

Hudson Valley Triathlon Club

Mission Statement: To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

Volume V, Issue No. 5

May 2005

IN A FEW WORDS

Dear Triathletes,

It is such a beautiful time here in the Hudson Valley; forsythia, daffodils, crocuses, dandelions and even the grass are adding magnificent colors along the road during long bike rides. It's a welcome change. You have probably made some final touches to your race schedule and are "gearing-up" for a great season! HVTC is here to help you reach the goals you've set, so take advantage of the Williams Lake swims and the monthly Summer Tri-Series on Wednesday nights; you'll be glad you did! See ya out there.

Sincerely,



Mark H. Wilson-Triathlon Coach
Founder/President, Hudson Valley Triathlon Club
Pose Method of Running Level II Certified Coach
USA Triathlon Level II Certified Coach
Serotta Bike Fit Technician

HUDSON VALLEY TRIATHLON CLUB



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

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005



(Photo: Jennifer May www.jennifermay.com)

Featured Athlete: Barbara Sessa

By Mark H. Wilson

Would you like to have the genetics to be any kind of athlete imaginable? Would you like to be fit, strong, flexible, and adaptable; and add to that a personality that's very bubbly? How would you like to enter an event for the first time and be the overall female winner? Well, our Featured Athlete of the Month, Barbara Sessa, is all that! She has an infectious spirit that commands attention regardless of the circumstances. It hasn't always been an easy road, though. Let's see what this little dynamo's been up to for the past 40 years!

Barbara was born in Massapequa, NY (Long Island) and then moved to Orange County in Upstate New York in 1993. She and her husband Joe have a 9 year old son, Joey, who is already quite the athlete! (Takes after mom, of course.) Currently, she teaches physical education at Monroe Woodbury High School and has coached gymnastics, soccer and track & field.

Unbelievably, Barbara was very heavy in high school and did NOT do sports! She really didn't start training until college. Barbara was drawn to weight training and quickly merged with the bodybuilding community. Soon after, she entered the Ms. Cortland (where she went to college) bodybuilding competition and a few days later saw an ad for the 1st Annual Cortland State Triathlon. She figured "WOW!" the tri-training can help her to lose fat for the weight training/bodybuilding. So, get this; she lifted

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

weights, swam half a mile, biked 20 and then ran 5...EVERYDAY! In her own words, “I never said I was smart!” Barbara believed the more she trained, the leaner she would get for the competition. Oh, yeah, incidentally she took 2nd Overall Female in the bodybuilding contest and 1st Overall Female in the triathlon! Her first triathlon EVER!!! (Must be nice.)

However, Barbara did not do another tri for 17 years. Throughout college Barbara had a terrible personal health issue. She had a serious eating disorder that sent her spiraling into depression and isolation. She tried to remedy the situation by lifting weights, running, aerobics, swimming, etc.; for nearly 8 hours a day. She was obsessed with exercise, food, weight, and her looks which lasted for more than 10 years. Barbara would sometimes teach an aerobics class at a studio she owned 4 or 5 times a day. Her body was falling apart, to say the least.

Luckily, they moved to Orange County and there were no aerobic studios, so Barbara began running more for her exercise. As one would guess she became very competitive, enjoyed the racing and was very successful. Then, in 2002 Barbara re-started her triathlon career which totally changed her life; she finally found an outlet that combined power, aerobic endurance and physical strength. “In this sport you feel empowered every time you finish a race from a sprint to an IM.” Barbara used to feel that people looked at her oddly because of her fitness lifestyle. But now she feels that triathlon contributes to her self-confidence, a superior body and mind. “The sport uses every muscle in the body and teaches you about yourself.”

Barbara met Lauren Warren at a race a couple of years ago and would later become good friends/training partners. Lauren approached her because she had heard Barbara expressing her fear of putting her head in the water. Lauren hugged her, congratulated her on finishing and encouraged her to come back. “Little did Lauren know that the gesture kept me from quitting the sport.” Also, Barbara met Dr. Mike (Halstead) early in her return to triathlon and received sound training advice; she’s thankful for his generosity. “The people in HVTC are so inspiring.” When she was invited to the Summer Tri-Series 2 years ago she was terrified, she got lost on the course 3 times, but notes that it is one of the most memorable days of her life. “I felt like a part of something for the first time.” Besides, she finally found people that trained more than her! (Scary!) She often remembers one of her favorite Ironbaker (Myron Baker Sr.) quotes, “Stop complaining and just train!!” (He has a wonderful effect on newcomers!)

