

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 IV, Issue No. 6

June 2004

IN A FEW WORDS

Dear Triathletes,

Did you know that you could compete in 2 Ironman events a month? Yep! Triathlon participation is just exploding around the globe, similar to the marathon boom of the 70's. The latest addition is Ironman Arizona on April 9, 2005! And what's even more amazing is that it's almost full months in advance, like many other Ironman venues. So, enjoy the ride on this incredible tri-fitness wave and race well in the months ahead. See ya out there!

Sincerely,



Mark Wilson

Founder/President, Hudson Valley Triathlon Club

Total Immersion-Director of Coaching Development & Triathlon Camps

POSE Method of Running Level II Certified Coach

USA Triathlon Level II Certified Coach

HUDSON VALLEY TRIATHLON CLUB



Disclaimer: Articles in this newsletter **do not necessarily** represent the viewpoint of the president of Hudson Valley Triathlon Club.

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004



Featured Athlete: John Garcia **By Mark Wilson**

What's the most important job on the planet? (If triathlete was your first choice, please seek a specialist.) Is it a doctor? The president of a country? The president of a corporation? How about lawyers, they protect our rights? John Garcia, our Featured Athlete of the Month, is a Teaching Parent. It wouldn't be surprising to see that either one (or both) of these careers made the top 10 list for "The Planet's Most Important Occupations." First and foremost, John's a very proud papa and loving husband. Let's hear his tri-story.

John was born in Washington, PA. He attended McGuffey High School and graduated in 1992 as a self-proclaimed middle-of-the-pack student with solid C's. He lettered in baseball four straight years and started as a sophomore for the varsity football team as an inside linebacker. He went to a small Christian college a half hour from home in Waynesburgh, Pennsylvania. John majored in Elementary Education and went there to play football because he felt confident he could make the team, although he was recruited to play baseball, as well. His wish became reality. He started at inside linebacker for three years and, meanwhile, assisted coaching the local high school baseball and football teams. John graduated in four years and is proud of that fact because very few in his family have actually received a college education.

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

Ulster Park is where John lives with his wife Alicia and there 5 month old baby Margaret Sierra, or Meg, among plenty of trees and privacy. John works with boys ages 7-18 that have emotional/behavioral issues and his role is to teach them social and coping skills that will help them live effectively in the community. These boys live with them!. They are the parent figures for these boys while in the program for an average of 18 months. John always receives two days off when other staff members come in to work. Although there's never really a day off as a result of constantly dealing with the boys and their issues.

John just loves being active! He likes to camp and hike in the Catskill and Adirondack Mountains. But any type of physical activity until he's tired such as; racquetball, basketball, ultimate Frisbee, working with kids, a game of tag or hide 'n' seek works for him. Besides, he's gotta work off those Snicker's bars he loves so much.

There were signs up announcing a tri-group that was going to meet at the YMCA. He doesn't remember who else was there but there were a total of 6 people. They started with introductions and offered something interesting about themselves. When it was his turn he introduced himself and mentioned that he had just lost over 40 pounds in preparation for this group meeting. The meeting coordinator looked at John and said, "Well, all of us lost weight. Who's next?" This was hurtful to John, but he stuck with it and discovered that HVTC was at Williams Lake for open water swims. So, he worked to be able to swim a mile in the pool and went to the lake for the first time. He was already nervous and looked at the "real" triathletes ready to swim and thought "I'm the new guy who is going to be slow." He swam about 20 feet and froze. A few more feet...and froze again. He kept stopping until he saw a fish swim under his nose and it completely freaked him out. He stopped and gasped for air wanting to turn back but refused to let himself do it because he had trained so hard to be there. Myron Baker was in the boat asking if he needed help and offered words of encouragement, "Relax." And John thought "Who can relax? I learned to swim properly 4 months ago and I have no blue line to follow!" Eventually, he forged ahead and made it across the 350 yard lake and back.

