

# 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. 12

December 2004

## IN A FEW WORDS

Dear Triathletes,

HAPPY HOLIDAYS!! We have so much to be grateful for; family, friends, abundance, and of course...triathlon. How did we get so fortunate? Enjoy yourselves this holiday season and please remember..."Friends don't let friends ride junk." 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



---

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

---

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004



(Photo: Jennifer May [www.jennifermay.com](http://www.jennifermay.com))

## **Featured Athlete: Steve Schindler**

**By Mark H. Wilson**

Would you like to get consistent results in your athletic performance year after year? Would you like to run a sub-3 hour marathon 4 times? If so, what are the components necessary to achieve such goals? What would it take? Steve Schindler knows and is one of the most respected athletes in the Hudson Valley, also due to his personal integrity and good natured disposition. He's the kind of guy you'd trust to get the job done. So what molded his winning ways? Let's find out.

Steve was born and raised in Rochester, NY where he attended Arcadia High School (Greece, NY). High school sports included swimming and cross-country running. He received his undergraduate (B.S. in Biology) at Lafayette College and his graduate degree (M.S. in Environmental Science & Forest Biology) at SUNY College of Environmental Science & Forestry. While in college, Steve participated in intramural swimming for his fraternity. He currently resides in Hurley, NY with his wife Carol (married 19 years) and their two sons; Ryan (12) and Spencer (7). He is the Director of the Division of Drinking Water Quality Control for the NYCDEP Bureau of Water Supply. In fact, he doesn't

©Hudson Valley Triathlon Club-[www.hvtc.net](http://www.hvtc.net)

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

have much time to think about triathlon while working because he's responsible for the drinking water quality for 9 million people and 250 staff personnel in 8 locations (including 6 laboratories). No pressure, though. In his "spare time" Steve's additional hobbies are Alpine/Nordic Skiing, marathoning, camping and travel.

Steve had been running for a few years and had tried his first marathon in 1985. By 1987, he was ready for something new. Since he was a decent swimmer he figured all he had to do was get on a bike and ride. Steve had done some cycling tours (overnight trips, etc) so going the distance seemed like a no-brainer. His first triathlon was the Dutchess County YMCA Triathlon on a 30 pound 1973 Raleigh. Despite that, his first experience was awesome and the rest is history! During Steve's entrance into the sport the Big Four really inspired him (Dave Scott, Scott Molina, Scott Tinley & Mark Allen). [Paradoxically, many triathletes today don't even recognize these names.]

Steve has done quite a bit of running, but he also enjoys the diversity of triathlon. He loves the heat and actually thrives in it. It may be due to his lunch break runs every day at work which he's been logging since 1984! Now we know why most of the people he works with think he's an endurance nut; along with his extended family, of course. Steve admires triathletes because they can race under any conditions. Most marathons (excluding the Olympics) are run in cool temperatures, but not in triathlon; especially Hawaii. So, he was drawn to triathlon because you get to compete under tough, hot conditions and "It's fun to watch people melt in the heat!" (Aha!! Now that's a triathlete talkin'!)

Steve's parents had a huge impact on his attitude toward sports; especially his father. His dad made it to all of his meets. Steve can recall his father arriving after work mid-way through his 500 Freestyle event which made him feel great. Consequently, he always attempts to smile when crossing the finish line. "It's important to me to have fun when you compete, as well as when you train." And he tells his boys "If you are not making money or having fun, there is no reason to do it. And I'm certainly not making any money!" With his wife's approval, of course, he'll be back at it next year with the club and shorter local races. The extra training for the long tri's puts a strain on the family and job. Bottom line; gotta spend more time with the family!

Steve recommends the sport to everyone! He's always trying to get his running friends into triathlon. However, many of them say they can't swim which prompts him to share the legendary tale; The Miracle of Myron Baker. "For a guy who was all but a brick in the water a decade ago, he's doing alright these days." (Oh, boy! There's gonna be trouble!). As a result, he's been able to bring a few colleagues into the sport. Thanks, Myron!

