

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. 9

September 2004

IN A FEW WORDS

Dear Triathletes,

Change; it happens! It's the only constant in the Universe. Your body and your fitness are always transforming; mutating; evolving. It's said that in training there's one thing happening at any given moment; you're getting fitter or less fit. But you have a choice. What's it gonna be this winter? Begin planning now and you'll have one of your best seasons ever. 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: Mari Hoppe

By Mark H. Wilson

Ever notice that some people just smile all the time? It doesn't matter what the situation is, they always seem to be enjoying their surroundings and the people they're with in each moment. They usually find a way to make things seem like fun and are many times seeking the good in an individual even if it's a challenge. What is it that motivates them to be so kind and generous in nature? Is it money? Is it God? Or is it triathlon? Mari Hoppe, our Featured Athlete of the Month is a wonderful example of someone who's constantly bubbling with laughter and generating positive energy galore! Let's see why.

Mari was born in Lansing, MI although she was raised in Puerto Rico. She relocated to Upstate NY in 1996 after graduating from college to start a new life and search for some adventure. She attended high school in Puerto Rico and went on to college at the University of Puerto Rico and received a BS in Industrial Management. Mari then registered at SUNY New Paltz and graduated with a BS in Accounting and an MBA in Accounting. She proudly passed all four parts of the CPA Exam! However, the studying took its toll over the years and as a result she didn't get enough exercise. (More on that later.)

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As a youngster, she played volleyball and basketball and in college she went swimming at the beach, snorkeled and generally hung-out in Rincon, PR. “Rincon is a paradise famous for its beautiful beaches and first-rate waves where International Surfing Competitions are held.” It must’ve been a blast! Presently, Mari and her husband Eric live in High Falls, NY. They have no children so Mari has spent lots of time at Minnewaska and the Mohonk Preserve where she learned to mountain bike and hike prior to triathlon training. Her profession is as Corporate Controller (accounting position) at Northeast Solite Corp. in Saugerties.

Mari’s first triathlon (Try the Tri in Danbury, CT-Sprint Distance) was converted to a duathlon due to high bacteria levels in the water. It was a huge disappointment for her! It went well, however, as she caught lots of people on the hills during the run and placed first in her age group! Her first **real** triathlon was the Greenfield Triathlon in Massachusetts; another sprint. Once again, she managed to receive 1st place in her age group. Nice! “It was a small race with 125 participants, but 7th overall female was encouraging.” Not sure why, but people were shocked when they learned of Mari’s race reports and pictures! She transformed from a real coach potato, became a lean runner and finally a triathlete. Here’s the crucial Timeline of Important Events that contributed to her transformation to an athlete.

1991-Adopted vegetarian eating regimen.

2000-Quit smoking after 10 years.

2002-Passed CPA Exam, consistent hard work paid off (Felt like triathlon training!).

April 2003-Hiked 30 miles in 3 days at the Grand Canyon with her husband. Life changing experience!

August 2003- Began weight loss efforts by tracking food consumption and learning portion control.

October 2003-Began running on treadmill at Breathe Fitness (Stone Ridge).

January 2004-Felt intimidated, but began weight training for the first time.

April 2004-Ran first road race; Kingston Classic.

June 2004-Began triathlon training.

August 2004-Swimming lessons with Total Immersion.

Now Mari’s a lean, mean, fightin’ machine! She also enjoys riding a motorcycle and skiing but actually gave them up to pursue triathlon training and running. (That’s the spirit!) For months, Ron Mathias invited her to train for triathlons with his group at Breathe Fitness. At the time, she was focusing on her running and weight training but she gave in to triathlon after a few months! (Nice job, Ron!) Mari loved her first triathlon and feels that her swimming and mountain biking experiences in Puerto Rico made the transition to triathlon training very conducive. Hence, she was hooked!

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Mari likes how she feels when she competes in triathlon. She feels “empowered, energetic, realized, strong and happy.” She’s always encouraging others to attempt the sport, too. In fact, she can’t stop thinking about her own training, either! “Who wants to think about work?! I’m constantly thinking of creative ways to fit in all my workouts on a weekly basis.” (Sound familiar?)

Mari understands that it’s just the beginning for her in triathlon and that she’s a “newbie.” However, since her first road race in April she’s run/tri’ed numerous races; 5K’s, 10K’s, 15K’s, half-marathon (Woodstock Races, The Utica Boilermaker, Dutchess Half), 5 sprint triathlons (Try the Tri, Greenfield Triathlon, Harriman State Park and HVTC Series #3 & #4) and 1 Olympic distance triathlon (Westchester Triathlon). Mari’s long-term goal is to qualify for the Boston Marathon and complete a ½ IM in a decent time. BTW, she’s considering a full! (It’s just a matter of time.)

