

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. 5

May 2004

IN A FEW WORDS

Dear Triathletes,

It's been an incredibly wonderful spring and summer promises the same, especially with all the great local races lined-up! By now, you've discovered where you need some extra work, too. Maybe that swim isn't as efficient as you'd hoped. Or you've avoided hill work on the bike. And possibly that long run was a bit **too** long for this time of year. Regardless, it's an endless journey that's full of surprises and detours; enjoy. 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: Ronnie Severino

By Mark Wilson

Have you ever been accused of being too intense? Over the edge? A tri-maniac? Many a triathlete has heard this from friends and family; and, occasionally, from other triathletes. But what if this is really you? What if you can't help yourself, you just do things all out?! Well, our HVTC Featured Athlete of the Month, Ronnie Severino, fits in this category. He loves to push himself and enjoys a challenge even more. His competitive spirit and drive is reminiscent of the phrase "if it doesn't kill you, it makes you stronger." Here's his story.

Ronnie was born in Brooklyn, NY. He didn't go to high school; instead he got his GED and moved out to LA to become a musician. He wrestled in Jr. High School, but they kicked him off the team because his first match looked more like "an episode from The Sopranos. I really kicked the guy's ass." Ronnie and his wife Donna currently live in Ulster Park. They have two great kids John and Matt. According to Ronnie, John is going to be the next American Tour de France winner! Only time will tell. Ronnie is working here and there at the moment, while seeking more permanent work. When he's not training or racing, music is his next hobby of choice.

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Ronnie's first multi-sport experience was at the 1997 March Madness Biathlon in Central Park and he placed 34th overall. Soon after, he raced the Hudson Valley Triathlon (which was a half-Ironman at the time) and considers it one of his most memorable triathlon moments. He remembers Mark Wilson beating him out of the water (imagine that), catching him on the bike and dropping him (imagine that!), Mark catching-up again and getting dropped a second time (that hurt), then Ronnie running scared for the entire half marathon...but outlasting him. (Ah, friends; can't live with 'em, can't live without 'em!)

Ten years before Ronnie got involved in Triathlon he was sitting on the couch smoking a cigarette with his father (who is non-supportive of Ronnie's triathlon endeavors) watching the Hawaii Ironman World Championship and saying how "those guy's are nuts. I can never do that!" In his late twenties, after years of abusing his body, Ronnie started getting panic attacks and the sensation that he was going to die. He started running to regain his health. Then, he watched the Ironman again when Luk Van Lierde broke the Hawaii course record. It turned him on! Thomas Hellriegel was also an inspiring figure that motivated Ronnie to say "I want to do that!!!!"

To Ronnie, triathlon is like war, but as he puts it "it's a way to fight without hurting someone." He really enjoys the mental aspect of the sport, too. He likes to "size-up" his competition and find a way to beat them. To him "It's like you're a general and an army at the same time." Triathlon gives Ronnie a sense of freedom to just let it rip. As a result, he's always recommending triathlon to others.

Ronnie has some impressive triathlon highlights! He's completed Ironman Florida (10:25), Ironman USA (10:44) and has a 4:26 half-Ironman PR. Not bad for a Snickers lover! His goals include performing a sub-10 hour Ironman and winning the HVTC Summer Tri-Series. (Make that a case of Snickers next time at Sam's Club.)

He wanted to add this, too. "The last two years have been the most trying times of my life. I've had to deal with many personal problems and injury that kept me from the sport. I started smoking, not taking care of myself and have just gotten back on track. The two people who helped me find my way back are Mike [Halstead] and Greg [Sautner]. They have been awesome friends. I want them to know in writing that I am forever grateful." Thanks, Ronnie!

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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

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

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

Mooseman Xterra Triathlon-Gilford, 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

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

Try the Tri-Danbury, CT (8/17/04) Sprint www.americansportsevents.com

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

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

www.hvtc.net

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AUGUST

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

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.com

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 (8/17/04) 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 Club Championship) www.cranberrycountrytri.com

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/**

www.hvtc.net

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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

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.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-mark.com

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

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

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 (10/3/04) 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

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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?!?!?

RESULTS

Escape to Alcatraz-Clermont, FL (2/29/04) S-1.5 mi., B-18.5 mi., R-8 mi. www.usat-ntc.com

Overall Female: Joanna Zeiger 2:32:41

Overall Male: Patrick High 2:27:12
Mark Wilson 3:11:45

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

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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

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

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. Congratulations, Greg!

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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

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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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.

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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 oapty@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.

<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-10, 2nd-9, 3rd-8, 4th-7, 5th-6 and all other finishers will receive 3 points 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.
- **When in doubt** whether the Lake swim/race is on, always check for an HVTC directory e-mail by 4 p.m. that day. Consider it "on" unless you see "**NO SWIM.**"
- **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.

SPONSOR BEAT

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If you would like to be removed from this directory, e-mail markstriclub@hotmail.com with “remove from e-mail directory” in the subject line. Thank you!

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