



Quick Transitions

Le Tour Up Close - by Greg Drumm

This past July I traveled to France with the thought of possibility taking a little "side trip" to catch a stage of the Tour de France. My girlfriend Cathy, who is now accustomed to my "side trips" while on vacation, had an idea of what was in store as a previous vacation "side trip" happened to find us at the Hawaii Ironman a couple years ago.

We left Buffalo and arrived in Paris the following morning (at least that's what the clocks and calendar said – my body said otherwise). After a whirlwind tour of Paris the next day and a half, we hopped a high-speed train towards the Alps. The Tour de France (TdF), completing stage 9 this day, was also headed toward the Alps. We arrived in a small village called Brides Les Bains, grabbed a bite to eat (with a bottle of local wine of course) and called it a night. The next morning we headed off to find the TdF. I decided that we could catch the riders on the first of three major climbs this day at Col de Madelaine, so we headed off roughly five hours before the riders were scheduled to come through. This was stage 10, with the finish at the famed Alpe d'Huez. We headed up the Col in our rental car and could not believe the people lining the route nor the number of recreational cyclists cranking up this. Even more astonishing was that they called this a road. In some spots there was not enough room for two cars side by side, and it had so many switchbacks. Basically there was zero room for error. In some spots there was no shoulder so if you went off the road, you may find yourself careening down a few hundred-foot embankment or cliff. Finally we parked along the road near the top of the Col and started the long wait. The scenery was absolutely numbing, only made better by the warm sunshine and the festival-like atmosphere surrounding us.

Finally after waiting and wandering, there appeared to be some activity coming up the road. We had a vantage point that allowed us to see down to a few switchbacks below us and a procession was coming at us. It was basically a motorcade of officials and police clearing the way. The next experience came as a pleasant surprise. About an hour before the riders come through, the "caravan" comes through. The caravan consisted of many of the team's and Tour's sponsors all decked out in funky vehicles, sort of like a parade. As they drove by, ~~the caravans passed out little gifts and souve-~~

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nirs. We received a little matchbox-like cyclist, several key chains, a phone card, candy, big green cardboard hands, and other knick-knacks. The funniest souvenir was the key chain packet Cathy received with a small flip-top lid. The outside of the packet said something like "votre protection". After flipping the lid open and carefully investigating, she realized there was a condom inside.

After the caravan passed, another series of motorcycles and vehicles came through to clear the roads. Then we saw them down below on the switchbacks. A train of cyclists winding up the Col. After a series of more cars and motorcycles reached our spot, the first riders came through. There were maybe five or so that were out in front by a minute or so. Then the main pack. I was surprised that most looked relaxed with no real signs of hurt on their faces. The team cars with spare bikes were intermingled with the riders all over. All the colors of the teams, the fact that they were so many packed together, and that you could have reached out and touched them was really amazing. My camera clicked away and the main pack was gone. A few stragglers passed through at the end and then it was over. It was a wonderful rush with all the hundreds of people around us yelling "allez, allez, allez" to the riders. I was excited to have actually seen the TdF in person; it was like a moving Super Bowl. Now it was time to get on with the rest of our vacation

It took a while to get back down with the traffic but on the way Cathy asked why we hadn't gone to the finish. I explained that it was a long ride well beyond where we were and that there would have been hours of more switchbacks (which she did not like) not to mention it would have been a zoo at the top of Alpe d'Huez. Then the unthinkable happened, she asked where they were riding tomorrow. My head nearly snapped off as I turned to look at her in astonishment. It was happening again! When we "side tripped" to IM Hawaii, she thought this an inconvenience at first but quickly got caught up in the excitement and really enjoyed our side trip into Kona. Now she was inquiring about tomorrow's stage and the opportunity to be at the finish this time. I explained that we were about a two to three hour ride from the



BTC and Community Calendar — Future Regional Events

September 1 - *Guelph II Triathlon*, Try-A-Tri, Sprint, and Duathlon, Guelph Lake, Ontario, www.trisportcanada.com.
September 2 - *Women's Triathlon*, Try-A-Tri, Sprint, and Duathlon, Milton, Ontario, www.womenstriathlon.com.
September 9 - BTC's *Fall Frolic Triathlon*, Camp Kenan, details on the attached flyer in August's newsletter.
September 16 - *CFB Borden Duathlon*, CFB Borden, Borden, Ontario, www.trisportcanada.com.
September 29 - *Nickel City Duathlon and Road Race*, Beaver Island State Park, Grand Island, NY. Call Warren, 689.2493, for details.
October 20 - *2d Brigade 10k Run*, Amherst Bike Path, Corner of Maple and N. Forest. See attached race application. Paul White - Race Dir.

