

# 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 VI, Issue No. 56**

**January 2006**

## IN A FEW WORDS

Dear HVTC,

The club is in its 6<sup>th</sup> year now and I couldn't be prouder! Thank you. Five months from now, we'll be making our initial trek across the Lake to the rocks; can't wait! As always, let's make it another great year of swimming, biking and running. See ya out there!

Sincerely,



Mark H. Wilson-Triathlon Coach  
Founder/President, Hudson Valley Triathlon Club  
USA Triathlon Level II Certified Coach

**HUDSON VALLEY TRIATHLON CLUB**



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

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# Hudson Valley Triathlon Club

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

## **Featured Athlete: Bob Gramling**

**By Mark H. Wilson**

Have you ever arrived at a race and looked around to see if any of your tough age-group competitors have registered? There's usually one or two individuals that make you think "Oh no, not him/her again!" It's a mixed blessing; they push you to do your best, but it doesn't feel good while it's happening. In 2006, Bob Gramling will be entering the M50-54 category and is just the type to strike fear in the hearts of those in his age-group (not to mention the M35-39). Moreover, he's so quiet and un-assuming that you wouldn't even notice him, except that he's finished 1-5 minutes ahead of you in the results the next day. You'd exclaim "Hey, where'd that guy come from?!" Chalk another one up for Mr. Gramling! How's he stay so buff? Let's find out.

Bob was born in Wurtsboro, PA but graduated from local Saugerties High School in 1974. He attended Ulster Community College and majored in recreation and then went on to SUNY Brockport to study Physical Education K-12 and completed the degree in 1978. He played football in high school and college, additionally tennis at UCCC. Bob currently lives in Red Hook with his wife Trish and they have a 22 year old son, Sean. Bob survived the cutbacks at IBM in Poughkeepsie and has worked for them for 27 years. Besides triathlon, Bob enjoys camping, hunting, day-dreaming about tri's while at work and anything his wife bakes; she's awesome!!

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Bob's triathlon career began in a round-about way. Nine years ago, his wife Trish spotted the Saugerties Duathlon in a local race schedule; she likes to run and Bob was into biking at the time. They entered as a team and won!! Nice. Bob began doing duathlons on his own, but triathlon seemed to be the popular choice and easier to find locally. He headed for the pool. He also made the trek to Lake Placid to watch the Ironman and that alone inspired/convincing him that triathlon was what he wanted to do; flailing in the water or not.

Pre-triathlon, Bob developed chronic tennis elbow and was eliminated from the competitive sporting scene. He missed the intensity of competing, so he got involved with bike racing for a couple of years. However, he admits to being "chicken of getting hurt!!" Cycling sure has its fair-share of crashes, so triathlon seemed much safer. As a result, Bob's an advocate of NON-draft legal racing in triathlon. His first triathlon was at Harriman State Park in 2000.

Bob tells others about triathlon as much as possible. He has several friends he trains with, but they're all single-sport athletes. None of them have time to train in all three disciplines; that's what they all say. Bob is persistent, though; every now and then he does get a few of them to compete in Duathlons. It's just a matter of time, Bob! Also, he can't tell if they think he's crazy for doing the sport or not; "If so, they don't tell me!" Bob is super competitive and pushes himself pretty hard. Often while racing he's thinkin' "can't wait 'til this is over" but sure enough, as soon as it IS over he's already preparing and strategizing for the next race. Ah, confessions of a triathlete. Love it!

Since deciding to switch to tri's, Bob has been busy; 7 half IM's (including Tupper Lake and Firmman in Rhode Island). He's also done a couple Olympic distance races in the Finger Lakes region. One of his favorite races is the Cayuga Lake Triathlon near Ithaca, NY. Bob's finished several sprint tri's including the HVTC Summer Tri-Series; a canoe/bike/run event in Cooperstown, NY; numerous duathlons and 7 Marathons including Boston (twice).

