

# Hudson Valley Triathlon Club

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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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Volume III, Issue No. 12

December 2003

## IN A FEW WORDS

Dear Triathletes,

Happy New Year!! It seems like yesterday we were discussing the ramifications of Y2K. I guess it's gonna be okay; which means more swimming, biking and running for us! Hopefully, the few pounds you've gained these past couple of weeks will be easily shed with your long runs, etc. Triathlon is hotter than ever, so be sure to register for those races you've got planned for 2004. And speaking of races, the HVTC Williams Lake Summer Tri-Series will be a point series this year! So, watch for details in the January newsletter. Until then...See ya out there! Be well.

Sincerely,



Mark Wilson

Founder/President, Hudson Valley Triathlon Club

Total Immersion-Director of Coaching Development & Triathlon Camps

POSE Method of Running Certified Coach

USA Triathlon Certified Coach

**HUDSON VALLEY TRIATHLON CLUB**



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**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: Larry Arvidson**  
**By Mark Wilson**

Have you ever wanted to be the first 80 year old to finish the Hawaii Ironman before the midnight cut-off? Have you ever wanted to be the champ of your age group? Can you imagine telling someone you've been doing triathlons longer than they've been alive? Well, the first one must be lingering in the back of Larry Arvidson's mind, the second he's already achieved and the third...well, it may not be a priority but he's not slowing down and it doesn't seem like he'll be retiring from triathlon anytime soon! Larry's sense of humor is an added bonus to his ever-successful triathloning, too. Here's his story.

Larry was born in Moline, IL in 1942 and attended Grand Island High School in Nebraska. At Grand Island he participated in gymnastics and specialized on the parallel bars. He went to the University of Nebraska and studied Zoology and then to the University of Connecticut-Marine Ecology. He lives in Rosendale with his wife Sandra

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and has raised three kids; Josh, Jesse and Erin. Josh, a talented cyclist in his own rite, recently climbed Ama Dablam. Jesse is a Jr. College All-American baseball player and Erin is a Division II gymnast. That's some solid genetics! Larry's occupation is "Cost-of-Service Analyst" for Central Hudson Gas & Electric. Besides triathlon he enjoys rock-climbing, fishing and scuba diving.

His first triathlon was in 1992 at the Pawling Triathlon...or was it the Highland Triathlon? As Larry puts it, he's "too old to remember." He acknowledges that there are those who think he's nuts for doing triathlons although he doesn't mention any names. It's probably a good idea to keep the names confidential to protect the innocent, like Larry! Here's a story for ya. One year while driving back from the Pawling Tri with Myron Baker Sr. a bird's head landed in Larry's lap. The bird flew into the spokes of one of the bikes fastened to the top of the car, was decapitated and fell through the sun-roof. Nasty!

Larry credits Art Stockin (SUNY New Paltz Hall of Fame swim coach) for getting him involved in the sport. In fact, occasionally you can see Art himself at local races. (We've got an amazing athletic community here in the Hudson Valley. But, that's another story.) Triathlon helps Larry maintain a high fitness level, and it shows at 61!! His comic spirit doesn't hurt, either. When asked how he feels after a triathlon his response is "Hot and sweaty, don't you?" And he never recommends triathlon to anyone unless they're "female" or "not in my age group."

Larry is quite an accomplished triathlete. He's completed triathlons such as; Pawling, Highland, West Point, Vermont Sun, Greater Hartford, SOS, Hudson Valley, Empire State Senior Games, National Senior Games, Crystal Lake, Catalina (CA) and Pine Hill Arms, to name a few. In 2002 Larry won his age group in these races; Empire State Senior Games, West Point and Greater Hartford. In 2003; AARP Rochester Tri, West Point and the Catalina Tri. He humbly states that he'll defend his West Point Age Group Title until Don Davis enters his category. Hey, ya never know, Larry! Also, what would a triathlete do without his 3 basic food groups; Spanish peanuts, mozzarella and coke. Yummy! There's always the dog to blame. And, Larry admits to thinking of his job more than triathlon. (What a shame. Someone better have a talk with him.)

