

Hudson Valley Triathlon Club

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

Volume V, Issue No. 54

November 2005

IN A FEW WORDS

Dear HVTC,

Once again, it's the time of year when we are encouraged to be thankful for our lives and the abundance we enjoy on a daily basis. Hopefully, your gratitude for living extends beyond this month and is a moment-to-moment experience enhancing your prosperity even more. Chances are, even if you forget, you'll be reminded while swimming with your buds, cycling around the reservoir or running-up your favorite local peak. Bottom line; we are truly blessed. See ya out there!

Sincerely,



Mark H. Wilson-Triathlon Coach
Founder/President, Hudson Valley Triathlon Club
Pose Method of Running Level II Certified Coach
USA Triathlon Level II Certified Coach
Serotta Bike Fit Technician

HUDSON VALLEY TRIATHLON CLUB



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

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005



(Photo: Jennifer May www.jennifermay.com)

Featured Athlete: Andrew Schupak

By Mark H. Wilson

Do you know anyone who works as hard as they play? And are they equally good at both? Is it possible for an individual to maintain the focus to be extremely successful in business while doing the same in triathlon? Andrew Schupak, our Featured Athlete of the Month, is doing just that! His work takes him around the globe and still he somehow manages to set new PR's each year. How's he do it? Let's find out.

Andrew grew up in Brooklyn, New York but moved to Manhattan during 9th grade. He went on to Poly Prep in Brooklyn and attended Syracuse University. Although his athletic ability peaked in 1977 when he was an Age Group Champ in the mile for his borough at the age of 10, he went on to play soccer, swim and run track. Andrew specialized in doing the 50 fly for relays in swimming and ran the 880 and mile in track. While in college he admits to majoring in "different things" and let's leave it at that. While he didn't nurture his inner athlete, he could recite every line from the Cheech & Chong movies from top to bottom.

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Andrew currently lives in NYC, Stone Ridge and on the road much of the time. He's not pleased that Stone Ridge has become the location least inhabited, either. He has a business in Houston, TX and an office in Barcelona, Spain so he logs more mileage in airport terminals than on rail trails. In fact, "It's an unofficial record, but I believe I hold the world record for traveling the length of DFW Airport in a suit and wing tips carrying a bag of PowerPoint presentations and a bulging garment bag." (We'll have to check on that one!) Also, he's got a special road binge-a-thon he likes to play while out of town. Although he attempts to eat healthy, that's usually out the window and he relishes in the local favorites wherever he travels: chili when in Cincinnati, Fried Chicken in Kentucky, Parma Ham in Spain, Gumbo and beignets [a small piece of seafood, covered in batter and then deep-fried] in New Orleans and when in Texas, Mexicano por favor. (R-O-L-A-I-D-S. 'Nough said!) His 2 year old son Sidney also lives in Houston whom he adores so there's that incentive to hit the road again, too.

He runs a merchant bank which he formed almost 3 years ago which "acquires significant ownership positions in middle-market, privately owned companies as principal and provides merger/acquisition, and financing advice to clients." (Somebody wanna translate?) His work keeps him extremely busy as you can imagine so he finds that training, maintaining and keeping track of equipment for triathlon has kept him out of after-hours clubs and strip joints in NYC. His prior hobbies used to be riding horses, fishing, playing the "ball sports" or watching movies for hours and hours on end. (That's gotta count for some endurance, right?)

His first triathlon was the Hudson Valley Triathlon in 2002. He survived the plethora of weeds and frightening Hudson River currents and finished in a respectable 2:36. Considering the challenges, he's shocked he ever came back for more! Prior to that experience, Andrew was working for an investment bank, frequently logging 100+ hours a week, eating in airports, going out until dawn six nights a week. He spent his "downtime" when not traveling in the Hamptons which was anything but relaxing; he was on the verge of completely short circuiting. "I looked like Al Pacino in the movie *Insomnia*, except older!" Andrew has many stories to share however, the partying and bad habits did take a toll on his memory, so he's positive a few (okay, lots!) have been lost. That's when he migrated from the Hamptons and bought a house in Stone Ridge. Danny Brennan from Bicycle Depot in New Paltz was the one who suggested Andrew give triathlon a shot and lent the time trial bike to him. (Thanks, Danny!) Since Andrew was already wired for self-abuse, triathlon seemed a "perfect match." (That's the spirit!) Upon returning the bike to Danny he picked-up a hard-copy of the HVTC Newsletter; he consequently joined the club the following spring and "has been enjoying the Club's camaraderie ever since."

It's been Andrew's experience that most folks don't "get" triathlon and therefore aren't educated enough to make a judgment regarding his sanity involving his tri-

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

endeavors. Besides, according to him, they think he's crazy for other reasons! Especially when it comes to the midnight runs in Central Park. (Yikes!) Seriously, he says he gains pleasure from enduring intensity, pain and discomfort for unthinkable durations. He says "triathlon happened by accident, but became a major component of my efforts to make positive transformational changes in my life." But most of all, he loves all the gear!! (Danny, looks like you'll get to retire after all!)

