

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

November 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 25

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November BTC Meeting: Tuesday, 11/07/00 @ UB Alumni Arena, Room 88 at 8:00 P.M. This new location, a class room, has been procured for us by Karl Kozlowski, and should prove to be more accessible for all members. Gene Baran is checking into locations for our monthly meetings in the south towns, with the hopes that we could alternate sites on a monthly basis, to make things easier for our south town members. Things on the agenda include (1) Nominations of Officers and Committee Chairs, (2) Size and Form of the Rebate for BTC Members who paid for and attended the BTC Camp Keenan Weekend, (3) Winter Meeting Place(s), (4) South town Activities, (5) BTC Monthly winter events, (6) Whether to have a Winter Banquet like last year and if so, where, (6) Plans for our own triathlon next year, (7) Formation of a 2001 Race Calendar Committee, and much more....

BTC FALL TRI FESTIVAL: *Editor's Note: Ever desire to wear those funky hair colors but only for a couple of minutes? Well, here's a glimpse into Richard Clark's melon, with his stream-of-consciousness account of the Camp Keenan Triathlon. Edited for an "R" rating.*

October 7th-8th arrived quickly enough for the BTC. We were all working hard to throw together a Fall Social, which should go down in the minutes as "The Fall Freeze." It all started when I arrived sick and only 2 hours late at Camp Keenan. Fortunately, Jeff Tracey and Amy F. weren't that mad at me. Maybe they knew that I'd be swimming later, so they'd have their revenge. After arriving, Jeff, Amy, and I, set up the course and found that the run was easy, but the bike and swim were going to be another story. Two weeks earlier, we'd measured out a course, but today a bridge was missing. So, in the true spirit of improvise, adapt and overcome, we decided that with our small number of athletes (15 racers), we could just do two laps of the portion of the bike course that was still in tact, and work around the bridge. What a stupid idea! But it was not to be my last of the day, I assure you. We're really starting to get the transition area thing down though. I've never set up racks so quickly: thanks Warren Elvers. You just drop them on the ground and you're good to go. Boy, are they nice. I hope he builds some more of them. Not only did they hold the bikes in a 40mph wind, but they made great firewood during the cold night to follow. Buoy inflation was easy too, thanks to Bill Seyler who designed a contraption with his Shopvac that allowed us to inflate and deflate all five in 45 minutes. No more blowing yourself purple (it clashed too much with my hair). But then why were we inflating buoys, the lake had two to three foot swells? I figured that it was fairly cold too seeing as how the air temperature was around 43 degrees. What are we stupid? If we are, it just got worse. Hi Glenn (Speller). Are you seriously going to ride in your wet, freezing, BTC hot pants in a 40mph wind on a 40 degree day? We're going to need to change inside so we won't get hypothermia from the wind on wet skin, and so all our stuff doesn't blow away. A transition shack is procured so we all go commando under their wetsuits. Wups, Joanne York-Rapple's going to need her own shack, this isn't Europe. O.K. boys and girls, let's review the course. We start by going to the finish of the swim and placing one buoy at the water's edge. Aim for this on your way in, if you can see it over the surf. Whose bright idea was it to swim in Lake Ontario? Oh yeah, mine. What an idiot! But you elected me president. After lots of whining and complaining, several of us are seated on the break wall with our feet in the water. A wetsuit can keep you warm in a number of ways: one involves reversing some childhood conditioning. But here comes John Pepke without a wetsuit. He's never worn one and never will. Right now, I'm glad I'm not him. Chris Ankrum yells from shore, "Let's make this a Duathlon," and he hadn't even stuck his foot in the water yet. Curt Eggers, Glenn Speller and I are sitting on the break wall together. Listening to people like Curt and Glenn about doing something not especially comfortable isn't a good idea. One of them yelled, "Blow the whistle!" and someone on shore was dumb enough to listen. The whistle sounded and we were off with the start of the 1st annual Buffalo Triathlon Club - Fall Freeze. As I'm swimming, my face hurts from the water temp and I'm thinking, "What a bunch of psychos." Curt has no sleeves. John Pepke is basically nude. Adam, one of the camp counselors, or should I say counselees, is doing his first tri. Oh yeah, Warren I was joking about the bike racks being used for firewood. Wow, because my face and feet are so numb, I really don't think too much about sprinting the entire swim, so it isn't too bad. The end is near. Where is everyone? Here comes the shore. These stones really hurt my feet. Why can't I walk straight? This is like Nice with all of these smooth stones. Wow that was really cold. John Pepke says he has no feeling from the knees down. Run to the transition shack. Change. Everyone is talking. This is different. No one is trying to kill each other. As I'm changing I realize how cold the water really was, if you know what I mean! Can you say dinky? Then Chris Ankrum runs in the back door

