

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 V, Issue No. 8

August 2005

IN A FEW WORDS

Dear HVTC,

Here we are in the middle of the season and there are plenty of races left! Thankfully, the weather has been very agreeable lately which makes those long days delightful. We've got lots of gifted athletes in this club, so be sure to take a look at all the wonderful results from July; I'm sure you're in there somewhere. I wish you the best in August. See ya out there!

Sincerely,



Mark H. Wilson-Triathlon Coach
Founder/President, Hudson Valley Triathlon Club
Pose Method of Running Level II Certified Coach
USA Triathlon Level II Certified Coach
Serotta Bike Fit Technician

HUDSON VALLEY TRIATHLON CLUB



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

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005



(Photo: Scott Schaffrick www.scottschaffrick.com)

Featured Athlete: Ro Hunt

By Mark H. Wilson

Occasionally, an HVTC member lets the pen go and puts down on paper the Featured Athlete of the Month article so nicely that changing anything seems inappropriate. So, I'd like to introduce to you Ro Hunt who's an incredible woman just beginning to awaken her tri-potential and enjoying every minute of it.

As the youngest born to a family of roving gypsies where each sibling began life in a different country or state, my life settled at the age of five in Monroe, NY when my mother threw her gypsy staff into the earth and declared that we will move no more. Luckily for us three kids it was in a small stone house in the country with deep woods just across the street and lots of lawn space for games. Summers were spent with the neighborhood gang freewheeling through the country side on used bikes that were always too big (we would grow into them), playing kickball, softball, tag, swimming at the lake, camping in an old army tent thrown up in the woods between houses, building forts, hiking in the woods and of course climbing trees. We were out from sunup to dinner time and beyond. I don't remember anyone being concerned about proper hydration, sunburn, or where we were at any given time. In the winter we skated on the local ponds, made our

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

own ramps for challenging sledding, and hiked the quiet woods. I learned to water ski at the age of ten on adult sized wooden skis and remember flying over the top of the water. As the youngest in the gang, I became use to always struggling to keep up and jumping into challenges that were way over my head. I don't remember anyone ever having a "lesson" in anything!

The sixties hit hard through my high school years and I grabbed the movement with both hands. Joining a team or belonging to an "established" group held no appeal. Girls sports in high school were just about non-existent. Title 9 had not yet passed and the only sports opportunities for females were intramural. I would occasionally step into a team, but it never felt right. Besides, I never considered myself an athlete. Sports were something that you did for play. Competition was never important.

College was completed in fits and starts. Two years in New York, a year working to save money to travel, a summer spent backpacking in Europe, four more years of work, then off to Colorado for my Bachelors in Business Education. This was all concurrent with a variety of employment including secretary, public school teacher, trainer for educational consultants, operations director for training consultants, business administrator for a medical group, seven years operating my own educational consulting firm, back to public school teaching (about 10 years ago) and completing my Masters in Instructional Technology from Long Island University. There were several strange but true jobs in between with the oddest probably being a black jack dealer for an illegal gambling establishment.

Through it all I continued with a variety of racquetball, softball, tennis, basketball, aerobics, nautilus, yoga, water skiing, cross-country skiing, downhill skiing, biking, hiking, swimming, snorkeling, wind surfing, trapeze, and whatever opportunity for fun presented itself, still never considering myself an athlete.

How on earth did I end up in triathlon? It's still fuzzy. Maybe it was due to my gypsy beginnings that my life has never been set on "coast". During the time of one of my difficult life challenges, a cycle class instructor at Gold's gym told me to consider doing a triathlon. After looking behind me to see who he was talking to, then realizing it was me, I responded by saying I was not capable. He kept bringing it up from time to time and finally caught me when my brain was replaced by mush. I turned to my husband and said "If I can run five miles after a cycle class, I'm signing up for a triathlon this summer." Jon looked a little worried, but knew better than to stop me. I ran the five miles and ignored the fact that I could not walk for three days. I trained myself (very poorly) from January to June, bought my first new road bike in twenty-five years, and did my first tri in July 2003 at the age of 51. I had never even run a 5K race before. The first thing I said upon completing it was "That was HARD" and "What FUN!" I loved the chaos of people coming and going, the frantic swim and comical transitions (mine still are). The biggest surprise was that I did not come in last and there were several younger people behind me. I was hooked.

