

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. 10

October 2004

IN A FEW WORDS

Dear Triathletes,

Thanks to my friends at Endless Pools I was fortunate enough to witness the greatest triathlon event in the world for the second straight year; 2004 Ironman Triathlon World Championship in Kona, Hawaii! If you like triathlon, warm climates and fit people in bathing suits...well, I'd recommend putting this exotic occasion on your calendar for 2005. HVTC had three of our own Champions participate, too; Mary DeNitto, Myron Baker Sr. and John McGovern. Now, how to qualify next year's race?! 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

HUDSON VALLEY TRIATHLON CLUB



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

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Featured Athlete: Brian Lavender
By Mark H. Wilson

Can you describe to people what it's like to finish a triathlon, or better yet an Ironman? Where do you begin? How do you tell someone that it's gonna hurt like hell and yet good at the same time? Do you go beyond the physical aspects and into the spiritual benefits? And what is the spirit of triathlon anyway? It's definitely difficult to explain, but recognizable in individuals like our Featured Athlete of the Month; Brian Lavender. When you look into Brian's eyes and talk about the Ironman triathlon you get a sense of what the spirit of triathlon is all about. Let's hear his story.

Brian was born in Brooklyn, NY and attended John Jay High School with 6,000 other teenagers. Brian says the six floor building resembled a federal penitentiary. Brian played high school basketball and the team was fourth in the City at the time. He remembers playing against World B. Free, who later played for the Philadelphia 76's. The guy had a beautiful jump shot, not to mention his jumping ability. Brian had to guard him, but it was useless, the guy was just too talented. Brian remained in Brooklyn for 35 years before heading to the Hudson Valley. Occasionally, he goes back to Brooklyn to visit his in-laws, race and eat. Brian graduated from Long Island University in 1978 and majored in political science. As a result, the past 22 years Brian has been working for FedEx and is now a Senior International Sales Manager.

Brian currently lives in Rhinebeck with his wife, Debby Ann (owns a dance studio in town), and has three children; Danny who's attending Dartmouth (wants to be a theatrical director), Deanna (enjoys dance like her mother) and Damian (swims at NDAC and loves triathlons). Brian's hobby outside triathlon is to carve decoys and collect bamboo fly rods. He once owned over 70 bamboo fly rods although he has sold off much of his collection. He still has 2 rods that are valued over \$4,000 each, so think tri-bike and you get the picture. He takes those rods out once a year to catch some trout and the decoys he mostly gives away. After trout fishin', Brian heads out to the cinder running track behind his house, "It's good for interval training and cold beers on the back porch." Rhinebeck is planning a school renovation next summer and the track will become rubberized. Nice! "Then the HVTC can swim in Crystal Lake and do killer work outs at the track. Beers and Gatorade supplied by me!" Anyone taking notes? Brian is also a Dead Head. He has been all over the east coast following the band, although admittedly he travels further for IM events. Does that make him a Tri Head? Besides swimming for triathlon Brian simply loves water and he considers the Hudson his personal swimming pool. Just a couple of weeks ago he swam for 30 minutes in Crystal Lake in Rhinebeck. Once, he also swam in the Connecticut River in late fall for 3 miles. It's his goal this year to become a Coney Island Polar Bear.

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Brian's first triathlon was in the early 80's at the Mighty Hampton's Triathlon on Long Island. The harbor was calm that day but he chose to doggie paddle the whole swim. He wasn't last out of the water, but next to last. He also borrowed a Schwinn Varsity bicycle... "40 pounds of tough love." And since growing up in Brooklyn for all he knew Long Island was flat. Surprise...welcome to triathlon 101! Later, Brian got involved with the sport because in 1993 he went to the hospital with heart pains. Three days later the Doctor told him to "get off his ass." He was over 200 pounds and his main workout was 11 days straight at FedEx. It didn't take much to convince him that something needed to change.

Brian is a very social guy and likes triathlon for this very reason. "It's like a Grateful Dead show." He's gotten to know so many wonderful people because of the sport. Brian is a very chatty person, so when he's out there at mile eighteen of the marathon during an Ironman and can't run anymore he likes to chime in and crack people up. It usually gets everyone running again once they've lightened-up a bit. It's great comic relief! And, he develops a new relationship once again. He's a self-proclaimed middle-of-the-pack Ironman athlete, but finishing less than 14 hours at Placid in 2000 was a huge rush for him! However, he still gets a sense of accomplishment finishing a local sprint tri.

