

# Quick Transitions

BUFFALO TRIATHLON CLUB

Issue 28

February 2001

## I Tri, Therefore I Am ...

I tri therefore I am

It's nothing really – just a crazy lifestyle.

Some call it an addiction.

But I like to think of it as a very close relationship with adrenalin.

I wake up each morning excited about  
my workouts for the day.

I plan each week around my  
swimming, biking and running.

Work is just a detail that gets in the way...

A means to the end.

Triathlon is infectious, so stand clear  
if you don't want to catch it!

Commitment. Dedication.

Effort. Results.

Oh yeah, it's also lots of fun!

— unknown author  
(Submitted by Eric Butler)

**A Triathlon clinic**, set up by RATS (Rochester Triathletes), is going to be held on Saturday, February 3rd from 12:00 - 4:00 at the Town of Webster Parks and Recreation Department, 985 Ebner Drive in the Village of Webster. Ebner Drive is off Main street in Webster just east of Holt Road. The schedule, in Room #106, so far is:  
1:00-1:45 Bike Aerodynamics - Doug Prindle  
2:00-2:45 Triathlete Injuries - Tony Oliveri  
3:00 - 3:45 Secrets of lightning fast transitions - Curt Eggers (BTC Member)  
Hope to see you there!

## **BTC / Community Calendar — Future Regional Events**

February 3 - Triathlon clinic by RATS (Rochester triathletes). See article in this

article.

February 10 - Lockport Y-10, 10 miler in Lockport in February?!? See J. Tracy's article Jan01 newsletter.

February 11 - Rich Clark's Suffer-O-Rama, 1310 99th St, Niagara Falls. Noon. Run-Bike-Run.

February 17 - Freezeroo Series Race, 8 miler, Greece Dept of Public Works, 10 am. Call Stacey VanDenburgh, (315) 597-1514, for details.

February 18 - BTC February Event - Rock Climbing. Call Dana White to make a reservation. See article.

February 25 - Polar Bear 5K, Olcott, NY. See J. Tracy's article Jan01 newsletter.

March 2, 3, & 4 - Toronto Bike Show.

March 3 - Freezeroo Series Race. 10k. Churchville Legion Hall, 10 am. Call (315) 597-1514 for details.

March 18 - BTC March Event - Bowling at Transit Lanes. Greg Drumm coordinator.

April 22 - Caesar Creek Ohio Duathlon, Caesar Creek State Park, OH. Details at HFPracing.com.

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

## **BTC and Community Calendar - Future National Events**

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

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

July 29 - *Ironman Lake Placid*, Lake Placid, New York.

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

## **Race Results from Around the World**

Houston Marathon 14Jan01 - Chris Ankrum, 3:08, 89th out of 4364 finishers

San Diego Half Marathon, 21Jan01 - Cindy Stankiewicz, 2:07,

Penguin Run 5k, 21Jan01 - Warren Elvers, Joanne York Rappl, Chris Ankrum,

Melissa Hanson, Barb Bittner, Gene Baran, etc... No times were available as of press time.

## **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 Spinervals Cycling Circus: 6:45 pm at Sutherland Lodge, 1400 Ruie Rd, North Tonawanda. Cost: \$5 each Friday.

Tuesday Evening Runs with Checkers: 6 pm at Delaware Park Casino.

## **BTC Social Events for February and March**

### **February Social Event:**

What: Rock Climbing

Where: Niagara Climbing Center, 1333 Strad Avenue, North Tonawanda (Just off Niagara Falls Boulevard near Erie Ave and Route 425)

When: Sunday, February 18, 2001

Time: 3:00pm-5:30pm

Cost: \$13 per person includes 1/2 hour class, 2 hours of climbing and a pizza party (\*\*assuming we get 20 people, so bring whoever you'd like).

Please RSVP as soon as possible to Dana White at e-mail to:  
bflonative@adelphia.net.

