



Quick Transitions

Marathoning – discipline, perseverance, or just sheer insanity? By Quinn Ankrum

Time and time again, I have been told that an Ironman is easier than a marathon. And my response to this is: are you kidding me? Not that I have ever participated in an Ironman, of course, but now that I have run my first marathon, I can honestly say that I cannot imagine running, walking, or even crawling that distance after being in the water for 2.4 miles and on the road for 112!

Don't get me wrong, my first marathon (in Houston, Texas on January 20 this year) was a wonderful, though incredibly painful, experience. I have never experienced so many emotions and physical sensations during the course of a single run. Elation, ennui, exhilaration, exhaustion ... all apply to what I felt during that marathon. At one point (I think it was at about mile 22 ...), I quite distinctly remember thinking, "If I just stopped running and went to sleep in the grass, no-one would notice ..." . Of course, I didn't. I kept (painfully) putting one foot in front of the other, willing my aching legs and blis-

tered feet to press on.

The day began perfectly – it was a little chilly to start, but as soon as the sun rose fully (what, you say, Quinn was up before dawn?), it revealed a beautiful, slightly overcast, 50 degree day with little wind and no humidity. What more could we have asked for? The first ten miles flew by comfortable with my training partner, Melissa Hanson, at my side (thanks, Melissa, you're the best). Before I knew it, I was at the half marathon point, thinking to myself, "Why did I not register for the half marathon? Stupid, you could be finishing right now!" Okay, so I knew the answer, I wanted to go all the way, become a marathoner and join the ranks of those who will forever be remembered for their discipline, perseverance, and, oh yes, insanity.

Miles 13, 14, 15, they passed with ease, then a twinge of tiredness. Anxiety crept in, only to be dismissed with determination and the reassurance

(Continued on page 2)

My Ironman Status 2002 By Michael V. Nowak

In case any of you were wondering whether or not I was going to honor my vow of doing an Ironman distance race this year, my answer is "Yes!". I have been training vigorously. I plan on doing the Great Floridian. Those of you who were at the lovely Lockport YMCA Y-10 10-miler on Saturday, Feb. 9 may have seen me whizzing by. My endurance and strength have improved considerably and will be seen by all once the Brick and Time Trials start up in the Spring.

(Here comes the trash talking) That's right! I'm gonna leave Rich Clark in the Dark! I'll leave "The Hoad" on the

road! I'll leave Curt in the dirt! I'll beat Jim in the Swim! I'll leave Bill standing still! I'll beat John while I yawn! I'll leave Jack on his back! I'll beat Greg on one leg! I'll check Chris off the list! I'll leave Eric in hysterics! I'll leave Ryan cryin'! Barry will have to be carried! I'll make Joe look slow! I'll make Karl snarl! I'll beat Glenn by 20:10! I'll shoot by Garrow like an arrow!

****Disclaimer**** - These threats have no tie-in to reality, and to all those mentioned in the above, my sincere apologies, and please take it easy on me during the races. By the way, in case you were wondering, I couldn't think of anything that rhymed with Warren. :)

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BTC and Community Calendar — Future Regional Events

March 2, 2002 - Shamrock Run, 8 km road race, Buffalo, NY, 12 Noon.
March 23, 2002 - Buffalo State Bengal 5K road race, Grant Street and 198, 9:30 AM, 716-878-6001
March 24, 2002 - *Around The Bay 30K Road Race*, Hamilton, Ontario, Canada, www.aroundthebayroadrace.com.
April 20, 2002 - Grand Island Half Marathon

BTC and Community Calendar - Future National Events

March 24, 2002 - Powerman Alabama Duathlon, Birmingham, AL. May 5, 2002 - Powerman Tennessee Duathlon, College Grove, TN.
April 15, 2002 - Boston Marathon, Boston, Massachusetts.
July 28, 2002 - Ironman USA, Lake Placid, New York. **Only 149 days from March 1!**
September 15, 2002 - Ironman Wisconsin, Madison, Wisconsin. **Only 198 days from March 1!**

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.

Marathoning, cont'd.

that I was still running, tired or not. Then came mile 18, looming ahead. I had to walk. Okay, I'll walk for a minute. I'll start running again when I reach the next light pole. I did, intending to run to the 20-mile marker before I walked again. WRONG. Mile 19, I walked. 20, walked. 21, walked twice. See paragraph number two regarding Mile 22. Can't I just go to sleep now? Oh, thank goodness, there's Joanne York-Rappel up ahead. (Thanks for running/walking with me and cheering me on, Joanne, I couldn't have done it without you between 22 and 24!)

