

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. 7

July 2005

IN A FEW WORDS

Dear HVTC,

Here we are in the thick of the season and everyone's doing so well! Despite some unseasonable temperatures and humidity HVTC keeps pluggin' along with incredible spunk and spirit. Thank you for being such wonderful ambassadors! 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!

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(Photo: Scott Schaffrick www.scottschaffrick.com)

Featured Athlete: Terry Kerrigan **By Mark H. Wilson**

Remember that dream you had of being a professional athlete which you gave-up because you had to earn a living, raise the kids and get a “real” job, etc? How would you have done it anyhow? Where does one begin? How do you get sponsors, not to mention the gear they sell? Many of these questions are a reality for our Featured Athlete of the Month, Terry Kerrigan, and he’s not giving-up that dream anytime soon either, although he’s in his late 30’s. And why should he, his resume is quite impressive and there aren’t many signs of slowing down, unless he indulges in his favorite junk foods too often; cookies, muffins and rice pudding. Glancing at the photo above, it’s not likely he needs to worry about it ‘though. Let’s hear his story!

Terry was raised in Providence, RI and attended Mt. Pleasant High School where he developed skills in Water polo, Swimming, Baseball and Football. He went on to the University of RI for his bachelors degree in Human Physiology and then to MTI in Boston. Besides performing as a professional triathlete he is a tri-coach and real estate investor and currently has residences in New Paltz, NYC and Providence.

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Terry's first triathlon was in 1987, the Sri Chinmoy Triathlon (S 1.5k/B 60 miles/R 15 miles). He credits his friend Bill Calahan (who has passed away) for inspiring him to get into the sport. Terry also recalls the horrendous tri-gear back in the early days. When asked if someone thinks he's nuts for doing triathlon he responds "Probably everyone thinks I'm nuts." (We'll have to take a vote!)

Terry is very process oriented in his life and training for triathlon. He claims he feels "wonderful" during workouts and races; "I like the PROCESS of preparation, organization and consistency required to improve the body-mind to endure long duration training-racing." However, he's quick to acknowledge that the sport isn't necessarily for everyone although he encourages individuals to consider the three disciplines. "The time consumption often interrupts life and can put a strain on overall health while trying to manage too many things in life. The process can be applied to any healthy lifestyle."

Terry would know first-hand; he's a veteran of 17 Ironman events, his first being the Bud Light Endurance Triathlon in 1988 as a 19 year old! Get this; Terry says he "faded" to a 10:29. Nice fade dude! His next will be IM Canada this August, then either Hawaii again in October or IM Florida in November. He's qualified 4 times for the Ironman Triathlon World Championship in Kona, HI and has recorded a Personal Best there of 9:51. Nice!! Most of his IM finishing times range between 9:12-9:40; which shows you how difficult Hawaii can be with the cross-winds, heat and humidity. According to Terry, he's participated in over 200 triathlons and notched 10-15 overall victories.

Terry's been extremely busy preparing for his up-coming events. His goal is to break into the ranks of the Ironman Elite. He'd like to finish in the top 5 overall in an Ironman event as well as a top-20 finish at Hawaii but acknowledges he's had a number of "setbacks, obstacles and voluntary time away from triathlon." He's been training fulltime for the last 10 months and "My base period has been 8 months. Many weeks have been 30-45 hrs of training." See, he's a Pro! Previously, his training and racing history included bike racing in Spain for 2 seasons as well as 10k-marathon training for another 2 years. Terry's got rock-solid determination, raw talent and the ability to enjoy the moment in whatever he's doing; including eating a muffin or two while absolutely doing nothin'! Thanks, Terry.

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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

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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

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JULY

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

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

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

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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

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

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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

OCTOBER

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

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Mightyman 1/2 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?!?!?**

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

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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

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!)

