

# Hudson Valley Triathlon Club

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

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**Volume V, Issue No. 55**

**December 2005**

## IN A FEW WORDS

Dear HVTC,

It's been one heck of a year; thank you!! Thank you for your commitment to the sport, your goals and to each other. "Why to each other" you ask? Because without someone to chase or be chased by, it just wouldn't be as much fun! So, I look forward to seeing you again in 2006; sweaty, bright-eyed and competitive as ever. Meanwhile, please feel free to eat as much as possible during the Holidays! 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**



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

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# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005



(Photo: Scott Schaffrick [www.scottschaffrick.com](http://www.scottschaffrick.com))

## **Featured Athlete: Julie Geisler**

**By Mark H. Wilson**

How often do you meet individuals who keep their athletic accomplishments “secret” from their peers? These days, most triathletes rattle-off their latest “conquests” with splits down to the nano-second; inform you of their pre-race feeding schedule and how many times they visited the porta-john prior to their deca-ironman; which they completed at the speed of light and set a new PR by 10 seconds, by-the-way. Our Featured Athlete of the Month, Julie Geisler, is one of those modest athletes that you really enjoy meeting because she’s full of surprises! Yes, how exciting; let’s see what she’s done.

Julie was born in Poughkeepsie, NY but soon after her family moved to Stamford, CT which is where she grew up and lived until college. Although horseback riding was her first true love, in high school Julie was always on a sports team of some type (volleyball, track, tennis, swimming, and even cheerleading). Julie was never a superstar at any of the sports, but was decent at all of them and had lots of fun. Julie went to college at the University of Vermont and while avoided team sports, she did plenty of skiing!

She presently lives in Manhattan with her husband/best friend Philip Milio about 5 blocks from the finish line of the NYC marathon. They also have a house in Kerhonkson and spend much of their summers and holidays there. Julie is a nonprofit management consultant and has several different jobs or assignments at any one time. Her current clients include; Youth Service Opportunities Project/Learn & Serve NYC, Owen Consulting, Chelsea Piers, Studio in a School

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

and Arts Intern. When it comes to having fun, Julie loves to do yoga, cook/bake (especially her own chocolate chip cookies), and enjoys giving dinner parties. (Yeah, party at Julie's house!!!) And to satisfy her love for horses in an unlikely location, Julie is a Mounted Auxiliary Officer with the NYC Parks Enforcement Patrol. As a volunteer, she rides with other officers and patrol in Central Park, Van Cortland Park, and Clove Lakes Park in Staten Island.

An accomplished marathoner with a 3:50 PR (17 altogether), Julie is very involved in the New York Road Runners Club where she serves on the Board of Directors; she was just elected to her third term. Get this, once she broke the finish line tape in a NYRR race. They used to have qualifying races for the Fifth Avenue Mile, and she won her qualifying heat with a 6:19!! She's also a member of the NY Flyers running team in NYC, and is a past President of the organization. She's also done the Empire State Building Run-up. Once again, at the right place at the right time, she was in the first women's heat and guess who got to the top first? Yep, Julie!! First heat of the day, first woman to the top. Nice!

As a child, Julie was an animal on her bike and had no fear! However, one day she hit some gravel and took a mean spill with the handlebars puncturing her eye, giving her a concussion and a shiner. That was the beginning of her cycling fears; but it didn't keep her from getting into triathlon. Her first triathlon was a sprint in 1999 (Central Park Triathlon). It was her only one that year; she was totally intimidated! She had been doing 2 marathons a year up to this point and really needed/wanted to do some cross-training to help ease the running injuries. Julie credits Philip with inspiring her to take the steps toward becoming a triathlete by leading the way and completing several tri's before her. Since then she's compiled quite an impressive list of tri's from sprint to Ironman; Central Park Tri, West Point Tri (2x), Griskus Sprint Tri (3x), NYC Tri, Pine Barrens Olympic Tri, Columbia, MD Olympic Tri, Danbury Olympic Tri, Madison, CT Sprint, Eagleman Half, Tupper Lake Tinman, Lake Placid IM, Columbia County Sprint and, of course, the HVTC Summer Tri-Series.

Julie's very proud of her 2003 IM finish, as it was a difficult year for her and the training was arduous. Her mother had recently passed away, so the whole IM experience was very cathartic. Interestingly, Julie's brother is an accomplished triathlete and runner who had also registered for his third Lake Placid IM and she wanted to do it "with" him. However, Julie she was very insecure about whether or not she could even complete the distances. She didn't dare tell anyone she was signed-up due to the overwhelming fear of failure. (Gee, don't know anyone who feels like that before an IM!?) Fortunately, she went to Lake Placid in June and did the full bike course followed by a transition run and realized that she was definitely capable of completing the race. "I was ready to go public!" Julie called her brother and told him to log onto the race site and check the registration because there might be a problem with his entry. "He checked and saw that he was registered...and so was his little sister!" It was a great day in the Adirondack's as Julie's father attended the event from South Carolina to witness his two children finish an Ironman on the same day; Julie finished in 15:15:16! She did it.

