

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. 4

April 2004

IN A FEW WORDS

Dear Triathletes,

Here we go again! Spring is in high gear and everyone's itchin' to get those really long bike rides in. Although some of you may have already done a few in preparation for Ironman USA at Lake Placid. Regardless, the energy's right for everybody to have their best tri-season ever! And let's remember our little secret...that we're the most fortunate athletes on the planet. See ya out there!

Sincerely,



Mark Wilson

Founder/President, Hudson Valley Triathlon Club

Total Immersion-Director of Coaching Development & Triathlon Camps

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: Charles Pegg **By Mark Wilson**

Has this ever happened to you? Of course not, but you know friends who've been through it, right? They decide to grow up and pursue other activities besides sports, such as; a career, paying bills or spending time with their husband/wife. They maintain that for awhile, you're even impressed with their fortitude and everyone seems perfectly happy...until they snap, and they're back at it again! Yep, this has happened to the best of 'em. Headed for the straight and narrow and that nasty triathlon bug just jumps up and bites 'em in the ass. You've heard them pleading, "It's not my fault! It's my nature! It's who I am." (You shake your head.) Uh-huh, classic case. Well, that's what's happened to Charles Pegg, our HVTC Featured Athlete of the Month. Charles is a transplant from jolly old England with some impressive athletic experiences. Let's get to his story!

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Charles Pegg is 34 years old and was born in Hampshire, England. He attended prep school and later Radley College which were both near Oxford. Charles played all team sports at prep school and was the Captain of the Rugby and Cricket teams. He was a track star, too! He ran sprints of 100m through 400m, hurdles, long jump and triple jump with school records that lasted a few years. He was also fortunate enough to run at the Iffley road track in Oxford where Roger Bannister broke the 4 minute mile! He ended his U-14 athletic career by running in the All-England 400m Final at White City, London. He was shocked by his competitors speed but dug deep and finished in 4th overall. While at Radley, Charles focused on team sports and was Captain of the cricket team. He left school early to follow his dream of "playing cricket for England." For three years he played for what would be considered the Minor League Baseball circuit of cricket for England, coaching and playing in an Australian league during the winter. However, he became disillusioned and missed out on a first team contract.

At this stage in his life, Charles ran away from cricket to New York City! He had too much fun, met his future wife (Charise) and discovered some balance with yoga and a vegetarian lifestyle. Consequently, he attended The Swedish Institute of Massage; he graduated with a rekindled passion for Eastern bodywork, became an instructor of Eastern studies at the Institute and started a company called Pegasus Healing Systems, Inc. His company provided onsite stress reduction to corporations and massage at sporting events. The company had a few good years, but he wasn't completely happy. "I realized that I missed the competitive arena when providing massage at Madison Square Garden for a computer convention!" It wasn't until he actually got out of the basement one time and into the "arena" that he realized he needed a change. The change came too quickly as he lost all of his clients due to the market crash and his dream of saving corporate America ended abruptly. So Charles, Charise and their one year old son-Taane (Maori, meaning "God of the Forest") moved to Woodstock to begin their new life.

Once settled in Woodstock, Charles began a tree care service specializing in climbing and pruning because of his desire to be outdoors. The organic living reminded him of his need for the "competitive edge." So, faced with the possibility of becoming really overweight he entered the Pine Hill Arms Triathlon in 2003 and placed 4th overall. (Guess he wasn't that fat, yet!) His first "proper" triathlon was the Hudson Valley Triathlon last year. He placed 143rd overall and let's just say he spent lots of time in the Hudson.um.fishing! Then he jumped on his mountain bike!! Ah, rookies. Ya gotta love 'em. As always, that experience turned him on to the sport and he's been hooked ever since. He finished his debut season with a 3rd place finish in his age group at the Greenwood Lake Triathlon. BTW, Charles found a road bike "gathering dust on a friend's wall." It had an interesting carbon fiber frame! So, he began the process of upgrading the components and then needed to learn how to ride it. "One day, just when I felt like I had gotten the hang of it, I cut across the street, hopped up onto the curb

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stopping dead on the lip and unable to unclip quickly enough, rolled over! I, of course, jumped up and brushed myself off in hopes no-one had seen me." Yep, it happens!