There are so many things that I love about triathlon. I love the connection to play when I ride my bike or swim the lake (running is still work). I love the independence of

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

it. It has been a lifesaver for handling the challenges that life continues to toss my way. The only one who benefits from it is me! It is the most self-involved thing I have ever done. I'm now an official "it's all about me" triathlete and can bore anyone to tears with talk of training and racing. And I love the people it has brought into my life.

I've always had a strong independent streak and through triathlon I've learned that I can't do it all alone. (You would think I would learn this lesson earlier in life – running is not the only thing I am slow to grasp!) Now and then I take a moment to reflect on the people God has put in front of me over the course of time to help. From the first instructor to suggest it, to my biking partner, running partner, friends who offer encouragement and support, husband who tolerates my indulgences, and even my son whose life choices put me in a state of extreme stress that led me to needing the demands of triathlon training, I am grateful to them all. By the end of last summer I had trained myself into the ground and was in a cycle of injury and illness that left me weak. I met Dorothy Hamburg and hired her as my trainer. My progress ever since has been remarkable and I feel healthy and strong, though speed still eludes me. I recently met up with a distance swim partner and we spend Sunday mornings swimming two-miles at a remote lake – my kind of church! I met a high school alum who was president of the Orange Country Bike Club and suggested I join. I spend several Saturday mornings riding with the OCBC "Killer B" riders. I've been fortunate to have great swim coaches, run coaches, weight trainers, and an unending supply of free advice from others. Do some people think I'm crazy? Of course! But that's only because they haven't met all of you! I'm small potatoes by comparison.

All kidding aside, I will always remain gratitude in motion.

Accomplishments:

2004 Danksin Tri – 3rd place age group

2005 Brandywine Duathlon – 3rd place age group

2005 Trooper Duathlon – 1st place age group

2005 Tupper Lake Sprint – 7th 40-55 age group (1st 50-55 age group)

and in an attempt to improve my running:

2004 Shamrock Scramble 5K – 2nd place age group

2005 Taconic RR 10K – 1st place age group

2005 Shamrock Scramble 5K – 1st place age group

Thanks, Ro!

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

2005 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 "calendar.")

MAY

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/1/05) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k www.set-upinc.com

Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 www.nytc.org

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/15/05) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com/devilman.html

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/15/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)
www.piranha-sports.com/devilman.html

Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/22/05) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/22/05) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Pawling Triathlon-Pawling, NY (6/4/05) S 1/3mi., B 13mi., R 3mi. www.nytc.org

©Hudson Valley Triathlon Club-www.hvtc.net

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Mooseman Sprint Triathlon Festival-Wellington State Park, NH (6/4/05) S ¼ mi., B 15 mi., R 3.5 mi.(Special National Championship Qualifier) www.timbermantri.com

Mooseman Xterra Triathlon-(Wellington State Park) Bristol, NH (6/5/05) S ¼ mi., B 5.5 mi., R 3 mi. www.timbermantri.com

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/5/05) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Mighty Montauk Triathlon-Montauk, NY (6/11/05) S 1mi, B 20mi, R 6.2mi www.swimpower.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/12/05) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

HVTC Summer Tri-Series #1-Rosendale, NY (6/15/05) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k www.americansportsevents.com

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/05) S 1.5k, B 40k, R 10k www.patgriskustri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/19/05) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake “Sprint” Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/26/05) S 1.5k, B 40k, R 10k www.phillytri.com

©Hudson Valley Triathlon Club-www.hvtc.net

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

JULY

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/6/05) S .5 mi., B 10.5 mi., R 5k
www.patgriskustri.com

New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k www.nyctri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/10/05) S 1.5k, B 40k, R 10k www.vermontsun.com

HVTC Summer Tri-Series #2-Rosendale, NY (7/13/05) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Newburyport Sprint Triathlon-Newburyport, MA (7/16/05) S ½ mi., B 13.5 mi., R 3 mi. www.newburyporttriathlon.com

Try the Tri-Danbury, CT (7/16/05) S 500 yds., B 12 mi., R 5k
www.americansportsevents.com

Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k
www.trifitness.net

Hudson Valley Triathlon-Kingston, NY(7/17/05) S 1.5k, B 26 mi., R 10k www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/17/05) R 2 mi., B 26 mi., R 10k www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/17/05) S 325 yds., B 11.5, R 3.25
www.pinebushtriathlon.org

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/24/05) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/24/05) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/05) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Grafton Lakes Off Road Triathlon-Grafton, NY (8/7/05) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

USAT National Age Group Championships-Kansas City, MO (8/13/05) S 1.5k, B 40K, R 10K www.usatriathlon.org

West Point Triathlon-West Point, NY (8/14/05) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/14/05) S 1.5k, B 40k, R 10k www.trifitness.net

19th New York Triathlon Race #2-Harriman State Park, NY (8/14/05) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Lake Dunmore Triathlon-Salisbury, VT (8/14/05) S .5 mi., B 28 mi., R 5 mi.
www.vermontsun.com

HVTC Summer Tri-Series #3-Rosendale, NY (8/17/05) S 700 yds, B 12 mi, R 2 mi.
www.hvtc.net.

Try the Tri-Danbury, CT (8/20/05) S 500 yds., B 12 mi., R 5k
www.americansportsevents.com

Timberman Sprint Triathlon-Gilford, NH (8/20/05) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Greater Hartford Triathlon-New Hartford, CT Brodie Park (8/28/05) S 1 mi., B 23.8 mi., R 6.2 mi. www.catstri.com

Cranberry Country Triathlon-Lakeville, MA (8/28/05) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Cinco Ranch Triathlon-Katy, TX (8/28/05) S 850 meters, B 20 mi., R 5 mi. (USA Triathlon National Club Championship) www.cincotri.com

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/28/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

SEPTEMBER

Boston Triathlon (Sprint)-Boston, MA (9/4/05) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

S.O.S.-New Paltz, NY(9/11/05) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

Firmman Rhode Island (9/11/05) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Lobsterman Triathlon-Freeport, ME (9/11/05) S 1.5k, B 40k, R 10k www.lobstermantriathlon.com

Saratoga Lake Triathlon-Saratoga, NY (9/11/05) S 1.5k, B 40k, R 10k www.cdtriclub.org/saratoga_triathlon.htm

HVTC Summer Tri-Series #4-Rosendale, NY (9/14/05) S 700yds., B 12 mi., R 2mi. www.hvtc.net.

Pine Bush Triathlon-Pine Bush, NY (9/17/05) S 325 yds., B 11.5 mi., R 3.25 mi. www.pinebushtriathlon.org/

Danskin Triathlon-Sandy Hook, NJ (9/17-18/05) www.danskin.com

Mighty Hamptons-Sag Harbor, NY (9/18/05) S 1.5k, B 38k, R 10k www.swimpower.com

Skylands Triathlon-Clinton, NJ (9/18/05) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Westchester Triathlon-Rye, NY (9/25/05) S 1.5k, B 40k, R 10k www.westchestertriathlon.com

Granite Ledges Triathlon-Wellington State Park, NH (9/25/05) S 1.5k., B 44k, R 10k www.timbermantri.com

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

OCTOBER

Colonial Series-Danbury, CT (10/1/05) S 1.5K, B 40K, R 10K

www.americansportsevents.com

Mightyman ½ Ironman Triathlon-Montauk, NY (10/2/05) S 1.2mi., B 56mi., R

13.1mi. www.swimpower.com

Ironman Triathlon World Championship (10/15/05) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/22/05) S 1.5k, Mtn. B 30k, R 11k

www.xterraplanet.com

NOVEMBER

Ironman Florida-Panama City, FL (11/5/05) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironmanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/?/05) 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?!?!?**

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

RESULTS

Ironman New Zealand-Taupo, New Zealand (3/4/05) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironman.co.nz

Overall Female: Joanna Lawn 9:30:14 (CR-course record)

Overall Male: Cameron Brown 8:20:15 (CR)
Terry Kerrigan (38th overall) 9:37:27

Pine Hill Arms Triathlon-Pine Hill, NY (3/19/05) Ski 2 mi., B 10 mi., R 3 mi.

www.pinehillarms.com

Overall Female: Meredith Nitzberg 1:02:55
Mary DeNitto (2nd FOverall) 1:03:12
Jeanne Roth (3rd F30-39) 1:19:44

