

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 III, Issue No. 11

November 2003

IN A FEW WORDS

Dear Triathletes,

Do you live with an attitude of gratitude? I know I forget. But it's probably the most important personal quality or approach to living there is. Last weekend I attended the USAT Level II Coaching Certification Clinic in Clermont, FL at the National Training Center. It was great! Especially since I got to "hang-out" with Sheila Taormina (6th 2000 Olympic Triathlon). However, the most striking lesson I learned while there was in humility; not Periodization. You see, to me it's not necessarily what or who a coach knows that makes him/her great, but the care he offers to his athletes as human beings. I often forget this, too. So, let's be grateful for the life we live; swim, bike, run. And go easy on ourselves when we've forgotten, because we most definitely will. See ya out there!

Sincerely,

Mark Wilson
Founder/President, Hudson Valley Triathlon Club
Total Immersion-Director of Coach Development
POSE Method of Running Certified Coach
USA Triathlon Certified Coach

HUDSON VALLEY TRIATHLON CLUB



2003 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.")

Disclaimer: Articles in this newsletter **do not necessarily** represent the viewpoint of the president of Hudson Valley Triathlon Club.

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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

St. Croix Half Ironman-U. S. Virgin Islands (5/4/03) S 1.2mi., B 56mi., R 13.1mi.

www.stcroixtriathlon.com

Overall Female: Sue Bartholomew William 4:37:31

Overall Male: Craig Alexander 4:08:13
Bill Pape (2nd M55-59) 5:47:20

King of the Hill Xterra Triathlon-Lebanon NJ (5/17/03) S .5 mi., B 12 mi., R 4 mi.

Overall Female: Marjan Huizing 1:47:33

Overall Male: Eric Bowker 1:33:40
Mike Halstead (3rd overall) 1:37:10
Jimmy Buff (3rd M40-49) 1:53:00
Myron Baker Sr. (1st M50-59) 1:56:03

Mighty Montauk Triathlon-Montauk, NY (6/07/03) S 1mi, B 20mi, R 6.2mi

www.swimpower.com

Overall Female: Donna McMahon 1:58:41

Overall Male: Chuck Sperazza 1:44:49
Terry Kerrigan (2nd overall) 1:47:36
Andrew Schupak 2:04:25

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Blackwater Eagleman Triathlon-Cambridge, MD (6/8/03) S 1.2mi, B 56mi, R13.1mi

www.tricolumbia.org

Overall Female: Lori Bowden 4:21:53

Overall Male: Luke Bell 3:47:15
Thomas deHaan 4:53:06
Mary DeNitto (1st F55-59) 5:25:35
Rich Barkan 5:42:53

18th Annual NY Tri Series #1-Harriman State Park (6/8/03) S ?, B ?, R ?

www.nytc.org

Overall Female: Claudia Kretschman 1:20:18

Overall Male: Arland Macasieb 1:13:34
Mark Vesery (6th M40-44) 1:24:06
Greg Bayer 1:34:29
Harry Hansen (9th M50-54) 1:40:58
Michael Hargrove 1:43:23
George Prisco 1:43:26
Dan Bigelow (7th M55-59) 1:47:23
Robert Leghorn 1:48:27
John Wheeler 1:50:01
Marshall Breite 1:50:11

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/8/03) S .5 mi., B 14 mi., R 4

mi.www.firm-racing.com

Overall Female: Giovanna White 1:14:06

Overall Male: Dave Kane 1:08:11
John Jasinski 1st M50-54 1:26:09

HVTC Williams Lake Sprint Tri-Series #1-Rosendale, NY(6/18/03)S700yds.,B 12 mi.,R 2 mi. www.hvtc.net

Thank You Volunteers! Rosa Wilson, Carlos Osorio, John Garcia, Myron Baker, Michele Yasson, Lauren Warren, Doug Thompson, Mary Lockett, Mike Halstead.

