

# 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 V, Issue No. 2

February 2005

## IN A FEW WORDS

Dear Triathletes,

Are northeast triathletes tougher than their warm-weathered brethren? When the temperature is reading 10 below zero, it's gotta count for somethin'!! In fact, most training logs have a column for "weather" so as to keep track of athletic progress in differing conditions. When noting in the area "appendage frozen" there's no need to explain oneself; IT'S FRICKIN' COLD OUT!! So, if you've been diligently completing your outdoor workouts...good for you. It means you get braggin' rights 'til the next stretch of in climate weather arrives. 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



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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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# Hudson Valley Triathlon Club

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(Photo: Jennifer May [www.jennifermay.com](http://www.jennifermay.com))

## **Featured Athlete: Donald Roth** **By Mark H. Wilson**

How'd you like to be smart enough to defend others in court? What about the genetics to potentially be a professional athlete? Would you like to be married to a wonderful person who shares your interests and supports your crazy tri-life? To top it all off, would you like to have a full and rewarding spiritual community at your fingertips that gives you more than words can explain? Well, our Featured Athlete of the Month has all that. Donald Roth has been blessed with all a man could ever want...okay; maybe a Kona slot would be nice, too! Let's get to know him.

Donald was born in Evanston, Illinois on April 2<sup>nd</sup>, 1969. He attended Stevenson High School in Lincolnshire, Illinois and played baseball, football and basketball. His higher education was at Northern Illinois University in DeKalb, Illinois where he received his BA in Political Science. Then he continued on to DePaul College of Law and was presented his Juris Doctorate. He presently resides in Poughkeepsie, NY with his wife Jeanne and according to Donald has no kids "yet." Donald is a Criminal Defense Attorney as a sole practitioner. When he's off-duty, Donald keeps himself busy with plenty of fun and exciting hobbies such as; Church Youth Group, Youth ministry/mentoring, volunteering, reading, hiking, adventure racing, music, movies, skiing and snow boarding.

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The first triathlon Donald ever completed was back in 1988 in Chicago, IL at Mrs. T's Pierogies Olympic distance race which is now called the Chicago Triathlon. In 2004, he totally immersed himself in triathlon/running again with the following races; all 4 HVTC Summer Tri-Series (sprints), Greenwich Sprint Triathlon, Monster Challenge (sprint), S.O.S., Timberman ½ Ironman Triathlon, Great Floridian Ironman (DNF-see below), Genesis Adventure Race (sprint), Dutchess County ½ Marathon, Highland Triathlon (sprint), NYC Triathlon (Olympic), Harriman Triathlon (sprint) and the Chicago Marathon. No wonder most people/friends he knows think he's a bit crazy! Donald began moving his body again because his weight rose to around 265 lbs. which caused his health and well-being to suffer. He had always been active and athletic but got too busy with law school back in 1995. It was especially tough because everyone in his family is athletic. His brother and sister played Division I athletics in college and his dad played semi-professional baseball. Donald has an interesting way of expressing what sports give him. "Athletics has always been a very cathartic and emotionally calming force in my life."

Speaking of cathartic and emotional, Donald participated in the Great Floridian Triathlon (Ironman) last October and had an experience he unfortunately won't forget very soon. He completed the 2.4 mile swim and 56 miles of the bike course but DNF'd (did not finish) due to intense cold and flu symptoms. It's never fun to drop out of a race and Donald was feeling like crap, but he was in it long enough to experience an interesting tri-gem of a story. Even in autumn, Florida can be nasty hot and on this day it was 85 F and humid. Just thinking of it makes you want to do an Ironman in it, right?! Well, about 40 miles into the bike leg a guy in front of Donald began making strange noises. (If you're good at visualization or have a weak stomach you may want to skip to the next paragraph.) Donald thought he was coughing, but he was actually throwing-up all over everything...including Donald and his bike! Ick!! Gross!! The guy never stopped, flinched, nada; just kept going. As a result, Donald almost tossed his Powerbar because of the smell. Ah, isn't triathlon great?!

