

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 III, Issue No. 10

October 2003

IN A FEW WORDS

Aloha Triathletes,

I always say I'm the most fortunate man alive! And here's more evidence. Recently, I witnessed (for the first time) the most famous triathlon on Earth: Ironman Triathlon World Championship; Kona, Hawaii. As a coach for Total Immersion I was invited to work with Endless Pools at their booth at the Ironman Expo. The booth was located about 10 ft. from the Pacific Ocean where a giant Sea Turtle would feed each morning while we prepared to "work." All I'll say is...it's the best damn office I've ever worked in! And, I saw three beautiful souls complete perhaps the toughest race on the planet. I proudly announce that Mary DeNitto, Myron Baker Sr. and Mike Halstead are, once again, Hawaii Ironman Finishers; 13:58:39, 10:51:00 and 10:15:49, respectively.

Mahalo,

Mark Wilson
Founder/President, Hudson Valley Triathlon Club
Director-Total Immersion Triathlon Camps
POSE Method of Running Certified Coach
USA Triathlon Certified Coach

HUDSON VALLEY TRIATHLON CLUB



FEATURED ATHLETE: Jimmy Buff By Mark Wilson

Have you ever wanted to be a celebrity? You know, on TV or in the movies? Maybe a famous writer? Or how about a radio announcer? Well, HVTC member Jimmy Buff (yes, that's really his name, not a stage name) is a professional radio announcer for a local show and a journalist, as well. In fact, it was his association with the radio show that got him involved with triathlon in the first place. In one week, he went from being a runner to half-ironman finisher due to pretty fast action by a few local triathletes. Now, he's a regular at Williams Lake and loving every minute of it! Here's his story.

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

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Jimmy was born in Jamaica (yah mon)...Queens, that is! He went to two high schools on Long Island. The first was an all-boy Catholic school where the passing grade was 75 and they “kicked ass” in sports. Buff (as he’s affectionately called) played soccer for a top ten NYS team and wrestled. After his sophomore year, he was asked to leave due to his reputation for being a discipline problem! He went to a public high school after that. Presently, he is single and lives in Palenville, New York. He doesn’t have any kids, but has two big dogs that he treats like kids. His occupation is a radio host/writer and enjoys mountain biking, kayaking and trail running.

His first triathlon was the Hudson Valley Triathlon when it was still a half ironman in 1998. That first tri was such an effort that he bonked hard on the run. “I swear I was looking for food on the side of the road.” He figured there had to be a KFC box with a leg or a wing in it...”or maybe a McDonald’s bag with some leftover fries.” Now that’s a bonk! Buff says a kind soul gave him a power gel or two which “saved me from having to scavenge old fast food bags.”

The radio station he worked for was a sponsor of the Hudson Valley Triathlon and his colleagues thought it would be cool if he did the race. They all knew he was a runner and figured “How much harder could a triathlon be?” “To be honest, I thought the same thing...” admits Buff. (Enter reality.) He didn't have a bike, so the radio station arranged for the Bike Depot in New Paltz to provide one for him. It was a mid-level LeMond road bike and it was the best bike he had ever seen or ridden. He couldn't believe people paid over a \$1000.00 for these things. When he was a kid his brother got a Schwinn Varisty Ten Speed for \$110.00 and they both thought that was nuts. A couple of years after his brother got that bike Jimmy left it out overnight -- he wasn't even supposed to be riding it -- and it was stolen. “Now, at yard sales and such, I always keep my eyes open for that model bike and if I find one, I'll replace the one I lost.” Anyway, he rode that bright orange LeMond eight miles the first night he had it and was amazed at how good it felt. Jimmy hadn't been on a bike since he was maybe 15 and soon was up to twenty and thirty mile rides...and fell in love with it. Swimming, however, was another story! At the time, he belonged to Gold’s Gym -- no pool, but a deal to swim at the Ramada Inn. He went to the Ramada one night to check it out and “I swear the pool was 10 yards long.” He was afraid he'd get dizzy turning around so often. He talked about this one morning on the radio show and a longtime area triathlete, Rob Piegari, invited him to swim with the New Paltz Masters at Moriello Pool. There, Buff met Don Davis and Mike Halstead who invited him to swim at Williams Lake. Long story short, he did his first open water swim two days before his first triathlon. “Thankfully, Doc Mike lent me an old shorty wetsuit. It made all the difference and I finished that first race totally spent and totally in love with the sport.”

