

Quick Transitions

The Shave - Submitted by Joe Meyer

I didn't want to do it. I trained and raced last year as a rookie and nothing bad happened. Then, I joined the BTC. As the weather started to break this summer, I began my investigation. Spying to see which guys have and have not. Some had and some didn't. Then, injuries started to be on display. Huge scars and arms and shoulders in slings. It was time to swallow my pride. I had to ask some guys, "Do you shave your legs?" "Yes" was the common answer followed by a "Wow, you have a lot of hair! Good luck." So I thought about it (in other words, I procrastinated). Muskoka came and I really started to investigate. Realizing that almost every racer shaved I knew it was inevitable. How do I do this? Wax and electrolysis were out of the question. I heard too many brutal stories from ex-girlfriends and sisters to go through the painful process. Also, I had to keep this as private as possible. Getting a pair of electronic clippers seemed like a good idea, but I don't need to make that kind of investment. I thought of going to my barber and asking a favor. No, I couldn't do that in public. Then, I confided with a friend at work. She had the answer, NAIR. A cream that takes off leg hair, without the nicks and cuts of a blade. SOLD!

Now comes the hard part, THE BUY. Walking into Rite Aid and looking for women's shaving stuff I felt just the same as walking into Victoria's Secret and scouting out specialty clothing, TERRIFIED. I started trembling. "Relax," I told myself. If someone asks, just say it's for my girlfriend. But what if it's someone who knows we broke up? Never mind, stay focused. "Where is this stuff?" It took me a good 45 minutes of walking a small Rite Aid to find the women's shaving supplies. I went through the tampon aisle, the panty hose section, hair care, skin products, every aisle and section men are NOT supposed to be in, I went. Hell, I am training for triathlon. I'm secure enough in my manhood, right? I broke down and had to ask the stock person. Quietly I inquired, "Where can I find that Nair stuff? She said it was in with women's shaving supplies." (I threw that last sentence in so it sounded like I was buying it for someone else. Smooth, huh?) Of course she yelled back, "Women's shaving supplies, aisle 6."

I returned home with my purchases of a bottle of Nair, a can of Skintimate, and some Shick Women's razors, just in case the

cream didn't take care of the job. Of course I had to find some way to delay the inevitable, so I went for a run. Then I was hungry, so I made dinner. Then, I was too tired. Looks like tomorrow will be better. The next night there was no way to procrastinate. It was a rest day, I had no grad school courses to study for, and I was done with work. I embarked on my journey. I made sure all the blinds and curtains were drawn, I had to do this in absolute privacy. Reading and following the directions to the letter, I sat in my tub. In my swim suit (this is only for the legs, I was not going to lose any unnecessary hair), I applied the cream in "a thick, even coat, but making sure not to rub it in." So, I sat for ten minutes, just as the direction said reading my INSIDE TRIATHLON magazine. I couldn't help the thoughts racing through my mind. "To be an Ironman, you have to get in touch with your feminine side." That sounded good, kind of Freudian. Hell, having hairy legs for 26 years didn't help *that* much with the ladies, maybe this is the way to go. This could even provide some good pick up lines with ladies. "I feel your pain, I know what you go through. I shave my legs too." "Why don't you come over some night and we can shave each other's legs?" How many other guys have tried those lines? Ten minutes went by quick. I started to rub the cream off and dry the legs. You have to understand, I had a forest of hair on those guys. A lot came off, but there still seemed about ¾'s left on the legs. God, this would take a while. I tried shaving then. BAD IDEA. One stroke of the razor gave me 3 gashes. I immediately went back to the NAIR. Slowly, I progressed. After the third round, I promised I would never fault a woman for not shaving her legs. I want to start a social revolution, the pressure for women to shave their legs must end. The French are right, "Shaving sucks!" After the fourth round of NAIRing enough hair was gone, and I went back to the razor. Now, I could get down to business. Here's the next question, "What direction do I go?" "Up the leg or down?" I decided a variety of methods would work best. Another point, I thought I was flexible, not true for shaving. How do women shave all those spots on their legs: behind the knee, the hamstring area, the calf? I will attest, shaving the outside of the lower left leg, below the calf, is the hardest stretch in the world if you are right handed.

Finally, I finished. I got dressed and stood in front of my mirror. I proudly viewed these two smooth shining limbs. I have conquered one of my fears. I shaved my legs. As a friend said yesterday, "Hey, you're a tri-geek now." Oh well, back to training. One question, how long until I have to shave again?

Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
June and July Birthdays	3
BTC Race Results from around the World	4
Mary's Column	5

BTC and Community Calendar – Future Regional Events

June 30 - *Tupper Lake Tinman*, Half Ironman, Tupper Lake, NY, www.tupperlakeinfo.com/tinman.htm.
July 4 - *Lancaster 10k Road Race*, Lancaster, NY.
July 4 - *Dick Bessel Grand Island 2.3 mile Road Race*, Grand Island, NY.
July 8 - *Peterborough Half Ironman*, Half Ironman and Sprint, Peterborough, Ontario, www.trisportcanada.com.
July 15 - *Burwell Welland Triathlon*, Try-A-Tri and Olympic, Welland, Ontario.
July 21 - *Niagara Triathlon*, Try-A-Tri, Sprint, and Duathlon, Grimsby, Ontario, www.trisportcanada.com.
August 4 & 5 - *Belwood Lake Triathlon*, Try-A-Tri, Sprint, and Duathlon, Fergus, Ontario, www.trisportcanada.com.
August 4 - *Double Nickel Bicycle Ride*, 10, 26, or 55 mile ride, Bond Lake Park, Lower Mountain Road, Ransomville, 7 am reg.

BTC and Community Calendar - Future National Events

July 29 - *Ironman Lake Placid*, Lake Placid, New York.
August 12 - *Escape from Alcatraz*, San Francisco, California.
August 26 - *Ironman Canada*, Penticton, British Columbia, Canada.
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 - 8:30 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 Track Practice with Checkers: Practice begins in April - Crosby Field, Kenmore, 5 or 6 pm.

New Members

April: Christine Meikle, Jan Jezioro, and Joseph Meyer
May: Alexander Ennis, Bruce Levine, Gene Wells, and Kara

Klaasesz

June: Chuck Miller

Welcome to the BTC and we are looking forward to seeing you at many of our club events!

Vice President's Ramblings - Submitted by Greg Drumm

Mindless Ramblings from 18,000 feet:

As seems to be the norm lately, I was sitting on an airplane, overtired yet unable to sleep. Although this flight from Burbank to San Jose was relatively short, I was restless and pulled out Southwest Airlines "Spirit" magazine to occupy the time. As I flipped through, I saw a picture a cyclist next to an article titled "Wheels of Fire". It even included a header exclaiming that road biking reemerges from mountain biking's shadow. Now in terms of airline magazines, this was a must read. The article described the author's experiences in "El Tour" (a.k.a. Touchstone Energy El Tour de Tucson), a 111-mile ride in Tucson with over 5,000 riders. At the end of the article there were a handful of popular rides that were suggested. Anyone up for any of these (especially the last two!!)?

Touchstone Energy El Tour de Tucson:

November 15; 111-miles;
www.pbaa.com
(desert mountain backdrop, mostly flat w/shorter mileage options)

Seattle to Portland Bicycle Classic:

July 7-8; 200 miles (over 1 or 2 days);
www.cascade.org
(scenic inland roads, basically flat with a few hills)

Death Ride: Tour of the California Alps:

July 14; 129 miles;

www.deathride.com

(5 major climbs, 16,000 ft vertical gain, very little flat)

Triple Bypass:

July 14; 120 miles;
www.teamevergreen.com
(10,000 ft of climbing over 3 major passes in the Colorado Rockies)

Wow, in the same Southwest magazine and now an article on open water swimming in the Hudson River with some interesting challenges to consider. You could swim under the Brooklyn Bridge or swim around Manhattan Island as a tune up for the English Channel. Road trip anyone? Visit www.nycswim.org for more info.

Manhattan Island Marathon Swim: June 23; 28.5 miles (yes, twenty-eight point five)

Cove-to-Cove Swim: July 15; 0.5 miles

Race for the River Swim: July 15, 2.4 miles (interesting distance !!)

