

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 VI, Issue No. 58

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IN A FEW WORDS

Dear HVTC,

In order to create a successful triathlon season it appears one needs to adhere to some basic principles; vision, action, adaptation and flow. Leave any one of these out and the master plan seems to be lacking its edge, purpose or focus. It is my intent to see that you accomplish all that you desire in triathlon via HVTC. In triathlon, it's obvious that one has to swim, bike and run; the not-so-obvious training is of your spirit, it's crucial! Speaking of which; thank you for all of your incredible support, I really appreciate it. See ya out there!

Sincerely,



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

HUDSON VALLEY TRIATHLON CLUB



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

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(Photo: Jennifer May www.jennifermay.com)

Featured Athlete: Mark De Luccia

By Mark H. Wilson

How many former college football players do you know who are now in the sport of triathlon? Better yet, how many football linemen do you know who swim, bike and run? Chances are, you've inadvertently stumbled upon one or two at races...cheering on their WIFE! Well, guess what? Mark DeLuccia, our Featured Athlete of the Month played offensive guard on the Marist College Football Team as a freshman. How exciting; especially since Mark lost 100 lbs., went from 30% body fat down to 9% and is on the verge of bustin' up the male ranks of HVTC! He's a real competitor with a gentle and somewhat shy demeanor, to boot. Let's hear his story.

Mark was born on December 4th, 1975 in Paterson, New Jersey. He attended DePaul High School in Wayne, NJ and moved to New York State to enroll at Marist College. He received his undergraduate degree in Computer Science and his Masters Degree in Software Development. While in high school, he played football and "ran" track/field for four years. Although he enjoyed throwing the shot and discuss for track, football was his main sport; he excelled on the Varsity for two years and earned 2nd Team All-State as an offensive lineman. Mark continued with playing football for one year at Marist and then "hung-up the cleats" after a week of training camp as a sophomore. He decided that joining the Marist Racquetball Team and playing tournaments might a bit more fun. Gee, what could be more fun then ramming your body against a 275 lb. gentleman at top speed?

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Mark is a bachelor who lives in Highland, New York but is currently in love with his lightweight Cannondale R3000. It's a good thing, too, since he'll be racing at Ironman Lake Placid this summer 'cause things are bound to get gnarly at mile 90, or so, come race day. Regarding his profession, Mark is currently a programmer for IBM in the Poughkeepsie/Fishkill office. He's also a part-time RPM Instructor at Gold's Gym in LaGrange. Nice way to squeeze in a few extra miles each week! Besides triathlons, Mark enjoys racquetball, golf, skiing, tinkering with computers, gaming, working on his house (inside and out), cooking, music/movies and weight training.

Mark's first triathlon was at Pawling in 2002. "Nightmare" is word he uses to describe that initial experience! When he woke up race morning, it was raining so hard that he could barely see 10 ft. in front of him. Despite the rain, the race was still on. Oh, great! Wetsuit-less, he practically froze to death on the BEACH (what's wrong with this picture?) waiting for his wave to start. Thankfully, the water temperature was warmer than the air, which helped a little. He finished the 500 yard swim in roughly 25 minutes; slower than most grandmothers' could do! God bless all grandmothers!! He literally used all, and that means ALL strokes, even ones not invented yet to arrive safely back on the "beach." To say the least, upon exiting the lake he was a tad disorientated and ready to quit! Somehow, he talked himself out of it, jumped on his mountain bike (Oh, my!) and rode off. Mark plodded through the run and completed the race in 1 hour and 42 minutes. He was hooked! Since that day, Mark has competed in these triathlons; Eagleman, Philadelphia, Hudson Valley, S.O.S., West Point, Harriman, Danbury, Memphis in May and Greenwood Lake.

Remember, Mark was a 275 lb. football player so to be moving his body the way he is these days is remarkable. Although he occasionally "cheats" and the daily menu somehow includes pizza, Doritos and Twizzlers, he's doing things today that he never thought would be possible (i.e.-marathons, triathlons, etc). Everyday he pushes the envelope a little harder to see what his "new body" is capable of accomplishing. And he ain't done yet! Mark enjoys the cool triathlon "toys," the thrill of competition, training, the camaraderie, and the variety of disciplines. He relishes the mix of serious and recreational racers; it fosters a competitive and yet pleasant atmosphere. "Where else does a person you're competing against cheer you on as you blow by them?" Mark feels an overwhelming sense of accomplishment whenever he crosses the finish line of any race, whether it's a sprint or a 1/2 IM. He knows the time/work invested in the training and it feels good when his results reflect that preparation.

Speaking of good results, Mark just earned his first triathlon victory overall at the Kingston YMCA Indoor Triathlon; nice job! Additionally, 2005 was a very good year for Mark; West Point Triathlon (1st M25-29), S.O.S (2nd M25-29) and Hudson Valley Triathlon (3rd Overall! Despite going off-course into someone's yard, avoiding a slide-out, due to a sharp turn and slick roads.). Although his body weight has dropped

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significantly, his strength/weight ratio on the bike shows evidence of punishing sled-pushing sessions in college; 7th and 11th fastest splits of the day at the S.O.S. and Philadelphia Triathlon, respectively.