Donald whole heartedly recommends the sport to others. He admits that it's very addicting, too, but in a good way. "Triathlon engages you physically as well as making you strategize about how to be the best you can be on that particular day." As was mentioned above, Donald enjoys the intensity of triathlon but receives a sense of relaxation simultaneously. He relishes the variety of the three disciplines and the competitiveness that's born from striving to be the best you can be at all of them. The famous S.O.S. (Survival of the Shawangunks) gives him an immense feeling of accomplishment as well as long inspirational bike treks throughout the foothills of the Catskill Mountains. Additionally, he doesn't feel as guilty eating his 3 favorite junk foods either; pizza, pizza and pizza!

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With all of the activities he must complete in a day, you'd think he'd desire some deserved R & R. Nope, not Donald! He's determined to reach his goals to improve his technique in swimming, biking and running as well as his times in 2005. And yes, he's got a detailed plan! Those registered for the races below may find it difficult to hold-off this guy. However, it seems he may have one weakness; sharing breakfast with competitors while on the bike course! Thanks, Donald.

- 1.) Pine Hill Arms Triathlon 03/27/05 7am.
- 2.) Bronx Biathlon 04/17/05 7am.
- 3.) Trooper Biathlon (Ulster) 05/01/05 9am.
- 4.) Kingston Classic 10k 05/01/05 1pm.
- 5.) Genesis Adventure Race Harriman-Sprint 05/07/05 7am.
- 6.) Harriman 1/2 Ironman 05/21/05 7am.
- 7.) Woodstock Races 5/15k 05/30/05 8am.
- 8.) Lake Tahoe, CA 06/05/05 Team in Training century ride.
- 9.) White Face Races (bike and foot) 06/11/05 8am/5:30pm.
- 10.) HVTC Tri-Series #1 06/15/05 5:45pm.
- 11.) Tupper Lake Tinman (1/2 Ironman) 06/25/05 8:30am.
- 12.) HVTC Tri-Series #2 07/13/05 5:45pm.
- 13.) Ironman Lake Placid 07/25/05 7am.
- 14.) Genesis Adventure Race-Allamuchy Mountain Hackettstown, NJ 08/06/05 8am.
- 15.) HVTC Tri-Series #3 08/17/05 5:45pm.
- 16.) Timberman 1/2 Ironman 08/21/05 7am.
- 17.) S.O.S. (Survival of the Shawangunks) 09/11/05 7am.
- 18.) HVTC Tri-Series #4 09/14/05 5:45pm.
- 19.) Chicago Marathon 10/09/05 8am.
- 20.) Genesis Adventure Race Ringwood, NJ 10/22/05 8am.
- 21.) All four of Dick Vincent's races in his annual series.

## 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](http://www.usatriathlon.org) and click "calendar.")**

## MAY

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

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**Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi.**  
[www.transitiontimes.com](http://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](http://www.genesisadventures.com)

**Columbia Triathlon-Ellicott City, MD (5/22/05) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://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](http://www.xterraplanet.com/race/schedule.html)

## JUNE

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

**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](http://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](http://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](http://www.firm-racing.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](http://www.keukalaketri.com)

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

**19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

**Mighty Montauk Triathlon-Montauk, NY (6/?/05) S 1mi, B 20mi, R 6.2mi**  
[www.swimpower.com](http://www.swimpower.com)

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

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

Try the Tri-Danbury, CT (6/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.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](http://www.tupperlakeinfo.com)

Tupper Lake "Sprint" Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 26 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

USAT National Age Group Championships-??? (6/?/05) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org)

## JULY

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

Try the Tri-Bristol, RI (7/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

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

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

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

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

Try the Tri-Danbury, CT (7/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

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

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## AUGUST

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

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

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

West Point Triathlon-West Point, NY (8/?/05) S 800 m, B 25k, R 5k  
[www.usma.edu/uscc/dca/clubs/trit/Main\\_Page\(2\).htm](http://www.usma.edu/uscc/dca/clubs/trit/Main_Page(2).htm)