Lastly, Larry would like to take credit for creating two of our club's successful Ironman athletes! He says he taught Myron Baker Sr. how to ride a bike and swim. That's it. He also led Mary DeNitto to buy her first tri-bike. The two of them parked near Pace University and ran across the Brooklyn Bridge to R&A cycles where she bought a bike, and rode it back across the bridge to Manhattan...while Larry ran beside her. There ya have it! Thanks, Larry.

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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](http://www.usatriathlon.org) and click "events," then "events calendar.")

## 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](mailto: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?  
have it!)
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?** (Even if you think I

## RESULTS

### St. Croix Half Ironman-U. S. Virgin Islands (5/4/03) S 1.2mi., B 56mi., R 13.1mi.

[www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)

**Overall Female:** Sue Bartholomew William 4:37:31

**Overall Male:** Craig Alexander 4:08:13  
Bill Pape (2<sup>nd</sup> M55-59) 5:47:20

### King of the Hill Xterra Triathlon-Lebanon NJ (5/17/03) S .5 mi., B 12 mi., R 4 mi.

**Overall Female:** Marjan Huizing 1:47:33

**Overall Male:** Eric Bowker 1:33:40  
Mike Halstead (3<sup>rd</sup> overall) 1:37:10  
Jimmy Buff (3<sup>rd</sup> M40-49) 1:53:00  
Myron Baker Sr. (1<sup>st</sup> M50-59) 1:56:03

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## Mighty Montauk Triathlon-Montauk, NY (6/07/03) S 1mi, B 20mi, R 6.2mi

[www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Donna McMahon 1:58:41

**Overall Male:** Chuck Sperazza 1:44:49

Terry Kerrigan (2<sup>nd</sup> overall) 1:47:36

Andrew Schupak 2:04:25

## Blackwater Eagleman Triathlon-Cambridge, MD (6/8/03) S 1.2mi, B 56mi, R13.1mi

[www.tricolumbia.org](http://www.tricolumbia.org)

**Overall Female:** Lori Bowden 4:21:53

**Overall Male:** Luke Bell 3:47:15

Thomas deHaan 4:53:06

Mary DeNitto (1<sup>st</sup> F55-59) 5:25:35

Rich Barkan 5:42:53

## 18<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/8/03) S ?, B ?, R ?

[www.nytc.org](http://www.nytc.org)

**Overall Female:** Claudia Kretschman 1:20:18

**Overall Male:** Arland Macasieb 1:13:34

Mark Vesery (6<sup>th</sup> M40-44) 1:24:06

Greg Bayer 1:34:29

Harry Hansen (9<sup>th</sup> M50-54) 1:40:58

Michael Hargrove 1:43:23

George Prisco 1:43:26

Dan Bigelow (7<sup>th</sup> M55-59) 1:47:23

Robert Leghorn 1:48:27

John Wheeler 1:50:01

Marshall Breite 1:50:11

## Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/8/03) S .5 mi., B 14 mi., R 4

[mi.www.firm-racing.com](http://mi.www.firm-racing.com)

**Overall Female:** Giovanna White 1:14:06

**Overall Male:** Dave Kane 1:08:11

John Jasinski 1<sup>st</sup> M50-54 1:26:09

[www.hvtc.net](http://www.hvtc.net)

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HVTC Williams Lake Sprint Tri-Series #1-Rosendale, NY(6/18/03)S700yds.,B 12 mi.,R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Thank You Volunteers! Rosa Wilson, Carlos Osorio, John Garcia, Myron Baker, Michele Yasson, Lauren Warren, Doug Thompson, Mary Lockett, Mike Halstead.