Buff loves the challenge of three events. “I love the camaraderie of the people I train with, the shared experience of a race or a good training session.” Jimmy says when he

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does triathlons, he feels like he's doing what he was put on this earth to do! "I LOVE being in good shape!"

Since that first tri-experience, Buff has completed some tough races, such as; S.O.S., Hudson Valley Triathlon, 2 IM USA at Lake Placid, 2 Xterra East Regional Championship and Escarpment Trail Run. Jimmy downplays his talent by saying "I've no real highlights, some age group awards. Although, I did really well at the Kingston Summer XC series (running) this year and at several Xterra points' races." But his real claim-to-fame is that he's beaten Myron Baker Sr. at a couple of those Xterra's even though Myron's 15 years older. Doesn't matter, it's not easy to beat Myron at anything! Enjoy it, Buff.

Jimmy highly recommends the sport to others and does so on his current radio show and as a writer for local magazines, etc. And what's Jimmy's favorite junk food? Here's how he expresses it. "A Big Mac after a race is the shit." Nice! He thinks about work and triathlon equally..."which is bad. I should think about triathlon way more than my job."

It's Jimmy's goal to be as well-trained as possible, "though I rarely am!" With a little help from his tri-friends, anything's possible. "I am always amazed at the sportsmanship and generosity of the men and women who I race and train with. I've had the occasion, too, to rub shoulders with some of the top pros in the world and they, too, are always wonderful people. The racing is fun, the training more fun, but the community is the best of all." 'Nough said! Thanks, Buff.

2003 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.")

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

Watch for HVTC members John McGovern and Terry Kerrigan online!

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

RESULTS

St. Croix Half Ironman-U. S. Virgin Islands (5/4/03) S 1.2mi., B 56mi., R 13.1mi.

www.stcroixtriathlon.com

Overall Female: Sue Bartholomew William 4:37:31

Overall Male: Craig Alexander 4:08:13
Bill Pape (2nd M55-59) 5:47:20

King of the Hill Xterra Triathlon-Lebanon NJ (5/17/03) S .5 mi., B 12 mi., R 4 mi.

Overall Female: Marjan Huizing 1:47:33

Overall Male: Eric Bowker 1:33:40
Mike Halstead (3rd overall) 1:37:10
Jimmy Buff (3rd M40-49) 1:53:00
Myron Baker Sr. (1st M50-59) 1:56:03

Mighty Montauk Triathlon-Montauk, NY (6/07/03) S 1mi, B 20mi, R 6.2mi

www.swimpower.com

Overall Female: Donna McMahon 1:58:41

Overall Male: Chuck Sperazza 1:44:49
Terry Kerrigan (2nd overall) 1:47:36
Andrew Schupak 2:04:25

Blackwater Eagleman Triathlon-Cambridge, MD (6/8/03) S 1.2mi, B 56mi, R13.1mi

www.tricolumbia.org

www.hvtc.net

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Overall Female: Lori Bowden 4:21:53

Overall Male: Luke Bell 3:47:15
Thomas DeHaan 4:53:06
Mary DeNitto (1st F55-59) 5:25:35
Rich Barkan 5:42:53

18th Annual NY Tri Series #1-Harriman State Park (6/8/03) S ?, B ?, R ?

www.nytc.org

Overall Female: Claudia Kretschman 1:20:18

Overall Male: Arland Macasieb 1:13:34
Mark Vesery (6th M40-44) 1:24:06
Greg Bayer 1:34:29
Harry Hansen (9th M50-54) 1:40:58
Michael Hargrove 1:43:23
George Prisco 1:43:26
Dan Bigelow (7th M55-59) 1:47:23
Robert Leghorn 1:48:27
John Wheeler 1:50:01
Marshall Breite 1:50:11

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/8/03) S .5 mi., B 14 mi., R 4

mi.www.firm-racing.com

Overall Female: Giovanna White 1:14:06

Overall Male: Dave Kane 1:08:11
John Jasinski 1st M50-54 1:26:09

HVTC Williams Lake Sprint Tri-Series #1-Rosendale, NY(6/18/03)S700yds.,B 12 mi.,R 2 mi. www.hvtc.net

Thank You Volunteers! Rosa Wilson, Carlos Osorio, John Garcia, Myron Baker, Michele Yasson, Lauren Warren, Doug Thompson, Mary Lockett, Mike Halstead.