Brian talks very little about his Ironman experiences because most people do not understand the allure. "I've stopped trying to convince coach potatoes that it is a very healthy addiction. They think that Ironman is for nuts." Maybe they're right, but maybe not. Brian figures why argue with someone who hasn't completed a sprint triathlon. So he chooses to preach about the shorter tri's like sprints and Olympic to get people started. It's his goal is to get as many people into triathlon as possible. He's a salesman by profession, so why not sell others on something so good.

Brian's completed the rugged SOS, 3 Escapement Trail Runs, 10 Ironman's, 20 marathons and the Little Red Lighthouse Swim (8 miles). He's done Lake Placid for 6 years straight and for 2005 has decided to go back to the Escarpment Run in July and then attempt IM Canada in August. This time of the year he tries not to think about IM, but tries to relax and forget about it. So for now it's serious focus on ice cream and chocolate chip cookies.

"Ironman is a life-time sport and I learn something new every time I compete." Brian believes in having a good time first, then being competitive. "If you're not having fun while competing you might as well stay home and mow the lawn." That's one of his favorite one-liners while at mile 18 or so which usually gets lots of laughs. "During an IM we are all brothers and sisters for 17 hours." That's the spirit! Thanks, Brian.

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Lilly's Maiden Ride

By Julie Pape

(This article was originally scheduled for the September newsletter. My apologies!)

I just stared at her all day on Friday. She is beautiful, sleek, silver and grey with yellow-spoked wheels. She was intimidating, very sure of herself. Will I be able to ride her? I don't deserve her. What possessed me to make this ridiculous purchase? I work in sales and all the sales courses say people buy based on emotions, well that is sure true for me.

I was riding with Lauren and Michelle one day and Michelle took one look at my 17 year old Cannondale and said, "Girl, you need a new bike!" "Well, I've been thinking about it, but waiting until someone was replacing their old bike," I replied. Lauren chimes in, "I might consider selling you my hand-made titanium bike. It's a little big for me but should fit you." Is this an offer anyone could refuse? So I decided to make an appointment with Paul Levine to see if the frame would fit me. But Paul was off to see the Tour de France and I would have to wait a few weeks. In the meantime, I would dream of her. What a beauty! Finally, the day came and Paul said the bike fit me like a glove.

A week later, she was mine. On Saturday, I overcame my in trepidation and took the Lauren-mobile (nickname, "Lilly") out on her second maiden ride. Which lever do you push to make it go faster? Oops, not that one. I keep wanting to reach the down tube for changing gears. Lilly is patient with me. Then we climb some hills. She eagerly pulls me forward. No, she can't perform miracles. My legs need more work-outs, but she makes me want to climb. Then we scream downhill, (me literally) and she knows how to take those curves.

I am one with her. The bike does fit me like a glove. I rode 44 miles and had no pains other than the expected fatigue for someone who hasn't ridden more than 25 miles on any given day for quite a while.

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 "events," then "events calendar.")

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MAY

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

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

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

JUNE

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/19/05) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Mighty Montauk Triathlon-Montauk, NY (6/?/05) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

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

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

HVTC Summer Tri-Series #1-Rosendale, NY (6/15/05) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Highland Triathlon-Yulan, NY (6/?/05) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

Tri the Tri-Danbury, CT (6/?/05) Sprint www.americansportsevents.com

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

Mooseman Sprint Triathlon Festival-Wellington State Park, NH (6/4/05) S ¼ mi., B 15 mi., R 3.5 mi. www.timbermantri.com

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

JULY

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

Try the Tri-Bristol, RI (7/?/05) Sprint 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

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

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

Tri the Tri-Danbury, CT (7/?/05) Sprint www.americansportsevents.com

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-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-Ithaca, NY (8/?/05) S-1/2 mi., B-14.2 mi., R-5k www.ithacatriathlonclub.org

Try the Tri-Bristol, RI (8/?/05) Sprint www.americansportsevents.com

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

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/?/05) Sprint 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. www.timbermantri.com

West Point Triathlon-West Point, NY (8/?/05) S 800 m, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

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

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

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

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/?/05) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

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

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

USAT National Age Group Championships-??? (9/?/05) S 1.5k, B 40K, R 10K
www.usatriathlon.org

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

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

Try the Tri-Bristol, RI (9/?/05) Sprint www.americansportsevents.com

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

Westchester Triathlon-Rye, NY (9/?/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.fimbermantri.com

