

Quick Transitions

Great Floridian Thoughts - by Tony Garrow

As I stood on the beach looking out over approximately 900 athletes I kept thinking what a long time it's been. I had signed up for The Great Floridian Triathlon one year ago, based on a few triathlons I'd done the previous year. I started doing triathlons to stay healthy, convinced crossstraining would keep my oft injured self in one piece. So here I am about to do an ironman distance race. I had trained, had a game plan and just needed to execute it to achieve my goal: to not only finish but be in decent shape, able to have a good pace on the run and not suffer from cramping or dehydration. Sounded reasonable.

I stayed away from everyone in the swim, going wide, and came out in a decent time but also feeling better than after any other race. I began to think that this could be a good day. The

thought of bonking (aka Great Buck-eye '01) was always in the back of my mind. So starting out on the bike, wanting to absorb my fluids and solids was paramount. The course was beautiful but hilly with a lot of wind, so I just stayed comfortable, praying my trusted bike would get me through some terrible road surfaces. The last 12 miles were into a headwind but I didn't care, I felt good, composed and happy I didn't have any problems yet.

I started the run around 3:30 and it was hot and sunny. Leaving the transition area and only 50 yards into the run I passed a guy flat on his back in the middle of the road. This guy is really going to have a tough run ahead of him! The first 5 miles were hilly so I walked up the hills, always drinking, just trying to get back to the park and

(Continued on page 4)

The Making of an Ironman - by Karl Kozlowski

The Making of an Ironman: "Weight"ing Around

My first month is near completion, and yes I'm still alive, and yes I'm still going to do an Ironman. My swims are going well, my runs as well as they can, and as for the bike, I hate my trainer already. The time spent training has started to pile up and Coach Nancy Gworek's program has me on the right track. However I'd like to take this opportunity to talk a little about the dungeon known as "The Weight Room".

Now as many of you know, I do not look like the sleek, frail triathletes pictured in most magazines. Me, I look like the Hot Dog Vendor standing on the corner as they sweep by in all their fury. Yes as much as my body composition reminds people of a small, chubby, football linebacker....well, okay, you're right, it should. (See the

Hutch-Tech Engineers Football, during the deplorable years.) However, even through these years of collision sport I never once lifted a weight in a training fashion. Coach Nancy now said it was time to start.

Pictures of Mr. Olympia and the world strong man competition floated in my head. Yeah, I was going to be "ripped", "shredded", "cut"! (Keep these terms in mind for the near future). How hard could it be, after all I could race for 4 hours straight. I quickly threw on my shorts and tee and went to the gym.

Upon arrival I realized just how puny I looked. Men with amazing physiques stood clenching their teeth and lifting and grunting, lifting and grunting, lifting and grunting. My how Tim Taylor would have

(Continued on page 3)

Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
Mary's Health Column	2
No BTC Race Results this month	...
Vice President's Ramblings	5



BTC and Community Calendar – Future Regional Events

November 10 - *Bob Ivory 5k*, Contact Dave, 873.3599, for details, 9 am.

November 22 - *YMCA Turkey Trot 8k*, Delaware YMCA, contact the Y at 875.1283 for more details, 9 am.

December 31 - *Last Race of the Year*, Normally in Delaware Park, 3.5 mile, Contact Cindy, 636.4238, for details.

January 12, 2002 - *Frozen Assets 5k Snowshoe Race*, Harriet Hollister Spencer State Park, Honeyoye, NY, Tim 716.425.4627.

BTC and Community Calendar - Future National Events

November 10 - Ironman Florida, Panama City Beach, Florida.

July 28, 2002 - Ironman USA, Lake Placid, New York.

Ongoing BTC / Community Workouts

Masters Swimming: Tue/Thur @ 5:30 - 7 am and Sat 7:30 - 9 am, UB Amherst Pool.

Friday Evening NTA SPINeRVALS: 6:45 pm start, Sutherland Lodge, 1400 Ruie Rd., N. Tonawanda. Cost is \$5 (\$0.50 extra if late).

Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston.

Reflexology - Mary Eggers, R.N. (and Olympic Torch Relay Member)

Reflexology is a widely practiced form of therapy that involves applying pressure to specific points on specific body parts. Usually it involves the soles of the feet, but the palms are also used. It is believed that applying pressure to these specific points can have therapeutic affects on various organs and glands in the body.

