlon-Sandy Hook, NJ (9/?/04)

Try the Tri-Bristol, RI (9/25/04) Sprint www.americansportsevents.com

Granite Ledges Triathlon-Wellington State Park, NH (9/25/04) S 1.5k., B 44k, R 10k
www.timbermantri.com

Lobsterman Triathlon-Freeport, ME (9/11-12/04) S 1.5k, B 40k, R 10k
www.lobstermantriathlon.com

Westchester Triathlon-Rye, NY (9/26/04) S 1.5k, B 40k, R 10k www.swimpower.com

OCTOBER

Colonial Series-Danbury, CT (10/2/04) S 1.5K, B 40K, R 10K
www.americansportsevents.com

Ironman Triathlon World Championship (10/16/04) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/26/03) S 1.5k, Mtn. B 30k, R 11k

Hawaiian Double-Ironman Plus Xterra = The Double

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NOVEMBER

Ironman Florida-Panama City, FL (11/8/03) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/15/03) S 400 yds., B 8 m., R 5k
www.goldsgym.com

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information required. **HVTC** Annual Awards are based on the results that are posted in the newsletter. Good luck to everyone this season and thanks for your stats!

Send results to: Markstriclub@hotmail.com

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?!?!?**

RESULTS

YMCA Indoor Triathlon-Kingston, NY (2/29/04) S-15 min., B-20 min., R-20 min.

Overall Female:

Mary Lockett	09.22 miles
Jane Farrell	09.09 miles
Michele Yasson	08.30 miles

Overall Male:

John McGovern	11.92 miles
Charles Pegg	11.00 miles
Bill Shashaty	10.49 miles
Carlos Perez	10.29 miles
Harry Hansen	10.19 miles
Robert Leghorn	10.08 miles
Mike Cahill	09.82 miles

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Pine Hill Arms Triathlon-Pine Hill, NY (3/20/04) Ski-2.5 mi., B-10 mi., R-3.5 mi.

www.pinehillarms.com

<u>Overall Female:</u>	Mary DeNitto	1:04:59
<u>Overall Male:</u>	Stephen Judice	0:47:16
	Alex Sherwood (2 nd O)	0:47:41
	Mike Halstead (3 rd O)	0:48:30
	Charles Pegg (3 rd M30-39)	0:52:38
	Jimmy Buff (1 st M40-49)	0:54:32
	Henry Collins	0:55:32
	Bill Shashaty	1:01:48
	Mark Wilson	1:04:25
	Jeff Truhe	1:09:24

Florida Half Ironman Triathlon-Walt Disney World, FL (5/22/04) S-1.2 mi., B-56 mi., R-13.1 mi. www.floridahalfironman.com

<u>Overall Female:</u>	Lisa Bentley	4:22:04
	Karen Robinson	6:16:12
<u>Overall Male:</u>	Simon Lessing	3:52:02

Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k

www.tricolumbia.org

<u>Overall Female:</u>	Amanda Pagon	2:14:09
<u>Overall Male:</u>	Peter Reid	1:56:50
	Greg Sautner*	2:05:26

***Greg was the Overall Amateur Male; a major accomplishment/honor. Congratulations, Greg!**

Pawling Triathlon-Pawling, NY (6/5/04) S-1/3 mi., B-13 mi., R-3 mi. www.nytc.org

<u>Overall Female:</u>	Christine Dunnery	1:08:57
	Laura Van Alst (3 rd Overall)	1:12:20
	Kathryn Loyer (2 nd F35-39)	1:14:42
	Sandy Mancuso-Lopez (1 st F45-49)	1:20:39
	Mary Lockett (2 nd F45-49)	1:20:47
	Dorothy Hamburg	1:22:15

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Rosemarie Hunt 1:32:45

Overall Male:

Christopher Thomas 0:58:32
John McGovern (3rd Overall) 1:01:16
Mark DeLuccia (1st M25-29) 1:07:51
Bill Shashaty 1:10:32
Sean Lockhart (3rd M25-29) 1:12:07
Steve Axelson (2nd M55-59) 1:17:58
Andrew Colyer 1:29:49