Okay, so I have only 2.2 miles to go. The worst part is, I'm doing my best to forget just how far 2.2 miles actually is. If only all those people weren't yelling out the distance remaining! (Which I have vowed I will never, ever do on a race course again if the race is over ten miles long. Not helpful, not helpful at all.)

Mile 25, almost to 26 ... there's Chris up ahead! Only about half a mile to go. "You can do it, you can do it! I'm so proud of you!" Could I? I wasn't so sure, but I wasn't going to come this far without finishing this thing. Okay, keep moving.

I was so ready to cry, so exhausted, so wanting to kill everyone who told me just how much further I'd have to push my exhausted legs to finish. Then, out of the crowd, came the voice of an angel, "You've already done it. Just head for the trees. You've already done it!" Whoever that was, and I know I'll never see you again, thank you. You pulled me through. One tenth of a mile later, I did it. I crossed the finish line, clutching my American flag and ready to burst into tears of elation, with a heart so full I could do nothing but grin uncontrollably and will my legs to keep walking (hobbling) into the Houston Convention Center, clutching my medal in disbelief.

So, to all you Ironheads out there, I have renewed respect for you. How you can run 26.2 miles after everything else just blows me away. I guess it must be sheer determination, the thrill of crossing the finish line, the desire to finally be called Ironman. Or, maybe you're just insane.

(Quinn Ankrum is not signed up for Placid 2002, nor does she intend to sign up in the near or distant future, preferring to admire the insanity from the sidelines while sipping a nice, cold soda.)

New Members

February: Eileen Drew, Matt Ruddy (welcome back, Matt)

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!!!

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.

April Birthdays: Jeffrey Lesback 4/2, John Pepke 4/5, Margie Giardini 4/8, Jim Schaffstall 4/12, Anne Ayers 4/15, Amy Fakterowitz 4/15, Greta Buck 4/16, Todd Lemmiksoo 4/18, Craig Small 4/18, Martin Kober 4/19, Bruce Levine 4/27, Joan Gregoire 4/29.

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

Brick Czar's Corner By Jack Gorski

The conversation started with the statement, "you guys (triathletes) are the worst! What do you mean I replied? Well not you, but as a group triathletes don't take care of their bikes, was the reply. Continuing, my bike doctor said, " You ride them as soon as the snows melt and put them on trainers as soon as it gets too cold to ride outside. It's a never-ending cycle with you." I had brought my bike in for its now annual pre-season inspection. I paid the bill, loaded my bike and began my journey home. On the way I thought about that conversation and started to laugh. He was right! I had owned the bike for about 4 years before I had even given any thought to have it looked at.

We are all aware that our bikes are the most costly of all the equipment that we own. Despite this, few of us give it the care that is warranted. How much care depends greatly on the type of riding one does as well as the road conditions. I

won't mention how some of us may just toss them around.

What happens is over time the continued use, weather and neglect cause little problems that turn into big problems if not corrected. Instead of going over some of the little things of which I know very little (that's why I have a Bike Doctor) I asked the expert to prepare a check list of things you should look for before venturing on the first

Spring ride. Enclosed is a Preventative Maintenance Service list prepared by Tom Lonzi of Tom's Pro Bike Shop. One note, if you are going to take your bike to your favorite bike doctor, do so now. If you're lucky, you'll have it back in a couple of weeks at most.

If you wait till it starts to warm up, the casual cyclists start coming in and the wait may be a month. Bike doctors subscribe to the accounting inventory method FIFO. (First in, first out)

Getting to Know You — also titled, Who are these people?

(Editor's note: Several months ago, Mary Eggers suggested featuring a club member each month so we might all learn a little more about each other. She and husband Curt have graciously agreed to be the first to fill out the questionnaire. Curt and Mary, thank you for being our first featured athletes!)

Mary and Curt Eggers ...

Years in Triathlon:

C: 15 years

M: 6 years

Years Married: 7 months

Children or pets: 1 Child. The Famous Luc M. Eggers

Favorite pre-race meal:

C: Roasted Split chicken with Pasta at East Side Marios.