<u>Overall Female:</u>	Mary DeNitto	1:09:52
	Mary Grehl	1:11:38
	Sandy Mancuso-Lopez	1:15:40
	Mary Lockett	1:21:50
	Julie Pape	1:33:39

<u>Overall Male:</u>	Alex Sherwood	53:18
	Mike Halstead	54:38
	Henry Collins	55:48
	Tom deHaan	59:46
	Mark Vesery	1:00:22
	Bill Pape	1:02:42
	Jimmy Buff	1:04:18
	John Jasinski	1:04:51
	Doug Thompson	1:05:46
	Bill Shashaty	1:06:42
	Robert Leghorn	1:14:45
	Dan Bigelow	1:18:26
	Steve Fischer	1:34:04

Highland Triathlon-Yulan, NY(6/21/03) S .5 mi., B 15 mi., R 4 mi.

[www.transitiontimes.com](http://www.transitiontimes.com)

<u>Overall Female:</u>	Lauren Warren (6 <sup>th</sup> Overall)	1:30:21
	Michele Yasson 2 <sup>nd</sup> F40-44	2:00:18

<u>Overall Male:</u>	Bruce Cadenhead	1:23:12
	Andrew Schupak 1 <sup>st</sup> M35-39	1:29:19
	John Garcia	1:43:51

Tupper Lake Tinman Triathlon-Tupper Lake,NY(6/28/03)S1.2mi,B56mi,R13.1 mi.

[www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

<u>Overall Female:</u>	Marian Coke	4:44:24
	Mary Grehl	5:49:41

<u>Overall Male:</u>	Damien Angus	4:06:10
	Henry Collins	5:12:07

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Dan Bigelow 6:49:11

Hudson Valley Triathlon-Kingston, NY(7/13/03)S 1.5k, B 40k, R 10k (New Distance)

[www.nytc.org](http://www.nytc.org)

Overall Female: Kathryn Bertine 2:31:53  
Lauren Warren 2<sup>nd</sup> F35-39 2:50:05  
Mary Grehl 4<sup>th</sup> F40-44 3:03:06  
Dorothy Hamburg 3:26:37  
Sandy Mancuso-Lopez 4<sup>th</sup> F45-49 3:38:52  
Michele Yasson 3:54:11  
Julie Pape 1<sup>st</sup> F55-59 4:30:00

Overall Male: Kirill Litovtsenko 2:05:31  
Michael Halstead(4<sup>th</sup>O'all)2<sup>nd</sup>M35-39 2:17:54  
Tom deHaan 1<sup>st</sup> M40-44 2:36:55  
Andrew Schupak 2:45:14  
Bill Pape 2<sup>nd</sup> M55-59 2:49:03  
Bill Shashaty 3:09:30  
John Wheeler 3:17:48  
Omer Alptekin 3:19:36  
Alan Shanker 3:28:16  
Steve Fischer 3:46:37

HVTC Williams Lake Sprint Tri-Series #2-Rosendale, NY(7/16/03)S700yds.,B 12 mi.,R 2 mi. [www.hvtc.net](http://www.hvtc.net)

Thank You Volunteers!!!! Bob Leghorn, Tom deHaan, Rosa Wilson, Carlos Osorio, Kim Thompson Park and Lucy McGovern.

Overall Female: Mary DeNitto 1:08:36  
Sandy Mancuso-Lopez 1:11:52

Overall Male: Greg Sautner 51:44  
John McGovern 55:24  
Doug Thompson 1:02:34  
John Jasinski 1:03:48  
Carlos Perez 1:05:23  
Bill Shashaty 1:05:41  
Dave Beaudry 1:06:44  
John Garcia 1:07:43  
Rich Barkan 1:09:36  
Larry Arvidson 1:09:55

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Steve Fischer 1:25:28

## Pine Bush Triathlon, Pine Bush, NY (7/20/03) S 325 yds., B 11.5, R 3.25

**Overall Female:** Mary Eggers 59:23  
Sandy Mancuso-Lopez 1:12:57

**Overall Male:** Greg Sautner 52:45  
Dan Bigelow 1:15:00

## Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/27/03) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://www.ironmanusa.com)