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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
Tom deHaan (2nd M40-44) 1:07:57.0
Mike Vance (2nd M18-24) 1:07:59.5
Bob Gramling (2nd M45-49) 1:09:21.1
Bill Pape (1st M55-59) 1:10:53.0
Bill Shashaty 1:11:53.4
Bill Norton (2nd M 50-54) 1:11:58.7
Jason O'Neill (3rd 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

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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

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

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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

Ludlow Boys & Girls Triathlon-Ludlow, MA (6/5/05) S 1/2 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

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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

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

Overall Female: Claudia Kretschman 1:23:05
Jeanne Roth 1:50:41

Overall Male: Jesse Kropelnicki 1:13:41

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

Overall Female: Talis Apud-Martinez 2:05:01

Overall Male: Timothy Menoher 1:51:30
John McGovern (2nd 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

Overall Female: Jeanette Shelow-MacDougal 1:09:26
Sandy Mancuso-Lopez (1st F45-49) 1:18:23
Pam Neimeth (2nd F45-49) 1:20:09
Melinda Hitchcock (1st Athena) 1:24:57

Overall Male: Alister Ratcliff 1:01:23
Mark Wilson (2nd Overall) 1:01:34
Andrew Colyer 1:22:00
Tom Gill (3rd M50-54) 1:28:20

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

Overall Female: Donna Kay-Ness 2:19:18

Overall Male: Alex Sherwood 2:06:18

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

Overall Female:

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

Overall Male:

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

Overall Female:

Amy Farrell	2:04:25
Pam Neimeth (4 th F40-59)	2:29:27
Ro Hunt	2:41:36

Overall Male:

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

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

www.phillytri.com

Overall Female: Margaret Shapiro 2:10:34

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

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

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)

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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**

Letter to my older sister—About misery

I am so lazy but so not in triathlon.

Imagine this experience yesterday in the Adirondacks. I signed up for a race in Tupper Lake, NY, partly because fourteen other people in our small Hudson Valley Triathlon club signed up also. Unfortunately, it was 1.2 miles swim, 56-mile bike with hills, 13.1 miles run with no shade on pavement. Unfortunately, I was undertrained as usual, meaning I was training less than 12 hours a week, well below the requirement.

It was hot, even though in the mountains (it was still 85 degrees while I was driving home at 8:30 pm). I cheaped out and slept in my car after a literally 6 1/2 hour ride to get there the night before. My foot unexplainably hurt (no remembered trauma to it).

Did Dad or Mom push themselves like this? Getting punched and kicked in the swim, going out on the bike and being hot and tired and seeing a mile marker for 10 miles, not even 1/5 the way there, with a hot run at the end, never putting my foot down off the bike for the whole 2 1/2 hours plus, all of which was in the heat with no shade, despite the forest (cut back from the highway), with most of the two hours down in the awkward aero position (elbows on arm rests on the handlebar, hands, sticky from GU (a combination of syrup, molasses with a pound of sugar stirred in, in consistency and stickiness), my mouth on a plastic straw to a water bottle, with alternating blue, orange and other color drink given out at "Aid Stations" where you try to grab a bottle while going 20mph (my average speed over 56 miles), getting a water only bottle at some stations, to turn upside down between your hands still on the bars, dripping water to wash off the sticky gu, so you can shift the gears. Tired then, because of lack of mucho miles

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on the bike in training, by the 35-mile marker, but something in our heritage or my bad childhood keeps me just turning the pedals and passing people and being passed, jockeying for position. The sun is doing a nice job on my skin, unprotected by the sun lotion Julie and I bought in Florida, and unprotected by clothes except for bike shoes, helmet, bikini swim suit, and an athletic "shirt" cut in the shape city people call the "wife beater" (sleeveless undershirt), but weighing less than a candy wrapper.

