

Quick Transitions

BUFFALO TRIATHLON CLUB

Issue 26
December 2000

New BTC Officers Nominated

At the November 8th meeting, new officers were nominated for the upcoming year. These nominations are:

President

Rich Clark

Vice President

Eric Butler Greg Drumm

Secretary

Karl Kozlowski

Treasurer

Bob Giardini

The ballot for voting is included in this newsletter. Please make your selections and send the ballot to **Bill Seyler, 2224 Lockport Rd, Sanborn, NY, 14132**. Bill must receive all the ballots by **Dec. 11, 2000**. As usual, it is the sole right of the elections committee (Bill) to decide if the ballot is acceptable. This election is not open to recounts, litigation, and/or complaining. This vote will be final on Dec. 12, 2000, no exceptions barring natural disasters.

As many of you may know, BTC Secretary Glenn Speller has shouldered more than his share of the club's responsibilities. Among his various activities were the newsletter, meeting minutes, legal issues, etc... He has decided to step back to spend more time with his family. We would like to thank him for all of his hard work and also to thank his wife, Greta, for her patience. Glenn, we appreciate the time and energy you put into this club as secretary for the last two years ... you are a wonderful example to us all!

The club has grown tremendously over the last two years, and it has become increasingly obvious that the duties that Glenn fulfilled need to be divided among more members. At the last meeting, several new positions were created to recognize the growing needs of our "little" club. The newly created volunteer positions are:

Newsletter Editors

Quinn & Chris Ankrum

Race Calendar Committee

Rich Clark

Glenn Speller Eric Butler

Venue Committee

Greg Drumm
Quinn Ankrum

Other positions that were filled during the November meeting are:

Results Committee - Ed Harkey

Member's Benefits

Nancy Gworek

Ed Harkey

Swim Czar / Sub-Czar

Gene Baran

Jim Kavanaugh

Web Dude - John Pepke

Wacky Triathlon Captain - Mike Nowak

Upcoming BTC and Community Social / Athletic Calendar

December 2 - *Reindeer Run*, 1 mile walk 9:30am and 5K run 10am, Medaille College,
Parkside and Rte 198, Buffalo, 884-3281 x218.

December 8-10 - *Amahl and the Night Visitors*, 50 minute opera starring Quinn Ankrum.
St. Joseph's University Church, Main Street by UB South. Fri. and Sat. 8PM,
Sun. 5PM. Free will offering.

December 9 - *Jingle Bell Run for Arthritis*, 5K run and 1 mile walk, 10:30 am, Pearl
Street Brewery, 76 Pearl St, Buffalo, 626-4225 or jdongosk@arthritis.org.

December 19 - *Nickel City Road Runners Club Caroling Run*, 6:30 pm at Belmont
YMCA, Belmont Rd, Price \$10 for NCRR members, \$20 for non-members.

January 1, 2001 - *Resolution Run*, 5K, Village Glen Tennis Club, Williamsville.

January 7 - *Disney Marathon*, Orlando, Florida.

January 14 - *Compaq Houston Marathon*., Houston, Texas.

April 16 - 105th Boston Marathon, Hopkinton to Boston, Massachusetts.

May 13 - Toronto Brick Duathlon, Start of 2001 Subaru Series.

May 19 - *Ironman California*, USMC Camp Pendleton, California.

October - *Ironman Championships*, Kailua-Kona, Hawaii (the ultimate goal!?)

Quotable Quote:

"The will to win is nothing without the will to prepare" - Juma Ikangaa, winner of the
Boston Marathon

Ongoing BTC / Community Workouts

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

Saturday Morning Ridge Runs: 8 am at Chestnut Ridge Casino, Orchard Park

Saturday Morning Bond Lake Runs: 8 am at Bond Lake, Niagara Falls
Nancy Gworek's Friday Night Spinerval Cycling Circus: 6:45 pm at Sutherland Lodge,
1400 Ruie Rd, North Tonawanda.
Tuesday Evening Runs with Checkers: 6 pm at Delaware Park Casino.

