

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. 11

November 2004

IN A FEW WORDS

Dear Triathletes,

It's that time of year when we pause and reflect on all the prosperity, friends and loved ones we have in our life. Did you eat today? Did people call and wish you well? And did you snuggle up to a fire with someone special and tell them how much you love them? We are truly Blessed. Now; back to swimming, biking and running! 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

HUDSON VALLEY TRIATHLON CLUB



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

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004



Featured Athlete: Mary DeNitto
By Mark H. Wilson

Who is the most modest person you know? Is it your mother? Father? Maybe a high school teacher who taught you more than all the others put together? How about your local farmer or policeman? And what are the qualities that lead you to believe that he or she is in fact “the most humble person on Earth” bar none? Do they talk about themselves and their accomplishments over and over again? Do they rattle-off training stats to impress you? Of course not! Well, let it be known that our Featured Athlete of the Month, Mary DeNitto, is one of the most modest and unassuming people you will ever have the pleasure of meeting. But beware! When it’s race time, watch out, ‘cause she’ll eat you up! Let’s find out how the Champ does it.

Mary has lived in Dutchess County all her life. She graduated from Millbrook High School and then SUNY New Paltz with a BS in Accounting. Mary lives in Rhinebeck with Tom Riozzi her partner of 22 years and works at Central Hudson in the Accounting Department. She has always enjoyed playing sports but didn’t have the opportunity in high school. For a couple of years she played on a woman’s softball team, some tennis and racquetball. However, for about 20 years her favorite sport was downhill skiing, until she started running...which began at age 41!!!

A good friend of hers started doing some 5/10k’s so Mary somehow got talked into doing some training and subsequently did her first 10K in Mahopac. Mary enjoyed running so much that she’s run 23 marathons since. That’s an average of 1.5 marathons a year, not including Ironman events! (Goodness gracious, guess she does like to run.) Some notable races she’s done include the Athens Marathon which followed the route run during the first modern Olympics which started in Marathon

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

and ended in Athens. In 1999, Mary ran a marathon in Antarctica about 4 miles of which was run on a glacier; the rest was on dirt roads connecting research bases inhabited by scientists from various countries.

Believe it or not, Mary's first triathlon was the Pawling Tri in 1987! Again, she got talked into it by a girlfriend from work who remarkably dropped-out when she discovered the swim was in a lake! Another more committed friend of Mary's was registered so she decided to go ahead and do it. As Mary puts it "It's a good thing it was a short swim because I didn't know how to swim." (Why does that sound so familiar?) When she got off the bike many people were done, but she decided to finish since she'd already sworn to "never do this again!" (Why does that sound so familiar? Oops! Said that already.) She caught up with her friend on the run and they finished together in last place. Lucky for us, it was ALMOST never for Mary and triathlons. It wasn't until 1999 and amazingly at the Pawling Triathlon again that Mary began her triathlon career and this time got hooked for good. God bless Larry Arvidson who talked Mary into doing that first triathlon (the second time around in '99) and prepared her for it!

Since the late 90's, Mary has competed and kicked butt in these races; Pawling Triathlon, West Point, Highland, Blackwater Eagleman, Hudson Valley, Pine Barrens, Saratoga Lake, Tupper Lake, Pine Hill Arms, Fairlee, SOS (her favorite), Ironman USA at Lake Placid, IM Florida and the Ironman Triathlon World Championship x 3. Incredibly, Mary notes she gets motivated from all the talented athletes in HVTC. She says she's inspired by their love of triathlons and their unending support. She admits she wouldn't have done an Ironman if it hadn't been for the Club members. When she first joined and Larry was helping her buy a bike, he suggested not buying the one she was considering because "You need something better for an Ironman." at which Mary retorted "I will never do an Ironman!" (Why does that sou...never mind!) However, listening to HVTC members talk about Ironman triathlons during the summer of '99 and '00 inspired her to do her first at Lake Placid in 2001. Mary qualified for the Ironman Triathlon World Championship in Hawaii on her first attempt!

When Mary tells people that she does triathlons she usually gets a response such as; "amazing" or the famous "and you do that all in one day?" comment. And she still can't quite believe it herself sometimes! People will use the word "nuts" or "crazy" when she tells them that on a weekday she's out running at 5 a.m. dodging snow plows. (They have a point.) According to her, she can't think of a better way to start the day; "enjoy a full moon, a star-filled sky, sunrise or just a dark morning in any kind of weather." And she adds this "Besides, the evenings are for swimming and biking." (That's the spirit!)