**Overall Female:** Heather Fuhr 9:51:55  
Kathryn Loyer (Nat'l Athena Champ) 12:43:38  
Suzanne Brink (14th F40-44) 12:47:31  
Mary DeNitto(1st F55-59) 13:00:31

**Overall Male:** Kirill Litovtsenko 8:46:15  
Myron Baker Sr.(5th M55-59) 11:05:08  
Tom deHaan 11:18:52  
Mark Wilson 11:27:33  
Henry Collins 14:18:56

## New York Triathlon Race #2-Harriman State Park,NY(8/10/03)S.5mi.,B16mi.,R3mi. [www.nytc.org](http://www.nytc.org)

**Overall Female:** Claudia Kretschman 1:24:31

**Overall Male:** Greg Sautner 1:08:14  
Greg Bayer 1:38:51

## HVTC Williams Lake Sprint Tri-Series #3-Rosendale, NY(8/13/03)S 700 yds,B 12 mi,R 2 mi. [www.hvtc.net](http://www.hvtc.net).

Thank You Volunteers! Mary Lockett, Rosa Wilson, Carlos Osorio, Myron Baker, Mark Vesery, Lauren Warren and Mary DeNitto.

Photos: Jen May and Jasper Mills.



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Overall Female: Sandy Mancuso-Lopez 1:13:03  
Michele Yasson 1:26:48  
Julie Westphal-Pape 1:39:15

Overall Male: John McGovern 55:03  
Mark Wilson 59:37  
Bill Pape 1:02:48  
John Jasinski 1:04:40  
Bill Shashaty 1:05:38  
Carlos Perez 1:07:47  
Greg Bayer 1:09:15  
John Garcia 1:09:35  
Larry Arvidson 1:10:02  
John Wheeler 1:12:27

## **Timberman Half-Ironman Triathlon-Gilford, NH(8/17/03)S1.2mi.,B56mi., R 13.1 mi. [www.timbermantri.com](http://www.timbermantri.com)**

Overall Femal: Lori Bowden 4:33:07

Overall Male: Peter Reid 4:00:21  
Omer Alptekin 5:49:38

## **West Point Triathlon-West Point, NY(8/17/03) S 800 m, B 25k, R 5k [www.usma.edu/uscc/dca/clubs/trit/index.html](http://www.usma.edu/uscc/dca/clubs/trit/index.html)**

Overall Female: Mark DeLeon 1:09:52

Overall Male: Danielle Sullivan 1:16:07  
John Wheeler 1:32:11

## **Cranberry Country Triathlon-Lakeville, MA(8/24/03) S 1.5 k, B 40k, R 10k (USAT New England Regional Club Championship)[www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)**

Overall Female: Caitlin Shea-Kenney 2:07:00

Overall Male: Bill Reeves 1:52:43  
Greg Sautner (4<sup>th</sup> overall) 1:57:42

## **Lake Dunmore Triathlon-Salisbury, VT (8/24/03) S .5 mi., B 27.5 mi., R 5 mi. [www.vermontsun.com](http://www.vermontsun.com)**

**[www.hvtc.net](http://www.hvtc.net)**

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Overall Female: Jennifer Miller 2:10:56

Overall Male: Mark Herbst 2:00:45  
Mark Wilson (3<sup>rd</sup> overall) 2:02:21

Great Keewaydin Triathlon-Keewaydin State Park(8/03)S 1mi., B 42mi., R 9.5 mi.