OCTOBER

Colonial Series-Danbury, CT (10/?/05) S 1.5K, B 40K, R 10K
www.americansportsevents.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/?/05) S 1.5k, Mtn. B 30k, R 11k
www.xterraplanet.com

NOVEMBER (Remainder of 2004)

Ironman Florida-Panama City, FL (11/7/04) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/13/04) S 400 yds., B 8 m., R 5k
www.goldsgym.com

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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?
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

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

Overall Female:

Mary Lockett	09.22 miles
Jane Farrell	09.09 miles
Michele Yasson	08.30 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	09.82 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
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Overall Male:

Stephen Judice	0:47:16
Alex Sherwood (2 nd O)	0:47:41
Mike Halstead (3 rd O)	0:48:30
Charles Pegg (3 rd M30-39)	0:52:38
Jimmy Buff (1 st M40-49)	0:54:32
Henry Collins	0:55:32
Bill Shashaty	1:01:48
Mark Wilson	1:04:25
Jeff Truhe	1:09:24

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Florida Half Ironman Triathlon-Walt Disney World, FL (5/22/04) S-1.2 mi., B-56 mi., R-13.1 mi. www.floridahalfironman.com

<u>Overall Female:</u>	Lisa Bentley	4:22:04
	Karen Robinson	6:16:12
<u>Overall Male:</u>	Simon Lessing	3:52:02

Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k www.tricolumbia.org

<u>Overall Female:</u>	Amanda Pagon	2:14:09
<u>Overall Male:</u>	Peter Reid	1:56:50
	Greg Sautner*	2:05:26

***Greg was the Overall Amateur Male; a major accomplishment/honor. Congratulations, Greg!**

Pawling Triathlon-Pawling, NY (6/5/04) S-1/3 mi., B-13 mi., R-3 mi. www.nytc.org

<u>Overall Female:</u>	Christine Dunnery	1:08:57
	Laura Van Alst (3 rd Overall)	1:12:20
	Kathryn Loyer (2 nd F35-39)	1:14:42
	Sandy Mancuso-Lopez (1 st F45-49)	1:20:39
	Mary Lockett (2 nd F45-49)	1:20:47
	Dorothy Hamburg	1:22:15
	Rosemarie Hunt	1:32:45
<u>Overall Male:</u>	Christopher Thomas	0:58:32
	John McGovern (3 rd Overall)	1:01:16
	Mark DeLuccia (1 st M25-29)	1:07:51
	Bill Shashaty	1:10:32
	Sean Lockhart (3 rd M25-29)	1:12:07
	Steve Axelson (2 nd M55-59)	1:17:58
	Andrew Colyer	1:29:49

Mighty Montauk Triathlon-Montauk, NY (6/12/04) S 1mi, B 20mi, R 6.2mi www.swimpower.com

<u>Overall Female:</u>	Magdalena Stovikova	1:52:56
<u>Overall Male:</u>	Greg Sautner	1:43:17

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19th Annual NY Tri Series #1-Harriman State Park (6/13/04) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

<u>Overall Female:</u>	Robyn Passander	1:23:17.5
	Dorothy Hamburg	1:36:14.5
	Jeanne Roth	2:25:23.2

<u>Overall Male:</u>	Arland Macasieb	1:11:48.8
	Ronnie Severino	1:15:44.4
	Charles Pegg	1:17:54.4
	Mark DeLuccia	1:22:41.5
	Donald Roth	2:25:24.3

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

<u>Overall Female:</u>	Natascha Badmann	4:13:42
	Mary Denitto*	5:30:37

<u>Overall Male:</u>	Christopher Legh	3:47:28
	Alex Sherwood(3 rd M25-29)	4:17:06

*Mary DeNitto has qualified for the Hawaii Ironman Championship for the third time!!
Hail to the Queen...

HVTC Williams Lake Tri-Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

See results on HVTC website!

Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

<u>Overall Female:</u>	Laura Van Alst	1:30:57
	Lauren Warren	1:34:56
	Michele Yasson	1:57:54
	Jeanne Roth	2:21:33

<u>Overall Male:</u>	Mike Halstead	1:19:17
	Steve Axelson	1:39:59
	John Garcia	1:41:18
	Andrew Colyer	1:56:33
	Donald Roth	2:23:56

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Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Overall Female: Amy McGuire 1:11:29
Kathryn Loyer (2nd Overall) 1:13:00
Natalie White (1st F25-29) 1:18:22
Nina young (1st F01-19) 1:37:45

Overall Male: David Yockelson 1:03:48
Ron Matthias 1:18:36

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female: Kelly Bergkessel 4:48:50

Overall Male: Charles Perreault 4:16:35
Steve Schindler 5:11:04
Henry Collins 5:12:39
Doug Thompson 5:25:43
Michael Vance 5:51:16
Robert Leghorn 6:14:13
John Wheeler 6:26:27
Julie Geisler 6:51:22
Philip Milio 7:02:45

New York City Triathlon-New York, NY (6/27/04) S-1.5k, B-40k, R-10k www.nyctri.com

Overall Female: Loretta Harrop 1:55:51

Overall Male: Greg Remaly 1:47:28
Charles Pegg 2:08:30
Andrew Schupak 2:17:53
Donald Roth 3:10:23

Pat Griskus Sprint Triathlon-Middlebury, CT (7/7/04) S-1/2 mi., B-10.5 mi., R-5k www.griskustri.com

Overall Female: Catherine Sterling 1:03:54
Julie Geisler (1st Athena 40+) 1:28:58

Overall Male: Steve Pyle 0:58:39
Philip Milio 1:33:20

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Hudson Valley Triathlon-Kingston, NY(7/11/04) S 1.5k, B 26 mi., R 10k www.nytc.org

Overall Female:
Lauren Warren 2:25:41
Barbara Sessa (3rd Overall) 2:28:55
Mary DeNitto (1st F55-59) 2:41:07
Dorothy Hamburg(3rd F40-44)2:50:30

Overall Male:
Greg Sautner 2:02:26
Michael Halstead(2nd Overall)2:07:36
Ronnie Severino (3rd Overall)2:09:36
Charles Pegg (4th Overall) 2:19:52
Myron Baker Sr. (1st M55-59)2:21:55
Andrew Schupak(1st M35-39)2:22:17
Steve Schindler (1st M45-49) 2:24:14
John Wheeler 2:56:49
Donald Roth 3:29:56

Mossman Triathlon-Norwalk, CT New England Regional Sprint Championship
(7/11/04) S .5 mi., B 12.5 mi., R 5k www.trifitness.net

Overall Female:
Catherine Sterling 1:04:29
Kathryn Loyer 1:14:52

Overall Male:
Michael McMahon 0:59:09
Mark Wilson 1:07:46
John Jasinski 1:14:55
Andrew Colyer 1:26:26

Great Fairlee Triathlon-Fairlee, VT (7/11/04) S ¾ mi., B 24 mi., R 5 mi.
www.timeoutproductions.com

Overall Female:
Christina Robeson 2:05:37
Natalie White 2:24:57

Overall Male:
PJ Deschenes 1:46:24
Ron Matthias 2:25:29

HVTC Summer Tri-Series #2-Rosendale, NY (7/14/04) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

See results on HVTC website!

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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

<u>Overall Female:</u>	Kate Major	09:24:42
	Kathryn Loyer	11:59:47
	Sandy Mancuso-Lopez	13:42:57
	Karen Robinson	13:45:43

<u>Overall Male:</u>	Simon Lessing	08:23:12
	Alex Sherwood	11:02:15
	Myron Baker, Sr.(2nd M55-59)	11:10:02*

Myron Sr. qualified for the Ironman Triathlon World Championship in Kona, HI for the 5th time!! Nice job, Champ.

Cayuga Lake Triathlon-Ithaca, NY (8/1/04) S ½ mi., B 14.2 mi., R 5k www.ithacatriathlonclub.org

<u>Overall Female:</u>	Hollie Kitson	1:21:14
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<u>Overall Male:</u>	Brian Emelson	1:11:17
	Mark Wilson (1 st M35-39)	1:14:13
	Mike Vance (2 nd M20-24)	1:19:35

Greenfield Triathlon-Greenfield, MA (8/1/04) S 1/3 mi., B 15.2 mi., R 3 mi. www.greenfield-triathlon.com

<u>Overall Female:</u>	Lolly Brilliant	1:14:23
	Mari Hoppe (1 st F30-34)	1:26:20

<u>Overall Male:</u>	Win Whitcomb	1:08:47
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BMW Greenwich Cup Triathlon (Threads & Treads)-Old Greenwich, CT (8/8/04)S ?, B ?, R ? www.threadsandtreads.com

