

Quick Transitions

3rd Annual BTC Awards Banquet — Jack Gorski

The 3rd Annual Installation, Awards and Recognition Banquet took place on January 26, 2002 at Rizzo's Banchetti in Amherst. The event was emceed by Jack Gorski, the banquet coordinator and club Pres. Richard Clark.

The program consisted of the following: State of the Club address by Pres. Rich Clark. The past VP Greg Drumm and past Secretary Karl Kozlowski addressed the meeting and introduced the new VP, Chris Ankrum and new Secretary, Nancy Gworek. Chris and Nancy gave brief acceptance speeches. Robert Giardini, the club Treasurer spoke on the financial condition of the club as of 12/31/01.

Service awards were given to Greg Drumm and Karl Kozlowski for services rendered to the club, not only as officers but members as well.

Barb Bittner and Nancy Gworek, past recipients of the "Spirit Award" presented the award to Pres. Rich Clark following a moving tribute of the attributes that he displayed to win this award.

Why Ride Inside When You Can Ride Outside - by Jeff Tracy (Reflections on a January Bike Ride)

A couple of Saturdays ago, I needed to get in a two hour bike ride. I am training for IM Wisconsin in September and am being coached by a longtime friend and sub 10 hour Ironman Rick Brokaw. For the last three years he qualified and competed in the Ironman World Championship. The workouts come to me by e-mail. I was surprised at how much he wanted me to do in January. I still have eight months until my second Ironman.

A week prior to this two hour ride I pulled out my mountain bike and dusted off the cobwebs. This bike used to get a lot of use. I used to have a goal on the weekends. It was to try to leave my truck in the driveway for the entire weekend. In the summer, I could go a few days at a stretch without driving. Those days seem to be gone for

The Brick Award Winners were:
Women Under 40

Timed Brick: Joan Gregoire

Time Trials: Amy Hurta

Women Over 40

Time Brick and Time Trials: Mary Casey

Men Under 40

Timed Brick: Eric Butler

Time Trials: Greg Drumm

Men Over 40

Timed Brick and Time Trials: Bill Seyler

Eric Butler provided training logs to all the Brick Award winners.

Tom Lonzi, owner of Tom's Pro Bike, a club sponsor and a sponsor of the Fall Frolic contributed 7 door prizes. Cycling jerseys were won by Amy Fakterowicz, Mary Casey, Jeff Tracy and Craig Small. Cycling socks were won by Quinn Ankrum, John Pepke and Rich Clark.

This year's banquet was attended by 48 members and guests. This is an increase of 20% from last year's total. To those who attended, Thank You for making the banquet a success. To those who did not, I hope to see you there next year.

now, but I would like to get them back. Life is better the more you simplify. My mountain bike was used for kicking around town instead of driving.

I went for a ride with club president Rich Clark and Eric Butler. We were going to ride some trails near Rich's house and Summit Park Mall. It was more like mud walking instead of mountain biking. I had fun, though. As kids, we used to get yelled at if we came home that muddy. As adults, we tend to high-five each other for getting that muddy.

After that ride my plan was to clean up the bike and take it to the local bike shop. A tune up was long overdue. My front wheel was wobbly and the rear brakes did not work as well as I liked them to work. I wanted to the bike ready for the big two hour ride coming up. (I've never biked for two hours before in January, now I'm riding five times a week. I must be serious about this Ironman.)

I received a call after dropping the bike off. I was told that the front wheel was shot. It was so bad that no wrenches were needed to take the hub apart. I was told that there was more mud than grease inside of that thing. The piece was later be used as a "worst case scenario" at an
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BTC and Community Calendar — Future Regional Events

February 9, 2002 - *Lockport Y-10*, 10 mile road race, Lockport Family YMCA, Lockport, NY, 11 am. Jeff Tracy, director. YMCA 716.434.8887.
February 24, 2002 - *Polar Bear Run*, 5 km road race, Lockport Family YMCA, Lockport, NY, 11 am. Jeff Tracy, director. YMCA 716.434.8887.
March 24, 2002 - *Around The Bay 30K Road Race*, Hamilton, Ontario, Canada, www.aroundthebayroadrace.com.
September ?, 2002 - BTC's 3rd Annual Fall Frolic Triathlon, Camp Kenan, details later this summer.

