

# Hudson Valley Triathlon Club

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**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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**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**



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**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: 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

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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!)

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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](http://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](http://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](http://www.xterraplanet.com/race/schedule.html)

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

**Columbia Triathlon-Ellicott City, MD (5/22/05) S 1.5k, Bike 41k, R 10k**  
[www.tricolumbia.org](http://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](http://www.vermontsun.com)

**Mighty Montauk Triathlon-Montauk, NY (6/?/05) S 1mi, B 20mi, R 6.2mi**  
[www.swimpower.com](http://www.swimpower.com)

**Blackwater Eagleman Triathlon-Cambridge, MD (6/12/05) S 1.2mi, B 56mi, R13.1mi**  
[www.tricolumbia.org](http://www.tricolumbia.org)

**19<sup>th</sup> Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi.**  
[www.nytc.org](http://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](http://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](http://www.hvtc.net)

**Tri the Tri-Danbury, CT (6/?/05) Sprint** [www.americansportsevents.com](http://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](http://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](http://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](http://www.timbermantri.com)

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## JULY

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

Try the Tri-Bristol, RI (7/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k [www.trifitness.net](http://www.trifitness.net)

Hudson Valley Triathlon-Kingston, NY(7/17/05) S 1.5k, B 26 mi., R 10k [www.nytc.org](http://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](http://www.hvtc.net).

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

Tri the Tri-Danbury, CT (7/?/05) Sprint [www.americansportsevents.com](http://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](http://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](http://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](http://www.ithacatriathlonclub.org)

Cayuga Lake Triathlon (Olympic)-Ithaca, NY (8/7/05) S-1.5 k, B-40k, R-10k [www.ithacatriathlonclub.org](http://www.ithacatriathlonclub.org)

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

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

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HVTC Summer Tri-Series #3-Rosendale, NY (8/17/05) S 700 yds, B 12 mi, R 2 mi.  
[www.hvtc.net](http://www.hvtc.net)

Try the Tri-Danbury, CT (8/?/05) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

Timberman Sprint Triathlon-Gilford, NH (8/20/05) S 1/3 mi., B 15 mi., R 3 mi.  
[www.timbermantri.com](http://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](http://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](http://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](http://www.cranberrycountrytri.com)

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

Grafton Lakes Off Road Triathlon-Grafton, NY (8/?/05) S 0.9mi, Mtn B 14mi, R 5mi. [www.skyhighadventures.com](http://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](http://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/](http://www.ulster.net/~sosnyta/)

Firmman Rhode Island (9/?/05) 1.2 mi., B 56 mi., R 13.1 mi. [www.firm-racing.com](http://www.firm-racing.com)

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

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

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

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

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

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

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

Westchester Triathlon-Rye, NY (9/?/05) S 1.5k, B 40k, R 10k  
[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

Granite Ledges Triathlon-Wellington State Park, NH (9/25/05) S 1.5k., B 44k, R 10k  
[www.timbermantri.com](http://www.timbermantri.com)

## OCTOBER

Colonial Series-Danbury, CT (10/?/05) S 1.5K, B 40K, R 10K  
[www.americansportsevents.com](http://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](mailto:www.ironinfo@ironmanlive.com)

Xterra World Championship-Maui, HI (10/22/05) S 1.5k, Mtn. B 30k, R 11k  
[www.xterraplanet.com](http://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](http://www.ironmanlive.com)

Gold's Gym Indoor Triathlon-Newburgh, NY (11/?/05) S 400 yds., B 8 m., R 5k  
[www.goldsgym.com](http://www.goldsgym.com)



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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](mailto: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](http://www.pinehillarms.com)

Overall Female:

Mary DeNitto	1:04:59
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Overall Male:

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

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## 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](http://www.floridahalfironman.com)

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

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

<b><u>Overall Female:</u></b>	Amanda Pagon	2:14:09
<b><u>Overall Male:</u></b>	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](http://www.nytc.org)

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

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

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

[www.nytc.org](http://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](http://www.tricolumbia.org)

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

<u>Overall Male:</u>	Christopher Legh	3:47:28
	Alex Sherwood(3 <sup>rd</sup> 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](http://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](http://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

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## Tri the Tri-Danbury, CT (6/19/04) Sprint [www.americansportsevents.com](http://www.americansportsevents.com)

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

<b><u>Overall Male:</u></b>	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](http://www.tupperlakeinfo.com)

<b><u>Overall Female:</u></b>	Kelly Bergkessel	4:48:50
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<b><u>Overall Male:</u></b>	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](http://www.nyctri.com)

<b><u>Overall Female:</u></b>	Loretta Harrop	1:55:51
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<b><u>Overall Male:</u></b>	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](http://www.griskustri.com)

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

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

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

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

Overall Male:  
Greg Sautner 2:02:26  
Michael Halstead(2<sup>nd</sup> Overall)2:07:36  
Ronnie Severino (3<sup>rd</sup> Overall)2:09:36  
Charles Pegg (4<sup>th</sup> Overall) 2:19:52  
Myron Baker Sr. (1<sup>st</sup> M55-59)2:21:55  
Andrew Schupak(1<sup>st</sup> M35-39)2:22:17  
Steve Schindler (1<sup>st</sup> 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](http://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](http://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](http://www.hvtc.net)

See results on HVTC website!

