

Hudson Valley Triathlon Club

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

Volume III, Issue No. 9

September 2003

IN A FEW WORDS

Dear Triathletes,

What a season it's been! A very wet spring, suddenly summer and fall is chilling us quickly. But none of it is enough to keep us from doing what we've grown to love; Swim, Bike & Run! See ya out there.

Sincerely,

Mark Wilson
President, HVTC
Director-Total Immersion Triathlon Camps
USA Triathlon Certified Coach
Pose Tech Certified Coach

HUDSON VALLEY TRIATHLON CLUB



FEATURED ATHLETE: Doug Thompson

[This was Doug's exact response to the Featured Athlete questions that were sent to him. So, it just seemed right to leave it as it was.]

Athlete? It's been a long time since I've been called an athlete, so here's the story of Doug.

I was born and raised on Long Island by two great parents. My dad opened his first restaurant when I was born in 1966. He was also a skydiver and an avid runner. Since time with dad was limited, I would work at the restaurant during the weeknights to see him, or join him on runs around our local park when possible. I remember at an early age enjoying distance running.

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

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My athletic career was short. In grammar school, I played 4 years of football with the East Rockaway Raiders. There were only 13 of us on the team so everyone played. I had a blast in four years with lots of mud and dirt, three broken fingers and two MVP's. I also played baseball and bowled on the weekends.

After grammar school, I was fortunate enough to be accepted to Chaminade High School in Mineola (all boys, suit and tie, great education, priests, nuns, the whole nine yards). I had a great three years in high school football. In spring, I ran track but preferred running for fun.

My senior year of high school, my 'athletic' days were over. Divorce, a job, a girlfriend, drums, Van Halen and Ozzy encompassed my life, not to mention that at 150 pounds, I was getting run over in football. So off to SUNY New Paltz I went to be closer to my dad who taught at the Culinary.

I attended SUNY for three years and played lacrosse. After my father's unfortunate passing, I left school and joined a punk rock band called Murphy's Law. I recorded some records and toured the states and Europe a couple of times with the Beastie Boys, the Ramones, Red Hot Chili Peppers and the Mighty Mighty Bosstones. It was a great time in my life. When I was off the road, I worked at the Main Street Bistro in New Paltz. Years later, after I realized that the music business was not good for my well-being, I purchased the Bistro from Steve Axelson. That was 1993. During that time, I got married to my wife, Teresa, and I now have two children, Nicholas and Lauren. I also purchased the Bistro Mountain Store in Gardiner from Louie Benson two years ago.

So where does the triathlon story fit in? Well, for the past 20 years I would train sporadically for the local 5K's or 10K's, then tail off every summer. Sure, I would still ride my mountain bike, read the runner magazines for inspiration and snowboard in the winter, but as I got older, I felt I was getting deeper into the business rut. I realized that running my businesses became more important than my physical health. But as of last November, this realization would come to an end.

At the Bistro, someone mentioned the HVTC to me and how much they had enjoyed triathlons. I was curious so I checked out the website and figured I'd send in the dues and give it a shot in the spring. When spring arrived I was excited to participate in the first lake swim. How embarrassed was I when I did not have a wet suit! (I would have swum anyway, but after Mark's chat with me, I decided against it). The short run after that swim was motivational. I was running with other runners who were stronger and faster than me and spoke passionately about their sport. I then decided this is what I wanted to do.

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So off I went and bought a wetsuit and picked out a bike. My first sprint tri in June was my first triathlon ever. I was pretty nervous, but realized it was a feeling I have not felt since a high school football kick off. So off I went. I swam way too fast and was basically hyperventilating during the transition. My ride (on my mountain bike) felt as if I were carrying a ton of bricks. I thank Bill for the polite conversation as well as directions. I was relieved to get off the bike and take off running. Finally, I was happy just to be finished.

The triathlon bug had officially hit me, but alas the summer Bistro crunch was coming to haunt me once again. I was determined still to train hard, but over training and the Bistros took a toll on me physically and mentally. I was lucky to be going on vacation the week I decided to take a break from everything.