Overall Female: Mary DeNitto 1:09:52
Mary Grehl 1:11:38
Sandy Mancuso-Lopez 1:15:40
Mary Lockett 1:21:50
Julie Pape 1:33:39

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Overall Male:	Alex Sherwood	53:18
	Mike Halstead	54:38
	Henry Collins	55:48
	Tom deHaan	59:46
	Mark Vesery	1:00:22
	Bill Pape	1:02:42
	Jimmy Buff	1:04:18
	John Jasinski	1:04:51
	Doug Thompson	1:05:46
	Bill Shashaty	1:06:42
	Robert Leghorn	1:14:45
	Dan Bigelow	1:18:26
	Steve Fischer	1:34:04

Highland Triathlon-Yulan, NY(6/21/03) S .5 mi., B 15 mi., R 4 mi.

www.transitiontimes.com

Overall Female:	Lauren Warren (6 th Overall)	1:30:21
	Michele Yasson 2 nd F40-44	2:00:18

Overall Male:	Bruce Cadenhead	1:23:12
	Andrew Schupak 1 st M35-39	1:29:19
	John Garcia	1:43:51

Tupper Lake Tinman Triathlon-Tupper Lake,NY(6/28/03)S1.2mi,B56mi,R13.1 mi.

www.tupperlakeinfo.com

Overall Female:	Marian Coke	4:44:24
	Mary Grehl	5:49:41

Overall Male:	Damien Angus	4:06:10
	Henry Collins	5:12:07
	Dan Bigelow	6:49:11

Hudson Valley Triathlon-Kingston, NY(7/13/03)S 1.5k, B 40k, R 10k (New Distance)

www.nytc.org

Overall Female:	Kathryn Bertine	2:31:53
	Lauren Warren 2 nd F35-39	2:50:05
	Mary Grehl 4 th F40-44	3:03:06
	Dorothy Hamburg	3:26:37
	Sandy Mancuso-Lopez 4 th F45-49	3:38:52
	Michele Yasson	3:54:11
	Julie Pape 1 st F55-59	4:30:00

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<u>Overall Male:</u>	Kirill Litovtsenko	2:05:31
	Michael Halstead(4 th O'all)2 nd M35-39	2:17:54
	Tom deHaan 1 st M40-44	2:36:55
	Andrew Schupack	2:45:14
	Bill Pape 2 nd M55-59	2:49:03
	Bill Shashaty	3:09:30
	John Wheeler	3:17:48
	Omer Alptekin	3:19:36
	Alan Shanker	3:28:16
	Steve Fischer	3:46:37

HVTC Williams Lake Sprint Tri-Series #2-Rosendale, NY(7/16/03)S700yds.,B 12 mi.,R 2 mi. www.hvtc.net.

Thank You Volunteers!!!! Bob Leghorn, Tom deHaan, Rosa Wilson, Carlos Osorio, Kim Thompson Park and Lucy McGovern.

<u>Overall Female:</u>	Mary DeNitto	1:08:36
	Sandy Mancuso-Lopez	1:11:52

<u>Overall Male:</u>	Greg Sautner	51:44
	John McGovern	55:24
	Doug Thompson	1:02:34
	John Jasinski	1:03:48
	Carlos Perez	1:05:23
	Bill Shashaty	1:05:41
	Dave Beaudry	1:06:44
	John Garcia	1:07:43
	Rich Barkan	1:09:36
	Larry Arvidson	1:09:55
	Steve Fischer	1:25:28

Pine Bush Triathlon, Pine Bush, NY (7/20/03) S 325 yds., B 11.5, R 3.25

<u>Overall Female:</u>	Mary Eggers	59:23
	Sandy Mancuso-Lopez	1:12:57

<u>Overall Male:</u>	Greg Sautner	52:45
	Dan Bigelow	1:15:00

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/27/03) S 2.4 mi.,

www.hvtc.net

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B 112 mi., R 26.2 mi. www.ironmanusa.com

<u>Overall Female:</u>	Heather Fuhr	9:51:55
	Kathryn Loyer (Nat'l Athena Champ)	12:43:38
	Suzanne Brink (14th F40-44)	12:47:31
	Mary DeNitto(1st F55-59)	13:00:31

<u>Overall Male:</u>	Kirill Litovtsenko	8:46:15
	Myron Baker Sr.(5th M55-59)	11:05:08
	Tom deHaan	11:18:52
	Mark Wilson	11:27:33
	Henry Collins	14:18:56

New York Triathlon Race #2-Harriman State Park,NY(8/10/03)S.5mi.,B16mi.,R3mi. www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:24:31
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<u>Overall Male:</u>	Greg Sautner	1:08:14
	Greg Bayer	1:38:51

HVTC Williams Lake Sprint Tri-Series #3-Rosendale, NY(8/13/03)S 700 yds,B 12 mi,R 2 mi. www.hvtc.net

Thank You Volunteers! Mary Lockett, Rosa Wilson, Carlos Osorio, Myron Baker, Mark Vesery, Lauren Warren and Mary DeNitto.