On the race circuit, Andrew has raced in several local triathlons; Mightyman, New York City Triathlon, Westchester Triathlon, Hudson Valley Triathlon, Mighty Hamptons, Highland Triathlon, Hudson Valley Triathlon and, of course, the HVTC Summer Tri-Series. He considers the club race the most challenging. Recently, Andrew completed his first-ever Half IM at the Mightyman in a very respectable 5:01:36! He's won his age group at the Hudson Valley Triathlon and Highland Triathlon.

Just like in the office, Andrew has been tested and realized "the sport has taught me the hazards of setting unobtainable goals" but that's not gonna stop his ambitious goal-setting. He'd like to crack the top 10 at the HVTC Summer Tri-Series next year and someday also put an IM on his resume. And his ultimate goal would be to create a business that serves the triathlon community AND turns a profit. No translation needed! Thanks, Andrew.

2005 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the U.S.? For a complete listing of USAT Sanctioned Races with event location and contact information go to www.usatriathlon.org and click "calendar.")

MAY

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

Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k www.set-upinc.com

Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 www.nytc.org

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Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

New Jersey Devilman Festival (Half-Ironman)-Millville, NJ (5/15/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USA Clydesdale 2005 Long Course National Championship) www.piranha-sports.com/devilman.html

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

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

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

King of the Hill Xterra Triathlon-Lebanon, NJ (5/22/05) S .5 mi., B 12 mi., R 4 mi. www.xterraplanet.com/race/schedule.html

JUNE

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

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

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

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

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

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

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

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

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/05) S 1.5k, B 40k, R 10k www.patgriskustri.com

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

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

Tupper Lake “Sprint” Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

Philadelphia Triathlon-Philadelphia, PA (6/26/05) S 1.5k, B 40k, R 10k www.phillytri.com

JULY

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/6/05) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

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

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

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

Newburyport Sprint Triathlon-Newburyport, MA (7/16/05) S ½ mi., B 13.5 mi., R 3 mi. www.newburyporttriathlon.com

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

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

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

Hudson Valley Biathlon-Kingston, NY(7/17/05) R 2 mi., B 26 mi., R 10k www.nytc.org

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

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/24/05) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-Branbury State Park-Salisbury,VT (7/24/05) S 600 yds. B 14 mi., R 3.1 mi. www.vermontsun.com

AUGUST

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

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

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

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

West Point Triathlon-West Point, NY (8/14/05) S 800 m, B 25k, R 5k
www.usma.edu/USCC/DCA/Clubs/trit/

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/14/05) S 1.5k, B 40k, R 10k www.trifitness.net

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

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

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

Try the Tri-Danbury, CT (8/20/05) S 500 yds., B 12 mi., R 5k www.americansportsevents.com

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

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

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

Cranberry Country Triathlon-Lakeville, MA (8/28/05) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Championship) www.cranberrycountrytri.com

Cinco Ranch Triathlon-Katy, TX (8/28/05) S 850 meters, B 20 mi., R 5 mi. (USA Triathlon National Club Championship) www.cincotri.com

Half Vermont Journey Triathlon-Branbury State Park-Salisbury, VT (8/28/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.vermontsun.com

SEPTEMBER

Boston Triathlon (Sprint)-Boston, MA (9/4/05) S ½ mi., B 12.4 mi., R 5k (USAT New England Regional Championship) www.bostontriathlon.org

S.O.S.-New Paltz, NY(9/11/05) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

Firmman Rhode Island (9/11/05) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

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

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

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

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

Mighty Hamptons-Sag Harbor, NY (9/18/05) S 1.5k, B 38k, R 10k
www.swimpower.com

Skylands Triathlon-Clinton, NJ (9/18/05) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Westchester Triathlon-Rye, NY (9/25/05) S 1.5k, B 40k, R 10k
www.westchestertriathlon.com

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

OCTOBER

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

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

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

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

American Zofingen (Long)-New Paltz, NY (10/23/05) R 5.15 mi., B 85 mi., R 15.45
www.americanzofingen.com

American Zofingen (Short)-New Paltz, NY (10/23/05) R 5.15 mi., B 29 mi., R 5.15
www.americanzofingen.com

NOVEMBER

Ironman Florida-Panama City, FL (11/5/05) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironmanlive.com

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

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information required. HVTC Annual Awards are based on the results that are posted in the newsletter. Good luck to everyone this season and thanks for your stats!

Send results to: Markstriclub@hotmail.com

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. Race website?!?!?