**Try the Tri-Bristol, RI (8/?/05) Sprint** [www.americansportsevents.com](http://www.americansportsevents.com)

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

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

**Try the Tri-Danbury, CT (8/?/05) Sprint** [www.americansportsevents.com](http://www.americansportsevents.com)

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

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

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

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## SEPTEMBER

**Monster Challenge Triathlon (Sprint)-Boston, MA (9/4/05) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) [www.monsterchallenge.org](http://www.monsterchallenge.org)**

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

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

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

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

**Danskin Triathlon-Sandy Hook, NJ (9/17-18/05) [www.danskin.com](http://www.danskin.com)**

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

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

**Try the Tri-Bristol, RI (9/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)**

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

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

## OCTOBER

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/2/05) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)**

**Colonial Series-Danbury, CT (10/?/05) S 1.5K, B 40K, R 10K [www.americansportsevents.com](http://www.americansportsevents.com)**



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**Ironman Triathlon World Championship (10/15/05) S 2.4 mi., B 112 mi., R 26.2 mi.**  
[www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)

**Xterra World Championship-Maui, HI (10/22/05) S 1.5k, Mtn. B 30k, R 11k**  
[www.xterraplanet.com](http://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](http://www.ironmanlive.com)

**Gold's Gym Indoor Triathlon-Newburgh, NY (11/?/05) S 400 yds., B 8 m., R 5k**  
[www.goldsgym.com](http://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](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?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**

## RESULTS

“Failing to prepare is preparing to fail” -Unknown

# Hudson Valley Triathlon Club

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## 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, S.O.S. and Timberman Half Ironman.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>Nat'l A.G. Plc.</u>	<u>Nat'l Ranking</u>
<b>Greg Sautner AA</b>	<b>M25-29</b>	<b>8</b>	<b>94.0000</b>
<b>Alex Sherwood HM</b>	<b>M25-29</b>	<b>66</b>	<b>89.0267</b>
<b>Mike Halstead HM</b>	<b>M35-39</b>	<b>265</b>	<b>84.6424</b>
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
<b>Myron Baker Sr. AAM55-59</b>		<b>26</b>	<b>81.2402</b>
<b>Bill Pape AA</b>	<b>M55-59</b>	<b>28</b>	<b>81.0008</b>
<b>Kathryn Loyer HM</b>	<b>F35-39</b>	<b>112</b>	<b>77.9227</b>
Bill Shashaty	M35-39	1563	71.6261
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)**

Special Note: Duathlon (Run/Bike/Run)

**John McGovern AA M40-44 1 97.5498**

(John was ranked #2 in the USA among ALL age groups!)

## 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 [markstriclub@hotmail.com](mailto:markstriclub@hotmail.com).

## 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 [markstriclub@hotmail.com](mailto:markstriclub@hotmail.com). Call or e-mail today!

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**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 [oyalpty@optonline.net](mailto:oyalpty@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.

**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](mailto:canis_lupus99@hotmail.com).

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

- **3<sup>rd</sup> Annual USAT New England Multisport Expo**-March 5<sup>th</sup> & 6<sup>th</sup> at Regis College in Weston, MA (near Boston). [www.newenglandmultisportexpo.com](http://www.newenglandmultisportexpo.com).
- **ATTENTION ALL TRIATHLETES!** HVTC Registration & Packet Pick-Up; Wednesday April 27th, 2005 5:30-7:30 pm; Williams Lake Resort (Conference Room) - Rosendale, NY; "This club rocks...don't miss out!!"
- **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 1<sup>st</sup>-15, 2<sup>nd</sup>-14, 3<sup>rd</sup>-13, 4<sup>th</sup>-12, 5<sup>th</sup>-11, 6<sup>th</sup>-10, 7<sup>th</sup>-9, 8<sup>th</sup>-8, 9<sup>th</sup>-7, 10<sup>th</sup>-6, 11<sup>th</sup>-5, 12<sup>th</sup>-4, 13<sup>th</sup>-3, 14<sup>th</sup>-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 60 (15/race for 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 15<sup>th</sup> 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!

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- HVTC \$125.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.

## SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	<a href="http://www.metzedesign.com">www.metzedesign.com</a>
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** PEAK PERFORMANCE SPORTS ***	<a href="http://www.hvsports.net">www.hvsports.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>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
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