BTC and Community Calendar - Future National Events

April 15, 2002 - Boston Marathon, Boston, Massachusetts.
July 28, 2002 - Ironman USA, Lake Placid, New York. **Only 177 days from February 1!**
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.

Getting Poked and Feeling Good! -- By Mary Eggers, RN

What is 5,000 years old, involves up to twelve long stainless steel needles, and can make you feel good all over? Accupuncture! Accupuncture dates back almost 5,000 years, and is based on the same principle that Chinese medicine is qi. Qi (or chi) is "a vital life source, circulating through the body through channels known as meridians. The major meridians (along with a network of minor meridians) are believed to be connected to organ systems. The meridians act as a road map that lets practitioners locate accupressure points" (*Nurses Handbook of Alternative and Complementary Therapy*).

According to Qi, an organ that is experiencing disease may show signs and symptoms at its corresponding meridian. These may show up as pain, aching, inflammation, temperature change, etc, and may occur along a portion of the channel. "The stimulation of these accupoints by accupuncture needles is believed to balance, restore, or enhance the flow of Qi, relieving pain and returning health". (*Nurse's Handbook of Alternative and Complementary Therapies*).

Accupuncture involves a practitioner inserting no more than twelve very thin needles at points that are predetermined. Needles will stay in place for 20-30 minutes. Some practitioners will attach the needles to low voltage generators to enhance their effects.

Some accupuncture practitioners are known not to use needles at all, instead using electro-stimulation, ultrasound waves, and even laser beams.

The World Health Organization recognizes more than 100 conditions that may benefit from treatment involving accupuncture. Some of these include migraines, ulcers, bronchitis, asthma, arthritis, and eye disorders.

By using traditional methods of Chinese diagnosis, the accupuncturist determines the patient's overall condition. This involves touching, smelling, interviewing, and looking. The insertion of fine solid needles is said to be painless. Tunneled needles are used for IV's and blood drawing, and can be painful because of their diameter. Accupuncture needles have a very small diameter and are solid, thus causing less pain.

The side effects of accupuncture have been listed by the National Institute of Health as far less than side effects occurring with NSAIDs, and other antiinflammatory drugs. Some third-party payers have even begun covering accupuncture from qualified practitioners.

Most states have laws requiring the licensure or registering of
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New Members

January: Kyle Kelleran, Ann Duffy, and Ken Tocha

The Buffalo Triathlon Club's nearly 110 members welcome you into Western New York's Multi-Sport club and we look forward to seeing you at many of our club events!

Happy Birthday to You!!!

February Birthdays: Chris Carter 2/2, Thomas Biamonte 2/8, Barbara Mielcarek 2/9, Lieselle Trinidad 2/11, Paul White 2/17, Derik Goodman 2/21.

March Birthdays: Tracey Bernardoni 3/4, Warren Elvers 3/7, Quinn Ankrum 3/10, Greg Drumm 3/13, Rich Clark 3/15, Sal Pascucci 3/23, Kara Klaasesz 3/31.

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 Quinn Ankrum at 2030 Town Hall Terrace #6, Grand Island, NY 14072. *Thank you!*

Getting Poked and Feel Good, Contd.

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acupuncturists. Standards from state to state can vary widely. When selecting a practitioner, look for credentials from ACAOM (The Accreditation Commission for Acupuncture and Oriental Medicine), NCCAOM (The National Certification Commission for Acupuncture and Oriental Medicine), and look for the American Academy of Medical Acupuncture. This final organization is the professional organization that represents those who

practice.