Photos: Jen May and Jasper Mills.

<u>Overall Female:</u>	Sandy Mancuso-Lopez	1:13:03
	Michele Yasson	1:26:48
	Julie Westphal-Pape	1:39:15

<u>Overall Male:</u>	John McGovern	55:03
	Mark Wilson	59:37
	Bill Pape	1:02:48
	John Jasinski	1:04:40
	Bill Shashaty	1:05:38
	Carlos Perez	1:07:47
	Greg Bayer	1:09:15
	John Garcia	1:09:35
	Larry Arvidson	1:10:02

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John Wheeler 1:12:27

Timberman Half-Ironman Triathlon-Gilford, NH(8/17/03)S1.2mi.,B56mi., R 13.1 mi. www.timbermantri.com

Overall Female: Lori Bowden 4:33:07

Overall Male: Peter Reid 4:00:21

Omer Alptekin 5:49:38

West Point Triathlon-West Point, NY(8/17/03) S 800 m, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

Overall Female: Mark DeLeon 1:09:52

Overall Male: Danielle Sullivan 1:16:07

John Wheeler 1:32:11

Cranberry Country Triathlon-Lakeville, MA(8/24/03) S 1.5 k, B 40k, R 10k (USAT New England Regional Club Championship)www.cranberrycountrytri.com

Overall Female: Caitlin Shea-Kenney 2:07:00

Overall Male: Bill Reeves 1:52:43

Greg Sautner (4th overall) 1:57:42

Lake Dunmore Triathlon-Salisbury, VT (8/24/03) S .5 mi., B 27.5 mi., R 5 mi. www.vermontsun.com

Overall Female: Jennifer Miller 2:10:56

Overall Male: Mark Herbst 2:00:45

Mark Wilson (3rd overall) 2:02:21

Great Keewaydin Triathlon-Keewaydin State Park(8/03)S 1mi., B 42mi., R 9.5 mi. www.vermontsun.com

Overall Female: Amy Cashion 3:25:11

Overall Male: Franqui Jimenez-Marrero 3:11:51

Bill Shashaty (4th M30-34) 4:22:17

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Grafton Lakes Off Road Triathlon-Grafton, NY(8/10/03)S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

Overall Female: Lynn Armstrong 2:32:57

Overall Male: Scott Gray 1:58:37
Bill Shashaty 2:50:15

S.O.S.-New Paltz, NY(9/7/03) B 30mi., R 19mi., S 5mi.,R.7mi.www.ulster.net/~sosnyta/

Overall Female: Christine Dunnery 4:57:41

Overall Male: Erik Grimm 4:17:58
Dr. Mike Halstead (2nd M35-39) 4:51:23
Alex Sherwood (1st M25-29) 4:55:22
Thomas deHaan (3rd M40-44) 5:22:51
Jimmy Buff 6:09:56
Omer Alptekin 6:34:53
Bill Shashaty 6:46:53
David Beaudry (4th M50-54) 6:47:16

HVTC Williams Lake Sprint Tri-Series #4-Rosendale, NY(9/10/03)S 700yds., B 12 mi., R 2mi. www.hvtc.net

Thank You Volunteers! Myron Baker, Carlos Osorio, Jasper Mills, Bill Pape, Bill Shashaty, Doug Thompson, Bob Leghorn, Steve Fischer, Greg Sautner, Mike Halstead and Drew Halstead.

Photos: Jen May, Jasper Mills and John Marstad.