M: Spaghetti at East Side Marios

Least favorite pre race meal:

C: Sirloin tips

M: Never had a bad one

Favorite race:

C: 1997 Elmira Triathlon.

M: Muskoka any year

Favorite workout:

C: Trails at Mendon Ponds Park

M: Running with Luc in his jogger

If I wasn't a triathlete, I'd be (name another sport):

C: Cross Country Skier

M: A downhill racer, specializing in the super G

My hero:

C: My father

M: My college swim coach, Dave Alexander

To Ironman, or Not to Ironman:

C: NOT

M: Ask me July 30th

If I could take out the (swim/bike/run), I'd put in:

C: Replace swim with taking a nap.

M: Put in more swim

Favorite running shoes:

C: Adidas

M: Saucony

Oldest piece of training wear:

C: My Shogun Ninja (bike)

M: My Swedish goggles

Funniest / Best tri memory:

M: Best is Muskoka 2000, coming off the bike 3rd behind Karen Smyers and Lisa Bentley, running out of town with a camera and a motorcycle following me, then coming into town and running across the finish line with Luc. My funniest would be at Columbia '99, puking on Scott Tinley's shoes.

C: Best is coming across the finish line at IM Canada with Luc and Mary. Funniest is the 1997 Beaver Island Triathlon, coming off the bike first, running behind Andre's truck, as he set up the run course as I ran it.

Preventative Maintenance Service, By Jack Gorski

Periodic Checks to prevent bigger problems:

1. Check Headset-
 - a. Lock front brake
 - b. Rock bike back and forth checking for knocking
 - c. Then turn side to side for binding or notching
2. Check bottom bracket
 - a. Holding both crank arms, rock side to side, looking for looseness repeat @ 12, 3 6, 9 O'clock position
3. Check front hub bearings
 - a. Check side play by taking rim and moving the rim side to side
 - b. Remove wheel from bike, take the hub and turn axle by hand, checking for scratchiness
4. Check rear hub bearings
 - a. Check side play by taking rim and moving the rim side to side
 - b. Remove wheel from bike, take the hub and turn axle by hand, checking for scratchiness
5. Inspect break system
 - a. Inspect brake leavers, try to move lever by hand, making sure they are snug
 - b. Inspect cables and casing for fraying or rust
 - c. Check calipers by making sure they release properly
 - d. Try moving caliper arm front to back, checking for looseness
6. Check brake shoes to make sure they line up with the rim brake tracks, and that shoes are not excessively worn

Did You Know? By Greg Drumm

I'm sure many of you know. Perhaps others have even heard rumors. Maybe however, there are a few of you out there in geek-land that actually didn't know (or else forgot). What am I getting at you wonder? The date of the Muskoka race?The seat tube angle on a Cervelo P3? Hoad's finishing time at Hawaii? No, no and no. I'm talking about 25%. No silly geek, not 25% of you max heart rate, but 25% off of some good triathlon gear and apparel – if you're thinking DeSoto Sport, you are right. BTC members can receive a 25% discount off normal DeSoto Sport prices. DeSoto has been working with the BTC since early on and if you notice, there are a fair number of members running around (pun?) in quality gear with the familiar "DSS" label. Look closely because DeSoto makes various multisport apparel including tri-shorts, racing jerseys, singlets, swimwear, and other training and racing type gear. What is the catch you wonder quite simple. You have to have your order placed through Rich Clark as he is our designated DeSoto contact. Individuals cannot order direct through DeSoto and receive the club discount. What you can do your-

self is browse the website at www.DeSotoSport.com or call to receive a catalogue (800-453-6673).

From my experiences, I am quite impressed with DeSoto and have had only good things to say about their products. They are a relatively small company but they are 100% committed to the multisport scene. I once sent a question to the company (via email) and Emilio himself (the founder) answered my question. I don't know about you but I like that kind of service.

Take a look around you next time you are out training with your buds – chances are you'll spot some DeSoto gear and then ask the person wearing the DSS gear if they think they got their money's worth – I know I have every time. This is a truly awesome club benefit so I encourage everyone to at least give it a look and take advantage if you're looking for quality gear.

Return to Omphalius - Article 5. By Glenn Speller

By the time that you'll be reading this, it will be March. Yes, winter is almost over, and so the long indoor training sessions are about to become a thing of the past. Soon you'll trade those hours of movie watching for hours of face numbing wind as you brave the hills (and the dog near the top of the Warsaw hill) on Route 20A.