She’ll probably do great! This is why. “I eat it every night!!” Her idea of junk food is Skinny Cow Ice Cream. (Isn’t that disgusting?! How can she eat that stuff?! Does she know what’s in that?! And that it’s bad for you?! Uh!!) Mari has a message for all of you, too. “I realize that as a new comer to this sport, firm fast relationships take time to form. Thanks to the club members that support me since I have an ongoing desire to learn about the sport, improve myself as an athlete, as well as gaining new friends.” Can’t beat that! Thanks, Mari.

2004 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

MAY

St. Croix Half Ironman-U. S. Virgin Islands (5/2/04) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

King of the Hill Xterra Triathlon-Lebanon, NJ (5/8/04) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

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

www.hvtc.net

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JUNE

Middlebury Triathlon-Middlebury, VT (6/6/04) S 400 yds. (Pool), B 12.5 mi., R 2.9 mi.
www.vermontsun.com

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

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

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

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/?/04) S ½ mi., B 14 mi., R 4
mi. www.firm-racing.com

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

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

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

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

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

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

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

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JULY

Vermont Sun Triathlon-Lake Dunmore, VT (7/11/04) S 600 yds., B 14 mi., R 3.1 mi.
www.vermontsun.com

Try the Tri-Bristol, RI (7/10/04) Sprint www.americansportsevents.com

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

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

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

Pine Bush Triathlon, Pine Bush, NY (7/?/04) S 325 yds., B 11.5, R 3.25

Tri the Tri-Danbury, CT (7/17/04) Sprint www.americansportsevents.com

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-Lake Placid, NY (7/25/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Lake Dunmore ,VT (7/25/04) S 600 yds. B 14 mi., R 3.1 mi.
www.vermontsun.com

AUGUST

Cayuga Lake Triathlon-Ithaca, NY (8/1/04) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

Try the Tri-Bristol, RI (8/7/04) Sprint www.americansportsevents.com

19th New York Triathlon Race #2-Harriman State Park, NY (8/15/04) S ½ mi., B 16 mi., R 3mi. www.nytc.org

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

Try the Tri-Danbury, CT (8/21/04) Sprint www.americansportsevents.com

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Timberman Half-Ironman Triathlon-Gilford, NH (8/21/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

Timberman Sprint Triathlon-Gilford, NH (8/22/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

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

Cranberry Country Triathlon-Lakeville, MA (8/29/04) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Lake Dunmore Triathlon-Salisbury, VT (8/15/04) S .5 mi., B 27.5 mi., R 5 mi. www.vermontsun.com

Great Keewaydin Triathlon-Keewaydin State Park(8/?/04) S 1mi., B 42mi., R 9.5 mi. www.vermontsun.com

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

SEPTEMBER

Vermont State Triathlon-Lake Dunmore, VT (9/5/04) S 1.5k, B 27.5 mi., R 10k www.vermontsun.com

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

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

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

Mighty Hamptons-Sag Harbor, NY (9/19/04) S 1.5k, B 38k, R 10k www.swimpower.com

USAT National Age Group Championships-Shreveport, LA (9/18/04) S 1.5k, B 40K, R 10K www.usatriathlon.org

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Skylands Triathlon-Clinton, NJ (9/19/04) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Danskin Triathlon-Sandy Hook, NJ (9/19/04)

Try the Tri-Bristol, RI (9/25/04) Sprint www.americansportsevents.com

Granite Ledges Triathlon-Wellington State Park, NH (9/25/04) S 1.5k., B 44k, R 10k www.timbermantri.com

Lobsterman Triathlon-Freeport, ME (9/11-12/04) S 1.5k, B 40k, R 10k www.lobstermantriathlon.com

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

OCTOBER

Colonial Series-Danbury, CT (10/2/04) S 1.5K, B 40K, R 10K www.americansportsevents.com

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

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

Hawaiian Double-Ironman Plus Xterra = The Double

NOVEMBER

Ironman Florida-Panama City, FL (11/7/03) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/13/03) 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

Overall Female: Robyn Passander 1:23:17.5

Overall Male: Arland Macasieb 1:11:48.8

Ronnie Severino 1:15:44.4

Charles Pegg 1:17:54.4

Mark DeLuccia 1:22:41.5

Dorothy Hamburg 1:36:14.5

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi,

R13.1mi www.tricolumbia.org

Overall Female: Natascha Badmann 4:13:42

Mary Denitto* 5:30:37

Overall Male: Christopher Legh 3:47:28

Alex Sherwood(3rd 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

Overall Female: Laura Van Alst 1:30:57

Lauren Warren 1:34:56

Michele Yasson 1:57:54

Jeanne Roth 2:21:33

Overall Male: 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 3/4 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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Cayuga Lake Triathlon-Ithaca, NY (8/1/04) S 1/2 mi., B 14.2 mi., R 5k