Barbara works in triathlete heaven; summers off, lots of cardio equipment, an indoor track, and weight room! “I joke that I become a pro triathlete for the summer but, it's true!” Her goal for this summer is to train, tan, play and eat (especially anything covered in chocolate), but not always in that order. Sounds like a plan! Thanks, Barbara.

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

2005 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

MAY

St. Croix Half Ironman-U. S. Virgin Islands (5/1/05) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/15/05) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com/devilman.html

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/15/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)
www.piranha-sports.com/devilman.html

Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/22/05) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/22/05) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Pawling Triathlon-Pawling, NY (6/4/05) S 1/3mi., B 13mi., R 3mi. www.nytc.org

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

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

Mooseman Xterra Triathlon-(Wellington State Park) Bristol, NH (6/5/05) S ¼ mi., B 5.5 mi., R 3 mi. www.timbermantri.com

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/5/05) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/12/05) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

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

Mighty Montauk Triathlon-Montauk, NY (6/11/05) S 1mi, B 20mi, R 6.2mi 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

Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k 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

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/25/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake “Sprint” Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 26 mi., R 10k www.tupperlakeinfo.com

JULY

New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k www.nyctri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/10/05) S 1.5k, B 40k, R 10k www.vermontsun.com

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

HVTC Summer Tri-Series #2-Rosendale, NY (7/13/05) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

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

Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k
www.trifitness.net

Hudson Valley Triathlon-Kingston, NY(7/17/05) S 1.5k, B 26 mi., R 10k www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/17/05) S 325 yds., B 11.5, R 3.25
www.pinebushtriathlon.org

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/24/05) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/24/05) S 600 yds. B 14 mi.,
R 3.1 mi. www.vermontsun.com

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/05) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Grafton Lakes Off Road Triathlon-Grafton, NY (8/7/05) S 0.9mi, Mtn B 14mi, R
5mi. www.skyhighadventures.com

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

West Point Triathlon-West Point, NY (8/14/05) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/14/05) S 1.5k, B 40k,
R 10k www.trifitness.net

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

19th New York Triathlon Race #2-Harriman State Park, NY (8/14/05) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Lake Dunmore Triathlon-Salisbury, VT (8/14/05) S .5 mi., B 28 mi., R 5 mi. www.vermontsun.com

HVTC Summer Tri-Series #3-Rosendale, NY (8/17/05) S 700 yds, B 12 mi, R 2 mi. www.hvtc.net.

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

Timberman Sprint Triathlon-Gilford, NH (8/20/05) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Greater Hartford Triathlon-New Hartford, CT Brodie Park (8/28/05) S 1 mi., B 23.8 mi., R 6.2 mi. www.catstri.com

Cranberry Country Triathlon-Lakeville, MA (8/28/05) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Cinco Ranch Triathlon-Katy, TX (8/28/05) S 850 meters, B 20 mi., R 5 mi. (USA Triathlon National Club Championship) www.cincotri.com

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/28/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

SEPTEMBER

Boston Triathlon (Sprint)-Boston, MA (9/4/05) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

S.O.S.-New Paltz, NY(9/11/05) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

Firmman Rhode Island (9/11/05) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

Lobsterman Triathlon-Freeport, ME (9/11/05) S 1.5k, B 40k, R 10k
www.lobstermantriathlon.com

Saratoga Lake Triathlon-Saratoga, NY (9/11/05) S 1.5k, B 40k, R 10k
www.cdtriclub.org/saratoga_triathlon.htm

HVTC Summer Tri-Series #4-Rosendale, NY (9/14/05) S 700yds., B 12 mi., R 2mi.
www.hvtc.net.