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

Steve's approach to training and racing is very goal oriented. In fact, during Ironman training he schedules in 3 half-gallons of ice cream per week. (This guy's serious!) He plans in advance the races he'd like to do which helps to discipline him to get the necessary training accomplished. In 2004, he targeted the Great Floridian Triathlon in Clermont, FL as his "build-to" race. It paid off because he won the Masters Division at age 45!! That brings his Ironman total to 3 (Sunapee '91 and Lake Placid '99). He's also completed 30 marathons including; NY (4 times), Boston, Marine Corp, D.C., Philadelphia, Burlington, VT (9 times), Montreal, Mohawk-Hudson, Adirondack and Hartford, CT. Not to mention some ultra-marathons/high profile trail runs, such as; Hinte Anderson Trail 50K and the Escarpment Trail Run (3 times). Other tri's he's proud to have finished are; SOS, Tupper Lake Tinman (4 times), Pawling, Hudson Valley Triathlon, Harriman, West Point, Tri-America and the Bud Light Series. And get this; Steve's completed over 250 local running races since 1987!! He's finished the Kingston Classic 18 years straight. As he puts it "Way too many t-shirts!"

So, what's a guy do for an encore? Remember, he's always got a plan. The first thing is to "Keep at it!" Specifically, he'd like to get more involved in Ultra Running and eventually try a 100 miler. Also, the Ironman Triathlon World Championship in Hawaii is a goal that's on every competitive triathlete's mind. And probably the most challenging goal of all will be to stay ahead of his boys in running for at least a couple more years. If they're anything like their father, it won't be easy! Thanks, Steve.

## 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](http://www.usatriathlon.org) and click "events," then "events calendar.")**

### MAY

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

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

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

## JUNE

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

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

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

**19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi.**  
[www.nytc.org](http://www.nytc.org)

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

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

**Tri the Tri-Danbury, CT (6/?/05) Sprint** [www.americansportsevents.com](http://www.americansportsevents.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](http://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](http://www.tupperlakeinfo.com)

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

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## JULY

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

Try the Tri-Bristol, RI (7/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

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

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

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

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

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

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-Lake Placid, NY (7/24/05) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironmanusa.com](http://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](http://www.vermontsun.com)

## AUGUST

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

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

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

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

Try the Tri-Danbury, CT (8/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

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

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

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](http://www.cranberrycountrytri.com)

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

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

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

## SEPTEMBER

Monster Challenge Triathlon (Sprint)-Boston, MA (9/4/05) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) [www.monsterchallenge.org](http://www.monsterchallenge.org)

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

Firmman Rhode Island (9/?/05) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

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

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

**Danskin Triathlon-Sandy Hook, NJ (9/?/05)** [www.danskin.com](http://www.danskin.com)

**Try the Tri-Bristol, RI (9/?/05) Sprint** [www.americansportsevents.com](http://www.americansportsevents.com)

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

**Westchester Triathlon-Rye, NY (9/?/05) S 1.5k, B 40k, R 10k**  
[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

**Granite Ledges Triathlon-Wellington State Park, NH (9/25/05) S 1.5k., B 44k, R 10k**  
[www.fimbermantri.com](http://www.fimbermantri.com)

## OCTOBER

**Colonial Series-Danbury, CT (10/?/05) S 1.5K, B 40K, R 10K**  
[www.americansportsevents.com](http://www.americansportsevents.com)

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

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

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

©Hudson Valley Triathlon Club-[www.hvtc.net](http://www.hvtc.net)

---



# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## 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](mailto: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  
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

Pine Hill Arms Triathlon-Pine Hill, NY (3/20/04) Ski-2.5 mi., B-10 mi., R-3.5 mi.

[www.pinehillarms.com](http://www.pinehillarms.com)

Overall Female: Mary DeNitto 1:04:59

Overall Male:  
Stephen Judice 0:47:16  
Alex Sherwood (2<sup>nd</sup> O) 0:47:41  
Mike Halstead (3<sup>rd</sup> O) 0:48:30  
Charles Pegg (3<sup>rd</sup> M30-39) 0:52:38  
Jimmy Buff (1<sup>st</sup> 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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## 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](http://www.floridahalfironman.com)

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

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

<b><u>Overall Female:</u></b>	Amanda Pagon	2:14:09
<b><u>Overall Male:</u></b>	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](http://www.nytc.org)

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

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

[www.nytc.org](http://www.nytc.org)

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

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

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

<u>Overall Female:</u>	Natascha Badmann	4:13:42
	Mary Denitto* (1 <sup>st</sup> F55-59)	5:30:37

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

\*Mary DeNitto has qualified for the Hawaii Ironman Triathlon 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](http://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](http://www.transitiontimes.com)

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

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## Tri the Tri-Danbury, CT (6/19/04) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

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

<b><u>Overall Male:</u></b>	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](http://www.tupperlakeinfo.com)