The New Look for Quick Transitions

As you have probably noticed by now, the newsletter has a brand new look. And on top of that there are two new editors, Quinn and Chris Ankrum.

All of your favorite sections of the old newsletter are still here including the Top Ten List, (Mary's) Health Tips, and Race Schedule. We have added information on a different BTC sponsor each month.

We hope you like the new look. Let us know your thoughts. Send comments to our QT web address, BTC_QT59@hotmail.com, or via snail mail at:

2030 Town Hall Terrace #6
Grand Island, NY 14072

Enjoy!

Race Results from Around the World

November 4, 2000 Ironman Florida - Congratulations on a great
race guys!

Steve Hoadley	10:41:41	52nd in Age Group (30 - 34)
Eric Butler	10:54:37	52nd in Age Group (25 - 29)

November 18 Festival of Lights 5K, Niagara Falls, NY

Chris Ankrum	19:21	"Flash" Baran	23: something ?
Dave Szafran	20:50	Quinn Ankrum	29:31
Melissa Hanson	"I was there"		

Mary's Health Tips(Due to the recent arrival of Luc Eggers, this month's article has been contributed by Nancy Gworek — thanks Nancy!)

Post Season Blues

Ah well, the end of the millenium triathlon season is just about over except for those who are daring enough to be entered into the late season Ironman events. Good luck to all those brave souls! J

For most of the rest of the weary, beaten and battered, it's now time to reflect back on the past racing season and take note of our successes and failures. Did the season turn out to be the best of our expectations? If it was a success, can we improve the plan for an even more successful next season? If we were not particularly satisfied with this year's outcome, what were the problems and how do we correct them?

In order to build a winning triathlon season, it is important to set goals, train properly and incorporate a healthy diet into the mix. Since the months between October and January are considered post-season, these are the months to wind down, take a break and work on building an aerobic base and perform drill skills. Check out books, magazines and articles on improving performance through a healthy diet and also think about adding weight training to your program.

Doing full body strength training routine 2-3x per week strengthens the bones as well as your muscles. I was not a happy puppy a few months back when a bone scan revealed that I had borderline osteoporosis in my spine despite 20+ years being involved in weight bearing activity and supplementing my diet with calcium tablets.

Be wary of carbonated drinks, especially colas, which are high in phosphorous and block calcium absorption and have no nutritional value. Too much alcohol also inhibits calcium absorption and bone formation.

Another factor may be excessive sugar consumption. More than 60 ailments have been associated with sugar in medical literature. Sugar also functions as an immunosuppressant. It lessens the germ-killing ability of white blood cells, interferes with the production of antibodies, disrupts the distribution of vitamin C, and causes mineral imbalances and allergic reactions.²

This post-season could be a wonderful opportunity to get the sugar out and substitute with natural, sugar rich fruit and sweet vegetables. Maybe than most of us won't have to worry about the holiday season weight gain.

So if you think your diet needs no improvement, maybe you could benefit from a second look!

¹ Ann Louise Gittleman, MS,Cns

² Selene Yeager, Bicycling Magazine 11/00

The Top 10 List of Things we should never see or do during a triathlon ... or while training for one:

A recap of last season's "greatest (?)" events:

10. The Book of Etiquette (entertainment by Flash)
9. Race Officials searching for "lost" swimmers (Joanne York Rappl and Jim Schaffstall)
8. Swimming wearing a cast and clubbing other triathletes (The Hoad)
7. Swimming without a wetsuit in sub-60° water (John "you're all wimps!" Pepke!)
8. Over-inflating your bike tires so they both explode when you leave the transition area (ouch!)

9. Swimming in the Erie Canal ...
4. Almost getting arrested at the Pier!
3. Wearing your bike and run shirt under your wetsuit ... on a 45° day (again, Flash)
4. Rich Clark's naked behind (Rich, will Chris ever respect you again?)
1. The Full Monty at the Brick!!!! (The one, the only, Greg "in the buff Drumm!")