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

When Mary's at work she tries not to think about triathlons but isn't always successful. (Really?) She figures more time spent working, means more time for triathlons. Mary doesn't have other hobbies because there's no time for anything else; except, of course, the occasional ice cream, cookies and potato chip sessions. She always encourages individuals to get involved in triathlon "as long as they're not in my age group." To Mary triathlon is fun, challenging, painful, can be disappointing, but mostly it feels so good when you're done.

So what's in the future for Mary? She enjoys doing the local races because there are usually many HVTC members out on the course racing or cheering and some (like Alex) "SHOUTING" encouragement on the run course of the Hudson Valley Tri. Also, being able to share her experience with people she knows after a race gives her great satisfaction. Mary would also like to travel some and try new events like; St. Croix, IM Switzerland or Brazil. And she'd also enjoy registering for a 4 or 5 day bike tour, but hasn't decided where; any ideas? And maybe someday she'd like to attend Mark Wilson's tri-camp in Florida. (Cool!)

Most importantly, she feels the need to go back to Hawaii and complete what she didn't finish this year. Mary dropped out of the race at about mile 15 of the marathon. Not finishing IM Hawaii was her first DNF in her entire running and triathlon career. What Mary won't tell you is that it was one of the hottest/windiest days in IM Hawaii history. There she goes again. Thanks, Mary!

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 "events," then "events calendar.")

MAY

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

King of the Hill Xterra Triathlon-Lebanon, NJ (5/?/05) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

Highland Triathlon-Yulan, NY (5/21/05) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

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

JUNE

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

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

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

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

Tri the Tri-Danbury, CT (6/?/05) Sprint www.americansportsevents.com

Tupper Lake Tinman/Sprint Triathlon-Tupper Lake, NY (6/25/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Mooseman Sprint Triathlon Festival-Wellington State Park, NH (6/4/05) S ¼ mi., B 15 mi., R 3.5 mi. www.timbermantri.com

Mooseman Xterra Triathlon-Wellington State Park, NH (6/5/05) S ¼ mi., B 5.5 mi., R 3 mi. www.timbermantri.com

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

JULY

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

Try the Tri-Bristol, RI (7/?/05) Sprint 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

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

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

Tri the Tri-Danbury, CT (7/?/05) Sprint www.americansportsevents.com

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-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

Try the Tri-Bristol, RI (8/?/05) Sprint www.americansportsevents.com

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

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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/?/05) Sprint 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. www.timbermantri.com

West Point Triathlon-West Point, NY (8/?/05) S 800 m, B 25k, R 5k
www.usma.edu/uscc/dca/clubs/trit/index.html

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

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

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

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/?/05) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

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

Mighty Hamptons-Sag Harbor, NY (9/?/05) S 1.5k, B 38k, R 10k
www.swimpower.com

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

USAT National Age Group Championships-??? (9/?/05) S 1.5k, B 40K, R 10K
www.usatriathlon.org

Skylands Triathlon-Clinton, NJ (9/?/05) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

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

Try the Tri-Bristol, RI (9/?/05) Sprint www.americansportsevents.com

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

Westchester Triathlon-Rye, NY (9/?/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/?/05) S 1.5K, B 40K, R 10K
www.americansportsevents.com

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

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

YMCA Indoor Triathlon-Kingston, NY (2/29/04) S-15 min., B-20 min., R-20 min.

Overall Female:
Mary Lockett 09.22 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

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

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

<u>Overall Female:</u>	Lisa Bentley	4:22:04
	Karen Robinson	6:16:12
<u>Overall Male:</u>	Simon Lessing	3:52:02

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

<u>Overall Female:</u>	Amanda Pagon	2:14:09
<u>Overall Male:</u>	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