RESULTS

Ironman New Zealand-Taupo, New Zealand (3/4/05) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironman.co.nz

Overall Female: Joanna Lawn 9:30:14 (CR-course record)

Overall Male: Cameron Brown 8:20:15 (CR)
Terry Kerrigan (38th overall) 9:37:27

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Pine Hill Arms Triathlon-Pine Hill, NY (3/19/05) Ski 2 mi., B 10 mi., R 3 mi.
www.pinehillarms.com

Overall Female: Meredith Nitzberg 1:02:55
Mary DeNitto (2nd FOverall) 1:03:12
Jeanne Roth (3rd F30-39) 1:19:44

Overall Male: Alex Sherwood 0:46:48
Mike Halstead (2nd Overall) 0:47:35
Charles Pegg (3rd Overall) 0:50:21
Jimmy Buff 0:54:15
Bill Shashaty (3rd M30-39) 0:56:26
Bill Pape (2nd M50-59) 0:57:49
Carlos Perez 1:00:39
Donald Roth 1:09:16

El Gran Trialo (The Grand Triathlon)-Joyuda, Puerto Rico (3/20/05) S 1.8k, B 40 mi., R 10 mi. www.elgrantriale.com

Overall Female: Diana City 4:07:17
Mari Flores (1st F30-34) 4:28:29

Overall Male: Carlos Lomba 3:15:15

Azalea Festival Triathlon-Wilmington, NC (4/2/05) S 300 yds., B 20k, R 5k www.set-upinc.com

Overall Female: Rebecca Moore 0:59:08
Linda Rosenthal (3rd F55-59) 1:36:02

Overall Male: Sonni Dyer 0:51:24

Brandywine Duathlon-Delaware City, DE (4/16/05) R 5k, B 30k, R 5k www.piranha-sports.com

Overall Female: Suzanne Huelster 1:33:11
Dorothy Hamburg(3rdF40-44)1:57:50
Rosemarie Hunt (3rd F50-54) 2:04:57

Overall Male: Spencer Smith 1:16:58

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

Overall Female: Joanna Zeiger 4:44:47

Overall Male: Shane Reed 4:10:41

*Mike Halstead (2nd M35-39) 4:39:19

**Myron BakerSr (1st M55-59) 5:34:43

*Qualified for Ironman Triathlon World Championship in Kona, HI (3rd Year!)

**Qualified for Ironman Triathlon World Championship in Kona, HI (6th Year!)

Powerman North Carolina-Carrboro, NC (5/1/05) R 8k, B 53k, R 8k www.set-upinc.com

Overall Female: Tamara Kozulina 2:26:48

Overall Male: Greg Watson 2:06:32

John McGovern (9th Overall) 2:13:40

Trooper Biathlon-Hurley, NY (5/8/05) R 2, B 14, R 2 www.nytc.org

Overall Female: Barbara Sessa 1:10:40.5

Pam Neimeth (2nd F 45-49) 1:20:49.7

DorothyHamburg (1st F40-44) 1:24:27.8

Ro Hunt (1st F50-54) 1:28:39.9

Michele Yasson (3rd F45-49) 1:35:40.9

Overall Male: John McGovern 0:59:30.2

Mike Halstead (2nd Overall) 1:00:33.8

Alex Sherwood (3rd Overall) 1:01:36.0

Mark Wilson (1st M35-39) 1:03:40.7

RonnieSeverino (2nd M35-39) 1:06:10.9

Charles Pegg (3rd M35-39) 1:06:59.0

Tom deHaan (2nd M40-44) 1:07:57.0

Mike Vance (2nd M18-24) 1:07:59.5

Bob Gramling (2nd M45-49) 1:09:21.1

Bill Pape (1st M55-59) 1:10:53.0

Bill Shashaty 1:11:53.4

Bill Norton (2nd M 50-54) 1:11:58.7

Jason O'Neill (3rd M25-29) 1:12:23.2

Carlos Perez 1:21:09.8

Harry Hansen 1:30:08.9

Brian Lavender 1:37:20.3

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Powerman Ohio-Lexington, OH (5/15/05) R 8k, B 57k, R 8k

www.powermanohio.com

Overall Female: Andrea Ratkovic 2:48:34

Overall Male: Josh Beck 2:26:20

John McGovern (4th Overall) 2:35:41

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

Overall Female: Mimi Boyle 5:36:37

Jeanne Roth 8:17:59

Overall Male: Mike Llerandi 4:53:57

Terry Kerrigan (4th Overall) 5:05:28

Henry Collins (1st Clydes.) 6:20:06

Donald Roth 7:44:31

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

www.transitiontimes.com

Overall Female: Irina Ryjova 1:33:51

Julie Pape (1st F60-64) 2:22:54

Overall Male: Doug Clark 1:14:21

Mike Halstead (2nd Overall) 1:16:27

Mike Vance (1st M20-24) 1:29:05

Bill Pape (1st M55-59) 1:30:49

Myron Baker Sr.(2nd M55-59)1:32:02

Bill Norton (1st M50-54) 1:33:26

Florida Half Ironman-Orlando, FL (5/22/05) S 1.2 mi., B 56 mi., R 13.1 mi.

www.floridahalfironman.com

Overall Female: Natascha Badmann 4:23:17

Mary DeNitto (2nd F55-59) 5:47:48

Overall Male: Simon Lessing 3:52:06

*Alex Sherwood(3rd M30-34)4:20:28

*Qualified for Ironman Triathlon World Championship in Kona, HI (1st Time!)

