

Quick Transitions

June Meeting Date Changed

We have changed the date and time of our June BTC meeting to Wednesday, June 13, at approximately 7:30 PM, to accommodate those BTC members who expressed a desire to participate in the 3.5 mile Corporate Challenge on the evening of June 14.

The time trial scheduled for Thursday, June 14 will be held Wednesday, June 13 prior to the BTC meeting. Hope to see you there. Please email me (gwdgo2@aol.com) if you have any questions or agenda items for the meeting. Thanks.

G. Drumm

BTC Back At 0.500 - By Karl Kozlowski

That's right. It's BTC 1, Liebler 1. Recalling the article "Liebler, Don't Do It", from the May Edition of Quick Transitions, Glenn successfully completed a triumph of this 14 percent grade monster during the month of April. Kudos to Glenn. Then came my experience...

I decided to go for a long ride on a beautiful Sunday afternoon. Advice from my girlfriend led me to Chestnut Ridge Park, and figuring I could use some hill work I decided to be off. (Let this story serve as warning to all single men out there, be careful where your significant other sends you). My goal was to head out route 277 turn left on Boston State Road and tour the country side for a couple of hours. Surely this would help my attempt at a Tinman later this year.

As I headed down 277 away from civilization, my trusty Cannondale charged down a pretty decent hill. Herman Hill Road seemed quite the adventure going 35 mph in my nice tight aero tuck. (Insert Clydesdale joke here.) Although I knew I had to return up hill I took it as a personal challenge.

For those of you unfamiliar with the area, it is a very enjoyable ride. The shoulder is fairly wide and clear of debris. The scenery on a clear day is fabulous and traffic is moderately slow. You can ride right into Springville, have a sandwich or twinkie and then be on you way. Not a bad long ride at all.

I was riding along Boston State road pulling in my surroundings when I came upon a familiar name. There before me stood the infamous Omphalius. This is another fabled mountainous trek. It does even sound as if it were an evil character in one of Shakespeare's Tragedies, "A Midsummer's Nightmare". I had never been out this way before and was surprised to actually find this legendary beast. I honestly thought it was a hoax, kind of a prank on newcomers..."Oh yeah Karl, you should try this hill called Omphalius, it raises 16 Miles with a 43 percent grade" I'm kidding. Impressed with my new find, and figuring I

had to be close, I rode on to find the other famous name I had heard mentioned quietly in terror so many times before...Liebler.

I continued down Boston State and there she stood on my left. My Oh My! How she rose before the earth touching the sky with the branches of trees lining her course. There was a gentle incline from Boston State and then she disappeared behind the green trees. I knew however that she rose like a tyrant ready to shake all that attempted a climb. At this I just kept my cycle pointed towards Springville and kept riding.

Along my way I kept coming back to the challenge and I decided it was time. I then turned back my bike and headed to Liebler. As I approached my heart started to race and butterflies filled my insides. At first I rode cautiously up to the base of the incline. I should have known that when you have to tilt your head back to see up the road before you that you should just turn around and seek retreat on the nearest couch. This did nothing to abate my attempt. Stupid man.

I returned to Boston State road and began my challenge. I built some considerable speed to the base of the hill. I was efficiently changing my gearing when I hit the hill. Pedal you fool! As I took to my saddle even my Clydesdale weight couldn't stop the rear wheel from spitting gravel down the beast. Gears gnashed, pedal clips strained to hold my onto the bike. Even though I was straining as hard as I could just to make one more rotation, my bike slowed to a crawl. I left the seat to get more and that was a mistake. As I jumped up my bike stopped, and I mean stopped. No more. Nada. Zip. Zero. Zilch. Liebler got me. Before I started going backwards I quickly unclipped and sat down. "Man", I thought, "I must be close to the top after all that." Well needless to say I almost made it to the first little "flatter" section. (This was still pretty steep compared to hills in Buffalo.) Not even half way! UUUUGGGGGHHHHH!

As I turned my feeble body around I thanked my Cannondale for her bravery and attempt. I thought of all those who had accomplished this feat. The personal victory they must have felt at the top, the fun they had riding down. They are my new heroes. Never fear though, Liebler hasn't seen that last of me. I will return some day to see the top. Hopefully my Ford Ranger will have a better chance. In the immortal words of Glenn Speller..."Liebler, Don't Do It!"