www.ithacatriathlonclub.org

Overall Female: Hollie Kitson 1:21:14

Overall Male: Brian Emelson 1:11:17

Mark Wilson (1st M35-39) 1:14:13

Mike Vance (2nd 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

Overall Female: Lolly Brilliant 1:14:23

Mari Hoppe (1st F30-34) 1:26:20

Overall Male: Win Whitcomb 1:08:47

BMW Greenwich Cup Triathlon (Threads & Treads)-Old Greenwich, CT (8/8/04)S ?, B

?, R ? www.threadsandtreads.com

Overall Female: Donna Kay-Ness 1:11:55

Jeanne Roth 1:49:51

Overall Male: Paul Fritzsche 1:07:19

Donald Roth 1:33:23

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

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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

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

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Randy Swormstedt	1:15:10
	Jeanne Roth	1:51:44
	Julie Pape (2 nd F60-64)	2:10:20

<u>Overall Male:</u>	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

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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
<u>Overall Male:</u>	Greg Sautner	2:04:27

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/

Overall Female:

Mimi Boyle	5:19:44
Lauren Warren (3rd Overall)	5:28:56
Barbara Sessa (1st F40-44)	5:39:31
Mary Lockett (1st F45-49)	6:38:33

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

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

www.cdtriclub.org

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

<u>Overall Male:</u>	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

<u>Overall Female:</u>	Amy Cashion	4:38:50
	Dorothy Hamburg	5:54:43

<u>Overall Male:</u>	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!

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

www.lobstermantriathlon.com

<u>Overall Female:</u>	Courtney Bennigson	2:10:46
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<u>Overall Male:</u>	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

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

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Westchester Triathlon-Rye, NY (9/26/04) S 1.5k, B 40k, R 10k www.swimpower.com
TBA

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)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
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

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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PAPE'S PARTICULARS

By Bill Pape

Happy

Yesterday, I experienced one of the happiest moments of my life. I next should be saying it involved other people, but I was by myself. Not that some of the happiest moments of my life have not been with family members. I can remember being very happy when I went to my sister's, her house decorated for the holidays, my brother arriving, waiting for my mother to arrive. Also, happiest moments include holding any of my grandchildren, listening to them on the phone, standing to the shower with my four-year-old grandson at the Y after his swim lesson. Playing with my daughters when they were young in the front of our apartment after I came home from work, or looking at how their mother prepared for the kids' birthday parties there. Playing with my childhood girlfriend in my basement when we were starting kindergarten together. Watching my dad empty his pockets after he came home from work and asking him questions. Looking out with Julie at the moon playing with the clouds from a dinner table with waves of the Caribbean lapping up a few feet below, after the St. Croix race.

But, this happy moment was by myself. I sat on the dock at Williams Lake, after the club triathlon race on Wednesday evening. I took off my shoes and shirt and dove in for a short swim by myself in the lake. As I came up the ladder and looked at the sunset sky across the lake, with streaks of red, I had to said, "Oh my God," to myself, noticing how beautiful the lake and sky were with the trees in between. Actually, I felt the moment before I jumped in. I looked down at the water from the dock, and I was almost afraid to dive in. The reflection of the clouds on the water in the evening light made the surface of the water unstable to me. I was not sure where the surface really was or whether I was diving into the sky. This is stretching it a little, but it was definitely a different look for the surface of the water. I told myself the water was there and it was deep enough and took a dive of faith, trying not to make the big splash Julie says I always do.

I had everything planned to do this post-race warm-down. I wanted to race that night and still be ready to race my most important race of the year, Saturday in Louisiana, even though I was not in as good shape as last year and was nursing injuries. I needed to push the club race, but then recover fast as if I had not done it. I swam very easy to stretch without exertion. I enjoyed the water. I dried off, switched to dry clothes from the car and picked up a yogurt and water bottle of ice from a cooler I brought.

With a towel over my head to keep warm, I sat in a chair on the dock, used the yogurt to put protein and carbs right back into my body for recovery, and rolled the bottle of ice on the dock under my bad foot, while I looked out over the lake alone. Because the summer season at the lake was over, the lake was quiet except for our club members laughing and talking by the picnic area in the distance. I was so happy at that moment in my life, just

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to enjoy the beauty and quiet, and feel good that Julie and I made the lake and the club part of our lives.