[www.vermontsun.com](http://www.vermontsun.com)

Overall Female: Amy Cashion 3:25:11

Overall Male: Franqui Jimenez-Marrero 3:11:51  
Bill Shashaty (4th M30-34) 4:22:17

Grafton Lakes Off Road Triathlon-Grafton, NY(8/10/03)S 0.9mi, Mtn B 14mi, R 5mi. [www.skyhighadventures.com](http://www.skyhighadventures.com)

Overall Female: Lynn Armstrong 2:32:57

Overall Male: Scott Gray 1:58:37  
Bill Shashaty 2:50:15

S.O.S.-New Paltz, NY(9/7/03) B 30mi., R 19mi., S 5mi.,R.7mi.[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

Overall Female: Christine Dunnery 4:57:41

Overall Male: Erik Grimm 4:17:58  
Dr. Mike Halstead (2nd M35-39) 4:51:23  
Alex Sherwood (1st M25-29) 4:55:22  
Thomas deHaan (3rd M40-44) 5:22:51  
Jimmy Buff 6:09:56  
Omer Alptekin 6:34:53  
Bill Shashaty 6:46:53  
David Beaudry (4th M50-54) 6:47:16

HVTC Williams Lake Sprint Tri-Series #4-Rosendale, NY(9/10/03)S 700yds., B 12 mi., R 2mi. [www.hvtc.net](http://www.hvtc.net).

Thank You Volunteers! Myron Baker, Carlos Osorio, Jasper Mills, Bill Pape, Bill Shashaty, Doug Thompson, Bob Leghorn, Steve Fischer, Greg Sautner, Mike Halstead and Drew Halstead.

Photos: Jen May, Jasper Mills and John Marstad.

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Women	Swim	T1 + Bike + T2	Total Time
Sandy Mancuso-Lopez	14:12	56:20	1:13:05
Barbara Sessa	12:21	1:00:58	1:18:52
Julie Pape	16:15	1:13:29	1:38:12

Men	Swim	T1 + Bike + T2	Total Time
Mark Wilson	11:08	45:25	58:37
Ronnie Severino	10:02	45:49	59:22
Doug Thompson	10:57	46:54	1:00:14
Bill Pape	11:16	47:40	1:01:53
Greg Bayer	12:23	51:12	1:06:48
Bill Shashaty	11:57	52:18	1:07:34
Larry Arvidson	11:34	52:46	1:09:05
John Garcia	14:30	56:10	1:09:41
John Wheeler	11:59	52:29	1:09:45
Bob Leghorn	14:36	58:20	1:13:46
Steve Fischer	16:42	1:07:19	1:26:46

## **Mighty Hamptons-Sag Harbor, NY (9/13/03) S 1.5k, B 38k, R 10k**

[www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Nicole Deboom 2:06:49

**Overall Male:** Kirill Litovchenko 1:57:36  
Terence Kerrigan (3<sup>rd</sup> overall) 2:02:11  
Gregory Sautner (4<sup>th</sup> overall) 2:02:44  
John Wheeler 2:45:53

## **Skylands Triathlon-Clinton, NJ (9/14/03) S ½ mi., B 14.1 mi., R 5k [www.lin-mark.com](http://www.lin-mark.com)**

**Overall Female:** Magdalena Stovickova 1:17:55  
Kathryn Loyer (4<sup>th</sup> F35-39) 1:29:59

**Overall Male:** Todd Wiley 1:06:40  
Bill Pape (1st M55-59) 1:20:34

## **Danskin Triathlon-Sandy Hook, NJ (9/14/03)**

**Overall Female:** TBA  
Julie Westphal-Pape (3<sup>rd</sup> F50-54) TBA

## **Firmman Rhode Island (9/7/03) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)**

[www.hvtc.net](http://www.hvtc.net)

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<b><u>Overall Female:</u></b>	Dede Griesbauer	4:39:07
<b><u>Overall Male:</u></b>	Peter Russo	4:12:52
	Greg Bayer	5:43:04

