



# Quick Transitions

## Cool Runnings (and Swimming): Reflections of Jamaica

By Theresa Palmieri

As an athlete, I'm always up for a challenge, something that's a little bit beyond the ordinary. The same applies to me professionally. In December, I returned from a two week mission trip to Kingston, Jamaica – part of a medical outreach team that provided healthcare to people in inner city communities that could not otherwise afford it. As a physical therapist my role was to assist with mobility, wound care, education or in any other way I was needed. I also went to Jamaica in 2000 and to Brazil in 1999 in the same capacity.

We worked long hours outside in the heat and humidity, setting up makeshift clinics or doing home visits. I was fortunate to have been able to run and swim everyday while I was down there.

As I ventured out for my early morning runs, my senses were awakened to all the sights, sounds, and smells. Before I even

set foot outside I heard roosters crowing. The humidity was quite prominent even at six in the morning. School girls wearing uniforms were already milling about on the campus grounds where we stayed at this early hour. People were earning their keep, selling wares at the roadside or sweeping at the curb. The smell of burning garbage permeated my nostrils as well as the familiar scent of ganja.

Running on the streets of Kingston was a challenge, to say the least. Cars drive on the opposite side of the road with drivers being on the right side of the vehicle, due to the British influence. The roads were very busy with cars speeding about, their horns blaring loudly to warn pedestrians and other motorists of their presence. No speed limits were posted in the city so stepping off the curb could prove to be a fatal mistake. I'd pass a few people who

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## BTC Sponsor of the Month By Jack Gorski

This is a new segment of our newsletter, designed to acknowledge the generosity and support of our sponsors and better acquaint our members with the products and services that they offer. This month's profile is on Tom's Pro Bikes."

Owner: Tom Lonzi  
 Address: 3687 Walden Ave.  
 Lancaster, NY  
 Phone: 651-9995  
 Web: www.tomsprobike.com  
 E-mail: tomsprobike@adelphia.net or through the web site.

Obviously, Tom's Pro Bike is a bike shop that has been in its present location for four years. He carries the following lines of racing and road bikes: Fuji, Terry, Litespeed,

Gunnar, Guru, Burley, Jamis and Waterford.

Accessories include shoes, bike clothing, socks, helmets, bike seats, pumps, trainers, tubes and tires and mirrors. He also carries other sundry items, which are too numerous to list. If you're looking for something stop in or call to see if he has the item.

Services include tune-ups to complete overhauls. Visit Tom's web site for more information on his range of services and pricing. The complete overhaul is almost like building a new bike. Yes, he also does the standard run of the mill repairs too. Size matters a lot! Fitting the bike is even more important than the materials or the

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This Month's Meeting Sponsor is Tom's Pro Bike Shop, 3687 Walden, Lancaster.

## BTC and Community Calendar – Future Regional Events

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March 24, 2002 - *Around The Bay 30K Road Race*, Hamilton, Ontario, Canada, [www.aroundthebayroadrace.com](http://www.aroundthebayroadrace.com).

April 20, 2002 - Grand Island Half Marathon.

August ?, 2002 - Wilson Triathlon, Wilson, NY. More details to follow as this race develops.

September 8, 2002 - BTC's 3rd Annual Fall Frolic Triathlon, Camp Kenan, details later this summer.

## BTC and Community Calendar - Future National Events

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March 24, 2002 - Powerman Alabama Duathlon, Birmingham, AL.

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

May 5, 2002 - Powerman Tennessee Duathlon, College Grove, TN.

May 12, 2002 - Subaru Series Brick Duathlon, [www.trisportcanada.com](http://www.trisportcanada.com)

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

**Only 118 days from April 1!**

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

**Only 167 days from April 1!**

## Ongoing BTC / Community Workouts

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

Checker's A.C. Tuesday Evening Runs: 6 pm start near the casino. Track workouts start sometime this month.

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.

## Cool Runnings, cont'd.

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were also running and we'd greet each other with a "Good Morning, Mon!" or an acknowledging wave. The island is much hillier than I expected and I wasn't used to the heat and humidity in early December.