Julie likes the full-body feeling of fitness/health, the need to push herself again and again, stringing together the 3 sports, and the focus/drive it requires to participate in triathlon. She does recommend the sport to others and is secretly helping a friend prepare for her first IM next year.

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

Her friend is just as terrified as Julie was when she registered, so Julie feels she can help dissipate that energy a bit due to her own experience. Julie's advising her on a bike purchase in addition to nutrition products. Remarkably, this isn't Julie's coaching debut! For the past six years or so, she's been helping friends run their first NYC Marathon. She really enjoys coaching them through the training; long runs, nutrition/hydration, etc. Since she lives only several blocks away from the finish line, hosting them the night before has become an annual ritual. Julie's coaching pitch is candid, "I may not be fast, but with 17 marathons under my belt I have a lot of experience that I think is helpful for the first timer."

She believes she has another IM in her, and also intends on bringing her Olympic distance triathlon times down this year. Perhaps the most gratifying experience in triathlon for Julie is sharing the sport with her husband! "We have so much fun together and I'm so thankful that I have a spouse who loves this crazy sport as much as I do!" With her level of energy and enthusiasm, the challenge will surely be on Philip's shoulders; keeping-up with her!! No pressure, though! Thanks, Julie.

## 2006 RACE SCHEDULE

**Bold** = USA Triathlon Sanctioned

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

### APRIL

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

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

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

**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](http://www.piranha-sports.com/devilman.html)

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

**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](http://www.piranha-sports.com/devilman.html)

**Highland Triathlon-Yulan, NY (5/??/06) S ½ mi., B 15 mi., R 4 mi.**  
[www.transitiontimes.com](http://www.transitiontimes.com)

**SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/06) S 1.2 mi., B 56 mi., R 13.1 mi.** [www.genesisadventures.com](http://www.genesisadventures.com)

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

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

## JUNE

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

**Mooseman Sprint Triathlon Festival-Wellington State Park, NH (6/3-4/06) S ¼ mi., B 15 mi., R 3.5 mi.(Special National Championship Qualifier)**  
[www.timbermantri.com](http://www.timbermantri.com)

**Mooseman Xterra Triathlon-(Wellington State Park) Bristol, NH (6/3-4/06) S ¼ mi., B 5.5 mi., R 3 mi.** [www.timbermantri.com](http://www.timbermantri.com)

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

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

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

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

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/11/06) S ½ mi., B 16 mi., R 3 mi.  
[www.nytc.org](http://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](http://www.hvtc.net)

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

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

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

## JULY

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

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

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

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

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

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

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

**Mossman Triathlon-Norwalk, CT (7/16/06) S .5 mi., B 12.5 mi., R 5k**  
[www.trifitness.net](http://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](http://www.musselmantri.com)

**Musselman Triathlon (Sprint)-Geneva, NY (7/16/06) S 500 yd., B 15 mi., R 3 mi.**  
[www.musselmantri.com](http://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](http://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](http://www.nytc.org)

**Pine Bush Triathlon, Pine Bush, NY (7/16/06) S 325 yds., B 11.5, R 3.25**  
[www.pinebushtriathlon.org](http://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](http://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](http://www.vermontsun.com)

## AUGUST

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

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

**Grafton Lakes Off Road Triathlon-Grafton, NY (8/??/06) S 0.9mi, Mtn B 14mi, R 5mi.** [www.skyhighadventures.com](http://www.skyhighadventures.com)

**USAT National Age Group Championships-(8/??/06) S 1.5k, B 40K, R 10K**  
[www.usatriathlon.org](http://www.usatriathlon.org)

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# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

West Point Triathlon-West Point, NY (8/??/06) S 800 m, B 25k, R 5k

[www.usma.edu/USCC/DCA/Clubs/trit/](http://www.usma.edu/USCC/DCA/Clubs/trit/)

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

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

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

[www.vermontsun.com](http://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](http://www.hvtc.net)

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

[www.americansportsevents.com](http://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](http://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](http://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](http://www.catstri.com)

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

USA Triathlon National Club Championship-(8/??/06) S 850 meters, B 20 mi., R 5 mi. [www.usatriathlon.org](http://www.usatriathlon.org)

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

## SEPTEMBER

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

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# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