<u>Overall Female:</u>	Christine Dunnery	1:08:57
	Laura Van Alst (3 rd Overall)	1:12:20
	Kathryn Loyer (2 nd F35-39)	1:14:42
	Sandy Mancuso-Lopez (1 st F45-49)	1:20:39
	Mary Lockett (2 nd F45-49)	1:20:47
	Dorothy Hamburg	1:22:15
	Rosemarie Hunt	1:32:45
<u>Overall Male:</u>	Christopher Thomas	0:58:32
	John McGovern (3 rd Overall)	1:01:16
	Mark DeLuccia (1 st M25-29)	1:07:51
	Bill Shashaty	1:10:32
	Sean Lockhart (3 rd M25-29)	1:12:07
	Steve Axelson (2 nd 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

<u>Overall Female:</u>	Magdalena Stovikova	1:52:56
<u>Overall Male:</u>	Greg Sautner	1:43:17

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

www.nytc.org

<u>Overall Female:</u>	Robyn Passander	1:23:17.5
	Dorothy Hamburg	1:36:14.5
	Jeanne Roth	2:25:23.2

<u>Overall Male:</u>	Arland Macasieb	1:11:48.8
	Ronnie Severino	1:15:44.4
	Charles Pegg	1:17:54.4
	Mark DeLuccia	1:22:41.5
	Donald Roth	2:25:24.3

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

<u>Overall Female:</u>	Natascha Badmann	4:13:42
	Mary Denitto* (1 st F55-59)	5:30:37

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

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

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

See results on HVTC website!

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

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

<u>Overall Male:</u>	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

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

<u>Overall Female:</u>	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

<u>Overall Male:</u>	David Yockelson	1:03:48
	Ron Matthias	1:18:36

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

<u>Overall Female:</u>	Kelly Bergkessel	4:48:50
-------------------------------	------------------	---------

<u>Overall Male:</u>	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
	Philip Milio	7:02:45

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

www.nyctri.com

<u>Overall Female:</u>	Loretta Harrop	1:55:51
-------------------------------	----------------	---------

<u>Overall Male:</u>	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

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

<u>Overall Male:</u>	Steve Pyle	0:58:39
	Philip Milio	1:33:20

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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
Andrew Schupak(1st 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 (7/11/04) New England Regional Sprint Championship 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
Andrew Colyer 1:26:26

Great Fairlee Triathlon-Fairlee, VT (7/11/04) S ¾ mi., B 24 mi., R 5 mi. www.fimeoutproductions.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

See results on HVTC website!

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

<u>Overall Female:</u>	Kate Major	09:24:42
	Kathryn Loyer	11:59:47
	Sandy Mancuso-Lopez	13:42:57
	Karen Robinson	13:45:43

<u>Overall Male:</u>	Simon Lessing	08:23:12
	Alex Sherwood	11:02:15
	Myron Baker, Sr.(2nd M55-59)	11:10:02*

Myron Sr. qualified for the Ironman Triathlon World Championship in Kona, HI for the 5th time!! Nice job, Champ.

Cayuga Lake Triathlon-Ithaca, NY (8/1/04) S ½ mi., B 14.2 mi., R 5k www.ithacatriathlonclub.org

<u>Overall Female:</u>	Hollie Kitson	1:21:14
-------------------------------	---------------	---------

<u>Overall Male:</u>	Brian Emelson	1:11:17
	Mark Wilson (1 st M35-39)	1:14:13
	Mike Vance (2 nd M20-24)	1:19:35

Greenfield Triathlon-Greenfield, MA (8/1/04) S 1/3 mi., B 15.2 mi., R 3 mi. www.greenfield-triathlon.com

<u>Overall Female:</u>	Lolly Brilliant	1:14:23
	Mari Hoppe (1 st F30-34)	1:26:20

<u>Overall Male:</u>	Win Whitcomb	1:08:47
-----------------------------	--------------	---------

BMW Greenwich Cup Triathlon (Threads & Treads)-Old Greenwich, CT (8/8/04)S ?, B ?, R ? www.threadsandtreads.com

<u>Overall Female:</u>	Donna Kay-Ness	1:11:55
	Jeanne Roth	1:49:51

<u>Overall Male:</u>	Paul Fritzsche	1:07:19
	Donald Roth	1:33:23

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

Overall Female: Suzie Snyder 2:36:13
Barbara Sessa (2nd Overall) 2:58:19

Overall Male: Ryan Kelly 2:05:16
Mike Halstead (3rd Overall) 2:07:23
Alex Sherwood (2nd M25-29) 2:16:40
Bill Shashaty 2:34:37
Carlos Perez (3rd M30-34) 3:06:39

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

Overall Female: Lauren Warren 1:15:37
Sandy Mancuso-Lopez(2nd F45-49)1:27:48
Mary Lockett (3rd F45-49) 1:29:08
Michele Yasson 1:36:33
Dorothy Hamburg 1:31:19
Rosemary Hunt 1:44:25

Overall Male: Espen Katerass 1:08:03
John Wheeler 1:29:15

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

See results on HVTC website!

