

# **QUICK TRANSITIONS**

The new monthly newsletter of the Buffalo Triathlon Club, Inc.

December 1999 Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition Issue No. 14

BTC Web Site: [www.pce.net/jmpepke](http://www.pce.net/jmpepke)

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**November BTC Meeting:** Monday, 12/06/99, 8:00 P.M. at Molly's Pub, Main and Winspear in Buffalo, New York.

## **CLUB/Tri-Wold RECAP**

**Curt Eggers and Mary Workman are Moving to Rochester** : For the past 4 years, Curt and Mary have been mainstays in the BTC, with their stellar performances, Curt's co-running of the Brick, and Mary's Friday night spinning class as the BAC downtown. Curt has been promoted in his job, and is leaving for Rochester in early December. The BTC thanks both Curt and Mary for their assistance and friendship over the years, and hopes that they remain affiliated with the BTC (although they were both RATs before anyway).

**Uniforms:** DeSoto clothing and pricing was included last month's newsletter. Richard Clark (297-0574) would like you to send your order to him, in writing along with a check made payable to Richard J. Clark. Orders must include product number, quantity of each, color and size, along with the total plus \$5.00 for shipping and handling. The order deadline is Tuesday, February 8, 2000.

**3<sup>d</sup> Annual Jing-a-ling Jog:** Greta, Garrett and Glenn Speller are hosting the third annual Holiday Jingle Bell and Seasonal Light inspection Jog, on Tuesday, December 21, 1999 at 7:00 PM, at their home at 1115F Youngs Road (Park Place Condominiums between Maple and Klein in Amherst). As before, bells will be supplied, just bring a reflective vest and a flashlight for safety. Seasonal merriment will abound, and the traditional "Reading of the Grinch" is scheduled for 11:00 PM sharp. The run should commence around 7:30 PM so be prompt (so we don't lose anybody in Woodstream Farms). If you have any questions, please call Greta at 689-3172. Remember that holiday season is a time for responsible partying, so pack that sleeping bag in the trunk if you think you may be hanging with Pepke and his Yagermiester this year.

**End of Season Social:** January 22, 2000, at the Airport Holiday Inn at 6:00. Please get your checks for \$27.00 in to Jack Gorski at 156 Holywood Avenue, Buffalo, NY 14220, as soon as possible (January 8<sup>th</sup> deadline).

**Membership Dues:** That's right, dues are due again. Full Active Member \$25.00, Family Membership \$35.00, Associate Member \$15.00, and Junior Member \$15.00. Dues should be sent to Robert Giardini at 15 Ranch Trail Court, Orchard Park 14127. Deadline for dues is January 31, 2000.

**BTC Swimming and Operation Milk Jug:** Remember to wash and save your threaded-topped milk jugs for open water swimming at the Pier next season. Gene "Flash" Baran has been appointed the "Swim Czar" to organize next years swims, and mentioned a MarchPolar Bear swim in Olcott, NY. Stay tuned for more details. Speaking of swimming, Ed Harke and Dana White are trying to pin down a date for the "Hour Swim for Distance" race at UB in mid to late January, 2000. To participate you must join U.S. Masters, but the cost is minimal. Cindy Stankiewicz took 2 first places (1000 free mixed senior, 500 free mixed senior 35-39) at the USMS Meet at UB this month. Bob Siudzinski took 4 1sts in 60-64 mixed senior 500 free, 50 breast, 100 breast, and 200 breast. Way to go Cindy and Bob!

**Thank you to JOGMATE:** The BTC has been in contact with Jogmate to continue our mutually beneficial relationship. According to JogMate: "This next year will be another big step for JogMate. We are adding a vanilla flavor gel in April. In January, four flavors in a protein recovery bar will be available. The bars will be more mass market, whereas the gels will continue to be utilized by the endurance crowd."

**BTC Goes Curling?** As we all know that triathletes are in dire need of screw tightening at times, several members have inquired about that most obscure of winter sports, Curling. So we have arranged some ice up at the St. Catherines Golf and Country Club 905-682-8681 (70 Westchester Ave., QEW to 406 towards Welland, exit Westchester Ave in St. Catherines). The date is Sunday, January 9, 2000 at 10:30 A.M. Space is limited. Call Glenn at 636-8364 for reservations and better directions. It is a first come, first served, proposition.