BTC and Community Calendar - Future National Events

October - *Ironman Championships*, Kailua-Kona, Hawaii (the ultimate goal!?)
October - *World Short and Long Course Duathlon Championships*, Europe.
October 20 - *Great Floridian Triathlon*, Ironman distance triathlon, Clermont, Florida.
November 10 - *Ironman Florida*, Panama City Beach, Florida.

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: 8:30 am at Bond Lake, Pekin/Lewiston.
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.
Wednesday Evening Open Water Swimming: 6 pm at The Pier, Buffalo.

Le Tour Up Close . . .

(Continued from page 1)

next stage's finish, the individual time trial ending in Chamrousse. She said she was in, and I was giddy. I got her again with one of my "side trips".

The next day we got up early and headed off to Chamrousse in the cold, pouring rain. It was pretty dreary and the temperature was nowhere near the nice warmth of the day before. We arrived at the ski area in Chamrousse and waited in the car as it was still pouring out. We did venture out to get some coffee and stop at the tourism office as the rain became intermittent. From where we were, we would have to hike up a mile or so to the actual finish. Hoping to find a good viewing spot, we trudged up the hill. On top we found another ski resort with a plaza that had food, bathrooms, phones and other amenities. This was different than the day before when we were in the middle of nowhere up on a mountain. We picked a vantage point near the finish and waited for them to start. The first rider finally came through in a little over an hour. The weather was slowly improving with the sun even poking out here and there. Again the view was amazing. One by one the riders came through. We had a good view of a huge projection screen (Jumbotron-like) that showed the various riders at the start and at points along the

course as well as the finish line and the all mighty timing clock. Finally Lance was to start, nearly last. We saw his start on the big screen; I started my stopwatch and then waited. Riders kept filing through with their normal car and motorcycle escorts as I seemed to be taking pictures of half the riders in the tour. We had noticed a growing buzz in the crowd and wondered what was going on. The announcer kept going on and on in French but all we understood was L'American Armstrong. He had kicked some butt yesterday and took a big leap towards the Jaune Maillot. An hour had now passed and hopefully he would be coming through shortly. We were watching the big screen and noted an escort car and motorcycle coming through and there he was. Click, click my camera was going. I noticed my watch and could see he was going to set the best time, and he disappeared beyond the finish line. Cathy had gone down to the run out area past the finish where the cyclists cool down to try to catch some pix. I met her and then we headed to the award platform. No one touched Lance's time and he won his second consecutive stage. We got to see him come out on the podium as the stage winner and wave to the crowd. This was awesome. Two days at the TdF, Lance wins both stages, the sun had come out and we were walking back to the car surrounded by the beauty of the French Alps with huge smiles on our faces. Yes, this was awesome.

A Quick Note

Hey everybody,

First off, congrats to everybody who raced in Chicago, Millersport, Hamlin, Orillia and of course my amigos out in Penticton. Congrats to Curt, Barry, Rich, and Chris you guys did awesome!! And to Quinn, Mary, and Luc, thank you so much for your help and amazing support throughout the week and the race. You were all a huge part in the best experience of my life. One quick word of advice, if any body gets a chance to race in IM Canada, don't think twice, let nothing hold you back, DO IT!!! IT IS AWESOME!!!! To all those doing it next year--and you know who you are--good luck. I know you'll kick some butt.

Finally, I have only been a BTC member for about 4 months, but the help, support, advice, training tips, training sessions, coaching, cookies, motivation, traveling mates, fun and laughs, and most importantly the friendships have been fantastic. I would have never been able to accomplish the things I did this summer without all your help. I have had the best summer of my life and I thank you all for the contributions. We have a good thing going with this club. Thanks.