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BTC and Community Calendar — Future Regional Events

June 2 - Mrs. T's Pierogies USAT World Championship Qualifier, Lake Placid, NY
June 2 - Tour de Cure, Town of Tonawanda Park (off of Niagara Falls Blvd.)
June 3 - Milton Triathlon / Duathlon, www.trisportcanada.com
June 3 - Edinboro Triathlon, somewhere south of Erie, PA. Contact John Pepke for more info.
June 9 - Bay City Triathlon, Hamilton, ON, Gullivers Lake, www.triathletemag.com, look under events calendar
June 16 - Greenlakes Triathlon, Syracuse, NY
June 16 & 17 - Muskoka Triathlon, Sprint and Long Course, www.trisportcanada.com
June 17 - Penn-Yan Triathlon, Penn-Yan, NY. E-mail tri99@linkny.com
June 23 & 24 - Guelph Lake I, Subaru Triathlon Series, 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
July 8 - Peterborough Half Ironman, Subaru Triathlon Series, www.trisportcanada.com
July 15 - 5th Annual Webster Youth Fitness is Fun Triathlon, North Ponds Park, Rochester. **For athletes ages 6-16.** www.rochestertriathletes.com/races/entry_forms/2001/
July 21 & 22 - Niagara, Subaru Triathlon Series, www.trisportcanada.com

BTC and Community Calendar —Future National Events

June 10 - Escape from Alcatraz, San Francisco, California. Really long range:
July 29 - Ironman USA Lake Placid, Lake Placid, New York. March 2002 - Ironman New Zealand
October - Ironman Championships, Kailua-Kona, Hawaii. April 2002 - Ironman Australia
October - World Short Course Duathlon Championships, Italy. September 15, 2002 - Ironman Wisconsin

Ongoing BTC / Community Workouts

Masters Swimming: Tues/Thurs @ 5:30 - 7am and Sat 7:30 - 9am, UB Amherst Pool.
Saturday Morning Bond Lake Runs: 8am at Bond Lake, Niagara Falls.
Thursday Evening Bricks: 6pm East Amherst Fire Hall, Campbell Blvd. & S.Tonawanda Creek Rd. **(N.B.: Thursday, June 14 Time Trial moved to Wednesday, June 13 due to June 14 Corporate Challenge.)**
Tuesday Evening Track Practice with Checkers @ 5pm and 6pm, old UB track.

Nutrition For Racing And Life - by Nancy Gworek

Now that the wicked winter weather is behind us, the summer triathlon season is but a few short weeks away. Most of us are done with the aerobic base building, drills and technical skills and are already involved with interval training and adding longer endurance workouts. So much effort is put into the planning, the doing and the resting, but how much thought has everyone given to the most important aspect of our training and racing.....**NUTRITION!**

Through the years I've heard a number of athletes state that a certain item they were using during training was the 'cats meow'. Read the nutrition facts for this item and tell me if you think it's suitable over the long haul. Can you guess what it is?

Calories:	200
Cal from fat:	45
Total fat:	5g
Carb:	38g
Sugars:	19g
Protein:	2g

Ingredients: Filling (corn syrup, dextrose, high fructose corn syrup, cracker meal, modified wheat starch, partially hydrogenated soybean oil, dried cherries, dried apples, citric acid, xanthan gum, caramel color, soy lecithin, red #40, natural flavoring, yellow #6, blue #1), enriched wheat flour, sugar, partially hydrogenated soybean oil, corn syrup, dextrose, high fructose corn syrup, salt, leavening, (baking soda, sodium acid pyrophosphate, monocalcium phosphate, calcium sulfate), gelatin, niacinamide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1) and folic acid. Contains wheat ingredients.

Sound Yummy? Your final answer?.....Cherry Pop Tarts.

Let's get real here folks. Over the years you've probably spent tons of money on clothing, gear and entry forms, yet the most important element of the game takes a back seat. Training your butt off for months and buying all the high tech equipment won't get you to the finish line any faster if you neglect to *healthfully* fuel the engine. Don't think that because you're fit, you're healthy. Let's examine why the refined carbohydrates and simple sugars (among other nasty ingredients) in this item are a poor choice for energy requirements.

COMPLEX carbohydrates are the main fuel source the body needs for energy production. Complex carbs include: whole grains, vegetables, fruits, legumes and seeds. These carbs are slowly absorbed and do not raise insulin levels. They also provide more sustained energy over a longer period of time. The most commonly consumed refined carbohydrates are pastas, white bread, bagels, sodas, cookies, and crackers. Eating an excess of simple carbs is one of the single most destructive dietary habits of Western society. One half of all the carbohydrates we consume as a nation are refined and processed sugar products. Many nutritional authorities believe the high level of sugar in our diet is a major culprit in the increase in many degenerative diseases and poor health. These conditions include: hypoglycemia, diabetes, constipation, gas, asthma, headaches, psoriasis, cancer, arthritis, obesity, heart disease, osteoporosis, tooth decay, MS, inflammatory bowel disease, cancer sores, gallstones, cystic fibrosis and decreased immune function. Some of these ailments take years to develop so it might be a good idea to be diet smart now.