If you have been through remedy after remedy for migraines, bronchitis, chronic pain, etc..., give acupuncture a chance. Always see your primary care physician first. If they can not refer you to an acupuncturist, call your insurance company for a list of accredited people in your area.

The Belated Schedule - Article 4. By Glenn Speller

O.K., so I missed the December "Quick Transitions" holiday-shortened deadline, sorry. I hope no one has been sitting on the couch since January 1, wondering what they should do, clueless without the promised schedule for January.

We've got 7 months. It seems like a lot, but it isn't. So as not to waste more time, there are two or three approaches to training for an Ironman that I have seen work on race day. I've also seen, heard of, or personally experienced, all three fail miserably. Ironman racing is a dicey thing at best, and the day of the event, with its tension, adrenaline, commotion, blur, physical stress, and worry (to say nothing of the Hoad invariably scrambling around on hyper-drive), has a tendency to throw off even the most focused athlete. Bottom line: there is no foolproof training method, especially if you're trying to race, not just finish. But whether you're going for your best time, or just trying to cross the finish without the assistance of an ambulance, here are three possible approaches.

1. The Minimalist – (i.e. Ryan Forrestell). Theory: fall back on your accumulated base over the years, and concentrate almost exclusively on high-end training. This is the "quality over quantity" approach. The down sides to this method are that most of us are not as talented as Mr. Forrestell, and the chance for injury is increased by focusing on shorter/harder workouts (take for example Mr. Forrestell's two recent encounters with the operating room - and we're not talking any kind of Brittany Spears type of enhancement here either).
2. The Mega Mileage – (i.e. Chris Ankrum). Theory: if you're going to be racing for 12 hours in one day, you should train like that at least once a week. This is the "Dial-a-pace" approach, whereby if you're out there day in and day out training for long periods of time at a certain pace, your body should be able to hold it during the race. Down sides: over-use injuries, and not being rested when it comes to race day. Knowing where the line is between enough and too much is a difficult thing to ascertain, particularly for a triathlete.
3. The Periodized Base/Build/Taper: Theory: your body reacts best to periodization of training, that is, increasing the workload gradually with an occasional diminution of workload thrown into the cycle at several points to allow for better recovery. The "base/build/taper" part refers to a period of

higher, long/slow mileage followed by a period of building strength and speed, followed by a decrease of volume prior to the race to allow for adequate recovery.

What am I up to right now? I'm in my base period. I'm establishing my aerobic base (build a bigger engine before you try to rev it up, and you'll be able to rev it higher). January has seen me doing a long run on Saturdays, top end aerobic, adding no more than 10% in time, not mileage, per week. Because winter running is always iffy, and because I change up my routes to avoid boredom, I base my workout on duration, not distance. It's a better yardstick than distance when calculating your 10% increases. I also do ab work and stretching after the run, but am careful not to over-stretch. Sundays are brick days. Long ride of 3 hours on the trainer for the first three Saturdays followed by a 2.5 hour ride on the last Saturday. Immediately after the ride, run 35 minutes. Make sure to provide your body with adequate nutrition and hydration during these bricks. When you ride, I find it easiest to pass the time with an action packed video (I recommend "Brave Heart" or anything with protracted depictions of violence) and intervals after a 20 minute warm-up, followed by a 20 minute warm-down. My interval is simple, 2 minutes standing in hardest gear, 2 minutes seated in aero position hardest gear, 1 minute left leg 4 gears easier, 1 minute right leg in same gear as left leg, 2 minutes aero 1 gear harder, 2 minutes active recovery (including lots of drinking, eating, and wiping sweat off bike and body).

Weekdays: Work out from 35 minutes to 3 hours per day, and choose one rest day (two if you're sick or really tired). Try to have 2 lifting days, a minimum of 2 swim days (10 x 100 drop your interval time by 5 seconds and maintain strokes per length number), a minimum of one run day with some type of higher end training, such as track work (8 x 880 with 440 active/jog recovery between each) or mailbox pickups, or fartleks, and a minimum of 1 ride doing intervals to keep things interesting. Remember to listen to your body. If you're totally wasted on Monday, take it off, or stretch or play ice hockey or something to keep yourself mentally fresh. The base period can be somewhat tough on your body, and even tougher on your desire to get out there the next day and train, especially in the winter. Knowing the difference between fatigue and laziness is the key. For February, it will be much of,

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the same during the week, but the brick ride will go up to 3.5 hours except on the last Sunday, followed by 50 minutes of running.

