

## QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

July/August 2000 Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition Issue No. 21/22

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

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**August BTC Meeting:** Thursday, 8/03/00 @ 8:00 P.M. after the Brick, North Amherst Fire Hall, in Amherst, New York (Campbell Road & Tonawanda Creek Road) Kill two birds with one stone: Work out then meet, eat, etc..

**Editor's Note:** Due to printer problems beyond our control, the July edition of Quick Transitions was only sent out via e-mail in July. We apologize to all those BTC members who do not have e-mail and who therefore were left in the dark for a month without the guiding light of this monthly paragon of triathlon information. We now have mailing labels, so we can mail to everyone. We apologize for any inconvenience that this may have caused.

## BUFFALO TRIATHLON 2000!

Message from our President, Richard Clark: The 4<sup>th</sup> Annual Buffalo Waterfront Triathlon was a shining success. Numerous athletes commented on how well the race went. When I was riding with the winner from the Olympic distance he stated, "Wow, you guys have a great venue here." That was encouraging. This race actually started in the winter. I would like to THANK EVERYONE from the BTC that helped this year. The value you placed on this race definitely was intrinsic. The swim organizers, Flash and Jim Kavanagh, deserve a medal for all of the work that they did. It was smooth. The athletes were pleased and felt safe while they were in the water. Next years swim should be a breeze due to the great organization and success the committee encountered. Thanks also goes out to John Pepke, Bill Seyler, and Zorin Smaic for devoting their Saturday to the transition area. This year didn't have a paint war episode unlike last. The expo was great. I walked in and the place was full of athletes. This forum was great for our membership drive that has been led by Ed Harkey. You go boy. I would also like to thank Andre and Jodi for organizing such a large race in Buffalo. The fact is right now the Waterfront Triathlon is the only triathlon in the Buffalo area. I am pleased that the BTC pulled through. If you have any suggestions on how to make things run smoother from an athlete's point of view feel free to email me, Richard Clark, at [ironpower@sysr.com](mailto:ironpower@sysr.com). Remember, pain is temporary, pride is forever.

**Buffalo Tri/Du Club Results: As assembled by Ed Harkey - no easy task with all of our members now!**

**Olympic Tri:** 11 1 Paul White, 29 25:14 1:22 1:05:55 1:25 39:42 2:13:38, 12 2 Glenn Speller, 35 28:27 58 1:06:03 1:16 39:05 2:15:49, 15 Dana Annelo White, 28\* 23:58 1:30 1:08:19 1:08 42:59 2:17:54, 145 William Seyler (who was for some reason put in the Sprint results) 1:38 2:02 1:15:54 1:41 57:09 2:18:24, 27 6 Barry Dunstan, 25 31:57 2:19 1:11:40 1:57 40:50 2:28:43, 28 7 Eric Butler, 28 31:27 1:15 1:08:15 1:15 47:42 2:29:54, 31 5 Jeff Tracy, 30 29:30 1:37 1:12:24 1:16 45:16 2:30:03, 32 2 Sal Pascucci, 51 29:35 1:26 1:12:51 1:20 44:54 2:30:06, 42 1 Joanne York Rappl, 38\* 36:21 1:09 1:16:03 1:26 41:25 2:36:24, 44 2 Robert Giardini, 45 32:17 1:23 1:13:39 1:22 48:27 2:37:08, 57 2 John Burdick, 20 34:58 3:28 1:19:36 46 47:48 2:46:36, 62 8 Craig Small, 33 36:50 2:36 1:17:37 1:50 50:08 2:49:01, 64 2 Cindy Stankiewicz, 38\* 32:18 1:33 1:20:09 1:27 53:47 2:49:14, 103 3 David Lillie, 51 40:17 2:25 1:35:29 2:11 1:00:43 3:21:05.

**SPRINT TRI:** 5 3 Daryl Clarke, 27 11:39 1:37 37:18 1:39 16:57 1:09:10, 10 4 Karl Kozlowski, 25 9:26 1:28 37:09 58 22:33 1:11:34, 15 1 Pat Mahaney, 20 15:29 1:04 34:57