Back in town, it's time to change shoes quickly to go off on the "run" or actually a type of death march. (In the transition from the swim to the bike portion of the race, I sat down and said to the competitor next to me, "We're not supposed to be sitting down doing this," and he replied, "I don't know, I am copying you." I know that people with cancer or people who lost loved ones in a Tsunami suffer, but I suffered. Suffering is a term of art in the sport. I take water, PowerAde, more GU at every aid station, one mile apart, slopping some into my throat and the rest onto my face and neck and the ground as I run. I dream of it being just over and then falling down on the ground, to crawl the hundred yards or so into the cool lake. Who wants to do this, if you are not being made to by some rough-looking guys cursing and pointing a gun at you in some jungle prison camp. My foot bones audibly crunch going down a hill and I feel I must stop, but I figure out how to tighten my arch so my foot is almost immobile when it hits the pavement. I pass a club member, prettier and younger than me and whisper (for lack of lung power), "Bravo, Senorita," she replies "I am not doing well, go on," and I don't reply any encouragement, because I am too beat. I pass a club member, better and younger than I, and he calls out, "I guess you'll have bragging rights, because I am feeling bad," and I call out behind me, "I won't be doing any bragging after today, I am too wrecked." Everybody was suffering because of the heat and the headwinds and hills on the bike. I pass a competitor in my age group, and I think, competitively again, I am now second in the group, but he stalks me, unknown to me, I run out of gas after mile 10, and he passes me at the end, as does another competitor in the group, so now I am fourth.

A woman in the club finished the race after me and said she had two flats on the bike. At mile 44, she suffered a flat tire. Can you imagine? She has already finished 44 miles of the bike course and is "only" 12 miles from being done with the bike, when her bike fails her. She got off, changed the tire and the new tube went flat. She put another one in, finished the bike course and finished the race? Why? I would have quit, but she had the (what) to go on and then do the whole run course in the heat, just to finish, knowing her time would be slow for the minutes to fix the tire. I admired her.

At the finish, I hobble to the lake and crawl in, literally. I crawl out and just stay there for a while, thinking about whether or not I can stand up. I hobble to the aid station and my seniorita friend beats me there and is complaining about blisters that aren't even bleeding (I have had shoes caked with blood in the past). Oh well, she deserves it, she recovered from feeling bad out on the run, stayed with it, and did a good time, claiming

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to me she likes to run long distance (?). I compete for the first aider's attention, and he says, the bone on top of my foot connecting to the middle toe is probably broken and I should see a doctor. (Today, it swelled up like a balloon.)

The thing is, people probably think, reasonably, I want to run and bike this whole distance, but I don't, even though I spend money and drive hours to do it and then do it. Julie loves to say, when I get back from a ride with chores not done, "Oh, you went out to have fun," when I think I went out to make myself hurt. I push myself to do it, for bragging rights, I guess. It is hard to push yourself. I remember a high school friend saying, "I have to run a block for a school requirement and it must be easy for you (because I was running cross county then)." What he didn't get is that I run a block easily, but then I run more and it is just as hard or more than it is for him, but I still keep running. He thinks you are not supposed to be tired. What I learned to do in the sport is not so much to run but to push past being tired. And people do not get the amount of training or the feeling of pushing through suffering. Once I went on a hike with a hiking club, and they said, "This will be really hard, you might not be able." I was humble at first, but then realized after a few miles that I could probably run the whole thing four times while they were still hiking and it was nothing, and they had no idea what riding hard on the bike with a cycling group for three hours is like. They just wouldn't get it. I rode a week ago in a cold rain in the evening with a group for two hours and no one spoke of turning back.

What did our parents do to make me like this? Will somebody else in the family suffer this foolishness? Would Dad be proud, or would he just say, "What is this for? I don't get the idea of this. Is there money in it? Uh? So you're spending your time with this, a lot of time; I see, well, actually I don't. Maybe it is just a passing interest? Since 1984, you've been doing this. You must have really enjoyed it when you first tried it. Oh, on your first event, a police boat pulled you out of the water shivering and disoriented; you said you would never do that again, and you said the same exact words at your most recent event? You said it makes you fit? But, you look malnourished, and you can't walk now. Well, I am actually pretty sure I don't get it. (Note to self, where did we go wrong with this kid? It must have been her (mother's) fault.)"

Postscript—

My sister replied that no one in the family caused this, no one in the family will follow me, and I am on my own.

The doctor said that when I thought I heard the bone break in the race, I did, that I will get a soft cast this week and a hard case for four weeks next week, and, after that, we can negotiate some resumption of activity. While waiting for him to look at the x-ray, I was figuring out how I was going to go to Tony's fund raiser and the Woodstock ride tonight, having pushed my foot into my bike shoe the night before, but now I took my bike out of the trunk and put in crutches.

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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.

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