If you have any questions, or would like to discuss your plan with me, please give me a call at 636-8364 during business

hours or 689-3172 at night. Or you can email me your questions at djspc@pcom.net. Not that I have the answers, or have a stellar PR for the IM distance, but I would certainly be willing to listen to you and talk through your questions and concerns. Happy training.

Reflections on a January Bike Ride

(Continued from page 1)

upcoming bike maintenance workshop. That gave me a sense of pride.

What I thought would be a relatively inexpensive bike tune up ended up costing me a few extra bills. I'm not complaining. The bike is about eight years old. It had lasted rides along the canal in Pendleton. It survived trails in Barker and many trips down the front steps of my old apartment house. I even rode it down the boat launch at Camp Kenan a few times into the rolling waves of the mighty Lake Ontario only to come to an abrupt stop and do a header over the handlebars. That is a nice way to cool off on a hot summer's day. The bike was ready for my two hour ride.

I chose two hours outside because I did not think I could survive two hours on the trainer. (A week later I found that Jurassic Park III and Big Mama's House would help me through a two and half hour ride.) I chose the mountain bike because it was still cold. The roads were wet and icy in spots.

I headed north out of Lockport flying down Gooding Street Hill. I would eventually start peddling east along route 104 through Wright's Corners and to the Town of Hartland. I rode past the end of an era as farmer's pick up trucks equipped with flat bed trailers lined both sides of the road by C.J. Perry & Sons John Deer dealership. The business did not get its franchise renewed and was auctioning off its inventory. A large crowd of farmers with weathered hands and faces dressed in Carhart overalls were looking for a deal. (My dad used to wear Carhart before it was fashionable when he worked as an electrician.)

Eventually, I would turn south on Quaker Road. My goal was to pick up the towpath and bike along the canal back to Lockport. I went out a lot farther than I anticipated. I didn't think I could go as far as I did on my mountain bike. Soon I would pass Becker Farms which was quiet after a busy fall. The smell of fresh baking pies was absent from the air. There were no hay rides out to the pumpkin patches. The teepees made out of dried corn stalks were dormant. I wanted to take a left on to Slayton Settlement Road and pick up the towpath on Root Road, but shortly after my turn a dog was waiting for me. I have out run this guy before on my road bike after squirting him with my water. I was not quite so sure I could do it on my mountain bike so I turned around and looked for a new way to the canal towpath.

Hartland Road looked like my next option until I made my way through a farmer's field that had been plowed since the autumn's harvest. While hiking the Appalachian Trail I crossed many a farmer's field. The trail would take me around the edge of the fields and that was how I biked to the other side of this field. Seeing that I was probably riding in a place that I should not have been riding I tried to respect the land that I was on as much as I could. Eventually, after getting snapped by some tree branches and getting scratched by thorns as I bushwhacked through some brush I made it to the towpath. I headed back towards the Lockport head on into the wind. The frozen snow crunched under my tires as I rode. It was a noisy ride back.

Why am I writing you may be wondering? Is this just about some ran-

dom events leading up to and including a two hour bike ride? I think it is about the bigger picture. Most of the time our workouts just blend together, especially when we work out as much as we do. One workout is usually no more memorable than the previous workout. But every once in a while there is a moment in a workout that sets it apart from all of the others. There might be a time in a workout where it grounds you. It makes you stop and take a breath. It makes you wonder and then continue on. This was one of those workouts for me.