52 20:35 1:12:57, 25 5 Jim Michaels, 33 12:40 2:30 36:17 1:10 22:45 1:15:22, 29 6 Jim Price, 28 11:50 3:59 39:38 54 20:36 1:16:57, 46 10 George Michalko, 37 10:53 3:18 41:35 1:51 23:43 1:21:20, 50 8 Andrew Moynihan, 28 10:55 :13 43:10 1:23 23:18 1:21:59, 55 2 Nikki White, 29\* 15:11 1:23 43:42 52 22:14 1:23:22, 58 2 Greta Buck, 35\* 15:27 :11 38:18 1:34 26:55 1:24:25, 79 2 Mark Stambach, 49 13:58 2:12 41:06 1:47 29:13 1:28:16, 82 10 Scott Stambach, 0 16:55 3:34 43:00 2:58 22:25 1:28:52, 83 4 Barbara Bittner, 35\* 13:11 3:05 44:54 1:55 25:54 1:28:59, 89 10 Bud Heese, 43 16:33 2:37 42:57 1:05 26:23 1:29:35, 91 7 Quinn Ankrum, 29\* 11:24 2:51 44:38 1:11 29:47 1:29:51, 98 5 Audrey Cohn, 37\* 11:19 2:21 42:57 1:39 33:28 1:31:44, 104 7 Ed Harkey, 52 14:04 2:48 43:47 1:16 31:06 1:33:01

116 8 Todd Lemmiksoo, 52 17:23 2:31 49:05 1:08 27:20 1:37:27, 117 7 Rosemary Miller, 38\* 16:02 2:44 48:59 2:14 27:33 1:37:32, 136 10 Daniel Mangold, 50 13:11 2:53 52:33 1:45 35:39 1:46:01

**DUATHLON:** 1 Curt Eggers, 45 16:52 44 1:01:59 47 18:18 1:38:40, 2 Warren Elvers, 45 17:32 35 1:01:21 37 19:22 1:39:27, 13 2 Jeffry Lebsack, 43 22:13 2:02 1:18:22 1:53 25:48 2:10:18, 14 3 Jonathan Bernstein, 35 20:25 1:28 1:21:59 2:05 25:08 2:11:05, 29 1 Anne Ayers\* 22:47 2:00 1:37:24 2:05 25:15 2:29:31.

**Try-A-Tri:** 7 1 Patricia McManus, 40\* 4:53 2:29 23:29 1:08 9:52 41:51, 10 1 Melissa Hanson, 32\* 8:06 1:22 22:17 47 10:03 42:35, 13 1 Mary Casey, 54\* 7:57 2:20 22:18 1:00 9:39 43:14

**RELAYS:** 4 Milbrand Mx 9:32 42 46:58 47 24:15 1:22:14 Terry Milbrand, Michael Milbrand, Eain Knack,

**BTC Banner:** Many thanks go out to Nancy Gworek's in-laws, Mr. & Mrs. Walter Gworek of 314 Holly St., Buffalo, NY 14206, who gave their time and effort to fix our BTC Banner, in time for the triathlon. Jack Gorski has a card going around, so if you see it, sign it and thank them. I'll also send a copy of this newsletter to them. .

**The Brick 2000:** Thursdays 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 re-pass.

**BTC Open Water Swims at the Pier:** BTC Pier Swim Policy: (1) There are no life guards, so like all other BTC events, participate at your own. (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. Wet suits add a measure of safety, buoyancy, and warmth. (4) Never swim alone. (5) If you feel uncomfortable in the open water/surf conditions, go to shore immediately.

**DANSKIN BOSTON TRI:** By Cindy Stankiewicz. Buffalo Triathlon Chicks had a terrific time in Boston at the Danskin Triathlon July 16, 2000. There were 1,028 finishers in the event from all over the country. Nickel City Roadrunner women and Checkers A.C. women joined the Buffalo Tri Chicks to have a caravan of ten Buffalonians present at this event. Sally Edwards, triathlon pro joined our party for some champagne and photographs with the BTC Banner. Results: Cindy Stankiewicz 1:14:15 18th out of 171 35-39 category 63 overall, Nancy Gworek 1:22:09 10th out of 51 45-49 category 232 overall, Janice Davis 1:26:40 4th out of 25 50-54 category 371 overall, Quinn Ankrum 1:26:52 90th out of 259 25-29 category 379 overall, Audrey Cohn-Diaz 1:28:36 85th out of 171 35-39 category 445 overall, Linda McKeehan 1:30:32 22nd out of 51 45-49 category 508 overall, Barbara Bittner 1:31:41 100 out of 171 35-39 category 544 overall, Jeanne Elvers 1:33:32 28th out of 51 45-49 category 605 overall. Great Job BTC women!!! Sue Fenger and Marsha Pittman teamed to complete their first triathlon together. Marsha did the swim portion and Sue did the Bike and Run portion.

