

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 VI, Issue No. 59

April 2006

IN A FEW WORDS

Dear HVTC,

Let the games begin!! Yes, less than a month from now we'll be swimming in Williams Lake. I haven't heard a water temperature report from the Polar bears, but will keep you informed as the information comes in. No matter, bring that thermal cap and neoprene booties just in case. I hope you're having a wonderful spring and that you're hitting your fitness goals right on schedule! See ya out there.

Sincerely,



Mark H. Wilson-Triathlon Coach
Founder/President, Hudson Valley Triathlon Club
USA Triathlon Level II Certified Coach

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: Jennifer May www.jennifermay.com)

Featured Athlete: Pam Neimeth

By Mark H. Wilson

Do you know someone who was a runner before becoming a triathlete? Did they put-off entering a triathlon due to a fear of drowning or careening downhill at 50 mph on a couple of welded, thin pieces of metal? Or maybe they balked at the cost of such an endeavor; swim club, cycling club, running club, tri-club, gym dues, road bike, tri-bike, bike shoes, bike repairs, helmet, training shoes, racing flats, massage therapist, chiropractor, IM race entry, etc., etc. Ouch! Yes, chances are 90% of the people you've raced with are former runners. Such is the case with Pam Neimeth, our Featured Athlete of the Month. However, she's not just a runner; she's a marathoner!! Let's hear about the transformation.

Pam was born in New York City and graduated from Northfield Mt. Hermon High School in Northfield, MA. She went to Vassar College for 2 years, took some time off in Vermont, then moved to Washington State where she finished college at Evergreen State as a Women's Studies major. She received her Masters Degree in social work from Adelphi University on Long Island. Surprisingly, Pam never participated in sports as a child, adolescent or even as a young adult; she hiked a bit, but not 'til after her first child was born did she become an avid athlete. She "discovered" running as a way to get some alone time! Pam has lived in Milan, New York for the past 25 years and shares her life with her husband Norbert Lazar (Psst...he's the Phantom Gardener!) and their 2 daughters (18/15 years old), 3 dogs, 2 cats and a horse! Dinner-time must be a riot!!

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Switching from running to triathlon influenced Pam dramatically. In fact, she's been known to confuse her "real" job with that of tri-training. Seriously, she's a psychotherapist in Rhinebeck, NY...who schedules clients around her training. Thank God for that new shower in the office; phew! She's incorporating exercise/movement into therapy as a way of working with each individuals' edges; exploring self mastery, trauma, recovery, etc. Pam feels very passionate and committed to encouraging people to become involved in running and triathlon as an avenue to improved health and well-being. She is particularly interested in guiding girls/women who have never been athletes explore their untapped potential, access emotional empowerment, and establish an outlet from abusive relationships and/or potentially self-destructive behaviors.

Despite regularly eating Fluff and chocolate chips on graham crackers, Pam is a shining example for her clients. She has run 16 marathons including Boston three times. She just completed a tough 50k trail run in 5:56:01, too. A few years ago, however, her running became slower and slower compounded by nagging injuries. She began working with a coach specifically for her running; she intended to recover from the injuries and possibly run a "fast paced" marathon again. The instructor had her running less but adding cross training, specifically biking and swimming. (Sneaky, sneaky!) Before she knew it she was hooked and joining HVTC. She had actually fantasized about doing triathlons, and had even invested in a good road bike years ago but never had the nerve to make the jump.

In 2005, after she completed the Trooper Biathlon and won 2nd place in her age-group, her first tri-season began with the HVTC Summer Tri-Series #1 and then the Tri a Tri in Danbury, CT; both experiences went well. In fact, she placed 2nd in her age-group at Danbury, too. Then, she participated in the Tupper Lake "sprint" triathlon near Lake Placid and was 4th overall Masters and in late August in Killington, VT finished her first half-Ironman. Wow; nice debut!

Although Pam's parents literally think triathlon is an illness like a drug addiction (and they may be on to something), it's not enough to stop her from enjoying the multiple benefits the sport has to offer. Pam's immediate family members think her new project is great! Her three sisters are supportive, too, and one is to run her first marathon next fall with Marathon Woman by her side. For Pam, triathlon provides a concrete, body based opportunity to explore the spiritual, emotional and physical parts of herself; and the opportunity to connect with others in these ways, as well. When she's out there pushing hard ("or not"), all life's little dramas, the mind's inner voices, excitement, anxiety, impatience, fear, pain, joy, etc. all show up and the training/racing allows her to explore her resistance and manage it accordingly. Another great perk, of course, are the neat t-shirts!

