

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

June 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 20

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June BTC Meeting: NEW LOCATION Tuesday, 6/06/00, 8:00 P.M. at Rizzo's Restaurant (Bring your appetite from track practice at 7:30 to eat) at 2763 Eggert Road, Tonawanda (near Brighton Road) 834-4404 (thank the Hoad later)..

The Brick 2000: 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 824-7346 between 7:30PM and 9:30PM weekdays. The Brick Czar speaks (mostly tongue in cheek): The Brick has become the place to be. It's become so popular that (1) I'm considering charging for parking; (2) Allright Parking has approached me for the concession rights; (3) I've asked the Amherst Rec Dept. to build another shelter; (4) That walkers have refused to walk their dogs on the bike path between 6 and 8 P.M.; (5) I've asked the West Amherst Fire company not to respond to emergencies until after 8:30 P.M.; (6) That the Amherst Museum has changed their hours because of the bike traffic; (7) That I'm seeking an assistant for the time trials; and (8) That the food has gone from cookies to catered/delivered lasagna. Anyone interested in being appointed Brick Czar Jr. from July 21st until August 13th?

BTC Members Turn Out: The race directors of the Checkers Buffalo Mile, Anthony Garrow and Diane Sardes, wanted to thank the BTC for their support of the race. Race director Andrijan Smaic of the Barnett Slepian Race for Non-Violence also wanted to thank BTC members for coming out and staffing the water stop and registration. The BTC again has turned out and helped out the athletic community and the community at large. That and fostering international triathlon competition is what we were organized to do.

BTC Open Water Swims at the Pier: The BTC Swim Committee has informed your humble editor that it's only about 55 degrees in Lake Erie right now. A bit too cold to have a safe open water swim. The docks at the Pier should be in as of the printing of this newsletter as they were scheduled to go in on Memorial Day. When the Wednesday Night Pier Swims start (perhaps the last week of June, check your email) it is crucial to remember the following: (1) There are no life guards at the Pier, and therefore, like all other BTC events, it is a participate at your own risk type of endeavor. (2) Sign-in and sign-out are mandatory, so we can keep track of who's in the water. (3) You should wear a wet suit, or trail some other personal floatation device while swimming. Even the best swimmers get cramps, and in 35 feet of water, one cramp is all that it takes. Wet suits add a measure of safety, buoyancy, and warmth. If you don't have one, buy or borrow one. If you can't afford one or borrow one, tie a four foot rope with a sealed milk jug attached, to your ankle. (4) Last but not least, never swim alone. You should always have a "buddy" in the water with you, or walking with you and watching you from the wall with a piece of rescue equipment in hand. *This is serious stuff.* In the final analysis, who really cares about the liability issues, what we're really talking about is your life, so be smart and protect it.

BTC Brick Policy: In case you haven't heard, or weren't there, an accident occurred at the Brick on May 25th. Bill Seyler and Daryl Clark had a bit of a wheel tangle, and Bill went down. As he was

wearing a helmet (mandatory), he walked away carrying two pieces of helmet. The point is, with so many new members, some of whom may not be that experienced at riding fast or in a pack, and a good number of older members whose bike handling skill may not be worthy of close pack riding anyway, it's and has always been BTC policy that you ride the Brick like a triathlon or a time trial (that means no drafting!) Hey, none of us are pro triathletes, so the chance that we're going to be in a draft legal race is slim to none. Triathlon is an individual event, so here are the Eight Golden Rules of the road at the BTC's Brick: 1. Maintain at least a three bike length margin between your front wheel and the rear wheel of the biker in front of you; 2. Pass to the left - ride to the right; 3. Pass only if there is no following vehicular traffic and if your relative speeds will allow you to clear the front tire of the bike ahead of you in 15 seconds from the time you enter that biker's draft zone (otherwise stay out of their zone), 4. Communicate with people who you are passing so they know that you're overtaking them (ever hear "On your left"?); 5. Riding two abreast is right out! 6. Don't get close to the rear wheel of someone you don't know or haven't ridden with before. 7. Use your common sense about what is safe, particularly on turns, at stop signs, and in areas of the course when the road quality isn't perfect, and most importantly, 8. If you are passed, drop back out of the zone of rider in front of you before attempting to repass. If you don't follow these rules, accidents may happen. Besides, they are the rules of triathlon racing, so you might as well practice them as well, or you'll end up with a drafting penalty like I did at the Eagleman last year.

Top 10 Burning Triathlon Questions: 10. When will (has) our fearless President, Richard Clark run naked down Colvin Avenue to pay up on the bet he lost with Amy Faktowitz? 9. When will Jim Michaels finally realize that Clydesdales are not nearly as sexy as guys with low body fat? 8. Will the shark repellent really work at the Sydney Olympics? 7. How soon will Mary Workman race after giving birth? 6. Who will wear the Clydesdale Dress this year and at what race will that question be decided? 5. Will Joanie Gregory ever get her new bike? 4. Does leg shaving make you go any faster? 3. When will BTC open water swims start at the Pier this year? 2. Will Warren Elvers ever learn to swim as well as he bikes, or Jimmy Schafstahl bike as well as he swims? 1. Who wants to ride Leibler this month?

