

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

April 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 18

BTC Web Site: www.pce.net/jmpepke

BTC e-mail: dolphinkik@aol.com

April BTC Meeting: Tuesday, 4/04/00, 8:00 P.M. at Rizzo's Restaurant (Bring your appetite from track practice, spaghetti dinner with salad only \$6.49) at Dodge and New Roads in East Amherst, New York, near North French Road. Note: This is a new location, and day of the week.

DUES: BTC Dues are the same as last year: \$25.00 for single members, \$35 for families, \$15 for juniors (16 and under) and should be made payable to "The Buffalo Triathlon Club, Inc." and sent to Robert Giardini at 15 Ranch Trail Court, Orchard Park, NY 14127. For an application, contact Ed at the BTC email address above.

Members' benefits for the BTC: 1. Monthly news letter "Quick Transitions" including local race and workout schedule. 2. Monthly meetings & speakers at many monthly meetings. 3. Buffalo Triathlon Club Internet Web Page, Post photos of your races!!! 4. JogMate Club Sponsorship w/free product and clothing.(look for free samples at March's meeting). 5. De Soto Sport club sponsorship, 30% member discount. 6. Buffalo Triathlon Club, Inc. membership card. 7. Discount on USAT membership as Buffalo Triathlon Club, Inc. is a USAT club. 8. Weekly training in the Spring, Summer and Fall, including supervised transition area at weekly "Brick" workout. 9. Group open water swim training in the Summer. 10. Spring Century Ride "The Ride of Spring". 11. Opportunities to participate in or try out new and different sports, such as curling. 12. Group indoor wind trainer rides in the Winter months - Rich Clark's Suffer-o-ramma. 13. Organized south town hill rides, including "Le Tour de Liebler". 14. Club events such as the End of the Season Banquet. 15. Carpooling opportunities for local and out of town races. 16. Shared lodging opportunities for out of town races. 17. Preferred racking/transition area placement at Buffalo Triathlon. 18. BTC social events including happy hours, and the annual Jing-a-Ling Jog. 19. Opportunities to promote your business or off season hobby. 20. Great source of information for upcoming local, national and international events. 21. Opportunities to participate in Triathlon-related seminars. 22. Discounts on products at local merchants, including legal fees at Dennis J. Speller, P.C.; Runner's Roost, 10% discount all three locations: Orchard Park, West Seneca, & Fredonia, NY; Tom's Pro Bike Service, 3687 Walden Avenue, Lancaster, NY 651-9995 10% discount parts/service 5% discount on bikes; Handlebars Cycle Company, 685 Englewood Ave., Kenmore, NY 835-0334 10% discount on clothing & accessories; Campus Wheelworks 744 Elmwood Ave., Buffalo, NY 881-3613; "Team" discount at Competition Teamware, 4184 Seneca St., West Seneca, NY 675-9020; Alternative Chiropractic & Holistic Health / Steve Lee, DC, BTC Member Fee Reduction. 754-7379; on massage therapy through Warren Elvers. 689-2493

Note: This is the current list of the benefits to being a member in good standing of the Buffalo Triathlon Club, Inc., dated as of January 18, 2000. This list is subject to change without notice.

BTC APRIL Club Event "THE RIDE OF SPRING": Ride 25, 56, or 112 miles on Saturday, April 22, 2000 at 10:00 A.M. on little or no training. That's the idea behind the "Ride of Spring". It's a good gauge to see where your bike fitness level is after the Winter, and a good way to get together with other BTC members for a good time. A sag wagon will be provided (as last year, we had many mechanical failures). Will Bill Seyler be back to defend his title? Sign up at the April BTC meeting or on the day of the event. Open to fully paid BTC members only. We will be leaving from 1115F Youngs Road, Williamsville, NY (Glenn and Greta's house) at 11:00 A.M. But arrive at 10 A.M. to prepare your bike, get a map, study the course, and ask any questions that you might have. Be sure to bring lots of fluid and solid replacement with you, because the stops on this bucolic course are few and far between. The 56 and 112 mile rides go through the Alabama swamps. The courses are all mostly flat and wind exposed. No hills yet, sorry Bill. Call Glenn at 636-8364 for more details. ..