### March Social Event:

WHO: All BTC members & friends (even if all your friends are BTC members)

WHAT: Bowling (a.k.a. rolling a heavy ball down the hall while drinking beer and eating wings)

WHERE: Transit Lanes, 7850 Transit Rd between Maple & Sheridan across from Walmart Plaza

WHEN: Sunday, March 18, 2001 2:30 - 4:00 pm

HOW: By paying \$6.50 per person (includes 90 min of bowling with shoe rental)

WHY: I could go on forever but try these on for size:

1. Rumor has it that Ed Harkey, who doesn't have a bike trainer, has his own ball.
2. I laugh even saying Hoad and bowling in the same sentence.
3. No baby-sitters needed -- bring'em along
4. Karl says he can kick your butt (especially if you are a runner)
5. Bowling shoes rule
6. In a pinch you can call it cross training
7. You might be there when I find my true athletic calling.

Goggles, swimcaps, singlets, bike jerseys, other tri gear strongly encouraged -- you just might blend in -- bike shorts & wetsuits optional -- please leave your bike shoes and bike at home. No promises at this juncture but I'm working on seeing if I can scrounge up a prize for "best dressed".

I will need a rough head count -- please check your calendars and let me know. I have to get \$\$ to Transit Lanes in advance to hold our spot.

## **ONE STEP BACK, TWO STEPS FORWARD**

**By Coach Troy Jacobson**

The subject of training in the northern climates during the cold winter months does have some advantages over training in the warm, sunny south. The obvious disadvantages of living in a northern climate in the winter months include:

Uncomfortable training temperatures, high winds and associated wind chill, snow, ice, sleet, freezing rain, and the ill effect on roads.

But if you can overcome and overlook these perceived disadvantages, you can

benefit from some advantages. The real advantage is that we are forced to “back – off” from hard training. Even though it is a harsh reality for some athletes to deal with, human beings just can’t maintain peak fitness year round. Even if the weather is still comfortable and your motivation is still high, you should still “back-off” for a period of time. This will vary from person to person.

Our bodies have a natural rhythm or “cycle”. This is why it is a good idea to have times where your training volume and intensity is high and other times when it is low. This process of varying your intensity, duration and frequency of training over the course of the season and/or year is known as “periodization”. If you allow your body to relax (by training less and at a lower intensity) over the months of December and January, you will be able to step up to your next level of fitness starting mid-January.

Please try this! I have worked with countless athletes who follow the same training routine in December that they do in mid-season (July/August). This approach of “hammer-your-brains-out-all-year-long” will guarantee three results: overtraining, stagnation and injury. By reducing your training volume and intensity and concentrating on technique (swim stroke, running form, spinning at high RPM’s, etc.), you will recharge your body and enable it to become stronger and accept the following months of hard training and racing. Realize that you will temporarily lose some fitness and accept the fact that that is OK and part of your plan. When you start “ramping-up” again, I promise you’ll get back to where you were PLUS more!

It’s like taking “one step back, to take two steps forward.”

\*I thought that this article by Troy really says it all. I have seen so many athletes start spring training already injured! Post-season workouts should all be done in the aerobic range (65-80%). This is base building, endurance training season. Save the intervals and speedwork for pre-season workouts. Of course, once a week SPINeRVAL bike sessions are the exception!

Happy training...Nancy Gworek, Triathlon Academy Coach

## **Vice President’s Rantings by Greg Drumm**

As triathletes we seem to be continually trying to get to our next workout. This usually means that the rest of our lives can get pretty hectic and confusing. In order to assist those finding it difficult to plan out their day, I have put together a sample daily plan in a format specifically designed to be easily comprehended by triathlete and multisport types.

1 x 10 min wake up w/30 sec bathroom duty rest period;  
1 x 15 min drive to pool, try to find good song on radio;  
1 x 70 min swim workout w/ 15 min change rest period;  
1 x 15 min drive to house w/15 min eat/dress rest period (don't forget to hang up suit/towel to dry);

1 x 5 min drive to work w/ optional 2 min rest interval at Tim Horton drive-thru;  
2 x 120 min work w/10 min coffee/bathroom break rest period;  
1 x 60 min lunch (noon workout optional if not running errands or getting groceries);  
2 x 120 min work w/10 min coffee/bathroom break;  
1 x 10 min drive to house w/15 min eat snack/watch CNBC to see how stock market did - rest period;  
1 x 10 sec answer & hang-up on annoying telemarketing call -- unless you really want to switch long distance carriers;  
1 x 60 min bike workout w/25 min shower/rest (ignore phone during shower unless it might be your mom);  
1 x 20 min make/eat dinner (reduce to 10 minutes if using microwave);  
2 x 30 min of Crocodile Hunter, History Channel or Discovery Channel w/ 5 min bathroom break;  
2 x 15 min Seinfeld rerun w/ 2 min microwave popcorn/beer supplement rest period;  
1 x 450 min sleep w/ optional 2 min bathroom break rest period if over 30 yrs old.

