

## A Recap of the February 13 Meeting

- We will be a registered USAT club again for 2001.
- Camp Kenan adventure will tentatively take place again on the weekend of September 9-10 (Sat.-Sun.). Mark your calendars!! Quinn Ankrum will organize food/post-race events. We still need a volunteer to organize the race.
- Rich Clark’s Suffer-O-Rama: 11 members suffered. Next event: March 11th at noon. Come and suffer with us!
- Gene “Flash” Baran presented a cost analysis for the most “affordable” race for us to do as a club event. He came to the conclusion that Elmira is the best choice considering travel, competitive distance, post-race party, and race cost. The race is usually at the beginning of August.
- Warren Elvers, Certified Massage Therapist, will speak about the benefits of massage therapy at our next meeting. We will have a half hour meeting before his presentation.
- Jack Gorski, our Club Historian, has albums with letters, news articles, pictures, and parts of the newsletter. Everyone is encouraged to submit items to the collection.

**We’ll see you at the next meeting on March 13  
at 8:00 PM at the  
UB ALUMNI ARENA, ROOM 88.**

(Dilbert cartoons here)

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- (Editors’ note: We need your help with April’s Top Ten List! No top ten list this month ...)

## BTC and Community Calendar — Future Regional Events

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 Part, OH. Details at HFPracing.com.

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

June 3 - Milton Triathlon / Duathlon, Web site < [www.trisportcanada.com](http://www.trisportcanada.com) >.

## 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!?)

## 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.

## March's Health Article - Submitted by Mary Workman, R.N.

Pilates: A Ninety Year Old Strengthening Program

As I am recovering from pregnancy and childbirth, I am learning a great deal about my body. Re gaining endurance has been easy, speed work is taking so,e time, and now more than ever strength training is crucial. Lifting 15 pound Luc can wreak havoc on the lower back.

As I return to my aerobic and spinning career at the RAC out here, I have begun to study something new, but old, Pilates:

"Pilates is a unique system of strengthening exercises developed my Joseph Pilates over 90 years ago. It strengthens, stretches and tones the muscles, improves posture, provides flexibility and balance, unites the mind and body, and creates a more streamlined shape." Explains Brooke Siller, author of *The Pilates Body*.

Pilates developed his method of exercise during WWI, he worked as an orderly on the Isle of Man. He attached springs to patients' beds, and assisted them in exercising their affected limbs. Doctors noticed great improvements in patients who exercised, over patients who did not.

Here, the apparatus that Pilates would later use in his Pilates program, was born. From the apparatus, he developed the more popular matwork principles.

Pilates believed in the power of our minds to control our bodies. "Ideally our muscles should obey our will, our will should not be dominated by the reflex actions of our muscles" he stated.

Pilates focuses on strengthening your core muscles, also known as your "powerhouse". These include the abs, the back, glutes and hips. All Pilates movements are initiated through the powerhouse. Mostly every move begins from the abdominals.

One of Pilate's most important principles is this:

"Never do ten pounds of exercise for a five pound movement". For many of us, the concept "more is more" is a mantra. Pilates is a more comprehensive way to work your body within the limits of muscular endurance.

In the few short weeks I have been studying Pilates, I feel much stronger in my core. My lower back does not ache, my swimming is stronger, and it has been an excellent compliment to my training. It has especially helped me to let go of some of the grind that I approach my regular training with.

The local Buffalo Pilates expert is Jill Sessa. She owns a Pilates studio, above Spot coffee on the corner of Chippewa and Delaware. I don't know the name of it, but I will find it out, and get the number. The Bac also offers the matwork classes, which they call: Mat'Lates. If anyone knows of anyone or anywhere else in Buffalo, please let me know (as I live in Rochester, and it is not yet here yet).

In the next issue I will delve a little further into Pilates, let you know if I still like it, provide the name and number of Jill Sessa's studio, and hopefully feature one or two of the matwork moves.

Source: The Pilates Body, By Brooke Siller

## Race Results from Around the World

On a day better suited for polar bears at the North Pole, 16 members of the BTC braved the elements (wind, cold, hills, and did I mention wind) and ran in the **30th annual Y-10** race in Lockport on 10Feb01. The runners and times are: Daryl Clarke, 1:00:44; Barry Dunstan, 1:06:59; Tony Garrow, 1:10:24; Tom Biamonte, 1:11:36; Amy Fakterowitz, 1:17:44; Rich Clark, 1:17:54; Eric Butler, 1:17:59; Chris Ankrum, 1:21:14; Johnathon Bernstein, 1:26:33; Jim Kavanaugh, 1:29:51; David Szafran, 1:31:12; Eamon Ferguson, 1:36:56; Karl Kozlowski, 1:37:00; Jennifer Szafran, 1:39:52; Suzanne Fenger, 1:40:31; and Nancy Gworek, 1:45:24.

