

# 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. 6**

**June 2005**

## IN A FEW WORDS

Dear Triathletes,

The racing season is taking off this weekend all over the country; lucky us! Keep moving that body and always remember to be grateful for the incredible opportunity to do what we love day after day after day; swim, bike, run. Thanks for representing HVTC! 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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***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](http://www.scottschaffrick.com))

## **Featured Athlete: Patrick Murphy** **By Mark H. Wilson**

Triathlon attracts all kinds of characters; beach bums, football players, lawyers, bankers, real estate agents, singers, contractors, ski bums, crewman and of course swimmers, cyclists and runners. However, rarely do you find several of these types wrapped-up in one person! Our Featured Athlete of the Month, Patrick Murphy, is just one of those interesting characters that broaden the triathlon horizon regarding occupation and the “What did you do before triathlon?” question. There’s a serious athlete in this guy with a “foundation” in skiing, crewing and a third generation contracting business. Let’s find out what lead him to our sport.

Patrick was born at Northern Dutchess Hospital in Rhinebeck on May 6<sup>th</sup>, 1970. He went to FDR High School where he played football and rowed crew. Get this, Patrick was such a talented crewman that he qualified for the finals at the Nationals all four years! He also won a silver medal at the Empire State Games at crew! Nice. Then he attended Roger Williams College and graduated in 1992 with a BS in construction science. In college he played rugby, rowed crew and by default ended up being the crew coach. Fast forward, Patrick moved from Hyde Park to Red Hook about 4 years ago and is married with two children; a 5 year old boy and a 2 year old girl. Patrick has tried to get his wife to start training but hasn’t had any luck in that territory. Some people just don’t know what they’re missing! As mentioned above, Patrick is a Mason contractor and mostly works with large commercial projects. His parents and friends think he’s nuts for doing tri’s but he still finds time to ski, sail, fly fish, and eat spicy foods (chicken wings, hot peppers, etc.) and chocolate malts. Now that’s living!!

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Patrick started skiing when he was four years old. He's been skiing for 31 years and still loves it! His early years skiing were with his family and his father was his only instructor. As he got older all he wanted to do was take jumps and ski moguls fast. He did a term abroad in Leysin, Switzerland where he got his first taste for steep extreme skiing and learned to ski just about any type of terrain; it became one of his best seasons ever. He also had the opportunity to go heli-skiing just outside of Zermatt, Switzerland. Sounds slightly dangerous! However, the good stuff came after college graduation; one of his high school buddy's joined Patrick to head out west to become ski bums. See, all kinds are attracted to triathlon! The two "landed" in Telluride Colorado. Patrick got a job as a ski instructor because it came with a free ski pass and he could ski every day. As the season progressed his skiing went to a whole new level. "I got involved with a group of great skiers that showed me how to ski off some nice size cliffs." What the hell?! And we triathletes cry about the swim start!! Soon, the group became very adept at taking some large jumps; Patrick's personal record is a 50 foot cliff under a chairlift in Telluride. Can you imagine?! The cliff is famous, too! It was used in a movie called the *Blizzard of Ahhhhs* which was made by two Telluride locals. Unfortunately, Patrick's jump was not in the movie, but he's got some serious braggin' rights. The down side to this story is the numerous knee surgeries; yeah, go figure. Needless to say, Patrick's ski career slowed down to almost a halt; enter triathlon.

Due to the lack of exercise, Patrick realized he needed to lose some weight so one day last spring he went kayaking in the morning, which was followed by a bike ride. Triathlon written all over it! Afterward he went online to see if there were any multi sport races in the area. See, the bug bit! He signed up for a sprint tri at Greenwood Lake, then found HVTC and after one swim in the lake he was hooked. Amen brother, another one bites the dust! It had been about ten years since Patrick pushed his body; he forgot how good it made him feel. Those competitive juices began to flow again and he liked it. All of his former competitive sports were team oriented, so he enjoys the training and independence triathlon offers. He finds being completely responsible for his own training and performance extremely rewarding not to mention a great feeling of accomplishment and pride that he's even able to complete such events. Also, racing really inspires him to train harder, be more competitive, and do longer races. A note of interest, "Until I joined the club I had no idea normal people with jobs could do this sport." Normal people? We'll talk.