# Hudson Valley Triathlon Club

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## 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](http://www.ironmanusa.com)

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

<b><u>Overall Male:</u></b>	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](http://www.ithacatriathlonclub.org)

<b><u>Overall Female:</u></b>	Hollie Kitson	1:21:14
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<b><u>Overall Male:</u></b>	Brian Emelson	1:11:17
	Mark Wilson (1 <sup>st</sup> M35-39)	1:14:13
	Mike Vance (2 <sup>nd</sup> 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](http://www.greenfield-triathlon.com)

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

<b><u>Overall Male:</u></b>	Win Whitcomb	1:08:47
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## BMW Greenwich Cup Triathlon (Threads & Treads)-Old Greenwich, CT (8/8/04)S ?, B ?, R ? [www.threadsandtreads.com](http://www.threadsandtreads.com)

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

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

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

**Overall Female:** Suzie Snyder 2:36:13  
Barbara Sessa (2<sup>nd</sup> Overall) 2:58:19

**Overall Male:** Ryan Kelly 2:05:16  
Mike Halstead (3<sup>rd</sup> Overall) 2:07:23  
Alex Sherwood (2<sup>nd</sup> M25-29) 2:16:40  
Bill Shashaty 2:34:37  
Carlos Perez (3<sup>rd</sup> 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](http://www.usma.edu/uscc/dca/clubs/trit/index.html)**

**Overall Female:** Lauren Warren 1:15:37  
Sandy Mancuso-Lopez(2<sup>nd</sup> F45-49)1:27:48  
Mary Lockett (3<sup>rd</sup> 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](http://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](http://www.timbermantri.com)**

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

**Overall Male:** Adam Carlson 1:10:19

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

<b><u>Overall Female:</u></b>	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

<b><u>Overall Male:</u></b>	Michael Lovato	3:58:31
	Terry Kerrigan	4:28:42
	Henry Collins(2 <sup>nd</sup> Clydesdale)	4:53:28
	Charles Pegg	4:57:19
	Bill Pape(4 <sup>th</sup> 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](http://www.catstri.com)

<b><u>Overall Female:</u></b>	Patsy Thomas	2:21:38
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<b><u>Overall Male:</u></b>	Greg Sautner	2:04:27
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## Monster Challenge Triathlon-Boston, MA (9/5/04) S ½ mi., B 12.4 mi., R 3.1 [www.monsterchallenge.org](http://www.monsterchallenge.org)

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

<b><u>Overall Male:</u></b>	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/](http://www.ulster.net/~sosnyta/)

<b><u>Overall Female:</u></b>		
	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



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## 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](http://www.cdtriclub.org)

### Overall Female:

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

### Overall Male:

Stephen Judice	2:03:31
Henry Collins (3 <sup>rd</sup> 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](http://www.firm-racing.com)

### Overall Female:

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

### Overall Male:

Christopher Ramsey	4:13:23
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HVTC Williams Lake Tri-Series #4-Rosendale, NY (9/15/04) S 700yds., B 12 mi., R 2mi. [www.hvtc.net](http://www.hvtc.net)

See results on HVTC website!

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

[www.lobstermantriathlon.com](http://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](http://www.danskin.com)

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

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

[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

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

**Overall Male:** Paul Fritzche 1:55:28  
Gregory Sautner (2<sup>nd</sup> 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](http://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](http://www.sandkeytriathlon.com)

**Overall Female:** Sarah Groff 1:03:55

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

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## Ironman Triathlon World Championship (10/16/04) S 2.4 mi., B 112 mi., R 26.2 mi. [www.ironinfo@ironmanlive.com](http://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. (6<sup>th</sup> 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](http://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](http://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](http://www.xterraplanet.com)

**Overall Female:** Jamie Whitmore 3:01:35

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

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

[www.ironmanlive.com](http://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](http://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

<b>Gregory Sautner AA</b>	<b>M25-29</b>	<b>48</b>	<b>90.7034</b>
Thomas deHaan	M40-44	374	81.2236
<b>Bill Pape HM</b>	<b>M55-59</b>	<b>31</b>	<b>79.7886</b>
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
<b>Mary DeNitto HM</b>	<b>F55-59</b>	<b>9</b>	<b>71.0816</b>
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)

<b>John McGovern AA</b>	<b>M35-39</b>	<b>1</b>	<b>97.7028</b>
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# Hudson Valley Triathlon Club

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## 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](mailto: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](mailto: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](mailto: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](mailto:canis_lupus99@hotmail.com).