**S.O.S.-New Paltz, NY(9/10/06) B 30mi., R 19mi., S .5mi.,R.7mi.**

**[www.ulster.net/~sosnyta/](http://www.ulster.net/~sosnyta/)**

**Firmman Rhode Island (9/??/06) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)**

**Lobsterman Triathlon-Freeport, ME (9/??/06) S 1.5k, B 40k, R 10k**

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

**Saratoga Lake Triathlon-Saratoga, NY (9/??/06) S 1.5k, B 40k, R 10k**

**[www.cdtriclub.org/saratoga\\_triathlon.htm](http://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](http://www.hvtc.net)**

**Westchester Triathlon-Rye, NY (9/17/06) S 1.5k, B 40k, R 10k**

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

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

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

**Danskin Triathlon-Sandy Hook, NJ (9/16-17/06) [www.danskin.com](http://www.danskin.com)**

**Skylands Triathlon-Clinton, NJ (9/??/06) S ½ mi., B 14.1 mi., R 5k [www.lin-](http://www.lin-mark.com)**

**[mark.com](http://www.lin-mark.com)**

**Granite Ledges Triathlon-Wellington State Park, NH (9/??/06) S 1.5k., B 44k, R 10k**

**[www.fimbermantri.com](http://www.fimbermantri.com)**

## **OCTOBER**

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

**[www.americansportsevents.com](http://www.americansportsevents.com)**

**Mightyman ½ Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R**

**13.1mi. [www.swimpower.com](http://www.swimpower.com)**

**Ironman Triathlon World Championship (10/14/06) S 2.4 mi., B 112 mi., R 26.2 mi.**

**[www.ironinfo@ironmanlive.com](mailto:www.ironinfo@ironmanlive.com)**

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

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

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

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

## NOVEMBER

Ironman Florida-Panama City, FL (11/4/06) 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/?/06) S 400 yds., B 8 m., R 5k  
[www.goldsgym.com](http://www.goldsgym.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](mailto: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?!?!?

## RESULTS

Have a great season HVTC!!

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

## 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 three USA Triathlon Sanctioned races that year; i.e. SOS, New York City Triathlon and Vermont Journey Half Ironman.)

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

TBA

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

AA-All American (Top 5% 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**

## 2005 HVTC Summer Tri-Series Winners

Women's Champion: **Mary DeNitto**

2<sup>nd</sup> Place: **Mari Flores**

3<sup>rd</sup> Place: **Pam Neimeth**

4<sup>th</sup> Place: **Jean Norton**

5<sup>th</sup> Place: **Barbara Sessa**

Men's Champion: **Ronnie Severino**

2<sup>nd</sup> Place: **Mark Wilson**

3<sup>rd</sup> Place: **Charles Pegg**

4<sup>th</sup> Place: **Henry Collins**

5<sup>th</sup> Place: **Alex Sherwood**

# Hudson Valley Triathlon Club

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Volume V, Issue No. 55 December 2005

## The Outdoor Life Network (OLN) To Feature Ironman Qualifying Events

Those who were unable to experience this year's Ironman Triathlon events firsthand will get their chance to watch the sportsmanship and raw emotion of Ironman as the Outdoor

Life Network (OLN) will air seven of the 2005 Ironman qualifying events this Fall.

Extending last year's agreement for another three years, OLN will air an Ironman event each Sunday at 3:00 p.m. EST, during the months of October, September and December.

Viewers will get a glimpse into both domestic and international races, with the unique opportunity to see a range of Ironman venues. Additionally, each telecast will re-air the following week, and exact times may be found in local listings.

- Ford Ironman Florida Triathlon Sunday, December 18

## 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 [mark@hvtc.net](mailto:mark@hvtc.net). Call or e-mail today!

## ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1<sup>st</sup>, 2006; Closing Day-Friday October 27<sup>th</sup>, 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 26<sup>th</sup>** Williams Lake Resort!
- **Mark Wilson's Triathlon Training Camps**-January 23-28, 2006 National Training Center (Clermont, FL) & August 21-26, 2006 PICO Sports Center (Killington, VT).
- **2006 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1<sup>st</sup>-20, 2<sup>nd</sup>-19, 3<sup>rd</sup>-18, 4<sup>th</sup>-17, 5<sup>th</sup>-16, 6<sup>th</sup>-15, 7<sup>th</sup>-14, 8<sup>th</sup>-13, 9<sup>th</sup>-12, 10<sup>th</sup>-11, 11<sup>th</sup>-10, 12<sup>th</sup>-9, 13<sup>th</sup>-8, 14<sup>th</sup>-7, 15<sup>th</sup>-6, 16<sup>th</sup>-5, 17<sup>th</sup>-4, 18<sup>th</sup>-3, 19<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 80 (20/race for 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 20<sup>th</sup> place or lower).
- **2006 HVTC \$200.00 membership is valid from January 1<sup>st</sup>-December 31<sup>st</sup>.**

# Hudson Valley Triathlon Club

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