

BTC Quick Transitions, April 2001

Issue 30

Spring has finally arrived ... April Fools!

Wow, spring is here! Wait, let me rephrase that: wow, the calendar says spring is here! However, April still means snow in Buffalo, and I'm sure we'll see more of it this month (sigh). However, Spring is ALMOST here, which means the end of Nancy's Friday night SpinErvals sessions, the beginning of track practice, and open water swims (just testing you on that last one ... we all know that no one is crazy enough to swim in open water yet, right? Okay, maybe if you go to Florida for vacation, but not in Buffalo).

It has been quite a winter, hasn't it? The second snowiest, according to our local weather forecasters. It has also been a winter of fun for the BTC, both in training and social events involving pizza, beer, more pizza, more beer, a little bit of rock climbing, bowling, and a great winter banquet. We survived Thanksgiving, the Turkey Trot, the Jing-a-Ling Run (and ensuing party at Glenn and Greta's), Christmas, the New Year's celebrations, Valentine's Day, President's Day (for all you teachers out there ...), St. Patrick's day, and now more snow with Easter on the horizon. I, for one, am looking forward to spring!!

Spring brings a breath of fresh air for the BTC. Once the Brick starts again (when the weather is a little more reliable and the salt has been washed off the roads ... June? July?), we will have monthly meetings outside after our team workouts. Until then, we'll continue to see you at our monthly meetings at UB. At our last meeting on March 13, we had thirty minutes of business followed by a presentation by Massage Therapist extraordinaire, Warren Elvers. At our next meeting, we will again have thirty minutes of business followed by a presentation by Karl Kozlowski, boy wonder. Come one, come all!! Maybe if enough people show up, we can collectively chase Old Man Winter away. Until then, happy training and stay healthy.

Your Editor,
Quinn Ankrum

We'll see you at the next meeting on April 10 at 8:00 PM at the UB ALUMNI ARENA, ROOM 88.

And now, the one thing you've all been waiting for, April's Top Ten List:

The Top Ten reasons to Stay in Buffalo during the Winter Months (October to June)

10. Pizza, wings, and beer.
9. The joy of bicycle trainers (and Coach Nancy's SpinErvals workouts).
8. Treadmills and the mind-numbing miles that go with them.
7. Running in the snow (seriously!!).
6. Salt, salt, and more salt (on the roads, on your running tights, covering your car ...).
7. Rich Clark's monthly Suffer-O-Ramas! (followed by pizza, wings, and beer).

8. Plenty of time to write a newsletter.
9. Masters Swimming workouts with sadistic Coach Dana.
10. Motivation to look for that new job in Arizona, Florida, or Hawaii.

And the number one reason to stay in Buffalo during the winter months:

1. If you can think of one, I'll give you a prize.

Reminder:

If you haven't already, please send in your **membership form and dues** to **BTC, c/o Bob Giardini** at **15 Ranch Trail Court, Orchard Park, NY, 14127**. **He needs everything ASAP for insurance purposes**. If you need a form, you can find it on the club's website (btc.sysr.com). We also sent you a form with February's newsletter.

BTC and Community Calendar — Future Regional Events

- 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*, www.trisportcanada.com .
- June 16 & 17 - *Muskoka Triathlon*, Sprint and Long Course, www.trisportcanada.com .
- June 24 - *Conesus Lake Triathlon*, all proceeds to benefit American Heart Association, ggw.org/conesuslaketriathlon/home.htm
- June 30 - *Tupper Lake Tinman*, Half Ironman, Tupper Lake, NY, www.tupperlakeinfo.com/tinman.htm .

BTC and Community Calendar — Future National Events

- April 16 - 105th *Boston Marathon*, Hopkinton to Boston, Massachusetts.
- May 19 - *Ironman California*, USMC Camp Pendleton, California.
- May 20 - *Memphis in May*, Olympic distance, Memphis, Tennessee.
- June 10 - *Escape from Alcatraz*, San Francisco, 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 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 Delaware Park Casino. Track practice begins in April - UB track 6 pm.

Race Results from Around the World

We neglected to report the results from the Rochester *YMCA Indoor Triathlon* in January! Our apologies to Mary Workman, who came in second overall among the women who participated. This was just about three months after Luc was born — way to go Mary! If anyone else participated, forgive us for not publishing the results.