As I returned to the Immaculate Conception campus there was more activity. I finished my run in back where Sylvester was doing the pool maintenance. I'd do a brief cool down walk then enter the water. As I adjusted to the temperature (fairly comfortable after my run), I'd look up to the brilliant blue sky and feel the warm breeze. Everything was so green – how can this be a few weeks before Christmas? I'd watch Sylvester working on the opposite side of the pool and listen to him singing and humming "The Little Drummer Boy" with his deep Jamaican accent. I don't get that at the YMCA in the states.

I worked through my fear of the water and progressed from swimming less than 25 meters to about 600 meters. I even had

an opportunity to swim in the Caribbean Sea and experience the steady waves and (ugh!) salt water. With my new found confidence in the athletic discipline, I'll definitely do a triathlon (or two) this season.

It was back to reality when I returned home. It was cold and 1½ weeks before Christmas. I reacclimated to the climate and took on a relaxed, Jamaican attitude: "No problem, Mon!"

Another successful mission trip! After each return I have a greater appreciation for what I have. We take so much for granted what we have here in the United States. There are more people in this world that lack even the basics for survival than we realize. Each time I adjust my swim goggles, reposition myself in the saddle, or lace up my running shoes I am that much more grateful that I have the opportunity to participate.

### New Members for March

John Fenger, Timothy Galvin, Marc Koester, Joelle Mann, Peter Bradford, Pamel London, and Anna Kusche

*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! We want to increase our membership in this healthy triathlon lifestyle. Encourage your friends and training partners to join us for a workout or two.*

## Happy Birthday to You!!!

**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.

**May Birthdays:** Joe Meyer 5/1, Cindy Stankiewicz 5/2, Dave Ireland 5/3, Michael Nowak 5/10, Alexander Enos 5/12, Thomas Giardini 5/12, Dave Shapiro 5/19, Theresa Palmieri 5/20, Eric Butler 5/20, Eamon Ferguson 5/23, Rosemary Mille 5/24, John Meeks 5/29.

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

## Brick Czar's Column, by Jack Gorski

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This month I want to talk little about shoes, cycling shoes to be more specific. We all have them and if you're like me, you don't give them much thought. But like everything else they also wear out. Rain, sweat, salt, sun and throwing them in the trunk without airing them will cause them to expend their useful life rather quickly. The cleats wear out from the constant locking into the pedal. In time they will not lock properly and will cause you to lose efficiency as your foot slides around on the pedal. It is possible with enough wear that the shoe could disengage from the pedal, especially on uphills. The result could prove to be disastrous. Check your shoes, cleats and pedals for abnormal wear and replace them if necessary.

You may be wondering why I have taken it upon myself to discuss equipment in the last couple of articles. In a word: experience. As a one time avid camper and wilderness backpacker, that on occasion had problems with equipment, I recognize the importance of being properly prepared.

Many of you (approximately 30) are presently training to do an Ironman. It would be a shame that after all the physical preparations you failed to meet this challenge due to equipment failure at the race. Check your equipment to see what needs to be repaired or replaced now. Then schedule purchases to fit your budget and also provide sufficient time for you to break these items in prior to the race.

The last newsletter indicated that I would be re-assuming the role as brick coordinator this year. That is a little premature at this point. I said that if I was not contacted to lead a bike tour I would assume that role. I recently wrote a letter telling them to sh\_\_ or get off the pot because I have to plan my summer. I will keep you informed.

To all the Ironman trainees, if you have any organized group long rides planned I would be more than happy to be the sag wagon. However, I require advanced notice and other specifics. Feel free to contact me.

## Triathlon Training Seminar with Coach Kevin Mackinnon

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### **NEWS FLASH!!! NEWS FLASH!!!**

**TRIATHLON TRAINING** with Ironman Kevin Mackinnon

**DATE AND LOCATION:** March 23rd (Saturday) at the University of Buffalo Amherst Campus. Alumni Arena (near football stadium), Room 97 on the first level

**TIME:** 1-5 pm

**COST:** Free to BTC Members, \$5 for all others

**CONTACT IF ATTENDING** — [Rich@BuffaloTriathlonClub.com](mailto:Rich@BuffaloTriathlonClub.com) or [ankrums@sysr.com](mailto:ankrums@sysr.com)

**TENTATIVE DATE** for the second training seminar is April 20th from 1 to 5 pm. This seminar may include swimming and biking drills, if facilities are available.