The Return of the Brick (2000): From Jack Gorski, Brick Czar - (To the tune of "Deck the Halls", everyone sing): Tis the season to be bricking, fa & 9 la's. (Campbell Road & Tonawanda Creek Road - North Amherst Fire Hall). At the bike path we'll be running, fa & 9 la's (it's a measured course). Don we now our helmets and gloves, fa & 7 la's (Mandatory, at least the helmet part). While we engage in our Springtime love, fa & 9 la's (Summer and Fall too). We start April 20th (Hey, it's warm, it's Spring, so let's do it) at 6:00PM sharp. For more information, call Jack Gorski at 824-7435 between 7:30PM and 9:30PM weekdays. Timed bricks and time trials will begin in May. Watch your news letter for more info about cook outs, etc.

BTC Women's Rides: The 1st in the series of BTC Women's Ride is scheduled for Saturday, April 29th, at

12:30 P.M. at the North Amherst Fire Hall on Tonawanda Creek Road in Amherst, just east of Campbell Blvd (the location of "The Brick") with a rain date on Sunday, April 30th. This ride is open to all BTC members, particularly women and new members.. Non-members may attend but must sign in, sign a liability waiver, and pay \$5.00 for insurance charge. Nancy Gworek (BTC 2000 "Inspiration Award" winner) will give a pre-ride demonstration on technique. Call Greta Buck at 689-3172 for more information. Will Joanie Gregorie's QR Kilo arrive in time?.

BTC training seminars with Kevin MacKinnon: Please give us your input on whether you would be interested in a Kevin MacKinnon seminar, via phone or email.. If the membership wants something, then we try to put it together for them, but if they don't then we just work on something else. The details of the proposed seminars are in March 2000's QT. Call Greg Drumm at 564-4123 (W) or 636-5985 (H) for more details.

Checker's Buffalo Mile: Help out BTC Members Tony Garrow and Diane Sardes, by becoming a part of the "Buffalo Mile" this Spring on May 20th, 2000 @ the Erie Basin Marina at 9 am. Same day reg. ends at 8:30 am. The race benefits Kevin Guest House. The heats will be in 5 year age groups, with awards 3 deep. There will be Elite races run about every 4th race, 4 total, with cash awards three deep of \$100-30-20. It is part of the Buffalo News Runner of the Year series. For more info and applications www.bfn.org/~checkersac.

The Great Buckeye Challenge: BTC Member Jim Kavanagh is organizing a caravan of sorts to the Great Buckeye Challenge near Columbus, Ohio on Saturday, August 19. There are two events: a half ironman distance race, and a long course duathlon (5.5 mile run, 56 mile bike, 13.1 mile run). For details call Jim at 847-5598

The Bart Schlepian Memorial Race Against Violence: Scheduled for the last weekend in May (Memorial Day Weekend), the BTC decided to become involved in this community uniting event, because it is not pro or anti abortion, it is simply against violence of all kinds. Waterstop or registration help will be provided by the BTC. John Pepke volunteered to organize this for the BTC.

THE SUBARU TRIATHLON SERIES 2000 SCHEDULE: Here is the schedule for this year's Subaru Series: For more information, call Steven Hoadly at 694-7615. Sunday, May 14 Brick Duathlon; Sunday, June 4 Milton Tri/Du; Sat/Sun Jun 17/18 Muskoka Tri/Du; Sat/Sun Jun 24/25 Guelph Lake Weekend; Sunday, July 9 Peterborough Tri/Du; Sunday July 23 Barrie Tri/Du; Sat/Sun, Aug 5/6 Belwood; Sat/Sun Aug 19/20 Northern Tri Weekend; Saturday, Sept. 2 Guelph Lake II; Saturday Sept. 16 Niagara-On-The-Lake Du.

BTC Women's Road trip to Danskin Women's TRI, Boston, July 16: The idea was brought up at the meeting that the BTC women should organize a group to go and compete at the Danski Women's Triathlon in Boston this Summer. Contact Nancy Gworek at 675-2978 for details. Applications should be out soon. Danskin.com has a link on the BTC web site..

