

Hudson Valley Triathlon Club

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

Volume V, Issue No. 1

January 2005

IN A FEW WORDS

Dear Triathletes,

Okay, here we go again! Here's another opportunity to set those goals and then go for it. What's it gonna take? There's the obvious; swimming, biking, running. Then there's the next level; equipment, nutrition, technique and strength training. However, it's possible the most important aspect of your season's preparation is your detailed attention to mental focus. Believe you can and you'll find a way! 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.

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(Photo: Jennifer May www.jennifermay.com)

Featured Athlete: Jeanne Roth

By Mark H. Wilson

Wouldn't it be great to be a rookie triathlete again? What kind of bike would you get? What about wetsuit? Or a coach? Would you start small or go for it and enter an Ironman in your first year? These days it's "So many races, so little time!" Our Featured Athlete of the Month probably set a new record for Most Triathlons in a Rookie Season by completing races ranging from Sprint to half-iron distance. Jeanne Roth knows no boundaries when it comes to her quest for tri-accomplishments; and she's got big plans for '05, as well. What makes her tick? Let's find out.

Jeanne was born in a northern suburb of Chicago; Evanston, Illinois. As a child she practiced ballet and ice skating before discovering soccer in the 5th grade with a friend. She attended Barrington High School (Barrington, IL) and graduated in 1991 where she played basketball and volleyball. Jeanne dreaded the pre-season for soccer because she "HATED" running. According to her, all they did for soccer was run! Jeanne's higher education was at Indiana University (Bloomington, IN) where she majored in Studio Art and was complete in 1995. Then she went to the Culinary Institute of America and finished-up in July of 2000.

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Jeanne currently resides in the City of Poughkeepsie in a Victorian house that's on the National Register of Historic Homes; the house is 136 years old. (Wow!! Almost as old as Grandpa Baker!) She has been married to Donald Roth for 6 years and has no kids, but 2 Himalayan cats. Jeanne has her own handmade jewelry company called Zoey B's (after the cats). She designs, manufactures and markets handmade jewelry. Jeanne has also worked as a graphic designer for firms such as; KPMG Peat Marwick (a "Big 3" accounting firm) and Spectrum Graphics and Print (Poughkeepsie, NY), and has worked in the restaurant industry as a chef/manager at Maxime's of Westchester County (Granite Springs, NY) and New World Home Cooking (Woodstock, NY). She has worn many hats to date, but considers making jewelry her niche. Jeanne's hobbies include; sleeping, cooking, church youth group, downhill skiing, tennis, mountain biking, hiking and camping. Now we know why sleeping is high on the list!

Jeanne's first triathlon was the Harriman Sprint Series #1 last summer. "I freaked out!" She said. Her goggles leaked and she started to cry because she was now in last place. Jeanne's husband Donald was with her and was quick to quote from the movie *A League of Their Own* "There is no crying in baseball." It helped, after a couple of minutes she got the goggles on and finished the swim, then bee-lined-it directly to the restroom. (Was that part of the course?) Then on the bike she dropped the chain 5 times not knowing to lighten-up on the pedals while shifting going uphill. On the run, Jeanne did wonderfully and even passed some people! She loved having Donald with her and highly recommends that everyone have a buddy for their first triathlon experience. Her goal was to finish and not be last; mission accomplished!

Jeanne identifies herself as very "L-A-Z-Y"! Everyone thinks she's nuts for doing triathlon, especially her family, because they know how much she hates running and also regarding her decadent indulgence of Cheetos. Also, she had a freaky ankle-buster while walking in Chicago about 7 years ago that she finally recovered from; thanks to exceptional PT. So her family's a bit confused with all the current activity in her life. And it's all Donald's fault! He had done a few tri's previously and wanted to get involved again. He encouraged his initially reluctant wife while purchasing a wetsuit... "but what if I don't like triathlons or can't do them"...that she'd be fine. (Well done, Donald!)