<u>Women</u>	<u>Swim</u>	<u>T1 + Bike + T2</u>	<u>Total Time</u>
Sandy Mancuso-Lopez	14:12	56:20	1:13:05
Barbara Sessa	12:21	1:00:58	1:18:52
Julie Pape	16:15	1:13:29	1:38:12

<u>Men</u>	<u>Swim</u>	<u>T1 + Bike + T2</u>	<u>Total Time</u>
Mark Wilson	11:08	45:25	58:37
Ronnie Severino	10:02	45:49	59:22
Doug Thompson	10:57	46:54	1:00:14
Bill Pape	11:16	47:40	1:01:53
Greg Bayer	12:23	51:12	1:06:48
Bill Shashaty	11:57	52:18	1:07:34
Larry Arvidson	11:34	52:46	1:09:05

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John Garcia	14:30	56:10	1:09:41
John Wheeler	11:59	52:29	1:09:45
Bob Leghorn	14:36	58:20	1:13:46
Steve Fischer	16:42	1:07:19	1:26:46

Mighty Hamptons-Sag Harbor, NY (9/13/03) S 1.5k, B 38k, R 10k

www.swimpower.com

Overall Female: Nicole Deboom 2:06:49

Overall Male: Kirill Litovchenko 1:57:36
Terence Kerrigan (3rd overall) 2:02:11
Gregory Sautner (4th overall) 2:02:44
John Wheeler 2:45:53

Skylands Triathlon-Clinton, NJ (9/14/03) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Overall Female: Magdalena Stovickova 1:17:55

Overall Male: Todd Wiley 1:06:40
Bill Pape (1st M55-59) 1:20:34

Danskin Triathlon-Sandy Hook, NJ (9/14/03)

Overall Female: TBA
Julie Westphal-Pape (3rd F50-54) TBA

Firmman Rhode Island (9/7/03) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Overall Female: Results Not Posted

Overall Male:

Granite Ledges Triathlon- Bristol, NH (9/20/03) S 1.5k, B 44k, R 10k

Overall Female: Amory Rowe 2:18:10

Overall Male: Luc Morin 2:00:03
Bill Pape (1st M55-59) 2:25:38

Lobsterman Triathlon-Freeport,ME (9/7/03) S 1.5k, B 40k, R 10k

www.hvtc.net

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Overall Female: Courtney Bennigson 2:13:33

Overall Male: Cristopher O'donnell 1:55:29
Gregory Sautner 2:07:46

Westchester Triathlon-Rye, NY (9/21/03) S 1.5k, B 40k, R 10k www.swimpower.com

Overall Female: Donna Kay-Ness 2:05:15

Overall Male: Ryan Jones 1:59:22
Gregory Sautner (3rd M25-29) 2:06:26
Andrew Schupak 2:20:55
Alan Shanker 2:43:20

American Sports Events-Danbury, CT (10/4/03) S 1.5K, B 40K, R 10K www.americansportsevents.com

Overall Female: Kathryn Donovan 2:22:17

Overall Male: Chris Kule 2:02:24
Doug Thompson (2nd M35-39) 2:11:20
John Wheeler 2:42:42

USAT National Age Group Championships-Shreveport, LA (10/04/03) S 1.5k, B 40K, R 10K www.trinationals2003.com/raceresults

Overall Female: Sabine Bildstein 2:07:03

Overall Male: John Reback 1:55:58
Bill Pape (4th M55-59) 2:17:42

Ironman Triathlon World Championship (10/18/03) S 1.2 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

Overall Female: Lori Bowden 9:11:55
Mary DeNitto (10th F55-59) 13:58:39

Overall Male: Peter Reid 8:22:35
Mike Halstead (70th M35-39) 10:15:45
Myron Baker (6th M55-59) 10:51:00

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2002 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. Columbia Triathlon, Greater Hartford Triathlon and the S.O.S.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner	M20-24	53	89.1200
Alex Sherwood HM	M25-29	111	87.9700
Mark Wilson	M35-39	366	82.8100
Henry Collins	M35-39	561	80.2900
Thomas DeHaan	M40-44	532	78.6200
Bill Pape HM	M55-59	43	78.3400
Lauren Warren	F35-39	115	77.1100
Mark Vesery	M40-44	842	74.7900
Jay Fetherolf	M45-49	463	73.3900
Carlos Perez	M25-29	842	71.2600
Kathryn Loyer	F35-39	310	70.85.00
Mary DeNitto	F50-54	38	69.9200
Tony McGinty	M40-44	1,816	58.8700

HM-Honorable Mention in the U.S.A.

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.

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THE LIGHTER SIDE

By Dr. Tri

Tri a Bare Bone

As the sun burns the mist off the mountains early one Sunday in August, the cry of “bare bones” “bare bones” vibrates across Ulster and Greene counties. Three riders and a pick up truck roll along the roads most people neither see nor know exist. The cyclists yell exuberantly in unison “bare bones” “bare bones” and then laugh, joke and crack on one another. The occasion is Jim Hart’s Bare Bones Ironman Triathlon.