Great Hudson River Swim: August 5, 2.8 miles

Park-to-Park Swim: August 19, 1 mile

Little Red Lighthouse Swim: Sept. 15, 7.8 miles

Syracuse YMCA Triathlon - Submitted by Gene Baran

Our BTC members came from all different directions to Syracuse for both the Senior Olympic Triathlon sponsored by the State of New York and the open triathlon by the Syracuse YMCA. Todd Lemmiksoo from Binghamton, Mary Casey from Auburn, and both Dave Ireland and Chris North from Welland, Ontario, swelled our BTC members to a record fourteen for a road trip. Weather conditions were good with partially sunny skies and no precipitation. Alex "Weather Channel" Ennis gave us constant updates including correctly calling downpours on the return trip. The water temperature at Green Lake was 62 deg and not a ripple in the water. The swim was uneventful until the first bouy where the temperature dropped to 52 deg and swimmers were hanging unto the bouy taking a break and impeding the other swimmers. The bike course was challenging (that means HILLS) and having semi-tractor trucks race by on Route 5. The turn-around was very biker friendly. The run was a spectacular trail run around 2 lakes with great vistas of the park. The stellar BTC performances were: Eric Butler 2nd place age group 25 to 29 1:13:22, Joanne York Rapp1 1st age group 35 to 39 1:18:25, Joan Gregoire 3rd age group 30 to 34 1:21:30, and in the Senior Games Mary Casey 1st age group 55 to 59 1:58:30. Other finishers included Bill Seyler 1:27:09, Jim Kavanaugh 1:30:40, Cindy Stankewitz 1:??:??, Melissa Hanson 1:38:??, Patty McManus 1:40:00, Gene Baran 1:40:51, Dave Ireland 1:52:??, and Ed Harkey 1:55:14.

Jeff Tracy Appalachian Trail Hike Update

As of his last report on 20Jun01, Jeff has made his into Vermont and is less than 600 miles from completion of the whole AT trail. He is hoping to complete his grand adventure by the end of July or early August. Way to go Jeff -- keep truckin' !! For more info and photos of Jeff's journey please see www.mylockport.com.

Flash's Facts - Submitted by Gene Baran

Congratulations to Curt Eggers for completing his 100th triathlon at the Milton Sprint Tri on June 3rd. He broke a tie with Jim Schaffstall for the BTC lead in number of triathlons.

The second in our series of BTC club sponsored triathlons is July 15 at Welland, Ontario. Our group is meeting at Ryan Hotdogs (formerly Ted's) on Porter Avenue at 7 am to convoy to Welland, a 45 minute ride. Call 686.0658 for more details. If you choose to bike to the race, you are on your own.

Open water swimming is now open. Swimming at the Pier resumed on June 20. We are meeting at 6 pm. The water temperature on the 20th was 58 degrees.

<p>Quotable Quote: "The will to win is nothing without the will to prepare" - Juma Ikangaa, winner of the Boston Marathon</p>
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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!!

Belated June Birthdays: Mary Casey 6/1, John Gorski 6/2, Chuck Miller 6/3, Gene Wells 6/8, Therese Fulle 6/10, Douglas Bush 6/16, Mark Luderman 6/22, and Nikki White 6/25. We hope you enjoyed your special day.

July Birthdays: Jeanne Elvers 7/8, Jonathon Bernstein 7/10, Geoffrey Flickinger 7/12, Steven Lee 7/12, Jim Michaels 7/14, Suzanne Fenger 7/19, Patrick Scott 7/22, Wendy Tocha 7/23, and Andrew Moynihan 7/28.

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

Congratulations to everyone on their races!

Saturn Duathlon, 27May01, Ohio:

Curt Eggers 2:07:17 4th age
Warren Elvers 2:07:38 2nd age

Susan G. Komen Race for the Cure 5k, 27May01:

Barb Bittner 28:18
Tony Garrow 19:11 2nd age
Joan Gregoire 44:07
Melissa Hanson 26:24
Greta Speller 22:23
Dana White 56:06
Joanne York Rappl 20:15 2nd age

Connors-Kait-Harrity Memorial 4 mile race, 02Jun01:

Jason Walsh 21:45 1st age

Milton Triathlon, Sprint, 03Jun01:

Steve Hoadley 1:34:32
Curt Eggers 1:35:03
Barry Dunstan 1:43:24
Chris Ankrum 1:44:07
Mary Eggers 1:48:09 2nd Elite
Rich Clark 1:53:25
Sal Pascucci 1:54:35
Karl Kozlowski 2:08:49
Quinn Ankrum 2:14:13
Kara Klaasesz 2:19:43
Melissa Hanson 2:36:52
Dave Ireland 2:44:34

Milton Duathlon, 03Jun01:

Warren Elvers 1:26:12
Wendy Tocha 1:53:08

Nancy Gworek 2:03:04
Cindy Stankewitz 2:15:14

Sneaker Advantage / Amherst Police 5k Memorial Run, 03Jun01:

Gene Baran 24:14
Derik Goodman 22:23
Joanne York Rappl 20:13 1st age

Blackwater Eagleman Half Ironman Triathlon, 03Jun01:

Bob Siudzinski 7:36:37

12 Mile Creek Half Marathon, Canada:

Dave Szafran 1:46:50

JT Wheatfields 5k road race, 13Jun01:

Derik Goodman 22:17
Cindy Stankewitz 25:13
Nancy Gworek 28:24

JPC Chase Morgan Corporate Challenge, 3.5 mile, 14Jun01:

No official results, just a lot of BTC members participating for their companies.