That's the great thing about running though – you never have to forego the outdoor run, unless like Bob Giardini, you go dizzy and insane while tread milling for three hours staring at your basement wall. I've always found that a little strange, since the Giardini's live only a good tee shot from Chestnut Ridge. Last week, I resumed my favorite route at the Ridge, the Omphalius Hill Run. It's about 12-13 miles, and probably one of the tougher half marathon distance runs you will do in training or in racing. When it's snowing out, it is dangerous (traction is nec-

essary to make uphill and downhill, alike).

I had a nice warm (40 degree) February day to work with. My time checks at Gartman (7.75 minutes) and the base of Omphalius (33 even) were on the mark. But not having attempted the hill for 8 weeks, I was surprised by how hard it was. Omphalius is never easy, but this run took a little extra something just to keep my legs going. What keeps your legs going when your mind is screaming "Take a knee" and your legs are putting in a nice three-part harmony? This is the question that you can either answer now for yourself in the quiet of your reading area, on Omphalius between March and July 28th, or at IM USA. But let me say this: Knowing where your strength lies is your strength. So if you don't, I suggest getting in touch with yourself. Give me a call, we'll go run Omphalius together.

Bike Maintenance From The Book of Ecclesiastes !?! By Greg Drumm

Ever heard the song that goes like “..... There is a season, Turn, Turn, Turn”? It is adapted from The Book of Ecclesiastes found in the Bible. You know the song ...” A time to be born, a time to die, a time to plant, a time to reap, a time to kill, a time to heal, a time to laugh, a time to weep”, etc., etc.

Well, this is the season, turn, turn, turn – the season for bike maintenance because you want your wheels to turn, turn, turn. Now is an ideal time to get your bike ready for the upcoming season. Make an appointment at the shop for a tune-up and/or overhaul or, if you’re a do-it-yourself type, to get out the tools, lube, rags and so on.

From a do-it-yourself standpoint, I am far from a bike expert yet I know just enough to be potentially dangerous to any bike. There are some things I am comfortable doing and others I am not. You have to be especially careful with some maintenance items as special tools and know-how may be required. We all have a different comfort zone as far as working on our bikes and I cannot specifically suggest all items that might be included in a tune-up but here how I approach working on a bike.

Being an engineering geek, I look at my bike maintenance in a systems approach -- Sort of like the steering system (fork, stem, headset), brake system (cables, brake pads), shifting system (chain, shifters, derailleurs, rear cogs, bottom bracket, chain rings), and so on. By looking at the various systems independently, I can systematically work through the entire bike in a more thorough manner. Another rule of thumb I follow is

if in doubt, get the credit card out (to have the bike shop do the “tricky” stuff). I’m comfortable enough with messing up a \$5 tire tube but a headset or bottom bracket is a different ball game. If you goof, the cost might make you cry uncontrollably unless you really did want another frame.

And remember, bike maintenance isn’t just to make the bike go faster. If you don’t take care of your equipment, you could be in for unpleasant surprises in the future. How far in the future depends a little on luck and circumstances. Remember that song? How about the verse ... “Everything Turn, Turn, Turn, There is a season (Turn, Turn, Turn), and a time for every purpose, under Heaven, a time to build up, a time to break down”

I got my “break down” reminder just a few days ago. I hit a small pot-hole and heard my water bottle tumbling behind me. Assuming it simply bounced out of the “behind-the-seat” bottle cage, I turned around to fetch the bottle and was surprised at finding the bottle cage still attached to the bottle laying on the ground. Upon closer inspection, I found that the plastic support for the bottle cage had actually snapped in two. Perhaps it was the cold or UV rays or just worn out or a combination of all these but it was certainly broke.

As I mentioned, this inconvenience was a reminder for me to check everything – even the simple things. It was a blessing in disguise in one way as I was thinking that this is exactly the type of thing you don’t need to go wrong an IM event.

Ride Safe and Ride Smart!

A Big Thank You - Jeff Tracy, Race Director of the Y-10 and Polar Bear 5k

On behalf of the kids that will benefit from the YMCA Camp Kenan Scholarship Fund, I would like to thank the Buffalo Triathlon Club for the support that its members gave to this year’s Lockport Y-10 and to the Polar Bear Run 5k. The club with the help of President Rich Clark allowed for these races to be posted on its website. Many members either ran or volunteered for these races. Also, in this time of tight budgets, the BTC made a cash donation to help offset the expenses of putting on two races.