Top 10 Reasons multi-sport athletes are misunderstood: Submitted by Greg Drumm (1) Guys: The checkout girl is impressed that the grease under your nails is from working on your "bike" and then you mention that the razor & shaving cream are for your legs. Gals: The checkout girl is appalled at the grease under your nails from working on your "bike". (2) Getting up at 5:00 am to swim is acceptable but going to a movie past 8 pm is not. (3) A slow leak on your bike's tire gets fixed immediately; a slow leak on your car's tire might get fixed next weekend. (4) Guys: At the laundry mat you realize you have more spandex stuff than all the women. Gals: You realize that your male tri-geek buddies look better in that spandex stuff than you. (5) Realizing Quintana Roo is actually a State in southern Mexico and not just the name on the wetsuit or bike you've had for three years. (6) When traveling you ask the hotel clerk if they could recommend a nice pool rather than a nice restaurant. (7) It's not a diary, it's a training log. (8) "400S/200K/400P w/up, 5x200 full recovery, 10x100 on 1:55, 400 w/down" actually makes sense. (9) When you refer to Kona it has nothing to do with coffee. (10) TriGeek A: How big is yours? TriGeek B: 54 centimeters.

Bike for Sale: '95 Cannondale R500T road/tri bike, 58 cm: Bought new in '97, v. good condition, RSX components, STI shifters. As road bike \$550. With aerobars & forward seatpost (tri set-up) \$600. Leave message for Greg Drumm at 636-5985 or email "gwdgo2@aol.com".

BTC UNIFORM ORDERS: As per DeSoto, all clothing orders must still be arranged by one contact. Richard Clark will remain the order person unless someone in the club would like to take over that responsibility. All orders must be accompanied by a written list of the articles and a check/money order/or cash(in person) made out to Richard J. Clark. Orders may be mailed to: BTC, Inc. orders c/o Richard J. Clark, 1310-99th Street, Niagara Falls, NY 14304. Questions contact Richard Clark at 297-0574(home) or via email @ ironpower@sysr.com. All orders will be placed on or around the 15th of each month (depending on the weekend) so they are readily available for the club meeting. If your order does not fit it is your responsibility to contact DeSoto and arrange a change. Please inform them that this was a group order through the BTC, Inc. As always, thank you for your patience in advance. Finally during the

racing season, remember when it really hurts, push 'til you puke, then go harder. Commandant Clark. P.S. We're close to finalizing our BTC logo coolmax mesh racing cap order. See me at the next meeting for details.

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

06/04/00 Subaru Milton Tri/Du, Milton Ontario. (905) 945-6608. 9:45 A.M. race start Sunday.
06/14/00 JT Wheatfields Flag Day 5k Run, Ward Road, Wheatfield, 7:00 P.M. race start. 775-6735.
06/17/00 Don R. Carroll Scholarship Race (Run/Du) Du 10k run, 16 mile bike. 9:00 A.M. Batavia 343-7440.
06/17 and 6/18 Subaru Muskoka Tri. Various distances and times. (905) 945-6608
6/24 and 6/25 Guelph Lake Weekend Tris/Du: Guelph, Ontario. (905) 945-6608
07/02/00 4th Annual Waterfront Triathlon/Duathlon/Tri-A-Tri, Buffalo, NY.
07/04/00 1st Annual Powerhouse Gym Firecracker 5K Run for the Arts, Batavia at 11:00am, 343-9313
09/03/00 6th Annual Women's Tri/Du, Milton, Ontario, 8:00A.M. 905-878-7329

American Cancer Society Concert for Cancer: Featuring Switch and Junction West, Saturday, July 22 @ 5:30 PM (rain or shine) @ UB North Campus, Baird Point, Amherst. Tickets \$20 adults, \$10 children. Bring blankets and lawn chairs (bring your own drinks) Include drawings of \$1000, \$500, \$250, must be present to win. For more info or tickets contact: ACS 1-800-743-6724 or Nancy Gworek 675-2978, NAGLupine@aol.com

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 Round and About Race Results: Columbus Du (distances 10k run 44k bike, 5k run) Warren Elvers: 2nd 45-49, Curt Eggers: 4th 40-44. Bob Siudzinski ran the Lilac 10k in Rochester in 57:00. Russ Andolina and Francis Fernando completed the Key Biscayne Triathlon Florida (distances were 750 meter swim, 20K bike, & 5K run) Russ: 1 hour 22 min, Francis: 1 hour 24 min. Checkers Buffalo Mile: Daryl Clarke 26 5:13, Jim Schaffstall 38 5:14, Jim Kavanagh 45 5:52:45, Eric Butler 28 5:52:74, Bill Seyler 53 6:31:67, Anne Ayers 41 7:01:44, Mary Casey 53 7:11.

