

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. 7

July 2004

IN A FEW WORDS

Dear Triathletes,

I love this sport!!! I witnessed an Ironman over the weekend and it totally fired me up. On Saturday; Charles, Henry, Jesse, John G. and I were beginning our 1 loop of the bike course and who rides by but Simon Lessing, soon-to-be champion of the next day's race. I say "Hi, Simon. Have a great race tomorrow!" And he responds, "Thanks. You, too!" and rides off to explore the run course. On Sunday, I witnessed a guy puke twice right in front of me, and then shake it off and start running again. He finished in 11-something! Heather Fuhr (4-Time Lake Placid Champion) was down by 27 minutes and in 5th or 6th place coming off the bike. She ran down Joanna Lawn for second place behind Kate Major. Then, I saw a fella with one leg and a piece of metal for the other go bounding up Route 73 to the center of town. So, if you're feeling like you need some motivation...go to a triathlon (an Ironman, if possible), ignite that fire within you and be the Champion you are meant to be! See ya out there.

Sincerely,



Mark Wilson

Founder/President, Hudson Valley Triathlon Club

Total Immersion-Director of Coaching Development & Triathlon Camps

POSE Method of Running Level II Certified Coach

USA Triathlon Level II Certified Coach

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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Featured Athlete: Jan Pollo
By Mark Wilson

Were you ever “grounded” as a child? What happened? Did your parents make you do the dinner dishes for two weeks straight? Did they ban you from attending school social functions? How about YOUR chores, as well as your siblings’? Well, HVTC member Jan Pollo received very interesting punishment when her parents discovered their thirteen-year-old was smoking (and growing) pot and Lucky Strike cigarettes on a regular basis. She had two options; attend a Catholic girl’s school for the next four years OR join the girls’ cross-country summer program that worked out from 5-7 pm every day. She chose the latter in a heartbeat! This “punishment” became a true love for Jan and she now thanks her perpetrators for the penance. Her pizza-eating habit is alive and kicking, however; Slices of Picnic Pizza’s Meat Lovers-pepperoni, sausage and bacon! (She adores Chicken Tikka Masala, too.) Admittedly, she’d “never make a good vegetarian.” Let’s see how it all led to triathlon.

Jan was born in Novi, MI (outside of Detroit) in 1963. She attended Fremd High School in Palatine, IL and went to college at Northwestern University and received a BA in Economics. In high school she ran Cross Country and Track but avoided sports in college due to full-time waitressing and bartending so she could pay tuition.

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After college Jan worked at NBC's Chicago office as an advertising executive for 8 years. She realized she was completely stressed and decided to leave and opened an antique store. She began Boot Camp classes at 6 am every morning with a bunch of Marines who were in her face and kicking her butt which got her prepared to run the Chicago Marathon. Jan met her husband in the antique business and currently lives in Mt. Tremper with Mario and stepson Christopher. They deal in 18th and 19th Century American furniture and folk art, and build/renovate houses on the side. Additional hobbies include working on getting her electrician's license and climbing in South America.

Moving to Ulster County was her first real experience with hills! And, while at one of the Onteora Runners' Club breakfast runs, Jan met Mary Lockett who urged her to give triathlons a whirl. Then she ran into Lauren and Michele at the "Y" in Kingston. All three were instrumental sources of information and an inspiration to Jan as a "Newbie." "They've collectively helped dispel the mysteries of bike shorts, wetsuits and racing apparel." She was also motivated by Lance Armstrong's book *It's Not About the Bike*. Especially the section where Lance expresses to his wife (interestingly, now former) "Don't be such a skirt!" Jan could somehow relate.

Jan's initial triathlon was at the HVTC Summer Tri-Series at Williams Lake in June. She says that the experience was "exhilarating" and "difficult" but lots of fun! "I've managed to get through life without a tattoo thus far, but getting that number written on my arm was the next best thing." She loves the varied training the sport offers and at 40 she really feels like a kid again which she enjoys immensely. The humiliating falls off the bike offer her stepson free entertainment, too. Jan loves running but tri-training is more beneficial, in her opinion. Speaking of opinions, Jan's four brothers think she's nuts for doing triathlons. "They still think of me as the eleven year old who was hell bent on proving girls could ride mini bikes." Unfortunately, their attitude toward her was solidified as soon as she drove directly into a wall. "In their eyes, I'm still a danger to myself, family pets and large plate glass windows."