Everyone thinks he's crazy when he tells them that he does triathlons. People would respond with, "Those are hard! Only idiots do those things!" This is a good one, too. His 12 oz. curling friend who's not a fan of extended workouts asked... "Do you know you have to exercise to do those things?"

One embarrassing moment in John's triathlon career came while trying to un-clip after a short ride. (Of course, none of the rest of us has gone through this!) At the end of a ride John was trying to un-clip but couldn't. He fell at the bottom of the driveway in front of several people. (Nope! Never done it.) Ego crushed, he wanted to prove to

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

these folks that he really could do this. So, he went up the road and came back. He unclipped early and placed his foot back on the pedal and reached the stopping point, squeezing the brakes. As he braked he attempted to put his foot down and said “Tada!” Unbeknownst to him, he had clipped back in and brutally fell again. (Ouch!)

John enjoys triathlon because of the different challenges. For him, it’s a great stress reliever and gives him more energy for other areas of his life. Triathlon also offers John a social life that was practically non-existent previously. He feels exhilarated when the race starts and grateful to be able to walk when finished. He always feels like he’s accomplished something that others may not have the courage to attempt. It’s wonderful when the training worked as planned, too!

He does encourage others to do triathlons, but usually they “just laugh and tell me I am crazy.” He’s had success in talking his wife into pursuing triathlon, but the baby needs much attention at the moment so it makes training difficult. There’s always next year!

John has completed several tri’s; HVTC Summer Series, Highland Triathlon 2003-’04, West Point ’03 and the Hudson Valley Triathlon. He’s also raced at the Woodstock Races 5k/15k and the Kingston Classic 10k. His most notable award is his wife and their daughter Meg. His future includes returning to school, training for and finishing an Ironman and before he’s 40 maybe qualifying for Hawaii. But for now, “Who cares about winning, I do it for the enjoyment and the stress relief.” God bless parents and teachers. Thanks, John!

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

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 and click “events,” then “events calendar.”)

MAY

St. Croix Half Ironman-U. S. Virgin Islands (5/2/04) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

King of the Hill Xterra Triathlon-Lebanon, NJ (5/8/04) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

JUNE

Middlebury Triathlon-Middlebury, VT (6/6/04) S 400 yds. (Pool), B 12.5 mi., R 2.9 mi.
www.vermontsun.com

Mighty Montauk Triathlon-Montauk, NY (6/?/04) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi, R13.1mi
www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/13/04) S ½ mi., B 16 mi., R 3 mi.
www.nytc.org

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/?/04) S ½ mi., B 14 mi., R 4 mi.
www.firm-racing.com

HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

www.hvtc.net

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Mooseman Triathlon-Waterville, NH (6/26/04) S ¼ mi., B 15 mi., R 3.5 mi. www.fimbermantri.com

Mooseman Xterra Triathlon-Waterville, NH (6/27/04) S ¼ mi., B 5.5 mi., R 3 mi. www.fimbermantri.com

Vermont Sun Triathlon-Lake Dunmore, VT (6/27/04) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsuntriathlon.com

JULY

Vermont Sun Triathlon-Lake Dunmore, VT (7/11/04) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Try the Tri-Bristol, RI (7/10/04) Sprint www.americansportsevents.com

Hudson Valley Triathlon-Kingston, NY(7/11/04) S 1.5k, B 26 mi., R 10k www.nytc.org

HVTC Williams Lake Sprint Tri Point Series #2-Rosendale, NY (7/14/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Pine Bush Triathlon, Pine Bush, NY (7/?/04) S 325 yds., B 11.5, R 3.25

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-Lake Placid, NY (7/25/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Lake Dunmore ,VT (7/25/04) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

AUGUST

19th New York Triathlon Race #2-Harriman State Park, NY (8/15/04) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.com

HVTC Williams Lake Sprint Tri Point Series #3-Rosendale, NY (8/18/04) S 700 yds, B 12 mi, R 2 mi. www.hvtc.net.