During that time, I read books and realized that I was on the right path but I needed a lot fine tuning, a better diet, more hours of sleep and more quality training, not quantity. When I returned from vacation, I started my own seven-week plan from the Gale Bernhard book of endurance training. I feel great!

My one goal this year is to finish the Danbury Triathlon, an Olympic distance race, in a decent time. After that, I am going to train (and snowboard) in the winter and gear up for the 2004 season. I have always wanted to compete in the S.O.S, so that's my 2004 goal. Then next year, maybe a half ironman and in years, maybe an Ironman. Believe me, I'm not in any rush!

So in closing, to answer some of Mark's other questions: my wife thinks I'm always nuts, so the triathlon training has only put me in a higher degree of nuttiness with her and my friends; my favorite food is Count Chocula with chocolate soy milk: Crazy triathlon story? Those dogs on the back roads of the last sprint triathlon scared the hell out of me! How do I feel when I do triathlon? Peaceful, relaxed and glad that there are no phones by the lake.

Thanks to all club members and Mark for your words of wisdom, inspiration and patience with the new guy. [Thanks, Doug!]

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FALL WORKOUT SCHEDULE

- Monday...Swim-Kingston Masters Swimming; Kingston High School 6-7 a.m.**
Tuesday...Swim-New Paltz Masters Swimming; SUNY New Paltz 5:45-7 p.m.
Wednesday...Swim-Kingston Masters Swimming; Kingston High School 6-7 a.m.
Thursday...Swim-New Paltz Masters Swimming; SUNY New Paltz 5:45-7 p.m.
Thursday...Bike/Run-Woodstock Fleet Bank 6:00 p.m.
Thursday...Bike/Run-Dietz Stadium 6:00 p.m.
Friday...Swim-Kingston Masters Swimming; Kingston High School 6-7 a.m.
Friday...Swim-New Paltz Masters Swimming; SUNY New Paltz 4:45-6 p.m.

2003 RACE SCHEDULE

October

- **American Sports Events-Danbury, CT (10/4/03) S 1.5K, B 40K, R 10K**
www.americansportsevents.com
- **Ironman Triathlon World Championship (10/18/03) S 1.2 mi., B 112 mi., R 26.2 mi. www.ironinfo@ironmanlive.com**

Bold = USA Triathlon Sanctioned

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

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information requested. 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

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

www.stcroixtriathlon.com

Overall Female: Sue Bartholomew William 4:37:31

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

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

Overall Female: Marjan Huizing 1:47:33

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

BlackwaterEaglemanTriathlon-Cambridge,Maryland(6/8/03)S1.2miB56miR13.1mi

www.tricolumbia.org

Overall Female: Lori Bowden 4:21:53

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

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

Overall Female: Claudia Kretschman 1:20:18

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

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

Overall Female: Giovanna White 1:14:06

Overall Male: Dave Kane 1:08:11

John Jasinski 1st M50-54 1:26:09

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

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

Overall Female: Mary DeNitto 1:09:52

Mary Grehl 1:11:38

Sandy Mancuso-Lopez 1:15:40

Mary Lockett 1:21:50

Julie Pape 1:33:39

Overall Male: Alex Sherwood 53:18

Mike Halstead 54:38

Henry Collins 55:48

Tom deHaan 59:46

Mark Vesery 1:00:22

Bill Pape 1:02:42

Jimmy Buff 1:04:18

John Jasinski 1:04:51

Doug Thompson 1:05:46

Bill Shashaty 1:06:42

Robert Leghorn 1:14:45

Dan Bigelow 1:18:26

Steve Fischer 1:34:04

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

Overall Female: Lauren Warren (6th Overall) 1:30:21

Michele Yasson 2nd F40-44 2:00:18

Overall Male: Bruce Cadenhead 1:23:12

Andrew Schupak 1st M35-39 1:29:19

John Garcia 1:43:51

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

www.tupperlakeinfo.com

Overall Female: Marian Coke 4:44:24
Mary Grehl 5:49:41

Overall Male: Damien Angus 4:06:10
Henry Collins 5:12:07
Dan Bigelow 6:49:11

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

www.nytc.org

Overall Female: Kathryn Bertine 2:31:53
Lauren Warren 2nd F35-39 2:50:05
Mary Grehl 4th F40-44 3:03:06
Dorothy Hamburg 3:26:37
Sandy Mancuso-Lopez 4th F45-49 3:38:52
Michele Yasson 3:54:11
Julie Pape 1st F55-59 4:30:00

