

Hudson Valley Triathlon Club

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

Volume V, Issue No. 4

April 2005

IN A FEW WORDS

Dear Triathletes,

Are you ready?! The season is upon us and the excitement is building as this month we have our annual HVTC Registration/Package Pick-Up at Williams Lake on Wednesday the 27th at 5:30 pm. Don't miss out; there'll be lots of goodies from the HVTC sponsors and yours truly. Until then; keep swimming, biking and running to your heart's content! See ya out there.

Sincerely,



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

HUDSON VALLEY TRIATHLON CLUB



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

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(Photo: Scott Schaffrick www.scottschaffrick.com)

Featured Athlete: Philip Milio **By Mark H. Wilson**

Have you ever known someone for awhile, maybe a couple of years or more, and never really discovered much about them; who they are; what they do or where they've been? Does it surprise you when they express their religious, political and world views? Do you have an idea who a person is and it gets confirmed or de-railed at a social gathering, etc.? Regardless, it's always fascinating learning about others and how they go about living their life; day to day. Our Featured Athlete of the Month, vegan Philip Milio, is one of those wonderful surprises, too. Let's get to his story!

Philip was born in the borough of Queens, and grew up near JFK airport delivering newspapers and groceries by bicycle and playing stickball in New York City and graduated from John Adams High School at the age of 17. A year later, he worked in Washington, DC during the Vietnam War and since it was likely he'd be drafted, decided to enlist in the Army. After Basic Infantry Training Philip became an Army photographer and was sent to West Germany where, among other extra curricular activities, played soccer and admits he was a lousy player but could run for the entire 90 minutes; realizing that running was a rewarding challenge! Six months later he volunteered for combat duty in Vietnam and became a Paratrooper and trained in the

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Special Forces. It was here that Philip learned of many physical challenges similar to what triathletes encounter; not sure any triathletes have been shot at, though. He learned that in an endurance sport, as in the service, one relies on personal ambition, attitude and determination. After the army Philip majored in Photography and Art at SUNY [State University of New York] colleges and while in graduate school at NYU he majored in Higher Education Administration and Counseling, which has been his career since 1975.

Philip lives in Manhattan (Kerhonkson part-time) with his wife, HVTC member, Julie Geisler. They met in 1996 as teammates of the New York Flyers Running Team in New York City and got married in 1999. Both he and Julie have a similar goal: to run a marathon in every state. They're up to 12 states and the next one is in Delaware on May 15th; it will be Philip's 13th state and 22nd marathon. He also tackled an ultra in 1998 when he completed the Kurt Steiner 50K. For three NY City marathons Philip ran as a guide for blind marathon runners with the Achilles team which is a very challenging and gratifying experience. Running as someone else's eyes is a tremendous responsibility yet unbelievably rewarding once across the finish line.

When Philip is feeling really indulgent he snacks on roasted cashews, almonds, soy nuts and dark chocolate. Isn't there a law against triathletes eating such healthful food-stuff? Gotta look that one up. In between marathons, photography, skiing, rock climbing and kayaking, Philip is a Professor and Student Life Counselor at the Fashion Institute of Technology in NYC where he advises and guides student leaders, program campus events and activities. See, whoever said men can't multi-task?! Philip is very involved with the Manhattan chapter of the Vietnam Veterans of America, too, and has held many leadership positions in the organization. Currently, he is on the Board of Directors and renovated a memorial to residents of New York City who were killed in the Vietnam War. (The memorial is located at 55 Water Street in Manhattan.)

Practically all of Philip's co-workers and relatives think his triathlon and marathon races are a form of insanity, lunacy, psychosis, neurosis, etc.! Yeah, so what are they sayin'? Regardless, it was Philip's running injuries that motivated him to cross train and get into triathlons. Due to his long distance running and increasing injuries, he decided to keep his cross training goal-oriented by racing triathlons. In 1993, Philip joined the NYU tri-club and did his first sprint tri in Central Park. When Philip was in the swim portion of the first NYC Tri in 2001 the Hudson River currents were so strong that all Philip had to do was aim his body in the right direction and away he went! How strong was the current? Well, the kayaker near the finish of the swim leg was commanding people to begin swimming UPSTREAM in order to "catch" the floating barge and exit the water. As Philip approached the swim finish he got sucked under the barge along with several other athletes. As he was under the barge he pushed the underside to free himself and in the process tore up his hands and arms on the barnacles clinging to the underbelly. Luckily, he popped up on the other side and was assisted by other triathletes and then

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rescued by a private boat owner. As any true triathlete would, Philip headed for T1 and continued the race; noticing his hands and arms were a bloody mess from the experience! Ah-ha; insanity, lunacy, psychosis and neurosis...got it!

It's obvious Philip likes the sport, and he always recommends it to others, but it's the challenge of competition and testing his own limits that keeps him going time and again. "Completing a triathlon is very satisfying, but training and finishing are more important than race results." Speaking of results, he's got lots; West Point Sprint Triathlon (his favorite), Wycoff Sprint Triathlon (NJ), Try the Tri (Danbury, CT-Olympic distance), Pat Griskus Sprint Triathlon (CT 2nd favorite race), NYC Triathlon, Central Park Sprint Triathlon, Columbia Triathlon (MD), Blackwater Eagleman (MD), Tinman Triathlon (Tupper Lake, NY), Madison Sprint Triathlon (CT), Pine Barrens Olympic Triathlon (NJ), HVTC Summer Tri-Series (Soon to be favorite!) and some additional laurels including; Empire State Building Run Up, NYC 2012 5k (3rd age group), 2000 Hudson River NYC Cove to Cove ½ mile swim (3rd age group), 2001 New York Flyers "Flyer of the Year Award."