**BTC Officer Elections:** At the December meeting of the BTC, the election of the officers will be held. Currently nominated are the sitting officers. Nominations will be open before the voting takes place.

**TOP 10 THINGS TO REMEMBER WHEN YOU'RE SNOWED IN BY A BLIZZARD:** 10. You're not sitting in a fox hole in Bosnia, like Dre. 9. The burn in your quads and lungs  $\frac{3}{4}$  of the way up Liebler. 8. Where you put the wind trainer. 7. Deep snow running, up hill, is a great work out. 6. Bernstein, Drumm and Speller are out cross country skiing in this stuff. 5. Mountain biking is only fun if you have some rear wheel purchase on the ground. 4. Rest can be a good thing. 3. Successful Winter training is a function of desire and the right clothing. 2. Gaining fat over the winter is for bears, not humans. 1. You're only cold outside if you stop moving.

**DECEMBER (And Beyond) BTC and Community Social/Athletic Calendar:**

1. Friday, Dec 3, @ 5:30 p.m. The Last Spin with Powerbutt, BAC downtown. Call ahead for a seat.
2. Saturday, Dec. 4, @ 10 AM., Reindeer Run 5k - Medaille College, Buffalo. 884-3281 ext 218.
3. Saturday, Dec 4, @ 11:30 a.m. Jingle Bell Run For Arthritis, ECC City Campus. 626-0333 ext. 105.
4. Tuesday, Dec. 21, @ 7:00 p.m., Jing-a-ling Jog, 1115F Youngs Road, Amherst. 689-3172.
5. Sunday, Dec. 26, @11:00 a.m. The Last Race of the Year. Delaware Park (Parkside and Florence). Contact Cindy Stankiewicz at 636-4238 for details.

**Ongoing BTC/Community Workouts:**

Saturday Morning Ridge Runs: 8:00 AM at Chestnut Ridge Casino, Orchard Park

Saturday Morning Bond Lake Runs: 8:00 AM at Bond Lake, Niagara Falls.

Masters Swimming: Tues/Thurs @ 5:30-7 AM and Sat. 7:30-9 AM, UB Amherst Pool. Dana White at [twowhites@hotmail.com](mailto:twowhites@hotmail.com)

**Deadlines for "QT" Submissions: December 20, 1999. Mail/fax to Glenn Speller, at 6161 Transit Rd, Suite 2A, East Amherst, NY 14051(716)636-8392 or you can now email them to me at [djspc@pcom.net](mailto:djspc@pcom.net).**

**DECEMBER BTC BIRTHDAYS:** Mark Montour 12/2, Jim Kavanagh 12/4, Jim Price 12/10, Gene "Swim Czar Flash" Baran 12/20, and Steve "Last B-day of the millenium" Hoadley 12/30.

**Welcome to new BTC MEMBER(S): Jennifer MConvey**

**Message(s) from the Hoad:** Congrats to Chris and Quinn Ankrum on their Hawaiian marriage last month. Have a safe, happy Holiday Season!. Don't forget the Lockport 10 miler in February, and Mr. Ed's Superbowl warmup 5k in January. Rumors abound about Rich Clark's Sunday "Spin-o-ramma" in his basement, but as of yet, no firm dates have been established. Talk to Rich (pressure him) to reinstate this enjoyable hour of torture.

Spotted at the Turkey Trot were: Ex-BTC member Derek White (who won), Ryan Forrestel, Barry Duntstan, Steve Hoadley, Dana and Paul White, Cindy Stankiewicz, Joan Gregory, Jimmy Schafstal, John Herman, Betty Stebbins, Jon Bernstein, and Greta Buck (and that was before Garrett wet through his diaper.) Jon Bernstein, Jim S., John and Betty all left the next day to do the Seattle Marathon. For results, look in the next newsletter.

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**BUFFALO TRIATHLON CLUB, INC.**

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