Overall Female: Mary DeNitto 1:09:52
Mary Grehl 1:11:38
Sandy Mancuso-Lopez 1:15:40

www.hvtc.net

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	Mary Lockett	1:21:50
	Julie Pape	1:33:39
Overall Male:	Alex Sherwood	53:18
	Mike Halstead	54:38
	Henry Collins	55:48
	Tom deHaan	59:46
	Mark Vesery	1:00:22
	Bill Pape	1:02:42
	Jimmy Buff	1:04:18
	John Jasinski	1:04:51
	Doug Thompson	1:05:46
	Bill Shashaty	1:06:42
	Robert Leghorn	1:14:45
	Dan Bigelow	1:18:26
	Steve Fischer	1:34:04

Highland Triathlon-Yulan, NY(6/21/03) S .5 mi., B 15 mi., R 4 mi.

www.transitiontimes.com

Overall Female:	Lauren Warren (6 th Overall)	1:30:21
	Michele Yasson 2 nd F40-44	2:00:18
Overall Male:	Bruce Cadenhead	1:23:12
	Andrew Schupak 1 st M35-39	1:29:19
	John Garcia	1:43:51

Tupper Lake Tinman Triathlon-Tupper Lake,NY(6/28/03)S1.2mi,B56mi,R13.1 mi.

www.tupperlakeinfo.com

Overall Female:	Marian Coke	4:44:24
	Mary Grehl	5:49:41
Overall Male:	Damien Angus	4:06:10
	Henry Collins	5:12:07
	Dan Bigelow	6:49:11

Hudson Valley Triathlon-Kingston, NY(7/13/03)S 1.5k, B 40k, R 10k (New Distance)

www.nytc.org

Overall Female:	Kathryn Bertine	2:31:53
	Lauren Warren 2 nd F35-39	2:50:05
	Mary Grehl 4 th F40-44	3:03:06
	Dorothy Hamburg	3:26:37
	Sandy Mancuso-Lopez 4 th F45-49	3:38:52

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	Michele Yasson	3:54:11
	Julie Pape 1 st F55-59	4:30:00
<u>Overall Male:</u>	Kirill Litovtsenko	2:05:31
	Michael Halstead(4 th O'all)2 nd M35-39	2:17:54
	Tom deHaan 1 st M40-44	2:36:55
	Andrew Schupack	2:45:14
	Bill Pape 2 nd M55-59	2:49:03
	Bill Shashaty	3:09:30
	John Wheeler	3:17:48
	Omer Alptekin	3:19:36
	Alan Shanker	3:28:16
	Steve Fischer	3:46:37

HVTC Williams Lake Sprint Tri-Series #2-Rosendale, NY(7/16/03)S700yds.,B 12 mi.,R 2 mi. www.hvtc.net.

Thank You Volunteers!!!! Bob Leghorn, Tom deHaan, Rosa Wilson, Carlos Osorio, Kim Thompson Park and Lucy McGovern.

<u>Overall Female:</u>	Mary DeNitto	1:08:36
	Sandy Mancuso-Lopez	1:11:52

<u>Overall Male:</u>	Greg Sautner	51:44
	John McGovern	55:24
	Doug Thompson	1:02:34
	John Jasinski	1:03:48
	Carlos Perez	1:05:23
	Bill Shashaty	1:05:41
	Dave Beaudry	1:06:44
	John Garcia	1:07:43
	Rich Barkan	1:09:36
	Larry Arvidson	1:09:55
	Steve Fischer	1:25:28

Pine Bush Triathlon, Pine Bush, NY (7/20/03) S 325 yds., B 11.5, R 3.25

<u>Overall Female:</u>	Mary Eggers	59:23
	Sandy Mancuso-Lopez	1:12:57

<u>Overall Male:</u>	Greg Sautner	52:45
	Dan Bigelow	1:15:00

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Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/27/03) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Heather Fuhr 9:51:55
Kathryn Loyer (Nat'l Athena Champ) 12:43:38
Suzanne Brink (14th F40-44) 12:47:31
Mary DeNitto(1st F55-59) 13:00:31