IRONMAN FLORIDA: Eric Butler is registered for the race in November in Panama City Florida, and could make use of a bike box in November. Right now he has two rooms reserved at the host resort. Arriving Nov. 1 and checking out Nov. 6th (5 nights). Give him a call at

June's Tri Health Article: Prostate Cancer: Prevention & Early Detection. By Mary Workman RN

Although he did not have cancer of the prostate, last year's Tour de France winner, Lance Armstrong, opened our eyes to the grim prospect of cancer in young athletic men and gave us a tremendous amount of hope as well. Prostate cancer is the most common cancer among American men, and their second leading cause of cancer death. Prostate cancer is rare in men under 50 years of age, but rare doesn't mean impossible. Its causes are unclear (as with most cancers), but a diet high in fat is one known risk factor, and interestingly, several viruses are present in cancerous prostatic tissue that are absent in non-cancerous tissue (namely cytomegalovirus and herpes virus 2). Symptoms of prostate cancer include: difficulty in initiating urination, recurrent bladder infections, urinary retention, urinating a large amount of blood with your urine.

Early detection can significantly increase your chances of survival. So what do you have to do? Undergo the dreaded digital rectal exam - the standard and most effective procedure to screen for prostate cancer. It's also referred to as "the Two Finger Salute", and is significantly more comfortable (not to mention less expensive) than chemotherapy.

How can you be pro-active? Eat a diet low in fat, high in fruits and veggies, and get the Two Finger Salute at least once a year, starting now. A routine physical is how most cancers are detected. Schedule your physical for the same time every year (in November when the season is over, or near your birthday, whatever helps you to remember). It may be uncomfortable for a

minute or two, once a year, but we're talking about saving your life here, so you can be around to break Jim Ward's record in the 75 and over age group.

June's Triathlon Article: By Garrett Buck Speller (Again narrated to Jim Michaels, but this time under duress.) Bon Jour BTC Members: I'm learning French so I can really confuse my parents and my Clydesdale Buddy, Jim. Once again, I have to bail out Dad and write some filler for the newsletter because he's too busy changing diapers and feeding me disgusting mushy stuff. I suppose he must be busy since everyone tells me that they can't remember the last time they saw hair on his legs this late into Spring. My schedule is tough too: things are heating up in the 0-1 Age Group with the Eggers and Smaic babies really working the aquatic thing right about now. I've got to get back in the water. Near the top of the list of things I don't understand is why you triathletes whine so much. A lot of the things I hear at the Brick and the Ridge are so minor if you really stop and think about it. For instance, a triathlete says "I'm chaffing around my neck from my wetsuit." I say, try pulling tight neoprene over a diaper rash. Triathlete: "I can't ride my bike because the rim is out of true and the wobble scares me." I say – You want something to cry about: Try being pushed all over God's creation (including up Omphalius, Herman, Big Mother, and Grandmother) strapped into a baby jogger, with your only consolation being a binky and being constantly mauled by adoring women. Triathlete: "I can't get all of the Gu out of my fuel belt flask during a race." I say – try getting milk out of Mom after her typical marathon training run. The well is dry. Triathlete: "The post race party ran out of cheeseburgers." I say: Hey aspiring Clydesdale, try my post race meal; 6 oz. of green mush in a jar that Gerber has the balls to call beans. Triathlete: "I can't believe we have to spend 5 hours in a car with the Hoad just to get to this race." I say: I feel your pain. The baby pool's open at the club now, so I've got to fly. See you at the Ridge or the Brick soon. GBS

"QT" Submissions: **Deadline 6/15/00.** Fax/email to Glenn at 636-8392/ djspc@pcom.net.

June's BTC Birthdays: Mary Casey 6/1, Francis Fernando 6/5, John Gorski 6/2, Mark Luderman 6/22, Patrick Mahaney 6/14, Jennifer Szafran 6/23, and Nikki White 6/25. Last month's mystery birthday person - Rosemary Rosemary - was really Rosemary Miller. Sorry Rosemary, and happy birthday to all.

Welcome to new BTC MEMBER(S): We've had so many new members lately, we wanted to make sure that we welcomed you all and didn't forget anyone in the overlapping of new letters (so you might be welcomed twice) Sandra Lee Marshall, Michael Milbrand, Daryl Clarke – a 2:49 Boston Marathon this year, quite impressive, Anne Ayers, Jennifer Schober, Joie Budington, Mary Casey, and Patricia McManus

From the Hoad: I'm training to hard for Ironman Lake Placid and Muskoka to say much, or to hawk anything this month. Life is short. Pack everything into it that you can, including rest. .Train to live well - *The Hoad*

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What is Lake Erie's Current Water Temp?