<b><u>Overall Female:</u></b>	Kelly Bergkessel	4:48:50
-------------------------------	------------------	---------

<b><u>Overall Male:</u></b>	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](http://www.nyctri.com)

<b><u>Overall Female:</u></b>	Loretta Harrop	1:55:51
-------------------------------	----------------	---------

<b><u>Overall Male:</u></b>	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](http://www.griskustri.com)

<b><u>Overall Female:</u></b>	Catherine Sterling	1:03:54
	Julie Geisler (1 <sup>st</sup> Athena 40+)	1:28:58

<b><u>Overall Male:</u></b>	Steve Pyle	0:58:39
	Philip Milio	1:33:20

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

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

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

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

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

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

Great Fairlee Triathlon-Fairlee, VT (7/11/04) S ¾ mi., B 24 mi., R 5 mi. [www.fimeoutproductions.com](http://www.fimeoutproductions.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](http://www.hvtc.net)

See results on HVTC website!

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## 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](http://www.ironmanusa.com)

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

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

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

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

<b><u>Overall Female:</u></b>	Hollie Kitson	1:21:14
-------------------------------	---------------	---------

<b><u>Overall Male:</u></b>	Brian Emelson	1:11:17
	Mark Wilson (1 <sup>st</sup> M35-39)	1:14:13
	Mike Vance (2 <sup>nd</sup> 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](http://www.greenfield-triathlon.com)

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

<b><u>Overall Male:</u></b>	Win Whitcomb	1:08:47
-----------------------------	--------------	---------

## BMW Greenwich Cup Triathlon (Threads & Treads)-Old Greenwich, CT (8/8/04)S ?, B ?, R ? [www.threadsandtreads.com](http://www.threadsandtreads.com)

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

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

**Overall Female:** Suzie Snyder 2:36:13  
Barbara Sessa (2<sup>nd</sup> Overall) 2:58:19

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

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

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

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

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

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

**Overall Male:** Adam Carlson 1:10:19

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

<b><u>Overall Female:</u></b>	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

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

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

<b><u>Overall Female:</u></b>	Patsy Thomas	2:21:38
-------------------------------	--------------	---------

<b><u>Overall Male:</u></b>	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](http://www.monsterchallenge.org)**

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

<b><u>Overall Male:</u></b>	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/](http://www.ulster.net/~sosnyta/)**

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



# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## **Overall Male:**

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

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

[www.cdtriclub.org](http://www.cdtriclub.org)

### **Overall Female:**

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

### **Overall Male:**

Stephen Judice	2:03:31
Henry Collins (3 <sup>rd</sup> 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](http://www.firm-racing.com)**

### **Overall Female:**

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

### **Overall Male:**

Christopher Ramsey	4:13:23
--------------------	---------

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

See results on HVTC website!

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

[www.lobstermantriathlon.com](http://www.lobstermantriathlon.com)

**Overall Female:** Courtney Bennigson 2:10:46

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

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

[www.danskin.com](http://www.danskin.com)

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

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

[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

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

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

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

[mi.www.swimpower.com](http://mi.www.swimpower.com)

**Overall Female:** Christine Dunnery 5:05:52

**Overall Male:** Terry Kerrigan 4:27:42

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

[www.sandkeytriathlon.com](http://www.sandkeytriathlon.com)

**Overall Female:** Sarah Groff 1:03:55

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

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

**Overall Female:** Natascha Badmann 09:50:04  
Mary DeNitto DNF (Did Not Finish)

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

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

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

**Overall Female:** Staci Studer 11:25:52

**Overall Male:** Christopher Martin 09:40:47  
Steve Schindler 11:06:52  
Donald Roth DNF

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

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

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

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

**Overall Female:** Jamie Whitmore 3:01:35

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

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

**Overall Female:** Michellie Jones 09:24:54  
Jesse Freund 13:18:11

**Overall Male:** Tom Evans 08:31:07  
Henry Collins 10:52:15  
Terry Kerrigan DNF

# Hudson Valley Triathlon Club

Volume IV, Issue No. 12 December 2004

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

Overall Female: Michele Yasson 1:02:51  
Ro Hunt 1:05:58

Overall Male: Mark Wilson 0:49:20

Laguna Phuket Triathlon-Phuket Island, Thailand (11/20/04) S 1.8k, B 55k, R 12k  
[www.lagunaphuket.com](http://www.lagunaphuket.com)

Overall Female: Nicole Hackett 2:53:06

Overall Male: Craig Alexander 2:33:07  
Charles Pegg (4<sup>th</sup> M35-39\*) 3:13:22

\*Qualified for IM Australia, but turned down slot.

