

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. 53

October 2005

IN A FEW WORDS

Dear HVTC,

Is it getting chilly out or is it my imagination?! Regardless, it's perfect weather for some long rides and runs. Especially if you're preparing for the newest great race in the area; American Zofingen! Yep, our very own John McGovern has put together another event to add to the Hudson Valley's reputation as a hotbed for classic/grueling races; gotta love it! And in case you haven't heard, there's a shorter version for those who just want a glimpse of the course. Go to www.americanzofingen.com for all of the details. 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!

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(Photo: Jennifer May www.jennifermay.com)

Featured Athlete: Jim Demis

By Mark H. Wilson

What is it that makes triathlon so great? Is it a tough sport? Is it due to the creative genius, or boredom, to mesh three existing sports? Or is it because it's an outlet for those who didn't quite make the cut in mainstream sports in their youth and now have an opportunity to score big-time? Jim Demis, our Featured Athlete of the Month has done just that! He was never quite the athlete his brother was as a youngster, but now has made an incredible run for top athlete in the family since his sibling has become a "professional spectator." Let's just say Jim's a late bloomer and blossoming very fast! So what got him started? Let's find out.

Jim was born on September 10, 1964 in Honolulu, Hawai'i. (Hey, doesn't that make him an automatic entry into the Ironman Triathlon World Championship? Gotta look into that.) He attended Glen Oak High School in North Canton, Ohio. Jim played soccer and states he wasn't any good at it but since he was a good runner they kept him around. Consequently, he's been running regularly since his college days at the University of Cincinnati where he majored in Finance, Real Estate and French. He even studied abroad for a semester at the Sorbonne in Paris. (C'est magnifique!)

Jim currently resides in Gardiner with his wife Maria and their 2 year old son Alexander. He is a Regional Sales Manager for an electric cable company and sells

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electrical/fiber optic cables to large construction projects like electric generating plants and rail transit lines. Between driving stints from electrical plant to electrical plant Jim enjoys carb-loading with Fritos and ice cream; then going rock climbing and hiking. (Sshh! We won't tell anyone, Jim!) BTW, Jim's rock climbing buddies can't fathom a sport that requires more devotion than climbing. (If they only knew.)

Jim's first tri-experience was in June 2002 at the Harriman Tri-Series. That day he rode his mountain bike because it was all he had at the time. Halfway through the bike leg he noticed his handlebars were coming loose. (They didn't mention this in the manual!?) Fortunately, he finished the race safely with one hand on the neck, holding the bars in place, and the other hand on the brake. He now understands what they mean by "equipment check."

Jim began coming to the New Paltz to rock climb in 1994. One Sunday in 2001 he was climbing and noticed runners going by Undercliff Road. He made some inquiries and found out that this was a Triathlon called the S.O.S. When he learned the details of the race it struck him as "totally awesome." He had been trail running in the "Gunks" spending much of his time on his favorite trail Millbrook Ridge. He knew he had good endurance and had trained very hard for three big mountaineering trips to the Teton Mountains and Mt. Rainier in June 1998-99 and 2000. While preparing for these trips Jim discovered a motivation for his daily training that he'd never experienced before. In 2001 there wasn't anything motivating him to train, and then out of the blue he decided he had to do a triathlon. He recalls it was mid-winter 2002 when he registered for three triathlons and began training immediately.

"I love all three sports by themselves!" says Jim. "Putting them together is the ultimate." Jim feels great doing tri's. "I love to go out and try and beat my previous best time. It's my reward for all those long miles no one ever sees you put in." And he's always telling other's about the sport, too. He believes that if someone is committed to it, they can do anything. As mentioned above, his younger brother was always the better athlete, but now Jim's leading the way for him and his wife; in fact, they're signed-up for their first triathlon in November. (Hopefully, it's not IM Florida!!!)

Jim has completed the Harriman Sprint Tri, Hudson Valley Triathlon, Greenwood Lake Triathlon and that little race called the S.O.S. two times. He's very proud of reducing his Survival of the Shawangunks time by 49 minutes this year; as he should be! "I even surprised myself!" Despite his marked gains, his goals are modest; he'd like to complete a half-ironman and maybe the NYC Marathon in 2006. "I find myself daydreaming a lot. I love my job and I love to work, but some days I daydream about what it would be like just to wake up every day and train." Keep dreaming and you may find yourself out-kicking that younger brother of yours in Hawai'i. Mahalo, Jim!