Timberman Sprint Triathlon-Gilford, NH (8/21/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

Overall Female: Randy Swormstedt 1:15:10
Jeanne Roth 1:51:44
Julie Pape (2nd F60-64) 2:10:20

Overall Male: Adam Carlson 1:10:19

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

Timberman Half-Ironman Triathlon-Gilford, NH (8/22/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

<u>Overall Female:</u>	Karen Smyers	4:31:53
	Kathryn Loyer	5:18:49
	Suzanne Brink	5:31:52
	Mary Grehl	5:49:25
	Jesse Freund	5:57:28

<u>Overall Male:</u>	Michael Lovato	3:58:31
	Terry Kerrigan	4:28:42
	Henry Collins(2 nd Clydesdale)	4:53:28
	Charles Pegg	4:57:19
	Bill Pape(4 th M55-59)	5:10:12
	Donald Roth	6:21:47

Greater Hartford Triathlon-New Hartford, CT (8/22/04) S 1.5k B 40k, R 10k www.catstri.com

<u>Overall Female:</u>	Patsy Thomas	2:21:38
-------------------------------	--------------	---------

<u>Overall Male:</u>	Greg Sautner	2:04:27
-----------------------------	--------------	---------

Monster Challenge Triathlon-Boston, MA (9/5/04) S ½ mi., B 12.4 mi., R 3.1 www.monsterchallenge.org

<u>Overall Female:</u>	Christina Robeson	1:05:47
	Jeanne Roth	1:34:17

<u>Overall Male:</u>	Charles McIntosh	1:01:36
	Donald Roth	1:25:33

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

<u>Overall Female:</u>		
	Mimi Boyle	5:19:44
	Lauren Warren (2nd Overall)	5:28:56
	Barbara Sessa (1st F40-44)	5:39:31
	Mary Lockett (1st F45-49)	6:38:33

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

Overall Male:

Erik Grimm	4:21:59
Mike Halstead (2nd Overall)	4:24:55
Alex Sherwood (3rd Overall)	4:26:35
Steve Schindler (1st M45-49)	4:50:53
John McGovern (1st OPEN)	4:54:15
Myron Baker Sr. (1st M55-59)	5:09:52
Doug Thompson	5:36:07
Bill Shashaty	5:40:29
Jimmy Buff	6:01:42
David Beaudry (3rd M55-59)	6:20:50
Donald Roth	7:12:42
John Wheeler	7:19:54

Saratoga Lake Triathlon-Saratoga, NY (9/11/04) S 1.5k, B 40k, R 10k

www.cdtriclub.org

Overall Female:

Sarah Hotaling	2:18:57
Mary DeNitto (1 st F55-59)	2:30:51
Sandy Mancuso-Lopez(1 st F45-49)	2:36:53
Jeanne Roth	3:05:48

Overall Male:

Stephen Judice	2:03:31
Henry Collins (3 rd M35-39)	2:13:08
Greg Bayer	2:34:13

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

Overall Female:

Amy Cashion	4:38:50
Dorothy Hamburg	5:54:43

Overall Male:

Christopher Ramsey	4:13:23
--------------------	---------

HVTC Williams Lake Tri-Series #4-Rosendale, NY (9/15/04) S 700yds., B 12 mi., R 2mi. www.hvtc.net

See results on HVTC website!

