



# Quick Transitions

## The 106th Turkey Trot — Gobble Gobble!

There was once again a huge turnout from our club for the Buffalo Turkey Trot! Thirty-five members showed up on November 22nd to join forces with over 5000 runners to compete in the eight kilometer race. This year's sunshine and mild temperatures more than made up for the snowy, frigid conditions we experienced in 2000. We couldn't have asked for a more beautiful day to run!

Not only did we show up and race, but we represented the club well! Special congratulations go to: Ryan Forrestel 9th overall, 5th in age; Amy Fakterowitz 2nd in age; Joanne York-Rappl 2nd in age; Amy Hurta 4th in age; Steve White 3rd in age; Chris Ankrum 7th in age; and Barry Dunstan 29th overall. Congratulations also go to Melissa Hanson, Jeff Tracy, and Quinn Ankrum for PR times. Way to go!

**Results:**

Chris Ankrum	29:45
Quinn Ankrum	41:56
Anne Ayers	39:32
Tracey Bernardoni	42:13
Jonathan Bernstein	37:13
Barry Dunstan	28:04
Amy Fakterowitz	32:30

Eamon Ferguson	46:10
Ryan Forrestel	26:45
Nancy Gworek	51:18
Melissa Hanson	44:17
Elmer Hesse	44:28
Steven Hoadley	31:09
Amy Hurta	35:08
Dave Ireland	
Jan Jezioro	37:25
Kara Klaasesz	41:26
Jim Kavanagh	34:35
Bruce Levine	41:54
James Maher	37:58
Andrew Moynihan	35:33
Mike Nowak	42:02
Theresa Palmieri	35:37
Patrick Scott	32:29
Bill Seyler	32:15
Craig Small	35:24
Glenn Speller	32:15
Dave Szafran	33:40
Wendy Tocha	39:36
Jeff Tracy	32:10
Steve White	28:20
Dana White	39:28
Nikki White	44:16
Paul White	32:28
Gene Wells	39:08
Joanne York Rappl	32:06

Congratulations to all! Go team!! :)

### How to go from Try-a-Tri to Ironman in one year - by David Ireland (Alternately titled Great Floridian Ramblings ...)

I am not the fastest and not the slowest, but I am very determined and do not give up. I try everything if challenged, and am looking for female triathletes to train with ...

Well, this is where it all started about a year ago. I did the Buffalo Triathlon try-a-tri; I could hardly swim (that two hundred meters seemed like miles!). Then came the bike, which was okay -- I was hooked until I got off the bike to run and my legs screamed, "What are you doing to me?!!!" My upper body said, "Go," my legs said, "No way!" Well, I finished and placed in my age group. From that I went on to do sprint and olympic distances in Welland, Ontario. Then on to a Half Ironman in Ohio (The Great Buckeye Challenge). This was a hard race with lots of hills. What the heck, I thought, time for an Ironman!

*(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	...
Glenn's IM Training and Racing Tips	3



## BTC and Community Calendar — Future Regional Events

---

December 1 - *Reindeer Run* 5K, 10AM, Contact Amy, 884-3281, for details.

December 1 - *2nd Lewiston Christmas Run & Walk*, 5K, 10AM, Contact Kathy, 754-7220, for details.

December 8 - *Jingle Bell Run*, 5K, 11AM, Contact Janet 626-0333, for details.

December 29 - *Last Race of the Year*, Delaware Park, 3.6 miles (2 loops), See application in this newsletter.

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

---

January 20, 2002 - Houston Marathon, Houston, Texas.

April 15, 2002 - Boston Marathon, Boston, Massachusetts.

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

September 15, 2002 - Ironman Wisconsin, Madison, Wisconsin.

## Ongoing BTC / Community Workouts

---

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

Checker's A.C. Tuesday Evening Runs: 6 pm start near the casino.

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.

## The Power of Yoga: A Tool For Elite Athletes too! -- By Mary Eggers, RN (and Yogi!)

---

What do the Chicago Bulls and LA Lakers have in common with Greg Louganis and Brandi Chastain? They all use yoga in their training programs. Coaches all over the country are finding that incorporating yoga into training programs has been having profound effects on their performances on the field, on the track, and on the links (golf).