Philip has modest plans for this year. Last year he unfortunately had to drop-out of IM Wisconsin but plans to return to the Iron distance in the next couple of years, or so. His focus is to "keep injuries to a minimum and keep on training." Sounds good, but hey...watch out for those barges! Thanks, Philip.

2005 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

MAY

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

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

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

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

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

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

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

JUNE

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

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

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

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

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

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

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

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

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

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

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

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

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

JULY

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

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

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

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

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

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

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

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

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

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AUGUST

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

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

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

West Point Triathlon-West Point, NY (8/7/05) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

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

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

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

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

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

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

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

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

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

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

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

SEPTEMBER

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

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

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

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

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

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

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

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

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

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

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

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

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OCTOBER

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

www.americansportsevents.com

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

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

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

NOVEMBER

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

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

AT THE RACES

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

Send results to: Markstriclub@hotmail.com

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

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RESULTS

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

www.ironman.co.nz

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

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

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

www.pinehillarms.com

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

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

El Gran Trialo (The Grand Triathlon)-Joyuda, Puerto Rico S 1.8k, B 40 mi., R 10 mi.

www.elgrantriale.com

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

Overall Male: Carlos Lomba 3:15:15

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2004 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least three USA Triathlon Sanctioned races that year; i.e. Mossman Triathlon, S.O.S. and Timberman Half Ironman.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>Nat'l A.G. Plc.</u>	<u>Nat'l Ranking</u>
John McGovern AA	M40-44	1	97.5498 (Duathlon)
Greg Sautner AA	M25-29	8	94.0000
Alex Sherwood HM	M25-29	66	89.0267
Mike Halstead HM	M35-39	265	84.6424
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
Myron Baker Sr. AAM55-59		26	81.2402
Bill Pape AA	M55-59	28	81.0008
Kathryn Loyer HM	F35-39	112	77.9227
Bill Shashaty	M35-39	1563	71.6261
Jeanne Roth	F30-34	968	59.7063

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

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

2004 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2004 HVTC Volunteer of the Year Award: **Ray Grehl**

2004 HVTC Most Improved Award: **Mary Lockett**

2004 HVTC Rookie of the Year Award: **Jeanne Roth**

2004 HVTC Honorable Mention Award: **Mary DeNitto**

2004 HVTC Honorable Mention Award: **Sandy Mancuso-Lopez**

2004 HVTC Honorable Mention Award: **Myron Baker Sr.**

2004 HVTC Honorable Mention Award: **John McGovern**

2004 HVTC Female Triathlete of the Year Award: **Lauren Warren**

2004 HVTC Male Triathlete of the Year Award: **Greg Sautner**

Awards are distributed based on race results reported to markstriclub@hotmail.com.

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CLASSIFIEDS

Triathlon Coach. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, Pose Method of Running Level II Certified Coach and Serotta Bike Fit Technician at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

Softride For Sale. Rocket TT, size medium. The frame, fork and bars all have less than 100 miles on them. The bars are Profile Carbon X. Wheels are Rolf Vector Pro, 650's. Components are Dura Ace 9 speed. Price is firm at \$1,750.00. Call 518-678-5609.

Tired of Cleaning Your Bike? Let Greg clean it for you!! If you're like most Triathletes: short on training time, hungry, and fatigued, then you're probably neglecting one of your best (or worst) friends, Your Bike!! For just \$20/Bike, let Greg meticulously clean your bike and drive train. Greg WILL: pick your bike up, clean within one day/evening and drop off. Greg WON'T: take your bike apart, or out for a fifty-mile ride (unless it's a 56cm and real light). SATISFACTION GUARANTEED! To set up an appointment call 914.466.9136 or email canis_lupus99@hotmail.com.

ANNOUNCEMENTS

- **ATTENTION ALL TRIATHLETES!** HVTC Registration & Packet Pick-Up; Wednesday April 27th, 2005 5:30-7:30 pm; Williams Lake Resort (Conference Room) - Rosendale, NY
- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 2nd, 2005; Closing Day-Monday October 31st, 2005; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **2005 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1st-15, 2nd-14, 3rd-13, 4th-12, 5th-11, 6th-10, 7th-9, 8th-8, 9th-7, 10th-6, 11th-5, 12th-4, 13th-3, 14th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a "total score" for overall awards. The most points one could receive is 60 (15/race for 1st in all 4) and the least 1 (participated in one race for 15th place or lower).
- **HVTC Tri-Gear For Sale!** If you'd like to sell triathlon gear on the HVTC website, send a digital photo of the equipment with details (contact info, specs, etc.) and it'll be put up ASAP. There will be a 10% charge for sales resulting from the HVTC site.
- **Important message from USAT...** To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **HVTC \$125.00 membership is valid from January 1st-December 31st.**

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SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** PEAK PERFORMANCE SPORTS ***	www.hvsports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** KINGSTON CYCLERY ***	www.kingstoncyclery.com
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*** OPTICAL ILLUSIONS ***	www.scottschaffrick.com
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*** FAST TRACK ***	www.fasttrackonline.com
*** ROADID.COM ***	www.roadid.com
*** USAT NORTHEAST REGION ***	www.usat-ne.org
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