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

ITU Long Distance Duathlon World Championships-Barcis, Italy (5/29/05) R 16.5k, B 80k, R 11k www.valcellinatriathlon.com

Overall Female: Erika Csomor 4:14:33

Overall Male: Benny Vansteelant 3:40:59
John McGovern(4th M40-44) 4:09:37

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

Overall Female: Christine Dunnery 1:09:06
Kathryn Loyer (1st F35-39) 1:17:16
Sandy Mancuso-Lopez(2nd F45-49) 1:22:09
Star Walters (3rd F50-54) 1:25:44
Dorothy Hamburg(3rd F40-44) 1:26:12
Jan Pollo 1:28:36
Ro Hunt 1:30:29
Mindy Enochs 1:35:32

Overall Male: Matthew Thibodeau 1:01:25
Mark Wilson (1st M35-39) 1:04:44
Bob Gramling (1st M45-49) 1:10:31
Gary Walters 1:15:26
Mike Kristofik 1:17:29
Andrew Colyer 1:25:46
Rich Schatteles 1:30:50
Tom Gill 1:31:47
Ross Enochs 1:34:39
Steve Fischer 1:44:58

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

Overall Female: Donna Kay-Ness 1:13:56

Overall Male: Dean Phillips 1:08:53
John Jasinski 1:25:16

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

www.swimpower.com

Overall Female: Magdalena Stovickova 1:58:52

Overall Male: Jean-Paul Gowdy 1:51:48
Greg Sautner (2nd Overall) 1:51:52
Terry Kerrigan (3rd Overall) 1:52:12

Keuka Lake Triathlon-(Keuka College) Penn Yan, NY (6/12/05) S 1.5k, B 40k, R 10k (Special National Championship Qualifier) www.keukalaketri.com

Overall Female: Amity Hall 2:29:57

Overall Male: Ben Delia 2:12:42
Mike Vance 2:35:55

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

Overall Female: Natascha Badmann 4:21:00
Barbara Sessa (2nd F40-44) 5:13:21
*Mary DeNitto (1st F55-59) 5:34:12

*Qualified for Ironman Triathlon World Championship in Kona, HI (4th Time!)

Overall Male: Luke Bell 3:53:53
Charles Pegg 4:47:02
Mark DeLuccia 4:57:15
Rob Zittle 5:02:49
Bob Bomba 6:35:37

19th Annual NY Tri Series #1-Harriman State Park (6/12/05) S ½ mi., B 16 mi., R 3 mi.

www.nytc.org

Overall Female: Claudia Kretschman 1:23:05
Jeanne Roth 1:50:41

Overall Male: Jesse Kropelnicki 1:13:41

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

2005 USA Triathlon National Championship-Mason, OH (6/12/05) R 10k, B 40k, R 5k www.usatriathlon.org

Overall Female: Talis Apud-Martinez 2:05:01

Overall Male: Timothy Menoher 1:51:30
John McGovern (2nd M40-44) 1:59:49

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

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

Overall Female: Jeanette Shelow-MacDougal 1:09:26
Sandy Mancuso-Lopez (1st F45-49) 1:18:23
Pam Neimeth (2nd F45-49) 1:20:09
Melinda Hitchcock (1st Athena) 1:24:57

Overall Male: Alister Ratcliff 1:01:23
Mark Wilson (2nd Overall) 1:01:34
Andrew Colyer 1:22:00
Tom Gill (3rd M50-54) 1:28:20

Pat Griskus Triathlon (Olympic)-Middlebury, CT (6/18/05) S 1.5k, B 40k, R 10k www.patgriskustri.com

Overall Female: Donna Kay-Ness 2:19:18

Overall Male: Alex Sherwood 2:06:18

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

Overall Female: Isabelle Gagnon 5:01:59
Mari Flores 5:42:50
Jean Norton 5:52:07
Dorothy Hamburg 6:42:33
Michele Yasson 7:00:41
Jan Pollo 7:17:40
Jeanne Roth 7:30:47

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

<u>Overall Male:</u>	Travis Kuhl	4:13:54
	Terry Kerrigan (3 rd M35-39)	4:36:44
	Bill Pape (4 th M55-59)	5:21:30
	Tom deHaan	5:29:54
	Henry Collins	5:44:30
	Gary Walters	5:55:05
	Bill Norton	5:58:05
	Michael Hargrove	6:20:05
	Patrick Murphy	6:25:43
	John Wheeler	7:17:40
	Larry Phillips	DNF
	Donald Roth	DNF

Tupper Lake "Sprint" Triathlon-Tupper Lake, NY (6/25/05) S 1/2 mi., B 20 mi., R 10k www.tupperlakeinfo.com

