

March Social Event Report: I Bowled, They Rolled, Gorski Sets PR

I guess the March BTC bowling event can be summarized as follows: "I bowled, they rolled" ... and the "they rolled" refers to my fellow BTC members (who I thought were my buddies) until I noticed them rolling on the floor as I bowled a whopping score of ... well let's just say double digits my first game. On top of being disappointed over the fact that I found something else I suck at, there was the part where I was beaten (soundly) by my girlfriend. Yeah, yeah, laugh it up at least I had beaten my first game score by about the sixth frame in the next game. Despite my woes, some others were knocking 'em down left and right. Rumor has it that Eric Butler was even training for this event which showed in his form, focus and power. Not to be out done, Czar Gorski, with a focused game plan and 10 oz draft, tapered well for this event as he set a new PR so congratulate him next time you see him. And our President Rich "the teacher" Clark even learned first hand what a 4 - 10 split was.

All in all I think everyone had a little more fun than we anticipated. There were around 16 of us who bowled with a bunch going out for a bite and some recovery beverages afterwards. And even though they may not admit it, we do have some "closet" bowlers in the club. Until next time, I'll keep searching for my athletic calling ... anyone up for some bubble hockey?

- Submitted by Greg Drumm

Liebler, Don't Do It—Submitted by Glenn Speller

Many of you have heard tales about the fabled Liebler hill rides of yore (or attempts in many cases), and how they sound like the musings of Everest survivors. Well, as of 2001, as far as I know, the score stands BTC 1, Liebler 0. But this is certainly one of those "don't try this at home" scenarios. Liebler is a mile and half long "hill" that starts at the state police station on Boston State Road, in Boston, NY (really!?!).

Last week when the temperature peaked at 80 and set a record for a Thursday in April, in Buffalo, I decided that it was time to try Liebler again, seeing as I hadn't even attempted it this millenium. I have had 5 successful Liebler summit attempts in the past, so I figured, what the heck, even though I'm undertrained and it's spring, I could at least get a good laugh when my legs die about half way up and I topple over then start rolling backwards down the 14 percent grade (I'm not kidding).

So despite attempts to enlist other crazies, none of whom showed because they're much more intelligent than I, I set out to give it a go. The build up down Boston State Road was uneventful, there was no one to share the anticipation with, and consequently no one to get so nervous that they crash into someone else just before the turn. As I hit Liebler, I noticed that a road crew had been hard at work. The normally marginal road surface was worse if that's possible. Someone had skimmed the surface, leaving those irregular patterns and some nice deep holes. Still I reasoned that this would probably aid in my climb as my back tired searched for traction. So I continued. Inevitably, about half the way up, I asked myself the question I always ask on Liebler - am I going to get the crank around again? I did, continued, and despite some wheel slippage on the ruts and sand, made it to the top.

Tremendously satisfied, I asked myself two questions at the top: (1) Does this count as it was "wind aided" because I had a 35 MPH wind at my back, and (2) How do you spell Liebler? Is it Liebler or Leibler? I'm always too nervous at the bottom, and too dizzy at the top to look.

BTC and Community Calendar — Future Regional Events

- May 13 - *Toronto Brick Duathlon*, Start of 2001 Subaru Series, www.trisportcanada.com.
- May 26 - *Susan G. Komen Race for the Cure 5K*, Delaware Park, Bob Giardini, Race Director, 10 am.
- May 26 - *Vineyard Cycle Tour and Challenge*, Queenston, Ontario. See article below for more info.
- June 3 - *Milton Triathlon / Duathlon*, www.trisportcanada.com.
- June 3 - *Edinborough Triathlon*, somewhere south of Erie, PA. Contact John Pepke for more info.
- 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

- 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!?)
- October - World Short Course Duathlon Championships, Italy.

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.
- Thursday Evening Bricks: 6 pm East Amherst Fire Hall, Campbell Blvd & S.Tonawanda Creek Rd. Starts 03May01.
- Tuesday Evening Runs with Checkers: 6 pm Delaware Park Casino. Track practice begins in April - Old UB track.