It is said by Reflexologists that their technique works by reducing lactic acid in the feet or hands, and breaking up calcium crystals that accumulate in nerve endings, blocking the flow of energy.

Keep in mind that no license or certification is needed to practice reflexology. (note: there is no certification that I or my resources could locate. There are however, many training programs and educational resources that aid in the practice and learning of this therapy).

Much like full body massage, reflexology is said to relieve stress, tension, skin disorders such as eczema, acne, gastrointestinal ailments, hypertension, migraine headaches, anxiety and asthma. The research I studied stated that "patients" of this therapy claimed that these were ailments that reflexology helped relieve them of. The research I studied did not have specific scientific proof as to why it worked for them (that does not mean it isn't out there).

The procedure for Reflexology is fairly simple. You sit either in a reclining chair or lie on a treatment table, with the reflexologist at your feet. They will examine your feet for signs of tissue damage, abnormalities in foot structure, areas of tenderness, etc. A treatment session usually begins with some relaxation techniques, designed to help you relax, and feel comfortable with someone manipulating your feet.

The therapist generally uses their thumb and fingers to apply pressure to various reflex zones. They usually begin with the toes, and work proximally toward the heels. A typical session lasts 20 minutes to one hour.

Those who practice reflexology are generally massage therapists and physical therapists, all are licensed individuals in their respective fields. Those who should avoid this type of therapy include people with cuts, bruises, or other foot injuries (stress fractures), pregnant women (another thing we miss out on!), and those who have phlebitis, or a history of deep vein thrombosis.

Reflexology is yet another alternative, to join multiple other kinds of non-medical therapies to heal our ailments naturally. As always, be cautious when trying new therapies, try to go to a Licensed Massage Therapist or a Physical Therapist, and do your research!!!

New Members

September: Marc Moribella and Martin Kober

October: Ken Shuman

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

Happy Birthday to You!!!

October Birthdays: Tony Garrow 10/7, Gary Grant 10/8, Russ Andolina 10/19, Dave Szafran 10/20, Barry Dunstan 10/30.

November Birthdays: David Lillie 11/3, Dave MacPhee 11/4, Ken Shuman 11/6, James Maher 11/12, Robert Gumberts 11/22, Sandra Lee Marshall 11/26.

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!*

Appalachian Trail Reflections - Jeff Tracy

So after of a bit of a delay I received my September issue of the BTC newsletter Quick Transition. I poured through it with excitement. I read about Mary and Curt's wedding, race results and Flash's restaurant review. I read our fearless leader's encounter with a MP while trying to relieve himself on Camp Pendleton before Ironman California. I laughed out loud as I read the moral of the story. I'm pretty sure that I learned my lesson from his experience. This triathlete will not be publicly relieving himself on any U.S. military installments in the near future.

Then I thought of a lesson that I learned while hiking the Appalachian Trail that could benefit the club membership who find themselves in similar situations as our President. Then I thought that it wouldn't be appropriate for the publication until I read Chris Ankrum's Ironman account about relieving himself on his bike, which is not fun at all. Then I remembered all the times the subject of relieving yourself in your wetsuit before a race has appeared in the newsletter. Then I thought, if the subject is good enough for them to write about then it is good enough for me write about. It is not nearly as inspiring as some past articles, but I feel compelled to write.

It was my third night on the trail. The temperature dropped throughout the day and the fog turned to mist then to rain by the time I set up my tent along with My Trail Name Is John (that

is his trail name). We decided to tent in Slaughter Gap and not hike to the shelter at the top of Blood Mountain because we already hiked farther than we wanted to that day. I would later find out that the hikers who did stay in that shelter that night had a far more miserable night because of the weather conditions than I would have that same night down in the gap.

During the night the temperature dropped even more. The rain turned to sleet and then snow. The wind changed direction and battered the foyer of my tent until it collapsed. I froze. In my sleeping bag was my camera equipment, boots, water filter and Palm Pilot so those items wouldn't freeze. Also, I had every piece of clothing with me either on or in my sleeping bag. It was a long night. I didn't sleep much.