Sincerely,
Joe

Ironman California and Ironman Canada - Rich Clark

Two Ironman in a year was certainly fun. That isn't half of the story. Going to California in the middle of the school year makes for a quick trip as well as almost a quick trip to jail. Ryan Forrestel and myself were riding in the back of the minivan on race morning. Sitting in the long traffic line to park seemed to be one of the longest rides in a car that I have ever taken. That was only half of the problem. If you know anything about hydrating you should be urinating clear long before the morning of the race if you have done it successfully. I should say for at least longer. Well, being super hydrated is good and all, except for the fact that we were stuck in the minivan. So we decided that we would go behind a tree. Chris slid the side door open and went to the back of the van and opened the rear hatch. Ryan and I took off like men on a mission. At first I realized that there weren't any trees within sight, so I made a b-line to the dumpster with Ryan following close

behind. As we are doing our business I see two Marine MP's heading our way quickly. I told Ryan and tried to pretend I didn't see the MP's. The MP's yelled, "Come over here sir." I replied, "Ah, I can't, I'm urinating!" At this point in time he tells us how it was a Federal offense to do such an act on a military base and asks us for ID. ID, I'm in my running stuff getting ready for the Ironman. He then tells us that he is going to arrest us in a few more seconds. Ryan stated, "I can't speak for anyone else, but I couldn't hold it any longer and the traffic is forever long." The MP hems and haws, as I am almost laughing out loud, and says don't ever do that again and get back to your vehicle. So my advice is never, ever, urinate on a military base.

Ironman Canada on the other hand, was going to be a much more
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Jeff Tracy Appalachian Trail Hike Update

As of August 1, Jeff has completed his full hike of the 2,160 mile Appalachian Trail. Congratulations go out to Trailwind on his incredible accomplishment. You have inspired many of us to stretch ourselves much farther than we may ever have dreamed -- may you always keep truckin' !! For more info and photos of Jeff's journey please see www.mylockport.com.

Flash's Facts - Gene Baran

Congratulations to Jonathon Bernstein on his longest distance ever - the Tinman at the Great Buckeye Challenge in Millersport, Ohio, on August 18th. **Kudos** to Theresa Palmieri who did her first ever Duathlon and Jim Price who completed his first Olympic Triathlon at Hamlin Beach Sunday on August 26th.

Thanks to all participants at the Swim / Run Dual-athlon at the Buffalo Pier on August 22nd. The results are as follows:

	Swim Time	Overall Time
1. Jim Schaffstall	4:00	21:20
2. Jim Price	4:26	21:47
3. Greg Drumm	4:28	22:26
4. Joan Gregoire	5:12	23:38
5. Dave Ireland	6:28	27:27
6. Mike Nowak	5:55	28:32
1st Team Garrow / Bernstein	5:58	22:01

Dining After The Brick - A Restaurant Review

Zebb's on Niagara Falls Blvd, Tonawanda. This restaurant has a greater selection than most. It is a meat and potatoes place with a salad bar, unlimited soda refills and large turnover of customers which bodes well for fresher food. Rating: **B+**.

Next month's feature will include a review of Prima Pizza, Chippewa Street, Buffalo.

Editor's note: The opinions expressed in this review are by no means the opinions of the newsletter staff, the stodgy BTC hierarchy, or the Antarctica penguin spies that have infiltrated this newsletter. Please feel free to evaluate this restaurant and any others before accepting this information as helpful, honest, and truthful. Any comments can be sent to Flash.

Volunteers Needed for the *Nickel City Duathlon plus 2.5 mile Road Race* on September 29 in Beaver Island State Park, Grand Island, NY. We need plenty of volunteers for the race course, transition, and/or finish line areas. Please contact Warren Elvers, phone 689.2493 or at duelversdu@webtv.net. To make this a successful WNY multi-sport event, Warren needs as much help as he can get. If you aren't planning on racing this great event, please volunteer. It is a wonderful way to give back to our sport. Thanks and we hope to see you at the race!!!

New Members

August: Jim McCarrick and Chris Carter

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

Happy Birthday to You!!

September Birthdays: Alfonse Muto 9/1, Ryan Forrestel 9/3, Jennifer Mumbach 9/6, Jeff Tracy 9/16, John Craik 9/19, Karl Kozlowski 9/19, Guy Vitaris 9/20, Bob Giardini 9/24, and Patty McManus 9/29.