Mighty Montauk Triathlon-Montauk, NY (6/12/04) S 1mi, B 20mi, R 6.2mi

www.swimpower.com

Overall Female: Magdalena Stovikova 1:52:56

Overall Male: Greg Sautner 1:43:17

19th Annual NY Tri Series #1-Harriman State Park (6/13/04) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Robyn Passander 1:23:17.5

Overall Male: Arland Macasieb 1:11:48.8
Ronnie Severino 1:15:44.4
Charles Pegg 1:17:54.4
Mark DeLuccia 1:22:41.5
Dorothy Hamburg 1:36:14.5

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi,

R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:13:42
Mary Denitto* 5:30:37

Overall Male: Christopher Legh 3:47:28
Alex Sherwood(3rd M25-29)4:17:06

*Mary DeNitto has qualified for the Hawaii Ironman Championship for the third time!!
Hail to the Queen...

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HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Women:	Swim	T1+Bike+T2	Run	Total	Pts.
1. Lauren Warren	11:26	36:09	13:45	1:01:20*	15
2. Laura Van Alst	13:36	37:27	13:27	1:04:30**	14
3. Suzanne Brink	12:14	36:51	15:43	1:04:48**	13
4. Dorothy Hamburg	13:53	39:40	16:23	1:09:56	12
5. Mary Lockett	12:22	43:05	15:04	1:10:31	11
6. Mary Grehl	13:55	42:59	17:14	1:14:08	10
7. Jan Pollo	13:59	45:00	16:39	1:15:38	9
8. Michele Yasson	14:04	44:28	20:48	1:19:20	8
9. Mary DeNitto	14:18	49:08	21:59	1:25:25	7
10. Jeanne Roth	14:28	57:05	19:46	1:31:19	6
11. Julie Pape	15:45	56:27	24:40	1:36:52	5

Men:

1. Greg Sautner	9:24	30:24	11:58	51:46	15
2. John McGovern	10:57	31:29	11:36	54:02	14
3. Mike Halstead	9:22	32:17	12:38	54:17	13
4. Ronnie Severino	9:18	31:38	14:25	55:21	12
5. Terry Kerrigan-tie	9:18	34:47	12:47	56:52	11
6. Charles Pegg-tie	9:18	35:07	12:27	56:52	11
7. Bill Pape	10:40	33:46	13:44	58:10	10
8. Henry Collins	10:12	34:19	13:46	58:17	9
9. Mike Vance	10:50	36:39	12:29	59:58	8
10. Bill Shashaty	10:59	35:45	13:20	1:00:04	7
11. Andrew Schupak	11:23	36:05	12:51	1:00:19	6
12. Steve Schindler	11:02	36:25	13:18	1:00:45	5
13. Mark Wilson	12:01	35:13	13:47	1:01:01	4
14. John Jasinski	11:07	37:36	14:32	1:03:15	3
15. Doug Thompson	11:04	37:53	14:31	1:03:28	2
16. Sean Lockhart	13:47	37:43	12:33	1:04:03	1
17. Carlos Perez	11:05	39:00	14:55	1:05:00	1
18. John Garcia	13:57	42:14	13:23	1:09:34	1
19. Bob Leghorn	13:33	41:11	15:04	1:09:38	1
20. John Wheeler	11:22	40:55	19:01	1:11:18	1
21. Donald Roth	13:43	48:23	29:13	1:31:19	1

* Course Record, ** Broke Previous Course Record

Volunteers: Rosa Wilson, Carlos Osorio, Ron Matthias, Natalie White, Tom deHaan, Donna Severino, Barbara Sessa, Jasper Kidd, Doug Thompson, Ray Grehl & Jennifer May. Thank you, Everyone!

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Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.

www.transitiontimes.com

Overall Female:	Laura Van Alst	1:30:57
	Lauren Warren	1:34:56
	Michele Yasson	1:57:54
	Jeanne Roth	2:21:33

Overall Male:	Mike Halstead	1:19:17
	Steve Axelson	1:39:59
	John Garcia	1:41:18
	Andrew Colyer	1:56:33
	Donald Roth	2:23:56

Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Overall Female:	Amy McGuire	1:11:29
	Kathryn Loyer (2 nd Overall)	1:13:00
	Natalie White (1 st F25-29)	1:18:22
	Nina young (1 st F01-19)	1:37:45