Jan's taking this sport a "lap" at a time. Doing two laps of the Lake swim was a major accomplishment for her, but she's done it many times now. Thanks to Mary G. and Bill's encouragement, she ventured out for a second trip after her self-inflicted "dismal first lap." Now, Jan's seeking new goals to add to her tri-conquest list; maybe some other local races, etc. "The club is full of amazing athletes who do so much, so well. Just keeping up is an achievement." A wonderful ambassador, Jan happily recommends the sport to others! In fact, she's buying her husband a road bike. She says he may never compete but he's an excellent training partner for her and he loves hills. This "buddy-system" style of training is exactly how to get in shape fast. As a bonus, ask them to help YOU train and they'll become hooked, too! If this works, Jan will be extremely fit and

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will attempt to complete the HVTC Summer Series races on August 18th and September 15th.

It's great to have athletes/people like Jan in triathlon and, specifically, HVTC! And here's why. "Every beginner should have such a remarkable group of triathletes to aspire to. Not only are club members' extraordinary athletes, but judging by all of the other "Featured Athlete" columns, are incredible people as well.... Gosh, hope I'm not the only one who read all the past ones available on the web site when asked to do this...." Anyone? Thanks, Jan.

2004 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 (5/2/04) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

King of the Hill Xterra Triathlon-Lebanon, NJ (5/8/04) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

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

JUNE

Middlebury Triathlon-Middlebury, VT (6/6/04) S 400 yds. (Pool), B 12.5 mi., R 2.9 mi.
www.vermontsun.com

Mighty Montauk Triathlon-Montauk, NY (6/?/04) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

www.hvtc.net

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

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

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/?/04) S ½ mi., B 14 mi., R 4 mi.
www.firm-racing.com

HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi.
www.tupperlakeinfo.com

Mooseman Triathlon-Waterville, NH (6/26/04) S ¼ mi., B 15 mi., R 3.5 mi.
www.timbermantri.com

Mooseman Xterra Triathlon-Waterville, NH (6/27/04) S ¼ mi., B 5.5 mi., R 3 mi.
www.timbermantri.com

Vermont Sun Triathlon-Lake Dunmore, VT (6/27/04) S 600 yds., B 14 mi., R 3.1 mi.
www.vermontsuntriathlon.com

JULY

Vermont Sun Triathlon-Lake Dunmore, VT (7/11/04) S 600 yds., B 14 mi., R 3.1 mi.
www.vermontsun.com

Try the Tri-Bristol, RI (7/10/04) Sprint www.americansportsevents.com

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

www.hvtc.net

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

HVTC Williams Lake Sprint Tri Point Series #2-Rosendale, NY (7/14/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net.

Pine Bush Triathlon, Pine Bush, NY (7/?/04) S 325 yds., B 11.5, R 3.25

Tri the Tri-Danbury, CT (7/17/04) Sprint www.americansportsevents.com

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

Vermont Sun Triathlon-Lake Dunmore ,VT (7/25/04) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

AUGUST

Try the Tri-Bristol, RI (8/7/04) Sprint www.americansportsevents.com

19th New York Triathlon Race #2-Harriman State Park, NY (8/15/04) S ½ mi., B 16 mi., R 3mi. www.nytc.org

HVTC Williams Lake Sprint Tri Point Series #3-Rosendale, NY (8/18/04) S 700 yds, B 12 mi, R 2 mi. www.hvtc.net.

Try the Tri-Danbury, CT (8/21/04) Sprint www.americansportsevents.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

Timberman Sprint Triathlon-Gilford, NH (8/22/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

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

Cranberry Country Triathlon-Lakeville, MA (8/29/04) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

www.hvtc.net

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Lake Dunmore Triathlon-Salisbury, VT (8/15/04) S .5 mi., B 27.5 mi., R 5 mi.

www.vermontsun.com

Great Keewaydin Triathlon-Keewaydin State Park(8/?/04) S 1mi., B 42mi., R 9.5 mi.

www.vermontsun.com

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

SEPTEMBER

Vermont State Triathlon-Lake Dunmore, VT (9/5/04) S 1.5k, B 27.5 mi., R 10k

www.vermontsun.com

S.O.S.-New Paltz, NY(9/12/04) B 30mi., R 19mi., S .5mi.,R.7mi.

www.ulster.net/~sosnyta/

Firmman Rhode Island (9/12/04) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

HVTC Williams Lake Sprint Tri Point Series #4-Rosendale, NY (9/15/04) S 700yds., B

12 mi., R 2mi. www.hvtc.net.