<u>Overall Female:</u>	Donna Kay-Ness	1:11:55
	Jeanne Roth	1:49:51

<u>Overall Male:</u>	Paul Fritzsche	1:07:19
	Donald Roth	1:33:23

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Grafton Lakes Off Road Triathlon-Grafton, NY (8/8/04) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

Overall Female: Suzie Snyder 2:36:13
Barbara Sessa (2nd Overall) 2:58:19

Overall Male: Ryan Kelly 2:05:16
Mike Halstead (3rd Overall) 2:07:23
Alex Sherwood (2nd M25-29) 2:16:40
Bill Shashaty 2:34:37
Carlos Perez (3rd M30-34) 3:06:39

West Point Triathlon-West Point, NY (8/15/04) S 800 meters, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

Overall Female: Lauren Warren 1:15:37
Sandy Mancuso-Lopez(2nd F45-49)1:27:48
Mary Lockett (3rd F45-49) 1:29:08
Michele Yasson 1:36:33
Dorothy Hamburg 1:31:19
Rosemary Hunt 1:44:25

Overall Male: Espen Katerass 1:08:03
John Wheeler 1:29:15

HVTC Summer Tri-Series #3-Rosendale, NY (8/18/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

See results on HVTC website!

Timberman Sprint Triathlon-Gilford, NH (8/21/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

Overall Female: Randy Swarmstedt 1:15:10
Jeanne Roth 1:51:44
Julie Pape (2nd F60-64) 2:10:20

Overall Male: Adam Carlson 1:10:19

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Timberman Half-Ironman Triathlon-Gilford, NH (8/22/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

<u>Overall Female:</u>	Karen Smyers	4:31:53
	Kathryn Loyer	5:18:49
	Suzanne Brink	5:31:52
	Mary Grehl	5:49:25
	Jesse Freund	5:57:28

<u>Overall Male:</u>	Michael Lovato	3:58:31
	Terry Kerrigan	4:28:42
	Henry Collins(2 nd Clydesdale)	4:53:28
	Charles Pegg	4:57:19
	Bill Pape(4 th M55-59)	5:10:12
	Donald Roth	6:21:47

Greater Hartford Triathlon-New Hartford, CT (8/22/04) S 1.5k B 40k, R 10k www.catstri.com

<u>Overall Female:</u>	Patsy Thomas	2:21:38
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<u>Overall Male:</u>	Greg Sautner	2:04:27
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Monster Challenge Triathlon-Boston, MA (9/5/04) S ½ mi., B 12.4 mi., R 3.1 www.monsterchallenge.org

<u>Overall Female:</u>	Christina Robeson	1:05:47
	Jeanne Roth	1:34:17

<u>Overall Male:</u>	Charles McIntosh	1:01:36
	Donald Roth	1:25:33

S.O.S.-New Paltz, NY(9/12/04) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

<u>Overall Female:</u>		
	Mimi Boyle	5:19:44
	Lauren Warren (2nd Overall)	5:28:56
	Barbara Sessa (1st F40-44)	5:39:31
	Mary Lockett (1st F45-49)	6:38:33

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Overall Male:

Erik Grimm	4:21:59
Mike Halstead (2nd Overall)	4:24:55
Alex Sherwood (3rd Overall)	4:26:35
Steve Schindler (1st M45-49)	4:50:53
John McGovern (1st OPEN)	4:54:15
Myron Baker Sr. (1st M55-59)	5:09:52
Doug Thompson	5:36:07
Bill Shashaty	5:40:29
Jimmy Buff	6:01:42
David Beaudry (3rd M55-59)	6:20:50
Donald Roth	7:12:42
John Wheeler	7:19:54

Saratoga Lake Triathlon-Saratoga, NY (9/11/04) S 1.5k, B 40k, R 10k

www.cdtriclub.org

Overall Female:

Sarah Hotaling	2:18:57
Mary DeNitto (1 st F55-59)	2:30:51
Sandy Mancuso-Lopez(1 st F45-49)	2:36:53
Jean Roth	3:05:48

Overall Male:

Stephen Judice	2:03:31
Henry Collins (3 rd M35-39)	2:13:08
Greg Bayer	2:34:13

Firmman Rhode Island (9/12/04) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Overall Female:

Amy Cashion	4:38:50
Dorothy Hamburg	5:54:43

Overall Male:

Christopher Ramsey	4:13:23
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HVTC Williams Lake Tri-Series #4-Rosendale, NY (9/15/04) S 700yds., B 12 mi., R 2mi. www.hvtc.net

See results on HVTC website!