Also in the Lockport Race Series, the **Polar Bear 5K** was run on 25Feb01. The weather conditions were quite different, temps in the 50's and very windy. Those who took part were Daryl Clarke, 17:40, 3rd place; Chris Ankrum, 19:32, 1st age group; Amy Fakterowitz, 20:36, 2nd woman; Eric Butler, 20:43; Jim Kavanaugh, 21:35; Bill Seyler, 23:03, 3rd age group; Greg Drumm, 24:07; Patty McManus, 25:04, 2nd age group; Melissa Harg (err, Hanson), 27:53; and David Ireland, 33:25.

**Canisius Chilly 5K** was also run on the 25Feb01. No race results were known at the time of printing.

Dave Szafran ran the **Gasparilla 15K** recently and finished in a great time of 1:07 something.

Congratulations to everyone who raced during February. The editors offer their apologies if we missed anyone, please let us know so we can make corrections next month.

## From our president — submitted by Richard Clark

Couples learn to juggle triathlon training and 'real life'

- The Modesto Bee

This year, triathlete Dan Conway wants to qualify for the Big Kahuna of all Ironmans: Ironman Hawaii.

At the height of training, he'll bike, run and swim 30 hours a week. He'll juggle his workout schedule with his full-time job and family responsibilities.

His wife, Beckie, on the other hand, does not like to work out. To her, exercise is a "necessary evil."

The Conways, of Shoreview, Minn., make room for fitness even though they're on opposite ends of the workout spectrum. Over the years, they've figured out ways to accommodate each other and keep the peace.

Their biggest lesson: Communication is good. Nagging is not.

Professionals tend to agree with them.

"It's about making sure you're clear with each other," says Tim Hatfield, professor of counselor education and a stress management instructor at Winona State University.

Graeme Attwood, director of operations at the SweatShop in St. Paul, Minn., sees differences in couples depending on their age.

Younger couples often start working out together with gusto. Over time, one sticks with it, while the other drops out. Older couples, meanwhile, already seem to know what each will or will not do. Attwood often sees wives who choose to work out with female friends instead of with their husbands.

Women typically exercise for health and overall fitness. Men, on the other hand, often train with specific sports goals in mind, Attwood says.

That's the case with the Conways.

The couple's negotiations actually began a decade ago. Their kids were 12 and 9. Both parents decided the children had to be the top priority. A former marathoner, Dan Conway stuck to four to five local triathlons a year. He worked his training around the family schedule, getting up at 4:30 in the morning to fit it in. At times, he's tried to get his wife excited about exercise, but she just isn't interested.

Gyms hold no appeal for her.

"He's tried, but it ain't going to work," Beckie Conway says. "He knows it. I know it. That is something we're not going to do together. But it's not like we don't share other things."

Five years ago, the Conways returned to the negotiating table. Dan Conway had started eyeing Ironman. At the same time, Beckie Conway wanted to return to graduate school.

"We had a heart-to-heart," Beckie Conway says. "(He said) 'If you go to school, will you support me when I do this?'" She agreed.

Beckie Conway eventually got her master's degree in organizational leadership from Bethel College. Then it was Dan Conway's turn. He began his march toward Ironman. A year ago, he hired a coach and started training for Ironman Florida. He cranked up his workouts last summer. Beckie Conway came face-to-face with the promise she'd made years earlier.

"It was more than I bargained for," Beckie Conway says. "I told myself, 'You said you would support him on this.'"

She learned to be patient. So long as the dogs get a walk and the sidewalks are shoveled, she doesn't mind if home-improvement projects go unfinished.

They worked out a good system of communication: a Schedule board on the refrigerator. Dan Conway doesn't train Wednesday nights so that's when they plan shopping trips or movie outings.

Conway completed Ironman Florida in 11:45. This year, he's planning to do Ironman California and Ironman Canada (if necessary) to qualify for Ironman Hawaii in October.

"A lot of people have second full-time jobs," Beckie Conway says. "This is just like he has another full-time job."

Dan Conway says the key is flexibility. He picks races early in the season. If he has to miss a day of biking, so be it. He's planning to do one or two more Ironmans and move on.

"This one is a life goal," Dan Conway says. "Beckie's in tune to that. But she's not going to do this forever. She has her limits."

## Sponsor of the Month - Steven Lee, DC, CCSP

Alternative Chiropractic and Holistic Health, Steve Lee, DC, CCSP, 515 Center Street, Lewiston, NY 14092. (716) 754-7379 email:sleedc@hotmail.com

Treatments are designed to create the most efficient muscle and joint function. By balancing muscular function, a state is created which allows for the sparing of energy during activity. Pain associated with motion is frequently caused by an imbalance in muscular function. The goal at AC&HH is to create a state of function that provides continued use with a decrease in the potential downtime associated with injuries.

