



# Quick Transitions

## And The Wind Cried Guru By Jeff Tracy

I ran my first marathon in 1991. It was the Marine Corps Marathon. I ran with a bunch of friends from Camp Kenan, including my brother Kevin. It was a hot day for early November. I wasn't used to the heat after training in the cool fall temperatures of Western New York. I enjoyed the experience, but I struggled like most first time marathoners. The run up the hill at the end at the Iwo Jima Monument was tough. My stomach was cramped. When I mean cramped I don't mean that I had stomach cramps. I mean that I was cramped over. Although I couldn't straighten up I still raised my arms in victory over my head as I crossed the finishline. Immediately, I said to myself that I couldn't wait to run my next marathon. That following spring I ran my second marathon in Buffalo.

Now fast-forward 10 years or so to Pine-man. It is a challenging ironman distance triathlon in Ohio; south of Cleveland. It paralleled my first marathon experience in many ways. There were highs and lows throughout the day. And those were just the hills. There were highs and lows emotionally as well. I remember two times in which I seriously thought about quitting. Near the end of the second loop on the bike I had to walk up a couple of hills. I had no legs left. When I handed my bike off in the transition area to a

volunteer I was hoping to never see it again. I wasn't the only competitor to feel that way that day. I thought that there was no way that I'd be able to run 26.2 miles. I did. I finished my first ironman and celebrated my 31st birthday on the same day. The day before I actually practiced raising my arms in victory for when I finished. Immediately I couldn't wait for my second.

I was on the bike that late summer day for over eight hours. Did I mention the hills? Did I mention the cool temperatures? Did I mention the light rain? Did I mention the wind? I had to fight the wind even on the downhills. I don't know anyone who spent that much time on a bike in one day. (Maybe John Pepke or Tony Garrow has spent that much time on the bike.) I was not a happy person.

I've had a lot of time to reflect on that first ironman since then. Much of my time hiking was spent thinking about swimming, biking and running. Awaiting me at the Appalachian Trail Headquarters in Harpers Ferry, West Virginia was a maildrop sent by my great friend Mike. In addition to food, there was Triathlete Magazine's annual swimsuit issue. Oh yea, the swimsuit issue. It found a place in my pack for a few

*(Continued on page 2)*

## Take My Advice - Socks By Mike Nowak

Starting now, I will be offering advice to you lucky BTC members who care to read it. If you're really lucky, I'll post at least one article in each month's newsletter. So here's the first. A few months ago, I had started to run longer distances than I had normally run, and I was doing it more frequently. Along with getting more endurance, I was also getting more blisters. Being the sexy man that I am, I couldn't bear to have calluses on my beautiful feet (that, and it also hurts to run on them)! I had been wearing Thorlo Socks at the time, and also had been putting Vaseline Petroleum Jelly on my feet. The theory behind this is that the Vaseline

creates a layer that bonds your foot with your sock, and therefore doesn't rub against your foot to make blisters, or if it does rub, it's only against the layer of Vaseline. The problem though was that after around 10 miles, the Vaseline would get all soaked up, leaving my skin nice and soft, but at the same time leaving them very susceptible to blisters. So I says to myself, "what to do, what to do?". With a problem this big, there was only one place to turn to... the BTC! I pleaded for help, and I got responses. The answers went pretty much like this:

*(Continued on page 7)*

### Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
Brick Czar's Column	3
Glenn's IM Training and Racing Tips	3
Mary's Health Column	4



This Month's Highlighted Sponsor is CLIF Bar.

## BTC and Community Calendar – Future Regional Events

---

May 12, 2002 - Buffalo Triathlon Club vs Buffalo Bicycling Club Time Trial, Long Road, Grand Island. 9 am.

May 26, 2002 - Buffalo Marathon, downtown, 7:30 or 8 am.

August 3, 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

---

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

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

June 16, 2002 - Ohio Adventure Race Series, south of Columbus, Ohio.

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

**Only 88 days from May 1!**

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

**Only 137 days from May 1!**

## Ongoing BTC / Community Workouts

---

Masters Swimming: Tue/Thur @ 5:30 - 7 am and Sat 7:30 - 9 am, UB Amherst Pool. Occasional Sunday evenings, as well. Membership to Nickel City Splash and United States Masters Swimming is required to participate. Please see our website or call Dana White at 875.6792 for more information: [www.wings.buffalo.edu/org/nickelcity](http://www.wings.buffalo.edu/org/nickelcity).

Checker's A.C. Tuesday Evening Runs: 6 pm, UB Track. Membership to Checkers is mandatory to participate.

Tuesday and Thursday Evening Workouts: Chestnut Ridge on Tuesday and E. Amherst Fire Hall on Thursday.

Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston.

## And the Wind..., cont'd.

---

*(Continued from page 1)*

days until I read every article. Yes, I read the articles. Before putting it in the trash I tore out one picture and kept it with me until I reached my destination on Mt. Katadin in Maine.

The picture you ask, it was of the Guru Chrono; white with red and yellow flames. It was the flames that had me sold. I promised myself that if I finished that the hike I would reward myself with a new and faster bike. That's what I did. I ended up with the Tri Lite and recently, a pair of Zipp wheels. I was going to try my best not to spend another eight hours on a bike again during an ironman. I'll find out in September in Wisconsin.

I've been riding almost five days a week since January. Most of those rides were on my trainer with Troy Jacobson and friends or watching mind numbing movies. However, riding outside is a lot different from riding inside. The biggest factor that was missing was the wind. Having the dogs wag their tails just didn't do enough to recreate this feeling while on the trainer. My first few rides outside were discouraging. I want to be faster on the bike.