(contd. on page 6)

FLASH'S FAST FACTS - Respectfully submitted by Karl Kozlowski on behalf of Gene Baran

Syracuse Triathlon / Senior Games

A 15 person van with room for 6 bikes and 6 people will depart for Syracuse at 6:00 pm June 15th from Gene Baran's Estate. Four Double Bed rooms at the Red Roof Inn have been set aside at the Carrier Circle in Syracuse. \$39.99 per room. Contact Mr. Baran ASAP at 686-0658 if interested.

To Mike Nowak...

In your quest to be the youngest Ironman in the BTC the following has been established:

Barry Dunstan, born October 30th, 1974, completed his first Ironman on August 15th, 1998 at 23 years, 9 months, and 15 days.

Ryan Forrestel, born September 3rd, 1974, completed his first Ironman on October 8th, 1997 at 23 years, 1 month, and 5 days.

Therefore Mike, you have until June 14th, 2001, (Flag Day), to establish a new record. !! GO MIKE GO !!

Jeff Tracy Appalachian Trail Hike Update

Jeff's adventures continue. As of Saturday, May 26th, he had been on the trail for 87 days. At that point, he was 1197.2 miles from Springer and 970.8 miles from Katahdin, the end of his journey in Maine. In Jeff's words, "I'm averaging 13.8 miles a day. If I continue to hike 15 mile days I could reach Katahdin in 65 days which is July 30. Finally, I've still yet to take a "zero day." My shortest day is around two miles in a town. That's it for now. More hiking and more rocks ahead. Thanks for the support. Still hiking. Still vertical."

For more info and photos of Jeff's journey please see www.mylockport.com.

Quotable Quote: "If you think you can win, you can win. Faith is necessary to victory." -William Hazlitt

A note from Quinn Ankrum: Though you have not seen me at the brick workouts, I am still in the club!! I am training well and will see some of you at Milton on Sunday, June 3rd. If I don't see you there, I won't see you until the end of August — I'll be leaving for Charlottesville, Virginia, on June 7th, where I will spend my summer singing with an opera company (and training like a mad woman — lots of hills!). So have a great summer, everyone! I'll miss all of you. Come and visit me. You can contact me through Chris, or e-mail me at qdoody@hotmail.com. Happy training and racing in Buffalo! :) P.S. If your newsletters are late in July and August, blame Chris!! Just kidding — give him a break, he's on his own for the summer. Take care of him for me!!

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>>. (**Note from the Editors: Thanks to those of you who helped us out this month — we appreciate your contributions!!**)

Happy Birthday to You!!

Unfortunately, June birthdays were not available at the time of this printing. We will include them in next month's issue. If you have a June birthday, have fun celebrating!! We'll wish you a happy belated birthday in July ...

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 May. We apologize in advance if we missed anyone's results. If we did, please let us know at BTC_QT59@hotmail.com.

The Women's Race 5K, May 13:

Mary Casey, in 25:41
Amy Hurta, in 21:56
Patricia McManus, in 23:28
Mother/Daughter team results:
Elizabeth Casey, in 21:24
Mary and Elizabeth: in 47:05

The Brick Duathlon, May 13:

Chris Ankrum, in 1:08:38
Eric Butler, in 1:07:01
Curt Eggers, 1st in age, in 1:01:20
Mary Eggers, 2nd in age, 1:12:38
Warren Elvers, 2nd in age, 1:02:45

Ironman California, Camp Pendleton,

May 19:
Richard Clark, in 12:29:48
Ryan Forrestel, in 10:30:57(!)
Robert Giardini, in 13:42:20
William Seyler, in 13:30:11
Glenn Speller, in 11:35:40

Buffalo-Erie Buick Marathon, May 27:

Anne Ayers, 3rd in age, in 4:02:12
Amy Fakterowitz, 2nd in age, in 3:38:04
(Qualified for Boston, 2002)
Elmer "Bud" Hesse, in 5:21:26
Jim Maher, in 4:00:24
Patricia McManus, in 4:17:29
Joseph Meyer, 1st in age, in 3:17:14
Craig Small, in 3:50:08
Paul White, in 3:19:06

Buffalo-Erie Buick Marathon Relay Results:

"Antique Roadshow" in 4:00:38
All BTC: Todd Lemmiksoo, Jeff Lebsack, Ed Harkey, Dave Szafran

"Team America" in 3:43:06
BTC member: Andy Dalglish

"Nickel City Women's Masters" in 3:56:56
BTC member: Sue Fenger

"DQ'ees" in 3:57:41
BTC member: Gene "Flash" Baran

"We Race Horses" in 2:34:00
1st Overall
BTC member: Jason A. Walsh

Congratulations to all on their races!