Overall Male:	David Yockelson	1:03:48
	Ron Matthias	1:18:36

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female:	Kelly Bergkessel	4:48:50
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Overall Male:	Charles Perreault	4:16:35
	Steve Schindler	5:11:04
	Henry Collins	5:12:39
	Doug Thompson	5:25:43
	Michael Vance	5:51:16
	Robert Leghorn	6:14:13
	John Wheeler	6:26:27
	Julie Geisler	6:51:22
	Phillip Milio	7:02:45

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New York City Triathlon-New York, NY (6/27/04) S-1.5k, B-40k, R-10k

www.nyctri.com

Overall Female: Loretta Harrop 1:55:51

Overall Male: Greg Remaly 1:47:28
Charles Pegg 2:08:30
Andrew Schupak 2:17:53
Donald Roth 3:10:23

Pat Griskus Sprint Triathlon-Middlebury, CT (7/7/04) S-1/2 mi., B-10.5 mi., R-5k

www.griskustri.com

Overall Female: Catherine Sterling 1:03:54
Julie Geisler (1st Athena 40+) 1:28:58

Overall Male: Steve Pyle 0:58:39
Philip Milio 1:33:20

Hudson Valley Triathlon-Kingston, NY(7/11/04) S 1.5k, B 26 mi., R 10k www.nytc.org

Overall Female: Lauren Warren 2:25:41
Barbara Sessa (3rd Overall) 2:28:55
Mary DeNitto (1st F55-59) 2:41:07
Dorothy Hamburg(3rd F40-44)2:50:30

Overall Male: Greg Sautner 2:02:26
Michael Halstead(2nd Overall)2:07:36
Ronnie Severino (3rd Overall)2:09:36
Charles Pegg (4th Overall) 2:19:52
Myron Baker Sr. (1st M55-59)2:21:55
Andrew Schupak(1st M35-39)2:22:17
Steve Schindler (1st M45-49) 2:24:14
John Wheeler 2:56:49
Donald Roth 3:29:56

Mossman Triathlon-Norwalk, CT New England Regional Sprint Championship (7/11/04) S .5 mi., B 12.5 mi., R 5k www.trifitness.net

Overall Female: Catherine Sterling 1:04:29
Kathryn Loyer 1:14:52

Overall Male: Michael McMahon 0:59:09
Mark Wilson 1:07:46
John Jasinski 1:14:55

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Great Fairlee Triathlon-Fairlee, VT (7/11/04) S 3/4 mi., B 24 mi., R 5 mi.

www.timeoutproductions.com

Overall Female: Christina Robeson 2:05:37
Natalie White 2:24:57

Overall Male: PJ Deschenes 1:46:24
Ron Matthias 2:25:29

HVTC Summer Tri-Series #2-Rosendale, NY (7/14/04) S 700 yds., B 12 mi., R 2 mi.

www.hvtc.net

TBA-See HVTC Results E-Mail!

Cayuga Lake Triathlon-Ithaca, NY (8/1/04) S 1/2 mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

Overall Female: Hollie Kitson 1:21:14

Overall Male: Brian Emelson 1:11:17
Mark Wilson (1st M35-39) 1:14:13
Mike Vance (2nd M20-24) 1:19:35

Greenfield Triathlon-Greenfield, MA (8/1/04) S 1/3 mi., B 15.2 mi., R 3 mi.

www.greenfield-triathlon.com

Overall Female: Lolly Brilliant 1:14:23
Mari Hoppe (1st F30-34) 1:26:20

Overall Male: Win Whitcomb 1:08:47

BMW Greenwich Cup Triathlon (Threads & Treads)-Old Greenwich, CT (8/8/04)S ?, B

?, R ? www.threadsandtreads.com

Overall Female: Donna Kay-Ness 1:11:55
Jeanne Roth 1:49:51

Overall Male: Paul Fritzsche 1:07:19
Donald Roth 1:33:23

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Grafton Lakes Off Road Triathlon-Grafton, NY (8/8/04) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

Overall Female: Suzie Snyder 2:36:13
Barbara Sessa (2nd Overall) 2:58:19

Overall Male: Ryan Kelly 2:05:16
Mike Halstead (3rd Overall) 2:07:23
Alex Sherwood (2nd M25-29) 2:16:40
Bill Shashaty 2:34:37
Carlos Perez (3rd M30-34) 3:06:39

West Point Triathlon-West Point, NY (8/15/04) S 800 meters, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

Overall Female: Lauren Warren 1:15:37
Sandy Mancuso-Lopez (2nd F45-49) 1:27:48
Mary Lockett (3rd F45-49) 1:29:08
Michele Yasson 1:36:33
Dorothy Hamburg 1:31:19
Rosemary Hunt 1:44:25

Overall Male: Espen Katerass 1:08:03
John Wheeler 1:29:15

HVTC Summer Tri-Series #3-Rosendale, NY (8/18/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

TBA-See HVTC Results E-Mail!

