

# QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

February 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 16

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

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**February BTC Meeting:** Monday, 2/07/00, 8:00 P.M. at Molly's Pub, Main and Winspear in Buffalo, New York.

## CLUB/Tri-Wold RECAP

**Greg Welch Retires from the Sport of Triathlon:** We were all saddened to hear that our favorite, beer swilling, Aussie-tri-God, Greg Welch, chose to retire from racing triathlons this month due heart problems initially detected while racing Ironman Hawaii last year. The BTC salutes Greg on an amazing career, wishes him well in his future endeavors, and thanks him for showing us that training and racing triathlons although a lot of hard work, can be fun too, and that you can still be a multi-dimensional person while doing triathlons well.

**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.

**BTC Swimming:** On January 15, 2000 the Buffalo Triathlon Club held it's first annual One Hour Swim at the UB pool. The idea, simple: How far you can swim in 60 minutes? Six BTC members took up the challenge: Greg Drumm 3625 yards - 145 lengths, Tony Garrow - 3050 yards - 122 lengths, Jack Gorski - 2940 yards - 117.6 lengths, Ed Harkey - 3400 yards - 136 lengths, John Pepke - 3125 yards - 125 lengths, Bill Seyler - 3270 yards - 130.8 lengths. Four BTC members volunteered for the event: Rich Clark, Cindy Stankiewicz, Dave Szafran, & Dana White. Ed Harkey and Dana White wish to thank all those who participated and helped out.

**Chris Ankrum's Houston Marathon:** In his third marathon in about 20 weeks, Chris ran 3:18:53 as far as the official results are concerned. Chip times have not been posted so who knows how long it took Chris to cross the starting line. Then again, curling the weekend before couldn't have helped his running too much.

**BTC Goes Curling:** What's more fun than a barrel full of moneys? A curling sheet full of triathletes. A great time was had by all, during which members were given instructions and played two ends of curling. Some incriminating pictures have been taken. Look for them strategically placed in this or following news letters.

**BTC February Club Event:** The Lockport 10 Miler. See athletic calendar below for more details.

**The "Suffer-o-Rama Part Deux":** A message from our fearless leader... "The first suffer-o-rama of 2000 was a big success. 13 BTC members attended. The workout started with a cold 3.3 mile run and finished with a 52 minute hell ride with Coach Troy Jacobson cracking the whip. There was only one casualty: Hoad's fluid trainer bit it. As far as the largest puddle award goes (other than the Hoad's trainer, which doesn't count) Mary Workman and Jim Michaels tied for first place. I had trouble patting myself on the back for finally putting my bike together after Ironman Austria (last Summer) because of my lack of flexibility from no swimming and 15 extra pounds adorning my waste. Thanks go out to Ed Harkey for volunteering as water boy, and to all those who attended and suffered. Next month the "Time-Trialing from Hell" will be held on February 20th. It at 1pm with a 30 minute run then the 1 hour torture ride. Arrive early to setup or you'll left behind." -Rich Clark

**TOP 10 Things that February in Buffalo is good for:** (10) The Lockport 10 Miler; (9) Building a base in running; (8) Stroke work in swimming; (7) Hitting the weights hard; (6) Cross County Skiing; (5) Trying something new like curling or rock climbing; (4) Organizational meetings for the Buffalo Triathlon; (3) Figuring out how your bike computer or heart rate monitor really works; (2) Working off that Holiday weight gain; (1) Recovering from Mr. Ed's.

## **February and the last part of January (And Beyond) BTC and Community Social/Athletic Calendar:**

1/29/00 Organizational Meeting for the BTC Waterfront Tri Committee. Noon, Boulevard Mall Food Court.

1/30/00 Mr. Ed's Super Bowl Warm-Up, 5k, 11:30 A.M., Middleport, New York. 433-7152. (BTC's January Event).

02/05/00 Frosty 5 Miler, 905-523-7866, Hamilton, Ontario

02/05/00 30<sup>th</sup> Lockport Y -10, 434-8887, 9.7 Miles, Lockport, New York

02/07/00 BTC February Meeting - Molly's Pub, Main and Winspear in Buffalo at 8:00 P.M.