Brick Czar Search Continues

As many of you may know, Jack Gorski plans to retire and travel next summer; therefore, we must find a new Brick Czar. This is an urgent matter for our club, as the Brick workouts form the basis of our summer group training. Jack has volunteered to run an organized Brick workout for several summers. His self-imposed responsibilities include: making a sign-in sheet for those attending the workouts; timing the workouts and keeping a record of people's times; watching cars and bicycles in the parking lot; keeping the Brick workouts consistent by starting on time each week; and providing encouragement and positive reinforcement to all participating athletes.

As triathletes, we all want to better our abilities by participating in these workouts; however, without volunteers it is impossible to have an organized Brick. If you cannot commit to every week, perhaps you would be willing to volunteer for one or two weeks during the summer. If you can help, please contact Rich Clark (see contact information in above column).

We would like to thank Jack for his outstanding work. It is because of him that we have an organized Brick workout. Let's continue his hard work!

DeSoto 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 St., Niagara Falls, NY 14304. Questions? Contact Richard Clark at 297-0574 (home) or via email at ironpower@syr.com. All orders will be placed 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. When ordering, keep in mind that we get a 40% discount (10% more than last year), and shipping and handling is \$5. See attached order form with this newsletter.

Subaru Triathlon Series Results

Three members of our club made a great showing in the final results for the 2000 Subaru Triathlon Series. Congratulations go to:

Curt Eggers

1st place 40-44 Tri Sprint Series

1st place 40-44 Tri Long Course

1st place 40-44 Duathlon Series
(from Mary: “and he carried Luc up on stage, Kevin [MacKinnon] introduced the li'l guy
and everyone clapped!!!!)

Warren Elvers

1st place 45-49 Duathlon Series

Winner of the Yellow Jersey!

Steven Hoadley

4th place 30-34 Tri Series

Congratulations are also in order for everyone who participated in the 2000 Subaru
Triathlon Series last summer.

Way to go!

Turkey Trot 2000

The day: Thursday, November 23. The time: 9 AM. The temperature: 18 degrees
Fahrenheit. Cold. Very cold. Could we feel our toes? Not for the first mile. Were there
people in shorts? Of course. T-shirts? Yes. NO shirts? Yes — granted, they had
probably been drinking since the night before and couldn't feel the frigid air, but they
were there. And so were twenty-eight members of the Buffalo Triathlon Club, ready to
burn off those Thanksgiving calories BEFORE dinner.

What a great showing from our club! The following BTC members participated in the
105th running of the Buffalo Turkey Trot:

Chris Ankrum (34:12)

Quinn Ankrum (52:24)

Flash Baran (seen on course)

Jon Bernstein (36:31)

Barb Bittner (53:38)

Eamon Ferguson (47:30)

Geoffrey Flickinger (31:24)

Ryan Forrestel (27:41 and 19th overall; 5th in his age group)

Tony Garrow (36:25)

Nancy Gworek (55:10)

Melissa Hanson (1:05:59)

Steven Hoadley (32:16)

Jim Kavanaugh (33:32)

Michael Malaney (33:28)

Patty McManus (42:58)

Andrew Moynihan (35:34)

Mike Nowak (50:49)

Diane Sardes (37:35)

Jim Schaffstall (31:40)

Patrick Scott (33:08)

Craig Small (40:15)
Greta Buck Speller (38:24)
Dave Szafran (36:24)
Jeff Tracy (35:14)
Dana White (36:47)
Nikki White (52:40)
Paul White (32:32)
Joanne York Rappl (31:49, 2nd in her age group, 9th woman overall)

All times are chip times. If we missed you, you can look up your race results on the web at www.run-time.com. Congratulations everyone!