15 million Americans practice yoga for increased flexibility, stress reduction, increased strength and an overall feeling of wellness. "Increased flexibility means greater range of motion to a joint which translates into more power." states Argie Liergos, yoga instructor to Olympic athletes for 25 years.

Snowboarder Barrett Christy turned to yoga to decrease pressure on her lower body and increase her hip flexibility. Balancing poses have taught her to use her core abdominal muscles to balance on her board, and have decreased her falls.

Increased flexibility can help athletes avoid injury and it can assist in the recovery process. Sean Burk, a goalie for the NHL's Phoenix Coyotes says, "During the last few seasons I had gotten really tight in my hip and groin area, and all throughout my pelvis." As a result his performance on the ice suffered. "Once I got into Yoga I didn't have to worry about limitations. I can now cover six to eight inches more on either side of me. That's a big difference".

Brandi Chastain (World cup/ Olympic soccer team member) admits that as she gets older, her recovery from workout to workout is not as quick as her younger days. Just 20 minutes of yoga, three times a week, has dramatically re-

duced her morning soreness.

So what does this mean to triathletes? Yoga will increase flexibility, give you more range of motion, and increase strength in your shoulders, back, abdominals, and legs. When you spend 112 miles in your aerobars, your lower back can become very sore and tired. Yoga can help diminish that. It will help to lengthen the muscles that we pound daily. It will help you learn to breathe, focus, and keep your head together when a race goes wrong.

Make no mistake, Yoga is difficult. Your first session will be awkward. The stretches and positions are sometimes difficult to hold. I tell people to give it four sessions to fall in love with yoga. Once you understand the breathing, and begin to see progress, it will make a difference in your training.

Many fitness clubs offer Yoga. There is also a Yoga studio, called "East Meets West," run by Anita Greber. (see the phone book for number). East Meets West offers a variety of classes, from youth yoga, to power yoga, to prenatal yoga. Videos are also an excellent way to fit yoga into training. 20 minutes a night before bed is easy with a video.

Wear loose fitting clothing to yoga; running tights are good. A snug top is best, unless you don't mind your t-shirt falling over your head while you are in the downward dog position!

Bottom line: Yoga will help you Ironmen and women. Incorporate it into your training. Try three twenty-minute sessions a week. After two weeks, reevaluate. You will be surprised.

## Happy Birthday to You!!!

December Birthdays: Mark Montour, 12/2; Amy Hurta, 12/2; Jim Kavanagh, 12/10; Bud Hesse, 12/15; Gene Baran, 12/20; Steven Hoadley, 12/30.

January Birthdays: Diane Sardes, 1/1; Bill Seyler, 1/2; Christine Meikle, 1/5; Renee Knopf, 1/9; Joanne York Rappl, 1/10; Bob Siudzinski, 1/11; Nancy Gworek, 1/15; Melissa Hanson, 1/16; Jennifer Schober, 1/23; Steve White, 1/25; Mary Eggers, 1/25; Jennifer McConvey, 1/29.

**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](mailto: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!*

## Great Floridian Ramblings, Contd.

*(Continued from page 1)*

On October 20, 2001, I went to Florida to do The Great Floridian. I was talked into it by Tony Garrow. He said, "You can do it!" and I was convinced. This was an adventure I will never forget.. The race started at 7.30AM with a 2.4 mile swim. I felt good, completing it in 1:42:46. I had two lovely ladies remove my wetsuit (this was the best part of the swim); after a hug from one of them I was on my way. My lonely steed was waiting for me in the transition area, and I rode like the wind (except it was in front of me, at least for

the last 12 miles!). My butt hurt and I was running out of steam after 112 miles. Unfortunately, now it was time to run ... did I say run? I mean *waddle* up the steepest hills in Florida (at least, those speed bumps seemed like hills!). For the first five and half miles it was slow going. Then came Lake Minneola -- three loops of seven miles, and I felt good really good. Then I had some chicken soup. What a boost! I ate, drank, had a good time, and finished in 15:27:19. I would like to thank everyone who helped me with my training. Now its time to start training for Ironman USA ... Lake Placid, here I come!