After an exciting start in triathlon and less carbs over the winter (beer), Charles began a serious base-build for 2004. His first race was the YMCA Indoor Triathlon and he came in 3rd overall! Then returned to the Pine Hill Arms ski/bike/run and took 5th place overall, 5 minutes faster than last year. He met some HVTC members at the race and decided he must join the club! He also ran the Kingston Classic last week and placed 36th overall in a personal best time of 38:58 on a very hot spring day. Charles noticed the numerous club members and the mutual support that was exchanged by everyone.

The Trooper Biathlon is the next race on Charles' schedule and he's "craving" some open-water swimming. He's looking forward to the HVTC Summer Points Series and plans to do a few sprint and Olympic races which will lead up to the Timberman Half in August. Come November, he plans to end the season with the Laguna Phuket Triathlon in Thailand. His brother lives there and he hasn't seen him in years. Charles' long-term goals include an Ironman in the next year or so and he'd love to qualify for Kona.

Charles wanted to express this, too. "Please may I take this opportunity to thank the club for their kind welcome and thanks to Billy at Overlook Mountain Bikes and Karen with her run group from Athletica in Woodstock." Thanks, Charles!

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

Mooseman Xterra Triathlon-Gilford, 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

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

Try the Tri-Danbury, CT (8/17/04) Sprint www.americansportsevents.com

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

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

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

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.com

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 (8/17/04) Sprint www.americansportsevents.com

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

www.hvtc.net

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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 Club 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/

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

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.com

USAT National Age Group Championships-Shreveport, LA (9/18/04) S 1.5k,

B 40K, R 10K www.usatriathlon.org

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

www.lin-mark.com

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

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

www.hvtc.net

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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 (10/3/04) 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 (11/8/03) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/15/03) S 400 yds., B 8 m., R 5k
www.goldsgym.com

AT THE RACES

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

Send results to: Markstriclub@hotmail.com

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

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RESULTS

Escape to Alcatraz-Clermont, FL (2/29/04) S-1.5 mi., B-18.5 mi., R-8 mi. www.usat-ntc.com

Overall Female: Joanna Zeiger 2:32:41

Overall Male: Patrick High 2:27:12
Mark Wilson 3:11:45

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

Overall Male: Stephen Judice 0:47:16
Alex Sherwood(2nd O)0:47:41
Mike Halstead(3rd O) 0:48:30
Charles Pegg(3rd M30-39)0:52:38
Jimmy Buff(1st 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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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	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, Total Immersion-Director of Coaching Development, 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 oalpty@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.

<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-10, 2nd-9, 3rd-8, 4th-7, 5th-6 and all other finishers will receive 3 points each. Members must race in at least 3 out of 4 races to be considered for Top 3 Overall Awards.
- **NEW! Total Immersion DVD's!** Freestyle Made Easy, Happy Laps & Four Strokes. To order call 800-609-7946 or online at www.totalimmersion.net.
- **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.
- **2004 Total Immersion Tri-Camp Schedule:** 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."

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- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946. Waltham, MA May 1-2.
- **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.

SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** RM3 DESIGN ***	www.rm3d.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** HIGH PEAKS CYCLERY ***	www.highpeakscyclery.com
*** TOTAL IMMERSION ***	www.totalimmersion.net
*** PEAK PERFORMANCE SPORTS ***	www.peakperformancesports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
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*** FATS IN THE CATS ***	www.fatsinthecats.com
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*** ENDLESS POOLS ***	www.endlesspools.com
*** ADIRONDACK SPORTS & FITNESS ***	www.adksportsfitness.com
*** MAIN STREET BISTRO ***	www.mainstreetbistro.com
*** OVERLOOK MOUNTAIN BIKES ***	www.overlookmountainbikes.com

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If you would like to be removed from this directory, e-mail markstriclub@hotmail.com with “remove from e-mail directory” in the subject line. Thank you!

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