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. 3 **March 2004**

IN A FEW WORDS

Dear Triathletes,

The Olympics are around the corner and the USA Triathletes are ready! I got to chat a bit with Sheila Taormina and Joanna Zeiger while at the USAT National Training Center in Clermont, FL for the Total Immersion Triathlon Camp in February and they're both so fit, it's scary. Sheila is running 32 minute 10k's and Joanna was first out of the water (overall) at the Escape to Alcatraz Triathlon. Recently, I received a truly humble e-mail from Hunter Kemper thanking ME for the great job I'm doing for our sport with the club, etc…he's a champ through and through. If you have a moment, check out their respective web sites (www.sheilat.com, www.joanna-zeiger.com, www.hunterkemper.com). Maybe even send an e-mail of encouragement, because pros are people, too. See ya out there!

Sincerely,

Mark H. 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

HVTC

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

Featured Athlete: John McGovern
By Mark Wilson

Have you ever known anyone who works harder than you? Have you ever met anyone who works harder than you…x 2? "Is it possible?" you ask. There's a famous Guru who once said "If you are driven, then you are not driving." One question. If you reach your destination, whether you're driven OR driving, does it really matter? While you're figuring that one out it seems as though John McGovern, this month's HVTC Featured Athlete of the Month, is probably both…just in case. Simply put, he's an animal! He's played as hard as he works and worked as hard as he's plays. Sounds like a triathlete alright! Let's get to his story.

John was born in the Bronx, NY in 1964. He went to high school in Clarkstown North in Rockland County, NY. He attended the University of Rochester and studied English Literature and Japanese. Then went to New York University Law School and became a J.D. or Juris Doctor (a post graduate law degree required to take the state bar exam for a lawyer's license). In high school John ran track and cross-country. He ran in college, too, through his freshman year but quit because "my coach was an idiot." Alrighty then. A couple of John's personal best run times are; 1 mile 4:29 and 2 mile 9:37. Very impressive!! John currently lives in Uptown Kingston with his wife Lucy and their two daughters Erin (11) and Kaitlin (8) and has complete support from them.

Although he trains like a professional triathlete, his occupation is real estate and he enjoys reading to relax.

John's first triathlon experience was in Osaka, Japan in 1985. He was already a distance runner so the whole tri-endurance culture hooked him in the early 80's. Like many other triathletes, the obsession began by watching Ironman Hawaii on television. While in Japan, John met Wit Raymond (Wit is one of two famous announcers in the Ironman Tri-World) and got him into triathlon. John also passed Ken Glah (one of the most all-time famous Hawaii Ironman triathletes) on the bike in the 1986 Liberty to Liberty Triathlon and eventually placing in the top 10 just behind Sean Molina, brother to Scott Molina (part of the "Big Four" with Dave Scott, Mark Allen & Scott Tinley). John was all set to move to San Diego, study sports massage and train/race fulltime. Back then, you didn't need to swim as well. It was pre-Total Immersion. John was shocked by the sudden death of his father and his life changed dramatically. By New Year's Day 1998 he was a "202 pound, cigar smoking, and wine guzzling attorney in Midtown Manhattan." He started bike racing to turn his life around and entered Duathlon in 2002.

Once John joined HVTC he began swimming again and has raced the club's Summer Series and Ironman Florida (his first Ironman) in **9 hours 41 minutes and 16 seconds**, which qualified him for Kona on Saturday October 16th, 2004. (Okay, he's fast.) He says doing triathlons keeps him healthy and strong. And, "There's more to it than that, but it's like trying to answer why your favorite color is your favorite color." Even when he was a "fat lawyer" he knew inside what he was…an endurance athlete. He prefers Duathlon for racing but enjoys training for triathlon. Duathlon satisfies his urge to see how far he can push and hopefully reach his ultimate goal of becoming a Duathlon Age Group World Champion. "Triathlon provides some balance and tempers the single minded obsession of my Duathlon aspirations." Triathlon makes him feel awesome, he's a self proclaimed masochist and states that racing takes you to levels you just cannot achieve while training alone. And, of course, he recommends the sport to everyone, always.