Overall Male: Alex Sherwood 0:46:48
Mike Halstead (2nd Overall) 0:47:35
Charles Pegg (3rd Overall) 0:50:21
Jimmy Buff 0:54:15
Bill Shashaty (3rd M30-39) 0:56:26
Bill Pape (2nd M50-59) 0:57:49
Carlos Perez 1:00:39
Donald Roth 1:09:16

El Gran Trialo (The Grand Triathlon)-Joyuda, Puerto Rico (3/20/05) S 1.8k, B 40 mi., R 10 mi. www.elgrantriale.com

Overall Female: Diana City 4:07:17
Mari Flores (1st F30-34) 4:28:29

Overall Male: Carlos Lomba 3:15:15

Azalea Festival Triathlon-Wilmington, NC (4/2/05) S 300 yds., B 20k, R 5k www.set-upinc.com

Overall Female: Rebecca Moore 0:59:08
Linda Rosenthal (3rd F55-59) 1:36:02

Overall Male: Sonni Dyer 0:51:24

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Brandywine Duathlon-Delaware City, DE (4/16/05) R 5k, B 30k, R 5k www.piranha-sports.com

Overall Female: Suzanne Huelster 1:33:11
Dorothy Hamburg(3rdF40-44)1:57:50
Rosemarie Hunt (3rd F50-54) 2:04:57

Overall Male: Spencer Smith 1:16:58

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/1/05) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

Overall Female: Joanna Zeiger 4:44:47

Overall Male: Shane Reed 4:10:41
*Mike Halstead (2nd M35-39)4:39:19
**Myron BakerSr(1stM55-59)5:34:43

*Qualified for Ironman Triathlon World Championship in Kona, HI (3rd Year!)

**Qualified for Ironman Triathlon World Championship in Kona, HI (6th Year!)

Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k www.set-upinc.com

Overall Female: Tamara Kozulina 2:26:48

Overall Male: Greg Watson 2:06:32
John McGovern (9th Overall) 2:13:40

Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 www.nytc.org

Overall Female: Barbara Sessa 1:10:40.5
Pam Neimeth (2nd F 45-49) 1:20:49.7
DorothyHamburg(1stF40-44)1:24:27.8
Ro Hunt (1st F5054) 1:28:39.9
Michele Yasson(3rd F45-49) 1:35:40.9

Overall Male: John McGovern 0:59:30.2
Mike Halstead (2nd Overall) 1:00:33.8
Alex Sherwood (3rd Overall)1:01:36.0
Mark Wilson (1st M35-39) 1:03:40.7
RonnieSeverino(2ndM35-39)1:06:10.9
Charles Pegg (3rd M35-39) 1:06:59.0

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Tom deHaan (2 nd M40-44)	1:07:57.0
Mike Vance (2 nd M18-24)	1:07:59.5
Bob Gramling (2 nd M45-49)	1:09:21.1
Bill Pape (1 st M55-59)	1:10:53.0
Bill Shashaty	1:11:53.4
Bill Norton (2 nd M 50-54)	1:11:58.7
Jason O'Neill (3 rd M25-29)	1:12:23.2
Carlos Perez	1:21:09.8
Harry Hansen	1:30:08.9
Brian Lavender	1:37:20.3

Powerman Ohio-Lexington, OH (5/15/05) R 8k, B 57k, R 8k

www.powermanohio.com

Overall Female: Andrea Ratkovic 2:48:34

Overall Male: Josh Beck 2:26:20
John McGovern (4th Overall) 2:35:41

SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.genesisadventures.com

Overall Female: Mimi Boyle 5:36:37
Jeanne Roth 8:17:59

Overall Male: Mike Llerandi 4:53:57
Terry Kerrigan (4th Overall) 5:05:28
Henry Collins (1st Clydes.) 6:20:06
Donald Roth 7:44:31

Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi.

www.transitiontimes.com

Overall Female: Irina Ryjova 1:33:51
Julie Pape (1st F60-64) 2:22:54

Overall Male: Doug Clark 1:14:21
Mike Halstead (2nd Overall) 1:16:27
Mike Vance (1st M20-24) 1:29:05
Bill Pape (1st M55-59) 1:30:49
Myron Baker Sr.(2nd M55-59)1:32:02
Bill Norton (1st M50-54) 1:33:26

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Florida Half Ironman-Orlando, FL (5/22/05) S 1.2 mi., B 56 mi., R 13.1 mi.

www.floridahalfironman.com

Overall Female: Natascha Badmann 4:23:17
Mary DeNitto (2nd F55-59) 5:47:48

Overall Male: Simon Lessing 3:52:06
*Alex Sherwood(3rd M30-34)4:20:28

*Qualified for Ironman Triathlon World Championship in Kona, HI (1st Time!)