Mark is constantly thinking about his training and upcoming races; in fact, he only thinks about work when he HAS to. And even though plenty of friends/colleagues consider him nuts for participating in triathlon, he continues to sing the praises of the sport to people of all skill levels and genuinely offers assistance in getting them started. Mark intuitively most folks don't understand that triathlon is more than just something you do; it's a lifestyle. Amen!

Mark's racing goals are ambitious, as they should be. He'd like to be competing in triathlons well into his 70's, finish near the top at an HVTC Summer Tri-Series, go sub-5 hours at the S.O.S., go sub-3 hours for a marathon, complete a sub-11 hour Ironman and, of course, qualify for the Ironman Triathlon World Championship. He's proud, too! He says, "I HAVE to qualify, I won't go through the lottery!" Gotta respect that. Thanks, Mark!

2006 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the U.S.? For a complete listing of USAT Sanctioned Races with event location and contact information go to www.usatriathlon.org and click "calendar.")

APRIL

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

MAY

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

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

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

Highland Triathlon-Yulan, NY (5/??/06) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 www.nytc.org

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

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

King of the Hill Xterra Triathlon-Lebanon, NJ (5/21pending/06) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/3-4/06) S 1.5k, B 44k, R 10k www.timbermantri.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/3-4/06) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/4/06) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

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

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

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

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

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

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

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

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

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake "Sprint" Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

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

JULY

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

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

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

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

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

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

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

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

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

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

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

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

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

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/23/06) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

AUGUST

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

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

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

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

West Point Triathlon-West Point, NY (8/13/06) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

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

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

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

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

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

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

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

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

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

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SEPTEMBER

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

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

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

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

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

Saratoga Lake Triathlon-Saratoga, NY (9/??/06) S 1.5k, B 40k, R 10k
www.cdtriclub.org/saratoga_triathlon.htm

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

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

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

Danskin Triathlon-Sandy Hook, NJ (9/16-17/06) www.danskin.com

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

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

OCTOBER

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

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

USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV (10/15/06) S 1.5k, B 40k, R 10k www.bbscendurancesports.com

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

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

Ironman Triathlon World Championship (10/21/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

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

NOVEMBER

Ironman Florida-Panama City, FL (11/4/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/11/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmanlive.com

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. HVTC Annual Awards are based on the results that are posted in the newsletter. Good luck to everyone this season and thanks for your stats!

Send results to: mark@hvtc.net.

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?!?!?

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RESULTS

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Overall Female: Farrier Golgolski 6.42 mi.

Overall Male: Hugh Dunsteath 7.29 mi.

Steve Fischer 6.28 mi.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

Overall Female: Jeanette Shelow-MacDougall 10.39 mi.

Laila Brady Walzer ??

Overall Male: Mark De Luccia 11.70 mi.

Charles Pegg 11.21 mi.

Bill Shashaty 10.65 mi.

Steve Fischer 09.59 mi.

2005 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in **at least two USA Triathlon Sanctioned** races that year; i.e. S.O.S. and Vermont Journey Half Ironman.)

<u>Name</u>	<u>Age Group</u>	<u>Honors</u>	<u>Ranking</u>
John McGovern (Duathlon)	M40-44	AA	96.2270
Alex Sherwood	M30-34	AA	92.4403
Mark Wilson	M35-39	AA	88.7071
Charles Pegg	M35-39	HM	84.6444
Mike Halstead	M35-39		83.2659
Mike Vance	M20-24		81.2255
Andrew Schupak	M35-39		81.1321
Barbara Sessa	F40-44	HM	77.1341
Jean Norton	F40-44	HM	76.2606
Mary DeNitto	F55-59	AA	71.4236
Pam Neimeth	F45-49		67.1655
Bill Norton	M50-54		66.8788
Jeanne Roth	F30-34		64.4122
Tom Gill	M50-54		60.5422

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

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

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2005 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2005 HVTC Volunteer of the Year Award: **Myron Baker Sr.**
2005 HVTC Most Improved Award: **Jim Demis**
2005 HVTC Rookie of the Year Award: **Linda Rosenthal**
2005 HVTC Honorable Mention Award: **Jean Norton**
2005 HVTC Honorable Mention Award: **Barbara Sessa**
2005 HVTC Honorable Mention Award: **Mike Halstead**
2005 HVTC Honorable Mention Award: **Alex Sherwood**
2005 HVTC Female Triathlete of the Year Award: **Mary DeNitto**
2005 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

2005 HVTC Summer Tri-Series Winners

Women's Champion: **Mary DeNitto**
2nd Place: **Mari Flores**
3rd Place: **Pam Neimeth**
4th Place: **Jean Norton**
5th Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**
2nd Place: **Mark Wilson**
3rd Place: **Charles Pegg**
4th Place: **Henry Collins**
5th Place: **Alex Sherwood**

ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1st, 2006; Closing Day-Friday October 27th, 2006; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **2006 HVTC Registration & Packet Pick Up-5:30 pm-Wednesday April 26th** Williams Lake Resort!
- **Mark Wilson's Triathlon Training Camps**-August 21-26, 2006 PICO Sports Center (Killington, VT) & January 22-27, 2007 National Training Center (Clermont, FL).
- **2006 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).
- **2006 HVTC \$200.00 membership is valid from January 1st-December 31st.**

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