John hasn't done many triathlons, but the ones he's done, he's kicked butt! Here's the races/highlights; Japan in '85, Liberty to Liberty in '86, now insert about a decade, Champion of the YMCA Indoor Triathlon '03 & '04, won an HVTC club race in '03 and of course his Ironman race in Florida, last November. Oh yeah, he got a spot among the top 5 All-Time placing in HVTC! He feels honored to be among some HVTC greats, too; Mike Halstead, Alex Sherwood and Greg Sautner, to name a few. Duathlon is his forte, however, and he was ranked 3rd OVERALL in the country in 2003. He was first in his age group the same year and first at the National Championship. He won the race overall at Long Course Nationals and placed 6th at the World Championship and 7th in his age group at Powerman Zofingen in Switzerland.

John's goals for the future are to become the Duathlon and Ironman Age-Group Champion. I'll bet he makes it, too 'cause when asked whether he thinks of triathlon more than his job his response was"What job? Of course!" But, when not thinking of triathlon he likes to eat pop tarts and frosted cookies…he loves frosting. (Competitors take note!) "When I was a fat lawyer, I'd buy cans of the Pillsbury frosting and eat it with a spoon. But not now!" John's so happy to be living in Ulster County and feels "we're all so very lucky to have this club." We're very fortunate and honored to have him with us, too. Thanks, John!

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.vernmontsun.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, R13.1miwww.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

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-Gilford, NH (6/26/04) S ¼ mi., B 15 mi., R 3.5 mi. www.timbermantri.com

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

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

JULY

Vermont Sun Triathlon-Middlebury, 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

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

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-Middlebury ,VT (7/25/04) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

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/

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 (8/14/04) 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)

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

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

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

Escape to Alcatraz-Clermont, FL (2/29/04) S-1.5 mi., B-18.5 mi., R-8 mi. www.usat-ntc.com

Overall Female:	**Joanna Zeiger**	**2:32:41**
Overall Male:	**Patrick High**	**2:27:12**
	Mark Wilson	**3:11:45**

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

Overall Female:	Mary Lockett	9.22 miles
	Jane Farrel	9.09 miles
	Michele Yasson	8.30 miles
Overall Male:	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	9.82 miles

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	47:16
	Alex Sherwood(2nd O)	47:41
	Mike Halstead(3rd O)	48:30
	Charles Pegg(3rd M30-39)	52:38
	Jimmy Buff(1st M40-49)	54:32
	Henry Collins	55:32
	Bill Shashaty	1:01:48
	Mark Wilson	1:04:25
	Jeff Truhe	1:09:24

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. Cranberry Triathlon, Timberman Triathlon and the Highland Triathlon.)

Name (Honors)	Age Group	A.G. Plc.	Nat'l Ranking
Greg Sautner AA	**M25-29**	**48**	**90.70**
Tom deHaan	M40-44	374	81.22
Bill Pape HM	**M55-59**	**31**	**79.78**
Andrew Schupak	M35-39	815	78.16
Rich Barkan	M35-39	1,357	73.37
Myron Baker Sr.	M55-59	127	73.13
Kathryn Loyer	F35-39	317	71.73

Mary DeNitto HM	**F55-59**	**9**	**71.08**
Michele Yasson	F40-44	632	61.84

HM-Honorable Mention (Top 10% in the Age Group for USA)
AA-All American (Top 5% in the Age Group for USA)

Special Note: Duathlon (Run/Bike/Run)

John McGovern AA	**M35-39**	**1**	**97.03**

2003 2nd ANNUAL 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.

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 for details!

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 oalptekin@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.