Try the Tri-Danbury, CT (8/17/04) Sprint www.americansportsevents.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

Timberman Sprint Triathlon-Gilford, NH (8/22/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

West Point Triathlon-West Point, NY (8/15/04) S 800 m, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

Cranberry Country Triathlon-Lakeville, MA (8/29/04) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Club Championship) www.cranberrycountrytri.com

Lake Dunmore Triathlon-Salisbury, VT (8/15/04) S .5 mi., B 27.5 mi., R 5 mi. www.vermontsun.com

Great Keewaydin Triathlon-Keewaydin State Park(8/?/04) S 1mi., B 42mi., R 9.5 mi. www.vermontsun.com

Grafton Lakes Off Road Triathlon-Grafton, NY (8/8/04) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

SEPTEMBER

Vermont State Triathlon-Lake Dunmore, VT (9/5/04) S 1.5k, B 27.5 mi., R 10k www.vermontsun.com

S.O.S.-New Paltz, NY(9/12/04) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

Firmman Rhode Island (9/12/04) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com www.hvtc.net

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

HVTC Williams Lake Sprint Tri Point Series #4-Rosendale, NY (9/15/04) S 700yds., B 12 mi., R 2mi. www.hvtc.net.

Mighty Hamptons-Sag Harbor, NY (9/19/04) S 1.5k, B 38k, R 10k www.swimpower.com

Try the Tri-Bristol, RI (9/14/04) Sprint www.americansportsevents.com

USAT National Age Group Championships-Shreveport, LA (9/18/04) S 1.5k, B 40K, R 10K www.usatriathlon.org

Skylands Triathlon-Clinton, NJ (9/19/04) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Danskin Triathlon-Sandy Hook, NJ (9/?/04)

Granite Ledges Triathlon-Wellington State Park, NH (9/25/04) S 1.5k., B 44k, R 10k www.timbermantri.com

Lobsterman Triathlon-Freeport, ME (9/11-12/04) S 1.5k, B 40k, R 10k www.lobstermantriathlon.com

Westchester Triathlon-Rye, NY (9/26/04) S 1.5k, B 40k, R 10k www.swimpower.com

OCTOBER

Colonial Series-Danbury, CT (10/3/04) S 1.5K, B 40K, R 10K www.americansportsevents.com

Ironman Triathlon World Championship (10/16/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

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

Hawaiian Double-Ironman Plus Xterra = The Double

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

NOVEMBER

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

Gold's Gym Indoor Triathlon-Newburgh, NY (11/15/03) 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

YMCA Indoor Triathlon-Kingston, NY (2/29/04) S-15 min., B-20 min., R-20 min.

<u>Overall Female:</u>	Mary Lockett	09.22 miles
	Jane Farrell	09.09 miles
	Michele Yasson	08.30 miles

<u>Overall Male:</u>	John McGovern	11.92 miles
	Charles Pegg	11.00 miles
	Bill Shashaty	10.49 miles
	Carlos Perez	10.29 miles
	Harry Hansen	10.19 miles
	Robert Leghorn	10.08 miles
	Mike Cahill	09.82 miles

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/04) Ski-2.5 mi., B-10 mi., R-3.5 mi.

www.pinehillarms.com

Overall Female: Mary DeNitto 1:04:59

Overall Male:

Stephen Judice 0:47:16

Alex Sherwood(2nd O)0:47:41

Mike Halstead(3rd O) 0:48:30

Charles Pegg(3rd M30-39)0:52:38

Jimmy Buff(1st M40-49)0:54:32

Henry Collins 0:55:32

Bill Shashaty 1:01:48

Mark Wilson 1:04:25

Jeff Truhe 1:09:24

Florida Half Ironman Triathlon-Walt Disney World, FL (5/22/04) S-1.2 mi., B-56 mi., R-13.1 mi. www.floridahalfironman.com

Overall Female: Lisa Bentley 4:22:04

Karen Robinson 6:16:12

Overall Male:

Simon Lessing 3:52:02

Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k

www.tricolumbia.org

Overall Female: Amanda Pagon 2:14:09

Overall Male:

Peter Reid 1:56:50

Greg Sautner* 2:05:26

***Greg was the Overall Amateur Male; a major accomplishment/honor.
Congratulations, Greg!**

Pawling Triathlon-Pawling, NY (6/5/04) S-1/3 mi., B-13 mi., R-3 mi. www.nytc.org

Overall Female: Christine Dunnery 1:08:57

Laura Van Alst (3rd Overall) 1:12:20

Kathryn Loyer (2nd F35-39) 1:14:42

Sandy Mancuso-Lopez(1st F45-49)1:20:39

Mary Lockett (2nd F45-49) 1:20:47

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

Dorothy Hamburg 1:22:15
Rosemarie Hunt 1:32:45

Overall Male: Christopher Thomas 0:58:32
John McGovern (3rd Overall) 1:01:16
Mark DeLuccia (1st M25-29) 1:07:51
Bill Shashaty 1:10:32
Sean Lockhart (3rd M25-29) 1:12:07
Steve Axelson (2nd M55-59) 1:17:58
Andrew Colyer 1:29:49

Mighty Montauk Triathlon-Montauk, NY (6/12/04) S 1mi, B 20mi, R 6.2mi

www.swimpower.com

Overall Female: Magdalena Stovikova 1:52:56

Overall Male: Greg Sautner 1:43:17

19th Annual NY Tri Series #1-Harriman State Park (6/13/04) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Robyn Passander 1:23:17.5

Overall Male: Arland Macasieb 1:11:48.8
Ronnie Severino 1:15:44.4
Charles Pegg 1:17:54.4
Mark DeLuccia 1:22:41.5
Dorothy Hamburg 1:36:14.5

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi,

R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:13:42
Mary Denitto* 5:30:37

Overall Male: Christopher Legh 3:47:28
Alex Sherwood (3rd M25-29) 4:17:06

*Mary DeNitto has qualified for the Hawaii Ironman Championship for the third time!!
Hail to the Queen...

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B
12 mi., R 2 mi. www.hvtc.net

Women:	Swim	T1+Bike+T2	Run	Total	Pts.
1. Lauren Warren	11:26	36:09	13:45	1:01:20*	15
2. Laura Van Alst	13:36	37:27	13:27	1:04:30**	14
3. Suzanne Brink	12:14	36:51	15:43	1:04:48**	13
4. Dorothy Hamburg	13:53	39:40	16:23	1:09:56	12
5. Mary Lockett	12:22	43:05	15:04	1:10:31	11
6. Mary Grehl	13:55	42:59	17:14	1:14:08	10
7. Jan Pollo	13:59	45:00	16:39	1:15:38	9
8. Michele Yasson	14:04	44:28	20:48	1:19:20	8
9. Mary DeNitto	14:18	49:08	21:59	1:25:25	7
10. Jeanne Roth	14:28	57:05	19:46	1:31:19	6
11. Julie Pape	15:45	56:27	24:40	1:36:52	5
Men:					
1. Greg Sautner	9:24	30:24	11:58	51:46	15
2. John McGovern	10:57	31:29	11:36	54:02	14
3. Mike Halstead	9:22	32:17	12:38	54:17	13
4. Ronnie Severino	9:18	31:38	14:25	55:21	12
5. Terry Kerrigan-tie	9:18	34:47	12:47	56:52	11
6. Charles Pegg-tie	9:18	35:07	12:27	56:52	11
7. Bill Pape	10:40	33:46	13:44	58:10	10
8. Henry Collins	10:12	34:19	13:46	58:17	9
9. Mike Vance	10:50	36:39	12:29	59:58	8
10. Bill Shashaty	10:59	35:45	13:20	1:00:04	7
11. Andrew Schupak	11:23	36:05	12:51	1:00:19	6
12. Steve Schindler	11:02	36:25	13:18	1:00:45	5
13. Mark Wilson	12:01	35:13	13:47	1:01:01	4
14. John Jasinski	11:07	37:36	14:32	1:03:15	3
15. Doug Thompson	11:04	37:53	14:31	1:03:28	2
16. Sean Lockhart	13:47	37:43	12:33	1:04:03	1
17. Carlos Perez	11:05	39:00	14:55	1:05:00	1
18. John Garcia	13:57	42:14	13:23	1:09:34	1
19. Bob Leghorn	13:33	41:11	15:04	1:09:38	1
20. John Wheeler	11:22	40:55	19:01	1:11:18	1
21. Donald Roth	13:43	48:23	29:13	1:31:19	1

