

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. 3

March 2005

IN A FEW WORDS

Dear Triathletes,

Don't worry; they say if March comes in like a lion, it goes out like a lamb! Regardless, March means spring and spring means the racing season is practically upon us. Are you ready? How's that swim comin' along, the spinning and the long runs? It's a wonderful time of year because even if you're not quite prepared, there's still some time to "whip" yourself into shape before the tri-season hits full-stride by June/July in the northeast. Meanwhile, keep that shovel handy! 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: David Beaudry

By Mark H. Wilson

How many people do you know who can actually say they've been an athlete for more than 30 years? Do you know any? If so, are they still able to kick you butt or close to it? Do you say "I'm goin' out for a run" and they reply "Oh good, I need to get in another 6 or 7 today!" Chances are, if you know someone like this they're an inspiration to you and the entire neighborhood. Our Featured Athlete of the Month, David Beaudry, is one of those fledgling triathletes as tough as nails and always up for some good competition; just for fun! Let's see what keeps this guy nipping at the heels of the youngsters, keeping them honest.

David was born in the northeast in Springfield, MA. He was not really involved in organized sports, but sometimes he "played" baseball by standing in right field with a glove and daydreamed until the ball dropped at his feet. As a young boy he fantasized of being the best skier in the world; it was his passion. This was his only competitive sport as a youngster and since he grew-up in northern Vermont he quickly realized he had lots of competition. An early morning paper route helped David develop an affinity for

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routines and he fondly recalls many inspirational stories his father shared of his own childhood/youth. School, however, has been a big part of David's life. He currently holds a Ph. D. in clinical psychology and a post graduate certification in neuropsychology. Today, he continues to ski on weekends with his wife Susan; together, they're dabbling in racing. They have 3 kids; the daughter and eldest son are both snowboarders and the younger son skis. Like most parents, David really enjoys their successes. David has a grand daughter, too, and he'd like to pass on his love for movement to her.

A combination of things inspired David to do triathlon. But mostly, it was a result of him becoming too slow to be a "competitive" runner! The way he puts it "One weakness out of three is better than one weakness out of one." He also spent lots of time on a bicycle, not racing, but delivering papers and to socialize with his peers. In the summertime he'd walk, hitch hike or ride his bike to Hinesberg Pond to swim each day; definitely a triathlete in the making. David and his friends would swim to an island in the middle of the pond, dive from rocks and "think about girls." Sounds pretty innocent.

David didn't start triathloning until later in life. He got to witness ABC's Wide World of Sports' broadcast of one of the single most important moments in triathlon history; the famous Julie Moss crawl to the Iron Man (that's how it was spelled then) finish line for second place behind Kathleen McCartney in February 1982 (there were two Ironman races in '82; February & October). He was really inspired, to say the least, and knew he'd do a triathlon someday because he had already been cross-training anyway. Dave's first running race was in 1977 on Mother's Day while he was in college in California; it was a 5-miler. He placed second overall in 25:27!! In case you don't know what that means, he ran approximately 5:05 pace for five miles; that's pretty quick! He thought "Perhaps I might like to try competitive running." Perhaps, indeed! Later, David concentrated on 10k's and ran between 32 and 33 minutes which is VERY competitive. The New York City Marathon was his first marathon. His best times came in the Dutchess County Marathon in 1987 (2:36:23) and then the great Boston Marathon in 1988 (2:37:00). Incredibly, Dave raced in 3 marathons per year for several years and would race tri's for recovery between them.

At his first triathlon in New Jersey called the Wyckoff Triathlon, David placed 2nd in his age group and 1st the following year. He continued to run competitively but began losing interest and speed; which one came first, he's not sure. Another triathlete was born! In the early 90's David survived the S.O.S. and has done the race each year since (except one) totaling 13. It's by far his favorite event and recommends it to everyone "...who can swim, that is." David has completed the Great Floridian Ironman 4 times and has placed in his age group each year, as well. He also qualified for and competed in the grand-daddy of all triathlons, the Triathlon World Championships in Kailua-Kona, HI in 1995.

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David's goals are humble yet so pure to the core and express beautifully what endurance athletes are all about. He'd like to run more comfortably (fast) again and maintain his swimming and cycling skills for as long as possible; retire to a small active community in the mountains to swim, bike, run and ski; maintain a small private practice, read and contemplate nature. "Triathlon training is just part of my life. For the past 35 years I've moved enough to get out of breath for at least an hour each day unless I was injured; and the nice thing about the sport is that if your arms and shoulders are tired you can just use your legs." That's the spirit! Thanks, David.

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 "calendar.")

