

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

September 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 23

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

BTC e-mail: dolphinkik@aol.com

August BTC Meeting: Thursday, 9/07/00 @ 7:40 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..

Club Business: The Club has established two new ad hoc committees. The Venue Committee - to look into a place to hold a club race, Chairperson, Greg Drumm, and The End of the Season Social Committee - to look into a place to hold a party in October for the Club, Chairperson, Quinn Ankrum. Both have tentatively arrived at Camp Keenan in Barker, New York (on Lake Ontario) as the site, and the weekend of October 7&8 as the date. What will most likely be involved is a sprint distance tri (Club members only) and a nice fire cooked dinner, bunk house or tents (Good night Ed Harkey-boy), a home cooked breakfast, concluding with climbing tower work for those interested. The tentative price per person now (prior to the Club picking up any of it) is \$30. Come to this month's BTC meeting for more details. There will also be more information on how to sign up in next month's QT. Also, a note to all BTC Members: if you haven't done so already, please e-mail your address to Ed Harkey at the BTC email address above, so that you can be added to our email list. Lots of information goes out over the wire everyday via Ed's Information Service.

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; 8. If you are passed, drop back out of the zone of rider in front of you before attempting to re-pass, and most importantly, 9. Proper apparel is encouraged, nude riding is discouraged.

BTC Open Water Swims at the Pier: Pier swims have been conducted successfully over the past month, due to Swim Czar, Gene Baran's cool head, and Bill Seyler's ladder. BTC Pier Swim Policy: (1) There are no life guards, so like all other BTC events, participate at your own risk. (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. (6) Please do not enter or exit the water on the Pier's dock. (7) The water quality has not been tested, and is in a constant flux anyhow, so swimming at your own risk takes on additional meaning in this instance.

RESULTS:

THE 2000 SUBARU TRIATHLON SERIES -PETERBOROUGH TRIATHLON & DUATHLON July 9th, 2000: 1/2 Ironman Triathlon Results: 18 4:32:17 STEPHEN HOADLEY 4/64 F 97 15 61 33:19 1:40 1:49 1 10 2:25:39 37.1 0:54 9 38 1:30:38 4:18; 95 5:03:41 BARRY DUNSTAN 16/52 E 36 38 265 43:46 2:12 2:48 26 127 2:44:28 32.8 2:32 5 33 1:30:08 4:17; 127 5:13:20 JEFF TRACY 28/64 F 134 28 147 38:21 1:56 1:31 34 180 2:50:18 31.7 1:17 31 125 1:41:56 4:50; 183 5:25:03 ERIC BUTLER 33/52 E 29 37 264 43:44 2:12 2:04 16 81 2:39:56 33.8 2:15 35 256 1:57:06 5:33; In the Sprint: THE 2000 SUBARU TRIATHLON SERIES- PETERBOROUGH TRIATHLON & DUATHLON 179 1:22:06 ANDREW MOYNIHAN 20/34 E 1028 20 150 15:08 2:02 2:16 30 260 41:43 28.8 0:37 16 133 22:24 4:29.

Boilermaker Results: Ayers, Anne M. 2974 74 527 1:17:33 8:19, Garrow, Anthony G. 525 81 488 1:02:01 6:39, Kavanagh, Jim C. 1553 150 1362 1:10:14 7:32, Michalko, George C. 2894 437 2389 1:17:09 8:17, Sardes, Diane 2173 19 316 1:13:43 7:55, Schaffstall, James A. 206 25 193 56:38 6:05, Dave Szafran ?

MIKE BURWELL MEMORIAL NIAGARA TRIATHLON, Welland, Ontario, Sunday July 16th, 2000