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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

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

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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

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

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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.nycetri.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

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

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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

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

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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

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.westchestertiathlon.com

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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 1/2 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

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?!?!?**

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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

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

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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

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(1stM55-59)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(1stF40-44)1:24:27.8
Ro Hunt (1st F5054) 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(2ndM35-39)1:06:10.9
Charles Pegg (3rd M35-39) 1:06:59.0

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Tom deHaan (2 nd M40-44)	1:07:57.0
Mike Vance (2 nd M18-24)	1:07:59.5
Bob Gramling (2 nd M45-49)	1:09:21.1
Bill Pape (1 st M55-59)	1:10:53.0
Bill Shashaty	1:11:53.4
Bill Norton (2 nd M 50-54)	1:11:58.7
Jason O'Neill (3 rd M25-29)	1:12:23.2
Carlos Perez	1:21:09.8
Harry Hansen	1:30:08.9
Brian Lavender	1:37:20.3

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

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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!)

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

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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

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 Bompa 6:35:37

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

www.nytc.org

<u>Overall Female:</u>	Claudia Kretschman	1:23:05
	Jeanne Roth	1:50:41
<u>Overall Male:</u>	Jesse Kropelnicki	1:13:41

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

<u>Overall Female:</u>	Talis Apud-Martinez	2:05:01
<u>Overall Male:</u>	Timothy Menoher	1:51:30
	John McGovern (2 nd 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

<u>Overall Female:</u>	Jeanette Shelow-MacDougal	1:09:26
	Sandy Mancuso-Lopez (1 st F45-49)	1:18:23
	Pam Neimeth (2 nd F45-49)	1:20:09
	Melinda Hitchcock (1 st Athena)	1:24:57
<u>Overall Male:</u>	Alister Ratcliff	1:01:23
	Mark Wilson (2 nd Overall)	1:01:34
	Andrew Colyer	1:22:00
	Tom Gill (3 rd M50-54)	1:28:20

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

<u>Overall Female:</u>	Donna Kay-Ness	2:19:18
<u>Overall Male:</u>	Alex Sherwood	2:06:18

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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

<u>Overall Female:</u>	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

<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

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

Overall Female: Barbara Sessa 1:08:11

Overall Male: John McGovern 0:59:22

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

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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

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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

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

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<u>Overall Male:</u>	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

<u>Overall Female:</u>	Donna Kay-Ness	1:11:35
	Mari Flores	1:28:02

<u>Overall Male:</u>	Paul Fritzche	1:03:42
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Cayuga Lake Triathlon (Sprint)-Ithaca, NY (8/7/05) S-1/2 mi., B-14.2 mi., R-5k
www.ithacatriathlonclub.org

<u>Overall Female:</u>	Katie Ross	1:23:35
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<u>Overall Male:</u>	Brian Olmstead	1:11:50
	Mark Wilson (2 nd M35-39)	1:13:56
	Mike Vance (2 nd 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

<u>Overall Female:</u>	Yvette DeBoer	2:30:12
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<u>Overall Male:</u>	Jack MaCafee	2:09:35
	Bob Gramling (2 nd M45-49)	2:26:58
	Willie Miller (2 ^{bd} M40-44)	2:28:41

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

<u>Overall Female:</u>	Andrea Sauer	2:06:56
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<u>Overall Male:</u>	Eric Bowker	1:42:25
	Bill Shashaty (3 rd M35-39)	1:57:31

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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

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

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

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

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

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

Overall Female: Marissa Ryan 2:28:22

Overall Male: Brent Perdrizet 1:59:35
Terry Kerrigan (2nd 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

Overall Female: Claudia Kretschman 1:27:02

Overall Male: 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

Overall Female: Kiersa Johnson-Chapp 2:10:56

Overall Male: Nick Richardson 1:55:09
Steve Axelson (1st 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!)

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

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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

Overall Male: Chris Legh 3:58:02
Greg Sautner 4:33:05

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
Mark Wilson (3rd 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

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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
Sandy Mancuso-Lopez(1st F45-49)	6:29:28
Jan Pollo (2nd F40-44)	6:33:58
Dorothy Hamburg(3rd F40-44)	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

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
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Overall Male:

Trevor Jones	2:08:49
Mark Wilson (2nd M35-39)	2:14:11
Greg Bayer	2:42:56

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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
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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
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Overall Male:	Bjorn Andersson	1:46:31
	Mark Wilson (1 st M35-39)	2:03:06
	Andrew Schupak	2:08:29

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

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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**

(Awards are distributed based on race results printed in this newsletter!)

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 Arizona Triathlon Sunday, October 9
- Ford Ironman USA Coeur d'Alene Triathlon Sunday, October 16
- Ford Ironman USA Lake Placid Triathlon Sunday, October 23
- Ford Ironman Wisconsin Triathlon Sunday, October 30
- Ford Ironman Florida Triathlon Sunday, December 18

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ANNOUNCEMENTS

- **EXTENDED HVTC SWIM SEASON: MAY-OCTOBER!** Opening Day-Monday May 2nd, 2005; Closing Day-Monday October 31st, 2005; Williams Lake Resort-Rosendale, NY; “More open water swims equals better race preparation!”
- **2005 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 USA...** 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.

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