



Quick Transitions

Happy New Year Everyone!!

Proud to Be a Tri-Geek! - Joe Meyer (or You Might Be A Tri-Geek If ...)

Almost nearing the completion of my second year of triathlon, I'd like to take a moment and reflect on how I have grown over the past 731 days. I have met wonderful people I am proud to call my friends. I have done things I once considered extremely feminine (see the shaving article). I have raced in events I once thought ludicrous and impossible. But most importantly, I have come to accept myself as something I previously thought of as asinine, a "Tri-Geek."

When I first saw this word, I imagined it referred to those people/athletes who were nerds that basically relied on technology to do well in races. The ones who didn't train, but had the best equipment. I was determined not to be that type. I was going to race on will power, muscle strength, and endurance. Train hard and train long. Screw that aerodynamic physiological science crap! No "Tri-Nerd/Geek/whatever-you-want-to call 'em" was going to beat me in a race! (Being 24, the testosterone driven ego from the high school days was obviously still present within me.) But as I have grown these past two years and learned more about myself, the sport, and its participants, the term "Tri-Geek" has come to encompass a whole new meaning. Let me define what I believe are the essentials of being a "Tri-Geek." (I borrowed the delivery from Jeff Foxworthy—the comedian who mocks rednecks.)

1. If you wake up and start working out when the bars in Buffalo are closing ... you might be a Tri-Geek.
2. If you look for a process which shortens the time necessary to tie your shoes, in order to be faster...you might be a Tri-Geek.
3. If you are at a bar and hitting on a hot chick, and then look at your watch and tell her, "I'm sorry I have to go. It's 11 o'clock and I have to be up in 6 hours to bike 60 miles and run 8...Guess what?... YOU ARE DEFINITELY A TRI-GEEK!"
4. If you look forward to Sundays in the Fall when the Bills are at home, not because you want to go to the game, but because

you can ride your bike on empty roads for 4 hours...you might be a Tri-Geek.

5. If you get in your car on summer weekends, drive 5 hours to sleep in a hotel room with 6 to 10 other people, wake up, and then swim, bike, & run for 1 to 6 hours and end up exactly where you started...I consider you a Tri-Geek.
6. If someone tells you that a certain destination is only an hour down the thruway, and you start to think, "Well, I can take my bike and get a 6 hour training ride in"...you might be a Tri-Geek.
7. Guys, if you shave your legs...you're a Tri-Geek.
8. If your friends ask you if you want to play eighteen holes of golf and in return, you ask them, "Can I run the course while you ride in the cart?"...you might be a Tri-Geek.
9. If you base decisions regarding your career on your triathlon (like choosing a job with less pay but more hours available to train)...you might be a Tri-Geek.
10. Guys, if you have ever broken up with a girlfriend because she would rather go out to dinner instead of wait for you to finish a training session ...you might be a Tri-Geek.
11. If you ride your bike to a friend's wedding ...you might be a Tri-Geek.
12. If you read any kind of triathlon magazine to your new-born child (Mr. And Mrs. Eggers)...you might be a Tri-Geek.
13. (One more for the Eggers) If you do not take a day off from training for your wedding day...you are a Tri-Geek (and so is your spouse, so you're lucky).
14. If you use your children as training equipment to run faster (Mr. Speller)... you might be a Tri-Geek.
15. If you think nothing of working out continuously for 10 hours...you might be a Tri-Geek.
16. If you have done any or all of these things...I consider you a Tri-Geek.

It is with pride that I can now confess...I am a Tri-Geek. Best of luck in 2002 BTC Tri-Geeks!!! (And good luck to the Du-Geeks too.)

Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
No Mary's Health Column	...
No BTC Race Results this month	...
BTC Award and Recognition Banquet	Flyer

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!*

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]

Enjoy the Wonderful
Holiday Season!

BUFFALO TRIATHLON CLUB

Send submissions for February's QT
By January 15, 2002 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: "At any given time we are the sum of all our new beginnings." - Charles Gaines, writer.

January 2002 BTC Meeting

The January BTC meeting will be held in conjunction with the Annual Award and Recognition Banquet. Please see the attached flyer for banquet details.

BTC and Community Calendar — Future Regional Events

January 12, 2002 - *Frozen Assets 5k Snowshoe Race*, Harriet Hollister Spencer State Park, Honeyoye, NY, Tim 716.425.4627.
January 26 - BTC 3rd Annual Awards and Recognition Banquet, Rizzo's Banchetti, 550 N. French Rd, Amherst. See attached flyer for more info.

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.