Then the unthinkable happened. I had to pee. Bad. Real bad. I didn't want to leave the uncomfortable security of my sleeping bag and tent to go and find a tree. I tried to ignore the urge for as long as possible. Then I finally gave it. No, I didn't leave the tent. I used my 32 ounce Nalgine bottle. I unscrewed the top and took care of business. Upon finishing, I unzipped my tent and stretched my arm out as far from the tent as I could reach it and dumped it. (I believe it was Frank Zappa who sang, "Watch out where the huskies go and don't you eat that yellow snow." I digress.)

(Continued on page 5)

The Making of an Ironman (continued)

(Continued from page 1)

been proud. I will tell you this, I was severely intimidated.

I did manage to get right to work hitting the "bench" working my "pecs". Every so often I would glance in the mirror (because they are everywhere!) and give a little flex to the fans in the back row. The only problem at this point was if most of you were to see the measly amount I was lifting you would have fallen down laughing. (And worse yet, the 110 lb. Women among you would have even been able to chuckle at my expense too!) I won't go into details, let's just say that as a Clydesdale, I've eaten more pounds of food in a given sitting than I was lifting at the time.

Other than that minor detail, the lift went off without a hitch. It wasn't until two days later the real problems came to light.

I had often heard of a problem called DOMS. That stands for Delayed Onset Muscle Soreness. DOMS is when 24 to 48 hours after strenuous exercises the muscle of the body react in a way that causes inflammation and pain. The real physiological cause is really unknown although there are several prevalent theories. All I can tell you is that I felt like my body was on fire and I was in too much pain to run.

DOMS hit me and it hit me hard. I felt like I was hit by a truck full of cinder blocks. Muscles I didn't even know I had hurt. I

couldn't move my limbs in any way without groaning in agony. I couldn't sleep, cough, laugh, wipe my nose, touch my toes, even breathing was tough. My triceps locked, my abs tingled, my legs shook while standing still. Nothing made it better. Believe me, I tried heat, cold, medicine, massage, stretching, incantations, hexes and spells, prayers and promises. Nothing.

Now, 72 hours later I woke up (which the day earlier had left me crying for anyone to help me) and I felt AWESOME! Honest to goodness my problems dissipated just as they had arisen. I could move my arms freely, my legs flailed about (okay my Abs still screamed but you can't have it all) My DOMS was gone! Oh Happy Day!

Well, I headed back to the dungeon...errr...weight room and went progressively through my exercises again and with much reluctance. However this time, no problems! Happily I lifted my bar and poor example of weight and was on my merry way. To tell you the truth I now look forward to my lift! There is something about feeling a muscle get stronger, look at it, study it, feel it, as it moves through its range. Powerful and sleek. Like a well-used piston. Just be careful of the DOMS monster....I'm telling you it's waiting there for you!

Beating the Odds—What Are Yours? Article 2 - Glenn Speller

First off: my heartfelt condolences to Jim Kavanaugh and his family, and my prayers for a speedy and full recovery for Joannie Gregoire. Joan, it is my sincere wish that your determination and perseverance will enable you to toe the starting line of IM USA on July 28, 2002.

Secondly: I hope that you watched the ESPN 2 broadcast of IM USA 2001. If you didn't get the chance, you might want to find out who had a tape rolling and borrow it. Something to note: the transition area is on grass. So what, you might be saying. Well, this presents unique opportunities and problems. First the problems: you get all sorts of grass and mud inside your shoes and on your cleats. You might want to plan how you will deal with this: transition towels, cleat covers, etc, might prevent you from realizing on your first climb that your cleats will not properly engage. I suggest either running over the grass/mud in cleat covers (remembering to remove them prior to mounting) or attaching your shoes to the pedals before the race and wiping your bare feet on the road before putting them in your shoes, making sure not to obstruct other riders in so doing. Now the opportunities: If you really need to urinate, you can just sit down (ostensibly to put on your running shoes) and let it fly right through your suit. I've done it before and it works great on grass. Hint: Dump a cup of water on yourself at the first opportunity, and there's no harm/no foul.