<u>Overall Female:</u>	Amy Farrell	2:04:25
	Pam Neimeth (4 th F40-59)	2:29:27
	Ro Hunt	2:41:36

<u>Overall Male:</u>	William Drexler	1:53:10
	Mike Vance (4 th M20-39)	1:59:31
	Mark Wilson (5 th M20-39)	2:04:45
	Greg Bayer (4 th M40-59)	2:18:47

Philadelphia Triathlon-Philadelphia, PA (6/26/05) S 1.5k, B 40k, R 10k www.phillytri.com

<u>Overall Female:</u>	Margaret Shapiro	2:10:34
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<u>Overall Male:</u>	Christopher Martin	1:58:50
	Mark DeLuccia	2:16:51
	Rob Zittle	2:26:07

Westchester Medical Center Biathlon-Westchester, NY (6/26/05) R 2 mi., B 16 mi., R 2 mi. www.nytc.org

<u>Overall Female:</u>	Barbara Sessa	1:08:11
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<u>Overall Male:</u>	John McGovern	0:59:22
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Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Nissan Xterra Triathlon (Northeast Championship)-Richmond, VA (7/3/05) S .5 mi., Mtn. B 18 mi., R 6 mi. www.xterraplanet.com

Overall Female: Melanie McQuaid 2:19:48

Overall Male: Conrad Stolz 1:59:42
Mike Halstead 2:48:52
Jimmy Buff 3:02:28

Pat Griskus Triathlon (Sprint)-Middlebury, CT (7/6/05) S .5 mi., B 10.5 mi., R 5k www.patgriskustri.com

Overall Female: Donna Kay-Ness 1:02:34
Kathryn Loyer (2nd F35-39) 1:13:05

Overall Male: Paul Fritzsche 0:56:03
Mark Wilson 1:03:38
Michael Russo 1:14:10
Steve Axelson (3rd M55-59) 1:14:19
Greg Bayer 1:15:23
Tom Gill 1:30:13

Powerman Levis-Levis, Quebec (7/8-9/05) R 10k, B 156.2k, R 30k www.triathlon-levis.com

Overall Female: Chercuitte Louise 10:20:55

Overall Male: John McGovern 06:58:20

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

Overall Female: Julie Swail 1:58:52
Mary DeNitto (1st F55-59) 2:39:00

Overall Male: Jared Shoemaker 1:49:46
Charles Pegg (3rd M35-39) 2:04:35
Don Davis (1st M60-64) 2:31:47

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Triangle Triathlon-Morrisville, NC (7/10/05) S 750 meters, B 15, R 5k www.set-upinc.com

Overall Female: Alicia Parr 1:10:14
Linda Rosenthal (3rd F55-59) 2:02:27

Overall Male: Daniel Williams 1:00:29

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

Overall Female: Maria Cimonetti 2:28:58

Overall Male: Zachary Soucy 2:15:44
Tom deHaan (2nd M40-44) 2:29:07

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

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

Overall Female: Jeanette Shelow-MacDougall 1:08:40
Kathryn Loyer (2nd Overall) 1:12:59
Mari Flores (1st F30-34) 1:15:53
Pam Neimeth (1st F45-49) 1:18:02
Melinda Hitchcock ?
Linda Rosenthal (3rd F55-59) 1:50:06

Overall Male: Sproule Love 1:00:27
Mark Wilson (1st M35-39) 1:02:57
Tom Gill (3rd M55-59) 1:33:54

Musselman Triathlon (Half-IM)-Geneva, NY (7/17/05) S 1.2 mi., B 56 mi., R 13.1 mi. www.musselmantri.com

Overall Female: Donna McMahon 4:53:06

Overall Male: Ryan Jones 4:23:02
Terry Kerrigan (2nd Overall) 4:28:18
Greg Sautner (5th Overall) 4:33:26
Alex Sherwood (1st M30-34) 4:37:12
Steve Axelson (3rd M55-59) 5:38:59

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Musselman Triathlon (Sprint)-Geneva, NY (7/17/05) S 500 yd., B 15 mi., R 3 mi.

www.musselmantri.com

Overall Female: Kim Comeau 1:12:47

Overall Male: PJ Deschenes 1:03:30
Willie Miller (3rd M40-44) 1:16:24
Mike Vance 1:16:34

Mossman Triathlon-Norwalk, CT (7/17/05) S .5 mi., B 12.5 mi., R 5k

www.trifitness.net

Overall Female: Patsy Thomas 1:05:58

Overall Male: Brent Perdrizet 0:58:58
Andrew Colyer 1:18:52

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

Overall Female: Jean Norton 2:27:54
Barbara Sessa (2nd Overall) 2:29:56
Mary DeNitto (1st F55-59) 2:45:38
Michele Yasson (1st F45-49) 3:00:14