of the transition shack. He was the only one to use the back door, and in so doing inadvertently almost used mine. I was bent over trying to put on my hot pants with wet legs. I had a good laugh, but Chris is probably scarred for life. Off to the bike. I can't believe I'm going 28mph. The wind has to be at our backs. Turnaround. 16mph. This is going to suck. Lap two. Ah, 25mph. This is nice. Turnaround. This sucks more!! 14mph, now, only 11mph. I can't wait to get off of this thing. Time to run. Dismount. Rack it. These are really nice racks. Time to run. Ouch. Where did these cramps come from? Oh yeah, I was having so much fun going 10mph into the wind that I forgot to drink on the bike. Where's that first mile marker? I know I sprayed it on the road. Crap, here comes my teammate Eric Butler for the relay. Eric was smart he didn't swim. Wow, Glenn looks like a running JogMate add, and he's still kicking my #\$\$@. Here comes Curt and he was on a mountain bike and he's still way ahead of me. What a genetic freak! There's Bill Seyler. There is no way he's getting away: if I run hard I can catch him. There is the run turnaround. Cool, Jack Gorski brought some water. I hope nobody catches my cold from the water bottle, although if they survived the swim my germs are nothing. Then I start to think that I'm drinking everyone else's slobber who was made the turn around before me. Put it out of your mind. Run, run. Who is that? Quinn and Melissa are running for Gregg Drumm. One half a mile to go. I hope Bill is suffering like I am. He has to know I'm chasing him. Through the woods one last time towards the finish. I'm done. Why is Bill laying on the ground? He looks tired. He did a 5k earlier this morning. Wow. I don't feel well. Here it comes. Blahhhhhh. Not once, but five times. That is going to make a good picture. He comes Joanne. Karl K, Adam finished his first tri, and then Mike. Despite what you might think, it was really fun. Anyone for a Winter Quadrathlon? Richard Clark

Results: BTC FALL(WINTER) SPRINT TRIATHLON: YMCA CAMP KENAN, BARKER, NEW YORK, SATURDAY, 10/7/00 (Weather: 45 degrees, winds 25-35mph, and some hail, lake temp below 60 degrees, choppy)
PLACE NAME: 150M SWIM PLACE 20k BIKE PLACE 5kRUN (Timing by Hammer Time, Inc.)
Eric Butler 4:08 6 40:19 1 1:02:55 - Eric Butler wisely did not swim. He's saving it for IM Florida.
1 Glenn Speller 3:41 3 45:07 3 1:06:16 - Let's blame him for starting the swim.
2 Curt Eggers 3:38 2 47:12 5 1:08:49 - Curt rode his mountain bike.
3 Chris Ankrum 5:12 7 48:49 6 1:09:20 - he is doing much better as of the writing of this newsletter
4 John Pepke 5:17 9 46:51 4 1:11:26 - he can now feel his feet (two weeks after the race)
5 Bill Seyler 3:45 4 49:02 7 1:13:04 - 5th place in his age group at Great Floridian in 12:00 low. Great Job Bill!
6 Rick Clark 4:08 6 51:00 8 1:13:36 - Our President comes through despite hamstring cramps.
7 G. Drum/ 3:10 1 42:36 2 1:14:03 Q. Ankrum/M. Harison - A true team effort.
8 Joanne York Rappal 5:19 10 52:46 9 1:17:23 - First Woman to do the entire race
9 Karl Kozlowski 3:45 5 53:16 10 1:20:40 - Fleet of foot and proud of it.
10 Gene Baran 5:14 8 56:15 11 1:28:15 - Slow and steady may not win the race, but it certainly is more fun.
11 Mike Nowak 5:36 11 1:09:27 13 1:34:34 - Showing us his blazing speed into the wind.