(repeat entire set 5 x per week)

If you would like additional plans, please send a \$20 certified check to Greg Drumm. Best Wishes with the training!

### **From our president — submitted by Richard Clark**

The 2<sup>nd</sup> Annual BTC, Inc. Installation, Awards and Recognition banquet took place last night (01/27/00) at Rizzo's. The evening started with Flash trying to set the place on fire. He was showing his compiled list of member completed triathlons. All of a sudden it went up in fire. Let me tell you, it went up quickly. Besides the fire, the banquet was an extreme success. We had a fifteen percent increase over last year's attendance. Our new Vice-president Gregg Drumm and Secretary Karl Kozlowski were officially recognized in their new offices. Bob Giardini was also recognized as being the oldest member of the Executive Board and the current treasurer. The evening's agenda started with Jack Gorski welcoming everyone. Then we had a little drink and a wonderful meal. Our program consisted of an overview of the events that we participated in from the prior year. Thanks and awards were presented. A heart felt moment was when Nancy Gworek awarded Barbara Bittner with the inspiration award. Nancy also noted that she awarded the entire club, but that would be a cop-out. To be short and not long-winded, I would like to say that the Buffalo Triathlon Club is a great organization to be involved with. We are slowly growing and becoming known within the community. I think that we should be proud. I would also like to thank Warren Elvers for the information about Rizzo's and Jack Gorski for his efforts in arranging his second consecutive banquet for the club. **Great work gentlemen!!!**

As a reminder don't forget that the shirt orders are due by the end of the month. So we can maintain our prices, we need to have a minimum of 50 pieces. Also, please remember to fill out a new application when you send in your membership dues. This will help the club greatly with our insurance policy.

## **New Sponsors - Spinervals Training and Baldas Snowshoe Company**

Spinervals Training videos discount from Troy Jacobsen, Triathlon Academy. Take an additional 10% off the retail price when ordering any of his seven videos through Nancy Gworek, Triathlon Academy Coach, from now until the end of February. If you have had the opportunity to participate in any of Rich's Suffer-O-Rama's or Nancy's Spinerval Circus classes you have tried Coach Troy's training.

The Baldas Snowshoe Company is situated in Scionzier in the High Savoy region of France, the AJR Baldas Company is a family enterprise specializing in snowshoe manufacturing for over 20 years. The Baldas Company is France's oldest manufacturer of aluminium frame snowshoes. The snowshoe has taken a giant step forward and today has an unprecedented popularity. As the sport evolves, the number of snowshoers seems to grow without end. Baldas is offering a 20% price reduction on the already low prices on three of their snowshoes, the Monte Rosa, the Mont Blanc, and the Matterhorn Trek. To order, contact Greg Drumm for information.

## **Happy Birthday to You!!**

2/8 Thomas Biamonte  
2/16 Kristina Flaschner

2/9 Barbara Bittner  
2/21 Derik Goodman

## **A Recap of the January 9 Meeting**

- The Winter Social is all arranged for January 27 at Rizzo's Banchetti. As of the meeting there were 16 people paid. The women's trophies were being made and will be available by the Social.
- The dates for the Camp Kenan event 2001 are still undecided. Greg Drumm is working with the camp staff to choose an acceptable date. A weekend in July is the leading choice.
- No new member's benefits for the past month. Ed Harkey and Nancy Gworek will be updating the current list for 2001 soon.
- The BTC winter caps are in. They are available for \$13 for members. Contact Rich if interested.
- Buffalo Marathon, May 27. The BTC has signed up for a water stop. More details later.
- Rubber Duckie Triathlon. Michael Nowak working on a relaxed, fun, entertaining, non-competitive tri.
- First Suffer-O-Rama was a complete success. 13 members present and in pain.
- BTC approved the sponsorship of Jeff Tracy's Lockport Y-10 and Polar Bear 5k
- BTC / BBC Swap meet. Look for details in the newsletter.
- Discussion on guest speakers / workshops. More discussions needed later.