It's obvious Patrick will be in the sport for the long haul, he's always thinking about his next training session and how he can find more time for it. Tell ya what, let's create a 12-Step program for triathletes with no time; "Hi, I'm Frank. (Hi, Frank!) I'm an over-achieving triathlete with no time for my family, friends, co-workers and long rides." Look for the sign-up sheet at the next swim. Patrick's done three HVTC Summer Tri-Series races, one sprint in Charleston South Carolina, and the one at Greenwood Lake. Patrick is gearing-up for the Tupper Lake Tinman (1/2 Ironman) this month. He would

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like to do the SOS this year and someday complete an Ironman. Patrick finds the people in the club to be very inspiring. "Everyone has been very friendly and a big help in getting me started in the sport." Hey, Pat! Just don't be divin' off the top of the bathhouse with your skis on anymore, okay? Thanks, Patrick!

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

**Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k** [www.set-upinc.com](http://www.set-upinc.com)

Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 [www.nytc.org](http://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](http://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](http://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](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)

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**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 (6/11/05) 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)

**Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k**  
[www.americansportsevents.com](http://www.americansportsevents.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](http://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](http://www.tupperlakeinfo.com)

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**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)**

## JULY

**New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k [www.nycetri.com](http://www.nycetri.com)**

**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)**

**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)**

**Newburyport Sprint Triathlon-Newburyport, MA (7/16/05) S ½ mi., B 13.5 mi., R 3 mi. [www.newburyporttriathlon.com](http://www.newburyporttriathlon.com)**

**Try the Tri-Danbury, CT (7/16/05) S 500 yds., B 12 mi., R 5k [www.americansportsevents.com](http://www.americansportsevents.com)**

**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)**

**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)**

## 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)**

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**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)**

**USAT National Age Group Championships-Kansas City, MO (8/13/05) S 1.5k, B 40K, R 10K [www.usatriathlon.org](http://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/](http://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](http://www.trifitness.net)**

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)

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

**Try the Tri-Danbury, CT (8/20/05) S 500 yds., B 12 mi., R 5k [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)**

**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](http://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](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)**

**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

**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](http://www.bostontriathlon.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)**

**Saratoga Lake Triathlon-Saratoga, NY (9/11/05) 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 (9/14/05) S 700yds., B 12 mi., R 2mi.  
[www.hvtc.net](http://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/](http://www.pinebushtriathlon.org/)**

**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)**

**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

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

**Ironman New Zealand-Taupo, New Zealand (3/4/05) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironman.co.nz](http://www.ironman.co.nz)**

**Overall Female:** Joanna Lawn 9:30:14 (CR-course record)

**Overall Male:** Cameron Brown 8:20:15 (CR)  
Terry Kerrigan (38<sup>th</sup> 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](http://www.pinehillarms.com)

**Overall Female:** Meredith Nitzberg 1:02:55  
Mary DeNitto (2<sup>nd</sup> FOverall) 1:03:12  
Jeanne Roth (3<sup>rd</sup> F30-39) 1:19:44

**Overall Male:** Alex Sherwood 0:46:48  
Mike Halstead(2<sup>nd</sup> Overall) 0:47:35  
Charles Pegg (3<sup>rd</sup> Overall) 0:50:21  
Jimmy Buff 0:54:15  
Bill Shashaty (3<sup>rd</sup> M30-39) 0:56:26  
Bill Pape (2<sup>nd</sup> 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](http://www.elgrantriale.com)

**Overall Female:** Diana City 4:07:17  
Mari Flores (1<sup>st</sup> 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](http://www.piranha-sports.com)

**Overall Female:** Suzanne Huelster 1:33:11  
Dorothy Hamburg(3<sup>rd</sup>F40-44)1:57:50  
Rosemarie Hunt (3<sup>rd</sup> 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](http://www.stcroixtriathlon.com)

**Overall Female:** Joanna Zeiger 4:44:47

**Overall Male:** Shane Reed 4:10:41  
\*Mike Halstead (2<sup>nd</sup> M35-39)4:39:19  
\*\*Myron BakerSr(1<sup>st</sup>M55-59)5:34:43

\*Qualified for Ironman Triathlon World Championship in Kona, HI (3<sup>rd</sup> Year!)