**Newby Tri Poem** by Agnieszka Rawa who finished her first triathlon in on July 17, 2000.

Triathlon Swimmers all ready. More than many stacked by my side. Svelte and sleek. All looking strong. Their swim caps are on. Why is mine pink? Shivering, I stress. Fear in my stomach. It's too late to leave. The race is on and water's the test. I dive in the lake. Entangle in seaweed. In front, I see bubbles of all those ahead kicking fitfully. My feet hit the hands of all those behind. I feel claustrophobic and panic sets in. But it's simply swimming and just like the rest, I will do my best. Pulling through water, switching my strokes, I fight with my feelings of utter distress. The course is triangular. I know I can swim. The pack stretches slowly and gives me some space. My breathing still shallow. I pass my first victim and though I'm not fast, I'm certainly not last. I land on the shore, bluish on lips, dizzy and dripping, tripping on pebbles. I'm back on my feet, jogging the distance from water to bike, fumbling through stuff, I step in my sneakers and pick the bike. Leaving behind still scores on the rack. I hop on the bike, done with the swimming, I welcome the change, adrenaline rushing, I fervently pedal through sceneries vast. The distance is long but the ride is so fast and zipping past cyclists though muscles are tiring, uphill, I pull strongly and down hill's a blast. I'm back from the ride, off from the bike, walking so strangely. My legs are in pain. I stumble ahead as best as I can. Stack up my bike and gobble some goo: instant "power" to last. One event to go, and my legs may not last. Without conviction I start my run. Muscles are failing. Tight and reluctant. Pain through my feet. The pavement is hard. I am very slow. Morale is sagging. I have hit my low ... Searching for courage. I pass a slow runner. I will make it fine through this and much more. It's now up to the mind, and I won't let this go. Finally there: the half-mile mark. Everything's sore. Spectators are cheering. The ending is nearing. From nowhere I find the power for more ... I pick up the pace, and speed up the race. I run past my limit. Faster and faster for soon I can rest. I see it ahead. The line of the end. Elation spills through me, curing all aching. I know I will make it. A smile on my face, I run even faster and pass a few more. Just for the fun sprinting to finish. I have passed the test and I did my best.

**Top 10 Things to do with your \$4000 tri bike after you have a child:** (Specially composed for Andre, Craig and Curt) by Garrett's dad. 10. Dust it. 9. Hang wet clothing from the tri bars. 8. Bump into it in the hall in the middle of the night during a feeding. 7. Wonder if Joan Gregory would like to borrow it. 6. Look at it longingly when you're in the middle of a diaper change. 5. Consider attaching something to it that will hold a child. 4. Watch it topple over as your child tugs on the chain, thereby getting a handful of grease and a bike on the noggin. 3. Battle with your significant other about not putting it in the garage. 2. Tinker with it at 2:30 A.M. following a feeding that you can't get back to sleep after. 1. Ride it for an hour on the trainer after your child has finally gotten to sleep.

**BTC UNIFORM ORDERS:** As per DeSoto, all clothing orders must still be arranged by Richard Clark. 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](mailto: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. 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 are available as well. Commandant Clark.

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

08/06 Elmira Y-Athlon, Erin, NY 1/2S, 18B, 5mile Run. 607-733-7656.  
08/07 - Mud Run 7K, 6:30 P.M., Cross country, Boston, New York. 941-1004.  
08/12 - Erie County Fair 5K.  
08/12 - Village Glen Moonlight Run 5K  
08/18 - Jack Donahue Memorial 5K  
08/18 - Lockport YWCA Downtown Dash 5K

08/19 - Rootie's NCRR 5K  
08/19 - Java Lake Road Race 5K  
08/20 - Shoes For The Shelter 5K , Canisius College.  
08/21 - Bond Lake A.C. Rut - 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.  
08/25 – Diaper Dash 5K  
09/03 – Beaver Island Triathlon, 9:00 A.M. 500yrs Swim, 20k bike, 5k run. 835-8674.  
09/03/00 6<sup>th</sup> Annual Women's Tri/Du, Milton, Ontario, 8:00A.M. 905-878-7329  
09/30 – Nickel City/Rizzo's Duathlon (plus 2.5 mile road race). 10:00A.M. Beaver Island. 689-2494

### **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:**

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 Kozlowski (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 (3<sup>rd</sup> 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."