## 2003 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

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

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

<b>Gregory Sautner AA</b>	<b>M25-29</b>	<b>48</b>	<b>90.7034</b>
Thomas deHaan	M40-44	374	81.2236
<b>Bill Pape HM</b>	<b>M55-59</b>	<b>31</b>	<b>79.7886</b>
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
<b>Mary DeNitto HM</b>	<b>F55-59</b>	<b>9</b>	<b>71.0816</b>
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)

<b>John McGovern AA</b>	<b>M35-39</b>	<b>1</b>	<b>97.7028</b>
-------------------------	---------------	----------	----------------

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## 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](mailto:markstriclub@hotmail.com).

## 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](mailto: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 [oyalpty@optonline.net](mailto:oyalpty@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](mailto:canis_lupus99@hotmail.com).

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

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

## 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; “This club rocks...don’t miss out!!”
- **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 1<sup>st</sup>-15, 2<sup>nd</sup>-14, 3<sup>rd</sup>-13, 4<sup>th</sup>-12, 5<sup>th</sup>-11, 6<sup>th</sup>-10, 7<sup>th</sup>-9, 8<sup>th</sup>-8, 9<sup>th</sup>-7, 10<sup>th</sup>-6, 11<sup>th</sup>-5, 12<sup>th</sup>-4, 13<sup>th</sup>-3, 14<sup>th</sup>-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 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 15<sup>th</sup> place or lower).
- **HVTC Tri-Gear For Sale!** If you’d like to sell triathlon gear on the HVTC website, send a digital photo of the equipment with details (contact info, specs, etc.) and it’ll be put up ASAP. There will be a 10% charge for sales resulting from the HVTC site.
- **Dean Theodore of Triathlonbag.com** has created an amazing triathlon bag and other fantastic tri-gear. HVTC gets a 10% discount on all products!
- **Important message from USA**...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 1<sup>st</sup>-December 31<sup>st</sup>.

## HVTC E-MAIL DIRECTORY

Steve Axelson New Paltz, NY [peakper4mancesports@earthlink.net](mailto:peakper4mancesports@earthlink.net)

Myron Baker Rosendale, NY [ironbaker@mac.com](mailto:ironbaker@mac.com)

Gregory Bayer LaGrange, NY [bayergc@hotmail.com](mailto:bayergc@hotmail.com)

David Beaudry Poughkeepsie, NY [beaudryphd@aol.com](mailto:beaudryphd@aol.com)

Suzanne Brink Lake Katrine, NY [suz99anne@earthlink.net](mailto:suz99anne@earthlink.net)

Jimmy Buff Palenville, NY [jimmybuff100@hotmail.com](mailto:jimmybuff100@hotmail.com)

Kate Burns Kingston, NY none

James Calder New York, NY [jjcalder@nyc.rr.com](mailto:jjcalder@nyc.rr.com)

Henry Collins Woodstock, NY [henrycollins@msn.com](mailto:henrycollins@msn.com)

Andrew Colyer Red Hook, NY [jandrewcolyer@hotmail.com](mailto:jandrewcolyer@hotmail.com)

Mark DeLuccia Highland, NY [mjdeluccia@yahoo.com](mailto:mjdeluccia@yahoo.com)

Mary DeNitto Rhinebeck, NY [Riozden@aol.com](mailto:Riozden@aol.com)

Ross Enochs Hyde Park, NY [mindysjunk@surfbest.net](mailto:mindysjunk@surfbest.net)

Leslie English High Falls, NY [cenar@compuserve.com](mailto:cenar@compuserve.com)

Steve Fischer Saugerties, NY [sfischer@kingstonhousing.org](mailto:sfischer@kingstonhousing.org)

Jesse Freund Shady, NY [jessefreund@gmail.com](mailto:jessefreund@gmail.com)

John Garcia Ulster Park, NY [doctorspeller@hotmail.com](mailto:doctorspeller@hotmail.com)

Julie Geisler New York, NY [jsgeisler@aol.com](mailto:jsgeisler@aol.com)

Mary Grehl Shokan, NY [raybag@hvi.net](mailto:raybag@hvi.net)