\*\*Qualified for Ironman Triathlon World Championship in Kona, HI (6<sup>th</sup> Year!)

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## Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k [www.set-upinc.com](http://www.set-upinc.com)

**Overall Female:** Tamara Kozulina 2:26:48

**Overall Male:** Greg Watson 2:06:32  
John McGovern (9<sup>th</sup> Overall) 2:13:40

## Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 [www.nytc.org](http://www.nytc.org)

**Overall Female:** Barbara Sessa 1:10:40.5  
Pam Neimeth (2<sup>nd</sup> F 45-49) 1:20:49.7  
Dorothy Hamburg(1<sup>st</sup>F40-44)1:24:27.8  
Ro Hunt (1<sup>st</sup> F5054) 1:28:39.9  
Michele Yasson(3<sup>rd</sup> F45-49) 1:35:40.9

**Overall Male:** John McGovern :59:30.2  
Mike Halstead (2<sup>nd</sup> Overall) 1:00:33.8  
Alex Sherwood (3<sup>rd</sup> Overall)1:01:36.0  
Mark Wilson (1<sup>st</sup> M35-39) 1:03:40.7  
Ronnie Severino(2<sup>nd</sup>M35-39)1:06:10.9  
Charles Pegg (3<sup>rd</sup> M35-39) 1:06:59.0  
Mike Vance (2<sup>nd</sup> M18-24) 1:07:59.5  
Bob Gramling (2<sup>nd</sup> M45-49) 1:09:21.1  
Bill Pape (1<sup>st</sup> M55-59) 1:10:53.0  
Bill Shashaty 1:11:53.4  
Bill Norton (2<sup>nd</sup> M 50-54) 1:11:58.7  
Jason O'Neill (3<sup>rd</sup> 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](http://www.powermanohio.com)

**Overall Female:** Andrea Ratkovic 2:48:34

**Overall Male:** Josh Beck 2:26:20  
John McGovern (4<sup>th</sup> 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](http://www.genesisadventures.com)

**Overall Female:** Mimi Boyle 5:36:37  
Jeanne Roth 8:17:59

**Overall Male:** Mike Llerandi 4:53:57  
Terry Kerrigan (4<sup>th</sup> Overall) 5:05:28  
Henry Collins (1<sup>st</sup> 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](http://www.transitiontimes.com)

Overall Female: Irina Ryjova 1:33:51  
Julie Pape (1<sup>st</sup> F60-64) 2:22:54

Overall Male: Doug Clark 1:14:21  
Mike Halstead (2<sup>nd</sup> Overall) 1:16:27  
Mike Vance (1<sup>st</sup> M20-24) 1:29:05  
Bill Pape (1<sup>st</sup> M55-59) 1:30:49  
Myron Baker Sr.(2<sup>nd</sup> M55-59)1:32:02  
Bill Norton (1<sup>st</sup> 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](http://www.floridahalfironman.com)

**Overall Female:** Natascha Badmann 4:23:17  
Mary DeNitto (2<sup>nd</sup> F55-59) 5:47:48

**Overall Male:** Simon Lessing 3:52:06  
\*Alex Sherwood(3<sup>rd</sup> M30-34)4:20:28

\*Qualified for Ironman Triathlon World Championship in Kona, HI (1<sup>st</sup> Time!)

## ITU Long Distance Duathlon World Championships-Barcis, Pordenone, Italy (5/29/05) R 16.5k, B 80k, R 11k [www.valcellinatriathlon.com](http://www.valcellinatriathlon.com)

**Overall Female:** Erika Csomor 4:14:33

**Overall Male:** Benny Vansteelant 3:40:59  
John McGovern(4<sup>th</sup> M40-44) 4:09:37

# 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, 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>
<b>John McGovern AA</b>	<b>M40-44</b>	<b>1</b>	<b>97.5498 (Duathlon)</b>
<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. AAM</b>	<b>M55-59</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
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)**

## 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).

# Hudson Valley Triathlon Club

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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, 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!

**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).

## 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 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 USA...** 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 1<sup>st</sup>-December 31<sup>st</sup>.**

# Hudson Valley Triathlon Club

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