Shortly after passing Becker Farms, I approached a large sleeping giant; a tree not far off the side of the road. It looked dead, but at times there are those things that are given up for being dead, but are still are full of life or support life. This I will find out in the spring when I ride past this tree again. The tree stood by itself like a lighthouse along a seaside coast; a beacon for all to see.

As I approached the tree, I could see a hawk perched high above keeping watch over the countryside. I watched it closely as I fought the cold January wind. The closer I got I noticed that the wind was ruffling its feathers. I thought, "Dang, he must be cold up in that tree."

The closer I got I noticed that the hawk was watching me too. I passed almost directly under him. I was looking up at him and he was looking directly down at me. I wondered what it was thinking. "Could I pick that guy up?" I wonder how he would taste?" I have to admit that I began to peddle a little faster. Then I settled on this thought. "Damn, he must be cold on that bike. Who's he kidding?" This is when I felt connected.

My thoughts quickly jumped to some day in the summer when I am peddling along Quaker Road again. I wondered if the hawk would be there waiting for me to check up on my training if you will. I pictured it being a hot and humid day. We would watch each other as I passed under his leafy perch. We would come full circle and we would connect again. Our thoughts would be similar again. I would think, "Damn, it must be hot up in that tree." And he would think, "Damn, it must be hot on that bike."

How does this relate to our sport? I mentioned earlier, our workouts and races give us time. There may be time that we try to squeeze in that workout, extra mile or lap, but it is the time that is the gift. Time to think. Time to reflect. Time to dream. Time to dare. That's what my quick interaction with this lone raptor made me think about. We are lucky that we choose to spend our time in this way.

I have a collection of quotes. This one is one of my favorites and I think I made reference to it while I writing about my hike. I do not have a clue who Thomas E. Lawrence is, but he boldly states, "All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible."

Keep your eyes open and good luck chasing your dreams.

February 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Spinning with Nancy</i>	2
3	4	5	6	7	8 <i>Spinning with Nancy</i>	9 <i>Lockport Y-10</i>
10	11	12	13	14	15 NO <i>Spinning this Friday</i>	16
17	18 <i>President's Day</i>	19	20	21	22 <i>Spinning with Nancy</i>	23
24 <i>Polar Bear Run</i>	25	26	27	28		

Schedule of Events

- **Every Friday Evening in February** - NAT Spinervals with Coach Nancy, Sutherland Lodge, Ruie Rd, N. Tonawanda, 6:45 pm.
- **February 9** - Lockport YMCA Y-10, 10 mile run, 11 am.
- **February 12** - BTC Monthly meeting at Western New York Physical Therapy. Mike Adesso hosting and speaking. ??? Young's Road, Amherst. Time 7 pm.
- **February 24** - Lockport YMCA Polar Bear Run, 5 km, Olcott, NY, 11 am.
- As of **February 1**, there are 177 days left to Ironman USA 2002. Better get outside for a run or onto the mountain bike for some winter fun (see Jeff Tracy's article on pages 1 and 4).

Flash's Fact(s) - Gene Baran

Thumbs up to Quinn Ankrum and Kara Klaasesz on finishing their first ever marathon on January 20, 2002, at the Compaq Houston Marathon.

Dear Flash,

I developed an itch on the top of my head. Do you think it is from my biking helmet or my weird boyfriend? Need relief.
- H.B. from Buffalo

Dear H.B.,

Head lice is not nice to have, however leaving a sweaty helmet in the backseat of an auto exposed to relentless heat is not an ideal situation. A Mary Kay hair cleaner will resolve your dilemma.

Flash

Race Results from Around the World - Compiled by Ed Harkey

There were no triathlon or duathlon race results for December or January. Once the season starts be sure to look up everyone's times and places here.