Overall Male: Kirill Litovtsenko 8:46:15
Myron Baker Sr.(5th M55-59) 11:05:08
Tom deHaan 11:18:52
Mark Wilson 11:27:33
Henry Collins 14:18:56

New York Triathlon Race #2-Harriman State Park,NY(8/10/03)S.5mi.,B16mi.,R3mi. www.nytc.org

Overall Female: Claudia Kretschman 1:24:31

Overall Male: Greg Sautner 1:08:14
Greg Bayer 1:38:51

HVTC Williams Lake Sprint Tri-Series #3-Rosendale, NY(8/13/03)S 700 yds,B 12 mi,R 2 mi. www.hvtc.net

Thank You Volunteers! Mary Lockett, Rosa Wilson, Carlos Osorio, Myron Baker, Mark Vesery, Lauren Warren and Mary DeNitto.

Photos: Jen May and Jasper Mills.

Overall Female: Sandy Mancuso-Lopez 1:13:03
Michele Yasson 1:26:48
Julie Westphal-Pape 1:39:15

Overall Male: John McGovern 55:03
Mark Wilson 59:37
Bill Pape 1:02:48
John Jasinski 1:04:40
Bill Shashaty 1:05:38
Carlos Perez 1:07:47
Greg Bayer 1:09:15

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John Garcia	1:09:35
Larry Arvidson	1:10:02
John Wheeler	1:12:27

Timberman Half-Ironman Triathlon-Gilford, NH(8/17/03)S1.2mi.,B56mi., R 13.1 mi. www.timbermantri.com

Overall Femal: Lori Bowden 4:33:07

Overall Male: Peter Reid 4:00:21
Omer Alptekin 5:49:38

West Point Triathlon-West Point, NY(8/17/03) S 800 m, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

Overall Female: Mark DeLeon 1:09:52

Overall Male: Danielle Sullivan 1:16:07
John Wheeler 1:32:11

Cranberry Country Triathlon-Lakeville, MA(8/24/03) S 1.5 k, B 40k, R 10k (USAT New England Regional Club Championship)www.cranberrycountrytri.com

Overall Female: Caitlin Shea-Kenney 2:07:00

Overall Male: Bill Reeves 1:52:43
Greg Sautner (4th overall) 1:57:42

Lake Dunmore Triathlon-Salisbury, VT (8/24/03) S .5 mi., B 27.5 mi., R 5 mi. www.vermontsun.com

Overall Female: Jennifer Miller 2:10:56

Overall Male: Mark Herbst 2:00:45
Mark Wilson (3rd overall) 2:02:21

Great Keewaydin Triathlon-Keewaydin State Park(8/03)S 1mi., B 42mi., R 9.5 mi. www.vermontsun.com

Overall Female: Amy Cashion 3:25:11

Overall Male: Franqui Jimenez-Marrero 3:11:51

www.hvtc.net

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Bill Shashaty (4th M30-34) 4:22:17

Grafton Lakes Off Road Triathlon-Grafton, NY(8/10/03)S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

Overall Female: Lynn Armstrong 2:32:57

Overall Male: Scott Gray 1:58:37

Bill Shashaty 2:50:15

S.O.S.-New Paltz, NY(9/7/03) B 30mi., R 19mi., S 5mi.,R.7mi.www.ulster.net/~sosnyta/

Overall Female: Christine Dunnery 4:57:41

Overall Male: Erik Grimm 4:17:58

Dr. Mike Halstead (2nd M35-39) 4:51:23

Alex Sherwood (1st M25-29) 4:55:22

Thomas deHaan (3rd M40-44) 5:22:51

Jimmy Buff 6:09:56

Omer Alptekin 6:34:53

Bill Shashaty 6:46:53

David Beaudry (4th M50-54) 6:47:16

HVTC Williams Lake Sprint Tri-Series #4-Rosendale, NY(9/10/03)S 700yds., B 12 mi., R 2mi. www.hvtc.net.