Timberman Sprint Triathlon-Gilford, NH (8/21/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

Overall Female: Randy Swormstedt 1:15:10
Jeanne Roth 1:51:44
Julie Pape (2nd F60-64) 2:10:20

Overall Male: Adam Carlson 1:10:19

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Timberman Half-Ironman Triathlon-Gilford, NH (8/22/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

<u>Overall Female:</u>	Karen Smyers	4:31:53
	Kathryn Loyer	5:18:49
	Suzanne Brink	5:31:52
	Mary Grehl	5:49:25
	Jesse Freund	5:57:28

<u>Overall Male:</u>	Michael Lovato	3:58:31
	Terry Kerrigan	4:28:42
	Henry Collins(2 nd Clydesdale)	4:53:28
	Charles Pegg	4:57:19
	Bill Pape(4 th M55-59)	5:10:12
	Donald Roth	6:21:47

Greater Hartford Triathlon-New Hartford, CT (8/22/04) S 1.5k B 40k, R 10k www.catstri.com

<u>Overall Female:</u>	Patsy Thomas	2:21:38
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<u>Overall Male:</u>	Greg Sautner	2:04:27
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2003 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 three USA Triathlon Sanctioned** races that year; i.e. Highland Triathlon, Cranberry Country Triathlon and the Timberman Half Ironman)

Name (Honors) Age Group A.G. Plc. Nat'l Ranking

Gregory Sautner AA	M25-29	48	90.7034
Thomas deHaan	M40-44	374	81.2236
Bill Pape HM	M55-59	31	79.7886
Andrew Schupak	M35-39	816	78.1662
Rich Barkan	M35-39	1,357	73.3766
Myron Baker Sr.	M55-59	127	73.1318
Kathryn Loyer	F35-39	317	71.7348
Mary DeNitto HM	F55-59	9	71.0816
Michele Yasson	F40-44	633	61.8490

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

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

Special Note: Duathlon (Run/Bike/Run)

John McGovern AA	M35-39	1	97.7028
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2003 HUDSON VALLEY TRIATHLON CLUB AWARDS BANQUET

2003 HVTC Volunteer of the Year Award: **Carlos Osorio**

2003 HVTC Most Improved Award: **Tom deHaan**

2003 HVTC Rookie of the Year Award: **Doug Thompson**

2003 HVTC Honorable Mention Award: **Lauren Warren**

2003 HVTC Honorable Mention Award: **Myron Baker**

2003 HVTC Honorable Mention Award: **Bill Pape**

2003 HVTC Honorable Mention Award: **Mike Halstead**

2003 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2003 HVTC Male Triathlete of the Year Award: **Greg Sautner**

Awards are distributed based on race results reported to markstriclub@hotmail.com.

CLASSIFIEDS

Triathlon Coach Available. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, Total Immersion-Director of Coaching Development & Triathlon Camps, POSE Method of Running Level II Certified Coach at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

Wetsuit For Sale. One year old Orca Predator wetsuit in excellent condition. It is a size 5. I am asking \$300.00 for it. Brand new it went for \$400+. Anyone interested can reach Lauren at: 845-658-3813 or lwarren@hvc.rr.com.

Bike Trainers Needed. If anyone has a bicycle trainer that they want to get rid of, the newly formed Arlington High School Triathlon Club needs them to help train members during the winter training session. Your help is much appreciated. Please contact opalpty@optonline.net.

Softride For Sale. Rocket TT, size medium. The frame, fork and bars all have less than 100 miles on them. The bars are Profile Carbon X. Wheels are Rolf Vector Pro, 650's. Components are Dura Ace 9 speed. Price is firm at \$1,750.00. Call 518-678-5609.