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

Lobsterman Triathlon-Freeport, ME (9/11/04) S 1.5k, B 40k, R 10k

www.lobstermantriathlon.com

Overall Female: Courtney Bennigson 2:10:46

Overall Male: Tony DeLogne 2:01:10
Jarrod Shoemaker 2:01:20
Greg Sautner 2:07:42

Danskin Triathlon-Sandy Hook, NJ (9/19/04) S ½ mi., B 11 mi., R 3.1 mi.

www.danskin.com

Overall Female: Lauren Warren 1:08:38
Jan Pollo 1:20:59
Mary Lockett (3rd F45-49) 1:22:04
Dorothy Hamburg 1:22:10
Rosemary Hunt (3rd F50-54) 1:26:52

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

www.westchestertriathlon.com

Overall Female: Patrice Wolfensberger 2:03:20
Julienne Pape 3:45:48

Overall Male: Paul Fritzche 1:55:28
Gregory Sautner (2nd Overall) 1:58:27
Bill Pape 2:23:13

Mighty Man Triathlon-Montauk, NY (10/3/04) S 1.2 mi., B 56 mi., R 13.1

mi.www.swimpower.com

Overall Female: Christine Dunnery 5:05:52

Overall Male: Terry Kerrigan 4:27:42

SandKey Triathlon-Clearwater, FL (10/10/04) S ½ mi., B 15 mi., R 3.1mi.

www.sandkeytriathlon.com

Overall Female: Sarah Groff 1:03:55

Overall Male: Marc Bonnet-Eymard 0:57:23
Bill Pape (1st M55-59) 1:11:24

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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

Overall Female: Natascha Badmann 09:50:04
Mary DeNitto DNF (Did Not Finish)

Overall Male: Norman Stadler 08:33:29
Myron Baker Sr. (6th M55-59)* 11:24:03
John McGovern 11:30:39

*Myron Baker Sr. finished 6th M55-59 **IN THE WORLD** for the second straight time!
Congratulations, Myron!!

Great Floridian Ironman Triathlon-Clermont, FL (10/23/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.sommersports.com

Overall Female: Staci Studer 11:25:52

Overall Male: Christopher Martin 09:40:47
Steve Schindler 11:06:52
Donald Roth DNF

Great Floridian Half Ironman Triathlon-Clermont, FL (10/23/04) 1.2 mi., B 56 mi., R 13.1 mi. www.sommersports.com

Overall Female: Christina Noordstar 5:00:05
Jeanne Roth 7:23:40

Overall Male: Marc Bonnet-Eymard 4:23:12

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

Overall Female: Jamie Whitmore 3:01:35

Overall Male: Eneko Llanos 2:28:44
Mike Halstead 3:52:14

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

Ironman Florida-Panama City, FL (11/7/04) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironmanlive.com

Overall Female: Michellie Jones 09:24:54
Jesse Freund 13:18:11

Overall Male: Tom Evans 08:31:07
Henry Collins 10:52:15
Terry Kerrigan DNF

Gold's Gym Indoor Triathlon-Newburgh, NY (11/13/04) S 400 yds., B 8 m., R 5k

www.goldsgym.com

Overall Female: Michele Yasson 1:02:51
Ro Hunt 1:05:58

Overall Male: Mark Wilson 0:49:20

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)

Name (Honors) Age Group A.G. Plc. Nat'l Ranking

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
-------------------------	---------------	----------	----------------

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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.

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 at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

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.

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>
--

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

ANNOUNCEMENTS

- **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.
- **Dean Theodore of Triathlonbag.com** has created an amazing triathlon bag and other fantastic tri-gear. HVTC gets a 10% discount on all products!
- **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.

