

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. 57

February 2006

IN A FEW WORDS

Dear HVTC,

Three months to go for our first swim in Williams Lake on Monday, May 1st!! How are those workouts coming along? Are you going long this year or is it quality in 2006? Regardless, it'll be a fantastic season for you, I'm sure. I really look forward to seeing all of you too for the annual HVTC registration/packet pick-up on Wednesday, April 26th; it'll be full of wonderful surprises! Meanwhile, keep that caloric intake under the radar. 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: Bill Norton

By Mark H. Wilson

Have you ever known people who, no matter what they do, always seem to live an extremely blessed life? Is it their ability to live in the moment? Is it some sort of natural commitment given at birth that attracts wonderful life experiences to them like a magnet? Or maybe it's a good old, down-home up-bringin' that's the secret?! No matter, Bill Norton has been livin'-it-up for the past 49 years as a bachelor and for his 50th year on the planet he received some life-changing "surprises" that he's absolutely thrilled about. In fact, he literally couldn't be happier! Okay, okay...let's get to it!

Bill is the definition of a hometown boy; a real nice guy. He was born and raised in Wurtsboro, NY on Masten Lake. He's still there and enjoys all the beauty the tiny valley has to offer. Bill attended Monticello High School and his college education consisted of a smorgasbord of Community Colleges; Orange, Ulster and Sullivan. It paid off though, earning him two degrees in land surveying. Bill played baseball in college and couldn't get enough skiing, either. Honestly, he'd rather be skiing on a perfect powder run than anything in the world; downhill skiing is truly his passion. In addition, he's been a level 3 instructor with the PSIA for 25 years and has had the pleasure to experience the best ski areas in the world. His favorites are Alta, Utah; Taos, New Mexico; Mt. Blanc in the Alps and Mad River Glen in Vermont. Bill also enjoys water skiing and windsurfing.

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For the first half of his life Bill was a bachelor. His motto was “No Wife, No Kids, No Pets.” Then all hell broke loose; he fell madly in love with his present wife Jean, is raising two teenage stepchildren, along with a dog, a cat, a bird...and to top it all off Jean blessed him with a son of his own. Luke is two years old. Wow, now that’s breaking the frickin’ rules!! He’s on cloud nine. The whole bunch lives on Masten Lake in Wurtsboro.

Bill created his own business of twenty-four years known as Mercurio-Norton-Tarolli, Land Surveying–Engineering, P.C. located in Pine Bush, NY. Others tell him he doesn’t need to train as much as most due to the amount of hiking and backpacking involved with his work. Bill loves it!! Because of the time constraints, he considers himself a part-time triathlete at best although he thrives on the principle of maximum efficiency and minimum effort. He claims to enjoy watching his wife’s triathlon development, but he is an awesome triathlete in his own rite.

Bill has been a successful runner since 1980 and did his first triathlon in 1985 at Harriman State Park. His favorite multi-sport event of all time was the Kaaterskill Spring Rush. The race consisted of an 18 mile run, a 60 mile bike, a canoe portage ending with a canoe race. According to Bill, it was a blast! He partnered this race with another talented local runner George Shurter for ten years. They were the overall winners twice; both times they were each over forty.

The natural athletic gifts Bill has been given are plentiful. However, Bill is the first to acknowledge he’s never really explored his potential. Since he practically wins his age-group in every race he enters he kinda knows he doesn’t need to push himself too much to get the job done. For instance, in 2005 Bill placed first in his age group at the Pine Hill Arms Triathlon, Highland Triathlon and West Point Triathlon. In addition, he placed second in the M50-54 at the Trooper Biathlon and S.O.S. He trains just enough to get the results he wants and not an ounce more; unfortunately, it doesn’t always workout as planned. It backfired at the brutal Escarpment Trail Run, the sweltering Tupper Lake Half-Ironman and the S.O.S, as well. His first conclusion was; “I’m gettin’ old!” It happens.

Bill intends to place first in his age group in every race he enters for 2006. It’s a very reasonable goal especially if he commits to the training. No worries; he’ll probably get even busier with his company and find himself “going long” in the woods, as usual. And if his wife Jean qualifies for Kona, you’ll find him at the beach windsurfing; reminiscing ‘bout the good ol’ days with the locals. Thanks, Bill!

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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.")

APRIL

Powerman North Carolina-Carrboro, NC (4/23/06) R 8k, B 53k, R 8k 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

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

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

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

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

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 (5/21pending/06) S .5 mi., B 12 mi., R 4 mi. www.xterraplanet.com/race/schedule.html

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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

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/4/06) S 1/2 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 1/2 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

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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)

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.nyctri.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

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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

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/??/06) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

West Point Triathlon-West Point, NY (8/??/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

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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/??/06) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

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/??/06) S 1/2 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/??/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

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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/??/06) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

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

OCTOBER

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

Mightyman ½ Ironman Triathlon-Montauk, NY (10/1/06) S 1.2mi., B 56mi., R 13.1mi. 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

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

Xterra World Championship-Maui, HI (10/??/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

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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?!?!?

RESULTS

Have a great season HVTC!!

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.)

<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 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)

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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**
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**

CLASSIFIEDS

Triathlon Coach. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, 845-679-8602 or mark@hvtc.net. Call or e-mail today!

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**-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 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.

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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.

SPONSORS

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