Pine Bush Triathlon-Pine Bush, NY (9/17/05) S 325 yds., B 11.5 mi., R 3.25 mi.
www.pinebushtriathlon.org/

Danskin Triathlon-Sandy Hook, NJ (9/17-18/05) www.danskin.com

Mighty Hamptons-Sag Harbor, NY (9/18/05) S 1.5k, B 38k, R 10k
www.swimpower.com

Skylands Triathlon-Clinton, NJ (9/18/05) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Westchester Triathlon-Rye, NY (9/25/05) S 1.5k, B 40k, R 10k
www.westchestertriathlon.com

Granite Ledges Triathlon-Wellington State Park, NH (9/25/05) S 1.5k., B 44k, R 10k
www.timbermantri.com

OCTOBER

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

Mightyman ½ Ironman Triathlon-Montauk, NY (10/2/05) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

Ironman Triathlon World Championship (10/15/05) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/22/05) S 1.5k, Mtn. B 30k, R 11k
www.xterraplanet.com

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

NOVEMBER

Ironman Florida-Panama City, FL (11/5/05) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/?/05) S 400 yds., B 8 m., R 5k
www.goldsgym.com

AT THE RACES

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

Send results to: Markstriclub@hotmail.com

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. **Race website?!?!?**

RESULTS

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

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

Overall Male: Cameron Brown 8:20:15 (CR)
Terry Kerrigan (38th overall) 9:37:27

Pine Hill Arms Triathlon-Pine Hill, NY (3/19/05) Ski 2 mi., B 10 mi., R 3 mi.
www.pinehillarms.com

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

Overall Male: Alex Sherwood 0:46:48
Mike Halstead(2nd Overall) 0:47:35
Charles Pegg (3rd Overall) 0:50:21
Jimmy Buff 0:54:15
Bill Shashaty (3rd M30-39) 0:56:26
Bill Pape (2nd M50-59) 0:57:49
Carlos Perez 1:00:39
Donald Roth 1:09:16

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

El Gran Trialo (The Grand Triathlon)-Joyuda, Puerto Rico (3/20/05) S 1.8k, B 40 mi., R 10 mi. www.elgrantriale.com

Overall Female: Diana City 4:07:17
Mari Flores (1st F30-34) 4:28:29

Overall Male: Carlos Lomba 3:15:15

Brandywine Duathlon-Delaware City, DE (4/16/05) R 5k, B 30k, R 5k www.piranha-sports.com

Overall Female: Suzanne Huelster 1:33:11
Dorothy Hamburg(3rdF40-44)1:57:50
Rosemarie Hunt (3rd F50-54) 2:04:57

Overall Male: Spencer Smith 1:16:58

PAPE'S PARTICULARS

By Bill Pape

BACK ON THE BIKE

Except for biking a mile or so on the sidewalks to work, in dress shoes and a suit, in snow, rain and cold, I biked very little this winter. So I was thrilled to be finally back on the bike in biking clothes on Canal Road in New Jersey on a beautiful day, recently, Saturday, April 9, going long. I had a destination. I was biking to my grandson, Zayne's, birthday party. Julie said, Why are you going to a kid's birthday party, kids' parties are for kids, not adults (her hidden agenda: stop finding excuses to avoid working on the house up here). But, I had no choice, I had to go. Zayne called me to ask me to come and followed up twice to confirm I was coming, and each time I told him, Yes, I am coming, he trapped me* (besides, I had a hidden agenda, I needed some motivation to bike long and his house is 28 miles away from my starting point in New Jersey, and I needed an excuse to avoid working on the house up here). I had perfect weather for my ride, and I forgot how much like the Hudson Valley some parts of New Jersey can be, quiet and pretty. I was back on the road again.

Then it happened. A guy blew by me on his bike like I was stopped beside the road with a flat. For me, that was like waving a red flag in front of a bull. Not that I resemble a bull for my strength and toughness, but I resemble a bull's emotions for my confusion, anger and excitability when challenged that way. And, furthermore, the rider kicked a

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

little dust into my snout, by not even saying, Nice day, or Have a good ride, as he blew by, disrespecting me. Despite knowing I had no fitness or power, I thought about this for fifteen seconds and, the good weather prompting a fighting spirit, I stepped on the pedals as hard as I could. Boy, was that fun. Not only to be out on the road, but to be mixing it up with another cyclist.