Watch and listen for more details on the second session.

## It's About You - Article 6. By Glenn Speller

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Can you ever really do enough to prepare for an Ironman distance race? It's April, that means only April, May, June and July remain to get ready for IM USA. How is your body holding up to all of the base work that you're doing? By now, the aches and pains caused by hours on the trainer followed by hours of plodding through the windy 30 degree days must be getting to you. It is me.

Then again, maybe you're much healthier than I am, requiring far less time to recover from your 5+ hour workouts. I've got this 40 year old body that I'm working with, and I remember back when I was in my 20's how little time I needed before I could go out and thrash myself again. Or maybe you're not doing 5 hour workouts, choosing instead to wait for the warmer

weather so that you can pass the time looking at the beautiful scenery on Route 77 or 20A.

In any event, by this time, you should be asking yourself why you've chosen to undertake this process. The easy answer is that you signed up for the race and paid the money, so to avoid a complete waste of money and a totally painful day crowned by the moment of defeat when you're loaded into the waiting medical truck at mile 15 on the run, you've decided to deal with the training. But no, really – why did you sign up for the race? I'm sure it seemed like a good idea at the time. All the euphoria of other BTC members signing up,

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## Sharing The Road, By Jack Gorski

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It's the time of the year when we all start thinking of mounting our trusty steeds and heading to the great outdoors. Long rides along scenic rural routes for those who take the time to view the roses. Or long sweaty ones for those with training in mind. Either way, it's also time to review the Rules of the Road. The rules of the road apply equally to the motorist and the cyclist.

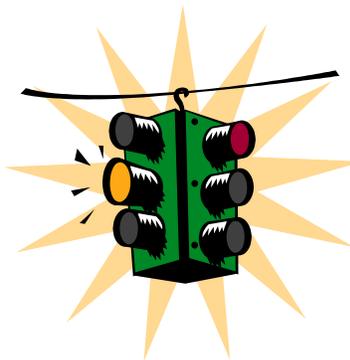
### Safe Positions:

Ride with the flow of traffic, it's the law and the safest way to ride. Use the right side of the lane to turn right and the left side of a lane to turn left.

### Obey Stop Signs and Traffic Signals:

Don't make sudden turns. Use hand signals to signal turns, lane changes and stops. Eye contact with motorists is an important communication tool.

### Be Seen!



Wear bright colored clothing. Ride on the right with the flow of traffic so motorists know where to look for you. NYS Law requires the use of a white headlight and a red tail light at night.

### Do a Bicycle Safety Check:

This was addressed in last month's newsletter.

### Keep It Single:

Ride in single file so there is room for cars and trucks to pass safely.

### Helmets Save Lives:

Most injuries on bicycles occur from falls, not from collisions with cars. Wear one at all times while you are on your bike. It is required if you are participating in a Club sponsor event.

## It's About You (continued)

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*(Continued from page 3)*

and thinking about what great fun it would be to spend a few days in Lake Placid with a bunch of great people.

But as you're probably beginning to figure out, through all of the long hours of training you've been doing (most of it by yourself) that racing, competing or participating in an Ironman distance race is quintessentially individual. Watching one might be a group activity, but when it boils right down to it, when July 28<sup>th</sup> rolls around, this is one dance that you're going to have to do alone. Sure there will be support from the volunteers and all of your friends and family either on the course or yelling encouragement from the sidelines, but the decision to turn the cranks over one more time, or to take the next stride or stroke must come from within.

Dealing with, then overcoming your self-doubt is just mental or emotional or even spiritual training, that like a well-conditioned muscle, will serve you well on race day when thoughts of "Why

am I doing this to myself" will emerge – and they surely will.

As selfish as it appears to everyone who has never done an Ironman distance race (spouses/significant others and family rank highest on this list), you are doing this for yourself. You are challenging yourself, pushing yourself, at times punishing yourself, and certainly expanding your personal experience. It's about you, and really no one else. When I ran the last euphoric blur of 400 meters at the end of IM California last May, I didn't see anyone, hear anyone yelling my name, stop to carry Garrett across the finish line or hug Greta. I just ran it. I make no apologies for this either. It was my moment, my first IM finish, mine to keep forever, and no one else's. That's why I'm doing this to myself. Because I want to and because I can. And in my opinion, that's why you should too, and for no other reason. This is your time, you may never have it again. Embrace it, revel in it, cherish it like anything else hard-earned, and regard it with the joy and fear that it rightly deserves.