## Maintaining Perspective - Article 3. By Glenn Speller

It's dark a lot of the time now. The wind is a little colder too. SAD (seasonal affective disorder) is in full swing for those of us who have for some reason decided to reside in the northeast, year round. It can be really gloomy out. Right now the daytime sky is the color of a three-year-old furnace filter. Do you want to train? Do you even want to move? Do you have the motivation to lift the lid on that box of Krispy Krèmes (well, maybe).

Competing in an event that at best will take nine hours, and most likely will take many more, is like life. You will experience a wide range of emotions throughout the event. The key to dealing with them, I have found, is to try to keep your perspective. You will be elated at times, too, don't get me wrong. When I was in my last mile of IM CAL this year, I think that the feeling I had then was only rivaled by how I felt at the birth of my son. Each stage of the race comes with its unique set of emotions, so recognize that they will come, and when they do acknowledge them and put them where they belong, behind you.

You will be nervous and anxious before the start. A sense of release will accompany the cannon shot starting the race. You will experience frustration and perhaps fear as you get caught in the congestion of the swim start and people inadvertently kick you in the face as your arms grope to find water in the abundance of kicking neoprene. You will feel a sense of smooth, calm, purposeful effort when you find open water and get into a good swimming rhythm. You may begin to worry about 50 minutes into the swim if you start experiencing calf and arch cramps due to your duration in the water and its temperature (remember that Gu in your cap for the mid-swim run).

Exiting the swim you may feel a sense of accomplishment

or validation, knowing that all of that time enduring chlorine this winter has been worth it, particularly if you're Amy Fakerowitz or have met your time goal.

Try to collect yourself during the transition. My transitions in most races are 30-55 seconds max. But at IM CAL (10 minute swim to bike, and 7 minute bike to run transitions) this year, I decided that I would make sure that I was ready to take on the next step. I made certain that everything I needed was with me, and everything I didn't need was left behind (i.e. go to the bathroom if you have to!). Calm yourself. Refocus, so you can bike the entire bike segment.

During the bike, I'm told the IM USA starts with a long descent. Remember that you may be a little bit dizzy after the swim, so keep your speed under control. Ride the course in advance of race day, so you know where you must brake, and what gear you should be in. Recognize that if you don't dry yourself in transition after the swim, or if it is raining, that you could get cold, so dress appropriately with arm warmers/leg warmers (which you can always stuff into your special needs bag after your first loop). The ride will be long and the climbs will sap at you physically and emotionally, but maintain your perspective, and don't lose your cool if someone cuts you off, or if you are given a stand down penalty for drafting that you don't deserve. Look at the time as a chance to eat, drink, re-arrange something on your bike that wasn't working or was coming loose. Remember those X-Lab systems are great, but over a long haul, CO2 cartridges have a tendency to work loose as do those X-nuts for your CO2 inflater attachment. If you have to walk on some hills, walk. Remember that a step forward is still a step closer to your goal. Don't ig-

*(Continued on page 4)*

(Continued from page 3)

nore your cramping. Eat and drink as much as you can. Think about learning to relieve yourself while moving on your bike. Stop at port-o-potties if you must. Aero position is much more comfortable with an empty bladder. Miles 80-112 are generally a long winter's night, in my experience. Deal with them knowing that if you keep your resolve to persist, they too shall pass.

Bike to run. Go to the bathroom. Stretch out your back and hamstrings. Again, run through your mental checklist and be certain you haven't forgotten anything that you need. I used a water bottle belt with pockets because invariably I was thirsty between water stops. Socks are a good idea, some type of skin lube in the pocket is also. Comfort should be a primary concern since you'll have plenty of other issues to deal with. Remember, you've been at it for at least 6 hours. Patience, concentration, and deliberative execution of your race plan, are key.

Run. First mile: don't get frazzled by how slow you're going. Remember, you've been averaging 20 MPH for the last 6 hours, of course 8 MPH is going to seem slow. Make sure to take your splits on your watch, to monitor how fast you are

really going, but don't expect to hold pace. At Great Floridian (1998) my first two miles were 7.0 minutes each, but at mile 7, I was in the back of an ambulance. Listen to your body. Do not listen to the little voice in your head telling you that you are crazy. You're not. You're trying to accomplish something difficult. Keep your perspective. It won't be easy. Focus on running each mile as well as you can. Think hydration and nutrition. If you have to relieve yourself, do so at the earliest possible time (to keep your GI tract moving). Walk when you've planned to or when you must. Be patient when you cramp. It will pass if you do the right things – eat and drink more, massage, walk when you have to (but never sit down). Most importantly, never doubt your ability to see it through. You will finish if you continue to believe it. Nothing is more certain than defeat if you quit, and conversely, victory if you never will.