<p><b><u>CAUTION:</u> Participating in the sport of triathlon may cause radiant health and spiritual well-being.</b></p>
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# Hudson Valley Triathlon Club

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## ANNOUNCEMENTS

- **2005 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1<sup>st</sup>-15, 2<sup>nd</sup>-14, 3<sup>rd</sup>-13, 4<sup>th</sup>-12, 5<sup>th</sup>-11, 6<sup>th</sup>-10, 7<sup>th</sup>-9, 8<sup>th</sup>-8, 9<sup>th</sup>-7, 10<sup>th</sup>-6, 11<sup>th</sup>-5, 12<sup>th</sup>-4, 13<sup>th</sup>-3, 14<sup>th</sup>-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 1<sup>st</sup> in all 4) and the least 1 (participated in one race for 15<sup>th</sup> 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 1<sup>st</sup>-December 31<sup>st</sup>.

## HVTC E-MAIL DIRECTORY

Steve Axelson New Paltz, NY [peakper4mancesports@earthlink.net](mailto:peakper4mancesports@earthlink.net)  
Myron Baker Rosendale, NY [ironbaker@mac.com](mailto:ironbaker@mac.com)  
Gregory Bayer LaGrange, NY [bayergc@hotmail.com](mailto:bayergc@hotmail.com)  
David Beaudry Poughkeepsie, NY [beaudryphd@aol.com](mailto:beaudryphd@aol.com)  
Suzanne Brink Lake Katrine, NY [suz99anne@earthlink.net](mailto:suz99anne@earthlink.net)  
Jimmy Buff Palenville, NY [jimmybuff100@hotmail.com](mailto:jimmybuff100@hotmail.com)  
Kate Burns Kingston, NY none  
James Calder New York, NY [jjcalder@nyc.rr.com](mailto:jjcalder@nyc.rr.com)  
Henry Collins Woodstock, NY [henrycollins@msn.com](mailto:henrycollins@msn.com)  
Andrew Colyer Red Hook, NY [jandrewcolyer@hotmail.com](mailto:jandrewcolyer@hotmail.com)  
Mark DeLuccia Highland, NY [mjdeluccia@yahoo.com](mailto:mjdeluccia@yahoo.com)  
Mary DeNitto Rhinebeck, NY [Riozden@aol.com](mailto:Riozden@aol.com)  
Leslie English High Falls, NY [cenar@compuserve.com](mailto:cenar@compuserve.com)  
Steve Fischer Saugerties, NY [sfischer@kingstonhousing.org](mailto:sfischer@kingstonhousing.org)  
Jesse Freund Shady, NY none  
John Garcia Ulster Park, NY [doctorspeller@hotmail.com](mailto:doctorspeller@hotmail.com)  
Julie Geisler New York, NY [jsgeisler@aol.com](mailto:jsgeisler@aol.com)  
Mary Grehl Shokan, NY [raybag@hvi.net](mailto:raybag@hvi.net)  
Mike Halstead Stone Ridge, NY [viet2go@aol.com](mailto:viet2go@aol.com)  
Dorothy Hamburg Red Hook, NY [dhamburg@webjogger.net](mailto:dhamburg@webjogger.net)  
Harry Hansen Stone Ridge, NY [kysერიke@aol.com](mailto:kysერიke@aol.com)  
Mari Hoppe High Falls, NY [mhoppe@nesolite.com](mailto:mhoppe@nesolite.com)  
Rosemarie Hunt Newburgh, NY [jgh1205@aol.com](mailto:jgh1205@aol.com)  
John Jasinski Olivebridge, NY none