Overall Male: Kirill Litovtsenko 2:05:31
Michael Halstead(4thO'all)2ndM35-39 2:17:54
Tom deHaan 1st M40-44 2:36:55
Andrew Schupack 2:45:14
Bill Pape 2nd M55-59 2:49:03
Bill Shashaty 3:09:30
John Wheeler 3:17:48
Omer Alptekin 3:19:36
Alan Shanker 3:28:16
Steve Fischer 3:46:37

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

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

Overall Female: Mary DeNitto 1:08:36
Sandy Mancuso-Lopez 1:11:52

Overall Male: Greg Sautner 51:44
John McGovern 55:24

www.hvtc.net

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Doug Thompson	1:02:34
John Jasinski	1:03:48
Carlos Perez	1:05:23
Bill Shashaty	1:05:41
Dave Beaudry	1:06:44
John Garcia	1:07:43
Rich Barkan	1:09:36
Larry Arvidson	1:09:55
Steve Fischer	1:25:28

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

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

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

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

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

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

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

<u>Overall Female:</u>	Claudia Kretschman	1:24:31
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<u>Overall Male:</u>	Greg Sautner	1:08:14
	Greg Bayer	1:38:51

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

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

Photos: Jen May and Jasper Mills.

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

<u>Overall Male:</u>	John McGovern	55:03
	Mark Wilson	59:37
	Bill Pape	1:02:48
	John Jasinski	1:04:40
	Bill Shashaty	1:05:38
	Carlos Perez	1:07:47
	Greg Bayer	1:09:15
	John Garcia	1:09:35
	Larry Arvidson	1:10:02
	John Wheeler	1:12:27

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

<u>Overall Femal:</u>	Lori Bowden	4:33:07
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<u>Overall Male:</u>	Peter Reid	4:00:21
	Omer Alptekin	5:49:38

West Point Triathlon-West Point, NY(8/17/03) S 600 yds., B 13 mi., R 3 mi.

<u>Overall Female:</u>	TBA
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<u>Overall Male:</u>	TBA	
	John Wheeler	1:32:11

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

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

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

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

Overall Female: Jennifer Miller 2:10:56

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

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

Overall Female: Amy Cashion 3:25:11

Overall Male: Franqui Jimenez-Marrero 3:11:51
Bill Shashaty (4th M30-34) 4:22:17

Grafton Lakes ORT (8/03) S 0.9mi., Mtn B 14mi., R 5mi.

Overall Female: Lynn Armstrong 2:32:57

Overall Male: Scott Gray 1:58:37
Bill Shashaty 2:50:15

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

Overall Female: Christine Dunnery 4:57:41

Overall Male: Erik Grimm 4:17:58
Dr. Mike Halstead (2nd M35-39) 4:51:23
Alex Sherwood (1st M25-29) 4:55:22
Thomas deHaan (3rd M40-44) 5:22:51
Jimmy Buff 6:09:56
Omer Alptekin 6:34:53
Bill Shashaty 6:46:53
David Beaudry (4th M50-54) 6:47:16

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

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

Photos: Jen May, Jasper Mills and John Marstad.

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

Men	Swim	T1 + Bike + T2	Total Time
Mark Wilson	11:08	45:25	58:37
Ronnie Severino	10:02	45:49	59:22
Doug Thompson	10:57	46:54	1:00:14
Bill Pape	11:16	47:40	1:01:53
Greg Bayer	12:23	51:12	1:06:48
Bill Shashaty	11:57	52:18	1:07:34
Larry Arvidson	11:34	52:46	1:09:05
John Garcia	14:30	56:10	1:09:41
John Wheeler	11:59	52:29	1:09:45
Bob Leghorn	14:36	58:20	1:13:46
Steve Fischer	16:42	1:07:19	1:26:46

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

Overall Female: Nicole Deboom 2:06:49

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

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

Overall Female: Magdalena Stovickova 1:17:55

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

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

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

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

Overall Female: Results Not Posted

Overall Male:

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

Overall Female: Amory Rowe 2:18:10

Overall Male: Luc Morin 2:00:03
Bill Pape (1st M55-59) 2:25:38

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

Overall Female: Courtney Bennigson 2:13:33

Overall Male: Cristopher O'donnell 1:55:29
Gregory Sautner 2:07:46

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

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

Overall Male: Ryan Jones 1:59:22
Gregory Sautner (3rd M25-29) 2:06:26
Andrew Schupak 2:20:55
Alan Shanker 2:43:20

2002 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least three USA Triathlon Sanctioned races that year; i.e. Columbia Triathlon, Greater Hartford Triathlon and the S.O.S.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner	M20-24	53	89.1200
Alex Sherwood HM	M25-29	111	87.9700

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Mark Wilson	M35-39	366	82.8100
Henry Collins	M35-39	561	80.2900
Thomas DeHaan	M40-44	532	78.6200
Bill Pape HM	M55-59	43	78.3400
Lauren Warren	F35-39	115	77.1100
Mark Vesery	M40-44	842	74.7900
Jay Fetherolf	M45-49	463	73.3900
Carlos Perez	M25-29	842	71.2600
Kathryn Loyer	F35-39	310	70.85.00
Mary DeNitto	F50-54	38	69.9200
Tony McGinty	M40-44	1,816	58.8700

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

1st ANNUAL HUDSON VALLEY TRIATHLON CLUB AWARDS BANQUET

2002 HVTC Volunteer of the Year Award: **David Beaudry**

2002 HVTC Rookie of the Year Award: **Mary Lockett**

2002 HVTC Honorable Mention Award: **Kathryn Loyer**

2002 HVTC Honorable Mention Award: **Mary DeNitto**

2002 HVTC Honorable Mention Award: **Bill Pape**

2002 HVTC Honorable Mention Award: **Mike Halstead**

2002 HVTC Female Triathlete of the Year Award: **Lauren Warren**

2002 HVTC Male Triathlete of the Year Award: **Greg Sautner**

Awards are distributed based on race results reported to markstriclub@hotmail.com.

IRONMAN TRIATHLON WORLD CHAMPIONSHIP

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

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

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

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HVTC RECOMMENDED READING LIST

BOOKS

Triathlon Swimming Made Easy: Terry Laughlin; www.totalimmersion.net
It's Not About The Bike: Lance Armstrong; www.penguinputnam.com
Slow Burn: Stu Mittleman; www.harpercollins.com
Iron Will: Mike Plant; www.velogear.com
Training For Endurance: Phil Maffetone; www.philsbar.com
Triathlete's Training Bible: Joe Friel; www.velocatalogue.com
Long Distance: Bill McKibben; www.penguinputnam.com
Becoming An Ironman: Kara Douglass Thom; www.breakawaybooks.com
The Wharton's Stretch Book: Jim & Phil Wharton; www.randomhouse.com
Pose Method of Running: Dr. Nicholas Romanov; www.posetech.com
Mastery: The Keys to Success and Long-Term Fulfillment: George Leonard;
www.penguinputnam.com
Flow: Mihalyi Csikszentmihalyi; Harper Collins Publishers

PERIODICALS

Triathlete Magazine; www.triathletemag.com
Inside Triathlon; www.insidetriathlon.com
American Tri Magazine; www.americantri.com

2003 HVTC WILLIAMS LAKE SPRINT TRI-SERIES

PURPOSE OF SERIES: Encourage participation, promote healthy competition, sharpen fitness level, master transitions, learn appropriate pacing, hone technical skills, gain racing experience, enhance club camaraderie.

COURSE: Swim +/- 700 yds. Tri-Bike +/- 12 mi. Run +/- 2 mi.

DATE: Sprint Tri's June 18th / July 16th / August 13th / September 10th

LOCATION: Williams Lake Hotel, Rosendale, NY

TIME: Sprint Tri's 5:45 P.M. **SHARP!**

NOTE(S):

- This series is for HVTC members, only!
- Upon completion of each race all competitors are invited to the post-race party at the picnic tables to swap war stories and triathlon news, etc.
- Participants are welcome to bring snacks to share at the conclusion of each race. (fruit, Gatorade, soda, cups, garbage bags, etc.)