ITU Long Distance Duathlon World Championships-Barcis, Italy (5/29/05) R 16.5k,

B 80k, R 11k www.valcellinatriathlon.com

Overall Female: Erika Csomor 4:14:33

Overall Male: Benny Vansteelant 3:40:59
John McGovern(4th M40-44) 4:09:37

Pawling Triathlon-Pawling, NY (6/4/05) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Overall Female: Christine Dunnery 1:09:06
Kathryn Loyer (1st F35-39) 1:17:16
Sandy Mancuso-Lopez(2nd F45-49)1:22:09
Star Walters (3rd F50-54) 1:25:44
Dorothy Hamburg(3rd F40-44)1:26:12
Jan Pollo 1:28:36
Ro Hunt 1:30:29
Mindy Enochs 1:35:32

Overall Male: Matthew Thibodeau 1:01:25
Mark Wilson (1st M35-39) 1:04:44
Bob Gramling (1st M45-49) 1:10:31
Gary Walters 1:15:26
Mike Kristofik 1:17:29
Andrew Colyer 1:25:46
Rich Schatteles 1:30:50
Tom Gill 1:31:47
Ross Enochs 1:34:39
Steve Fischer 1:44:58

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Ludlow Boys & Girls Triathlon-Ludlow, MA (6/5/05) S ½ mi., B 14, R 4 www.firm-racing.com

Overall Female: Donna Kay-Ness 1:13:56

Overall Male: Dean Phillips 1:08:53
John Jasinski 1:25:16

Mighty Montauk Triathlon-Montauk, NY (6/11/05) S 1mi, B 20mi, R 6.2mi www.swimpower.com

Overall Female: Magdalena Stovickova 1:58:52

Overall Male: Jean-Paul Gowdy 1:51:48
Greg Sautner (2nd Overall) 1:51:52
Terry Kerrigan (3rd Overall) 1:52:12

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Overall Female: Amity Hall 2:29:57

Overall Male: Ben Delia 2:12:42
Mike Vance 2:35:55

Blackwater Eagleman Triathlon-Cambridge, MD (6/12/05) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:21:00
Barbara Sessa (2nd F40-44) 5:13:21
*Mary DeNitto (1st F55-59) 5:34:12

*Qualified for Ironman Triathlon World Championship in Kona, HI (4th Time!)

Overall Male: Luke Bell 3:53:53
Charles Pegg 4:47:02
Mark DeLuccia 4:57:15
Rob Zittle 5:02:49
Bob Bompa 6:35:37

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

19th Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:23:05
	Jeanne Roth	1:50:41
<u>Overall Male:</u>	Jesse Kropelnicki	1:13:41

2005 USAT Duathlon National Championship-Mason, OH (6/12/05) R 10k, B 40k, R 5k
www.usatriathlon.org

<u>Overall Female:</u>	Talis Apud-Martinez	2:05:01
<u>Overall Male:</u>	Timothy Menoher	1:51:30
	John McGovern (2 nd M40-44)	1:59:49

HVTC Summer Tri-Series #1-Rosendale, NY (6/15/05) S 700 yds., B 12 mi., R 2 mi.

www.hvtc.net (Please see website. Thanks!)

Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k

www.americansportsevents.com

<u>Overall Female:</u>	Jeanette Shelow-MacDougal	1:09:26
	Sandy Mancuso-Lopez (1 st F45-49)	1:18:23
	Pam Neimeth (2 nd F45-49)	1:20:09
	Melinda Hitchcock (1 st Athena)	1:24:57
<u>Overall Male:</u>	Alister Ratcliff	1:01:23
	Mark Wilson (2 nd Overall)	1:01:34
	Andrew Colyer	1:22:00
	Tom Gill (3 rd M50-54)	1:28:20