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Pam would like to do an Ironman sometime in the next couple of years, maybe when she turns 50 and her girls are both finished with high school. Her real goal though is to keep appreciating her blessings by expanding and exploring her potential as an athlete, as a human being, but mostly to “STOP WHINING!” Welcome to triathlon! Thanks, Pam.

2006 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.”)

FEBRUARY

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

MARCH

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., B 10 mi., R 3 mi. www.pinehillarms.com

APRIL

Brandywine Duathlon-Delaware City, DE (4/8/06) R 5k, B 30k, R 5k www.piranha-sports.com

Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k www.set-upinc.com

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MAY

St. Croix Half Ironman-St. Croix, U.S. Virgin Islands (5/7/06) S 1.2mi., B 56mi., R 13.1mi.www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/7/06) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com/devilman.html

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/7/06) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship)
www.piranha-sports.com/devilman.html

Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 www.nytc.org

Highland Triathlon-Yulan, NY (5/20/06) S ½ mi., B 15 mi., R 4 mi.
www.dougstern.com

EnduraSport Mini Triathlon-Harriman, NY (Harriman State Park) (5/20/06) S-.6 mi., B 29 mi., R 6.2 mi. www.genesisadventures.com

EnduraSport Half Ironman Triathlon-Harriman, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 57 mi., R 13.1 mi. www.genesisadventures.com

Columbia Triathlon-Ellicott City, MD (5/21/06) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

King of the Hill Xterra Triathlon-Lebanon, NJ (5/21/06) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

JUNE

Pawling Triathlon-Pawling, NY (6/3/06) S 1/3mi., B 13mi., R 3mi. www.nytc.org

Mooseman Triathlon Festival (Olympic)-Wellington State Park, Bristol, NH (6/3-4/06) S 1.5k, B 44k, R 10k www.timbermantri.com

Mooseman Half-Iron Triathlon-Wellington State Park, Bristol, NH (6/3-4/06) S 1.2 mi., B 56 mi., R 13.1 mi. (National Championship Qualifier)
www.timbermantri.com

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Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/4/06) S ½ mi., B 14 mi., R 4 mi. www.firm-racing.com

Mighty Montauk Triathlon-Montauk, NY (6/10/06) S 1mi, B 20mi, R 6.2mi www.swimpower.com

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/11/06) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/11/06) S 1.2mi, B 56mi, R13.1mi www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi. www.nytc.org

HVTC Summer Tri-Series #1-Rosendale, NY (6/14/06) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Try the Tri-Danbury, CT (6/??/06) S 500 yds., B 12 mi., R 5k www.americansportsevents.com

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/17/06) S 1.5k, B 40k, R 10k www.patgriskustri.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/18/06) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.com

Tupper Lake Tinman (Half Ironman) Triathlon-Tupper Lake, NY (6/24/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Tupper Lake “Sprint” Triathlon-Tupper Lake, NY (6/24/06) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/25/06) S 1.5k, B 40k, R 10k www.phillytri.com

JULY

USAT National Age Group Championships-Kansas, MO (7/8/06) S 1.5k, B 40K, R 10K www.usatriathlon.org (Qualifier 2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland 9/2-3/06)

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Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (7/9/06) S 1.5k, B 40k, R 10k
www.vermontsun.com

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/12/06) S .5 mi., B 10.5 mi., R 5k
www.patgriskustri.com

HVTC Summer Tri-Series #2-Rosendale, NY (7/12/06) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

New York City Triathlon-NYC, NY (7/16/06) S 1.5k, B 40k, R 10k www.nycetri.com

Newburyport Sprint Triathlon-Newburyport, MA (7/16/06) S ½ mi., B 13.5 mi., R 3 mi. www.newburyporttriathlon.com

Try the Tri-Danbury, CT (7/??/06) S 500 yds., B 12 mi., R 5k
www.americansportsevents.com

Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k
www.trifitness.net

Musselman Triathlon (Half-IM)-Geneva, NY (7/16/06) S 1.2 mi., B 56 mi., R 13.1 mi.
www.musselmantri.com

Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi.
www.musselmantri.com

Hudson Valley Triathlon-Kingston, NY(7/16/06) NEW DISTANCES! S .3 mi., B 12 mi., R 3 mi. www.nytc.org

Hudson Valley Biathlon-Kingston, NY(7/16/06) NEW DISTANCES! R 1 mi., B 12 mi., R 3 mi. www.nytc.org

Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25
www.pinebushtriathlon.org

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/23/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/23/06) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

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AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/6/06) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/6/06) S-1.5 k, B-40k, R-10k
www.ithacatriathlonclub.org

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/6/06) S 1.5k, B 40k, R 10k www.trifitness.net

Grafton Lakes Off Road Triathlon-Grafton, NY (8/6/06) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

West Point Triathlon-West Point, NY (8/13/06) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

19th New York Triathlon Race #2-Harriman State Park, NY (8/20/06) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Lake Dunmore Triathlon-Salisbury, VT (8/13/06) S .5 mi., B 28 mi., R 5 mi.
www.vermontsun.com

HVTC Summer Tri-Series #3-Rosendale, NY (8/16/06) S 700 yds, B 12 mi, R 2 mi.
www.hvtc.net

Try the Tri-Danbury, CT (8/??/06) S 500 yds., B 12 mi., R 5k
www.americansportsevents.com

Timberman Sprint Triathlon-Gilford, NH (8/19-20/06) S 1/3 mi., B 15 mi., R 3 mi.
www.timbermantri.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/19-20/06) 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/??/06) S 1 mi., B 23.8 mi., R 6.2 mi. www.catstri.com

Cranberry Country Triathlon-Lakeville, MA (8/27/06) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

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Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/27/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

SEPTEMBER

2006 International Triathlon Union (ITU) Age Group Triathlon World Championship-Lausanne, Switzerland (9/2-3/06) S 1.5k, B 40k, R 10k www.usatriathlon.org

Boston Triathlon (Sprint)-Boston, MA (9/3/06) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

Firmman Rhode Island (9/10/06) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Lobsterman Triathlon-Freeport, ME (9/??/06) S 1.5k, B 40k, R 10k www.lobstermantriathlon.com

Saratoga Lake Triathlon-Saratoga, NY (9/??/06) S 1.5k, B 40k, R 10k www.cdtriclub.org/saratoga_triathlon.htm

HVTC Summer Tri-Series #4-Rosendale, NY (9/13/06) S 700yds., B 12 mi., R 2mi. www.hvtc.net.

Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k www.westchestertriathlon.com

Mighty Hamptons-Sag Harbor, NY (9/17/06) S 1.5k, B 38k, R 10k www.swimpower.com

Danskin Triathlon-Sandy Hook, NJ (9/16-17/06) www.danskin.com

Skylands Triathlon-Clinton, NJ (9/17/06) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

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OCTOBER

Colonial Series-Danbury, CT (10/??/06) S 1.5K, B 40K, R 10K

www.americansportsevents.com

Mightyman 1/2 Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R 13.1mi. www.swimpower.com

USAT National Club Championship (Pumkinman Triathlon)-Las Vegas, NV (10/15/06) S 1.5k, B 40k, R 10k www.bbscendurancesports.com

American Zofingen (Long)-New Paltz, NY (10/15/06) R 5.15 mi., B 85 mi., R 15.45 www.americanzofingen.triathletesonline.com

American Zofingen (Short)-New Paltz, NY (10/15/06) R 5.15 mi., B 29 mi., R 5.15 www.americanzofingen.triathletesonline.com

Ironman Triathlon World Championship (10/21/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/29/06) S 1.5k, Mtn. B 30k, R 11k www.xterraplanet.com

NOVEMBER

Ironman Florida-Panama City, FL (11/4/06) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanlive.com

Ford 70.3 World Championship-Clearwater, FL (11/11/06) S 1.2 mi., B 56 mi., R 13.1 mi. www.ironmanlive.com

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. 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: mark@hvtc.net.

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

Capital District YMCA Indoor Triathlon-Clifton Park, NY (2/12/06) S 15 min., B 15 min., R 15 min. www.cdymca.org

Overall Female: Farrier Golgolski 6.42 mi.