**A note from Mary Workman, R.N.** - Just wanted to send out a response to my health articles in the newsletters... FYI I don't make this stuff up, the statistics that I got were from The American Journal of Nursing, different sources may say different things, so I am told. I appreciate the correction. Another FYI: I use three nursing journals, my med-surg nursing book, and three residents to bounce ideas off of, and one of them reads my articles before I submit them. When I took back the article and the correction, they informed me that specialists can get protective of their specialty and will be the ones to have the very latest and exact statistics. Good for me to know, right? Please remember that I write these articles not as an expert at any field, but to promote general health and well being to all. If one person takes a little better care of themselves because of something they have read (regardless of whether the #s were EXACTLY right), I think that is worth it. It's not about who is right, pointing the finger at who is wrong, it is about staying healthy, and getting information out that will support that, along with the lifestyle we all lead. Happy and safe training!! :- ) Mary Workman

August's Health Article: **Can We Stop Arthritis Damage and Rebuild Our Joints? PART I**

Post race topics generally revolve around results, race conditions, and injuries. As triathletes, it's almost a rite of passage (so we think) to discuss our pulled muscles, aching knees, and shoulder issues. In a way it defines us. But training through the pain punishes our bodies, and instead of giving them the rest and respect that they so direly need, we tend buy into the latest and greatest remedies. Some are legitimate, others are not. My advice is to fully educate yourself before you try a new supplement or therapy.

With respect to arthritis, there are many causes. As athletes, we tend to suffer from osteoarthritis. Osteoarthritis is simply the wearing away of the cartilage in the joints. "One of the most prolific substances in your body is collagen. It is the stuff that holds your body together," according to Dr. John Megehnorn. Collagen "knits together calcium to form bones. Tendons, ligaments, cartilage, and even the corneas of your eyes are made from collagen." When low levels of collagen exist in the body, the cartilage lining between your joints can be damaged. For bone and joint problems today many doctors are prescribing different drugs such as ibuprophen, but this is not a solution, it is only treatment for the symptom: pain. The real medical solution for joint problems, may have really been discovered over 40 years ago. In 1958 a doctor at a New York hospital discovered that cartilage had anti-inflammatory properties. Put a simpler way, there was something in the cartilage that helped reduce sore and inflamed joints. A team of physicians conducted a study that reported significant healing when a topical cartilage was applied to surface wounds. After additional research, a key discovery was made: cartilage contained collagen II. This study sparked many other studies of collagen II, and how it could help arthritis patients. Stay tuned to next month's Part II, we will discuss how collagen II is being used to help arthritis suffers of all kind, from osteoarthritis to rheumatoid arthritis. I will let you know about a few studies that have shown the benefits of collagen II, and how you can apply this to you. I am also looking for the disadvantages of collagen II, please email me if you know of any literature proving so. Constructive input is always welcome. See you next month!! Mary Workman RN

## WEAR YOUR HELMET – by Jim Michaels

The other day on a training ride I crashed badly. My helmet was cracked in half. Thank God that I had it on, but it really got me thinking. What if you crashed without your helmet? What if you were knocked unconscious? Just imagine what you could wake up to:

Your cellphone has been shut off permanently: Thanks Mr. Eggers.

You're being read the last rites by an unfamiliar priest: Thanks Mr. Kavanaugh

Your hair is six different colors – Thanks Mr. Clark

Your Powerbars are hard enough to pound nails – Thanks Ms. Stakiewicz

Blue Cross has cancelled your health insurance – Thanks Mr. and Mrs. Giardini

Your fillings have been removed and taken to a pawn shop – Thanks Dr. Bernstein

Your underwear is around your ankles – Thanks Mr. Pepke

You're being sued for cracking the sidewalk when you crashed – Thanks Mr. Speller

You wake up in the hospital with only the Hoag at your side for emotional support (where is Dr. Kervorkian when you need him?) If you need more reasons then this to wear your helmet, maybe you bumped your head.

**"QT" Submissions:** **Deadline 8/15/00.** Fax/email to Glenn at 636-8392/ [djspc@pcom.net](mailto:djspc@pcom.net).

**July's BTC Birthdays:** Jon Bernstein 7/10, Joie Budington 7/26, Daryl Clarke 7/02, Jeanne Elvers 7/08, Geoffrey Flickinger 7/12, John Herman 7/28, Steven Lee 7/12, Jim Madman Michaels 7/14, George Michalko 7/28, Andrew Moynihan 7/28, Patrick Scott 7/22. I guess that the Leos among us will just have to wait.

**Welcome to new BTC MEMBER(S):** Daniel S. Mangold, Derik T. Goodman, and Susan V. Mangold. A. Jason Walsh, Thomas J. Giardini, Jennifer Mumbach, Theresa Fulle, and Tracey Bernardoni.

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**BUFFALO TRIATHLON CLUB, INC.**

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Defy gravity, lift weights!!