Roommate Needed. Dorothy Hamburg is seeking a roommate for the Firmman Half Ironman on September 12th. Anyone interested can e-mail her at dhamburg@webjogger.net.

Tired of Cleaning Your Bike? Let Greg clean it for you!! If you're like most Triathletes: short on training time, hungry, and fatigued, then you're probably neglecting one of your best (or worst) friends, Your Bike!! For just \$20/Bike, let Greg meticulously

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clean your bike and drive train. Greg WILL: pick your bike up, clean within one day/evening and drop off. Greg WON'T: take your bike apart, or out for a fifty-mile ride (unless it's a 56cm and real light). SATISFACTION GUARANTEED! To set up an appointment call 914.466.9136 or email canis_lupus99@hotmail.com.

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

ANNOUNCEMENTS

- **2004 HVTC Williams Lake Summer Triathlon Point Series.** Points will be awarded accordingly; Male/Female 1st-15, 2nd-14, 3rd-13, 4th-12, 5th-11, 6th-10, 7th-9, 8th-8, 9th-7, 10th-6, 11th-5, 12th-4, 13th-3, 14th-2 and all other finishers will receive 1 point each. Members must race in at least 3 out of 4 races to be considered for Top 3 Overall Awards. Your 3 best scoring races will count towards your final score.
- **NEW! Total Immersion DVD's!** Freestyle Made Easy, Happy Laps & Four Strokes. To order call 800-609-7946 or online at www.totalimmersion.net.
- **HVTC Tri-Gear For Sale!** If you'd like to sell triathlon gear on the HVTC website, send a digital photo of the equipment with details (contact info, specs, etc.) and it'll be put up ASAP. There will be a 10% charge for sales resulting from the HVTC site.
- **2004 Total Immersion Tri-Camp Schedule:** February 21-26, 2005 USAT National Training Center-Clermont, FL.
- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946 or www.totalimmersion.net.
- **Dean Theodore** has created an amazing gear bag. HVTC gets a 10% discount, so type "dean" (lower case) where it says coupon code when filling out the order form at Triathlonbag.com.
- **Important message from USAT...**To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- HVTC \$110.00 membership is valid from January 1st-December 31st.

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THANK YOU SPONSORS!!!

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THE LIGHTER SIDE

By Dr. Tri

While training during sunny late afternoons at Williams Lake, the mind tortures itself by wandering to thoughts of the dark cold months and indoor training. No matter how fancy a gym is, they all feel the same. The lights, mirrors and grunts and groans of people strapped into machines right out of the Middle Ages, leaves me chilled. For inspiration and to keep a reasonable level of fitness, I joined a gym and worked with a trainer. She is young and pretty and friends with all the muscle men. They are thick and bumpy, and sneer and mutter “skinny” when I pass.

I guess I can't blame them. The core strength exercises do look a bit ridiculous. Maybe it's the beach ball I sit on doing curls with a bright blue 10 pound dumb bell, or could it be that I lie on my back and lift the same ball, positioned between my ankles, on and off the floor? It's true these exercises don't appear as “manly” as I would like but I sweat and moan like all the power lifters. Of course, there is little comparison between a big red plastic ball and a dark heavy iron bar bell.

Funny though, strengthening the core—the muscles between the knees and shoulders—help swimming, running and biking by improving alignment and activating ignored muscles.

Winter training takes commitment. If you want to be fast in the summer you must work the winter. Ask yourself, how important is it for you to be faster? Will you train all winter and give up those enjoyable vices? Will you sculpt your body for less resistance in air and water? Will you lose weight and body mass to reduce drag? The most committed triathletes do all this to succeed...but even the most committed need a special angle to be the fastest.

What could be that special angle? Perhaps the answer resides in the latest issue of Science News which describes the speed increasing strategies of a tiny spider common to the southeastern United States. These little creatures routinely remove one of their two oversize external sex organs, which the author comments "...is an extreme act, but one that apparently enables them to run faster and longer giving them a potential advantage for winning mates."

To run faster and farther, it's an idea that causes one to take pause and unlike performance enhancing drugs, it's not against any sanctioning body rules. Still, is it worth it, or perhaps you are of the inclination of the running poster that reminds us “The race doesn't always go to the fastest.”

Life is short, race hard. Dr. Tri

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Thank you!

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