Mighty Hamptons-Sag Harbor, NY (9/19/04) S 1.5k, B 38k, R 10k

www.swimpower.com

USAT National Age Group Championships-Shreveport, LA (9/18/04) S 1.5k,

B 40K, R 10K www.usatriathlon.org

Skylands Triathlon-Clinton, NJ (9/19/04) S ½ mi., B 14.1 mi., R 5k [www.lin-](http://www.lin-mark.com)

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

Danskin Triathlon-Sandy Hook, NJ (9/?/04)

Try the Tri-Bristol, RI (9/25/04) Sprint www.americansportsevents.com

Granite Ledges Triathlon-Wellington State Park, NH (9/25/04) S 1.5k., B 44k, R 10k

www.timbermantri.com

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Lobsterman Triathlon-Freeport, ME (9/11-12/04) S 1.5k, B 40k, R 10k
www.lobstermantriathlon.com

Westchester Triathlon-Rye, NY (9/26/04) S 1.5k, B 40k, R 10k www.swimpower.com

OCTOBER

Colonial Series-Danbury, CT (10/2/04) S 1.5K, B 40K, R 10K
www.americansportsevents.com

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

Xterra World Championship-Maui, HI (10/26/03) S 1.5k, Mtn. B 30k, R 11k

Hawaiian Double-Ironman Plus Xterra = The Double

NOVEMBER

Ironman Florida-Panama City, FL (11/8/03) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironanlive.com

Gold's Gym Indoor Triathlon-Newburgh, NY (11/15/03) 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?!?!?**

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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
Jane Farrell	09.09 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
Mike Cahill	09.82 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

Overall Female:

Mary DeNitto	1:04:59
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Overall Male:

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

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

Overall Female:

Lisa Bentley	4:22:04
Karen Robinson	6:16:12

Overall Male:

Simon Lessing	3:52:02
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Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k

www.tricolumbia.org

Overall Female: Amanda Pagon 2:14:09

Overall Male: 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

Overall Female: Christine Dunnery 1:08:57
Laura Van Alst (3rd Overall) 1:12:20
Kathryn Loyer (2nd F35-39) 1:14:42
Sandy Mancuso-Lopez(1st F45-49)1:20:39
Mary Lockett (2nd F45-49) 1:20:47
Dorothy Hamburg 1:22:15
Rosemarie Hunt 1:32:45

Overall Male: Christopher Thomas 0:58:32
John McGovern (3rd Overall) 1:01:16
Mark DeLuccia (1st M25-29) 1:07:51
Bill Shashaty 1:10:32
Sean Lockhart (3rd M25-29) 1:12:07
Steve Axelson (2nd 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

Overall Female: Magdalena Stovikova 1:52:56

Overall Male: Greg Sautner 1:43:17

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

www.nytc.org

Overall Female: Robyn Passander 1:23:17.5

Overall Male: Arland Macasieb 1:11:48.8

Ronnie Severino 1:15:44.4

Charles Pegg 1:17:54.4

Mark DeLuccia 1:22:41.5

Dorothy Hamburg 1:36:14.5

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

Overall Female: Natascha Badmann 4:13:42
Mary Denitto* 5:30:37

Overall Male: Christopher Legh 3:47:28
Alex Sherwood(3rd M25-29)4:17:06

*Mary DeNitto has qualified for the Hawaii Ironman Championship for the third time!!
Hail to the Queen...

HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Women:	Swim	T1+Bike+T2	Run	Total	Pts.
1. Lauren Warren	11:26	36:09	13:45	1:01:20*	15
2. Laura Van Alst	13:36	37:27	13:27	1:04:30**	14
3. Suzanne Brink	12:14	36:51	15:43	1:04:48**	13
4. Dorothy Hamburg	13:53	39:40	16:23	1:09:56	12
5. Mary Lockett	12:22	43:05	15:04	1:10:31	11
6. Mary Grehl	13:55	42:59	17:14	1:14:08	10
7. Jan Pollo	13:59	45:00	16:39	1:15:38	9
8. Michele Yasson	14:04	44:28	20:48	1:19:20	8
9. Mary DeNitto	14:18	49:08	21:59	1:25:25	7
10. Jeanne Roth	14:28	57:05	19:46	1:31:19	6
11. Julie Pape	15:45	56:27	24:40	1:36:52	5

Men:

1. Greg Sautner	9:24	30:24	11:58	51:46	15
2. John McGovern	10:57	31:29	11:36	54:02	14
3. Mike Halstead	9:22	32:17	12:38	54:17	13
4. Ronnie Severino	9:18	31:38	14:25	55:21	12
5. Terry Kerrigan-tie	9:18	34:47	12:47	56:52	11
6. Charles Pegg-tie	9:18	35:07	12:27	56:52	11
7. Bill Pape	10:40	33:46	13:44	58:10	10
8. Henry Collins	10:12	34:19	13:46	58:17	9
9. Mike Vance	10:50	36:39	12:29	59:58	8
10. Bill Shashaty	10:59	35:45	13:20	1:00:04	7
11. Andrew Schupak	11:23	36:05	12:51	1:00:19	6
12. Steve Schindler	11:02	36:25	13:18	1:00:45	5

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13. Mark Wilson	12:01	35:13	13:47	1:01:01	4
14. John Jasinski	11:07	37:36	14:32	1:03:15	3
15. Doug Thompson	11:04	37:53	14:31	1:03:28	2
16. Sean Lockhart	13:47	37:43	12:33	1:04:03	1
17. Carlos Perez	11:05	39:00	14:55	1:05:00	1
18. John Garcia	13:57	42:14	13:23	1:09:34	1
19. Bob Leghorn	13:33	41:11	15:04	1:09:38	1
20. John Wheeler	11:22	40:55	19:01	1:11:18	1
21. Donald Roth	13:43	48:23	29:13	1:31:19	1

* Course Record, ** Broke Previous Course Record

Volunteers: Rosa Wilson, Carlos Osorio, Ron Matthias, Natalie White, Tom deHaan, Donna Severino, Barbara Sessa, Jasper Kidd, Doug Thompson, Ray Grehl & Jennifer May. Thank you, Everyone!

Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.

www.transitiontimes.com

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

Overall Male:	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

Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

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

Overall Male:	David Yockelson	1:03:48
	Ron Matthias	1:18:36

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Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Overall Female: Kelly Bergkessel 4:48:50

Overall Male: 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
Phillip Milio 7:02:45

New York City Triathlon-New York, NY (6/27/04) S-1.5k, B-40k, R-10k www.nyctri.com

Overall Female: Loretta Harrop 1:55:51

Overall Male: 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

Overall Female: Catherine Sterling 1:03:54
Julie Geisler (1st Athena 40+) 1:28:58

Overall Male: Steve Pyle 0:58:39
Philip Milio 1:33:20

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

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

Overall Male: Greg Sautner 2:02:26
Michael Halstead(2nd Overall)2:07:36
Ronnie Severino (3rd Overall)2:09:36
Charles Pegg (4th Overall) 2:19:52
Myron Baker Sr. (1st M55-59)2:21:55

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Andrew Schupak(2nd M35-39)2:22:17
Steve Schindler (1st M45-49) 2:24:14
John Wheeler 2:56:49
Donald Roth 3:29:56

Mossman Triathlon-Norwalk, CT New England Regional Sprint Championship (7/11/04) S .5 mi., B 12.5 mi., R 5k 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

Great Fairlee Triathlon-Fairlee, VT (7/11/04) S-3/4 mi., B-24 mi., R-5 mi. www.timeoutproductions.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

TBA-See HVTC Results E-Mail!

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)

<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

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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

2003 HUDSON VALLEY TRIATHLON CLUB AWARDS BANQUET

2003 HVTC Volunteer of the Year Award: **Carlos Osorio**

2003 HVTC Most Improved Award: **Tom deHaan**

2003 HVTC Rookie of the Year Award: **Doug Thompson**

2003 HVTC Honorable Mention Award: **Lauren Warren**

2003 HVTC Honorable Mention Award: **Myron Baker**

2003 HVTC Honorable Mention Award: **Bill Pape**

2003 HVTC Honorable Mention Award: **Mike Halstead**

2003 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2003 HVTC Male Triathlete of the Year Award: **Greg Sautner**

Awards are distributed based on race results reported to markstriclub@hotmail.com.

CLASSIFIEDS

Triathlon Coach Available. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call Mark Wilson, USAT Level II Certified Coach, Total Immersion-Director of Coaching Development, POSE Method of Running Level II Certified Coach at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

Wetsuit For Sale. One year old Orca Predator wetsuit in excellent condition. It is a size 5. I am asking \$300.00 for it. Brand new it went for \$400+. Anyone interested can reach Lauren at: 845-658-3813 or lwarren@hvc.rr.com.

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.

Roommate Needed. Dorothy Hamburg is seeking a roommate for the Firmman Half Ironman on September 12th. Anyone interested can e-mail her at dhamburg@webjogger.net.