**We'll see you at the next meeting on February 13 at 8:00 PM at**

## the UB ALUMNI ARENA, ROOM 88.

### February's Top Ten List

The top ten things that happen to triathletes during winter training in Buffalo:

1. People stare at you from their cars as you run past them with ice covering your neck gator and hat ... Are we insane? No, just different.
2. You have become one with your treadmill ... and your television ...
3. You start to think your skin will remain permanently scented with chlorine ... and you're rather beginning to enjoy it.
4. You show up at work humming the tunes from Troy Jacobson's Spinervals cycling tapes.
5. You begin to believe that the temperature outside is warmer when the sun decides to shine ... and you take your road bike out for a spin, regardless of what the thermometer says!!! (Eric ... )
6. You develop Cervelo fever and chase away those winter blues by spending your savings on a new bike.
7. 120 laps at Bally's is a feasible option for your long run.
8. You shovel your driveway and sidewalks and consider this your workout for the day — and add five miles to your log!
9. Instead of putting water bottles in your freezer in preparation for a long workout, you simply leave them in your car overnight.
10. We're officially only one month into winter, and you're already fantasizing about that first "warm" (i.e. 50 degree) day in March when you can take your bike out without "freezing" (i.e. risking frostbite)!

***Just a friendly reminder:*** the deadline for submissions to the newsletter is the 18th of each month. Send your submissions to [btc\\_qt59@hotmail.com](mailto:btc_qt59@hotmail.com), or via snail mail to Chris and Quinn Ankrum at 2030 Town Hall Terrace #6, Grand Island, NY 14072.

### BTC / BBC Bicycle Swap Meet

We need a BTC Coordinator! Interested call Greg Drumm. The swap meet date: Sunday April 22<sup>nd</sup>. Erie County Fairgrounds -Creative Arts Building. The hours are 8 - 10am setup, 10am - 4pm swap, and 4 - 5pm cleanup.

Our club (BTC) can have a "no-charge" table to promote the club and its activities. The tables to sell/swap stuff are \$10 each. The bikes will go in the famous "Bike Corral". This charge is \$5. We don't take any percentage of the sale (unlike the ski swap which is held in the same building). This will make things much simpler.

### Annual Membership Fees are Due

Membership renewal fees are due by March 1, 2001. The dues are remaining the same as in the past at \$25 per individual, \$35 for family, \$15 for associate (residence out of the local area), and \$15 for Junior memberships. We are asking that you complete a membership form, included in this newsletter, for our insurance policy coverage. Please send in your completed membership form along with the dues to Buffalo Triathlon Club, c/o Bob Giardini, 15 Ranch Trail Court, Orchard Park, NY 14127.

## **Other Notes:**

Michael V. Nowak, organizer of the upcoming Wackie / Rubber Duckie Triathlon, has stated rather publicly that he is going to be the youngest person in our BTC club to complete an Ironman distance triathlon. He has this year and next before reaching 24...

## **Items for Sale:**

Racing wheels  
Front: Hed Jet w/ Sonic Hub  
Rear: Hed Disk (8-speed)  
-asking \$550 for the pair  
Contact Eric, 837.0322, if interested.

## **Quotable Quote:**

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."  
(Aristotle)

*Eric Butler has asked us to extend a special thank you to everyone for your thoughts, prayers, and support during the past weeks. In his own words, he's not exactly sure what to say ... just, "Thanks."*

## **Other Important Quick Transitions Stuff:**

Send submissions for March's QT  
By February 18, 2001 to:

Chris and Quinn Ankrum  
2030 Town Hall Terrace #6  
Grand Island, NY 14072  
E-mail: BTC\_QT59@hotmail.com  
BUFFALO TRIATHLON CLUB  
Phone: 716.773.6018 (Editors)  
BTC Web Site: <http://btc.sysr.com>  
BTC E-mail: [dolphinkik@aol.com](mailto:dolphinkik@aol.com)  
*Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition*

## **February BTC Meeting**

**February 13**, at the University of Buffalo Alumni Arena, Room 88 at 8:00 PM. Look for the BTC signs, they will lead you to the room. We'll see you soon!