

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

May 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 19

BTC Web Site: www.pce.net/jmpepke

BTC e-mail: dolphinkik@aol.com

May BTC Meeting: Tuesday, 5/02/00, 8:00 P.M. at Rizzo's Restaurant (Bring your appetite from track practice at 7:30 to eat) at Dodge and New Roads in East Amherst, New York, near North French Road.

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.

The Return of the Brick (2000): Jack Gorski's informational brick schedule is attached, but basically the bricks are held each Thursday night at 6:00 P.M. at the North Amherst Fire Hall, in Amherst, New York (Campbell Road & Tonawanda Creek Road - North Amherst Fire Hall). Run-bike-run of varying distances. Transition area will be watched, so you can leave your stuff out of your car. Helmets mandatory.. For more information, call Jack Gorski at 824-7435 between 7:30PM and 9:30PM weekdays.

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 at 10:00 A.M.. 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.

BTC APRIL Club Event "THE RIDE OF SPRING": Was Postponed due to rain and an inability to mark the course. It will be held in conjunction with the BTC Women's ride on 4/29/00 at the North Amherst Fire Hall. Call Glenn at 636-8364 for more details.. ..

BTC Training Seminar with Kevin MacKinnon: Buffalo Triathlon Club Triathlon Seminar will be held at the University at Buffalo Alumni Arena (Room 97 in the basement), on April 30, 2000 1:00pm until 3:00pm. Kevin MacKinnon, multi-sport coach, 1989 Ontario Ironman of the Year will be the presenter. Admission (collected at the door) will be \$10 for BTC (and RATS) members, \$12 for non-members. UB Alumni Arena Room 97 is located near the front of the building a couple of doors down from the Athletic Training Room. This seminar will be beneficial for athletes of all levels (including curious/potential athletes) and will cover topics such as training program development, equipment, race strategies and scheduling, nutrition, weight training, etc.

Checker's Buffalo Mile: BTC Members Tony Garrow and Diane Sardes, are the race organizers. The "Buffalo Mile" will be held on May 20th, 2000 @ the Erie Basin Marina at 9 am. Same day reg. ends at 8:30 am. Heats:5 year age groups, awards 3 deep. Elite races run about every 4th race, 4 total, cash awards three deep of \$100-30-20. Buffalo News Runner of the Year series. For more info and applications www.bfn.org/~checkersac.

The Bart Schlepian Memorial Race For Non-Violence: Scheduled for Sunday, May 28, 2000 @ 10:00 A.M. at North Forest Road, the Weinberg Campus, Amherst, New York (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 for non- violence. The BTC's John Pepke is the BTC coordinator for this event: 298-1368 or jmpepke@pce.net

Top 10 Base Building Secrets revealed: 10. The Ridge on Saturdays at 8:00 A.M., 9. Bond Lake on Saturdays at 8:00 A.M. (just alternate week to week), 8. Three upper body and abdominal weight work outs per week in the Winter and Spring, 7. Keep the long bricks to a minimum until May to allow adequate recovery, 6. Add no more than 10% to your prior week's mileage in any one week, 5. Take Monday off, or tread water to work out the lactic acid, 4. Increase your protein intake (lean protein, that is), 3. Include 10 minutes of stretching in your daily routine, 2. More training requires more recovery, so don't neglect your sleep, and 1. Train for a Spring Marathon, but don't do it.

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

04/29/00 Ride of Spring/First Women's Ride, North Amherst Fire Hall at 12:30 P.M. Newsletter for details.
04/30/00 Kevin MacKinnon's Training Seminar, 1PM-3PM at Alumni Arena. See Newsletter for details.
05/05/00 Trailblazers 5K Race, 6:30PM, NCCC Campus. Niagara County. 614-6270 for more info.
05/06/00, Saturday at 10:00 AM - Viva San Giuseppe 5K Race, call Sue at 885-2469 for more information.
05/20/00 The Buffalo Mile @ the Erie Basin Marina at 9 AM. .
05/21/00 Team Champion Annual 50/50 Century Ride. 9 AM. \$2 fee. Call Tom at 651-9995.
05/28/00 The Race for Non-Violence @ 10:00 A.M. at North Forest Road, the Weinberg Campus, Amherst.
07/02/00 4th Annual Waterfront Triathlon/Duathlon/Tri-A-Tri, Buffalo, NY.
09/03/00 6th Annual Women's Tri/Du, Milton, Ontario, 8:00A.M. 905-878-7329

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.
The Brick - Thursday Evening at 6:00 P.M. at the North Amherst Fire Hall, Campbell and Tonawanda Creek Road.
Masters Swimming: Tues/Thurs @ 5:30-7 AM and Sat. 7:30-9 AM, UB Amherst Pool.