Olympic Triathlon Results: 4 2:07:55 Curt Eggers 1/8 M40-44 125 2 7 21:43 1:27 0:55 1 3 1:06:52 38.1 0:39 1 6 37:48 3:47; 9 2:21:48 Matt Ruddy 3/8 M25-29 123 4 23 27:21 1:50 1:15 3 7 1:11:58 35.4 0:55 4 7 40:21 4:03, 12 2:23:55 Chris Ankrum 2/2 M30-34 118 2 11 23:27 1:34 1:29 2 14 1:16:03 33.5 0:55 2 12 42:03 4:13, 16 2:29:02 Daryl Clarke 4/8 M25-29 104 6 40 32:47 2:12 1:37 4 20 1:17:25 32.9 1:19 1 1 35:55 3:36, 18 2:31:33 Sal Pascucci 1/3 M50-54 128 1 19 26:32 1:47 1:33 1 15 1:16:18 33.4 1:18 1 20 45:54 4:36; 19 2:32:21 Anthony Garrow 4/8 M40-44 124 6 30 28:44 1:55 1:33 4 17 1:16:44 33.2 1:02 3 16 44:19 4:26; 20 2:34:05 Karl Kozlowski 5/8 M25-29 90 3 12 23:49 1:36 1:27 5 25 1:20:01 31.9 0:49 5 22 48:01 4:49; 24 2:40:31 William Seyler 2/3 M50-54 122 3 28 28:25 1:54 1:25 2 26 1:20:09 31.8 1:14 2 23 49:20 4:56; 28 2:42:40 Jonathon Burdick 4/5 M20-24 114 4 29 28:44 1:55 2:48 4 24 1:19:40 32.0 1:18 4 30 50:11 5:02; 45 3:15:15 Gene Baron 3/3 M45-49 131 3 45 35:19 2:22 1:34 3 45 1:39:44 25.6 0:45 3 41 57:55 5:48.

BARRIE TRIATHLON & DUATHLON, July 23rd, 2000: Triathlon -6 1:18:33 CURT EGGERS HENRIETTA 1/58 H 702 4 61 10:10 1:28 0:42 1 5 43:31 38.6 0:43 1 14 23:30 3:37, Duathlon - 5 1:18:46 WARREN ELVERS GETTZVILLE 1/62 HJ 862 5 29 9:32 3:49 0:45 1 1 42:38 39.4 0:29 4 22 25:24 3:38

2000 ISUZU IRONMAN USA LAKE PLACID TRIATHLON, Sunday July 30th, 2000, 274 11:08:46 HOADLEY, STEPHEN TONAWANDA NY USA 73/298 M30-34 475 124 540 1:07:46 1:47 6:22 23 100 5:27:18 20.5 4:07 120 504 4:23:14 10:03

BELWOOD TRIATHLON & DUATHLON, August 5-6th, 2000, Tri Results: 3 1:35:58 CURT EGGERS HENRIETTA 1/49 H 166 2 35 17:29 1:45 0:49 1 3 50:24 36.9 0:40 1 9 26:39 3:49, 89 1:52:03 SAL PASCUCCI NIAGARA FALL 6/22 K 236 5 129 20:46 2:05 1:37 7 75 56:57 32.7 1:17 5 105 31:28 4:30, Du Results: 3 1:26:54 WARREN ELVERS GETTZVILLE 1/26 HJ 939 6 25 7:20 3:40 0:53 1 1 49:31 38.8 0:35 4 18 28:37 3:35.

NORTHERN TRIATHLON WEEKEND, August 20th, 2000, Tri Results: 2 1:28:53 CURT EGGERS HENRIETTA 1/69 H 253 2 28 11:57 1:36 0:36 1 3 49:41 36.2 0:34 1 9 26:06 3:44

2000 IRONMAN CANADA, August 27, 2000, Penticton, BC: Barry Dunstin, 11:27, 1:23, 6:03, 3:52, 427/1127. Unofficial.

Top 10 List of Open Water Swimming Tips:

(10) If you're swimming near Rich Clark, don't drink the water. (9) Lube all moving parts before donning your wetsuit. (8) If the water smells weird, don't drink it. (7) Being on the surface of the water while jet skiers are in the vicinity, is not a safe situation. (6) Pam cooking spray does not break down neoprene like petroleum products do. (5) Know where the sun is going to be on race morning, so you can actually see the course. (4) High arm recovery helps in wavy conditions, or if you really want to whack someone in the head. (3) Don't start immediately behind anyone in a treading water start or you'll lose your goggles or worse. (2) Put your cap over your goggle straps. (1) Urinating in your wetsuit is faster than waiting in line for a port-o-potty.

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. 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 are available to club members for a nominal fee of \$10. BTC semi-permanent tattoos are available as well. Commandant Clark.

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

09/03 – Beaver Island Triathlon, 9:00 A.M. 500yrs Swim, 20k bike, 5k run. 835-8674.