Batavia Duathlon, 16Jun01:

Ryan Forrestel 1:12:58 1st overall
Jim Schaffstall 1:21:55
Sal Pascucci 1:24:19
Jonathon Bernstein 1:31:07
Jim Michaels 1:33:14
Amy Fakterowitz 1:39:16
Elmer Hesse 1:40:11
Gene Wells 1:41:29
Michael Nowak 2:12:57
Batavia Team Results:
LaChuisa / Pepke 1:29:05
Batavia 10k race results:
Jan Jezioro 50:17

Green Lakes Triathlon, 17Jun01:
Results in Gene Baran's article on page 3.

Muskoka Long Course Triathlon, 17Jun01:

Steve Hoadley 3:02:41 IM LPlacid
Barry Dunstan 3:10:56
Chris Ankrum 3:14:12 IM Canada
Joe Meyer 3:24:18 IM Canada
Mary Eggers 3:24:40 5th Elite
Rich Clark 3:31:10
Tony Garrow 3:36:07
Bob Giardini 3:55:29
Karl Kozlowski 4:10:03

Muskoka Sprint Triathlon, 16Jun01:

Curt Eggers 1:06:41 1st age

Muskoka Duathlon, 16Jun01:

Curt Eggers 2:41:14 1st age
Warren Elvers 2:45:32 2nd age

Penn Yan Olympic Triathlon, 17Jun01:

Dave Shapiro 2:42

Guelph I Sprint Triathlon, 23Jun01:

Greg Drumm 1:14:12
Sal Pascucci 1:17:14

Guelph I Olympic Triathlon, 24Jun01:

Ryan Forrestel 2:09:59 9th overall
Paul White 2:13:33 1st age
Chris Ankrum 2:23:07
Mary Eggers 2:25:42 3rd Elite
Joe Meyer 2:26:34
Joanne York Rappl 2:40:36
Jim Kavanagh 2:50:16
Joan Gregoire 3:07:15
Gene Baran 3:12:51

Guelph I Duathlon, 24Jun01:

Curt Eggers 1:55:13 1st age
Warren Elvers 1:56:48 2nd age
Dave Szafran 2:24:16

Top Ten List - Submitted by Luc M. Eggers (aspiring sumo wrestler)

The top ten reasons I think you are all nuts! (Okay, so I can't count yet...)

12. You spend more money on your tri gear than your car.
11. You know your lactate threshold, and V02 Max, but you failed Calculus.
10. You give the weight of your bike to the gram, but you lie about your own weight.
9. You ride for hours and hours on your trainer, yet you go nowhere.
8. You get into water that is sixty degrees, and say "it's not that bad".
7. You hang out with Hoad and relive Ironman 1998 memories again and again. And again.
6. You spend three hours on your bike but complain and moan about mowing the lawn.
5. You will eat jogmate, but cringe at the sight of baby food.
4. You run 20 miles then park in the closest spot at the grocery store.
3. You laugh at guys on the beach who don't wear speedos.
2. You justify why it is okay to keep training and racing with fractures, head injuries, pulled muscles.....
1. You spend \$450 on a wetsuit, then pee in it.

July 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Lancaster 10k And GI 2.3m</i>	5 <i>Brick Workout</i>	6	7
8 <i>Peterborough Triathlons</i>	9	10	11	12 <i>Time Trial</i>	13	14
15 <i>Burwell Welland Tri</i>	16	17	18	19 <i>Brick Workout</i>	20	21 <i>Niagara Try-A-Tri</i>
22 <i>Niagara Triathlon</i>	23	24	25	26 <i>Timed Brick</i>	27	28
29 <i>Ironman Lake Placid</i>	30	31				

Schedule of Events

- **Thursdays in July** - Brick workouts at the East Amherst FireHall on Campbell Blvd and S. Tonawanda Creek Rd. Continuing until until September or October.
- **July 4** - Lancaster 10k or the Dick Bessel Grand Island 2.3 mile road races. Celebrate responsibly!
- **July 8** - Peterborough Half Ironman / Sprint Triathlon
- **July 15** - Burwell Welland Try-A-Tri and Olympic Triathlons.
- **July 21 and 22** - Niagara Try-A-Tri and Sprint Triathlon, Duathlon.
- **July 29** - Ironman Lake Placid, 2.4 mile Swim, 112 mile Bike, and 26.2 mile Run. 7 am.