Overall Male: Mike Halstead 2:08:42
Ronnie Severino (2nd Overall) 2:10:56
Mark DeLuccia (3rd Overall) 2:18:12
Michael Russo (1st M35-39) 2:36:45
Jim Wendel 3:04:54

Hudson Valley Biathlon-Kingston, NY(7/17/05) R 2 mi., B 26 mi., R 10k www.nytc.org

Overall Female: Maggie Freeman 2:21:32

Overall Male: Josh Beck 1:55:17
John McGovern (3rd Overall) 2:02:21
Bob Gramling (1st M45-49) 2:16:01

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Ironman USA Lake Placid Ironman USA-Lake Placid, NY (7/24/05) S 2.4 mi.,
B 112 mi., R 26.2 mi. www.ironmanusa.com

Overall Female: Heather Fuhr 09:45:06
Jeanne Roth 15:18:38

Overall Male: Tony DeLogne 08:56:11
Charles Pegg 11:06:45
Mark Wilson 11:35:17
Tom deHaan 11:54:19
Henry Collins 12:17:39
Bill Shashaty 12:49:12
Greg Bayer 13:48:04
Donald Roth 14:53:21

BMW Greenwich Cup Triathlon-Greenwich, CT (7/31/05) S .5 mi., B 15 mi., R 3 mi.
www.threadsandtreads.com

Overall Female: Donna Kay-Ness 1:11:35
Mari Flores 1:28:02

Overall Male: Paul Fritzche 1:03:42

Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

Overall Female: Katie Ross 1:23:35

Overall Male: Brian Olmstead 1:11:50
Mark Wilson (2nd M35-39) 1:13:56
Mike Vance (2nd M20-24) 1:16:24

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

Overall Female: Yvette DeBoer 2:30:12

Overall Male: Jack MaCafee 2:09:35
Bob Gramling (2nd M45-49) 2:26:58
Willie Miller (2nd M40-44) 2:28:41

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

Overall Female: Andrea Sauer 2:06:56

Overall Male: Eric Bowker 1:42:25
Bill Shashaty (3rd M35-39) 1:57:31

Wilkes-Barre Triathlon-Wilkes Barre, PA (8/7/05) S 1.5k, B 40k, R 10k www.wilkesbarretriathlon.com

Overall Female: Karen Smyers 2:16:20
Jean Norton (2nd F40-44) 2:33:51

Overall Male: Greg Remaly 1:58:24

Northern Columbia Triathlon-Canaan, NY (8/7/05) S ¼ mi., 18 mi., 4.5 mi. www.northerncolumbiatriathlon.com

Overall Female: Toni Weeks 1:38:51
Mari Flores (3rd Overall) 1:40:30
Julie Geisler 2:04:10

Overall Male: John Noonan 1:25:15
Philip Milio 2:11:26

Niantic Bay Triathlon-Niantic, CT (8/7/05) S ½ mi., B 12 mi., R 3.5 mi. www.hartfordmarathon.com

Overall Female: Pascale Butcher 1:11:52
Kathryn Loyer (1st F35-39) 1:15:46

Overall Male: Jordan Rapp 1:01:40

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

West Point Triathlon-West Point, NY (8/14/05) S 800 m, B 25k, R 5k

www.usma.edu/USCC/DCA/Clubs/trit/

<u>Overall Female:</u>	Barbara Sessa	1:17:48
	Jean Norton (1 st F40-44)	1:20:26
	Mary DeNitto (1 st F55-59)	1:26:30
	Sandy Mancuso-Lopez (3 rd F45-49)	1:29:34
	Star Walters (3 rd F50-54)	1:32:32
	Dorothy Hamburg	1:33:10
	Ro Hunt	1:42:44

<u>Overall Male:</u>	Kevin Cunningham	1:08:39
	Mark DeLuccia (1 st M25-29)	1:16:08
	Bill Norton (1 st M50-54)	1:19:12
	Gary Walters	1:23:45
	Don Davis (1 st M60-64)	1:24:24
	Mike Kristofik	1:26:06
	Harry Hansen	1:38:16

Park City Mossman Triathlon-Seaside Park Bridgeport, CT (8/14/05) S 1.5k, B 40k, R 10k www.trifitness.net

<u>Overall Female:</u>	Marissa Ryan	2:28:22
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<u>Overall Male:</u>	Brent Perdrizet	1:59:35
	Terry Kerrigan (2 nd Overall)	2:03:52

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

<u>Overall Female:</u>	Claudia Kretschman	1:27:02
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<u>Overall Male:</u>	Arland Macasieb	1:18:04
	Jim Demis	1:34:30

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

www.vermontsun.com

<u>Overall Female:</u>	Kiersa Johnson-Chapp	2:10:56
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<u>Overall Male:</u>	Nick Richardson	1:55:09
	Steve Axelson (1 st M55-59)	2:13:40

HVTC Summer Tri-Series #3-Rosendale, NY (8/17/05) S 700 yds, B 12 mi, R 2 mi.

www.hvtc.net. (Please see HVTC website. Thanks!)