Top 10 List From Camp Kenan: 1. The sun was actually shining at times. 2. The fireplace in the mess hall. 3. Garrett Speller having more aunts and uncles than he knew what to do with. 4. John Pepke & Mary (8 ½ months pregnant) Workman comparing bellies. 5. Adam, our Camp Kenan cook, joining in to complete his first triathlon. 6. A demonstration of "push 'til ya puke, then push some more". 7. Feeling like part of a big family. 8. More door prizes than people. 9. A successful event resulting from of a group of people working together. 10. Chris Ankrum's face as he came running in through the back door of the transition shack.

Top 10 List of things you shouldn't do in a triathlon: (10) Shave less than 12 hours before an ocean race. (9) Try a new sports supplement or energy drink for the first time. (8) Clean your goggles after putting petroleum jelly on your hands. (7) Shake hands with competitors after you've applied lube to various body parts. (6) Eat leftover pizza and stale beer for your pre-race meal. (5) Think you can race a new distance like you have a shorter distance. (4) Enter a port-pottie with a queasy stomach. (3) Use a new bike chain. (2) Start directly behind someone on a treading water start. (1) Urinate in your wetsuit on dry concrete.

"Rest is the most important treatment of an injury. In some cases, rest just means finding an appropriate treatment to take stress away from the injured area." - from Joe Ellis and Joe Henderson's Running Injury-Free

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, we've just ordered our all new, all black, all fleece, winter BTC hats. I should have a sample at the next meeting, or better yet, hats for sale. The cost will be approximately \$12.00 to club members. Rich Clark.

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.

Masters Swimming: Tues/Thurs @ 5:30-7 AM and Sat. 7:30-9 AM, UB Amherst Pool.

Nancy Gworek's Friday Night Windtrainer Rides. Contact Nancy for more information, times, places, and cost. 675-2978

November's Triathlon Health Article - Runners' Injuries: According to a review in the Cleveland Clinic Journal of Medicine 25 percent of adults who run suffer from musculoskeletal injuries. These are mostly caused by sudden, significant changes in the training routine. Lack of proper rest between high intensity workouts, a sudden increase in distance, and a workout where you go too hard also are contributors to injury.

Building Healthy Bones.... and Keeping Them! By Mary Workman RN, STBM

10 million people in the United States already have osteoporosis. 18 million more have low bone density, which places them at risk for developing osteoporosis. 1.5 million osteoporotic fractures occur each year. How do you avoid becoming one of these statistics? Bone development starts before you are even born. Then, you drank your milk because Mom told you to, but also because you knew in the back of your mind, that every ounce of calcium you took in at a young age, would help you later in life. Generally, bone development is complete by age 30. The trick is now, to maintain that bone density throughout the next seventy or so years. As triathletes, we are on the right track. Our lifestyle helps us to maintain our bones. Especially running, because it is a weight bearing exercise (unfortunately it is also one of the leading causes of osteoarthritis, as Gregg Drumm can attest to). Weight lifting is another way to maintain bone mass. If you don't do it, start now. We know the many benefits weight training can have on our sport, but more importantly do it to preserve your body. For women, some common bone depleting factors include weight loss, menstrual irregularities, inactivity, and stress. Fight back by correcting menstrual problems. Eat a diet high in fruit, veggies, beans, nuts and seeds. Also, don't forget your calcium supplement, women need at least 1,000 mg per day. You need more if you are pregnant, breast feeding, and once you hit menopause. Fact: Teenage girls who drink high amounts of diet soda are at increased risk of sustaining a bone fracture. Why? Because the phosphorous in soda interferes with calcium, and vitamin D absorption. Men start to lose bone mass slightly later than women, usually around age 50. This is thought to be due to a slowdown of calcium absorption, lower vitamin D levels, and decreased sex hormone levels. 30% of hip fractures occur in men, and death following a hip fracture is highest in men. Men should take 800-1,000 mg of Calcium per day. Good sources of calcium: milk, cheese, yogurt obviously. Fruits, vegetables, beans nuts and seeds also are good sources, believe it or not. Do not rely on supplements alone. And don't start trying to be proactive about maintaining bone mass at age 50, by then it is too late. Start now, and maintain!!!!

"QT" Submissions: Deadline 11/25/00. Fax/email to Glenn at 636-8392/ djpsc@pcom.net.