Steve is a runner of 28 years and is familiar both personally and clinically with many potential states of biomechanical dysfunction. He is also a Certified Chiropractic Sports Practitioner (CCSP). Treatment are designed specifically for each athlete. Muscle work, nutrition, and stretching are stressed in the treatment. Office visits last for 40-45 minutes during which time, most muscles will be evaluated for any changes in function. Chiropractic care is rendered upon the completion of muscle work to complete the care.

A discount of \$5.00 per visit is available to BTC members.

## Vice President's Rantings by Greg Drumm

While trying to fulfill the requirements of being a tri-geek (with marginal success), I have attempted to become a more well rounded "geek" by actually reading an occasional book.

Below I've included seven quotes from my readings that, in some ways, seem to be metaphors for this multi-sport thing we do. Can you name the author for each of these quotes ???

- (1) "Goodness is the only investment that never fails."
- (2) "We should come home from far, from adventures, and perils, and discoveries every day, with new experience and character."
- (3) "I never found the companion that was so companionable as solitude."
- (4) "Follow your genius closely enough and it will not fail to show you a fresh prospect every hour."
- (5) "I would have each one be very careful to find out and pursue his own way, and not his father's or his mother's or his neighbor's instead."
- (6) "I would rather sit on a pumpkin and have it all to myself than be crowded on a velvet cushion."
- (7) "... if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours."

If you care to guess what books these quotes are from contact Greg Drumm (gwdgo2@aol.com) who may or may not know them himself...

I would like to express my gratitude to all who participated in the raffle and helped support the Lance Armstrong Foundation (LAF) 2001 Peloton Project. I am proud to say that I was able to raise in excess of \$1100 with all proceeds going to the LAF thanks to the help and donations of many friends, colleagues, and supportive businesses that believe in the mission of the Lance Armstrong Foundation. - *Greg Drumm*

*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 Classifieds***

Racing wheels

Front: Hed Jet w/ Sonic Hub

Rear: Hed Disk (8-speed)

-asking \$550 for the pair

Contact Eric, 837.0322, if interested

DeSoto women's race apparel, all size SMALL:

Jogbra bikini top, red/black/white,

Biikini bottom, red/black/white,

Short biking shorts, red.

-asking \$30 total for set. Contact Greta, 689.3172, if interested.

If anyone is interested in ordering snowshoes through our club sponsor Baldas USA, please contact Greg Drumm. We receive a discount of 20% (not incl.

shipping) which allows us to get quality snowshoes for under \$100. Please visit the Baldas USA website at <<[www.BaldasUSA.com](http://www.BaldasUSA.com)>> for more info.

## **BTC / BBC Bicycle Swap Meet**

The BTC has been offered an opportunity to set up an information table/display at a bike swap meet at the Erie County Fairgrounds on April 22.

We need help !! -- please consider helping out with promoting the club at this event. Contact Ed Harkey ([dolphinkik@aol.com](mailto:dolphinkik@aol.com)) or Greg Drumm ([gwdgo2@aol.com](mailto:gwdgo2@aol.com)) for more info.

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

3/4 Tracey Bernardoni      3/4 Erika Flaschner      3/7 Warren Elvers      3/10 Quinn Ankrum

3/13 Gregory Drumm      3/15 Richard Clark      3/16 Lauren Bennett      3/23 Sal Pascucci

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

### **March Social Event:**

Greg Drumm, Coordinator

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)

Greg will need a head count by MARCH 6 -- please check your calendars and let him know. He has to get

\$\$ to Transit Lanes in advance to hold our spot.

**April Social Event:**

Karl Kozlowski, Coordinator

WHO: All BTC members & friends

WHAT: LaserTron - The strategy of war without the troublesome issue of bloodshed

WHERE: LaserTron , 5101 North Bailey Ave next to Red Lobster (on Maple Ave), Amherst

WHEN: To Be Determined (available in next month's newsletter or via the internet)

HOW: Once again this is to be determined. Karl's been very busy helping the UB basketball team become sooo good!?!

WHY: The opportunity to come out and shoot people without long term effects is way cool!

Let Karl know if you are interested!!!

**Quotable Quote:** "To keep from decaying, to be a winner, the athlete must accept pain - not only accept it, but look for it, live with it, learn not to fear it." -- Dr. George Sheehan

**Annual Membership Fees are Due (Reminder)**

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 February's 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.

**March BTC Meeting**

**March 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. Hope to see you there!