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Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Try the Tri-Danbury, CT (8/20/05) S 500 yds., B 12 mi., R 5k

www.americansportevents.com

Overall Female: Christine Dunnery 1:06:31
Linda Rosenthal (1st F55-59) 1:43:35

Overall Male: Mark Foster 1:00:28
Mark Wilson (2nd Overall) 1:01:11
Tom Gill 1:29:00

Timberman Sprint Triathlon-Gilford, NH (8/20/05) S 1/3 mi., B 15 mi., R 3 mi.

www.timbermantri.com

Overall Female: Caitlin Shea-Kenney 1:12:19

Overall Male: Bill Reeves 1:03:59
Michael Vance 1:13:57

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/05) S 1.2 mi., B 56 mi., R 13.1 mi. (USAT New England Regional Championship) www.timbermantri.com

Overall Female: Susan Williams 4:24:13
Jeanne Roth 6:34:02

Overall Male: Chris Legh 3:58:02
Greg Sautner 4:33:05
Donald Roth 6:50:27

Ironman Canada-Penticton, BC (8/28/05) S 2.4 mi., B 112 mi., R 26.2 mi.

www.ironman.ca

Overall Female: Karen Holloway 09:51:31

Overall Male: Chris Lieto 08:33:32
Terry Kerrigan 09:45:33
Henry Collins 12:24:28

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

Overall Female: Dierdre Douglas 4:53:09
Jean Norton (3rd FOverall) 5:00:24
Barbara Sessa (4th FOverall) 5:01:49
Amy Newkirk (3rd F25-29) 6:01:56
Pam Neimeth 6:16:36

Overall Male: Christopher Ramsey 4:10:34

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Mark Wilson (3 rd M35-39)	4:49:45
Michael Russo	5:29:45
Rich Schatteles	6:35:51

Half Vermont Journey Triathlon (Aqua Bike)-Branbury State Park-Salisbury, VT (8/28/05) S 1.2 mi., B 56 mi. www.vermontsun.com

Overall Female: Mari Flores 3:44:39

Overall Male: Thomas Ball 2:24:07

S.O.S.-New Paltz, NY(9/11/05) B 30mi., R 19mi., S .5mi.,R.7mi.

www.ulster.net/~sosnyta/

Overall Female:

Christine Dunnery	5:01:30
Barbara Sessa (2nd FOverall)	5:12:52
Jean Norton (3rd FOverall)	5:17:33
Mary DeNitto (1st F55-59)	5:47:39
Mari Flores (3rd F30-34)	5:52:39
SandyMancuso-Lopez(1stF45-49)	6:29:28
Jan Pollo (2nd F40-44)	6:33:58
DorothyHamburg(3rdF40-44)	6:58:09
Jeanne Roth	7:27:48

Overall Male:

Chris Gephardt	4:17:06
Alex Sherwood (2nd Overall)	4:19:06
Mike Halstead (1st M35-39)	4:47:02
Mark Wilson (2nd M35-39)	4:50:38
Charles Pegg (3rd M35-39)	4:53:44
Myron Baker Sr.(1st M55-59)	5:10:16
Jason O'Neill (1st COP)	5:35:03
Jim Demis	5:36:04
Mark DeLuccia(2nd M25-29)	5:36:27
Bill Shashaty	5:47:36
Jimmy Buff	6:00:51
Don Davis (1st M60-64)	6:06:53
Bill Norton (2nd M50-54)	6:13:22
David Beaudry (2nd M55-59)	6:13:29
Patrick Murphy	6:25:52
Mike Kristofik	6:26:04
Donald Roth	6:27:26
Michael Hargrove	6:33:08
Bob Bomba	6:42:16
John Wheeler	7:35:35

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

Saratoga Lake Triathlon-Saratoga, NY (9/11/05) S 1.5k, B 40k, R 10k

www.cdtriclub.org/saratoga_triathlon.htm

Overall Female: Karen Mackin 2:20:56

Overall Male: Trevor Jones 2:08:49

Mark Wilson (2nd M35-39) 2:14:11

Greg Bayer 2:42:56

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

www.hvtc.net. (Please see HVTC website. Thanks!)

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

Overall Female: Kathryn Bertine 1:00:37

Jeanne Roth 1:19:13

Michele Yasson 1:25:04

Mighty Hamptons Triathlon-Sag Harbor, NY (9/18/05) S 1.5k, B 38k, R 10k

www.swimpower.com

Overall Female: Jenny Fletcher 2:14:45

Overall Male: Will Iaia 2:01:04

Andrew Schupak 2:18:05

Westchester Triathlon-Rye, NY (9/25/05) S 1.5k, B 40k, R 10k

www.westchestertriathlon.com

Overall Female: Susan Williams 1:55:20

Overall Male: Bjorn Andersson 1:46:31

*Mark Wilson (1st M35-39) 2:03:06

Andrew Schupak 2:08:29

(*Qualified for Escape From Alcatraz 2006!)