Bob has several honors to be proud of but his most notable are breaking 3 hours in a marathon as well as cracking 5 hours in a Half IM. However, his most rewarding race was the first canoe/bike/run triathlon he did last year in Cooperstown. A buddy talked him into doing the race because he thought Bob would do well overall. Bob finished the canoe leg in 9<sup>th</sup> position so he thought there was no chance of winning. Next came the bike which is definitely a strength and he caught all but one guy. He was now in 2<sup>nd</sup> overall; he reeled him in on the run and won the race! YES!! He doesn't think that will ever happen to him again, especially in a SWIM, bike, run event. Like they say for the New York Lotto..."Hey, ya never know."

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Bob's future plans in triathlon are level-headed and attainable; he'd like to place in the top 10 of his age-group at IM Lake Placid this July and top 3 in his age-group at the Firmman Half Ironman in September. He's not shy about announcing who his hero is either; Myron Baker Sr. Myron's been a dominant force recently in the M50-54 and M55-59 and Bob would like to follow in his footsteps. When he succeeds, there won't be a need to widen doorways as a result of cranial over-growth, though; he'll still be the mild-mannered guy who blends-in at the expo registration, yet races his heart out when the gun goes off.

Bob admires athletes like Mike Vance who are entering triathlon while in there 20's. He dreams of what might have been back in the 70's when he was in his prime. However, Bob states "I'm blessed with good health almost 30 years later, still competing, and hopefully for many years to come." That's the spirit. Thanks, Bob!

## 2006 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.")**

### APRIL

**Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k [www.set-upinc.com](http://www.set-upinc.com)**

### MAY

**St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi. [www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**

**Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)**

**New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. [www.piranha-sports.com/devilman.html](http://www.piranha-sports.com/devilman.html)**

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New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)  
[www.piranha-sports.com/devilman.html](http://www.piranha-sports.com/devilman.html)

Highland Triathlon-Yulan, NY (5/??/06) 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) (5/21/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.genesisadventures.com](http://www.genesisadventures.com)

Columbia Triathlon-Ellicott City, MD (5/21/06) S 1.5k, Bike 41k, R 10k  
[www.tricolumbia.org](http://www.tricolumbia.org)

King of the Hill Xterra Triathlon-Lebanon, NJ (5/21pending/06) 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 (6/3/06) S 1/3mi., B 13mi., R 3mi. [www.nytc.org](http://www.nytc.org)

Mooseman Sprint Triathlon Festival-Wellington State Park, NH (6/3-4/06) 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 (6/3-4/06) 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/??/06) S ½ mi., B 14 mi., R 4 mi. [www.firm-racing.com](http://www.firm-racing.com)

Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1mi, B 20mi, R 6.2mi  
[www.swimpower.com](http://www.swimpower.com)

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/11/06) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) [www.keukalaketri.com](http://www.keukalaketri.com)

Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi [www.tricolumbia.org](http://www.tricolumbia.org)

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19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.  
[www.nytc.org](http://www.nytc.org)

HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi.  
[www.hvtc.net](http://www.hvtc.net)

Try the Tri-Danbury, CT (6/??/06) S 500 yds., B 12 mi., R 5k  
[www.americansportsevents.com](http://www.americansportsevents.com)

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k  
[www.patgriskustri.com](http://www.patgriskustri.com)

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/18/06) S 600 yds., B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) 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 (6/24/06) S 1/2 mi., B 20 mi., R 10k [www.tupperlakeinfo.com](http://www.tupperlakeinfo.com)

Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k  
[www.phillytri.com](http://www.phillytri.com)

## JULY

USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://www.usatriathlon.org) (Qualifier 2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland 9/2-3/06)

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/9/06) S 1.5k, B 40k, R 10k  
[www.vermontsun.com](http://www.vermontsun.com)

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 5k  
[www.patgriskustri.com](http://www.patgriskustri.com)

HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi.  
[www.hvtc.net](http://www.hvtc.net)

New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k [www.nyctri.com](http://www.nyctri.com)

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**Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S ½ mi., B 13.5 mi., R 3 mi. [www.newburyporttriathlon.com](http://www.newburyporttriathlon.com)**