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/05) S 1.5k, B 40k, R 10k

www.patgriskustri.com

<u>Overall Female:</u>	Donna Kay-Ness	2:19:18
<u>Overall Male:</u>	Alex Sherwood	2:06:18

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

<u>Overall Female:</u>	Isabelle Gagnon	5:01:59
	Mari Flores	5:42:50
	Jean Norton	5:52:07
	Dorothy Hamburg	6:42:33
	Michele Yasson	7:00:41
	Jan Pollo	7:17:40
	Jeanne Roth	7:30:47

<u>Overall Male:</u>	Travis Kuhl	4:13:54
	Terry Kerrigan (3 rd M35-39)	4:36:44
	Bill Pape (4 th M55-59)	5:21:30
	Tom deHaan	5:29:54
	Henry Collins	5:44:30
	Gary Walters	5:55:05
	Bill Norton	5:58:05
	Michael Hargrove	6:20:05
	Patrick Murphy	6:25:43
	John Wheeler	7:17:40
	Larry Phillips	DNF
	Donald Roth	DNF

Tupper Lake "Sprint" Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

<u>Overall Female:</u>	Amy Farrell	2:04:25
	Pam Neimeth (4 th F40-59)	2:29:27
	Ro Hunt	2:41:36

<u>Overall Male:</u>	William Drexler	1:53:10
	Mike Vance (4 th M20-39)	1:59:31
	Mark Wilson (5 th M20-39)	2:04:45
	Greg Bayer (4 th M40-59)	2:18:47

Philadelphia Triathlon-Philadelphia, PA (6/26/05) S 1.5k, B 40k, R 10k www.phillytri.com

<u>Overall Female:</u>	Margaret Shapiro	2:10:34
-------------------------------	------------------	---------

<u>Overall Male:</u>	Christopher Martin	1:58:50
	Mark DeLuccia	2:16:51
	Rob Zittle	2:26:07

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Westchester Medical Center Biathlon-Westchester, NY (6/26/05) R 2 mi., B 16 mi., R 2 mi. www.nytc.org

Overall Female: Barbara Sessa 1:08:11

Overall Male: John McGovern 0:59:22

Nissan Xterra Triathlon (Northeast Championship)-Richmond, VA (7/3/05) S .5 mi., Mtn. B 18 mi., R 6 mi. www.xterraplanet.com

Overall Female: Melanie McQuaid 2:19:48

Overall Male: Conrad Stolz 1:59:42
Mike Halstead 2:48:52
Jimmy Buff 3:02:28

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/6/05) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

Overall Female: Donna Kay-Ness 1:02:34
Kathryn Loyer (2nd F35-39) 1:13:05

Overall Male: Paul Fritzsche 0:56:03
Mark Wilson 1:03:38
Michael Russo 1:14:10
Steve Axelson (3rd M55-59) 1:14:19
Greg Bayer 1:15:23
Tom Gill 1:30:13

Powerman Levis-Levis, Quebec (7/8-9/05) R 10k, B 156.2k, R 30k www.triathlon-levis.com

Overall Female: Chercuitte Louise 10:20:55

Overall Male: John McGovern 06:58:20

New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k www.nyctri.com

Overall Female: Julie Swail 1:58:52
Mary DeNitto (1st F55-59) 2:39:00

Overall Male: Jared Shoemaker 1:49:46
Charles Pegg (3rd M35-39) 2:04:35
Don Davis (1st M60-64) 2:31:47

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Triangle Triathlon-Morrisville, NC (7/10/05) S 750 meters, B 15, R 5k www.set-upinc.com

Overall Female: Alicia Parr 1:10:14
Linda Rosenthal (3rd F55-59) 2:02:27

Overall Male: Daniel Williams 1:00:29

Vermont State Triathlon-Branbury State Park-Salisbury, VT (7/10/05) S 1.5k, B 40k, R 10k www.vermontsun.com

Overall Female: Maria Cimonetti 2:28:58

Overall Male: Zachary Soucy 2:15:44
Tom deHaan (2nd M40-44) 2:29:07

HVTC Summer Tri-Series #2-Rosendale, NY (7/13/05) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net. (Please see HVTC website. Thanks!)