The Bare Bones is a new, not yet international, Ironman event. It’s close, it’s real and it’s free. Real free. Perhaps that’s why Jim Hart concocted it.

Jim Hart loves to triathlon. He also loves to provide for his wife Amy, his daughter Abby and “what’s it’s name” who is to arrive soon. Jim must have been thinking over his options late one night when the idea came to him. I can imagine the wheels whirling “I want to do an Ironman but don’t want to travel or break my budget”. Unfortunately that eliminates Hawaii, Florida and even Lake Placid. Scratching his head and tipping his glass, he must have reasoned “I’ll have my own!” “ I’ll call it Bare Bones because this Ironman will be stripped to the bone...no pre-race dinners, no parade of athletes, no massage tents, no Gatorade, no power bars and no water stops”, just his long time friend and one man support team, Brian Colandria, to hand out sandwiches and make sure he finds his way home.

Jim knows that the Ironman is not a solo event so he invited some Ironmen to keep him company. Unfortunately Mike Halstead had a biking accident a few days before and could only provide coaching, confidence and encouragement. Iron Myron Baker, always ready to ride 112 miles, and appeared at Colgate Lake, high up in the Catskills, to watch the sun rise and sit with Amy as she watched Jim and myself completed the 2.4 mile swim.

The beauty of the mountains was revealed that day as we lay across our tri bars. The sun provided light and the dark clouds took it away. The rain cooled our bodies, fogged our glasses and battered our faces. After 6 or so hours we reached Jim’s home where we changed into dry clothes and jumped onto the run course. Jim and Iron Myron quickly left me behind doing a blazing 12 minute miles for the first 3 miles before stopping for a shower, beer and fond farewell. Iron Myron held on for several more miles until his good sense took control of his habit of finishing everything he starts. It was Jim’s day to be an Ironman, he pushed alone for 20 more miles and completed the entire event in 14 or so hours to become the First Annual, Bare Bone Ironman Champion. Congratulations Jim, Amy and Abby Hart. You are truly a Bare Bone family.

Happy Trails, Dr. Tri (Watch for this event

in 2004)

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IRONMAN TRIATHLON WORLD CHAMPIONSHIP

The highly acclaimed broadcast of the Ironman Triathlon World Championship makes an unprecedented move to prime time on NBC, Saturday December 6, 2003.

With the move of the Ironman Triathlon World Championship to a prime time spot comes a new format. The Ironman will be presented in two parts beginning with a "lead-in" show airing from 5:00-6:00 p.m., and the signature presentation airing from 8:00-9:00 p.m. across the country.

The Ironman Triathlon first aired on television in 1980 as part of ABC's Wide World of Sports. In 1991, the broadcast was moved to NBC where it became a stand-alone program. Over the years, the Ironman Triathlon production has won nine Emmy awards and has received 31 Emmy nominations. The broadcast has also won five consecutive International Monitor Awards for global excellence. (Thanks, Rich Barkan!)

Ironman North America TV Schedule-2003

The Outdoor Life Network in the United States will air Ironman North America events on Thursdays throughout October, November and December. Note all air times are Eastern Standard Time. Please review local listings for specific air times in your area.

November

November 6-noon-St.Croix Half-Ironman
November 13-noon-Ironman USA Coeur d'Alene
November 20-noon-Subaru Ironman Canada
November 27-noon-Ironman Wisconsin

December

December 18-noon-Ironman Florida
December 26-noon-Ironman Florida

ESPN2

Sunday, October 19-1 p.m.-HSBC Ironman USA Lake Placid-Air times and dates on ESPN 2 are subject to change. Please check your local listings.

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CLASSIFIEDS

Triathlon Coach Available. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call **Mark Wilson, USAT Certified Coach, Total Immersion Coach, POSE Method of Running Certified Coach** at 845-679-8602 or markstriclub@hotmail.com. Now!

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.