On Sunday, March 4th, six BTC members ran the *Crystal Wealth Half Marathon* in Grimsby, Ontario. Congrats to all: Barry Dunstan, 1:23:09; Tony Garrow, 1:29:52; Amy Fakterowitz, 1:45:22; Bill Seyler, 1:50:29; John Pepke, 1:57:07; Jennifer McConvey, 1:57:15

March in Buffalo means the *Shamrock Run* and the BTC was not deterred by the weather. The annual 8k drew 19 BTC members. The race results in alphabetical order are Ayers, Anne 40:48, Bernstein, Jonathan 34:47, Dommell, Robert 38:29, Dunstan, Barry 35:49, Elvers, Jr., Warren 30:56, Fakterowitz, Amy 33:55, Ferguson, Eamon 44:36, Hanson, Melissa 46:43, Ireland, David 45:47, Kavanagh, James 34:16, Lebsack, Jeffrey 44:08, Moynihan, Andrew 37:27, Schaffstall, Jim 31:36, Shapiro, David 36:24, Stambach, Mark 51:37, Stankiewicz, Cindy 42:19, Szafran, David 34:14, Walsh, A. Jason 27:40, and York-Rappl, Joanne 32:20.

Several races were run this past weekend, including the *Canisius College Shoes for the Shelter 5k Run for Wellness*, *Alabama Powerman*, and the *Around the Bay 30k*. The *Canisius* run attracted two BTC members, Joanne York-Rappl (20:16; 1st place women 30-39 and 2nd woman overall) and Gene Baran (25:44), for the run through the Forest Lawn Cemetery.

Warren Elvers began his pursuit of another World Qualifier for the Duathlon by racing the *Alabama Powerman*, 10k run - 60k bike - 5k run. He finished fifth in his age group with a time of 2:51:51.

There were at least nine BTC members who ran the 107th *Around The Bay 30k* in Hamilton, Ontario. The results speak for themselves, but if anyone doubts how well these athletes did, just remember how windy and cold it was! The “official” race results are: Barry Dunstan 1:57:55, Paul White 2:09:56, Chris Ankrum 2:15:35, Tony Garrow 2:25:47, Amy Fakterowitz 2:31:38, Dana White 2:32:16, Dave Szafran 2:32:33, Rich Clark 2:33:52, and Jim Kavanagh 2:35:32. There were 2596 finishers.

Congratulations to all the athletes who took part in any races this winter. And as usual, if we missed anyone, please let us know at btc_qt59@hotmail.com and we will correct any oversights.

April Social Event

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 (Karl's working on it ...)

HOW: Once again this is to be determined. Karl was very busy all winter 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!!!

kfk@acsu.buffalo.edu or 836-5037

Quotable Quote: "Rest is an important part of a training program. There are times of the year when you should just go to the beach." —Thom Hunt, distance runner

*We will publish a club roster in next month's newsletter. All names will be included, but we will withhold contact information if you wish. Please contact us if you **do not** wish your contact information to be included. We will publish e-mail addresses as part of this list. If we don't hear from you, we'll assume you want your information included. Thanks!! —the Editors.*

WE NEED YOUR HELP!!! The deadline for submissions to the newsletter is the 18th of each month. Send your submissions to btc_qt59@hotmail.com, or via snail mail to Chris and Quinn Ankrum at 2030 Town Hall Terrace #6, Grand Island, NY 14072. *Thank you!*

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.

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 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) or Greg Drumm (gwdgo2@aol.com) for more info.

Happy Birthday to You!!

Jeffrey Lebsack 4/2; John Pepke 4/5; Michael Milbrand 4/7; Margaret Giardini 4/8; Audrey Cohn 4/9; James Schaffstall 4/12; Anne Marie Ayers 4/15; Amy Fakterowitz 4/15; Greta Buck Speller 4/16; T. Todd Lemmiksoo 4/18; Craig Small 4/18; Joan Gregoire 4/29. Enjoy your day!

Annual Membership Fees are Due (Reminder)

Membership renewal fees were 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. You can also find the form on the BTC website. 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. Why did we mention this twice? Because it is VERY IMPORTANT!

April BTC Meeting

April 10, 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 will see you there!

Train well and think SPRING!!!!