Thank You Volunteers! Myron Baker, Carlos Osorio, Jasper Mills, Bill Pape, Bill Shashaty, Doug Thompson, Bob Leghorn, Steve Fischer, Greg Sautner, Mike Halstead and Drew Halstead.

Photos: Jen May, Jasper Mills and John Marstad.

Women	Swim	T1 + Bike + T2	Total Time
Sandy Mancuso-Lopez	14:12	56:20	1:13:05
Barbara Sessa	12:21	1:00:58	1:18:52
Julie Pape	16:15	1:13:29	1:38:12

Men	Swim	T1 + Bike + T2	Total Time
Mark Wilson	11:08	45:25	58:37
Ronnie Severino	10:02	45:49	59:22
Doug Thompson	10:57	46:54	1:00:14
Bill Pape	11:16	47:40	1:01:53
Greg Bayer	12:23	51:12	1:06:48

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Bill Shashaty	11:57	52:18	1:07:34
Larry Arvidson	11:34	52:46	1:09:05
John Garcia	14:30	56:10	1:09:41
John Wheeler	11:59	52:29	1:09:45
Bob Leghorn	14:36	58:20	1:13:46
Steve Fischer	16:42	1:07:19	1:26:46

Mighty Hamptons-Sag Harbor, NY (9/13/03) S 1.5k, B 38k, R 10k www.swimpower.com

Overall Female: Nicole Deboom 2:06:49

Overall Male: Kirill Litovchenko 1:57:36
Terence Kerrigan (3rd overall) 2:02:11
Gregory Sautner (4th overall) 2:02:44
John Wheeler 2:45:53

Skylands Triathlon-Clinton, NJ (9/14/03) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Overall Female: Magdalena Stovickova 1:17:55
Kathryn Loyer (4th F35-39) 1:29:59

Overall Male: Todd Wiley 1:06:40
Bill Pape (1st M55-59) 1:20:34

Danskin Triathlon-Sandy Hook, NJ (9/14/03)

Overall Female: TBA
Julie Westphal-Pape (3rd F50-54) TBA

Firmman Rhode Island (9/7/03) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Overall Female: Dede Griesbauer 4:39:07

Overall Male: Peter Russo 4:12:52
Greg Bayer 5:43:04

Granite Ledges Triathlon- Bristol, NH (9/20/03) S 1.5k, B 44k, R 10k

Overall Female: Amory Rowe 2:18:10

Overall Male: Luc Morin 2:00:03

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Bill Pape (1st M55-59) 2:25:38

Lobsterman Triathlon-Freeport,ME (9/7/03) S 1.5k, B 40k, R 10k

Overall Female: Courtney Bennigson 2:13:33

Overall Male: Cristopher O'donnell 1:55:29

Gregory Sautner 2:07:46

Westchester Triathlon-Rye, NY (9/21/03) S 1.5k, B 40k, R 10k www.swimpower.com

Overall Female: Donna Kay-Ness 2:05:15

Overall Male: Ryan Jones 1:59:22

Gregory Sautner (3rd M25-29) 2:06:26

Andrew Schupak 2:20:55

Alan Shanker 2:43:20

American Sports Events-Danbury, CT (10/4/03) S 1.5K, B 40K, R 10K

www.americansportsevents.com

Overall Female: Kathryn Donovan 2:22:17

Kathryn Loyer (3rd Overall) 2:30:43

Overall Male: Chris Kule 2:02:24

Doug Thompson (2nd M35-39) 2:11:20

John Wheeler 2:42:42

USAT National Age Group Championships-Shreveport, LA (10/04/03) S 1.5k,

B 40K, R 10K www.trinationals2003.com/raceresults

Overall Female: Sabine Bildstein 2:07:03

Overall Male: John Reback 1:55:58

Bill Pape (4th M55-59) 2:17:42

Ironman Triathlon World Championship (10/18/03) S 1.2 mi., B 112 mi., R 26.2 mi.