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Lobsterman Triathlon-Freeport, ME (9/11/04) S 1.5k, B 40k, R 10k

www.lobstermantriathlon.com

Overall Female: Courtney Bennigson 2:10:46

Overall Male: Tony DeLogne 2:01:10
Jarrod Shoemaker 2:01:20
Greg Sautner 2:07:42

Danskin Triathlon-Sandy Hook, NJ (9/19/04) S ½ mi., B 11 mi., R 3.1 mi.

www.danskin.com

Overall Female: Lauren Warren 1:08:38
Jan Pollo 1:20:59
Mary Lockett (3rd F45-49) 1:22:04
Dorothy Hamburg 1:22:10
Rosemary Hunt (3rd F50-54) 1:26:52

Westchester Triathlon-Rye, NY (9/26/04) S 1.5k, B 40k, R 10k

www.westchestertriathlon.com

Overall Female: Patrice Wolfensberger 2:03:20
Julienne Pape 3:45:48

Overall Male: Paul Fritzche 1:55:28
Gregory Sautner (2nd Overall) 1:58:27
Bill Pape 2:23:13

Mighty Man Triathlon-Montauk, NY (10/3/04) S 1.2 mi., B 56 mi., R 13.1

mi.www.swimpower.com

Overall Female: Christine Dunnery 5:05:52

Overall Male: Terry Kerrigan 4:27:42

SandKey Triathlon-Clearwater, FL (10/10/04) S ½ mi., B 15 mi., R 3.1mi.

www.sandkeytriathlon.com

Overall Female: Sarah Groff 1:03:55

Overall Male: Marc Bonnet-Eymard 0:57:23
Bill Pape (1st M55-59) 1:11:24

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Ironman Triathlon World Championship (10/16/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

Overall Female: Nina Kraft 09:33:25
Mary DeNitto DNF (Did Not Finish)

Overall Male: Norman Stadler 08:33:29
Myron Baker Sr. (6th M55-59)* 11:24:03
John McGovern 11:30:39

*Myron Baker Sr. finished 6th M55-59 **IN THE WORLD** for the second straight time!
Congratulations, Myron!!

Great Floridian Ironman Triathlon-Clermont, FL (10/23/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.sommersports.com

Overall Female: Staci Studer 11:25:52

Overall Male: Christopher Martin 09:40:47
Steve Schindler 11:06:52

Great Floridian Half Ironman Triathlon-Clermont, FL (10/23/04) 1.2 mi., B 56 mi., R 13.1 mi. www.sommersports.com

Overall Female: Christina Noordstar 5:00:05
Jeanne Roth 7:23:40

Overall Male: Marc Bonnet-Eymard 4:23:12

Xterra World Championship-Maui, HI (10/26/03) S 1.5k, Mtn. B 30k, R 11k www.xterraplanet.com

Overall Female: Jamie Whitmore 3:01:35

Overall Male: Eneko Llanos 2:28:44
Mike Halstead 3:52:14

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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. Highland Triathlon, Cranberry Country Triathlon and the Timberman Half Ironman)

Name (Honors) Age Group A.G. Plc. Nat'l Ranking

Gregory Sautner AA	M25-29	48	90.7034
Thomas deHaan	M40-44	374	81.2236
Bill Pape HM	M55-59	31	79.7886
Andrew Schupak	M35-39	816	78.1662
Rich Barkan	M35-39	1,357	73.3766
Myron Baker Sr.	M55-59	127	73.1318
Kathryn Loyer	F35-39	317	71.7348
Mary DeNitto HM	F55-59	9	71.0816
Michele Yasson	F40-44	633	61.8490

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

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

Special Note: Duathlon (Run/Bike/Run)

John McGovern AA	M35-39	1	97.7028
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2003 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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CLASSIFIEDS

Triathlon Coach Available. 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 at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

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 oapty@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.

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.

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

ANNOUNCEMENTS

- **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.
- **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 \$125.00 membership is valid from January 1st-December 31st.

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*** ALTHLETICA ***	Woodstock, NY (845-679-6900)

THANK YOU SPONSORS!!!