New Members

December **John Radzikowski**

The Buffalo Triathlon Club's nearly 100 members welcome you into the BTC and we look forward to seeing you at many of our club events!

Happy Birthday to our January Celebrants!!!

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.

January 2002 Social Event

The BTC January social will be held on Sunday, January 13, 2001. It will be held at the SPEEDWAAYY PAARRKK (echo Speedway Park-Park-Park it sounds cooler that way) in Lockport.

The track has been tentatively reserved from 3:00PM - 4:00PM. Six racers are on the track at one time with an additional six in waiting in the pits (yes, I said pits not transition area.) More cars are available for an additional charge.

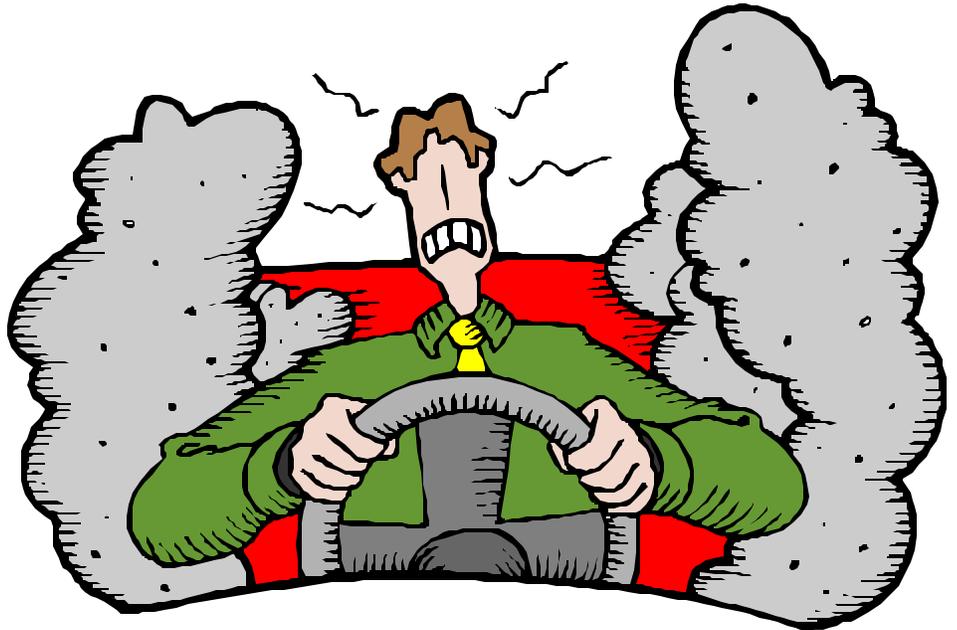
Speaking of charge, there's a couple of different avenues to pursue here. The best option is to rent the track for an hour at \$300. If just 12 people sign up, that's \$25 a pop and everyone gets their own car for an hour. If more sign up, say 18, the prices drops to \$16.666666667 a racer, but we will then have to share. There are even double karts available "for those special small racers." The other option is a pay as you go and that's not as economical if we've got the numbers to reserve the track.

There's pizza and stuff there, but it seems kind of pricey if you ask me. So, I just asked my Mom and she agreed to put on a spaghetti dinner for us. She said,

"Well, they might not be my homemade meatballs, but I'll do it." I'll work on getting the homemade meatballs out of her. Just BYOB and maybe a few snacks and a dessert or two.

I'm also planning a run beginning around noon possibly starting from the YMCA so we can take advantage of their showers before racing. I'll arrange a loop course so members may run as far as they feel like running on that fine January day.

If this sounds like something that you are interested in doing, please e-mail me at acedog@wzrd.com or call 433-6174 so I can start getting some better numbers together. I will be making a deposit on the track very soon.



3rd Annual Awards and Recognition Banquet

Date: January 26, 2002

*Place: Rizzo's Banchetti
550 North French Road
Amherst, New York 14228*

Time: 6:00 pm for Cocktails (Beer, Wine, and Pop actually)

Cost: \$25 per person (members and significant other only)

*Menu: Chef salad, Vegetable platter, Relish tray, Italian pasta salad,
American potato salad, Fruit salad
Baked pasta w/ mozzarella, Seasoned mashed potatoes,
Green beans almondine
Carved roast beef, Breaded pork chops, Chicken picatta
Dinner rolls and butter
Coffee, tea, decaf, and ice cream*

Make checks payable to: Buffalo Triathlon Club

*Remit to: Jack Gorski
156 Hollywood Avenue
Buffalo, New York 14220-2316*

E-Mail: brickczar@aol.com if you have any questions

Payment must be received on or before January 12, 2002