www.ironinfo@ironmanlive.com

Overall Female: Lori Bowden 9:11:55

Mary DeNitto (10th F55-59) 13:58:39

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<u>Overall Male:</u>	Peter Reid	8:22:35
	Mike Halstead (70 th M35-39)	10:15:45
	Myron Baker (6 th M55-59)	10:51:00

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

<u>Overall Female:</u>	Melanie McQuaid	2:57:08
<u>Overall Male:</u>	Eneko Llanos	2:32:56
	Myron Baker Sr (3 rd M55 – 59)	3:41:39

Hawaiian Double-Ironman Plus Xterra = The Double

<u>Overall Female:</u>	Heather Fuhr	9:19:02 + 3:23:01 = 12:42:03
<u>Overall Male:</u>	Peter Reid	8:22:35 + 2:41:15 = 11:03:50
	Myron Baker Sr.	10:51:00+3:41:39 = 14:32:39

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

www.ironanlive.com

<u>Overall Female:</u>	Bella Comerford	9:26:17
<u>Overall Male:</u>	Timo Bracht	8:30:29
	Terry Kerrigan (25 th MPro)	9:28:52
	John McGovern* (10 th M35-39)	9:41:16
	*Qualified 2004 Hawaii Ironman	

Catalina Island Triathlon-Catalina Island, CA (11/8/03) S ½ mi., B 10 mi., R 5k

www.PacificSportsLLC.com

<u>Overall Female:</u>	Julie Swail	1:05:54
<u>Overall Male:</u>	Ian Pyott	1:00:47
	Larry Arvidson (2 nd M60-64)	1:35:13

Gold's Gym Indoor Triathlon-Newburgh, NY (11/15/03) S 400 yds., B 8 m., R 5k

www.goldsgym.com

<u>Overall Female:</u>	Lauren Warren (Overall Winner)	52:48
<u>Overall Male:</u>	Kevin Powers	54:05
	Michele Yasson (1 st F40-49)	1:08:34

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2002 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. Columbia Triathlon, Greater Hartford Triathlon and the S.O.S.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner	M20-24	53	89.1200
Alex Sherwood HM	M25-29	111	87.9700
Mark Wilson	M35-39	366	82.8100
Henry Collins	M35-39	561	80.2900
Thomas DeHaan	M40-44	532	78.6200
Bill Pape HM	M55-59	43	78.3400
Lauren Warren	F35-39	115	77.1100
Mark Vesery	M40-44	842	74.7900
Jay Fetherolf	M45-49	463	73.3900
Carlos Perez	M25-29	842	71.2600
Kathryn Loyer	F35-39	310	70.85.00
Mary DeNitto	F50-54	38	69.9200
Tony McGinty	M40-44	1,816	58.8700

HM-Honorable Mention in the U.S.A.

2003 2nd ANNUAL 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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IRONMAN TRIATHLON WORLD CHAMPIONSHIP

The highly acclaimed broadcast of the Ironman Triathlon World Championship makes an unprecedented move to prime time on NBC, Saturday December 6, 2003.

With the move of the Ironman Triathlon World Championship to a prime time spot comes a new format. The Ironman will be presented in two parts beginning with a "lead-in" show airing from 5:00-6:00 p.m., and the signature presentation airing from 8:00-9:00 p.m. across the country.

The Ironman Triathlon first aired on television in 1980 as part of ABC's Wide World of Sports. In 1991, the broadcast was moved to NBC where it became a stand-alone program. Over the years, the Ironman Triathlon production has won nine Emmy awards and has received 31 Emmy nominations. The broadcast has also won five consecutive International Monitor Awards for global excellence. (Thanks, Rich Barkan!)

Ironman North America TV Schedule-2003

The Outdoor Life Network in the United States will air Ironman North America events on Thursdays throughout October, November and December. Note all air times are Eastern Standard Time. Please review local listings for specific air times in your area.