**Try the Tri-Danbury, CT (7/??/06) S 500 yds., B 12 mi., R 5k [www.americansportsevents.com](http://www.americansportsevents.com)**

**Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k [www.trifitness.net](http://www.trifitness.net)**

**Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.musselmantri.com](http://www.musselmantri.com)**

**Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi. [www.musselmantri.com](http://www.musselmantri.com)**

**Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. [www.nytc.org](http://www.nytc.org)**

**Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25 [www.pinebushtriathlon.org](http://www.pinebushtriathlon.org)**

**Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) 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 (7/23/06) S 600 yds. B 14 mi., R 3.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**

## AUGUST

**Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/6/06) S-1/2 mi., B-14.2 mi., R-5k [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

**Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/6/06) S-1.5 k, B-40k, R-10k [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)**

**Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/6/06) S 1.5k, B 40k, R 10k [www.trifitness.net](http://www.trifitness.net)**

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**Grafton Lakes Off Road Triathlon-Grafton, NY (8/??/06) S 0.9mi, Mtn B 14mi, R 5mi. [www.skyhighadventures.com](http://www.skyhighadventures.com)**

West Point Triathlon-West Point, NY (8/??/06) S 800 m, B 25k, R 5k  
[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

19<sup>th</sup> New York Triathlon Race #2-Harriman State Park, NY (8/20/06) S ½ mi., B 16 mi., R 3mi. [www.nytc.org](http://www.nytc.org)

Lake Dunmore Triathlon-Salisbury, VT (8/13/06) S .5 mi., B 28 mi., R 5 mi.  
[www.vermontsun.com](http://www.vermontsun.com)

HVTC Summer Tri-Series #3-Rosendale, NY (8/16/06) S 700 yds, B 12 mi, R 2 mi.  
[www.hvtc.net](http://www.hvtc.net)

**Try the Tri-Danbury, CT (8/??/06) S 500 yds., B 12 mi., R 5k**  
[www.americansportsevents.com](http://www.americansportsevents.com)

**Timberman Sprint Triathlon-Gilford, NH (8/19-20/06) S 1/3 mi., B 15 mi., R 3 mi.**  
[www.timbermantri.com](http://www.timbermantri.com)

**Timberman Half-Ironman Triathlon-Gilford, NH (8/19-20/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) [www.timbermantri.com](http://www.timbermantri.com)**

**Greater Hartford Triathlon-New Hartford, CT Brodie Park (8/??/06) S 1 mi., B 23.8 mi., R 6.2 mi. [www.catstri.com](http://www.catstri.com)**

**Cranberry Country Triathlon-Lakeville, MA (8/??/06) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) [www.cranberrycountrytri.com](http://www.cranberrycountrytri.com)**

**USA Triathlon National Club Championship-(8/??/06) S 850 meters, B 20 mi., R 5 mi. [www.usatriathlon.org](http://www.usatriathlon.org)**

**Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/27/06) S 1.2 mi., B 56 mi., R 13.1 mi. [www.vermontsun.com](http://www.vermontsun.com)**



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## SEPTEMBER

**2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland (9/2-3/06) S 1.5k, B 40k, R 10k**  
[www.usatriathlon.org](http://www.usatriathlon.org)

**Boston Triathlon (Sprint)-Boston, MA (9/??/06) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship)** [www.bostontriathlon.org](http://www.bostontriathlon.org)

**S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 19mi., S .5mi.,R.7mi.**  
[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)

**Firmman Rhode Island (9/??/06) 1.2 mi., B 56 mi., R 13.1 mi.** [www.firm-racing.com](http://www.firm-racing.com)

**Lobsterman Triathlon-Freeport, ME (9/??/06) S 1.5k, B 40k, R 10k**  
[www.lobstermantriathlon.com](http://www.lobstermantriathlon.com)

**Saratoga Lake Triathlon-Saratoga, NY (9/??/06) S 1.5k, B 40k, R 10k**  
[www.cdtriclub.org/saratoga\\_triathlon.htm](http://www.cdtriclub.org/saratoga_triathlon.htm)