Vice President's Ramblings - Submitted by Greg Drumm

If you're in town Memorial weekend (May 26--27), please consider participating in one of the events below. Both are great causes we should try to support depending on if you're in a running or riding kind of mood. And don't forget the Buffalo Marathon on May 27 (definitely running kind of mood) -- the club is still working out details on a "BTC" water stop if you are not running -- we will try to get details to you as soon as we get info ourselves.

RACE FOR THE CURE 5K & 1 Mile race/walk -- Saturday, May 26

The Komen Race for the Cure® Series has become the largest series of 5K runs/fitness walks in the world. Races will be held in more than 100 U.S cities and three foreign countries in 2001 with over 1.3 million participants expected. Proceeds from the Komen Race for the Cure® Series help fund important breast cancer research as well as breast health initiatives on a local level.

Buffalo, NY(Western New York Affiliate)

Race Hotline: 716/504-5508

<http://www.racefortheCure.com/>

VINEYARD CYCLE TOUR AND CHALLENGE -- Saturday, May 26

Join us in a cycle tour through the heart of Ontario's finest wine country during Blossom Festival in Niagara. The 25 km, 50 km, or 60 km tours explore Niagara-on-the-Lake vineyards and allow you to explore the wineries. Come out to Queenston Heights Park to begin this exciting tour! And do all of this for a good cause, all proceeds of this event go to Heart Niagara!

NOTE: A bunch of BTC folks, including myself, did this event last year and we had a big time blast. Please note this is a charity ride and not a race so all levels are invited to participate. This was probably the most fun I had on my bike all last year (with my clothes on). Great picnic after and plenty of wine if you were so inclined (as many were of course). Ask anyone who attended last year and they will probably smile before answering about the ride and after-party. If we get 10 people registered, we can sign up as a "team". Team cost \$30 per person Canadian (or around \$20 USD). Teams will get a special T-shirt w/BTC logo, 4 wine tasting tickets for each team member, door prizes, etc! Please contact gwdgo2@aol.com (Greg Drumm 636-5985) if interested in being on the "BTC team". Regular cost is \$40 CDN (\$26 USD).

Personal Race Update - Submitted by Michael V. Nowak

Greetings from Dayton, OH! I am pleased to let you know that while out here, I was able to run in the 4th Annual Spring Valley Academy Building Block Run. It was a 4mile event, and I GOT 1ST PLACE IN MY AGE GROUP (20-24)!!! There was something like 250 or so runners in it. Of course I won't mention that I was the ONLY one in my age group! Instead, I will throw this up in everyone's face every chance I get! YESSS!!! 1ST PLACE!!! Maybe I should just do the IRONMAN this season instead of waiting another year! See Y'all later (with my award of course).
-Michael V. Nowak (The fastest 20-24 year old in all of Ohio)

PS - this is no April Fool's joke!!!

Editor's Note: Congratulations Michael. We look forward to seeing you on many race podiums this summer!

Jeff Tracy Appalachian Trail Hike Update

As of last report (April 17), he has hiked in four states and has covered 530 miles on the AT thus far. And we quote Jeff "Amy ducked into her sleeping bag quicker than a turtle would into his shell while watching a Love Boat rerun with coochie-coochie Charo making a guest appearance for the umpeenth time after drinking a six-pack of Jolt". Way to go Jeff -- keep truckin' !! For more info and photos of Jeff's journey please see www.mylockport.com.

Treasurer's Notes - Submitted by Robert Giardini

May 26th is the Susan G. Komen Race for the Cure. I am the race director and I could use volunteers to man a water station and organize the event site and start/finish line. If anyone is interested, they should contact me at 667-7336 or email giardini@pce.net. Any and all help would be greatly appreciated.

This is the first annual Susan G. Komen WNY race. Susan G. Komen races are well known, well attended, and very successful for its races throughout the country. The foundation raises money for breast cancer research. 75% of the money raised locally remains in the community. The other 25% goes to the national foundation which distributes funds in the form of grant money. Roswell Park Cancer Center has already been a significant recipient of grants from the national Komen foundation in previous years. Dr. Steven Edge of Roswell Park is on the board of the WNY Komen Foundation affiliate and was instrumental in bringing this race to Buffalo.

