

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

July 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 21

BTC Web Site: <http://btc.sysr.com>

BTC e-mail: dolphinkik@aol.com

July BTC Meeting: NEW LOCATION Thursday, 7/06/00 @ 8:00 P.M. after the Brick, North Amherst Fire Hall, in Amherst, New York (Campbell Road & Tonawanda Creek Road) We'll kill two birds with one stone, being those efficient triathlete types, we thought we'd get a work out in too..

BUFFALO TRIATHLON 2000!

YES FAITHFUL BTC MEMBERS, IT IS HERE AGAIN: THE CULMINATION OF EVERYTHING THAT WE'VE BEEN WORKING TOWARDS OVER THE ENTIRE YEAR. SUNDAY, JULY 2ND AT 6:45 A.M. AT THE PIER ON FUHRMAN BLVD. IN BUFFALO, NEW YORK. WHETHER YOU ARE RACING, VOLUNTEERING, CHEERING, OR JUST DRINKING BEER AND EATING HOTDOGS, COME DOWN TO THE PIER AND BE A PART OF WHAT SHOULD PROVE TO BE A GREAT EVENT, INCLUDING A PRO RACE WITH A SUBSTANTIAL (FOR BUFFALO) PRIZE PURSE. THERE SHOULD BE OVER 400 ATHLETES PARTICIPATING THIS YEAR, SO IF YOU HAVE NOT ALREADY VOLUNTEERED, AND YOU HAVE DECIDED NOT TO RACE, PLEASE CONSIDER COMING DOWN AND VOLUNTEERING. THE LITTLEST THING, LIKE HANDING OUT WATER CUPS ON THE RUN COURSE, MAKES A BIG DIFFERENCE TO THE ATHLETES. THE ENTIRE BTC EXECUTIVE BOARD HOPES TO SEE YOU THERE DOING ONE (PERHAPS TWO) THING(S) OR ANOTHER. THERE IS STILL ROOM ABOARD THE SAIL BOAT IF YOU GET THEIR EARLY ENOUGH. ALSO, THERE WILL BE A PRE-RACE EXPO THE DAY BEFORE THE RACE, AND THE BTC IS SETTING UP A BOOTH THERE TO SELL THE NEW HATS AND SEMI-PERMANENT TATTOOS.

The Brick 2000: EXCEPT FOR 6/29/00 AT THE PIER AT 6:00 P.M. 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. **BTC Policy Statement** - Ride the Brick like a triathlon or a time trial (that means no drafting!) and obey the following rules: 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.

BTC Open Water Swims at the Pier: The BTC Swim Committee has informed your humble editor that it's only about 62 degrees in Lake Erie right now. A bit cold, but doable with a wetsuit and a couple of caps. 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.

Top 10 Ways to tell that you're a bad triathlete/parent: by Mary Workman, RN/STBM (soon to be mom) 10. You attempt to strap the baby to your top tube, along with your pump. 9. You sit your kid in front of five hours of Barney tapes while you go ride 100 miles. 8. In attempt to save for a new frame, you feed your baby Gu instead of baby food. 7. You throw your kid into the water, just to see if they have natural talent. 6. Instead of watching cartoons, you make them watch Ironman Videos. 5. Your Idea of a good bedtime story is reading your child race results. 4. When you go for your five month sonogram, you ask the sonographer to take inseam, torso, and other bike measurements on the baby. 3. During pregnancy, instead of playing your kid Mozart music, you stand close to Kevin McKinnon at Subaru races. 2. Forget breast feeding and bottles, it is gatorade, Jogmate and REAL water bottles! 1. You name your son after Luc Van Lierde. (oops, that'd be me!)

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 place 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. And hey, the race hat order is in, and the hats should be available to club members for a nominal fee of \$10 or less at or before the Buffalo Triathlon this year. We've received the sample, and it looks really good. BTC semi-permanent tattoos might be available soon as well. Commandant Clark. P.S.

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

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
08/21/00 "The Bond Lake Rut Race" a four mile European style cross country race that can consist of almost any type of terrain that mother nature has given us, at Bond Lake in Lewiston N.Y., near Niagara County Community College, directions will be on application. Race Director, BTC Member Annie Ayers. 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.

Quinn's Quote of the Month: "Our business in life is not to get ahead of others, but to get ahead of ourselves--to break our own records, to outstrip our yesterday by our today." --Stewart B. Johnson

BTC Round and About Race Results:

Brick Du Results (May 14, 2000) Warren Elvers: overall 8/600, 1/35 age group, Curt Eggers: overall 15/600, 1/35 age group, Greg "spanked by the old guys" Drumm: overall 67/600, 10/78 age group, Sal Pascucci: overall 241/600, 8/22 age group.

Milton Tri/Du Results: 26 STEPHEN HOADLEY, 103 GREG DRUMM, 135 CHRISTOPHER ANKRUM, 196 DARYL CLARKE, 227 BARRY DUNSTAN, 269 JONATHAN BERNSTEIN, DU: 2 CURT EGGERS, 3 WARREN ELVERS.

Engineering Society 5k Run: Karl Koslowski (PR) 3rd in his age group (25-29) 21:33.

JT Wheatfields: Karl Kozlowski 21:49, (1st in age group, 42nd overall), Dave Szafran 21:12, and Barb Bittner (21: something) and Annie Ayers 22:48 - she won the Female Veteran category!

BATAVIA DU: 1 Warren F. Elvers, Jr., 11 Patrick J. Mahaney, 15 Daryl D. Clarke, 21 Patrick V. Scott, 23 Eric R. Butler, 33 Sal J. Pascucci, 38 Gary M. Maslanka, 54 Amy Hurta, 55 Jonathan L. Burdick, 56 Andrew W. Dalgleish, 78 George C. Michalko, 81 Nikki P. White, 97 Anne M. Ayers, 112 Mark R. Stambach, 118 T. Todd Lemmiksoo, 122 Mary F. Casey. AND IN THE 10K RUN ONLY: Szafran, David J. 34 (45:35).