Usually, after a club race, I ride my bike back on the course to meet Julie coming into transition on her bike, or I drive home to get the dogs to run along with Julie on the last part of her race. After being selfish this time, I went over to the picnic area to make sure her bike was there and she was out on the run course, because it was getting dark. I saw all the food, waiting to be opened and devoured, the club members apparently waiting politely for her to finish her race. It was funny to see the food all ready and nobody eating, knowing they were ready to tear it apart. I started walking toward the woods from which Julie had to emerge and was a little worried. After walking 50 yards or so, I saw a figure coming that I hoped was she, but I could hardly see that far. The figure disappeared behind a building, because Julie failed to make the turn behind the tennis courts to come across the field. Soon, she was running back in the direction of the finish, having realized her mistake, club members spotted her, and they started cheering her in. It was fun to belong to a club whose members cheer each other no matter where in the pecking order of ability they are, knowing each is doing his or her own struggle and making personal achievement. Julie asked me why I had not run along with her to encourage her during her run, as usual. I replied that I was relaxing by myself on the dock and did not think she would enjoy my telling her then it was one of the happiest moments of my life.

The other fun part of the night, besides the small conversations with different people and the good food, was when Michele dropped her drawers to President Mark, after I said he would give lifetime club membership to anyone who tattooed the club symbol where it was visible and Michele asked, "Like here?" Also, Henry asked if I had written anything for the club newsletter recently, knocking him, so for Henry, "If I cannot beat you again in a tri event during my lifetime, I challenge you to a fight back in the woods and let's see if all those muscles really work, while I work out on you like we did the food after the race, or do you have all those muscles just for looks." Uh, I take that back. Okay, "Forget I said that, Henry."

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 markstricclub@hotmail.com. Call or e-mail today!

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Wetsuit For Sale. One year old Orca Predator wetsuit in excellent condition. It is a size 5. I am asking \$300.00 for it. Brand new it went for \$400+. Anyone interested can reach Lauren at: 845-658-3813 or lwarren@hvc.rr.com.

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.

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

- **2004 HVTC Williams Lake Summer Triathlon Point Series.** Points will be awarded accordingly; Male/Female 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 must race in at least 3 out of 4 races to be considered for Top 3 Overall Awards. Your 3 best scoring races will count towards your final score.
- **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 \$110.00 membership is valid from January 1st-December 31st.

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THANK YOU SPONSORS!!!

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THE LIGHTER SIDE

By Dr. Tri

Dr. Tri on ART (no, not painting, but Active Release Therapy)

Tri to free up your body to move optimally. You can be stretched, snapped rubbed, stuck, poked or soaked. You can learn relaxation, meditation or visualization. There maybe more treatments for sore, stiff muscles than running shoes made in Taiwan.

Such thoughts swim through my mind as a pleasant matronly woman, breathing hard and flush with fatigue push my straight leg down and over the edge of a table toward my shoulder while a husky young man digs into my quads with a thumb and finger that feels like a steel claw. Of course I am not describing an X rated move, but a purely medical process to correct muscle and soft tissue problems.

The technique is called Active Release Techniques or ART. It is designed to break up scar tissue, resulting from injury or repetitive use, to prevent it from ‘sticking’ to adjacent structures and thus limiting free movement. You can tell you need treatment if you experience changes in movement patterns and /or have soft tissue pain or tightness.

The frequency of treatments necessary for relief depends of the duration and complexity of the problem. To prepare for the SOS, I traveled to Saugerties to work with Dr. Mark Colligan, a certified ART therapist and Chiropractor. For 6 weekly 30 minute sessions, he worked on my legs and slowly my Joe Cockeresque gait started to smooth out. With each minor change, however, new aches and pains began to appear, as long neglected muscles were activated. Eventually there was the discovery that the “good leg” was not so good and also needed treatment to keep up with the slowly healing “bad leg”.

After the last treatment on the Saturday morning the day before the race, I went to the track and did several short fast (for me) intervals to stay loose for race day my gait was still not right, but more ‘right’ than it had been. At the pre-race dinner the New Paltz Chiropractor and certified ART therapist, Dr. David Ness, was demonstrating ART and offered to evaluate. Even though I was in treatment with Dr. Colligan, I reasoned that one more free treatment could not hurt.

Dr. Ness ignored my legs (the property of Dr. Colligan) and noted an old injury in left shoulder. Going right for the prize, he dug into my shoulder. - Or should I say palpated the shoulder. After several minutes of digging/palpating. He asked me to run; and Holy Moly, my gait was as smooth as a baby’s bottom. It was close to a miracle.

Of course the SOS was not mine to be won despite a smoother gait. That job goes to Eric Grimm, Mike Halstead, Alex Sherwood, Mimi Boyle, Lauren Warren and Riva Johnson. These athletes have the muscles and the moves to do things that most people cannot even imagine. But one can only wonder about their secret training methods. Do you think they eat nails, swim with handcuffs, bike with square wheels and run with cement shoes? I think I’ll stay with ART and tri again next year. Happy trails – Dr. Tri

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Thank you!

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