## Mary's Health Column "Drink and Be Merry," by Mary Eggers, RN

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My sister has lived in France for 3 years now, indulging in the French diet of bread, butter and wine. Believe it or not, that diet has reduced her risk of heart disease. What is the key? Red wine.

The French have a very low rate of Heart disease, a phenomenon that has led researchers to identify red wine, the staple of the French diet (some say) as the important factor. Why, has been unclear until now.

Red pigments known as polyphenols, found in red wine, inhibit the production of a peptide that causes vasoconstriction. These

pigments are also found in grape juice, but don't seem to have the same effect. Why not? The polyphenols found in red wine may be made more protective due to the wine making process. In other words, the process makes them more potent. Polyphenols are not found in rose wine because grape skins are removed during the process.

Typically the French drink 2-3 glasses of red wine per day (that number is subject to criticism of course). So the next time you go out for dinner, select a good red wine..... because it is heart protective!

# April 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 <i>Spinning with Nancy</i>	6
7	8	9	10 <i>BTC Monthly Meeting</i>	11	12 <i>Spinning with Nancy</i>	13
14	15 <i>Boston Marathon</i>	16	17	18	19 <i>Spinning with Nancy</i>	20 <i>Triathlon Training Seminar &amp; Grand Island Half Marathon</i>
21	22	23	24	25	26 <i>Spinning with Nancy</i>	27
28	29	30				

### Schedule of Events

- **Every Friday Evening in April** - NAT Spinervals with Coach Nancy, Sutherland Lodge, Ruie Rd, N. Tonawanda, 6:45 pm. Ending date unknown.
- April 10 - BTC's Monthly Meeting at Tom's Pro Bike Shop, 3687 Walden Ave, Lancaster, 7:30 pm. RSVP to < btc\_qt59@hotmail.com > if planning on attending.
- April 15 - 106th Boston Marathon.
- April 20 - Grand Island Half Marathon, VFW Post, 2121 Grand Island Blvd, Grand Island, 9 am.
- April 20 - BTC's Second Triathlon Training Seminar, 1-5 pm. Details to follow.
- If you know of any races in the next couple of months, please contact us at BTC\_QT59@hotmail.com. Your continued input helps us to improve your newsletter!

## Sponsor of the Month, cont'd.

components it is made of.. You can be fitted to your current bike. Fittings for new bikes purchased at Tom's are included in the cost of the bike. A Serotta Size Cycle is available for fittings.

Flying to a race? Tom has travel bags available to rent. The Bike Pro travel bag will hold two bikes. If you're interested in using one these for an out of town race, call to reserve it. For a small fee, Tom will also pack the bike (s). Oh yeah! Tandems and trailers, to haul around the kiddies and bikes can also be rented but call first for availability.

The Club discount policy is as follows: 5% on bikes and frames, 10% on parts and accessories, 10% on clothing and shoes. Returns on items dependent on the product purchased. The manufacturer's warranty is extended plus there is no charge for services related to the warranty. Ask!!

Tom has been in the bike business for 28 yrs. He started off as a racer in 1964, worked as a mechanic for an eternity and does all the repair work in his store. He frequently goes to seminars to stay abreast of current developments in the busi-

ness. Through the years he has taught at service bike safety seminars. He has also provided maintenance support for area events such as The Ride for Roswell, Tour de Cure, and American Lung Association. Some since their inception.

His favorite quote, "train less, buy better equipment."

Please join us for our monthly BTC meeting on April 10th at 7:30 pm. Let Rich Clark know if you are going to be there.



Several members of the BTC after a triathlon last summer. Notice the sun and short sleeve shirts.

## 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 March's 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.

**Buffalo Triathlon Club**

c/o Chris & Quinn Ankrum  
2030 Town Hall Terrace #6  
Grand Island, NY 14072



**Welcome to CLIF Bars, the newest BTC Club Sponsor.**

Watch for CLIF Bars and CLIF Shots at the upcoming BTC workouts.