Quotable Quote: "Tabasco and Tequila are alot alike -- alot of fun when your doing it but the next day you'll pay." - Greg Drumm, triathlete, author, alleged "streaker"

WANTED:

1. One or two people to oversee the non-race logistics of our Camp Kenan event in September if we want to make this a success. We have several people willing to help out but we need a designated point-man/woman. Please contact Greg Drumm (gwdgo2@aol.com) or 636-5985 for more info.
2. A moment of your time (and maybe a stamp) to provide feedback on how to improve the club. What can we do to improve the club? What can we do to attract more members? What are other clubs doing that is interesting and fun? What types of events or programs would you like to see offered? Please forward any suggestions and comments to << gwdgo2@aol.com >>or mail to: Greg Drumm -- BTC, 133 #8 Peppertree Dr, Amherst, NY 14228. Responses do not have to be signed if you wish to remain anonymous. If you wish to remain anonymous please use regular mail.
3. Authors – we need contributors for our newsletter. We are not looking to turn you into a regularly featured columnist (unless you really want to be one); we are simply asking you to consider sending in the occasional race report, a story of inspiration or interest, humor pieces (as we certainly have an unusually large proportion of wise a**es in the club) or any relevant topic that you might want to share with others. Please send contributions to <<BTC_QT59@hotmail.com>>.

Happy Birthday to You!!

Cindy Stankiewicz 5/2, David Ireland 5/3, Michael Nowak 5/10, Thomas Giardini 5/12, David Shapiro 5/19, Eric Butler 5/20, Eamon Ferguson 5/23, Rosemary Miller 5/24, Susan Mangold 5/27, Daniel Mangold 5/28, John Meeks 5/29. Enjoy your special day!

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!*

Race Results from Around the World - Compiled by Ed Harkey

Editor's Note: There were a lot of races during April. We apologize in advance if we missed anyone's results. If we did, please let us know at BTC_QT59@hotmail.com.

Congratulations to all on their races!

Buffalo State College Bengal Run 5k on March 24: Andrew Moynihan in 23:48.

St. Pat's 5k Road Race on April 7: Andrew Moynihan in 23:51, Mark Stambach in 29:55.

Boston Marathon on April 16: Barry Dunstan in 2:47, Chris Ankrum in 3:16.

Town of Tonawanda 5k on April 21: Eric Butler in 20:03, Melissa Hanson in "she won't tell us."

Grand Island Half Marathon on April 21: Ryan Forrestel in 1:16:14 (1st age group), Stephen Hoadley in 1:26:43, Jim Kavanagh in 1:36:44, Amy Fakterowitz in 1:37:59 (3rd in age group),

David Szafran in 1:39:35, Craig Small in 1:41:01, Andrew Moynihan in 1:42:39, Anne Ayers in 1:48:35 (4th in age group), Jonathon Bernstien in 1:50:50, Patricia McManus in 1:53:24, Wendy Tocha in 1:55:39 (2nd in age group), Jennifer Szafran in 2:00:55 (4th in age group), Cindy Stankiewicz in 2:02:14, Nancy Gworek in 2:11:56, Jack Gorski in 2:30:50, and Diane Sardes also ran but no time was available.

Race Results from Maryland - Reported by Ed Harkey

Once again the BTC can boast at having two athletes (same as last year) representing the United States in the World Duathlon Championships in Italy during October. Curt Eggers and Warren Elvers both qualified for the short course duathlon championships by finishing in the top two positions for their respective age groups at the Blackwater Traverse Duathlon on April 22. Curt finished the 10k run, 41k bike, and 5 k run in 2:05:55 for second in his age group while Warren finished in 2:13:25 for first in his age group. Congratulations guys! Keep up the great work.

Ride for the Roses - Submitted by Chris Ankrum

In their quest to see the sun and experience warm weather again, two members of the BTC, Greg Drumm and Chris Ankrum, ventured south to the city of Austin, Texas, to take part in the Ride for the Roses. This ride, a fund raiser for the Lance Armstrong Foundation, was established in 1997 by Lance's friends desiring to show support for Lance in his battle to overcome cancer.