In about 10 yards, it seemed like I had stopped the bleeding, he was no longer increasing the distance between us. In another 10 yards, I felt that great feeling of being sucked into his draft. Either he was easing off from the effort of the blow-by, or the draft was reeling me in, because I wasn't working as hard and could apply speed to pull even closer. I popped onto his wheel and hung tight. Now I was decreasing the 45 minutes of leaving late from my house for the party and I was watching the canal scenery whiz by nicely. I knew I was in for a workout, because we were miles from the end of Canal Road, where he would probably go a different direction, and I could see even from behind that he was a serious contender. His head was shaved, it looked like, under his helmet. He had a non-descript jersey on, showing he was not a punk pretending to be a Euro pro, but was for real.

Over a narrow bridge with a bump, he finally acknowledged my presence. I couldn't hear him when he turned his head to look at me and say something, because all my blood was in my legs not my ears, but I thought he was probably saying something about taking my turn, instead of sucking off him the whole way. Then I leveled my biggest weapon, fake humility. I am a fake humility pro, because, being skinny, uncoordinated shy, red-headed with an unpronounceable last name in grade and high school I got by, not by fighting, but by getting guys to feel sorry enough for me to cut me a break.

I gave him the one-two-three punch. First, I called out, I'm not strong enough to take a pull. Then, without giving him a pause to recuperate from this shot of humility, I followed up immediately with, I'm barely hanging onto you, thereby mentioning a direct comparison between us, favorable to him. Then, I gave him the deathblow, a knife right to his heart. I said, But I'll try to take a shot if you want me to, implying I would agree to throw myself under a train at his command. From there, he was putty in my hands, thankful I confirmed his greatness and now wanting to be generous of spirit. Why did I have to hit him so mercilessly, instead of just asking him to pull the whole way? Because, I knew already he was pissed at me. I was riding a '75 Trek I pulled out of the rafters of my garage in New Jersey, so that I could move my two slightly less retro bikes up here. I had been leaving this Trek from time to time chained to a pole in New Jersey when I take the train to the Hudson Valley and even when I went to Hungary for ten days, and I have had to dig it out of the snow and wipe the rain off the seat at various times on my return, to rescue it, so it looks like sh--. Not only that, but I had 59 cent pedals and running shoes as part of my drive train, and I was carrying a back pack with two cameras and the birthday presents inside. I was sure he noted some of this with

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

disgust as he blew by and then remembered it after I had the nerve to nail his wheel, thereby disrespecting him. But, now we were friends. (Gee, think I read too much into the dynamics of interpersonal relations on the bike?)

Bad news arrived, however. He turned in the same direction as I was going at the end of the canal, and not only was I tired and planning a rest, but I knew the next quarter mile was uphill, for which the draft would not help much. Then, good news arrived. A short way up the hill, he moved over into the center and signaled off to the left, toward Princeton. We waved a goodbye that only good friends can offer each other, and I quickly slowed down.

I was still very late, so when I got into my daughter's town and a more tourist-looking guy passed me, I grabbed his wheel for a few blocks. I guess I am addicted to sucking off other guys (that wording does not seem to be exactly how I meant it to turn out). I hung onto his wheel, thanked him graciously, and went the remaining blocks to my daughter's house. I skidded to a stop in her driveway, got off my bike like a 90 year old, and noticed the empty house. Only the dog, which had an expression that looked like she had been abandoned months ago, was inside the house. No cars, no note, no people, no evidence of a party was outside or inside. Oh well, goofed again, but got my ride in (a triathlete's mantra).

I figured I would take a look at the town park on my way home or else wait until the party was over wherever it was and they came home. I biked back through town a block or so, and then saw and heard my daughter yell out the window of her passing car, It's at the park, Dad, be back soon, have to get plates. Zayne had his three friends there and wanted me to tell them the joke about the three guys, named Shut-up, Trouble and None of Your Business, who got pulled over by a police officer for speeding.