December's Training ideas (building on November's ideas): Keep up the weights, and the stretching. Add some time to the wind-trainer sessions, and start keeping track of how long it takes you to do your 100s in the pool (but don't lose track of your strokes per length). I'll be back next year with a schedule. Happy holidays, and have a happy, healthy, and safe New Year.

## Flash's Fact(s) - Gene Baran

More Dave Ireland Highlights:

Dave also became the oldest first-time Ironman in Club History at age 51. He shattered the previous mark of Bill Seyler's.

Jonathan Bernstein has some information regarding a possible location for a winter club trip for cross country skiing. If there is interest among the membership, he is willing to organize a trip. The location is about thirty minutes north of Syracuse at Salmon Hills Nordic ski resort. If you are interested, contact Jonathan Bernstein by email: jabern@pcom.net

## Upcoming BTC Officer Elections

At the December BTC meeting, there will be an election to determine who will lead the Buffalo Triathlon Club in 2002. The elections should be fairly simple considering that only one person has been nominated for each of the four officer positions. They are:

President - Rich Clark  
Treasurer - Bob Giardini

Vice President - Chris Ankrum  
Secretary - Nancy Gworek

We are also in need of a number of people to volunteer for Race Results, Members Benefits, etc. Please contact Rich Clark if you have a little free time to help make the BTC better.

## Race Results from Around the World - Compiled by Ed Harkey

Editor's Note: 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.

**Charles McDougald 5k** (Nov 3)  
Amy Fakterowicz 19:19 1st Woman  
Dave Szafran 20:37 3rd Age

**Chestnut Ridge Challenge 10k** (Nov 3)  
Jan Jezioro 50:30 5th Age  
Gene Baran 55:06  
John Gorski 1:04:21

**New York City Marathon** (Nov 4)  
Dana White 3:39:26 Boston bound?

**Bob Ivory 5k** (Nov 11)  
Joanne York-Rappl 19:34 1st Age  
Amy Fakterowicz 19:43 1st Age  
Gene Baran 26:00  
Todd Lemmiksoo 29:52

**Niagara Falls Festival of Lights 5k** (Nov 17)  
Barry Dunstan 16:54 2nd Overall  
Chris Ankrum 18:15 2nd Age  
Tony Garrow 19:31 3rd Age

Amy Fakterowicz 19:55 1st Age  
Dave Szafran 20:37  
Quinn Ankrum 25:48 (3 min PR!)

**L/D Boys&Girls Club 5k** (Nov 17)  
Steven White 17:06 1st Age

Congratulations to everyone for a great racing month!!! Keep up the great work.  
Turkey Trot Results on Page 1.

# December 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Reindeer Run &amp; Christmas Run</i>
2	3	4	5	6	7	8 <i>Jingle Bell Run</i>
9	10 <i>Hannukkah Begins</i>	11 <i>BTC Monthly Meeting at Handlebars</i>	12	13	14	15
16	17 <i>Hannukkah Ends</i>	18	19	20	21	22
23/30	24/31	25 <i>Christmas</i>	26 <i>Boxing Day (Canada)</i>	27	28	29 <i>Last Race of the Year</i>

## Schedule of Events

- **December 1** - Reindeer Run 5k, Medialle College, 10 am.
- **December 1** - Lewiston Christmas Run & Walk 5k, 10 am.
- **December 8** - Jingle Bell Run 5k, Pearl Street Brewery, 11 am.
- **December 11** - BTC Customer Appreciation Night at Handlebar's Cycle Company, 685 Englewood, Kenmore. Time 7 pm. Also the BTC monthly meeting.
- **December 29** - Last Race of the Year, Delaware Park, 11 am.
- **January 26, 2002** - BTC Annual Holiday Banquet and Awards, Banchetti by Rizzo's, Amherst. More details later.
- As of **December 1**, there are 239 days left to Ironman USA 2002. Better get to the pool and onto the trainers! Have you started your long runs and rides yet?