WE NEED YOUR HELP!!! We want to publish your race stories / training dilemmas / life lessons. 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 August. We apologize in advance if we missed anyone's results or missed some times. If we did, please let us know at BTC_QT59@hotmail.com.

Congratulations to everyone on their races!

Cleveland Tri (July – date unknown)

Amy Hurta 2:31:35
David Lillie 3:35:22

Ironman USA, Lake Placid (7/29)

Doug Bush 10:15:30 -
Hawaii Qualifier! 18/300 age
Ryan Forrestel 10:51:38
Steven Hoadley 11:28:54
Derik Goodman 13:01:19
Jennifer McConvey 14:45:56

Bellwood (Subaru Series, 8/4-5)

Tri
Curt Eggers 1:35:01 – 5th overall
Mary Eggers (elite) 1:46:57
Sal Pascucci 1:48:34 – 4th age
David Ireland 2:25:12
Du
Warren Elvers 1:22:54 – 1st overall

Orillia (Subaru Series, 8/19)

Sorry, no times available
Curt Eggers – 1st age
Warren Elvers – 1st overall (du)
Mary Eggers – 1st elite woman

Cazenovia (8/19)

Greg Drumm 1:21:14
Joan Gregoire 1:25:56 – 1st age
Amy Hurta 1:27:27 – 2nd age
Wendy Tocha 1:35:07 – 3rd age
Bruce Levine 1:37:42
Cindy Stankiewicz 1:39:49 – 3rd age
Nancy Gworek 1:46:35 – 2nd age
Mary Casey 1:53:18 – 1st age
Craig Small – time unavailable!

Great Buckeye Challenge, ½ Ironman (8/19)

Joanne York-Rappal 5:16:55 – 1st age
David Shapiro 5:54:21
Jonathan Bernstein 6:09:04
Tony Garrow 5:18:55
Dave Ireland 7:10:26
Gene Baran 8:12:59
Jim Kavanagh 6:17:57
Todd Lemmiksoo 7:21:59 (long course du)

Ironman Canada (8/26)

Chris Ankrum 11:19:30
Joe Meyer 11:44:21
Barry Dunstan 12:00:35
Curt Eggers 12:05:18
Rich Clark 15:05:03

Toyfest 10k (8/26)

Ryan Forrestel 36:23 – 4th overall, 1st age
Steve White 37:08 – 7th overall, 4th age
Steven Hoadley 39:29
Amy Fakterowitz 43:20 – 1st age
Jonathan Bernstein 47:25
Nikki White 51:57
Melissa Hansen 56:57

Hamlin Beach (9/1)

Gary Grant 2:09:22
Joan Gregoire 2:10:57 – 2nd ov'l female
Sal Pascucci 2:11:07
Jim Price 2:18:30
James Maher 2:32:25
Theresa Palmeri 2:35:00
Gene Baran 2:45:30
Anne Ayers 2:49:00 – 1st age
Sawbellies 2:13:36
(team: Greta Speller, John Pepke, Kara Klaasesz)

Guelph Lake II (Subaru Series, 9/1)

Tri
Steve Hoadley 1:27:36 – 12th overall
Mary Eggers 1:39:15
Tony Garrow 1:40:35 – 5th age
Sal Pascucci 1:43:20 – 4th age
Joan Gregoire 1:44:22 – 4th age
John Craik 2:06:15
Nikki White 2:23:45
Sue Fenger 2:35:54 – 2nd age
Du
Warren Elvers 1:22:07 – 3rd overall
Amy Fakterowitz 1:51:30

Milton Women's Triathlon (9/2)

Quinn Ankrum 1:32:01

Congratulations to Mary Eggers for clinching the 2001 Elite Women's Title in the Subaru Series! Way to go Butt! Also congrats to Warren Elvers for clinching the Subaru Series Duathlon for the fifth or sixth year in a row!

Ironman . . .