*Swim/Bike/Run/Eat / Swim/Bike/Run/Swim/Bike/Run/Transition*

**We're on the Web!**  
**buffalotriathlonclub.com**

*Here comes Spring! Can Summer be far behind?*

**BUFFALO TRIATHLON CLUB**  
Send submissions for May's QT  
By April 18, 2002 to:  
E-mail: [BTC\\_QT59@hotmail.com](mailto: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](http://www.buffalotriathlonclub.com)  
BTC E-mail: [BTCInc@yahoo.com](mailto:BTCInc@yahoo.com)  
Questions: [info@buffalotriathlonclub.com](mailto:info@buffalotriathlonclub.com)

**Quotable Quotes:** **“Only the mediocre are always at their best.” - Jean Giraudoux**  
**“I don't care to belong to a club that accepts people like me as members.” - Groucho Marx**

**April BTC Meeting**

**April meeting** is scheduled for April 10th, at the Tom's Pro Bike Shop, 3687 Walden Avenue, Lancaster, at 7:30 pm. Tom Lonzi, owner, will have a short presentation. See you there.

**BTC Quote of the Month:** “I finally beat the Bear! I've been trying for a couple of years and finally I beat the beast! Where's the food? I need to celebrate!” - Unknown runner at the Polar Bear 5K

**WANTED:** Articles for the upcoming BTC newsletters. Next month we have submissions from Glenn Speller, Jack Gorski, Mary Eggers, and Rich Clark (he promised). If you want to share your experiences, joys, triumphs, sorrows, or knowledge, send us an

## BTC Jersey Reservation & Tri-Short Reservation Form

Completed reservation forms MUST be received by G. Drumm, with FULL payment, by 4 pm on April 10, 2002, or your order will not be included - NO EXCEPTIONS.

The jerseys are sleeveless, in BTC colors (red/white/black) with a white sublimated "BTC buffalo" on the chest. Cost per jersey is \$40 (this includes shipping charges). The bike tri-shorts will be black w/red side panels w/sublimation on the side panels. The tri-shorts are not standard length bike shorts but shorter in length on the legs. Cost per shorts is \$36 (includes shipping charges). Visit [www.LouisGarneau.com](http://www.LouisGarneau.com) to view the styles: the jersey style is 2E20132 (Monaco); shorts are style 2E50027.

Please follow the steps below if you wish to order BTC shorts or a BTC jersey.

- (1) Determine the appropriate size from the chart below. Please do not contact me about sizing as fit, comfort, and use preferences are personal choices and can be quite variable from person to person.

SIZE	XXS	XS	S	M	L	XL	XXL	XXXL
CHEST	32	34	36	38	40	42	44	46
WAIST	27	28	30	32	34	36	38	40
HIPS	32	34	36	38	40	42	44	46

- (2) Fully complete the information below - please print legibly:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

- (3) Indicate # of jerseys/shorts you wish to order under your size selection(s) below:

SIZE	XXS	XS	S	M	L	XL	XXL	XXXL
JERSEYS								
SHORTS								

- (4) Total # of jerseys you wish to order = \_\_\_\_\_ Total # of shorts you wish to order = \_\_\_\_\_

Cost per jersey \$40 x Total # of jerseys you wish to order = Jersey Cost = \_\_\_\_\_

Cost per shorts \$36 x Total # of shorts you wish to order = Shorts Cost = \_\_\_\_\_

Total Cost = Shorts Cost + Jersey Cost = \_\_\_\_\_

- (5) Make check payable to "Buffalo Triathlon Club, Inc." in the amount of "Total Cost" above. Forward or send this completed order form with check (no cash) to: Greg Drumm/BTC Jersey, 89 Sundridge Dr., Amherst, NY 14228.

If collectively, we do not receive orders for 16 (or more) jerseys or 16 shorts, the order will not be placed and checks will be returned. Please understand that we cannot make guarantees with respect to factors outside our control. Thank you for your patience and understanding. If you have any questions, please contact Greg Drumm at 636-5985 or [gwdgo2@aol.com](mailto:gwdgo2@aol.com).

Your Signature \_\_\_\_\_