## Vice President's Ramblings... - Greg Drumm

### BTC Highlights 2001:

It's that time of the year once again; 2001 is almost over. Hopefully most of us are resting and recovering and thinking about goals for 2002. When reflecting on this past year, there were numerous things that came to mind in no particular order:

1. Lance & Tim: Americans do us proud in the TdF and at Hawaii.
2. Numerous BTC members finish an IM, new PR's & comebacks!
3. Support from many great sponsors & friends
4. Cervelo comes to Buffalo
5. A stupid hill called Liebler
6. LaserTron
7. Marriages, engagements, and BTC: The Next Generation
8. Tri's debut in Sydney -- Simon does our Canadian cousins proud.
9. Having world class athletes in our midst
10. New members, new friendships & old members, stronger friendships
11. BTC Jerseys
12. Fall Frolic at Camp Kenan is a success

**Mark your calendars:** The annual BTC Award Banquet will be held on Saturday, January 26, 2002, at Banchetti by Rizzo's, 550 North French Road, Amherst. Time, cost, and further details will be in the January 2002 newsletter.

### Thank-You

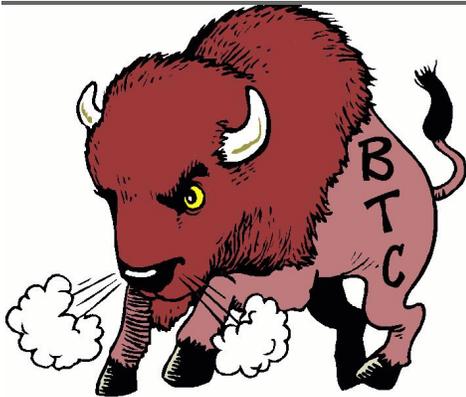
Thank-you for supporting me in this thing I do called triathlon/duathlon. Thank-you for training with me and racing against me. Thank-you for putting up with my BS and accepting me for who I am. Thank-you for making me laugh. Thank-you for judging the person rather than the placing in the results. Thank-you for the encouragement and advice. Thank-you for humbling me. Thank-you for being my sport psychologist. Thank-you for reminding me what is truly important. Thank-you for letting me be part of the team even if this is an individual sport. Thank-you for being positive. Thank-you for the ride to and from the race. Thank-you for showing me how to be a good sport. Thank-you for jumping in to help get me out of a rut. Thank-you for cheering. Thank-you for sharing your triumphs with me. Thank-you for the spare tube/energy bar/cookie/sports drink. Thank-you for going out on that long run or ride even if you really didn't feel up to it. Thank-you for waiting. Thank-you for the invite to go get a bite to eat. Thank-you for listening as well as speaking up. Thank-you for taking me someplace new to train or race. Thank-you for inspiring me in ways you will probably never realize.

**Toronto International Bicycle Show** At the National Trade Centre, Hall A, Exhibition Place Toronto, Ontario, Canada March 1-3, 2002. <http://www.telsec.net/bicycleshow/>



## 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](http://buffalotriathlonclub.com)

**Enjoy the Wonderful  
Holiday Season!**

### BUFFALO TRIATHLON CLUB

Send submissions for January's QT  
By December 18, 2001 to:

E-mail: [BTC\\_QT59@hotmail.com](mailto: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](http://www.buffalotriathlonclub.com)  
BTC E-mail: [BTCInc@yahoo.com](mailto:BTCInc@yahoo.com)  
Questions: [info@buffalotriathlonclub.com](mailto:info@buffalotriathlonclub.com)

**Quotable Quotes:** "...there is a terrible price to be paid for lowered expectations. When you let mediocrity grind everything into a fine powder as far as the eye can see, you lose touch with what true greatness and mere excellence look like. You have trouble remembering or even imagining them anymore. You can even begin to resent them." - Jeff Simon

## December BTC Meeting

**December 11** at the Handlebars Cycling Company, 685 Englewood, Kenmore, at 7:30 pm. This is also the BTC Customer Appreciation night. We hope to see you there!

**BTC Quote of the Month:** "All I want for Christmas is a new Cervelo P2K, an Ironman Stealth Wetsuit, a Computrainer Pro, a Star Trac treadmill, and a . . ." - Chris Ankrum.