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Williams Lake Triathlon: Advice from an Expert By Dave McGovern

As a renowned racewalking coach and now an HVTC Williams Lake Triathlon veteran, I feel highly qualified to give advice to triathletes, from beginners to those with Ironman aspirations. And I know the importance of getting good advice from a seasoned athlete before an event. Primarily because I didn't get any before Wednesday evening's race. The following are the kinds of things that maybe, just maybe, my big-shot triathlete brother John could have mentioned to me some time *before* the post-race buffet was over--which is, incidentally, about the same time that I completed the race.

Swim

Blue swim goggles look really, really cool. Giant florescent orange swim buoys do *not* look really cool as seen through said cool-looking blue goggles. In fact, they look invisible. Or at least they take on the same gray/black hue as the water, trees and other swimmers, making navigation somewhat difficult. And navigation takes on added importance when the nearest swimmer to you reaches the invisible buoy 100 yds. before you. In contrast to the turn-around buoy, freshwater jellyfish *do* look really cool in blue. They can not be relied upon as navigational aids, however--they swim too damned fast. To stay on course, your best bet is to keep your head out of water at all times. This will help you to see really well, and as an added bonus it keeps your feet low in the water, which I imagine must help you to swim faster.

What was with all the body condoms? I just moved up from south Alabama and even for me, the water temperature was fine. I can't for the life of me imagine why *every* other person in the race felt it necessary to wear a wet suit....

T1

Taking your time in the swim will really speed up your transition. I spent absolutely no time trying to figure out which bike was mine, as it was the only bike left on the rack. Good thing, too, as I wouldn't have been able to pick "my" bike out of a police line-up, not having been on a bike since 1985, and only just having met this particular model on Wednesday afternoon about 45 minutes before the race.

I hate to say I told you so, but not wearing a wetsuit can result in a lightning-fast transition. And it can be even faster if you remember to put your bike helmet on some time before heading out onto the bike course. Amazing how many volunteers will swarm around you to remind you of this. Just try to make sure the swarm stays around long enough to keep you from falling on your ass when you can't get your #*&#% bike shoes out of their mounts. Oh, and make sure there's someone around who knows how to get a chain back on when you knock it off the gears--thanks, ladies!

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Bike

Don't even think about training for cycling. It's *waaay* too dangerous! Have you seen those cars out there? Those hills? Take it from me, save your cycling for the race. You *may* want to get somebody to explain to you how to shift gears, though. It's not a bad idea to get them to explain *when* to shift as well. There's no bigger buzzkill than to scream down a hill at 35mph, only to hit the uphill and be on your ass in the gutter in nothing flat when the bike comes to a standstill because you picked that particular moment to figure out how to finally get the chain up onto the Big Ring. Oh, and you'll get the same result when you try to do a hard shift on an uphill and wind up mashing the brakes while trying to hit the gear shift. (Nice design, that. Couldn't somebody have foreseen that putting the shifter on the brake lever was a bad idea?)

T2

These insane lock-on bike shoes are a friggin' menace! Whatever happened to regular ol' Schwinn bike pedals? Get yourself some normal pedals and you can wear your running shoes on the bike. Boom, boom, boom: Jump off the bike and start running. Smooth transition! Why haven't any of these so-called pros and experts figured that one out? If for some reason you *do* decide to wear bike shoes, make sure you line up a "catcher" for your dismount. Otherwise you'll wind up on your ass again for the fourth time.

Run

Jonas Salk never did a triathlon. If he had, he would have come up with a cure for bike dismount polio legs. I thought for sure after such crappy swim and bike segments I'd be flying past people on the run, but instead of sprinting down the trail like a Kenyan, I wound up feeling like one of Jerry's kids. After about 1/2 mile I started feeling able-bodied again, but since I don't really do any run training either, I wasn't exactly setting the course on fire. My feet, on the other hand, *were* on fire. A little reconnaissance (or a heads-up from John) would have clued me in that it was a rocky trail run so the lightest, thinnest-soled racing flats might not have been the best choice of footwear.

All in all it was a fun event. I certainly don't plan on doing any specific training if ever decide to do another triathlon, but I do want to get faster. So like any seasoned triathlete, I know that gear is the answer. I'm already salivating over a brand-new Polar S625x heart monitor. Oh, and a nice pair of clear swim goggles....

Dave McGovern is a member of the United States National Racewalk Team and five-time Olympic Trials competitor. He is the author of The Complete Guide to Racewalking and The Complete Guide to Marathon Walking. Visit his web site at www.racewalking.org.

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