Although the final dollar amount is not in yet, these races were both very successful. A successful

race, let alone two, would not be possible without this kind of support. I



A cookout for Camp Kenan Overnight Campers in August 2001

also need to give an extra shout out to Bill Seyler for putting up the finish line banner. Also, Jack Gorksi needs to be recognized for his support of these races.

I have spent eleven summers at Camp Kenan as a counselor and director. I think that it is the greatest place on the face of the earth. I love when I get the opportunity to share it with my friends and I love it even more when I get to help kids experience camp. Thank you again BTC for making this possible. I look forward to your continued support of these races. Train well and stay healthy.

Jeff Tracy

March 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 <i>Easter Sunday</i>					1 <i>Spinning with Nancy</i>	2 <i>Shamrock 8k Run</i>
3	4	5	6	7	8 <i>Spinning with Nancy</i>	9
10	11	12 <i>BTC Monthly Meeting</i>	13	14	15 <i>Spinning with Nancy</i>	16 <i>Buff State Bengal 5k</i>
17	18	19	20	21	22 <i>Spinning with Nancy</i>	23 <i>Triathlon Training Seminar</i>
24 <i>Around the Bay 30k/5k</i>	25	26	27	28	29 <i>Spinning with Nancy</i>	30

Schedule of Events

- **Every Friday Evening in March** - NAT Spinervals with Coach Nancy, Sutherland Lodge, Ruie Rd, N. Tonawanda, 6:45 pm.
- March 12 - BTC's Monthly Meeting at University Sports Medicine, 1150 Young's Road, 7 pm.
- March 23 - Buffalo State Bengal 5k road race
- March 24 - 107th Around the Bay 30k / 5k road race

Preventative Maintenance, cont'd.

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| <p>7. Front derailleur</p> <ol style="list-style-type: none"> a. Check cable for fraying and rusting b. Pull cable by hand to see how far it travels, to make sure it will not over shift c. Check the shifting of the front derailleur and determine if it will over/under shift the gears <p>8. Rear derailleur</p> <ol style="list-style-type: none"> a. Turn the crank and at the same time manually push the rear derailleur towards the frame and check inner limit of the derailleur, checking to ensure that the derailleur does not move into the spokes of the wheel. b. Shift to the smallest and determine that the rear derailleur pulley wheels line up with the smallest cog. This is the quietest position and you should not hear any excessive noise. <p>9. Wheels</p> <ol style="list-style-type: none"> a. Spin the wheel and look to see if the wheel is true (no lateral movement, side to side) b. Look at the wheels from the side to check if they are round c. Check to determine that the wheel is centered when in the from (dish) | <p>10. Seat Post and Stem</p> <ol style="list-style-type: none"> a. Check the lubrication of both the seat post and stem to prevent rusting in the frame. (NOTE do not grease a carbon post) <p>11. Tires.</p> <ol style="list-style-type: none"> a. Check for cuts, bulges, and excessive wear b. Check for proper tire pressure, approximately 80% of riders ride with under inflated tire leading to unnecessary flats. Properly inflated tires will yield more efficient riding <p>12. Chain wear</p> <ol style="list-style-type: none"> a. Measure your chain from one rivet to another closet to the 12-inch make, if it measures more than 12 1/8 inches then replace the chain. b. Keep you chain clean and lubricated it will work better and last longer, avoid over lubrication of the chain. <p>13. Frame and Fork</p> <ol style="list-style-type: none"> a. Check for cracks dents rust and damage |
|--|---|
- Regular checks of your equipment will make it work better and last longer. If you are in doubt of any of above check with you local professional bike shop.

2002 BTC Annual Fees Are Now Due

Your 2002 Buffalo Triathlon Club annual fees were due by March 1. The dues are \$25 for individuals, \$35 families, \$15 out of area individuals, and \$15 for juniors. Please fill out an application form (attached to this newsletter) for insurance purposes and send along with 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.

February BTC Meeting Updates

Here are the highlights for the February BTC meeting on February 20th:

1. Greg Drumm - Louis Garneau shorts (\$ TBD) and jersey (\$40/ea) order. A minimum of 16 each must be collected to send in an order.
2. Ed Harkey needs help with collecting race results. Contact Rich Clark or Chris Ankrum if you are interested.
3. Wanted volunteers for the new club

sponsorship committee. Contact Rich, Chris, or Nancy Gworek.