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

<u>ANNOUNCEMENTS</u>

- **2004 HVTC Williams Lake Summer Triathlon Point Series**. Points will be awarded accordingly; Male/Female 1st-10, 2nd-9, 3rd-8, 4th-7, 5th-6 and all other finishers will receive 3 points 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.
- **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. Apr. 3-4 Waltham, MA & Brooklyn, NY. May 1-2 Astoria, NY & Waltham, MA. June 5-6 Waltham, MA. June 26-27 Astoria, NY.
- **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, **<u>NOT</u>** online!
- **HVTC** $110.00 membership is valid from January 1st-December 31st.

TOTAL SWIM ONLINE MAGAZINE

By Terry Laughlin

TI TV to debut this weekend

Another addition to the TI web site has us excited as well – the debut of TI TV. Because visual information makes swimming skills much easier to grasp than text info, the combination of the pictorial features with streaming video is a really important advance for us. We're launching TI TV with a selection of five brief videos, ranging in length from 90 seconds to about five minutes, with our video player to be launched over the weekend. The first five video selections will be:

Happy Laps – a quick glimpse of the ground-breaking new TI video for non-swimmers and beginners. Learn how any swimmer can become completely comfortable in the water.

Freestyle Made Easy – An overview of the FME video released in December, showing the skills taught in each of the four Lessons. Learn how any swimmer can swim Freestyle better than you ever dreamed possible.

Finding Comfort Swimming – This video, shot mainly in an Endless Pool at the 2002 Hawaiian Ironman in Kona, illustrates how you can swim for fitness and lifelong well being with Total Immersion.

The Secrets of Freestyle – A specially edited collection of clips from Freestyle Made Easy, showing the secrets that allow anyone to swim with ease and efficiency.

The TI Buddy System – Another specially edited collection of clips from *Freestyle Made Easy*, which illustrates our groundbreaking partnered-learning approach. Learn how you can become your own best swim coach – or anyone else's.

Tell us what TI book you want next.

Next, I'd like to invite your suggestions on the next book you'd like us to publish. I've been busy for months with the production and release of our Freestyle Made Easy and Happy Laps videos, but now it's time to turn to work on my next book, but I'd like to prioritize information that YOU are hungry for. I've received a request for a TI "advanced" book for those who've been successful in the "learning" stage of TI and are now ready to focus more on training and racing the TI way. So what kind of guidance, content or focus would you vote for in the next book from TI. What questions do you most want answered at this point in your swimming development. Send your requests and suggestions to terry@totalimmersion.net. Thanks.

New Workshop Programs

Following on the release of our Happy Laps video/DVD for beginning swimmers and non-swimmers, and the Four Strokes Made Easy DVD for "well-rounded" and competitive swimmers, we will offer new workshops this summer to teach the content in those videos.

Happy Laps Workshop This will be a 2-day weekend program conducted in shallow, warm, "cozy" surroundings with a strong focus on learning to be comfortable in the water, learning to breathe freely and easily in water, and progressing to acquiring a sense of floating effortless – in other words, basic balance. This workshop is intended for anyone who feels uncomfortable or insecure in the water, is unable to swim more than a few strokes, is made fearful by deep water (or is even hydrophobic about shallow water), or has never been able to swim and breathe. We guarantee you'll complete the workshop with the confidence and skill to begin swimming multiple laps. This will also prepare the non-swimmer to progress to learning the whole freestyle stroke in a TI Weekend Workshop or by self-coaching with our Freestyle Made Easy DVD. Watch for more info and schedules in coming issues of Total Swim.

All Four Strokes Workshop This summer we will not conduct the weeklong Kids Camps that we held the past seven summers. Instead, we will offer the same instruction in a more condensed and concentrated manner in an extended-weekend (Fri thru Sun) All Four Strokes workshop. These work-shops will be open to age group and school swimmers, to adult swimmers and particularly to families. Watch for more info and schedules in coming issues of Total Swim.

Swim for Health and Happiness,
Terry Laughlin
(For more articles, etc. from ***Total Swim*** go to www.totalimmersion.net and click on *Free Stuff*.)

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*** USA TRIATHLON ***	www.usatriathlon.org
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