Triathlete Track Training Seminar: On Thursday, April 6th @ 7:30 PM, Vicki Mitchell, the assistant track coach @ UB will be doing a seminar on track training for Triathletes. It will be held at the Higher Grounds Coffee House @ 3622 Sheridan Dr. (corner of Millersport Hwy.) in Amherst. The talk will be directed toward novice athletes and experienced athletes who would like to better understand the finer arts of a speed workout. The talk will be open to questions afterward. The admission is free with the purchase of a beverage of choice. For further info contact Nancy Gworek @ 675-2978 or NAGLupine@aol.com

10 Ways you can tell if you're a triathlete: 10) If you've paid more money for your bike than your car; (9) If you think Rich Clark's hair colors and tatoos are "alright!"; (8) If you know all about Clydesdales/Athenas, and how not to get between them and food; (7) If you have the best shaven legs in the office, even among the women; (6) If you only get in one sport on any given day, you consider yourself a "slacker"; (5) At restaurants you sometimes order two main courses on weekends; (4) If one of the suits hanging in your closet is a wetsuit, and it cost more new than your other suits; (3) If you like track practice, but only if you have the time to ride there first; (2) If you'd rather be open water swimming or doing the brick after work, instead of drinking a beer; (1) If rest is a four letter word to you.

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

Saturday, April 1 the St. Pat's Road Race, it begins at noon. Call Yogi at 824-6709 for details.

Tuesday, April 4 at 6:00PM Checkers Track workouts at the Alumni Stadium at the UB Amherst Campus. Participants must be current paid members of Checkers or hold a US Track & Field card.

Tuesday, April 4, at 8:00PM, BTC monthly meeting at Rizzo's on Dodge near North French in East Amherst.

Thursday, April 6 at 7:30PM, Track For Triathlete's Seminar, at Higher Grounds. See above for details.

Saturday April 8, Nancy Price 5K River Run in Youngstown beginning at 10:00AM call 745-7846 for details.

Saturday April 8, 10:00AM, Bemus Point Fire Department 5K, call Bob at 386-3130.

Saturday April 8, 10:00AM, the Sheriff Gallivan 5k run at Chestnut Ridge, OP. Call Mike at 683-3475.

Sunday April 9, 8:00AM, Buffalo Philharmonic AC 6-hour classic at Delaware Park, call 689-9018..
Monday, April 24, 8th Annual Enviro Run 5k, 694-1634, Niagara Falls, NY
Sunday April 30, 12:30PM, 20th annual SAP's race. e-mail wmsweigel13@yahoo.com or visit racegate.com.
07/02/00 4th Annual Waterfront Triathlon/Duathlon/Tri-A-Tri, Buffalo, NY.

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.

April's Tri Health Article: Training Through Pregnancy By Mary Workman, RN!

When you are right on target with your Ironman training, long runs are going well, you are excited about getting on the road on your bike, and your swim has never been better, an unexpected pregnancy throws you for a huge loop, but a good one. Thanks to Glenn and Greta, and a ton of research, I have slowly been making the transition from Irongirl, to expectant mother. Through my research (and Glenn and Greta) I have learned some valuable lessons, which are good to share with the future moms out there (and Dads) . When you are pregnant, there are a few things that will prevent any type of overtraining: morning sickness and extreme fatigue. But here is what I have learned:

- "Women who are active and maintain their cardio fitness/strength training during pregnancy, may have shorter less stressful labors; and seem more capable of handling the demands of labor." says Jaci VanHeest, PhD., an exercise physiologist at the University of Connecticut.
- "As your pregnancy progresses and your body has fewer oxygen-carrying red blood cells, it's normal to feel more tired. So if all you can do is 15 minutes, that's fine" says Marcos Pumpkin, MD from the MErcy Medical Center in Baltimore.

What kinds and how much training is safe? It depends on what you did before your pregnancy. If you weren't currently running 13 miles before... don't expect to run 13 miles during. Some great guidelines to follow:

- drink 8 oz of h2o before your workout, and 8 oz for every 15 minutes during;
- don't overheat, especially in the summer avoid saunas, steam rooms, and working out in the middle of a hot day;
- keep your heart rate 130-140 beats per minute. Anything higher will shunt the blood from the growing baby, to the muscles that are working, depriving the baby of OXYGEN and precious nutrients. This means no anaerobic stuff; Stop exercising when you feel pain, feverish, faintness, cramping, headaches, absence of fetal movement, or abnormal tachycardia (rapid heartbeat)

Training through pregnancy can do you a lot more good, than harm, but only if you do it right. The goal of training is not Ironman, it's health maintenance, stress reduction, and preparing for birth. And it makes you feel good, many people forget about the mental health that training gives us all. After all, healthy moms can nurture healthy kids, physically and emotionally, and it helps to be in shape for the rigors of child-rearing.