09/03 6th 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.

September's Tri Health Article:

by Mary Workman - What I have learned the past seven months The past seven months have been ones of change for us. Mostly for me. Not only are we expecting the biggest joy of our lives, but I have been able to work in a place, that makes me thank God every day I leave, that I am healthy. I have just spent a week listening to many people's stories of Lake Placid. There was drafting, the course was hard, I didn't break ten hours. I Sprained my ankle. I knew a ton of people who raced, so I have heard a lot. One person said he didn't have the race he had planned, but was so happy to complete the course. Sometimes I think that we (and I'm NO EXCEPTION) get wrapped up in times, results, place, that we forget why we are really triathletes why we are doing the race. Because we CAN. For the past seven months I have watched lives become destroyed, changed, and enlightened. I have seen two cyclists who left their houses in the morning, and three hours later one was a quadriplegic, and one had two broken legs. I have seen people in traction in the most horrifying positions, screws drilled into their heads, weights attached to keep their bones in alignment. Tonight I sat with a woman who was told her cancer was not only back, but spread to her bones, and she would die within the year. On the bright side, I have been fortunate enough to have patients who have had everything broken, walk for the first time. Remember your first race? Same look of joy. To just be standing. To many patients, being able to sit on the toilet is comparable to finishing a marathon. My point? Be grateful the next time you have a flat 30 miles out, that you are capable of walking home. The next time your arch rival beats you, celebrate your abilities to compete. The next time you cramp, be glad that you aren't feeling "cancer pains". Be ecstatic that for you as an athlete, dehydration probably won't kill you. Low sodium isn't a medical emergency for you. Be grateful that you can move. It can all be taken away too easily. A helmet MAY protect you from head injury, not always neck injury, and it does nothing for your arms legs and pelvis. We are all so lucky for the abilities we have. Be thankful, and rejoice in that small dose of bad luck, like a flat. We can fix those things.

Part II Last month we discussed collagen II: discovered more than 40 years ago, and found to have anti inflammatory properties. After several studies were done with rheumatoid arthritis patients, and the results showed improvement for patients, Harvard Medical School completed their own testing. Within three months, the majority of the patients involved in the Harvard study showed improvement, with 14% of them in complete remission. Another discovery was then made. "Earlier, scientists had found a very rare bacteria that caused arthritis in some animals." States Dr. Diehl, a researcher at the government's National Institutes of Health in Maryland. Dr. Diehl then injected the bacteria into Swiss albino mice, in preparation for drug testing. But when the mice didn't develop arthritis, he injected them again with higher doses of the bacteria, hoping to cause the arthritis. They still didn't develop it. Hundreds of tests later, Diehl discovered that the Swiss mice made CMO (acetyl myristoleate), which prevented the arthritis from occurring. This CMO was not allowing the collagen in the joints to be attacked, and also softened joint cartilage. This caused joints to become more pliable. Now remember that these studies were done on patients with Rheumatoid Arthritis, which occurs when the body's immune system attacks its own cartilage. We, as athletes, mostly suffer from osteoarthritis, which is caused by the wearing away of cartilage in the joints.

After retiring, Dr. Diehl himself developed severe osteoarthritis. After years of trying to persuade drug companies to listen to him and his CMO findings, he had given up. But now in pain himself, he decided to try his own medicine. He made up a batch of CMO, and within three months, was free of any symptoms. A specialist in arthritis research, Dr. H. Siemandi read about the effects of CMO, and conducted a double blind study. On Humans. His test results showed 65% improvement in osteoarthritis patients within three months. Several other substances were found to help also. These included MSM, SAM, Brolelain, Curcumin, Vitamin C, and Lipase. All of these ingredients, in conjunction with Collagen II and CMO, were found to actually help to heal the joint, and decrease inflammation. The only company to put all of these ingredients together, that I have found, is Gero Vita. This company specializes in ailmentargeted nutraceuticals. They have a product called Arthro -7, available only in 33 countries, including the USA. The bottom line, the damage we as athletes do to our joints does not happen overnight. Any kind of remedy that we use to try to "fix" them, won't happen overnight either. There are supplements out there that we can use to help ease the pain of our sport. Avoid getting into a situation where you damage your body beyond repair. We need people in the 65+ age group. Next month: Why I think salt tablets CAN be (not always) a bunch of hype.