MAY

St. Croix Half Ironman-U. S. Virgin Islands (5/1/05) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

New Jersey Devilman Festival (Sprint)-Millville, NJ (5/15/05) S .6 mi., B 19 mi., R 4 mi. www.piranha-sports.com/devilman.html

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/15/05) 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 (5/21/05) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

SBR Half Ironman Triathlon-Suffern, NY (Harriman State Park) (5/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.genesisadventures.com

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

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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

JUNE

Pawling Triathlon-Pawling, NY (6/4/05) S 1/3mi., B 13mi., R 3mi. www.nytc.org

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

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

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

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

Mighty Montauk Triathlon-Montauk, NY (6/11/05) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

HVTC Summer Tri-Series #1-Rosendale, NY (6/15/05) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

Try the Tri-Danbury, CT (6/18/05) S 500 yds., B 12 mi., R 5k
www.americansportsevents.com

Vermont Sun Triathlon-Branbury State Park-Salisbury, VT (6/19/05) S 600 yds., B 14 mi., R 3.1 mi. www.vermontsun.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

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JULY

New York City Triathlon-NYC, NY (7/10/05) S 1.5k, B 40k, R 10k www.nyctri.com

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

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

Try the Tri-Danbury, CT (7/16/05) S 500 yds., B 12 mi., R 5k 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

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

Ironman USA Lake Placid Ironman USA-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

Grafton Lakes Off Road Triathlon-Grafton, NY (8/7/05) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

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West Point Triathlon-West Point, NY (8/2/05) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

USAT National Age Group Championships-Kansas City, MO (8/13/05) S 1.5k, B 40K, R 10K www.usatriathlon.org

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

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

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 (8/20/05) S 500 yds., B 12 mi., R 5k
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

Greater Hartford Triathlon-New Hartford, CT Brodie Park (8/28/05) S 1 mi., B 23.8 mi., R 6.2 mi. www.catstri.com

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

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

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

Saratoga Lake Triathlon-Saratoga, NY (9/11/05) S 1.5k, B 40k, R 10k
www.cdtriclub.org/saratoga_triathlon.htm

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

Pine Bush Triathlon-Pine Bush, NY (9/17/05) S 325 yds., B 11.5 mi., R 3.25 mi.
www.pinebushtriathlon.org/

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

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

Westchester Triathlon-Rye, NY (9/25/05) 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

Colonial Series-Danbury, CT (10/1/05) S 1.5K, B 40K, R 10K
www.americansportsevents.com

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

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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

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

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2004 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, S.O.S. and Timberman Half Ironman.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>Nat'l A.G. Plc.</u>	<u>Nat'l Ranking</u>
John McGovern AA	M40-44	1	97.5498 (Duathlon)
Greg Sautner AA	M25-29	8	94.0000
Alex Sherwood HM	M25-29	66	89.0267
Mike Halstead HM	M35-39	265	84.6424
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
Myron Baker Sr. AAM55-59		26	81.2402
Bill Pape AA	M55-59	28	81.0008
Kathryn Loyer HM	F35-39	112	77.9227
Bill Shashaty	M35-39	1563	71.6261
Jeanne Roth	F30-34	968	59.7063

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

AA-All American (Top 5% for the age group in the USA)

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.

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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!

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.

CAUTION: Participating in the sport of triathlon and HVTC may cause radiant health and spiritual well-being.

ANNOUNCEMENTS

- **3rd Annual USAT New England Multisport Expo**-March 5th & 6th at Regis College in Weston, MA (near Boston). www.newenglandmultisportexpo.com.
- **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.

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- **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.

SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** PEAK PERFORMANCE SPORTS ***	www.hvsports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	www.fatsinthecats.com
*** KINGSTON CYCLERY ***	www.kingstoncyclery.com
*** WORLD WIDE AQUATICS ***	www.worldwideaquatics.com
*** TRIATHLONBAG.COM ***	www.triathlonbag.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** TABLE ROCK TOURS & BICYCLES ***	www.tablerocktours.com
*** POSE TECH ***	www.posetech.com
*** METROTRI.COM ***	www.metrotri.com
*** WILLIAMS LAKE HOTEL ***	www.willylake.com
*** HAMMER NUTRITION, LTD. ***	www.e-caps.com
*** BICYCLE DEPOT ***	www.bicycledepot.com
*** PLACID PLANET BICYCLES ***	www.placidplanetbicycles.com
*** ENDLESS POOLS ***	www.endlesspools.com
*** ADIRONDACK SPORTS & FITNESS ***	www.adksportsfitness.com
*** MAIN STREET BISTRO ***	www.mainstreetbistro.com
*** OVERLOOK MOUNTAIN BIKES ***	www.overlookmountainbikes.com
*** SIGNATURE CYCLES ***	www.signaturecycles.com
*** XTERRA WETSUITS ***	www.xterrawetsuits.com
*** OPTICAL ILLUSIONS ***	www.scottschaffrick.com
*** ALTHLETICA ***	Woodstock, NY (845-679-6900)
*** SPORTFRAMES ONLINE ***	www.sportframesonline.com
*** FAST TRACK ***	www.fasttrackonline.com
*** ROADID.COM ***	www.roadid.com
*** USAT NORTHEAST REGION ***	www.usat-ne.org
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*** INSIDE TRIATHLON ***	www.insidetriathlon.com

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