650 c Tubular Wheel Set For Sale

Rear Disc Zipp 909 \$750.00. Front and Rear Zipp 404 set (the front wheel has a 909 sticker on it because originally it was the front wheel of the disc) \$750.00 The wheels are two years old with approx. 3-400 miles on them with combined races. The rear wheels will have less on them. They will ***not*** have rear cassettes or skewers. I will sell all three wheels for \$1,400.00. If you take all three there are three additional tubular tires also. All wheels will come with TUFO 19mm Tires. E-mail Denny DePriest; denny@t3coaching.com

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

By Bill Pape

IMAGINE—

I attended the awards ceremony for the club and thought of a way to express how good this triathlon club's talent is:

Imagine you were a triathlon coach and there was a new series in the US, interclub championships that were going to be a big deal. Because you were experienced but not affiliated with a club, you were sent to our small club as part of a program to stimulate age group triathletes' achievement. You never hear of Ulster County or hardly of upstate New York or the Hudson Valley. You figured there were bears, skeletons of Rip Van Winkle types, and a few people hiding in the trees.

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You are surprised to find a web site and make an appointment with Mark, too afraid to look at the content of the site, to find out how lame the “Hudson Valley Triathlon Club” is.

Mark looks decent, more than decent. He is lean and has the crazed look of a shaved head, which makes you wonder if he might be motivated. He talks tri talk. He suggests you do three-way appointment to meet a club member who introduced him to the sport and has more years into the sport, Mike.

You meet in Mike’s award room and realize you made a little boo-boo, thinking you only had unfit people to teach to walk or try to just complete the distance of a triathlon. You admit, Mike might be one of the best triathletes in the country, statistically, if you look at all the licensed members nationally. So, okay, now, you have two guys to talk to, who are not skeletons or trees, but you tell them you are supposed to field several *teams*, a male team, a women’s team, as well as masters male and masters female team. “We have got to be in trouble here, with so few members,” you offer. You need five men, five women, and three each for masters male and female. Two guys won’t do it.

Mike says there are guys as good or better than he is in the club already. You say, “No way.” Mark shares with you recent race stats on Greg, Alex, and John, for starters. You realize that if you were pressed, with these guys and some other club members, you could almost field a team that, with two months of preparation in Spain, could probably stay in and complete the Tour de France. They have the talent, the guts and the experience of going past themselves.

You also have depth in guys like Bill. Bill looks like a bear, but anybody, like club member Bill Pape, who has seen him breathing down your back on the club sprint races, knows he can move. Assuming the inter-club championship will have cross-country-type scoring, you like the depth in this club, despite the small number. Mark shows you a slide of another member of the club climbing rocks without a shirt on, and you realize you can use this guy at the start of a race, just to scare the competition.

How about masters? Mark asks Myron and Mary to drop over, and you realize that either they are kidding you about their ages or you are going to have one of those little league series problems of lawsuits seeking discovery and examination of birth certificates. Birth doctors may have to be called to testify. But, you like the race statistics of these two and there is good depth here too. You hear a rumor that Julie has switched from lane 1 to lane 2 in her weekly masters swim class, and Larry finishes near the front of the club in intra-club races.

Now to the women overall, the club’s strong point, Mark tells you! You look at a real nice group of strong, fast women. This is too much. How come all these people would

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up in one little club, in the sticks. You know you are going to kill the competition to death, and, so far, you haven't left the basement of Mike's house in the fall, talking about the previous year's showing, without one coaching email or on site practice. Well, there's probably not a decent place to swim around here, or hills to work out on the bike, or an active running scene to work with, you falter.

Then you realize, you are shortly going to be called the best coach in the country just by landing into this assignment, plus they all get along pretty well, so where's the downside. You go back to your motel room, by Exit 18, and look more closely over the latest club newsletter. You happen on one of the articles by some guy named "Pape" and realize, uh oh, they may be strong, but this club is wacked out. You may end up at the bottom of this lake they talk about.

ANNOUNCEMENTS

- **HVTC Verge Bike Jerseys On Sale: Short-Sleeve \$50.00.** To order e-mail markstriclub@hotmail.com or call 845-679-8602. Thank you, **Verge Sport**.
- **2004 Total Immersion Tri-Camp Schedule:** February 23-28 Clermont, FL at the USAT National Training Center; 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. Nov.-King's Point, NY 1-2; Brewster, NY 15-16; Dec.-Waltham, MA 6-7; Brewster, NY 13-14.
- **Dean Theodore** has created an amazing gear bag. **HVTC** gets a 10% discount, so type "dean" (lower case) where it says coupon code when filling out the order form at **Triathlonbag.com**.
- **Important message from USAT...**To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **HVTC** \$110.00 membership is valid from January 1st-December 31st.

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