BTC Results: Curt Eggers and Warren Elvers qualified for the USA Duathlon to compete at the World Championships. Warren came in first in the 45-49 age group and Curt took 2nd in the 40-44 guys. The Worlds are October 8, 2000. Will Curt be a daddy by that time? Barry Dunstan ran the Boston Marathon last month and finished in an awesome Official Time of 2:53:08; good for 625th overall. The London Marathon last month saw three BTC members run and finish. Greta Buck finished her first marathon a scant 6 months after giving birth to her first child! Way to go Greta. Bob Giardini finished London after on 3 weeks of training (eat your heart out Jim Michaels!). Glenn Speller's finish was unremarkable save the grapefruit sized blood blisters on each of his feet. Around the Bay last month saw many BTC members participate: 62th 1:58:57.DUNSTAN, Barry; 112th 2:03:57.8 SCHAFFSTALL, Jim; 162th 2:07:58.HOADLEY, Stephen; 2:26:47.CLARK, Richard J.; 2:26:47.GARROW, Anthony; 2:41:51 SZAFRAN, David; 2:41:59.4 SEYLER, William; and 2:52:21.3 BERNSTEIN, Jonathan.

May's Tri Health Article: Eat Mushroom Pizza and Help Fight Cancer! By Mary Workman RN

A new study shows that processed tomato products (soups, tomato sauces, ketchup, or juice made from tomatoes), contain lots of lycopene, a chemical recently discovered to be a great cancer fighter. Increased lycopene levels can be linked directly to eating processed tomato products rather than the garden fresh variety! "The key issue is bio-availability" says David Heber, MD., director and cofounder of the Center for Human Nutrition at UCLA's School of Medicine. "It's not enough to determine that a certain cancer fighting substance is present in food, you have to know that the body's tissues are absorbing it." Dr. Heber's most recent study shows that eating processed tomato products increases the body's level of usable lycopene. Studies of lycopene as a cancer fighting chemical are promising, yet only in the beginning stages. Continuing on the vegetable trend, are you aware of the variety of nutrients available in a mushroom? This fungus is not only low in fat and calories, but is a rich source of vitamin D, thiamin (B1), riboflavin (B2), and niacin (B3), as well as essential amino acids. Additionally, the Reishi, shiitake, and maitake mushrooms of Japan have all been found to boost immune function, and appear to have significant cancer fighting properties. Three different cancer fighting drugs have been extracted from mushrooms and approved by Japan's version of the FDA. One drug, called PSK, is derived from suehirotake, and is currently the best selling cancer drug in the world. Did you know that in Japan only 30% of cancer treatment includes radiation, chemotherapy, and surgery? Time and time again it has been demonstrated that as triathletes we are not immune to Cancer. Your best defense is education. Eat well, eat a variety of fruits and vegetables, keep your training levels safe, keep the stress level down, and by all means enjoy that mushroom pizza!

May's Triathlon Article: By Garrett Buck Speller (Narrated to Jim Michaels)

Dear Club Members: Mom and Dad have been pretty busy lately, so I've decided to help with the Newsletter this month. Although I'm very new to the sport, I pretty much rule the 0-1 year age group. Here are a few things I've noticed: (1) Chicks dig Clydesdales, (2) JogMate looks like something from my diaper, (3) I can see myself in polished titanium, (4) What's all the hype about Omphalius? I've done it already and I didn't even break a sweat, (5) Nimble should make wheels to fit the Baby Jogger, (6) After 2 bottles I can give a new meaning to the term "wet suit", and (7) A 2 minute penalty for using my rubber ducky during the swim sucks!

I also have a question that some of the more experienced triathletes could probably answer for me: On Saturdays at the Ridge, my Dad has taught me to drop my rattle in front of women in spandex so they will bend over and pick it up. I don't understand the training benefit of this, but Dad really seems to enjoy it. If there are any members who really want to beat my Mom or Dad in a race, here's what you need to do: Leave me a Barney/Big Bird/TeleTubbies or other new toy in a brown paper bag with the date of your race on it. If I approve of the toy, on the evening before the race I will wake my parents every hour for food/a new diaper/ etc. If they even finish the race it will be a miracle. It's feeding time, so I have to go now. Does anyone know how to get Power Gel stains out of my bib? **Garrett B. Speller**

P.S. When will Uncle Hoad realized that no matter how big of a tip he leaves, his chances of getting the waitress's phone number are about the same as a Clydesdale winning in Hawaii.

"QT" Submissions: **Deadline** 5/15/00. Fax/email to Glenn at 636-8392/ djspc@pcom.net.

May's BTC Birthdays: Cindy Stankiewicz 5/2, Butler Eric 5/20, Eamon Ferguson 5/23, John Meeks 5/29, Rosemary Rosemary 5/24.

Welcome to new BTC MEMBER(S): Michael P Milbrand, Sandra Lee Marshall, Audrey Cohn, George Michalko, Jim D McCarrick, and Paul F Sienkiewicz. You joined just in time for the Brick and Pier Swims!

From the Hoad: Hoad Aid - Save the Planet and the Hoad in the process... I've got lots of awesome used tri-gear that will make you faster: . Like my Specialized Tri-Spoke composite rear wheel (700c with tubular Vitoria Pro-Team tire and I'll throw in a spare for you as well), 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, and Dura Ace brake levers with brand new brake cables. Save the Hoad from financial ruin and help me live to race another day.. If you're interested in accommodations for Muskoka (race date June 18) either travel or hotel, please give me a call at 694-7615. Because Muskoka is an Ironman Qualifier, the entries are limited to 600 and it's half full already, so don't delay, call me by May 7th so I can include you in our accommodation plans.. There are already 8 people from the BTC going with me. Train to live well - *The Hoad*

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Start building your racing base, Brick by Brick