(Continued from page 3)

relaxing trip until I caught poison ivy two weeks before race day. My fiancée Teena says I didn't have it nearly as bad as she did, but I still had to get a prescription to get rid of it. Then the Monday before I caught a sore throat which turned into a massive sinus headache and put me in bed 14 hours the Thursday before the race. Now Quinn Ankrum has what I had. She caught it up in B.C. from me. Sorry Quinn. Oh boy I bet I race well. Race morning I feel better. I get out of the swim with a PR. Off to the bike in record time. Within the first 38 miles I lost one CO₂ cartridge and the armrest came completely off of my aero bars. Stop and had the bike techs fix the armrest and continue. Crap there goes the other CO₂ cartridge. Wow, a lot of people are getting flats. I hope I don't get one because I can't pump up my tires. Oh no, the arm on the left side of the aero bars is loose. What do I do now? There are the bike techs again. Can you help me? All fixed and off again. Wow, now I made it to 90 miles. Yellow Lake hill was no joke! This hurts, but I am passing a few people. Time for the downhill. Crap, that stupid aero bar came loose again. Check that out. The traffic is stopped and I am passing them at 45mph. Cool. People are hanging out the windows screaming. Another hill. I thought they said that was it. There is the hotel. Only 1.66 miles to go. I know the distance because I already walked it several times. Bike for sale. Who wants to buy the Cervelo P2 that I am riding? Bike for sale. On to the

run. I never felt muscle cramps like that before. I can PR if I run fast enough. Those cramps are getting worse. Oh no don't do that. Y e-oww. There they go. Complete cramps. Owwwwwwww!!!!!! @# \$@ !!!!!!!!!!!!!!! Why does my stomach feel bloated? I think I'll walk. There go those people I passed on the bike. Smile. What? Dan from Endurosports says smile for a picture. This sucks!!!!!! Mile 2 still walking. I'll try running. I made it 50 feet. Still walking. Mile 5. Mile 8-10 still walking. I really feel like crud. There is the medical tent. I'll sit to get my head back into it. Pepsi, water, more pepsi. "Are you ok?" asked the worker Jim. Do you mind if I lay down. Sure go ahead. By this time some guy is sitting in a lawn chair at mile 15.5 and the medic asks him if he needs a call for a ride back. He says, "NO." Ten more minutes later he is asked again he says, "NO!!!" It will take 30 minutes before they get here. OK. He drops out. During this I notice my legs were really itchy. HOLY CRAP. My poison ivy is back. I didn't know that the bumps could get that big. Rich, yes, Chad a guy I met on the trip, "Why are your eyes so red?" Jim the medic says yes really red. I think I have to go to the bathroom. Finally six hours from the last time I urinated I have to go again. Why is that other guy quitting? I'm outta here. Still walking until 15.5 miles on the run. I'll try running and I did to the finish where Mary Eggers met me for about a mile to go and she said it is up to you. I DID IT. Just under 7:04 on the run. What a day!!! I still had fun.

HAHAHAHAHAHAHAHAHAHAHA

September 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						1 <i>Guelph II</i>
2 <i>Women's Triathlon</i>	3 <i>Labor Day - Eat Lots!</i>	4	5 <i>Swimming at the Pier</i>	6 <i>Brick Workout</i>	7	8
9 <i>BTC's Fall Frolic Tri</i>	10	11	12 <i>Swimming at the Pier</i>	13 <i>Time Trial</i>	14	15
16 <i>Camp Borden Duathlon</i>	17	18	19 <i>Swimming at the Pier</i>	20 <i>Brick Workout</i>	21	22
23	24	25	26 <i>Swimming at the Pier</i>	27 <i>Timed Brick</i>	28	29 <i>NCRR Duathlon</i>

Schedule of Events

- **Wednesdays in September** - Swimming at the Pier, weather permitting. On **September 26**, there will be a cookout at the Pier or J. Schaffstall's house if raining.
- **Thursdays in September** - Brick workouts at the East Amherst Fire Hall on Campbell Blvd and S. Tonawanda Creek Rd. Continuing until late September or early October.
- **September 1** - Guelph II
- **September 2** - Women's Triathlon.
- **September 9** - BTC's Fall Frolic Triathlon.
- **September 16** - Camp Borden Duathlon.
- **September 29** - NCRR Duathlon.
- As of **September 11**, there are 320 days left to Ironman USA 2002. Better start training!

A Wedding . . . - Mary Eggers, Newlywed

People always ask me if races make me nervous. Nothing about a race gives me jitters. I crave the excitement of the night before dinner, pre-race morning, setting up my gear.... by now it is all second nature.