# Hudson Valley Triathlon Club

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Tarak Kauff Woodstock, NY [tarak@ulster.net](mailto:tarak@ulster.net)  
Terry Kerrigan New York, NY [tkerrigan@nyc.rr.com](mailto:tkerrigan@nyc.rr.com)  
Brian Lavender Rhinebeck, NY [bdlavender@yahoo.com](mailto:bdlavender@yahoo.com)  
Robert Leghorn Ulster Park, NY none  
Mary Lockett Kingston, NY [snowmiser3500@earthlink.net](mailto:snowmiser3500@earthlink.net)  
Sean Lockhart Highland, NY [dewurun@yahoo.com](mailto:dewurun@yahoo.com)  
Kathryn Loyer Middlebury, CT [kloyer2@hotmail.com](mailto:kloyer2@hotmail.com)  
Sandy Mancuso-Lopez Kingston, NY [roadkill@hvc.rr.com](mailto:roadkill@hvc.rr.com)  
Ron Matthias Stone Ridge, NY [tal777@att.net](mailto:tal777@att.net)  
Tony McGinty Rosendale, NY [amcg65@aol.com](mailto:amcg65@aol.com)  
Dave McGovern Kingston, NY [dmcg@racewalking.org](mailto:dmcg@racewalking.org)  
John McGovern Kingston, NY [jmcgovern@hvc.rr.com](mailto:jmcgovern@hvc.rr.com)  
Philip Milio New York, NY [pmilio@aol.com](mailto:pmilio@aol.com)  
Patrick Murphy Rhinebeck, NY [pwmurphy1@juno.com](mailto:pwmurphy1@juno.com)  
Carlos Osorio Woodstock, NY [carlososorio964@yahoo.com](mailto:carlososorio964@yahoo.com)  
Bill Pape Kingston, NY [wpape@earthlink.net](mailto:wpape@earthlink.net)  
Julie Pape Kingston, NY [jwestphal@nalpro.com](mailto:jwestphal@nalpro.com)  
Charles Pegg Woodstock, NY [charlespegg@yahoo.com](mailto:charlespegg@yahoo.com)  
Carlos Perez Kingston, NY [chriscarant@verizon.net](mailto:chriscarant@verizon.net)  
Larry Phillips Red Hook, NY [joltster@juno.com](mailto:joltster@juno.com)  
Jan Pollo Woodstock, NY [janfilar@aol.com](mailto:janfilar@aol.com)  
Sophia Roab Kingston, NY [sophia@watershedworks.com](mailto:sophia@watershedworks.com)  
Karen Robinson Pleasant Valley, NY [krunner@localnet.com](mailto:krunner@localnet.com)  
Donald Roth Poughkeepsie, NY [defender4all@hotmail.com](mailto:defender4all@hotmail.com)  
Jeanne Roth Poughkeepsie, NY [jeanneroth@hotmail.com](mailto:jeanneroth@hotmail.com)  
Greg Sautner Hurley, NY [canis\\_lupus99@hotmail.com](mailto:canis_lupus99@hotmail.com)  
Steve Schindler Hurley, NY [schindler1@webjogger.net](mailto:schindler1@webjogger.net)  
Andrew Schupak Stone Ridge [aschupak@schupakgroup.com](mailto:aschupak@schupakgroup.com)  
Barbara Sessa Slate Hill, NY [sessa@frontiernet.net](mailto:sessa@frontiernet.net)  
Donna Severino Ulster Park, NY none  
Ronnie Severino Ulster Park, NY [trainseverino@hotmail.com](mailto:trainseverino@hotmail.com)  
Bill Shashaty Stone Ridge, NY [bsdj@aol.com](mailto:bsdj@aol.com)  
Alex Sherwood New Paltz, NY [moremiles@aol.com](mailto:moremiles@aol.com)  
Doug Thompson New Paltz, NY [bistro59@aol.com](mailto:bistro59@aol.com)  
Laura Van Alst New Paltz, NY none  
Maria Villalta Brooklyn, NY [mayapil71@hotmail.com](mailto:mayapil71@hotmail.com)  
Lauren Warren Rosendale, NY [lwarren@hvc.rr.com](mailto:lwarren@hvc.rr.com)  
John Wheeler Highland, NY [john\\_wheeler@yahoo.com](mailto:john_wheeler@yahoo.com)  
Natalie White Kerhonkson, NY [nawhit78e@aol.com](mailto:nawhit78e@aol.com)  
Keith Woodburn New Paltz, NY [keith@totalimmersion.net](mailto:keith@totalimmersion.net)  
Michele Yasson Rosendale, NY [dryasson@hvc.rr.com](mailto:dryasson@hvc.rr.com)  
Nina Young Cottekill, NY none

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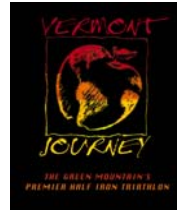
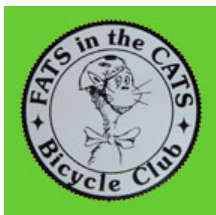


# Hudson Valley Triathlon Club

**Mission Statement:** To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

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

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