The Ride for the Roses has grown from a small ride on the same training course Lance has used for years into an international event drawing participants from around the world, including Antarctica, Hong Kong, Africa, and even another rider from Buffalo. More than 6000 riders took to the roads east of Austin for the 100k ride. Another 500 or so riders took part in the two smaller rides of 25 and 10 miles.

Over one million dollars was raised to support the LAF with cancer survivorship programs and services. Most of this total was raised by a special group of individuals working on the Peloton Project. These people took it upon themselves to raise funds from friends, coworkers, strangers, and just about anybody for this very worthwhile organization. Gregg Drumm, BTC's very own Vice President, raised over 1,100 dollars with a raffle and by soliciting donations. He is to be commended.

It was inspiring to see that many people taking part in an event specifically to raise money for this foundation. There were people of every shape, size, and athletic background taking part. It took over 30 minutes for everyone to get started on the bike ride. Greg and I started way behind the leaders and took our time stopping at several of the rest stops along the way. We never encountered a time where we weren't surrounded by literally hundreds of other riders.

Thank you to everyone for contributing to Greg's Peloton Project. And if you ever have a chance to be in Austin around the first weekend in April, take part in this wonderful event. You will have a great time and it will definitely help remind you of the generosity and friendliness of people from around the world.

Mary's Health Column, Pilates Part 2 - Submitted by Mary Workman, RN

A couple of months ago we were introduced to the history of Pilates. This month we will delve into one aspect of the program, visual imaging, and at the end I will walk you through one Pilates exercises.

When you think about all of the hours you spend training, think about where your mind is. What are you thinking about? Pilates teaches this: "When you work your body without engaging your mind, you are only performing half of the workout. It is the least efficient way to achieve the goals

you have set for yourself".

Through Pilates, you can unite the body and mind. For one of the exercise, the instruction given is this: sit up as tall as you can, as if your head were touching the ceiling. When you follow those directions you are using both the mind and the body to achieve this.

"When you create a familiar, imagined situation within your mind, your body is able to respond." states Brooke Siller, author of "The Pilates Body". For example, imagine your pedal stroke, and the ways that you were taught not to stomp on the pedal, but to use the entire 360 degrees. Some coaches explain it by saying use the whole circle, push down and pull up, drop your heel as if you were scraping mud off your toes. By using these mental images your body automatically does it. That is one of the ways to use visual imaging in exercise. After a while of focusing on this image, it is instinct for you do do it that way.

Pilates instructors teach their students that through visual imaging, they can get their bodies to perform the Pilates movements, and after practice, the matwork will all flow together like second nature.

The Hundred

1. Lie on your back with your knees bent in toward your chest. Deeply inhale, and as you exhale feel your chest and belly sinking into the mat beneath you.
2. Keep that feeling of weight pressing down onto your torso as you bring your upper torso up to look at your belly button. Make sure that you are folding from your torso and not your neck.
3. Lift forward until you feel the bottom of your shoulder blades pressing onto the mat beneath you.
4. Stretch your arms out beside you, reaching deep in the pit of your arm, as if you were trying to touch the wall across the room with your fingertips.
5. Slowly begin pumping your arms up and down as if you were slapping water.
6. Inhale for five counts, and then exhale for five counts. Reaching ever forward as you breathe
7. Maintain this position, pumping your arms and breathing, for as close to one hundred counts as you can manage.
8. End by rolling back down onto the mat, and placing the soles of the feet flat onto the floor.

Annual Membership Fees are Due (Reminder)

Membership renewal fees were due by March 1, 2001. If the address tag on the outside of this newsletter has a highlighted 2000 next to your name this is your last newsletter. We have not received your renewal dues as of 22Apr01. To keep up your membership, return the membership form with the appropriate dues as soon as possible. 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. The membership form is needed for our insurance policy coverage. You can 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.

May BTC Meeting

May 8, 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 hope to see you there!