* Course Record, ** Broke Previous Course Record

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

Volunteers: Rosa Wilson, Carlos Osorio, Ron Matthias, Natalie White, Tom deHaan, Donna Severino, Barbara Sessa, Jasper Kidd, Doug Thompson, Ray Grehl & Jennifer May. Thank you, Everyone!

Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.

www.transitiontimes.com

TBA

Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Overall Female: Amy McGuire 1:11:29
Kathryn Loyer (2nd Overall) 1:13:00
Natalie White (1st F25-29) 1:18:22
Nina young (1st F01-19) 1:37:45

Overall Male: David Yockelson 1:03:48
Ron Matthias 1:18:36

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female: Kelly Bergkessel 4:48:50

Overall Male: Charles Perreault 4:16:35
Steve Schindler 5:11:04
Henry Collins 5:12:39
Doug Thompson 5:25:43
Michael Vance 5:51:16
Robert Leghorn 6:14:13
John Wheeler 6:26:27
Julie Geisler 6:51:22
Phillip Milio 7:02:45

New York City Triathlon-New York, NY (6/27/04) S-1.5k, B-40k, R-10k

www.nyctri.com

Overall Female: Loretta Harrop 1:55:51

Overall Male: Greg Remaly 1:47:28
Charles Pegg 2:08:30
Andrew Schupak 2:17:53
Donald Roth 3:10:23

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

2003 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. Highland Triathlon, Cranberry Country Triathlon and the Timberman Half Ironman)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner AA	M25-29	48	90.7034
Thomas deHaan	M40-44	374	81.2236
Bill Pape HM	M55-59	31	79.7886
Andrew Schupak	M35-39	816	78.1662
Rich Barkan	M35-39	1,357	73.3766
Myron Baker Sr.	M55-59	127	73.1318
Kathryn Loyer	F35-39	317	71.7348
Mary DeNitto HM	F55-59	9	71.0816
Michele Yasson	F40-44	633	61.8490

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	M35-39	1	97.7028
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2003 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**

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

Awards are distributed based on race results reported to markstriclub@hotmail.com.

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

CLASSIFIEDS

Triathlon Coach Available. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, Total Immersion-Director of Coaching Development, POSE Method of Running Level II Certified Coach at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

Wetsuit For Sale. One year old Orca Predator wetsuit in excellent condition. It is a size 5. I am asking \$300.00 for it. Brand new it went for \$400+. Anyone interested can reach Lauren at: 845-658-3813 or lwarren@hvc.rr.com.

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.

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.

Roommate Needed. Dorothy Hamburg is seeking a roommate for the Firmman Half Ironman on September 12th. Anyone interested can e-mail her at dhamburg@webjogger.net.

<p><u>CAUTION:</u> Participating in the sport of triathlon may cause radiant health and spiritual well-being.</p>
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Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

ANNOUNCEMENTS

- **2004 HVTC Williams Lake Summer Triathlon Point Series.** Points will be awarded accordingly; Male/Female 1st-15, 2nd-14, 3rd-13, 4th-12, 5th-11, 6th-10, 7th-9, 8th-8, 9th-7, 10th-6, 11th-5, 12th-4, 13th-3, 14th-2 and all other finishers will receive 1 point each. Members must race in at least 3 out of 4 races to be considered for Top 3 Overall Awards.
- **NEW! Total Immersion DVD's!** Freestyle Made Easy, Happy Laps & Four Strokes. To order call 800-609-7946 or online at 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:** August 9-14 Killington, VT at Beattie's Trailside Lodge. February 21-26, 2005 USAT National Training Center-Clermont, FL.
- **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.**"
- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946 or www.totalimmersion.net.
- **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 1st-December 31st.