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

www.americansportsevents.com

Overall Female: Amy Zindell 2:10:49

Ro Hunt (1st 50-54) 2:46:59

Overall Male: Mark Wilson 2:04:04

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Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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

Overall Female: Christine Dunnery 4:53:14

Overall Male: Dave Thomas 4:09:26
Terry Kerrigan (3rd Overall) 4:24:39
Mike Halstead (1st M35-39) 4:24:46
Andrew Schupak 5:01:36

Ironman Triathlon World Championship (10/15/05) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com

Overall Female: Natascha Badmann 09:09:30
Mary DeNitto (12th F55-59) 13:41:47

Overall Male: Faris Al-Sultan 08:14:17
Alex Sherwood 10:18:38
Myron Baker Sr. DNF

American Zofingen (Short)-New Paltz, NY (10/23/05) R 5.15 mi., B 29 mi., R 5.15 www.americanzofingen.com

Overall Female: Michele Yasson 4:47:05

Overall Male: Ben Showman 2:47:51
Bob Gramling (2nd M45-49) 3:13:21
Bill Shashaty (1st M35-39) 3:33:05
Don Davis (1st M60-64) 3:53:40
Dave Beaudry (2nd M55-59) 4:08:59
Tom Gill (1st M50-54) 5:20:45

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

2004 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least three USA Triathlon Sanctioned races that year; i.e. Mossman Triathlon, Cranberry Country Triathlon and Timberman Half Ironman.)

Name (Honors)	Age Group	Nat'l A.G. Plc.	Nat'l Ranking
John McGovern AA	M40-44	1	97.5498 (Duathlon)
Greg Sautner AA	M25-29	8	94.0000
Alex Sherwood HM	M25-29	66	89.0267
Mike Halstead HM	M35-39	265	84.6424
Mark Wilson	M35-39	280	84.4242
Henry Collins	M35-39	311	84.0694
Steve Schindler	M45-49	176	81.8996
Myron Baker Sr. AAM	55-59	26	81.2402
Bill Pape AA	M55-59	28	81.0008
Kathryn Loyer HM	F35-39	112	77.9227
Bill Shashaty	M35-39	1563	71.6261
Donald Roth	M35-39	2374	63.6986
Jeanne Roth	F30-34	968	59.7063

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

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

2004 HUDSON VALLEY TRIATHLON CLUB AWARD RECIPIENTS

2004 HVTC Volunteer of the Year Award: **Ray Grehl**

2004 HVTC Most Improved Award: **Mary Lockett**

2004 HVTC Rookie of the Year Award: **Jeanne Roth**

2004 HVTC Honorable Mention Award: **Mary DeNitto**

2004 HVTC Honorable Mention Award: **Sandy Mancuso-Lopez**

2004 HVTC Honorable Mention Award: **Myron Baker Sr.**

2004 HVTC Honorable Mention Award: **John McGovern**

2004 HVTC Female Triathlete of the Year Award: **Lauren Warren**

2004 HVTC Male Triathlete of the Year Award: **Greg Sautner**

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

The Outdoor Life Network (OLN) To Feature Ironman Qualifying Events

Those who were unable to experience this year's Ironman Triathlon events firsthand will get their chance to watch the sportsmanship and raw emotion of Ironman as the Outdoor

Life Network (OLN) will air seven of the 2005 Ironman qualifying events this Fall.

Extending last year's agreement for another three years, OLN will air an Ironman event each Sunday at 3:00 p.m. EST, during the months of October, September and December.

Viewers will get a glimpse into both domestic and international races, with the unique opportunity to see a range of Ironman venues. Additionally, each telecast will re-air the following week, and exact times may be found in local listings.

- Ford Ironman Florida Triathlon Sunday, December 18

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ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 1st, 2006; Closing Day-Friday October 27th, 2006; Williams Lake Resort-Rosendale, NY; "More open water swims equals better race preparation!"
- **2006 HVTC Registration & Packet Pick Up-5:30 pm-Wednesday April 26th** Williams Lake Resort!
- **Mark Wilson's Triathlon Training Camps**-January 23-28, 2006 National Training Center (Clermont, FL) & August 21-26, 2006 PICO Sports Center (Killington, VT).
- **2006 HVTC Summer Tri-Series.** Points will be awarded accordingly; Female/Male 1st-20, 2nd-19, 3rd-18, 4th-17, 5th-16, 6th-15, 7th-14, 8th-13, 9th-12, 10th-11, 11th-10, 12th-9, 13th-8, 14th-7, 15th-6, 16th-5, 17th-4, 18th-3, 19th-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 80 (20/race for 1st in all 4) and the least 1 (participated in one race for 20th place or lower).
- **Important message from USAT...**To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **2006 HVTC \$200.00 membership** is valid from January 1st-December 31st.

Hudson Valley Triathlon Club

Volume V, Issue No. 54 November 2005

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