On to the odds. Minimize the things that you have not planned for to increase your odds of achieving your goal. Experience counts for much in this department. That is why I feel that for first timers, you should rejoice in training that reduces you to a whimpering puddle on the side of the road. When I trained for IM California this year, I had a 3.5 hour wind trainer interval session followed by a 2.0 hour run. At 1 hour on the run, I had cramps, chills, and G.I. distress. But I knew how to deal with it (remember I had the same problems at Great Floridian and DNF'd). Go to the bathroom. Ingest large amounts of food and liquid with sodium and potassium in them. Walk until you don't cramp but try to keep the weight on your legs (try to run every 20 minutes or so). It turned out to be a 2.75 hour run/walk, but it was managed, I finished the workout, and I found a good deal of strength in knowing that this type of thing can be dealt with without DNF'ing.

No question. You're going to have to be able to climb and descend on the bike and on the run, well. On the bike, you should ride the course at least one time before racing it, preferably more. That way, you know how to gear your bike before the race, and what gears to be in for certain climbs and descents. This can save you a great deal of time over 112 miles, and can save your legs for the run. On the run are you going to walk the steep climbs, the steep descents, both, neither?

Floridian Thoughts . . .

(Continued from page 1)

the final three seven-mile loops. After that it was a constant case of staying hydrated, energetic and cramp free, which I managed to accomplish.

Downhills can cause a lot of trauma to your already thrashed muscles. Think about it. See how it goes in training. Train over like conditions and grades, if possible. I plan on going out to Lake Placid twice before the race in May and June to ride and run the course. Can you say, "Club road trip?"

Swim Odds: Try swimming for 1 hour+ straight (not too often though) and see what happens to your body. Will you get dizzy, will your head hurt/ache, will your goggles cause too much pressure over your eye sockets, will you cramp in the calves or arches? You won't know unless you go the distance, but make sure that in a pool, not to put too much stock into your push off and what happens during it, since there are no walls in open water. Also remember that if you get hungry during the swim, you can always stash a couple of Gu's in your wetsuit sleeve or cap to eat when you have to get out of the water in the middle.

Greg Welch said in the ESPN 2 telecast that he thought the defining moment in the race would be on the steep climb on the run. Ask Steve Hoadly about it, or better yet, look at his run photos if you want to see pain. With all due respect to Mr. Welch, I'm a bit more inclined toward Sun Tsu. In the "Art of War" Sun Tsu states that most battles are decided long before they are fought. What you do during the race surely means something – particularly if you are intelligently executing your race plan and adapting to unforeseen events. But what you do in the next three hundred days leading up to the race is going to define the race for you. So to get you going, here are some ideas.

November Swim Goals: don't even think about speed. Work on your stroke count over a fixed distance with a fixed recovery interval. Try to reduce your stroke count. This requires you to count your strokes every length. I recommend 10 x 100 on 8 recovery breaths. We'll worry about holding a certain time later. Try this three times a week for the next month and watch how much more efficient you become.

November Bike: Try trainer rides with single leg spins intervals for form. Concentrate on pedaling around the entire circle, and keeping your heel down at the bottom of each pedal stroke.

November Run: Stretch. Cut 2 of your short runs in half per week, and stretch for the second half of your run, 2x per week.

General: Have fun, and consider this your off season. January is coming soon enough. I also recommend going to the gym and trying to build strength with a low weight, high repetition circuit routine that will work you both aerobically and anaerobically. If you'd like the details on mine, send me an email.

A number of people had used the word patience to me during the past year, and I can attest to that. Let the day unfold, enjoy each event and stay within your ability. Thanks to all for their insights and support. We live in a great area with some exceptional athletes who are selfless in helping others not only finish but succeed beyond their goals. Mmmmm, now about Lake Placid.....Tony

November 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 BTC Monthly Meeting	14	15	16	17
18	19	20	21	22 107th YMCA Turkey Trot	23 Eat Leftovers	24 Eat more Leftovers
25 And again...	26 And again...	27	28	29	30	

Schedule of Events

- **November 3** - Charles McDougald Memorial 5k.
- **November 10** - UAW 686 Veterans Run 5k.
- **November 11** - Bob Ivory 5k.
- **November 11** - Buffalo Cyclocross, Delaware Park.
- **November 13** - BTC Monthly Meeting at Pearl Street Brewery, see page 6 for details.
- **November 17** - Depew/Lancaster Boys & Girls Club 5k.
- **November 17** - Niagara Falls Festival of Light 5k.
- **November 22** - 107th YMCA Turkey Trot 8k.
- As of **November 1**, there are 269 days left to Ironman USA 2002. Better get to the pool and onto the trainers! Have you started your long runs yet?