Triathlon, for Jeanne, has become a great form of therapy...and just as expensive! "I feel like I should have been doing this sooner in my life." The common struggle that she feels with the other athletes gives her a sense of belonging and connection in such a supportive atmosphere. It helps her to overcome the laziness, too. "I am amazed by how much I can push myself!" This experience leads Jeanne to share and encourage everyone she knows to "tri" the sport. Besides, there are all those endorphins and the magnificent weight control to boot!

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Jeanne's had one phenomenal debut in triathlon! In fact, she won the 2004 HVTC Rookie of the Year. She completed the Harriman Sprint Series, Highland Triathlon, Monster Challenge Triathlon, 3 HVTC Summer Tri-Series, Kingston Duathlon "ugh, never again!", Timberman Sprint, Greenwich Sprint, Genesis Adventure Race #2, Dutchess County 1/2 Marathon, Saratoga Lake Triathlon, Chicago Marathon 4:56.24 and the Great Floridian 1/2 Ironman in 7:23.40. It looks like next year may be more of the same. Get this, "I bought a big calendar with colored markers for my training, races and goals. I have everything outlined for 2005 already. I'm going to do this season right with the proper training and hope that I get my nutrition down by Lake Placid." She's an animal!! And the S.O.S. is on the schedule, too. It's a good idea to figure out the nutrition thing (if that's even possible), especially since Jeanne always feels like she's gonna throw up before a race. Mostly it's just fears and doubts such as; "What am I doing?" or "I can't do this?" and "I'm nuts..." etc, etc. Hell, that's how you know you're a triathlete! Regardless, it's going to be a very special day at Ironman USA at Lake Placid this July 24th because it's Jeanne's birthday. How neat is that?! Can you imagine completing your first Ironman on your 21st birthday? Oh, alright! It'll be her 32nd. Can't wait to see it!

Jeanne wanted to express this, as well; "I am so happy to have this club and the great friends I have made through it. I am looking forward to next season when I'll be kicking everyone's asses!" Yikes, sounds like she's been takin' a few courses at the Henry Collins School of Ass Kickin'. More power to ya! Thanks, Jeanne.

2005 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

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

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

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

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

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

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

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

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

Tri the Tri-Danbury, CT (6/?/05) Sprint 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

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

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

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

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

**USAT National Age Group Championships-?? (6/?/05) S 1.5k, B 40K, R 10K
www.usatriathlon.org**

JULY

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

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

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

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

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

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

Tri the Tri-Danbury, CT (7/?/05) Sprint 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**

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

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

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

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

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

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

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

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

West Point Triathlon-West Point, NY (8/?/05) S 800 m, B 25k, R 5k 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

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

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

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

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

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

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

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

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

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

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

Try the Tri-Bristol, RI (9/?/05) Sprint www.americansportsevents.com

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

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

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

OCTOBER

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

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

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

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NOVEMBER

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

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

AT THE RACES

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

Send results to: Markstriclub@hotmail.com

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

RESULTS

“Failing to prepare is preparing to fail” -Unknown

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. Mossman Triathlon, SOS and the Timberman Half Ironman.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner AA	M25-29	48	90.7034
Thomas deHaan	M40-44	374	81.2236
Bill Pape HM	M55-59	31	79.7886
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
Mary DeNitto HM	F55-59	9	71.0816
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)

John McGovern AA	M35-39	1	97.7028
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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.

CLASSIFIEDS

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

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.

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.

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

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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 1st-15, 2nd-14, 3rd-13, 4th-12, 5th-11, 6th-10, 7th-9, 8th-8, 9th-7, 10th-6, 11th-5, 12th-4, 13th-3, 14th-2 and all other finishers will receive 1 point each. Members can race in 1 or 4 races for a “total score” for overall awards. The most points one could receive is 60 (15/race for 1st in all 4) and the least 1 (participated in one race for 15th place or lower).
- **HVTC Tri-Gear For Sale!** If you’d like to sell triathlon gear on the HVTC website, send a digital photo of the equipment with details (contact info, specs, etc.) and it’ll be put up ASAP. There will be a 10% charge for sales resulting from the HVTC site.
- **Important message from USAT...** To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **HVTC \$125.00 membership** is valid from January 1st-December 31st.

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