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- HVTC non-racing members are encouraged to volunteer for these races: timing, rowing, water station, support vehicle, buoy placement, etc.
- Sponsor raffle prizes are given out at the conclusion of each race; don't miss out!
- FYI, there is a simultaneous "road" tri during the "off-road" for interested members. Once a race has begun, avoid jumping in to "catch up." **Show up early!**

WILLIAMS LAKE GUIDELINES

Let's adhere to the regulations below to ensure our future at the Lake.

1. Avoid bringing alcohol to the Lake.
2. Avoid using expletives.
3. Only **HVTC** members are to be at the Lake, avoid bringing guests and spouses.
4. Only **HVTC** swim caps are to be worn while swimming, avoid losing yours.
5. 4:30-5:30pm(mtn. bike/run),5:30-7pm(swim/mtn. bike/run),7pm-dark(mtn. bike/run).
6. **HVTC** members are encouraged to row/canoe at least once throughout the summer.
7. When rowing, one must have a life jacket(s) in the boat for safety precautions.
8. Thunder and/or lightning = swim another day.
9. Avoid bringing pets to the lake.

(Directions to Williams Lake: Off Interstate 87 for Kingston, exit 19; At traffic circle take Washington Ave. exit, go to 4th traffic light, Turn right onto Lucas Ave., Go approximately 6 miles, Turn left onto Binnewater Rd., Go about 2 miles , Turn left into Lake entrance, Park left in back and let the fun begin! HAVE A GREAT SUMMER!)

CLASSIFIEDS

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

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CAUTION: Participating in the sport of triathlon may cause radiant health and spiritual well-being.

PAPE'S PARTICULARS

By Bill Pape

Race Attitude

Saturday, when I was doing the bike portion of the Granite Ledges Triathlon in New Hampshire, I was a little nervous. The pavement was wet at the beginning, my calf was hurting bad, and I had not done an Olympic distance triathlon in a while. I rode by a cemetery with a big sign carved in rock over two rock pillars, "Homeland." I thought of a joke, and, luckily, the graveyard had two of the same signs, one at an entrance we were just approaching. As I pulled along side another rider, I motioned toward the graveyard sign and said, "Now, that's real homeland security." He agreed, "Yeah, nothing's going to happen to you in there."

At that point in the race, I was passing a group of 40 year-olds and was trying to ease the tension of the relationship during the race as well as my own fears for the rest of the race. I had just passed one before we were narrowed to one line by cones around a turn, and I had apologized for then slowing down in the narrow lane, saying, "The older you get the more afraid you get of falling." He gave a likewise friendly reply, "I am just glad I am not in your age group."

This point of this whole article is my homeland security joke, which I thought was pretty good, but which I thought Mark would not allow me to put in the newsletter, for just a two-sentence article. So, I had to develop some other bs to fit around it, and here it comes.

I made a few other jokes at the beginning of this race, and, during the run portion, I said a few "nice job"s to other runners. This approach to fellow competitors contrasts to what I learned earlier.

Once, on the high school track bus, the coach, who was not a good guy, came on after the track meet and cursed us out. He said, "What, do you guys think we rented a bus to go to an English garden tea party?" "I saw several of you talking to the other school team members before your event and laughing. If you want to do that, do it after you beat them to death, not before you compete. We're not here to make friends; we're here to win. Don't let me see you do that again."

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Later, as an adult, a mature-age adult in his 40s, my training friend and I used to make a list of our closest competitors at the beginning of each season. We assigned them derisive names and promised each other we would humiliate them for any thought they had of being equal to us. About one guy who told us after a race that he fell behind us after his drink system on the bike failed, we said, "He lost his hair, his girlfriend, his water and then this race," referring to other bad aspects of his life. We named another guy in our running club, who fancies himself a coach and whose wife threw him out of their house, "Hobo," joking that he was homeless.