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Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

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Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

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Thank you!

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

PAPE'S PARTICULARS

By Bill Pape

Senior Ticket

I only have one joke to tell, so I have to dream up a whole article to fit around it just to tell my one joke. My other problem for this article is that anything I might think of saying about the joke will seem like whining, which does not make for fun reading.

Here's the joke, then I will go to the surplus around it, and try to avoid the whining part of it. I got a ticket to come up to Rosendale last week from Port Authority. I looked at it and saw a notation, "Senior." I thought I knew what it meant, but I had to wait until buying my ticket back to the City at Rosendale Hardware to confirm it. Since I stayed up here from Wednesday's club race to Monday's club swim, I had to wait a few days to confirm the joke was real. The return ticket I finally bought today at the hardware was \$2 more than the "Senior" one from the City, so I asked, "Does this mean the lady in New York thought I was 62?" "No, she thought you were 65." That is my joke. For those club members who may think I look 65 years old, I am the reverse, 56, and, if you don't get the joke, it should be funny I looked like 65 to the ticket clerk. If you didn't immediately laugh, that is what I am whining about.

Yes, like a lot of other members of that hated class, the "baby-boomers" (born in the glut of births after World War II, which was back in the last century), I did the little joke of joining AARP (American Association of Retired Persons) as soon as I turned 50, and wanted to show it at the motel check-in desk for a discount. But, I never thought I was old, and I thought I looked young.

In reality, I am old. I passed the brief time when young guys would yell out the window of a car, "Get out of the way old man!" and laugh when I made like I was going to pedal up to their car and beat them up. Now, they don't yell; they feel sorry for me and get out of the way.

The not-whining part? I like the respect I get from looking like I do. My wife and I (well, Julie looks younger, but we do not look too far apart in age) never get hassled about anything. We could walk in the wrong entrance to someplace without a ticket and, if we look lost and dopey enough, the staff just says, Sir, can I help you. I can just shut up and look at my clients and they sometimes get nervous and think I know what I am talking about when giving advice.

Back to the whining. You can't beat it—aging. You think you can if you are a triathlete. I went to my college class reunion this June and could once again compare myself to

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

many of my same age. If I looked in the mirror or at the class picture we took, we all looked the same, and I did not have to strain to be honest, it was that obvious. One or two guys out of two or three hundred that showed up at the reunion could pass for younger, but not me, in spite of the fitness that lies deep below.

Myron, Sr., I hear the guys at the Table Rock bike shop call “The Old Man,” but I know they call him that because they are afraid of him from past experience. Me, they mean it. I beat two of them up the long hill on Rt. 44/55 this past weekend, but they got me back with a quick jump up a steep hill later in the ride. When they slowed and I caught up, Tom, the shop owner, told me that he (Larry A’s son) said, while I was still dragging my tongue back toward them, “So, the old man can’t do steep or fast.” Then, Tom lied, probably, and added, “But, he did say you made us suffer on that long hill.”

Back to the not-whining. Every dog has his or her day. But, what is our day. It could be every day. Like some gurus in the club say to others, you race your own race. If you feel good about your race, it is a good race. I guess you look at your competition, like Henry telling me he is going to kick my ass on the next A race for us both, July’s club race, and like me looking at my class picture, to do a reality check, but if I feel I did a good race or if I like how I feel at 56 in some ways, then it is a good race and a good age to be.

(That is the best b.s. I could come up with to make my story about the ticket price into an article. Sorry. And Henry, if you’d like, I’ll send you a picture of my ass so you can know what you will be looking at in July, and every other race till I am 70.)

Hudson Valley Triathlon Club

Volume IV, Issue No. 6 June 2004