BTC B'Days: October (Sorry We missed you last month) Joanne York-Rappl 10/9, Gary Grant 10/8, Anthony Garrow 10/7, Russell Andolina 10/19, David Szafran 10/20, and Barry Dunstan 10/30. November: David Lillie 11/3, David MacPhee 11/4, James Maher 11/12, Karen Nordine 11/13, Sandra Lee Marshall 11/26, Mary Speth 11/26, and Jim Daniel 11/30.

A HARDY WELCOME TO NEW BTC MEMBERS: Erika Flaschner - winner of the 10 and under division at the Beaver Island Triathlon on 9/3/00 - the future of the sport (and the club); Kristina Flaschner, Lauren A. Bennett, and Michael V. Nowak - survivor of the Camp Keenan Triathlon.

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

November 4 – Charles E. McDougald Memorial 5K

November 5 – New York City Marathon 26.2

November 5 – Bob Ivory 5K

November 11 – UAW 686 Veterans Appreciation 5K

November 18 – Depew/Lancaster Boys&Girls Club 5K

November 18 – Niagara Falls Festival of Lights 5K

November 23 – YMCA Turkey Trot 8K – Downtown Buffalo Finish. A great race, and a great post-race party.

BTC Members' Benefits: Some BTC Members asked that this be reprinted, so here it is: 1. Monthly news letter "Quick Transitions" including local race schedule. 2. Monthly meetings & speakers at many monthly meetings. 3. Buffalo Triathlon Club Internet Web Page, Post photos of your races!!! 4. JogMate Club Sponsorship w/free product and clothing. 5. De Soto Sport club sponsorship, 30% member discount 6. Buffalo Triathlon Club, Inc. membership card. 7. Discount on USAT membership as Buffalo Triathlon Club, Inc. is a USAT club. 8. Weekly training in the Spring, Summer and Fall, including supervised transition area at weekly "Brick" workout. 9. Group open water swim training in the Summer. 10. Spring Century Ride "The Ride of Spring". 11. Opportunities to participate in or try out new and different sports, such as curling. 12. Group indoor wind trainer rides in the Winter months. Rich Clark's Suffer-A-Ma. 13. Organized south town hill rides, including Le Tour de Liebler 14. Club events such as the End of the Season Awards/Social. 15. Carpooling opportunities for local and out of town races. 16. Shared lodging opportunities for out of town races. 17. Preferred racking/transition area placement at Buffalo Waterfront Triathlon. 18. BTC social events including happy hours, and the annual Speller's Jing-a-Ling Jog. 19. Opportunities to promote your business or off season hobby. 20. Great source of information for upcoming local, national and international events. 21. Opportunities to participate in Triathlon-related seminars. Discounts on products at local merchants, including: 10% at Runner's Roost all locations, Discount on legal fees at Dennis J. Speller, P.C., Tom's Pro Bike Service, 3687 Walden Avenue, Lancaster, NY 651-9995 10% discount parts/service 5% discount on bikes. 25. Handlebars Cycle Company, 685 Englewood Ave., Kenmore, NY 835-0334 10% discount on clothing & accessories. 26. Campus Wheelworks 744 Elmwood Ave., Buffalo, NY 881-3613 27. "Team" discount at Competition Teamware, 4184 Seneca St., West Seneca, NY 675-9020 28. Alternative Chiropractic & Holistic Health / Steve Lee, DC, BTC Member Fee Reduction. 754-7379 29. Discounts on massage therapy through Warren Elvers. 689-2493 *Note: This is the list of the benefits to being a member of the Buffalo Triathlon Club, Inc., as of 1/18/2000, and is subject to change without notice.*

TRIATHLON LISTING: *Our Swim Czar, Gene "Flash" Baran, now that he has all of this free time with the Pier swims being done for the season, has been diligently assembling a list of triathlons run by club members, which is included in this newsletter (hardcopy version only) for your review and comment. He wants to point out that it is a work in progress, and that if you have any corrections, additions, deletions, etc., that you should contact him at 686-0658. If you are not listed, please let him know. Hopefully, by the time the spring triathlon season rolls around, we'll have an accurate, up to date listing.*

Iron-warriors: Congrats to Bill Seyler for finishing the Great Floridian in 12:10 (5th in age group), and to Bob Giardini for finishing despite an allergy attack. Best of Luck to Steve Hoadley and Eric Butler at IM Florida.

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Be safe while training in the dark - reflectors, lights, and bright clothing may save your life.