Wait a minute, it is going to get worse now. When I went into a dog/human running race, which a woman in New Jersey was nice enough to put on, and won it with Chopin, he and I started out in third place after the first turn. He went crazy, not wanting to be behind the leader, and he pulled me up to the dog in front and bit his leg. I wrote to the running club that Chopin exemplified the proper race attitude. When my training partner and I were running on a snowy day and four young hoods in a car drove too close to us, I banged on their car with my fist. They stopped and got out to chase us. I showed a lot of courage, because my training partner had come from karate, which he quit because he realized he was trying to hurt people. After I remembered he was with me, I called them a few names. Once when I was running alone in the dark in the urban area near me, a car cut me off and I banged on the trunk. The guy got out, and, before I knew it, he punched me in the face, breaking my new glasses and leaving me in the middle of the street having lost consciousness for a second or two. What was more embarrassing as I ran to the hospital without my glasses, to see if I had any concussion, was that I was jogging home from group therapy. This was similar to my coming home from church on the bike. I may have just shed a tear or two over some nice thought in church, when I rode through traffic and was already calling out a few curses to idiots trying to kill me, moments after well-wishing the minister for his sermon. And, as recently as a week or two ago, my wife asked who the guy was who said "Hi" to me at a race, and I replied, "Who knows, it's not for me to know them, it is their problem to know me." I used to drive to local races and see two young guys with nice bikes on their roofs. I would say to myself, "That's okay, once the gun goes off, I am going to rip their hearts right out of their chests."

My training partner was probably the first to lighten up. He and I are very thin and are heavy-people-prejudice-challenged. We saw a heavy woman running toward us one day and, knowing each other's minds, did not even have to put voice the jokes in our minds. He said a nice "Hi" to her like a fellow competitor and chastised me, "Hey, she is working hard to challenge her body, just like we are, more than half the people don't do anything, she's on our side, good for her."

I started thinking it might be good for me to be nice. It helps me with my pre-race tension. Being in the old age group for the swim wave, it is always easy to think of a

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joke for the guys next to you. During the Granite Ledges race, I was really struggling on the run just to do the distance. At the turn-around, two guys dressed in pirate costumes were yelling encouragement to participants. I turned around by them and said, "Thank you, gentlemen, I mean, pirates." They laughed, and I started running better. I realized I could speed up without hurting my calf by shuffling with quick, short steps, and I started passing people. Runners called out to me, "Good job." I noticed some runners I thought could use encouragement, like some young women filling their Speedo suits and then some, and called back encouragement to them and other runners.

I think Julie, my wife, does not have a competitive enough attitude. She does not approach the race with a "kill them" attitude and she putters through, even though she thinks she is working hard. She does not know how to get to the next pain level, like I do, from my high school track experience of being yelled at and pushed.

So, what is the right attitude to race with? How can you balance a desire to win or race well in competition, which means "against" others, with a good feeling toward others, giving a good feeling toward your self? Desire requires some passion. During the 70s, I remember some advocacy for "race against yourself and the limits of mankind." Right. I knew then that put one of the self-racers against me, who was sharpened by trying to beat others, and they would be meditating on the memory of seeing me fade forward. Others seem to challenge us more than we do ourselves. Here, the article ends. I will not try to figure it out. I already got my main joke in at the start, and now Mark is stuck with it.

ANNOUNCEMENTS

- **HVTC Verge Bike Jerseys On Sale: Short-Sleeve \$50.00.** To order e-mail markstriclub@hotmail.com or call 845-679-8602. Thank you, **Verge Sport**.
- **2004 Tri-Camp Schedule:** February 23-28 Clermont, FL at the USAT National Training Center; August 9-14 Killington, VT.
- **When in doubt** whether the Lake swim/race is on, always check for an HVTC directory e-mail by 4 p.m. that day. Consider it "on" unless you see "**NO SWIM.**"
- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946. Oct.-Brewster, NY 18-19; Nov.-King's Point, NY 1-2; Brewster, NY 15-16; Dec.-Waltham, MA 6-7; Brewster, NY 13-14.
- **Dean Theodore** has created an amazing gear bag. **HVTC** gets a 10% discount, so type "dean" (lower case) where it says coupon code when filling out the order form at **Triathlonbag.com**.
- **Important message from USAT...**To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **HVTC \$100.00 membership** is valid from January 1st-December 31st.

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