Luc Eggers Arrives

Congratulations to Curt Eggers and Mary Workman for the arrival of Luc Michael Eggers, born October 9 at 1:07PM. Weight: 9.5 lbs. Length: 21 inches. A potential Ironkid ...

We await the arrival of Andre and Jodi's baby in December. Another potential Ironkid ... could Luc and Baby Smaic be the next Curt and Warren? Time will tell!

The Peloton Project (by Greg Drumm)

Dear Friend: I often write to friends and family sharing stories, discussing "important" issues, and the many, many jokes. Today I am writing to you for a much different purpose. I am asking you to join me in the fight against cancer. At the age of 25, Lance Armstrong was one of the world's best cyclists. This seemingly invincible cyclist was diagnosed with testicular cancer -- the most common cancer in men 15-35. Lance ignored the warning signs, never imagining the seriousness of his condition. Before treatment, and before even knowing his fate, he formed the Lance Armstrong Foundation to help others manage and survive cancer. Each year, the Foundation organizes the Peloton Project as part of the Ride for Roses Weekend, in which thousands of cancer survivors, people who have lost loved ones to cancer, and cycling enthusiasts join together to raise money in support of the Foundation. I am now asking you to consider donating to the Foundation through the Peloton Project. You can even donate on-line using a secure server at the Lance Armstrong Foundation website at www.laf.org Please visit the website and click *Peloton Project*, then click *Sponsor a Registered Peloton Project Member on-line using our secure server*. As I am a registered Peloton Project Member, you can search under *Drumm* or gwdgo2@aol.com. If you have any questions, please feel free to email me or call me at 716-636-5985. I truly appreciate your help and support. Have a safe and happy holiday season. Greg P.S. Please pass this on to other friends, colleagues, and family members who may be interested in helping join the fight against cancer -- Thanks!

President's Column - Rich "What color is my hair now?" Clark

Well another year has come and gone. Here we are training indoors on those stupid wind trainers, swimming laps in the pool (for some of us), and running on the treadmill. Don't you hate that feeling when you step off of the treadmill after four or five miles? The only thing that I can say is, "Why is the ground still moving?" My point is that winter training can be tough, especially if you hate the snow. I always suggest workouts with a partner. The time flies with the small talk that occurs and before you know it you are finished. Try something new like running through deep snow. Instead of running for distance, run for time. Believe it or not this will strengthen the legs and help the ankles, if you don't fall. I like riding on the hard packed snowmobile trails with my mountain bike. This totally beats the wind trainer blues. Weight training is another one of my favorites. Here is a workout that I do at my gym. This workout can be completed with a jump rope if you do not have access to a track. Each main activity has either a 200 meter run after it or the time equivalent with a jump rope. The last three reps of each main activity should be difficult. I would suggest only doing this two times a week with at least one easy day in the middle. These are the weights that I use. Good luck.

200meter Death

Activities Date
Warm-up (only 1) Time
Run: 2miles
Bike: 15 minutes

Main Activity	Weight	Reps	
Squats	70	15	
Leg Extensions	70	15	15
Leg curls	70	15	15
Chest Press	60	15	
Incline Press	60	15	
Shoulder Press	50	15	
Lat Pull-Downs	60	15	15
Rows	60	15	
Arm Curls	30	15	
Triceps	30	15	15
Crunches			
Weighted	30	25	
Knee Lifts		25	
Decline		25	
Floor Raised Leg			25
Floor Bent Knee			25
Rotary Torso	30	25	
Push-ups			15

Cool-down (only1) Time

Run: 1mile

Bike: 8 minutes

Weight before

 after

Total Time

December BTC Meeting

Tuesday, 12/12/2000 at University of Buffalo Alumni Arena, Room 88 at 8:00 PM. Look for the BTC signs, they will lead you to the room.

Things on the agenda include upcoming club elections, winter activities, and mid-winter awards banquet. We hope to see you there!

Featured Sponsor: Jogmate --- www.jogmate.com (FYI: logo and picture of BTC with banner appear in hard copy of newsletter in two different places)