Try the Tri-Danbury, CT (7/16/05) S 500 yds., B 12 mi., R 5k www.americansportsevents.com

Overall Female: Jeanette Shelow-MacDougall 1:08:40
Kathryn Loyer (2nd Overall) 1:12:59
Mari Flores (1st F30-34) 1:15:53
Pam Neimeth (1st F45-49) 1:18:02
Melinda Hitchcock ?
Linda Rosenthal (3rd F55-59) 1:50:06

Overall Male: Sproule Love 1:00:27
Mark Wilson (1st M35-39) 1:02:57
Tom Gill (3rd M55-59) 1:33:54

Musselman Triathlon (Half-IM)-Geneva, NY (7/17/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Overall Female: Donna McMahon 4:53:06

Overall Male: Ryan Jones 4:23:02
Terry Kerrigan (2nd Overall) 4:28:18
Greg Sautner (5th Overall) 4:33:26
Alex Sherwood (1st M30-34) 4:37:12
Steve Axelson (3rd M55-59) 5:38:59

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Musselman Triathlon (Sprint)-Geneva, NY (7/17/05) S 500 yd., B 15 mi., R 3 mi.

www.musselmantri.com

Overall Female: Kim Comeau 1:12:47

Overall Male: PJ Deschenes 1:03:30

Willie Miller (3rd M40-44) 1:16:24

Mike Vance 1:16:34

Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k

www.trifitness.net

Overall Female: Patsy Thomas 1:05:58

Overall Male: Brent Perdrizet 0:58:58

Andrew Colyer 1:18:52

Hudson Valley Triathlon-Kingston, NY(7/17/05) S 1.5k, B 26 mi., R 10k www.nytc.org

Overall Female: Jean Norton 2:27:54

Barbara Sessa (2nd Overall) 2:29:56

Mary DeNitto (1st F55-59) 2:45:38

Michele Yasson (1st F45-49) 3:00:14

Overall Male: Mike Halstead 2:08:42

Ronnie Severino (2nd Overall) 2:10:56

Mark DeLuccia (3rd Overall) 2:18:12

Michael Russo (1st M35-39) 2:36:45

Jim Wendel 3:04:54

Hudson Valley Biathlon-Kingston, NY(7/17/05) R 2 mi., B 26 mi., R 10k www.nytc.org

Overall Female: Maggie Freeman 2:21:32

Overall Male: Josh Beck 1:55:17

John McGovern (3rd Overall) 2:02:21

Bob Gramling (1st M45-49) 2:16:01

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/24/05) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Heather Fuhr 09:45:06
Jeanne Roth 15:18:38

Overall Male: Tony DeLogne 08:56:11
Charles Pegg 11:06:45
Mark Wilson 11:35:17
Tom deHaan 11:54:19
Henry Collins 12:17:39
Bill Shashaty 12:49:12
Greg Bayer 13:48:04
Donald Roth 14:53:21

2004 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. Mossman Triathlon, Cranberry Country Triathlon and Timberman Half Ironman.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>Nat'l A.G. Plc.</u>	<u>Nat'l Ranking</u>
John McGovern AA	M40-44	1	97.5498 (Duathlon)
Greg Sautner AA	M25-29	8	94.0000
Alex Sherwood HM	M25-29	66	89.0267
Mike Halstead HM	M35-39	265	84.6424
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
Myron Baker Sr. AAM	M55-59	26	81.2402
Bill Pape AA	M55-59	28	81.0008
Kathryn Loyer HM	F35-39	112	77.9227
Bill Shashaty	M35-39	1563	71.6261
Donald Roth	M35-39	2374	63.6986
Jeanne Roth	F30-34	968	59.7063

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

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

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

2004 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

- 2004 HVTC Volunteer of the Year Award: **Ray Grehl**
 - 2004 HVTC Most Improved Award: **Mary Lockett**
 - 2004 HVTC Rookie of the Year Award: **Jeanne Roth**
 - 2004 HVTC Honorable Mention Award: **Mary DeNitto**
 - 2004 HVTC Honorable Mention Award: **Sandy Mancuso-Lopez**
 - 2004 HVTC Honorable Mention Award: **Myron Baker Sr.**
 - 2004 HVTC Honorable Mention Award: **John McGovern**
 - 2004 HVTC Female Triathlete of the Year Award: **Lauren Warren**
 - 2004 HVTC Male Triathlete of the Year Award: **Greg Sautner**
- Awards are distributed based on race results reported to mark@hvtc.net

PAPE'S PARTICULARS

By Bill Pape

Stay Tuned!