# Hudson Valley Triathlon Club

---

Volume IV, Issue No. 12 December 2004

Mike Halstead Stone Ridge, NY [vet2go@aol.com](mailto:vet2go@aol.com)  
Dorothy Hamburg Red Hook, NY [dhamburg@webjogger.net](mailto:dhamburg@webjogger.net)  
Harry Hansen Stone Ridge, NY [kyserike@aol.com](mailto:kyserike@aol.com)  
Mari Hoppe High Falls, NY [mhoppe@nesolite.com](mailto:mhoppe@nesolite.com)  
Rosemarie Hunt Newburgh, NY [jgh1205@aol.com](mailto:jgh1205@aol.com)  
John Jasinski Olivebridge, NY none  
Tarak Kauff Woodstock, NY [tarak@ulster.net](mailto:tarak@ulster.net)  
Terry Kerrigan New York, NY [tkerrigan@nyc.rr.com](mailto:tkerrigan@nyc.rr.com)  
Brian Lavender Rhinebeck, NY [bdlavender@yahoo.com](mailto:bdlavender@yahoo.com)  
Robert Leghorn Ulster Park, NY none  
Mary Lockett Kingston, NY [snowmiser3500@earthlink.net](mailto:snowmiser3500@earthlink.net)  
Sean Lockhart Highland, NY [dewurun@yahoo.com](mailto:dewurun@yahoo.com)  
Kathryn Loyer Middlebury, CT [kloyer2@hotmail.com](mailto:kloyer2@hotmail.com)  
Sandy Mancuso-Lopez Kingston, NY [roadkill@hvc.rr.com](mailto:roadkill@hvc.rr.com)  
Ron Matthias Stone Ridge, NY [tal777@att.net](mailto:tal777@att.net)  
Tony McGinty Rosendale, NY [amcg65@aol.com](mailto:amcg65@aol.com)  
Dave McGovern Kingston, NY [dmcg@racewalking.org](mailto:dmcg@racewalking.org)  
John McGovern Kingston, NY [jmcgovern@hcv.rr.com](mailto:jmcgovern@hcv.rr.com)  
Philip Milio New York, NY [pmilio@aol.com](mailto:pmilio@aol.com)  
Patrick Murphy Rhinebeck, NY [pwmurphy1@juno.com](mailto:pwmurphy1@juno.com)  
Carlos Osorio Woodstock, NY [carlososorio964@yahoo.com](mailto:carlososorio964@yahoo.com)  
Bill Pape Kingston, NY [wpape@earthlink.net](mailto:wpape@earthlink.net)  
Julie Pape Kingston, NY [jwestphal@nalpro.com](mailto:jwestphal@nalpro.com)  
Charles Pegg Woodstock, NY [charlespegg@yahoo.com](mailto:charlespegg@yahoo.com)  
Carlos Perez Kingston, NY [chriscarant@verizon.net](mailto:chriscarant@verizon.net)  
Larry Phillips Red Hook, NY [joltster@juno.com](mailto:joltster@juno.com)  
Jan Pollo Woodstock, NY [janfilar@aol.com](mailto:janfilar@aol.com)  
Sophia Roab Kingston, NY [sophia@watershedworks.com](mailto:sophia@watershedworks.com)  
Karen Robinson Pleasant Valley, NY [krunner@localnet.com](mailto:krunner@localnet.com)  
Donald Roth Poughkeepsie, NY [defender4all@hotmail.com](mailto:defender4all@hotmail.com)  
Jeanne Roth Poughkeepsie, NY [jeanneroth@hotmail.com](mailto:jeanneroth@hotmail.com)  
Greg Sautner Hurley, NY [canis\\_lupus99@hotmail.com](mailto:canis_lupus99@hotmail.com)  
Steve Schindler Hurley, NY [schindler1@webjogger.net](mailto:schindler1@webjogger.net)  
Andrew Schupak Stone Ridge [aschupak@schupakgroup.com](mailto:aschupak@schupakgroup.com)  
Barbara Sessa Slate Hill, NY [sessa@frontiernet.net](mailto:sessa@frontiernet.net)  
Donna Severino Ulster Park, NY none  
Ronnie Severino Ulster Park, NY [trainseverino@hotmail.com](mailto:trainseverino@hotmail.com)  
Bill Shashaty Stone Ridge, NY [bsdj@aol.com](mailto:bsdj@aol.com)  
Alex Sherwood New Paltz, NY [moremiles@aol.com](mailto:moremiles@aol.com)  
Doug Thompson New Paltz, NY [bistro59@aol.com](mailto:bistro59@aol.com)  
Laura Van Alst New Paltz, NY none  
Maria Villalta Brooklyn, NY [mayapil71@hotmail.com](mailto:mayapil71@hotmail.com)