**HVTC Summer Tri-Series #4-Rosendale, NY (9/13/06) S 700yds., B 12 mi., R 2mi.**  
[www.hvtc.net](http://www.hvtc.net).

**Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k**  
[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**Mighty Hamptons-Sag Harbor, NY (9/17/06) S 1.5k, B 38k, R 10k**  
[www.swimpower.com](http://www.swimpower.com)

**Danskin Triathlon-Sandy Hook, NJ (9/16-17/06)** [www.danskin.com](http://www.danskin.com)

**Skylands Triathlon-Clinton, NJ (9/??/06) S ½ mi., B 14.1 mi., R 5k** [www.lin-mark.com](http://www.lin-mark.com)

**Granite Ledges Triathlon-Wellington State Park, NH (9/??/06) S 1.5k., B 44k, R 10k**  
[www.timbermantri.com](http://www.timbermantri.com)

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## OCTOBER

Colonial Series-Danbury, CT (10/??/06) S 1.5K, B 40K, R 10K

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

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R 13.1mi. [www.swimpower.com](http://www.swimpower.com)

Ironman Triathlon World Championship (10/14/06) S 2.4 mi., B 112 mi., R 26.2 mi.

[www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)

USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV

(10/15/06) S 1.5k, B 40k, R 10k [www.usatriathlon.org](http://www.usatriathlon.org)

American Zofingen (Long)-New Paltz, NY (10/15/06) R 5.15 mi., B 85 mi., R 15.45

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

American Zofingen (Short)-New Paltz, NY (10/15/06) R 5.15 mi., B 29 mi., R 5.15

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

Xterra World Championship-Maui, HI (10/??/06) S 1.5k, Mtn. B 30k, R 11k

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

## NOVEMBER

Ironman Florida-Panama City, FL (11/4/06) 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/?/06) 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 requested. 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: [mark@hvtc.net](mailto:mark@hvtc.net).

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

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## RESULTS

Have a great season HVTC!!

### 2005 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. SOS, New York City Triathlon and Vermont Journey Half Ironman.)

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

TBA

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

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

### 2005 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2005 HVTC Volunteer of the Year Award: **Myron Baker Sr.**

2005 HVTC Most Improved Award: **Jim Demis**

2005 HVTC Rookie of the Year Award: **Linda Rosenthal**

2005 HVTC Honorable Mention Award: **Jean Norton**

2005 HVTC Honorable Mention Award: **Barbara Sessa**

2005 HVTC Honorable Mention Award: **Mike Halstead**

2005 HVTC Honorable Mention Award: **Alex Sherwood**

2005 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2005 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

### 2005 HVTC Summer Tri-Series Winners

Women's Champion: **Mary DeNitto**

2<sup>nd</sup> Place: **Mari Flores**

3<sup>rd</sup> Place: **Pam Neimeth**

4<sup>th</sup> Place: **Jean Norton**

5<sup>th</sup> Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**

2<sup>nd</sup> Place: **Mark Wilson**

3<sup>rd</sup> Place: **Charles Pegg**

4<sup>th</sup> Place: **Henry Collins**

5<sup>th</sup> Place: **Alex Sherwood**

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## CLASSIFIEDS

**Triathlon Coach.** Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, 845-679-8602 or [mark@hvtc.net](mailto:mark@hvtc.net). Call or e-mail today!

## ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1<sup>st</sup>, 2006; Closing Day-Friday October 27<sup>th</sup>, 2006; Williams Lake Resort-Rosendale, NY; “More open water swims equals better race preparation!”
- **2006 HVTC Registration & Packet Pick Up-5:30 pm-Wednesday April 26<sup>th</sup>** Williams Lake Resort!
- **Mark Wilson’s Triathlon Training Camps**-January 23-28, 2006 National Training Center (Clermont, FL) & August 21-26, 2006 PICO Sports Center (Killington, VT).
- **2006 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<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 80 (20/race for 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **2006 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

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## SPONSORS

*** 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>
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