## Granite Ledges Triathlon- Bristol, NH (9/20/03) S 1.5k, B 44k, R 10k

**Overall Female:** Amory Rowe 2:18:10

**Overall Male:** Luc Morin 2:00:03

Bill Pape (1<sup>st</sup> M55-59) 2:25:38

## Lobsterman Triathlon-Freeport,ME (9/7/03) S 1.5k, B 40k, R 10k

**Overall Female:** Courtney Bennigson 2:13:33

**Overall Male:** Cristopher O'donnell 1:55:29

Gregory Sautner 2:07:46

## Westchester Triathlon-Rye, NY (9/21/03) S 1.5k, B 40k, R 10k [www.swimpower.com](http://www.swimpower.com)

**Overall Female:** Donna Kay-Ness 2:05:15

**Overall Male:** Ryan Jones 1:59:22

Gregory Sautner (3<sup>rd</sup> M25-29) 2:06:26

Andrew Schupak 2:20:55

Alan Shanker 2:43:20

## American Sports Events-Danbury, CT (10/4/03) S 1.5K, B 40K, R 10K

[www.americansportsevents.com](http://www.americansportsevents.com)

**Overall Female:** Kathryn Donovan 2:22:17

Kathryn Loyer (3<sup>rd</sup> Overall) 2:30:43

**Overall Male:** Chris Kule 2:02:24

Doug Thompson (2<sup>nd</sup> M35-39) 2:11:20

John Wheeler 2:42:42

## USAT National Age Group Championships-Shreveport, LA (10/04/03) S 1.5k, B 40K, R 10K [www.trinationals2003.com/raceresults](http://www.trinationals2003.com/raceresults)

**Overall Female:** Sabine Bildstein 2:07:03

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**Overall Male:** John Reback 1:55:58  
Bill Pape (4<sup>th</sup> M55-59) 2:17:42

**Ironman Triathlon World Championship (10/18/03) S 1.2 mi., B 112 mi., R 26.2 mi.**  
[www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)

**Overall Female:** Lori Bowden 9:11:55  
Mary DeNitto (10<sup>th</sup> F55-59) 13:58:39

**Overall Male:** Peter Reid 8:22:35  
Mike Halstead (70<sup>th</sup> M35-39) 10:15:45  
Myron Baker (6<sup>th</sup> M55-59) 10:51:00

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

**Overall Female:** Melanie McQuaid 2:57:08

**Overall Male:** Eneko Llanos 2:32:56  
Myron Baker Sr (3<sup>rd</sup> M55 – 59) 3:41:39

**Hawaiian Double-Ironman Plus Xterra = The Double**

**Overall Female:** Heather Fuhr 9:19:02 + 3:23:01 = 12:42:03

**Overall Male:** Peter Reid 8:22:35 + 2:41:15 = 11:03:50  
Myron Baker Sr. 10:51:00+3:41:39 = 14:32:39

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

[www.ironanlive.com](http://www.ironanlive.com)

**Overall Female:** Bella Comerford 9:26:17

**Overall Male:** Timo Bracht 8:30:29  
Terry Kerrigan (25<sup>th</sup> MPro) 9:28:52  
John McGovern\* (10<sup>th</sup> M35-39) 9:41:16  
\*Qualified 2004 Hawaii Ironman

**Catalina Island Triathlon-Catalina Island, CA (11/8/03) S ½ mi., B 10 mi., R 5k**

[www.PacificSportsLLC.com](http://www.PacificSportsLLC.com)

**Overall Female:** Julie Swail 1:05:54

**Overall Male:** Ian Pyott 1:00:47  
Larry Arvidson (2<sup>nd</sup> M60-64) 1:35:13

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

Overall Female: Lauren Warren (Overall Winner) 52:48  
Overall Male: Kevin Powers 54:05  
Michele Yasson (1<sup>st</sup> F40-49) 1:08:34

## 2002 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. Columbia Triathlon, Greater Hartford Triathlon and the S.O.S.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner	M20-24	53	89.1200
<b>Alex Sherwood HM</b>	<b>M25-29</b>	<b>111</b>	<b>87.9700</b>
Mark Wilson	M35-39	366	82.8100
Henry Collins	M35-39	561	80.2900
Thomas DeHaan	M40-44	532	78.6200
<b>Bill Pape HM</b>	<b>M55-59</b>	<b>43</b>	<b>78.3400</b>
Lauren Warren	F35-39	115	77.1100
Mark Vesery	M40-44	842	74.7900
Jay Fetherolf	M45-49	463	73.3900
Carlos Perez	M25-29	842	71.2600
Kathryn Loyer	F35-39	310	70.85.00
Mary DeNitto	F50-54	38	69.9200
Tony McGinty	M40-44	1,816	58.8700