The Outdoor Life Network (OLN) To Feature Ironman Qualifying Events

Those who were unable to experience this year's Ironman Triathlon events firsthand will get their chance to watch the sportsmanship and raw emotion of Ironman as the Outdoor

Life Network (OLN) will air seven of the 2005 Ironman qualifying events this Fall. Extending last year's agreement for another three years, OLN will air an Ironman event each Sunday at 3:00 p.m. EST, during the months of October, September and December.

Viewers will get a glimpse into both domestic and international races, with the unique opportunity to see a range of Ironman venues. Additionally, each telecast will re-air the following week, and exact times may be found in local listings.

- St. Croix Half Ironman Triathlon Sunday, September 18
- Ironman New Zealand Triathlon Sunday, September 25
- Ford Ironman Arizona Triathlon Sunday, October 9
- Ford Ironman USA Coeur d'Alene Triathlon Sunday, October 16
- Ford Ironman USA Lake Placid Triathlon Sunday, October 23
- Ford Ironman Wisconsin Triathlon Sunday, October 30
- Ford Ironman Florida Triathlon Sunday, December 18

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

CLASSIFIEDS

Triathlon Coach. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, Pose Method of Running Level II Certified Coach and Serotta Bike Fit Technician at 845-679-8602 or mark@hvtc.net. Call or e-mail today!

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.

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 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.

ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 2nd, 2005; Closing Day-Monday October 31st, 2005; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **2005 HVTC Summer Tri-Series.** 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).
- **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.
- **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 \$125.00 membership is valid from January 1st-December 31st.**

SPONSOR BEAT

*** METZE PUBLICATION DESIGN *** www.metzedesign.com
*** LAKE KATRINE ANIMAL HOSPITAL *** Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES *** Lake Katrine, NY (845-382-BIGG)
*** PEAK PERFORMANCE SPORTS *** www.hvsports.net

Hudson Valley Triathlon Club

Volume V, Issue No. 8 August 2005

*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** KINGSTON CYCLERY ***	www.kingstoncyclery.com
*** WORLD WIDE AQUATICS ***	www.worldwideaquatics.com
*** TRIATHLONBAG.COM ***	www.triathlonbag.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** TABLE ROCK TOURS & BICYCLES ***	www.tablerocktours.com
*** POSE TECH ***	www.posetech.com
*** METROTRI.COM ***	www.metrotri.com
*** WILLIAMS LAKE HOTEL ***	www.willylake.com
*** HAMMER NUTRITION, LTD. ***	www.e-caps.com
*** BICYCLE DEPOT ***	www.bicycledepot.com
*** PLACID PLANET BICYCLES ***	www.placidplanetbicycles.com
*** ENDLESS POOLS ***	www.endlesspools.com
*** ADIRONDACK SPORTS & FITNESS ***	www.adksportsfitness.com
*** MAIN STREET BISTRO ***	www.mainstreetbistro.com
*** OVERLOOK MOUNTAIN BIKES ***	www.overlookmountainbikes.com
*** SIGNATURE CYCLES ***	www.signaturecycles.com
*** XTERRA WETSUITS ***	www.xterrawetsuits.com
*** OPTICAL ILLUSIONS ***	www.scottschaffrick.com
*** SPORTFRAMES ONLINE ***	www.sportframesonline.com
*** FAST TRACK ***	www.fasttrackonline.com
*** ROADID.COM ***	www.roadid.com
*** USAT NORTHEAST REGION ***	www.usat-ne.org
*** BULLFROG SUNBLOCK ***	www.bullfrogsunblock.com
*** INSIDE TRIATHLON ***	www.insidetriathlon.com
*** WINGNUTGEAR ***	www.wingnutgear.com
*** FITNESS UNLIMITED ***	www.fitnessunltd.com
*** HEADSWEATS ***	www.headsweats.com
*** DR. DAVID NESS ***	www.drness.com
*** TRIFUEL.COM ***	www.trifuel.com
*** JENNIFER MAY PHOTOGRAPHY ***	www.jennifermay.com
*** VERMONT SUN TRIATHLON SERIES ***	www.vermontsun.com

THANK YOU SPONSORS!!!