MUSKOKA TRI/DU: Long Course Tri: 106 STEPHEN HOADLEY, 210 CHRIS ANKRUM, 298 GREG DRUMM, 330 JEFF TRACY, 341 BARRY DUNSTAN, 438 ANTHONY GARROW, Long Course Du: 2 CURT EGGERS.

Guelph Lake Tri/Du/Try a Tri: TAT - 225 JEANNE ELVERS, TRI 126 BARRY DUNSTAN, Sprint Tri - 2 CURT EGGERS, 61 SAL PASCUCCI, Sprint Triathlon Relay's -1 THE BUFFALO TRI CLUBBERS (Greg Drumm, Eric Butler, & Dave Szafran), Duathlon -2 WARREN ELVERS, 3 CURT EGGERS,

Ride for Roswell: Jack Gorski, Bob Siudzinski and Nancy Gworek completed 63 miles in the Ride for Roswell. Transplant Games: Barb Bittner placed 3rd overall female at the Transplant Games in Orlando, Florida. A Bronze medal winner! Also first in her age group.

Penn Yan Tri: Long Course Triathlon Results: 8 Andrijan SMAIC, 68 Anthony GARROW, 82 Amy RICHARDSON-HURTA, 104 Gene BARAN, Sprint Triathlon Results: 47 Andrew MOYNIHAN.

St. Gregory's 5K: Bernstein, Jonathan A. 80, Biamonte, Thomas S. 99, Casey, Mary F. 263, Clarke, Daryl D. 11, Dunstan, Barry K. 44, Mahaney, Patrick J. 32, Sardes, Diane L. 97, Schaffstall, Jim 10, Speller, Glenn J. 17, Speller, Greta M. 188.

Swim Meet: Karl Kozlowski was the lone BTC representative. Men 25-29 100 LC Meter Freestyle 2 Kozlowski, Karl 26 NIAG 1:10, Men 25-29 100 LC Meter Breaststroke 2 Kozlowski, Karl 26 NIAG 1:33.73, Men 25-29 50 LC Meter Butterfly 2 Kozlowski, Karl 26 NIAG 34.85, Men 25-29 200 LC Meter IM 2 Kozlowski, Karl 26 NIAG 3:00.60

July's Tri Health Article: Training During Trimester 2 By Mary Workman RN

IT GETS BETTER. Remember that if you are ever struggling through the first twelve weeks. Rest, train smart (ie. listen to your Doctor), and eat well. Those are the basics. Training during trimester 2, is wonderful. You have much more energy, you are used to the pregnancy, and *asta la vista* nausea. Here are a few thoughts to consider: * Running is good. Keep your heart rate low. Don't run for over 20 minutes at a time. Many doctors feel that running longer than twenty minutes at a time can deprive the baby of oxygen. My solution? Run twenty, walk 5. Run 20, walk 5. Always walk hills. Now isn't the time for hill repeats. No speed work. You'll be too tired anyway. * Biking: Try switching to a mountain bike as you get bigger. It keeps you in a more upright position, and you are less likely to fall. I ride indoors on my trainer. Month five is where you might start to notice your knees hit your gut. Try spinning, no jumping or speed work though. * Swimming: Do a lot of this. It helps ease the soreness in your pelvis and back. Do flip turns as long as you don't feel queasy or dizzy. Flip turns will not hurt the baby. * Lifting: Lifting weights is okay. Heavy weights is not. Switch to low weight, high reps. Do nothing that involves lying on your stomach. It is still okay to work the abs, keep the lower back on the floor and go slow. A few rules of thumb to keep in mind: Take a nap every day (you won't sleep again for 25 years). Rest when you need to. Eat before and after your work out. Drink tons of water. Stop if you become lightheaded. Keeping fit will help you in labor. That's what they tell me, at least. You will also feel better, and you'll be back on the race course sooner.

Coming next month: The lowdown on the athlete's low pulse rate. How low is too low???

Note: In response to last month's article on prostate cancer, Dr. David B. Lillie (3rd Place Age Group Finisher at the 1999 Buffalo Triathlon) writes:

"I can't resist adding a couple of thoughts to Mary Workman's piece on prostate cancer in the last issue, since this is my medical specialty. Prostate cancer is not all that rare in men under fifty especially if there is a family history or among black men. Actually family history genetics is probably the most single important risk factor, far more than any infectious etiology. The symptoms Mary listed are not really those of prostate cancer but of any prostatic enlargement which is usually benign. By the time it is symptomatic it is not curable. I'm not quite sure why she keeps referring to a digital rectal exam as "the two finger solute". Every urologist I know only uses one finger "unless of course the patient asked for a second opinion". It is incorrect to state that a routine physical is how most cancers are detected. Most cancers are detected by getting a PSA blood test. This should also be done yearly, again beginning at age forty if there are risk factors as mentioned above."

"QT" Submissions: **Deadline 7/15/00.** Fax/email to Glenn at 636-8392/ djpsc@pcom.net.

July's BTC Birthdays: No report.

Welcome to new BTC MEMBER(S): No report.

From the Hoard: Congratulations to Craig and Karen Small who are expecting their first child. My knuckle is broken, yes, but I'm still racing, and doing o.k. Train to live well - *The Hoard*.

BUFFALO TRIATHLON CLUB, INC.
6161 TRANSIT ROAD, SUITE 2A
EAST AMHERST, NEW YORK 14051

IT'S BUFFALO TRIATHLON 2000 TIME: 7:00 A.M. SUNDAY, JULY 2ND!!!