**HM-Honorable Mention in the U.S.A.**

## 2003 2<sup>nd</sup> ANNUAL 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**

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

Awards are distributed based on race results reported to [markstriclub@hotmail.com](mailto:markstriclub@hotmail.com).

## CLASSIFIEDS

**Triathlon Coach Available.** Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call **Mark Wilson, USAT Certified Coach, Total Immersion-Director of Coaching Development, POSE Method of Running Certified Coach** at 845-679-8602 or [markstriclub@hotmail.com](mailto:markstriclub@hotmail.com). Now!

**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.

### **650 c Tubular Wheel Set For Sale**

Rear Disc Zipp 909 \$750.00. Front and Rear Zipp 404 set (the front wheel has a 909 sticker on it because originally it was the front wheel of the disc) \$750.00 The wheels are two years old with approx. 3-400 miles on them with combined races. The rear wheels will have less on them. They will *not* have rear cassettes or skewers. I will sell all three wheels for \$1,400.00. If you take all three there are three additional tubular tires also. All wheels will come with TUFO 19mm Tires. E-mail Denny DePriest; [denny@t3coaching.com](mailto:denny@t3coaching.com)

<p><b><u>CAUTION:</u> Participating in the sport of triathlon may cause radiant health and spiritual well-being.</b></p>
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## ANNOUNCEMENTS

- **HVTC Williams Lake Summer Tri-Series** will be a point series in 2004! Details next issue.
- **NEW! Total Immersion DVD's!** Freestyle Made Easy, Happy Laps & Four Strokes. To order call 800-609-7946 or online at [www.totalimmersion.net](http://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 23-28 Clermont, FL at the USAT National Training Center; August 9-14 Killington, VT at Beattie's Trailside Lodge.
- **When in doubt** whether the Lake swim/race is on, always check for an HVTC directory e-mail by 4 p.m. that day. Consider it "on" unless you see "**NO SWIM.**"

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- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946. Jan. 10-11 Brewster, NY. Apr. 3-4 Waltham, MA.
- **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 1<sup>st</sup>-December 31st.

## SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	<a href="http://www.metzedesign.com">www.metzedesign.com</a>
*** RM3 DESIGN ***	<a href="http://www.rm3d.com">www.rm3d.com</a>
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** SUNSHINE TEES ***	Kingston, NY (845-339-4455)
*** HIGH PEAKS CYCLERY ***	<a href="http://www.highpeakscyclery.com">www.highpeakscyclery.com</a>
*** TOTAL IMMERSION ***	<a href="http://www.totalimmersion.net">www.totalimmersion.net</a>
*** PEAK PERFORMANCE SPORTS ***	<a href="http://www.peakperformancesports.net">www.peakperformancesports.net</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** AQUA SPHERE ***	<a href="http://www.aquasphereusa.com">www.aquasphereusa.com</a>
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*** WORLD WIDE AQUATICS ***	<a href="http://www.worldwideaquatics.com">www.worldwideaquatics.com</a>
*** TRIATHLONBAG.COM ***	<a href="http://www.triathlonbag.com">www.triathlonbag.com</a>
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*** TABLE ROCK TOURS & BICYCLES ***	Rosendale, NY (845-658-7832)
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*** WILLIAMS LAKE HOTEL ***	Rosendale, NY (845-658-3101)
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.hammernutrition.com">www.hammernutrition.com</a>
*** NEMIDON GEL ***	<a href="http://www.nemidon-usa.com">www.nemidon-usa.com</a>

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**PAPE'S PARTICULARS**  
(Bill's articles will be back after his nap.)



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