December

December 18-noon-Ironman Florida

December 26-noon-Ironman Florida

CLASSIFIEDS

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

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.

www.hvtc.net

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650 c Tubular Wheel Set For Sale

Rear Disc Zipp 909 \$750.00. Front and Rear Zipp 404 set (the front wheel has a 909 sticker on it because originally it was the front wheel of the disc) \$750.00 The wheels are two years old with approx. 3-400 miles on them with combined races. The rear wheels will have less on them. They will not have rear cassettes or skewers. I will sell all three wheels for \$1,400.00. If you take all three there are three additional tubular tires also. All wheels will come with TUFO 19mm Tires. E-mail Denny DePriest; denny@t3coaching.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

- **HVTC Verge Bike Jerseys On Sale: Short-Sleeve \$50.00.** To order e-mail markstriclub@hotmail.com or call 845-679-8602. Thank you, **Verge Sport.**
- **2004 Total Immersion Tri-Camp Schedule:** February 23-28 Clermont, FL at the USAT National Training Center; 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. Dec.-Waltham, MA 6-7; Brewster, NY 13-14. Jan.- 10-11 Brewster, NY.
- **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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SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** RM3 DESIGN ***	www.rm3d.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** SUNSHINE TEES ***	Kingston, NY (845-339-4455)
*** HIGH PEAKS CYCLERY ***	www.highpeakscyclery.com
*** TOTAL IMMERSION ***	www.totalimmersion.net
*** PEAK PERFORMANCE SPORTS ***	www.peakperformancesports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	Lake Katrine, NY 845-336-7649
*** 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 ***	Rosendale, NY (845-658-7832)
*** POSE TECH ***	www.posetech.com
*** METROTRI.COM ***	www.metrotri.com
*** WILLIAMS LAKE HOTEL ***	Rosendale, NY (845-658-3101)
*** HAMMER NUTRITION, LTD. ***	www.hammernutrition.com
*** NEMIDON GEL ***	www.nemidon-usa.com

TRAIN WITH TERRY

By Terry Laughlin

Thursday November 20, 2003 @ SUNY New Paltz – 3600 yds

The theme of these training log entries is always about how to take a fairly generic workout, designed by someone else, and modify it to make it more congruent with TI principles and your own needs and goals. In this instance, there was some fairly good content in the workout, so I mainly gave the items a more personal slant. This turned out to be a practice with a “quality/speed” emphasis, which actually came at an ideal time, as I will begin a series of three Masters meets in three weeks, nine days following this workout. Swimming at the same stroke count I anticipate racing at, and at a faster speed than I anticipate for these races (mainly 800 and 1500 meters) provides a timely stimulus to my nervous system.

Warmup: Put on Fistgloves.

400 EZ Swim (25FR+25BK+25BR...)

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300 Drill&Swim (25BK+25LACombo+25FR...)

Remove Fistgloves

Notes: We are seldom given a formal warmup; instead we have 10 to 15 minutes of free swimming. I have a few favorite standard warmups. My priorities in warmup are:

- 1) To move gently enough for long enough to let my 52 y.o. muscles and joints get plenty lubricated. Fistgloves combined with SuperSlow swimming cover that.*
- 2) To involve as much muscle tissue and as many planes of movement as possible. Mixing at least two, and better three, strokes covers that.*
- 3) To activate my nervous system for skilled movement and my sensory system to feel and work with the water so I'm primed to swim effectively on every length of the practice. Drills (like LA Combo) and Fistgloves, along with mindfulness, accomplish that.*

Speed Set

20 x 25 FR on :30 as follows: 1 EZ 1 Fast, 1 EZ 2 F, 1 EZ 3 F, 1 EZ 4 F, 1 EZ 5 F

Notes: I modified the set in several ways:

- 1. There were no instructions on stroke count – there never are – but I set my count at 15spl and simply tried to swim as fast, and smoothly, as possible at that count. This allowed me to avoid a feeling of spinning my wheels. To accentuate that, I focused on feeling a solid grip on my catch before each stroke – almost as if I could feel my hand stand still for the briefest moment after tipping my fingers down – even while trying to “sprint.”*
- 2. I swam all the Fast 25s breathing to one wall, to give myself the task of swimming fast with an approximately equal number of right-side breaths and left-side breaths.*
- 3. Rather than do the EZ 25s on the same :30 interval, I pushed off for an EZ 25BK immediately after finishing the final fast 25 in each group, because active rest provides me far more recovery than passive rest. (See more below on adjusting rest intervals.)*

Race Pace Set

10 x 100 as follows: 75 on 1:15 + 25 Sprint on :30

I modified this to: 10 x 100 (75 Fast + 25 Recovery) on 1:45

Notes: We weren't instructed how to swim the 75, but I decided to make the 75, rather than the 25, the focus of my speedwork. Since we had just done a series of sprint 25s, I thought that sprinting 25s again would be redundant – particularly as I'm training for pool races of 800 to 1500 meters. To create continuity with the previous set I decided to stay with the stroke count target of 15 spl on the 75s and to swim just as fast as that count

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would allow me. This was no doubt slower than my pace on the 25s, but I was still quite winded at the end of each “nearly all out” 75. Starting immediately on a very slow 25BK gave me much more complete recovery before starting my next fast 75, than if I had waited for the 1:15 interval.

Notes on rest/recovery

Another factor in rest intervals, not often considered by Masters coaches and swimmers is the very different physiology of people whose ages are a decade or two apart. I train mainly with swimmers who are 15 to 20 years younger and our workouts are targeted much more to the physiology of a 30-35 year old, than to that of a 52-year old. Even though I might take pride in being able to make most of the intervals they do, it's not always beneficial for me to try. Because maximum heart rate gets steadily lower with age, I get less recovery in 10 or 20 or 30 seconds than someone in their 30s. Because my heart beats fewer times in, say, 30 seconds, less of my blood volume is circulated through my liver in that interval. Thus less waste product – like lactic acid – gets filtered out. So if we all swim 10 x 100 on 1:30, even if I swim just as fast as a 35 year old in the next lane, my blood lactate levels will be much higher at the end of the set. Which means the set is considerably more stressful for me. Too much of that and before long I'll get sick or injured.

So I've sought to compensate for these physiological differences by choosing to do “recovery swimming” on some of the laps they do hard. And during the extra two minutes or so between sets, while everyone else is standing around, I swim an extra 50 or 100 yards at recovery pace. Active rest (swimming gently) clears more waste product from the bloodstream than does passive rest (standing around).

“Additional Recovery Set”

The coach wrote 10 x 50 Kick on the dry-erase board. I substituted 5 x 100 EZ FR on 1:30.

Notes: As I've written before, I consider kicking sets to be a waste of time, so I don't do them. For me a set of gentle swimming is far more valuable in getting additional recovery from the two very intense sets that preceded this. In fact I swim so gently that I came in a 1:29 on the first two 100s in this set, giving me time only to take a deep breath before pushing off, but it was still restorative. I swam this set at 13spl, balancing a bit for the two previous sets at 15spl, which is near the top of my stroke count range.

One More Quality Set

10 x 50 on 1:00 Odds Fast Stroke Evens EZ Free

I switched the order and did the odd 50s Fast Free (once again at 15spl) and the even 50s EZ BK. I'll be swimming in Masters meets each of the next three weeks and will reduce my intensity a bit during that period. My “quality training” during these weeks will mainly be the races themselves. This intensive workout, nine days before the first of

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those meets, came at a good time to get a “fast-swimming” stimulus for my muscles and nervous system.

Cooldown

6 x 50 Superslow and Silent. I finished with 50s on a rest interval of 3 yoga breaths, as easily as possible. Because we didn't have time to do as thorough a recovery as desirable after an intensive workout, I did 45 minutes of gentle yoga stretches immediately afterward.

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