Top Ten signs that you are an official Tri Mom (or Tri Dad)

Submitted by Mary Workman (Eggers)

10. Your transition bag now has the addition of diapers, formula, and pacifiers.
9. You realize too late that the formula you mixed is in your water bottle, and your Gatorade is in the baby's bottle, and it doesn't even matter.
8. You add Gerber stage 1 bananas to your race morning meal.
7. You email Thule and ask if they have an addition to your roof rack that could accommodate the jogger.
6. You can open a PowerBar with a 22 pound baby on your hip.
5. You are on a first name basis with your pediatrician, your bike shop owner, but still have to look up the name of your doctor.
4. During a race you don't mind that a binky is still clipped to your suit (and you know what a binky is!)
3. You have a conversation on the bike with another woman, and teach her how to use a breast pump (Dads can so this too)
2. You read Inside Triathlon at bedtime, instead of Dr. Seuss.
1. After a long run, when you are dehydrated and starving, the baby eats first. You must wait.

BTC Laser Wars - by Karl "Cheetah" Kozlowski

"War is Hell." That is unless there is unlimited pop and popcorn for all those involved. Members of the BTC took a field trip on April 29th to Lasertron to engage in some fun. We first knew we were in trouble when we were asked to write code names on our new ID cards. There was of course the Slug, Cheetah, and TriDiva, but there was also an El Hombre, No Name, and most creatively..."Jim".

After a short table meeting with food and drink we were escorted by the "Warlords" of Lasertron to our battlefield. Divided into two groups along with the birthday party for a bunch of Rambo and Chuck Norris looking individuals (OK, so they were 9 year old girls but I need some writer's exaggeration here.)

The battle was greatly contested with the RED team victorious in each of our four timed wars. This was due to the great strategy and leadership of "General Jim" Kavanagh and the superb sniper abilities of El Hombre himself (Rich Clark).

Ed even got into the fun, although with negative points in the first three games...(Sorry about shooting you Ed, I forgot you were on my team. Four times.) El Hombre was the top scorer for the heated conflict. (Although this is under investigation because the young girls we played against have accused "GLOWHEAD" of cheating. I believe this has something to do with the black lights and Rich's choice of hair color.)

We then ate some pizza, drank some pop and relived war stories like those two old guys driving down the road that weave in and out of the shoulder as you try to get a long ride in. Bill Seyler was beaten soundly by Melissa Hanson in Air Hockey (Bill, how could you.) and Quinn's reaction time in video games is unparalleled.

A great time was had by all, and it even counted as a mini workout due to the sweat factor involved. Best of all, no blood shed and no flat tires!

June 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Mrs. T's, Lake Placid; Tour de Cure
3 Milton; Edinboro	4	5	6	7 Brick Workout	8	9 Bay City
10	11	12	13 Time Trial	14 Corporate Challenge	15	16 Greenlakes; Muskoka
17 Muskoka; Penn-Yan	18	19	20	21 Brick Workout	22	23 Guelph Lake I
24 Guelph Lake I Conesus Lake	25	26	27	28 Timed Brick	29	30 Tupper Lake

Schedule of Events
• June 3 - Milton Triathlon and Edinboro Triathlon.
• June 7 - Brick Workout.
• June 9 - Bay City Triathlon, Hamilton, Ont.
• June 13 - Our time trial this month is on a Wednesday, not a Thursday, due to the Corporate Challenge on the 14th.
• June 14 - Corporate Challenge.
• June 16 - Greenlakes Triathlon.
• June 16 - Muskoka Short Course.
• June 17 - Muskoka Long Course.
• June 17 - Penn-Yan Triathlon.
• June 21 - Brick Workout.
• June 23 - Guelph I Sprint.
• June 24 - Guelph I Olympic & Du.
• June 28 - Timed Brick.
• June 30 - Tupper Lake Half Ironman.

Mary's Health Column: Debunking those Fad Diets, By Mary Workman (Eggers!), R.N.