SEPTEMBER'S TRIATHLON ARTICLE: BY GREG "Nude Brick" DRUM - Note: *Although bike shorts are occasionally optional for me, everyone should wear a helmet while riding. But if your helmet doesn't fit properly, it won't do you much good. So before you saddle up, do the "Eyes, Ears, Mouth Test". Place your helmet on your melon -- it should be level and snug. If it slides around you need to insert additional pads. Eyes -- looking up past your eyebrows, you should see the very edge of the helmet. Ears -- the straps should meet right under your earlobes. Mouth -- when buckled, the strap should be loose enough so you can breathe and insert two fingers between it and your chin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head. Some helmets need minor adjustments each time you ride, but usually only take a moment or two to adjust to a proper and safe fit.*

The Other Kind of Triathlon: On August 20, 2000, Chris Ankrum and I participated in a triathlon relay at Glimmerglass State Park near Cooperstown, NY with my brother and father. Chris and I chose to do this race because it is about 12 minutes from where my parents and brothers live as well as being where Chris' wife Quinn spent the two previous summers as a member of the Glimmerglass Opera realizing that this area of upstate NY is truly a beautiful place. Now those of you with an eye for detail should be wondering why there were four people in a triathlon relay. Well, it was a canoe/bicycle/run triathlon with the canoe leg having two persons. Distances were 5 mile canoe, 26 mile bike and 5 mile run. For those of you that know Chris & I probably figured correctly that Chris ran, I biked, leaving the paddling duties to my brother and father. The canoe leg came first with my poor brother and father watching skeptically at all the lightweight kevlar racing canoes with ergonomic carbon-fiber paddles sitting next to their borrowed, plain-Jane aluminum craft with wooden paddles. They had never participated in anything like this and were quite worried, in true newbie fashion, about finishing last. In the spirit of the "Last of the Mohicans" author James Fenimore Cooper, a man dressed as a frontiersman signaled the start with a blast from his musket. The start was exciting and humorous as the paddlers ran down the beach and hopped into their respective canoes. Much to the amazement and delight of my family, girlfriend, and Quinn Ankrum, my brother and father were in first place for the first 50 yards. Shortly thereafter, the hardcore paddlers disappeared out onto the windy and wavy Lake Otsego. As the paddlers finished, a team member would run the relay token up to the bikers. In due time, Chris came running up the hill and handed me the token telling me "they're OK, but pretty tired". I was relieved as I was a little worried there were lots of reports of swamped canoes due to the rough lake conditions up in the bike start area. The bike was 26 miles of rolling hills with only one tough climb. I felt strong and passed a lot of people. Pretty soon I turned back into the park and handed off the token to Chris and away he went. It was neat seeing Cathy, Quinn, my mom, dad, two brothers and their fiancées all cheering for us. Chris, as usual, ripped off a great run passing almost 20 people. After the race, we enjoyed live music, some Brooks BBQ, a massage (OH, and free beer!). Some things were the same as the swim/bike/run tris but there were also differences. The race was organized and run beautifully and the athletes were all pretty cool. One thing we realized was that a decent wetsuit is not only cheaper than a kevlar canoe, but it might even be cheaper than a 10.5 ounce ergonomic carbon fiber paddle on sale for \$200! Also my hats off to these versions of "Ironpersons" who did all three events as a one-person team. We saw some preliminary results and noted that only 107 canoes had finish times so a lot of folks never even made it to the bike. I was psyched that my father and brother toughed it out without swamping. The official results are in the mail but we did pretty good for our first time. We finished in around 3 hours and 20 minutes somewhere around 40th out of probably 140 or so. I think we were 5 of 7 in our "30-39 male team" age group. (Even these kind of triathlons seem to have the 30-39 age group stacked!) We didn't receive any awards, break any records and the results won't even show that we finished in the top 10. Just don't tell me I was a loser because honestly, how often do you get the chance to be a team with their father, brother and best training buddy? I'll take that over first place any day.

"QT" Submissions: Deadline 9/15/00. Fax/email to Glenn at 636-8392/ djpsc@pcom.net.

September's BTC Birthdays:

Welcome to new BTC MEMBER(S):

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

Those Fall Ironman Races are almost here!