APRIL'S TRI-ESSAY: "Clydesdales Like Me" By Glenn J. Speller

I used to wonder why a guy in my own age group, who had all of his body parts, who I beat by over a half hour at a half ironman race, should get an award. Now, I'm not one of those 135 lbs. guys who are just cresting five feet. I'm over six feet tall and had to put in a lot of miles to shed 15 lbs. of muscle that I needed to play full contact ice hockey. So when guys my own age got awards just because they weighed more than 200 lbs., and suggested that there should be "Clydesdale" Ironman slots, I used to get a little miffed. Hey, Vic Perini, a U.S. Pro Triathlete, beat Spencer Smith at Memphis In May Triathlon, and he's got to go 6'5", 210. I didn't see him lining up for a "Clydesdale" trophy. By my way of thinking, Clydesdales should just lose the weight, boost their VO2 Max and compete with the rest of us, spending less time at the "all you can eat buffet" and more at or beyond their aerobic threshold.

My pretentious, self-righteous opinion went right out the window early one March morning when I road to Chestnut Ridge with 20 lbs. of gear on my back. Jim ("Chip and Clydsedale") Michaels, a burly ex-marine turned triathlete, who used to bench twice my weight, would meet me half way there, ride to the ridge with me, then run Omphalius/Behm with me once we got there.

Now Jim was probably still smarting from an 80 mile ride we took last Summer during which we played the "sign game" - where you sprint to each town or county sign. I would say to Jim, "The next sign is at the top of that hill", and then I'd pull away from him because although they can descend like rockets, Clydsedaes have some difficulty when it comes to rapid elevation gains. So when Jim saw my backpack, he probably figured that it was time to teach me a lesson.

The route from Williamsville to OP is basically all up hill. Add in the overpasses, and the occasional town sign, and Jim had me dizzy just trying to stay with him by West Seneca. I was sweating like a pig,

sucking wind, and just acutely uncomfortable from the added weight, the heat (70 degrees) and the fact that this was my first outdoor ride of the year. Jim had reportedly put in 250 miles that week, outside.

I was trying so hard just to stay with him, that I didn't even figure out that he was whipping my butt at the sign game. When he got to the ridge, he asked me why I didn't try to take any signs, and I had to admit, with the added weight, I was happy just to get there. Now some of you might have done the math: even with 20 extra pounds, I was still below the Clydesdale minimum by at least 10 lbs. It didn't matter. The point was made abundantly clear to me that extra weight requires an exponential increase in effort. I don't think that they should just give Clydesdales awards, they should get special medals for finishing. Because after all, once they get off the bike they have to run too.

Funny, after we got to the ridge Jim chose not to run 18 miles with me up two of the steepest hills in the area.

Deadlines for "QT" Submissions: 4/15/00. Mail/fax to Glenn Speller, at 6161 Transit Rd, Suite 2A, East Amherst, NY 14051(716)636-8392 or email them to me at djspc@pcom.net.

April BTC Birthdays: Jeffrey Lebsack 4/2, John Pepke 4/5, Margaret Giardini 4/8 (Good Luck in the London Marathon Margie!), James Schaffstall 4/12, Greta Buck 4/16 (Good luck in your first Marathon on your birthday!), T. Todd Lemmiksoo 4/18, Craig Small 4/18, Joan Gregoire 4/29 (Will you have a QR Kilo for your birthday?)

Welcome to new BTC MEMBER(S): Jeffrey C. Tracy and Jonathan L. Burdick

Message(s) from the Hoad: Help the Hoad unload! For all you newbies out there or if you just want to upgrade your equipment, now is the time to take advantage of me when I'm feeling most generous. I've got lots of used tri-gear in my garage. Like my Specialized Tri-Spoke composite rear wheel (700c with tubular Vitoria Pro-Team tire), my Dave Thomas (not the Wendy's guy) 700c radially laced 20 spoke front wheel with HiE hub and clincher tire, my Profile Superstrike handle bars, Profile swift shift bar end shifters, Profile AirWing handle bars, or my 98 Syncros polished 90 mm handlebar stem. Make me an offer I can't refuse. Also, I'm told that Greta Buck has a pair of Carnac women's tri-bike shoes, practically new, that she can't wear any longer because her shoe size changed during pregnancy. So you women out there have a chance to get the top of the line tri-shoe at much reduced price, but only if the shoe fits... .If you're interested in accommodations for Muskoka (race date June 18) either travel or hotel, please give me a call at 694-7615 or talk to me at the next meeting. Because Muskoka is an Ironman Qualifier, the entries are limited, so get with the program if you are truly interested in racing there.. . Train to live well - *The Hoad*

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It's time to hit the road!!!!!!!!!!