Compaq Houston Marathon, 20Jan02

Chris Ankrum	3:07:53
Kara Klaasesz	4:25:37
Quinn Ankrum	4:53:34
Melissa Hanson	5:10:09

EP Houston Half Marathon, 20Jan02

Jonathan Bernstein	1:40:40, PR
Gene Baran	2:11:07

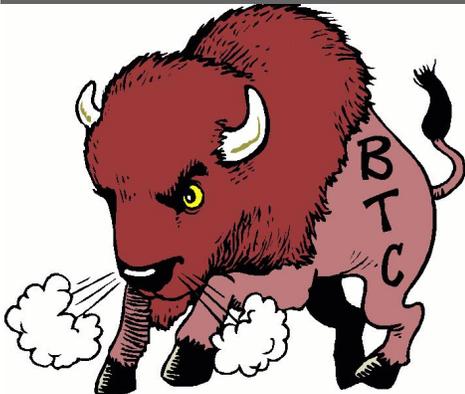
Brick Czar's Corner - Jack Gorski

At the banquet there were many conversations regarding the upcoming race season. Many of these discussions concerned training and I was a bit dismayed that no one was concerned about all of their equipment. It would be a good idea for everyone to inventory his or her equipment. Not only for what one possesses but more importantly, the condition of that equipment.

The helmet is the most important piece of safety equipment that you own. Do you remember how long ago it was since you purchased it? The sun, wind and rain can, after a period of time, cause the resins used to make it dry out. This causes the helmet to become brittle and will not afford you the intended protection. Sweat and salt over time will have the same affect on the inside of the helmet and the straps, causing a poorly-fitted helmet. The results, we all know, are possible head injuries should you suffer a fall. Don't be cheap with your life, if you need a new helmet, get one. Scrimp on something else.

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

**Bring on the Spring!
I want to bike outside.**

BUFFALO TRIATHLON CLUB

Send submissions for March's QT
By February 18, 2002 to:

E-mail: BTC_QT59@hotmail.com
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: "Effort is the one strictly undervalued and original contribution that we make to this world." - William James, philosopher

February BTC Meeting

February meeting is still under consideration as to the when, where, what, how, and why. We are currently trying to find a location for the week of February 18th. Watch your e-mail or phone...

BTC Quote of the Month: "After crossing the finish line at the Compaq Houston marathon, I will never, ever do an Ironman." - Quinn Ankrum.

WANTED: Gary Grant, Theresa Palmieri, Gene Wells, Dave Shapiro, Bruce Levine, David Lillie, Jeff Lebsack, and Bob Siudzinski to pick up the jerseys they ordered ASAP. Contact G. Drumm at 636-5985 or email gwdgo2@aol.com.

BTC March Social Event

Lasertron
5101 Bailey Ave.
Amherst, NY
Sunday, March 10th
3:00 pm

\$12 / per person
Two Games of Lasertron
Unlimited Pop and Popcorn
One Slice of Pizza or One Hot Dog

Call if you are going to be taking part,
please contact Nikki by e-mail at
nikstewhit@cs.com by March 5th.

Buffalo Triathlon Club annual fees are due by March 1, 2002.

\$25 Individuals
\$35 Family
\$15 Individuals - Out of Area Residence
\$15 Juniors

Please fill out an application form (needed from all members to maintain insurance) found at www.buffalotriathlonclub.com.

Send the form and fees to:

Buffalo Triathlon Club, c/o Bob Giardini,
15 Ranch Trail Rd, Orchard Park, NY 14127

If you have joined the BTC since October 1, 2001,
you do not have to renew for 2002.

Note to everyone that receives the BTC Quick Transitions:

Starting next month we will be sending the newsletter electronically (via e-mail) to everyone that has internet access. We are doing this to save the BTC money (up to \$350 per year). The newsletter will be in an Adobe file format. The Adobe reader program can be downloaded for free from:

www.adobe.com/products/acrobat/readstep2.html

If you would still prefer to receive your newsletter in the mail, please contact the editors, Quinn and Chris Ankrum, at btc_qt59@hotmail.com or 2030 Town Hall Terrace #6, Grand Island, NY 14072.

If we do not hear from you by February 26th, you should receive your March newsletter via your e-mail sometime around February 28th.

Thanks,

The Editors