Later, Zayne was yelled at for not making a wish before he blew out the nine-years-old candle on top of his birthday cake candle, and he said, I just want to eat cake, holding his fork and grabbing the first piece. I yelled out to him as he took a bite, Well, you just got your birthday wish.**

I biked home to complete my first big mileage day of the season. I had no wheels to grab onto for help, but still beauty to see and fitness to gain.

*I found out later, from this, that I might be able to make him into a triathlete after all. His father played all three big sports, football, basketball and baseball and still tries to follow the three, despite my daughter's forbidding television in their house and making him work on the house all the time. But, I saw that Zayne has the independent mind and power to self-motivate needed for our sport. My daughter explained she knew nothing about the party until he had already invited me and three of his friends to his house for

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

the party on the 9th at 11 am. She had planned on a different date to combine parties with other mother's having kids' birthdays in April to save money and aggravation. Zayne got around that by issuing his own invitations on the phone, because he did not want any girls at his party she told me. By the time she found out about it, the kids were already invited and planning to come to the house.

**Showing again that he might be triathlete material, because he knows what he wants and, instead of depending on a wish and a hope, grabs it with his own hands.

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, S.O.S. and Timberman Half Ironman.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>Nat'l A.G. Plc.</u>	<u>Nat'l Ranking</u>
John McGovern AA	M40-44	1	97.5498 (Duathlon)
Greg Sautner AA	M25-29	8	94.0000
Alex Sherwood HM	M25-29	66	89.0267
Mike Halstead HM	M35-39	265	84.6424
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
Myron Baker Sr. AAM55-59	AAM55-59	26	81.2402
Bill Pape AA	M55-59	28	81.0008
Kathryn Loyer HM	F35-39	112	77.9227
Bill Shashaty	M35-39	1563	71.6261
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**

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

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.

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. 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.

ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 2nd, 2005; Closing Day-Monday October 31st, 2005; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **2005 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1st-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 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 1st in all 4) and the least 1 (participated in one race for 15th place or lower).
- **HVTC Tri-Gear For Sale!** If you'd like to sell triathlon gear on the HVTC website, send a digital photo of the equipment with details (contact info, specs, etc.) and it'll be put up ASAP. There will be a 10% charge for sales resulting from the HVTC site.
- **Important message from USAT...** To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **HVTC \$125.00 membership is valid from January 1st-December 31st.**

Hudson Valley Triathlon Club

Volume V, Issue No. 5 May 2005

SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** PEAK PERFORMANCE SPORTS ***	www.hvsports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** KINGSTON CYCLERY ***	www.kingstoncyclery.com
*** WORLD WIDE AQUATICS ***	www.worldwideaquatics.com
*** TRIATHLONBAG.COM ***	www.triathlonbag.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** TABLE ROCK TOURS & BICYCLES ***	www.tablerocktours.com
*** POSE TECH ***	www.posetech.com
*** METROTRI.COM ***	www.metrotri.com
*** WILLIAMS LAKE HOTEL ***	www.willylake.com
*** HAMMER NUTRITION, LTD. ***	www.e-caps.com
*** BICYCLE DEPOT ***	www.bicycledepot.com
*** PLACID PLANET BICYCLES ***	www.placidplanetbicycles.com
*** ENDLESS POOLS ***	www.endlesspools.com
*** ADIRONDACK SPORTS & FITNESS ***	www.adksportsfitness.com
*** MAIN STREET BISTRO ***	www.mainstreetbistro.com
*** OVERLOOK MOUNTAIN BIKES ***	www.overlookmountainbikes.com
*** SIGNATURE CYCLES ***	www.signaturecycles.com
*** XTERRA WETSUITS ***	www.xterrawetsuits.com
*** OPTICAL ILLUSIONS ***	www.scottschaffrick.com
*** SPORTFRAMES ONLINE ***	www.sportframesonline.com
*** FAST TRACK ***	www.fastrackonline.com
*** ROADID.COM ***	www.roadid.com
*** USAT NORTHEAST REGION ***	www.usat-ne.org
*** BULLFROG SUNBLOCK ***	www.bullfrogsunblock.com
*** INSIDE TRIATHLON ***	www.insidetriathlon.com

THANK YOU SPONSORS!!!