HVTC E-MAIL DIRECTORY

Steve Axelson New Paltz, NY peakper4mancesports@earthlink.net

Myron Baker Rosendale, NY ironbaker@mac.com

Gregory Bayer LaGrange, NY bayergc@hotmail.com

David Beaudry Poughkeepsie, NY beaudryphd@aol.com

Suzanne Brink Lake Katrine, NY suz99anne@earthlink.net

Jimmy Buff Palenville, NY jimmybuff100@hotmail.com

Kate Burns Kingston, NY none

James Calder New York, NY jjcalder@nyc.rr.com

Henry Collins Woodstock, NY henrycollins@msn.com

Andrew Colyer Red Hook, NY jandrewcolyer@hotmail.com

Mark DeLuccia Highland, NY mjdeluccia@yahoo.com

Mary DeNitto Rhinebeck, NY Riozden@aol.com

Leslie English High Falls, NY cenar@compuserve.com

Steve Fischer Saugerties, NY sfischer@kingstonhousing.org

Jesse Freund Shady, NY none

John Garcia Ulster Park, NY doctorspeller@hotmail.com

Julie Geisler New York, NY jsgeisler@aol.com

Mary Grehl Shokan, NY raybag@hvi.net

Mike Halstead Stone Ridge, NY viet2go@aol.com

Dorothy Hamburg Red Hook, NY dhamburg@webjogger.net

Harry Hansen Stone Ridge, NY kysერიke@aol.com

Mari Hoppe High Falls, NY mhoppe@nesolite.com

Rosemarie Hunt Newburgh, NY jgh1205@aol.com

John Jasinski Olivebridge, NY none

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

Tarak Kauff Woodstock, NY tarak@ulster.net
Terry Kerrigan New York, NY tkerrigan@nyc.rr.com
Brian Lavender Rhinebeck, NY bdlavender@yahoo.com
Robert Leghorn Ulster Park, NY none
Mary Lockett Kingston, NY snowmiser3500@earthlink.net
Sean Lockhart Highland, NY dewurun@yahoo.com
Kathryn Loyer Middlebury, CT kloyer2@hotmail.com
Sandy Mancuso-Lopez Kingston, NY roadkill@hvc.rr.com
Ron Matthias Stone Ridge, NY tal777@att.net
Tony McGinty Rosendale, NY amcg65@aol.com
Dave McGovern Kingston, NY dmcg@racewalking.org
John McGovern Kingston, NY jmcgovern@hvc.rr.com
Philip Milio New York, NY pmilio@aol.com
Patrick Murphy Rhinebeck, NY pwmurphy1@juno.com
Carlos Osorio Woodstock, NY carlososorio964@yahoo.com
Bill Pape Kingston, NY wpape@earthlink.net
Julie Pape Kingston, NY jwestphal@nalpro.com
Charles Pegg Woodstock, NY charlespegg@yahoo.com
Carlos Perez Kingston, NY chriscarant@verizon.net
Larry Phillips Red Hook, NY joltster@juno.com
Jan Pollo Woodstock, NY janfilar@aol.com
Sophia Roab Kingston, NY sophia@watershedworks.com
Karen Robinson Pleasant Valley, NY krunner@localnet.com
Donald Roth Poughkeepsie, NY defender4all@hotmail.com
Jeanne Roth Poughkeepsie, NY jeanneroth@hotmail.com
Greg Sautner Hurley, NY canis_lupus99@hotmail.com
Steve Schindler Hurley, NY schindler1@webjogger.net
Andrew Schupak Stone Ridge aschupak@schupakgroup.com
Barbara Sessa Slate Hill, NY sessa@frontiernet.net
Donna Severino Ulster Park, NY none
Ronnie Severino Ulster Park, NY trainseverino@hotmail.com
Bill Shashaty Stone Ridge, NY bsdj@aol.com
Alex Sherwood New Paltz, NY moremiles@aol.com
Doug Thompson New Paltz, NY bistro59@aol.com
Laura Van Alst New Paltz, NY none
Maria Villalta Brooklyn, NY mayapil71@hotmail.com
Lauren Warren Rosendale, NY lwarren@hvc.rr.com
John Wheeler Highland, NY john_wheeler@yahoo.com
Natalie White Kerhonkson, NY nawhit78e@aol.com
Keith Woodburn New Paltz, NY keith@totalimmersion.net
Michele Yasson Rosendale, NY dryasson@hvc.rr.com
Nina Young Cottekill, NY none

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

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!

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)
*** 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
*** NEMIDON GEL ***	www.nemidon-usa.com
*** BICYCLE DEPOT ***	www.bicycledepot.com
*** PLACID PLANET BICYCLES ***	www.placidplanetbicycles.com
*** HUDSON VALLEY IMPRESSIONS ***	www.hudsonvalleyimpressions.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)

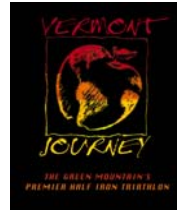
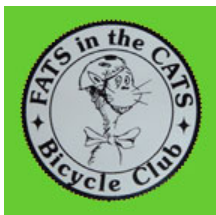
THANK YOU SPONSORS!!!

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. 11

November 2004



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

Hudson Valley Triathlon Club

Volume IV, Issue No. 11 November 2004