Overall Male: Hugh Dunsteath 7.29 mi.

Steve Fischer 6.28 mi.

Kingston YMCA Indoor Triathlon-Kingston, NY (2/26/06) S 15 min., B 20 min., R 20 min. www.ymcaulster.org

Overall Female: Jeanette Shelow-MacDougall 10.39 mi.

Mari Flores (2nd F26-35) 09.62 mi.

Linda Rosenthal (1st F56+) 07.82 mi.

Laila Walzer (2nd F46-55) 07.44 mi.

Overall Male: Mark De Luccia 11.70 mi.

Charles Pegg (1st M36-45) 11.21 mi.

Bill Shashaty (2nd M36-45) 10.65 mi.

Bill Pape (1st M56+) 10.60 mi.

Harry Hansen 09.70 mi.

Steve Fischer 09.59 mi.

Pine Hill Arms Triathlon-Pine Hill, NY (3/18/06) Ski 2.5 mi., Bike 10 miles, R 3 mi. www.pinehillarms.com

Overall Female: Erica Ruge 0:58:21

Julie Pape 1:33:07

Overall Male: Mike Halstead 0:49:54

Charles Pegg (2nd Overall) 0:50:24

Bob Gramling (3rd Overall) 0:52:44

Bill Norton 0:55:13

Bill Pape 0:58:02

Don Davis 1:11:14

El Gran Trialo-Joyuda, Puerto Rico S 1.8k, B 40 mi., R 10 mi. www.elgrantriale.com

Overall Female: Sara Mari 3:47:57

Mari Flores (3rd FOverall) 4:18:49

Overall Male: Juan Carlos Padró Octaviani 3:16:47

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2005 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 two USA Triathlon Sanctioned races that year; i.e. S.O.S. and Vermont Journey Half Ironman.)

<u>Name</u>	<u>Age Group</u>	<u>Honors</u>	<u>Ranking</u>
John McGovern (Duathlon)	M40-44	AA	96.2270
Alex Sherwood	M30-34	AA	92.4403
Mark Wilson	M35-39	AA	88.7071
Charles Pegg	M35-39	HM	84.6444
Mike Halstead	M35-39		83.2659
Mike Vance	M20-24		81.2255
Andrew Schupak	M35-39		81.1321
Barbara Sessa	F40-44	HM	77.1341
Jean Norton	F40-44	HM	76.2606
Mary DeNitto	F55-59	AA	71.4236
Pam Neimeth	F45-49		67.1655
Bill Norton	M50-54		66.8788
Jeanne Roth	F30-34		64.4122
Tom Gill	M50-54		60.5422

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

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

2005 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2005 HVTC Volunteer of the Year Award: **Myron Baker Sr.**

2005 HVTC Most Improved Award: **Jim Demis**

2005 HVTC Rookie of the Year Award: **Linda Rosenthal**

2005 HVTC Honorable Mention Award: **Jean Norton**

2005 HVTC Honorable Mention Award: **Barbara Sessa**

2005 HVTC Honorable Mention Award: **Mike Halstead**

2005 HVTC Honorable Mention Award: **Alex Sherwood**

2005 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2005 HVTC Male Triathlete of the Year Award: **Terry Kerrigan**

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2005 HVTC Summer Tri-Series Winners

Women's Champion: **Mary DeNitto**

2nd Place: **Mari Flores**

3rd Place: **Pam Neimeth**

4th Place: **Jean Norton**

5th Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**

2nd Place: **Mark Wilson**

3rd Place: **Charles Pegg**

4th Place: **Henry Collins**

5th Place: **Alex Sherwood**

ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1st, 2006; Closing Day-Friday October 27th, 2006; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **2006 HVTC Registration & Packet Pick Up-5:30 pm-Wednesday April 26th** Williams Lake Resort!
- **Mark Wilson's Triathlon Training Camps**-August 21-26, 2006 PICO Sports Center (Killington, VT) & January 22-27, 2007 National Training Center (Clermont, FL).
- **2006 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-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 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **2006 HVTC \$200.00 membership is valid from January 1st-December 31st.**

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SPONSORS

*** 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
*** VERGE AMERICA LTD. ***	www.vergesport.com
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