

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. 56

January 2006

IN A FEW WORDS

Dear HVTC,

The club is in its 6th year now and I couldn't be prouder! Thank you. Five months from now, we'll be making our initial trek across the Lake to the rocks; can't wait! As always, let's make it another great year of swimming, biking and running. 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!

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006



(Photo: Jennifer May www.jennifermay.com)

Featured Athlete: Bob Gramling

By Mark H. Wilson

Have you ever arrived at a race and looked around to see if any of your tough age-group competitors have registered? There's usually one or two individuals that make you think "Oh no, not him/her again!" It's a mixed blessing; they push you to do your best, but it doesn't feel good while it's happening. In 2006, Bob Gramling will be entering the M50-54 category and is just the type to strike fear in the hearts of those in his age-group (not to mention the M35-39). Moreover, he's so quiet and un-assuming that you wouldn't even notice him, except that he's finished 1-5 minutes ahead of you in the results the next day. You'd exclaim "Hey, where'd that guy come from?!" Chalk another one up for Mr. Gramling! How's he stay so buff? Let's find out.

Bob was born in Wurtsboro, PA but graduated from local Saugerties High School in 1974. He attended Ulster Community College and majored in recreation and then went on to SUNY Brockport to study Physical Education K-12 and completed the degree in 1978. He played football in high school and college, additionally tennis at UCCC. Bob currently lives in Red Hook with his wife Trish and they have a 22 year old son, Sean. Bob survived the cutbacks at IBM in Poughkeepsie and has worked for them for 27 years. Besides triathlon, Bob enjoys camping, hunting, day-dreaming about tri's while at work and anything his wife bakes; she's awesome!!

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

Bob's triathlon career began in a round-about way. Nine years ago, his wife Trish spotted the Saugerties Duathlon in a local race schedule; she likes to run and Bob was into biking at the time. They entered as a team and won!! Nice. Bob began doing duathlons on his own, but triathlon seemed to be the popular choice and easier to find locally. He headed for the pool. He also made the trek to Lake Placid to watch the Ironman and that alone inspired/convincing him that triathlon was what he wanted to do; flailing in the water or not.

Pre-triathlon, Bob developed chronic tennis elbow and was eliminated from the competitive sporting scene. He missed the intensity of competing, so he got involved with bike racing for a couple of years. However, he admits to being "chicken of getting hurt!!" Cycling sure has its fair-share of crashes, so triathlon seemed much safer. As a result, Bob's an advocate of NON-draft legal racing in triathlon. His first triathlon was at Harriman State Park in 2000.

Bob tells others about triathlon as much as possible. He has several friends he trains with, but they're all single-sport athletes. None of them have time to train in all three disciplines; that's what they all say. Bob is persistent, though; every now and then he does get a few of them to compete in Duathlons. It's just a matter of time, Bob! Also, he can't tell if they think he's crazy for doing the sport or not; "If so, they don't tell me!" Bob is super competitive and pushes himself pretty hard. Often while racing he's thinkin' "can't wait 'til this is over" but sure enough, as soon as it IS over he's already preparing and strategizing for the next race. Ah, confessions of a triathlete. Love it!

Since deciding to switch to tri's, Bob has been busy; 7 half IM's (including Tupper Lake and Firmman in Rhode Island). He's also done a couple Olympic distance races in the Finger Lakes region. One of his favorite races is the Cayuga Lake Triathlon near Ithaca, NY. Bob's finished several sprint tri's including the HVTC Summer Tri-Series; a canoe/bike/run event in Cooperstown, NY; numerous duathlons and 7 Marathons including Boston (twice).

Bob has several honors to be proud of but his most notable are breaking 3 hours in a marathon as well as cracking 5 hours in a Half IM. However, his most rewarding race was the first canoe/bike/run triathlon he did last year in Cooperstown. A buddy talked him into doing the race because he thought Bob would do well overall. Bob finished the canoe leg in 9th position so he thought there was no chance of winning. Next came the bike which is definitely a strength and he caught all but one guy. He was now in 2nd overall; he reeled him in on the run and won the race! YES!! He doesn't think that will ever happen to him again, especially in a SWIM, bike, run event. Like they say for the New York Lotto..."Hey, ya never know."

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

Bob's future plans in triathlon are level-headed and attainable; he'd like to place in the top 10 of his age-group at IM Lake Placid this July and top 3 in his age-group at the Firmman Half Ironman in September. He's not shy about announcing who his hero is either; Myron Baker Sr. Myron's been a dominant force recently in the M50-54 and M55-59 and Bob would like to follow in his footsteps. When he succeeds, there won't be a need to widen doorways as a result of cranial over-growth, though; he'll still be the mild-mannered guy who blends-in at the expo registration, yet races his heart out when the gun goes off.

Bob admires athletes like Mike Vance who are entering triathlon while in there 20's. He dreams of what might have been back in the 70's when he was in his prime. However, Bob states "I'm blessed with good health almost 30 years later, still competing, and hopefully for many years to come." That's the spirit. Thanks, Bob!

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

Trooper Biathlon-Hurley, NY (5/14/06) R 2, B 14, R 2 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

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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

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

JUNE

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

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

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

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

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

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

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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

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

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

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

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

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

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

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

JULY

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

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

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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

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

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

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

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

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

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

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

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

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

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

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Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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

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

USA Triathlon National Club Championship-(8/??/06) S 850 meters, B 20 mi., R 5 mi. 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

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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 ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

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

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

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

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

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

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

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

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

Skylands Triathlon-Clinton, NJ (9/??/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

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

OCTOBER

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

www.americansportsevents.com

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

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.usatriathlon.org

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

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

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

Gold's Gym Indoor Triathlon-Newburgh, NY (11/?/06) 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 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?!?!?

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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.)

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**

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**

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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. 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.**

Hudson Valley Triathlon Club

Volume VI, Issue No. 56 January 2006

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