# Hudson Valley Triathlon Club

Volume IV, Issue No. 12 December 2004

Lauren Warren Rosendale, NY [lwarren@hvc.rr.com](mailto:lwarren@hvc.rr.com)  
John Wheeler Highland, NY [john\\_wheelr@yahoo.com](mailto:john_wheelr@yahoo.com)  
Natalie White Kerhonkson, NY [nawhit78e@aol.com](mailto:nawhit78e@aol.com)  
Keith Woodburn New Paltz, NY [keith@totalimmersion.net](mailto:keith@totalimmersion.net)  
Michele Yasson Rosendale, NY [dryasson@hvc.rr.com](mailto:dryasson@hvc.rr.com)  
Nina Young Cottekill, NY none

**If you would like to be removed from this directory, e-mail [markstriclub@hotmail.com](mailto:markstriclub@hotmail.com) with “remove from e-mail directory” in the subject line.**

## SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	<a href="http://www.metzedesign.com">www.metzedesign.com</a>
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** PEAK PERFORMANCE SPORTS ***	<a href="http://www.hvsports.net">www.hvsports.net</a>
*** USA TRIATHLON ***	<a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
*** AQUA SPHERE ***	<a href="http://www.aquasphereusa.com">www.aquasphereusa.com</a>
*** VERGE AMERICA LTD. ***	<a href="http://www.vergesport.com">www.vergesport.com</a>
*** FATS IN THE CATS ***	<a href="http://www.fatsinthecats.com">www.fatsinthecats.com</a>
*** KINGSTON CYCLERY ***	<a href="http://www.kingstoneyclery.com">www.kingstoneyclery.com</a>
*** WORLD WIDE AQUATICS ***	<a href="http://www.worldwideaquatics.com">www.worldwideaquatics.com</a>
*** TRIATHLONBAG.COM ***	<a href="http://www.triathlonbag.com">www.triathlonbag.com</a>
*** MOBILE LIFE SUPPORT ***	<a href="http://www.mobilelife.com">www.mobilelife.com</a>
*** TABLE ROCK TOURS & BICYCLES ***	<a href="http://www.tablerocktours.com">www.tablerocktours.com</a>
*** POSE TECH ***	<a href="http://www.posetech.com">www.posetech.com</a>
*** METROTRI.COM ***	<a href="http://www.metrotri.com">www.metrotri.com</a>
*** WILLIAMS LAKE HOTEL ***	<a href="http://www.willylake.com">www.willylake.com</a>
*** HAMMER NUTRITION, LTD. ***	<a href="http://www.e-caps.com">www.e-caps.com</a>
*** BICYCLE DEPOT ***	<a href="http://www.bicycledepot.com">www.bicycledepot.com</a>
*** PLACID PLANET BICYCLES ***	<a href="http://www.placidplanetbicycles.com">www.placidplanetbicycles.com</a>
*** ENDLESS POOLS ***	<a href="http://www.endlesspools.com">www.endlesspools.com</a>
*** ADIRONDACK SPORTS & FITNESS ***	<a href="http://www.adksportsfitness.com">www.adksportsfitness.com</a>
*** MAIN STREET BISTRO ***	<a href="http://www.mainstreetbistro.com">www.mainstreetbistro.com</a>
*** OVERLOOK MOUNTAIN BIKES ***	<a href="http://www.overlookmountainbikes.com">www.overlookmountainbikes.com</a>
*** SIGNATURE CYCLES ***	<a href="http://www.signaturecycles.com">www.signaturecycles.com</a>
*** XTERRA WETSUITS ***	<a href="http://www.xterrawetsuits.com">www.xterrawetsuits.com</a>
*** OPTICAL ILLUSIONS ***	<a href="http://www.scottschaffrick.com">www.scottschaffrick.com</a>
*** ALTHLETICA ***	Woodstock, NY (845-679-6900)
*** SPORTFRAMES ONLINE ***	<a href="http://www.sportframesonline.com">www.sportframesonline.com</a>
*** FAST TRACK ***	<a href="http://www.fasttrackonline.com">www.fasttrackonline.com</a>
*** ROADID.COM ***	<a href="http://www.roadid.com">www.roadid.com</a>

**THANK YOU SPONSORS!!!**