Quotable Quote: "Running - keep putting one foot in front of the other. You won't run into any problems as long as you remember to alternate feet." - Don Kardong

Training with the Baby Jogger - Submitted by Mary "Soon to be" Eggers

While I was pregnant I was hounded by people who swore that my running days were over. These were non triathletes of course. The baby jogger is the invention we should all be grateful. Through trial and error (and some help from the Spellers), here are my tips for Mom and Dad, on running with your little one.

Select a jogger that meets your needs. 20 inch wheels were suggested to us, because they go over everything. And they do. We selected alloy hubs, because of some of the terrain we run on. This stroller runs over everything, grass, dirt road, you name it.

Shop around. By surfing the internet, we were able to find a Baby Jogger brand jogger from a bike shop, for over a hundred dollars less than the Baby Jogger website advertised. It also came with a free rain canopy.

The rain canopy is a MUST. Your little one WILL stay dry and warm in it.

Available accessories are a computer to track your mileage, a water bottle holder, a toy bar, etc.

While running with the jogger, use one hand. Switch

hands often. It helps to tie the tether strap to the string on your tights or shorts. Or simply wrap it around your hand. Sometimes when attacking a huge hill, it helps to use both hands. Either way, try to remain as upright as possible. Avoid leaning forward.

Stock the jogger with supplies for you and your baby. For baby, a bottle and a pacifier. For you..... food, water, gatorade. You will learn to love the jogger on long runs.

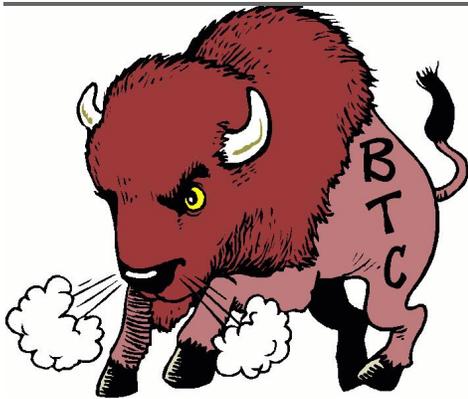
Be cautious in the sunshine, use sunscreen on the baby's legs. The jogger has a large canopy, but when the sun is setting or rising, those harmful rays can get inside.

It is fun do do hill repeats and speedwork with the jogger. It also helps you to become stronger. Time your mile or half mile interval with and without the jogger to see where to make interval adjustments.

Enjoy the time you run together. It's almost a guaranteed naptime for the little one. Be safe, have fun, and run run run!!!

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 August's QT
By July 18, 2001 to:

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Grand Island, NY 14072
E-mail: BTC_QT59@hotmail.com

Phone: 716.773.6018 (Editors)
BTC Web Site: <http://btc.sysr.com>
BTC E-mail: dolphinkik@aol.com

Jack Gorski's Great Western Adventure Update

Madison, WI 5/18-5/20: Leadership Training Course went well. I was asked to be a leader on the second half of the trip I'm taking. Hills, hills, and more hills - good training but it sucks!

Stillwater, MN 5/21-5/25: Rain, rain, and more rain. Everyone should move here - great bike paths and routes (road shoulders are 6') and plenty of places to swim. Club swims, bricks etc... could all take place at the same park.

Cody, WY 5/28-6/6: 400 zillion miles of traffic-less roads to train on, mountain bike, that is. Most of land outside of town is National Forest

or BLM desert. They have great personal trainers, they're called rattle-snakes, you stop - you get bit! (Editor's note: Jack sent some fantastic pictures that are representative of what he's been riding on. Stop us to see for yourself.)

Missoula, MT 6/7-6/11: Final stages of training & preparation for the trip. Biking and running in mountains, last will and testament, stuff like that. On the 12th I am beginning the 160 mile ride to Whitefish, MT, the meeting site for the start. Will keep in touch.

Hope everyone has a good summer and safe races!!! - Jack

July and August BTC Meetings

July 12 and August 9 at the East Amherst Fire Hall (home of the Brick workouts) at 7:30 PM. The meeting will start after the bike time trials are completed. We hope to see you there!