

## **QUICK TRANSITIONS**

*The monthly newsletter of the Buffalo Triathlon Club, Inc.*

October 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 24

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

BTC e-mail: [dolphinkik@aol.com](mailto:dolphinkik@aol.com)

**October BTC Meeting:** Saturday, 10/07/00 @ Camp Keenan immediately following the race.

**BTC FALL TRI FESTIVAL:** If you haven't already heard, the BTC is having a big party and an informal club triathlon on the weekend of October 7-8 at Camp Keenan near Olcott, NY. Event: BTC sprint distance triathlon (duathlon if it's TOO cold and/or snowing) and Autumn party-through-the-night-and-most-of-the-next-day. Date: October 7-8, 2000 (Saturday-Sunday), Location: Camp Keenan, near Olcott, NY on Lake Ontario. Start time of triathlon: around 2 or 3 PM on Saturday (TBA), Amenities: Large campground and "shacks with bunk beds" available Showers, Bathrooms, Climbing tower (will be available for several hours on Sunday AM). The camp provides Saturday evening dinner (eg, bbq chicken and salad bar), Sunday breakfast (eggs, bacon, etc.), Bonfire (after dinner Sat.). You need to bring: Tents and sleeping bags for outdoor camping, or just sleeping bags for sleeping in the cabins (cabins are for many people, so if you want privacy you might want to camp in a tent -- contact Jack Gorski if you need equipment). Drinks (alcohol allowed!! Bring whatever you want to drink, including pop, juice, etc.), Music (bring CDs!), Ingredients for S'mores (YUM), **TRIATHLON GEAR!!!!** Note: You can invite: Spouses, significant others, friends, family (kids are welcome). Cost: \$30/person, all-inclusive. (This price applies to both adults and children of all ages). **TO ATTEND THE PAR-TAY OF THE YEAR:** E-mail or call Quinn Ankrum at [gdoody@hotmail.com](mailto:gdoody@hotmail.com), phone 773-6018 with your response. You only need to respond if you are planning to attend. Bring your money to the Brick and give it to Chris (checks accepted, made out to Buffalo Triathlon Club), or send it to Quinn Ankrum at 2030 Town Hall Terrace #6, Grand Island, NY 14072. Please RESPOND immediately if you desire to go. One more thing: If you are planning to do the triathlon, please let me know. This part of the event is open to CLUB MEMBERS ONLY. We are hoping to establish this as a new triathlon event in the area, so let's give the course a great test!

**The Brick 2000:** The Brick has concluded for 2000, and many thanks go out to Jack Gorski for standing guard over our bikes, and for timing us and keeping us in line for another season.

**BTC Open Water Swims at the Pier:** The Pier swims have concluded for 2000, and Swim Czar Flash should be commended on his management of the event. Thanks Gene.

**FIRST EVER OLYMPIC TRIATHLON:** Simon Whitfield, in a stunning charge to catch Germany's Stephen Vuckovic 100 meters from the finish, won the first ever men's Olympic triathlon on Sunday. The 25-year-old Canadian perfectly timed his sprint to catch Vuckovic who seemed to have pulled away after overhauling world champion Olivier Marceau 7km into the run. Czech Jan Rehula finished third. Marceau started the run almost a minute clear of an enormous pack but in hot conditions could not hold his lead. Favorite Simon Lessing of Britain finished ninth while Australian Craig Walton, the leader from the swim, could not live with the pace of the run and finished down the field, along with the American men.

In its debut as an Olympic event, the women's triathlon produced a terrific sprint to the finish as Brigitte McMahon of Switzerland held off Australia's Michellie Jones in a grueling one on one duel for the gold medal. McMahon was the winner by a scant 2 seconds. An exhausted Jones, after taking the first medal for the host Australians, fell just beyond the finish line. She and McMahon then stood, holding hands, to welcome bronze medalist Magali Messmer of Switzerland. American Joanna Zeiger, of Baltimore, was fourth overall.

**Top 10 List of Year 2000 BTC Events:** (10) The birth of Luc Eggers. (9) The 1<sup>st</sup> Olympic Triathlon. (8) Jeff Tracy's completion of the dreaded Pineman Ironman-distance race (first BTC member to do the entire thing. (7) The Camp Keenan BTC Tri festival on October 7 & 8. (6) Bob Giardini and Bill Seylor's return to Great Floridian in October. (5) The Brick. (4) The Pier swims on Wednesday nights. (3) Rich Clark's decision to begin training again. (2) The Buffalo Triathlon. (1) Glenn Speller's decision to start eating Pop Tarts again.

**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, there are only a couple of race hats left, so call me ASAP if you want one. Commandant Clark.

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

09/30 – Nickel City/Rizzo's Duathlon (plus 2.5 mile road race). 10:00A.M. Beaver Island. 689-2494  
10/07 BTC Weekend at Camp Keenan, come to the meeting, or look in your next issue of QT for details.

**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.

**"QT" Submissions:** Deadline 10/15/00. Fax/email to Glenn at 636-8392/ [djpsc@pcom.net](mailto:djpsc@pcom.net).

**October's BTC Birthdays:**

**Welcome to new BTC MEMBER(S):**

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

Break out those blinkie lights, it's getting dark out there!