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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 may cause radiant health and spiritual well-being.</p>
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ANNOUNCEMENTS

- **2004 HVTC Williams Lake Summer Triathlon Point Series.** Points will be awarded accordingly; Male/Female 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 must race in at least 3 out of 4 races to be considered for Top 3 Overall Awards.
- **NEW! Total Immersion DVD's!** Freestyle Made Easy, Happy Laps & Four Strokes. To order call 800-609-7946 or online at www.totalimmersion.net.
- **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.
- **2004 Total Immersion Tri-Camp Schedule:** August 9-14 Killington, VT at Beattie's Trailside Lodge. February 21-26, 2005 USAT National Training Center-Clermont, FL.
- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946 or www.totalimmersion.net.
- **Dean Theodore** has created an amazing gear bag. HVTC gets a 10% discount, so type "dean" (lower case) where it says coupon code when filling out the order form at Triathlonbag.com.
- **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 \$110.00 membership is valid from January 1st-December 31st.

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THANK YOU SPONSORS!!!

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PAPE'S PARTICULARS

By Bill Pape

CLUB BUYS LAKE

The high-flying, or rather fast riding, fishlike swimming, stomping, tri-club, the Hudson Valley Triathlon Club, run by multi-sport mogul Mark Wilson, has purchased the Williams Lake resort property for an undisclosed sales price.

Spurred by a July 18, 2004 article in the read-for-comics-and-sales-fliers-only Sunday Freeman, that the property was up for sale, under priced at \$8 million, the club jumped, or pilated, at the chance to snap up the property and only temporarily lighten the load of its own deep pockets and those of its rich members.

Contacted for comments on the sale, most local lake-goers said they saw the writing on the wall that the take-over was going to happen anytime soon. They noticed the wealth of tri-club members arriving for practice, seen in fancy cars, like the new black monster vehicle of “Dr. Mike.” One lake-goer commented that Dr. Mike’s motorized machine probably only cost a few bucks more than most of the club members’ two-wheeled chariots.

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Others noted the buy-up of property by club members in the lake area, including the big acreage now under the control of the Lauren Warren and Michele Yasson, building close upon the lake from their Rosendale veterinary empire.

Deep pockets of the club itself? Observers could not help but notice when Mogul Mark W. puts the Williams Lake series; he also puts on a fancy under-the-tent dinner spread for the members after each event, as well as gives away merchandize galore despite the no-race-fee venue. The after-event looks like a Hamptons-on-the-Hudson celebrity party plus. Sport analysts have lately heard rumors that Wilson has convinced Olympic honchos to stage a team triathlon event at the next Olympics, with his own club filling all or most of the slots on both men's and women's teams for the U.S. Sponsorship dollars have been pouring into the club just on this rumor alone; adding volume to what was already a flood. The club's athletic track record is not the only club attraction. The club's web-site scored more hits than Pamela Anderson's when Wilson put up a picture one hey-Pam-look-at-this member sporting a two-piece and eight-pack abs.

Some of the members' own deep pockets stem from past private ventures, like those of already-retired attorney John There-Is-No-Race-Equipment-I-Won't-Buy McGovern or about-to-be-retired builder Myron I-Own-Hawaii Baker, Sr. Others are presently dropping some major change in their pockets, like pinup pretty-boy athlete-turned-model-turned-actor Greg Sautner.

The club's quiet and quick purchase of the lake was probably not hampered by its political pull. Judge Anthony They-All-Got-To-Pay-Something McGinty, along with his wife, Sara I-Know-Every-Land-Deal-Made-In-This-Town McGinty, are only two, more-visible members of the club with the I-Know-Where-The-Bodies-Are-Buried power.

What will the club do with the property, besides train themselves for the Olympics or to near-death? One club member was overheard to say that certain of its own club members, who may not be showing the right attitude, will be excluded from the lake. For instance, a certain member recently spouted off about how another member would see his rear end during an upcoming race. This kind of puerile attitude won't be tolerated, we are sure. Whereas, the doings of another member, who practically pushed a competitor face-first into the mud upon exiting the lake in a recent race, are well within the club spirit, that is, soft on vocal predictions, merciless in execution. Lake-goers fear either their exclusion based on required fitness tests or forced exercise routines imposed by members with the train-to-just-before-or-after-you-drop tendencies. Meanwhile, neighbors not involved in the sport of triathlon should brace themselves for a Tour de France type impact during the club's next intra-club race, with road closures, helicopter fly-overs and team cars with passengers hanging out the windows barking on megaphones.

Can purchase of the Kingston track, the Accord Speedway, the New York City water supply, or the Shawangunk mountain range or the entire Catskills preserve be far behind? Wilson was heard to spout off in a rarely-witnessed boasting mood, gambling has just met its match in New York State.

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