Vice President's Ramblings... - Greg Drumm

Look for These Upcoming BTC Winter Clinics:

- (1) Leg Shaving Techniques -- Joe Meyer
- (2) Bribing with Cookies -- Chris Ankrum
- (3) Matching Nail Polish with Your Bike -- Nancy Gworek
- (4) Post - Swim Workout Fashion -- Flash Baran
- (5) Hair Coloring, Body Piercing & Engagement Rings -- Rich Clark

- (6) Dealing with Tattoo Pain -- Steve Hoadley
- (7) Dealing with Faster Runners -- Karl Kozlowski
- (8) Dealing with Liebler -- Glenn Speller
- (9) Dealing with Curt Eggers -- Warren Elvers
- (10) Dealing with Warren Elvers -- Curt Eggers
- (11) Dealing with Moming Swims -- Quinn Ankrum
- (12) 13 days to a 13 hour IM -- John Pepke
- (13) Securing Your Front Tire -- Wendy Tocha
- (14) How to Win Back Friends -- Greg Drumm

Appalachian Trail . . .

(Continued from page 3)

I tried to go back to sleep. I did get a little that night until I was disturbed again by another urge from deep within in me. It was my bladder knocking again. The triathlete in me was very conscious during the previous day's hike about hydrating during the day, but that can make for a long night's sleep. "I peed once in my Nalgine; what would a second time hurt?" I thought. I knew there was a bit of civilization about a half day's hike ahead of me, and there I could use my Dr. Bronner's 14-in-1 uses biodegradable soap to undo the damage done to my water bottle. It would be suitable for drinking from again.

The lesson learned from this early and profound experience in my hike was that a water bottle is not only good for drinking from, but it is also good for using as a bathroom instead of a tree or a dumpster on a U.S. military installation. This pearl of wisdom I share with eagerness with the BTC membership. This technique would be used frequently by older hikers whom I would meet with less stable bladders. There was a

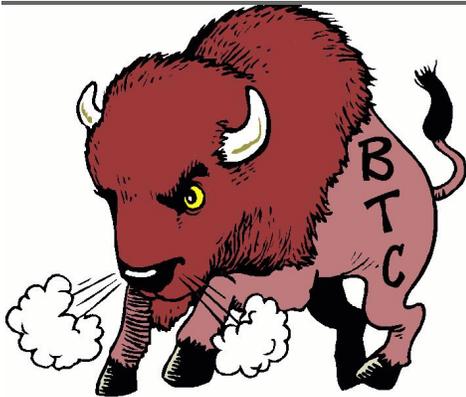
story out there of one man named Mountain Man who was three quarters deaf. He spoke quite loudly and snored even louder. One night while in a shelter he was sharing with other hikers, he would accidentally knock his Nalgine over after he was done filling it. No, the top wasn't on all the way. Oh, the humanity!

I shared what I learned early in my hike with a section hiker at a shelter in Pennsylvania who was complaining about having to constantly get up during the night to pee. I simply told him to use his Nalgine. Early the next morning as I packed up to leave, he rolled over and told me that he heeded my advice. As he spoke he held up his own Nalgine to show me. "Dude! You didn't have to show me!" I said. This stuff was darker than lemon-lime Gatorade. I felt so dirty knowing that I was sleeping next to this hiker who I met only the night before, and now I had the knowledge of what he had to do during the night. Brrrr!

A second lesson was learned. If you do end up using your water bottle, don't show it to your friends or people you just met. They might think slightly differently of you.

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!
buffalotriathlonclub.com

Long runs on a
treadmill !?! Yeah!

BUFFALO TRIATHLON CLUB

Send submissions for December's QT
By November 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

Quotable Quotes: "My role models are the athletes who keep competing even though they are becoming older and slower—the masters and grandmasters who are psyched up about their sport and their lives." – Karen Smyers, World Class Triathlete.

November BTC Meeting

November 13 at the Pearl Street Brewery, Pearl St. and Seneca St. downtown Buffalo, at 7:30 pm. Bring your appetite and ideas on how to improve the BTC for 2002! We hope to see you there!

BTC Quote of the Month: "Why else would someone train for 15 to 20 hours a week than to eat as much Halloween candy and Thanksgiving dinner as possible?" - Chris Ankrum.