4. Thanks to Jack Gorski for his organization of the BTC Annual Banquet and for the tremendous awards. The banquet was a huge success and the members are extremely appreciative of his efforts.
5. Goals for the BTC in 2002 include increasing the membership and getting articles on triathlon into the local newspapers.

6. Watch for Brick workouts this summer at the East Amherst Fire Hall (same as before) and in the South Towns! Thanks Jack!

7. Next meeting (see the last page).

8. New triathlon in Wilson, NY, in August. The BTC has been asked to help organize the triathlon. Rich Clark to look into this opportunity.

Any questions? Please let us know.

DeSoto Order Forms

2002 TRI TEAM ORDERFORM 25% DISCOUNT

DATE: _____ START SHIP DATE: _____ CANCEL DATE: _____

TEAM NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

BUYER NAME: _____

TELEPHONE/FAX/EMAIL: _____

SHIPPING & SPECIAL INSTRUCTIONS: _____

ITEM	RETAIL	COLOR	SS	S	M	L	XL	XXL	UNITS	AMOUNT	TOTAL
RACING											
130 POWER TRI SHORT	\$ 42.00	BLACK								\$ 42.00	
118 TRI SHORT	\$ 38.00	BLACK								\$ 38.00	
		ROYAL BLUE								\$ 38.00	
		TEAL/WHITE								\$ 38.00	
6402 AERO TOP	\$ 34.00	BLACK								\$ 34.00	
		ROYAL BLUE								\$ 34.00	
		TEAL/WHITE								\$ 34.00	
6411 ZIP TRI JERSEY	\$ 44.00	ROYAL BLUE								\$ 44.00	
		RED-BLACK-WHITE								\$ 44.00	
		TEAL/WHITE								\$ 44.00	
		WHITE SOLID								\$ 44.00	
		RED-BLACK-WHITE								\$ 44.00	
		ROYAL-BLACK-WHITE								\$ 44.00	
		TEAL-BLACK-WHITE								\$ 44.00	
TRAINING											
138 IRONED POWER TRI SHORT	\$ 12.00	BLACK								\$ 12.00	
212 GLEEKLESS DOME JERSEY	\$ 40.00	WHITE								\$ 40.00	
307 SPLAT RUN SHORT	\$ 30.00	BLACK								\$ 30.00	
		ROYAL BLUE								\$ 30.00	
		TEAL								\$ 30.00	
327 TUESDAY RUN SHORT	\$ 32.00	ROYAL BLUE								\$ 32.00	
		TEAL								\$ 32.00	
		ROYAL BLUE								\$ 32.00	
		TEAL/WHITE								\$ 32.00	
404 TRI SINGLET	\$ 34.00	BISSI PINK								\$ 34.00	
		WHITE/ROYAL								\$ 34.00	
		WHITE/TEAL								\$ 34.00	
		WHITE/YELLOW								\$ 34.00	
410 COOLMAX CHECK RUN SHIRT	\$ 36.00	WHITE								\$ 36.00	
51180 BAGGY RUN SHORT	\$ 30.00	BLACK								\$ 30.00	
		ROYAL BLUE								\$ 30.00	
		TEAL								\$ 30.00	
626 MEN'S SWIM BRIEF	\$ 28.00	BLACK SOLID								\$ 28.00	
		RED-BLACK-WHITE								\$ 28.00	
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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

**Stop Snowing!
We want warmth!**

BUFFALO TRIATHLON CLUB

Send submissions for April's QT
By March 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: "You eat a hamburger, you run like a hamburger." - Steve Riddick, sprinter **OR**
"I loved testing myself more than I feared being beaten." - Ron Clarke, New Zealand runner

March BTC Meeting

March meeting is scheduled for March 12, at the University Sports Medicine office, 1150 Young's Road, Suite 208, Amherst, at 7 pm. Mike Adesso, PT & ATC, will present. See you there.

BTC Quote of the Month: "Thank goodness for doughnuts. They are the only thing keeping me running after 3 miles..." - Unknown participant at the food table after the Lockport Y-10.

WANTED: Articles for the upcoming BTC newsletters. Next month we have submissions from Theresa Palmieri, Glenn Speller, and Rich Clark. If you want to share your experiences, joys, triumphs, sorrows, or knowledge, send us an article. Thanks!!!