50 million Americans will go on a diet this year. Depending on who you talk to, people are either in the Zone, counting points, drinking shakes, and even buying their food at weight loss centers. Which diet works? Does high protein work? Do carbs make you fat? Or should you eat right for your blood type?

The editors of Health Magazine recently published a book called THE DIET ADVISOR, comparing 22 of the most popular diets. Here is the verdict on three:

THE ZONE: "Most experts agree that elevated insulin levels do not lead to excess weight, there is no reason to pin obesity on a high carbohydrate diet unless that diet is high in calories. Sears' complex theories of hormonally regulated weight loss have little scientific support. If you lose weight on this plan it is probably because you are taking in fewer calories and exercising more. Not because you have taken a trip to the Zone. "

THE ATKINS DIET: This diet holds to the theory that carbohydrates cause increased blood sugar, which causes increased insulin, which then increases your body fat. Atkins states that decreased carbs put you into a state of Ketosis in which fat is burned and appetite is decreased. What Atkins fails to mention is that Ketosis is a biological state with no proof of decreasing appetite. Side effects of Ketosis include queasiness, bad breath, decreased bone strength and dehydration. According to the editors, "Any diet that offers unlimited saturated fat and cholesterol rich foods is dangerous. The plan eliminates or drastically reduces the foods known to reduce the risk of heart disease and some cancers. It also falls short of fiber and calcium."

WEIGHT WATCHERS: In this diet, all calories are created equal. The program calculates calories in, vs calories out. Food is eaten based on assigned points, giving a good balance to all of the food groups, which wins the positive vote for this one. The downside: the cost. Not only do you pay to belong to Weight Watchers, you buy their food (in most cases). But on the other hand they do offer good counseling and group sessions to help you through the process.

The bottom line: these diets work because you eat less calories, and are encouraged to exercise more. If you don't mind giving up pasta and bagels, the Atkins diet, or staying in the Zone may work for you. If you want your pasta and pizza too, a diet like Weight Watchers is a better choice.

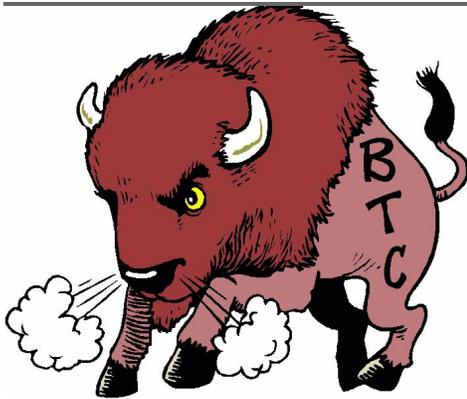
No diet in the world will work for you unless you make a lifestyle change. You can't expect to go into the Zone, lose 25 pounds, then return to your old habits.

Personally, what works for me is everything in moderation. Everything includes cookies and ice cream. I prefer to train a lot and enjoy those foods, rather than restrict my diet. What works for me though, doesn't work for the next person. Every person is an individual and needs to develop their own plan.

The trick for athletes is eating enough for how much you train. Eat too little, and your body will hang onto your weight, hinder your performance, and make you feel weak. Eating enough will help you become more fit, stronger, and most importantly ... feel good.

Buffalo Triathlon Club

c/o Chris & Quinn Ankrum
2030 Town Hall Terrace #6
Grand Island, NY 14072



*Swim/Bike/Run/Eat / Swim/Bike/
Run/Swim/Bike/Run/Transition*

We're on the Web!
btc.sysr.com

**Enjoy the Weather
and see you outside!**

BUFFALO TRIATHLON CLUB

Send submissions for July's QT
By June 18, 2001 to:

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BTC Web Site: <http://btc.sysr.com>
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(Nutrition for Racing and Life, contd. from page 2)

When was the last time you checked the ingredients on the so called 'energy drinks' and gels you use during training and racing? Some of them are pure junk, simple carbohydrates, which can create more problems if not diluted or consumed with adequate amounts of water in order to be digested. The bottom line here is to take the time to read labels and experiment with better choices that may not only speed you along to the finish line with a PR but keep you out of harm's way with a strong and healthy body. No one wants to be a broken down listless stud muffin. A healthy 'hottie' is more impressive.

A doctor once told me "Cancer feeds on sugar." I don't want to go there...again.

National Triathlon Academy Coach
Nancy Gworek

Information from NTA coach Greg Sullivan, Dr. Michael Colgan and hammergel web site.

June BTC Meeting

Wednesday, June 13, at the East Amherst Fire Hall, Tonawanda Creek Road. The meeting will take place approximately 1/2 hour following the Time Trial at around 7:30 pm. Hope to see you there!