02/13/00 Valentine Run 5k, 905-682-0473, St. Catherine's, Ontario

02/13/00 Jamaica Marathon, 876-928-7530 -1, 42.2km, Kingston, Jamaica

02/20/00 Canisius Crusader 5k, 882-0466, Buffalo, NY

02/27/00 Gatoraid ½ Marathon, 410-250-7700 ex 120, 5/10/21.1 km, Peterborough, Ontario

02/27/00 Hudson-Mohawk Marathon, 518-435-4500, 42.2 km, Albany, New York. Visit their website for details.

03/05/00 Polar Bear 5K, 434-8887, Olcott, New York  
03/11/00 @ 12 Noon, Shamrock Run, 882-5948, 8 km, Buffalo, New York  
04/10/00 Grand Island Half Marathon, 21.1 km. Grand Island, NY. No phone number available at time of printing.  
04/11/00 @ 8 A.M. Buffalo 6 Hour Run, 838-5166, Buffalo, New York  
04/18/00 BPAC 6hr, 50 Mile Run, 645-3259, Buffalo, New York  
04/24/00 8<sup>th</sup> Annual Enviro Run 5k, 694-1634, Niagara Falls, NY  
07/02/00 4<sup>th</sup> Annual Waterfront Triathlon/Duathlon/Tri-A-Tri, Buffalo, NY. See attached application

### **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.

Rich Clark's "Suffer-o-Rama" Sunday 2/20 @12:30 P.M. 1310 99<sup>th</sup> Street, Niagara Falls. 297-0574.

**February's Tri Tips:** 1. (Submitted by Richard Clark) If you're having a problem getting into your wetsuit, and Pam cooking spray hasn't solved it, you could try putting your feet into plastic bags to push them through the legs of the wetsuit (Or you could just swim au natural, like John Pepke and other minimalists/purists).

2. (Submitted by Mary Workman, R.N.) Women athletes, especially runners, often complain of breast pain and tenderness during or after a workout. This pain is a result of breast tissue and ligament stretching, due to the impact of exercise (a.k.a BOUNCING). It is a serious issue because these tissues and ligaments DO NOT retract, as they aren't elastic. A normal pull-over sports bra may work well to minimize the bounce in an A or B cup. However, from B cup on up, the pull-over bra is not suitable for support, and you are "endangering" the health of your breasts. You need a good, supportive bra. There are hundreds of good sports bras, and despite their lack of aesthetic appeal, they work. As someone who is NOT an A or B cup, I have tried nearly 50 different sports bras in the past 8 years. The one I swear by is made by Champion. The Champion jogbra for C and D cups, #JBL-17 sports bra \$27.35 (+tax) at Road Runner Sports. So for all you non-A cuppers out there, here's some tips on getting a good sports bra that's right for you: (1) Look for a non-stretch "innerbra" - ones made with "Intera", a moisture wicker and great support fabric; (2) Adjustable shoulder straps and adjustable closures in the back, (no two bodies are the same size, pull-over bras are for same sized people); (3) Don't work out in your day to day bra, that's not what it's designed for, and the fabric isn't made for the impact; (4) Under-wire: there are some wired bras available that you REALLY can't feel; (5) The JUMP TEST: try it on, jump up and down, if you don't bounce, it passes. Also make sure it is snug, but so you can breathe and the straps don't cut into your skin. While to the male readers, this may seem humorous, bouncing is not only uncomfortable, a hindrance to women who want to become athletic, and dangerous to delicate breast tissue.

**Deadlines for "QT" Submissions: February 15, 2000. 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).**

### **February BTC Birthdays:**

### **Welcome to new BTC MEMBER(S):**

**Message(s) from the Hoad:** So much knowledge, so little space! Four great ways to fight fat: eat 20 to 35 grams of fiber every day; build lean muscle mass with weights; drink more water than you want to; work on your training base with lots of aerobic work like swimming, cycling or running. I'm putting together a bibliography of Triathlon training books so newer members can get a good start and older triathletes can figure out what they've been doing wrong all these years. Contact me if you want your apparel embroidered with the BTC and or USAT logos by Mary Workman's mother. Please give me (the "Hoad") a call at 694-7615

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### **BUFFALO TRIATHLON CLUB, INC.**

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