So why can I run around in my bathing suit in front of a thousand people and a TV camera... but walking down the aisle makes my heart pound??? It must be the dress. I think if I was wearing my new wetsuit, I would have been much calmer.

So wedding morning I was lucky to spend with good friends. Bright and early, Warren, Jeanne, Vic, Cher (Canadian friends), Teena, Rich, and Bill were at the house for the "Freedom Run" and bike ride. Curt and Warren began at 6:30 AM. Jeanne and Cher began their ride a little later. Teena, Rich, Bill, Luc, and I began our 9 mile run at 8:30. Teena ran 16 miles the previous day, so she turned around at the 3 mile mark. Bill, Rich, Luc and I continued on our trek. I ran most of the way with Luc and Rich, Bill was fighting with some injuries (and still kicking our butts). It was very sentimental to run with Rich and Bill, these guys have been friends to me for a very long time.

Nine miles helps to ease the nerves. We talked about Ironman, old times, good times. Future hopes and dreams. Rich even pushed Luc the second half of the run.

Then came prep time. Everyone was in the house, Teena made us great coffee. We ate bagels and cold pizza. In my mind I kept wondering if everything would come together today.

Without a hitch we all arrived at Glendoveers on time (except Curt, he would arrive later). After dressing Luc, I stepped into my changing closet, where due to rain, I would remain for the next hour and a half. My mom and sister helped me into my wedding gown. They did my hair, and helped me with makeup. None of this happens on race day!

In the closet where I was hiding, there was a small window

to the outside. I peeked out. There were Nancy, Cindy and Ed! More friends!!! I pounded on the window, desperate for a familiar face, as I was suffering from claustrophobia! They didn't hear me. I quietly sipped a glass of white wine as I waited. I felt nervous. Why? Not because I was about to be married. It was the fact that I was in a gown, in makeup, and hoping and praying all the plans we had made would come together.

Finally my Dad came to the door to tell me it was time. I stepped out and the place was empty. We all got into the car, as he drove us around to the aisle. There were all of our closest friends. Everyone came from near and far, to share in our day. There was Curt, looking more handsome than I had ever seen him. And our son was in his arms. I thought I would cry, but I felt so happy.

Greta began to play the violin. In all the years I have known her, I have never heard her play. I had to hold a wedding to finally hear! The same girl that had launched a CO2 cartridge across a street was playing the most beautiful music I had ever heard.

My Dad held out his arm, and it was time to go. The nervousness was gone, and all I felt was joy. This was the day I had been waiting for my entire life. It all felt right. There Curt and Luc waited, at the end of the aisle.

The ceremony itself was wonderful. I giggled through my vows, as the pastor guided me through them. At the moment, all I could relate the vows to were race situations. Winning a race, losing a race, flatting, crashing, I do I do I do.

The day itself was the best day in my entire life. People asked me if I felt any different. Yes, it feels much different. When you get married to the love of your life, you now share a special, stronger bond than before. We spent it with friends, family, and we officially became a family.

Buffalo Triathlon Club

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



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Run/Swim/Bike/Run/Transition*

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BUFFALO TRIATHLON CLUB

Send submissions for October's QT
By September 18, 2001 to:

E-mail: BTC_QT59@hotmail.com
Chris and Quinn Ankrum
2030 Town Hall Terrace #6
Grand Island, NY 14072

Phone: 716.773.6018 (Editors)
BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Jack Gorski's Great Western Adventure Update

No new updates this month. As far as we know, Jack is scheduled to finish his Canada to Mexico bike ride on the Continental Divide Trail some-time later this month. Keep up the good work Jack!

Quotable Quotes: "Never trust an idea you came across sitting down," - Friedrich Nietzsche.
"Only he who does nothing makes a mistake," - French Proverb.

September and October BTC Meetings

September 5 at the Pearl Street Brewery, Pearl St. and Seneca St. downtown, at 7:30 pm. The meeting will start after swimming down at the Pier, weather permitting.

October 10 at the Pearl Street Brewery at 7:30 pm. Bring your appetite and we hope to see you there!

Coming Attraction: a new multi-part Series on Ironman Training just in time for IM USA!!