On April 16, you know that really hot day the day after winter ended, I had the Zips on for their second test ride. It was windy; 17 mph winds with 25 mph gusts. I know. I checked the weather on Internet to get a feel for the winds. (I have mild post-traumatic stress syndrome when it comes to wind since Pineman.) I set off on my hour ride anyway and when I got home, I would have a half hour run to get in.

I left Lockport and traveled along East Canal Road. I stopped at the stop sign at Fiegle Road. A kind motorist who was at the intersection first waved me on. Ahead of me by about a quarter of a mile was another biker. My goal was to catch him by the time I reached Dutch's Deli. I caught him near the curves on East Canal Road where I was cited for speeding on my way to play Lasertron. (The case is still pending while I form my legal team. I've got calls into O.J.'s Dream Team.)

I yelled out, "Left!" just before I passed. We exchange pleasantries and I put my head down and hammered on. My pride swelled a little bit as I thought to myself, "I passed a roadie. I passed a

*(Continued on page 4)*

### New Members for May

Patrick Dalton, John Fuhrman, & Vaughn Mielcarek

Name change: Barbara Bittner is now  
Barbara Mielcarek

*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!!!

**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.

**June Birthdays:** Mary Casey 6/1, Jack Gorski 6/2, Chuck Miller 6/3, Gene Wells 6/8, Skip Cook 6/10, Therese Fulle 6/10, Doug Bush 6/16, Matt Ruddy 6/20, Mark Luderman 6/22, Nikki White 6/25.

**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

I am preparing the brick workout schedule for the season. Weather permitting we will start the bricks on May 9<sup>th</sup>. Yes, spring is in the air even if it doesn't appear so as I write this. Again, for the new members, a brick is a run-bike-run. During our normal workouts you run and bike the distances you choose. Normally we do a 3mi. run, 20 k bike and a 3mi. run. However, you do what your time allows you to do. Once a month we have a timed brick and a time trial. The timed brick is a 1 mi. run, 2 loops of the bike route and a 3 mi. run. Affectionately known as the 123. The time trial is two circuits of the bike route. Trophies are presented to the members with the most points in each event, male, female, over and under 40yrs. of age at our annual banquet. If anyone has any questions e-mail me at [brickczar@aol.com](mailto:brickczar@aol.com).

**HELMETS ARE REQUIRED!!!!**

Mark your calendars for May 19<sup>th</sup>. Tom's Pro Bike is sponsoring a 50 mi. or 100 mi. ride. The start is at 9AM from Stieglemeir Park on Losson Rd. You must register prior to the start of the ride. (by 8:30) Food and drink available after the ride and there is no cost. The course will take you to Akron Falls County Park and back. If you plan on doing the ride and eating afterwards, please call Tom's Pro Bike at 651-9995. Need a count for food purposes.

SOUTHTOWN MEMBERS: If you would be interested in having a brick workout out of Chestnut Ridge Park on Tuesdays please e-mail me. If the interest is there I'll set it up.

## 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.

## Just A Joke - Article 7. By Glenn Speller

I'm sorry. To those of you who have suffered through article after article by me in this series filled with self-serving, self-important, ponderous, pretentious crap, I apologize. Truly, I need to lighten up. I also apologize in advance to those of you who may opine that I've lightened up too much with this article or that this article is tasteless, base and/or vulgar (which I agree it is).

What Ironman racing is really about is fun. And so, to help you have as much fun as you possibly can during IM USA or any other ultra distance race you choose, I've come up with the following rules to keep the party hopping, so to speak. And who better to dedicate these rules of upper echelon tri-society to than our very own "Prince of Puke", "High Priest of Piss", our "Bad Boy of Bodily Fluids", Richard Clark, who's motto used to be "Push 'til you puke, then push harder". I don't think I want to know what it is now.

"Richard's Rules of IM Reality"

Rule 1: Don't use a port-o-potty or bathroom immediately after John Pepke. Enough said. (Sorry John, but you just about

killed me at Eagleman one year).

Rule 2: Don't stand next to Glenn Speller while he's in his wetsuit and tell him how bad you need to urinate, because you're probably standing in his (see John, I can level blame at myself too).

Rule 3: When urgently desiring to urinate prior to a race while trapped in the long line of cars inching it's way towards the parking area, it is best not to urinate in the parking lot of a military base (just ask Rich Clark or Ryan Forrestel) or you may spend the day in jail, as opposed to having fun on the course.

Rule 4: When setting up your transition spot on grass, try to pick (if selection is an option) a high as opposed to low point. In doing so, remember my comments on evacuating one's bladder while putting on one's running shoes in bike to run.

Rule 5: The changing tent is the place for semi-public nudity, not the wetsuit stripping station at beachside. So don't go commando under your wetsuit if you're going to have it stripped off of you. Conversely, I hearken back to the event requiring Chris Ankrum's lengthy therapeutic engagement, when I note that you should aim your butt towards the tent

*(Continued on page 4)*

## And The Wind..., (continued)

*(Continued from page 2)*

roadie.” Now being a triathlete, I’m used to dropping back after being passed so that’s what I expected this guy to do. Then at one point I caught a glimpse of him over my shoulder. This surprised me. My thoughts came quickly. “Hey this guy is drafting off of me. Cheater. This guy doesn’t realize that he is behind Trail-wind.”

When we stopped at the intersection near Dutch’s Deli he told me that I had a nice bike. I explained that I was not used to people riding behind me. He said that he rides with others all the time and enjoys the benefits of drafting. (I too know the benefits of drafting after riding 70 miles with John Pepke and Bill Seyler one windy Mother’s Day a couple of years ago.) He asked if I minded if he continued in the draft as we pedaled towards Campbell Boulevard. He told me to give him a wave and he’d pull for part of the way. Well, I gave him a wave just after we crossed the two bridges that feed into Tonawanda Creek, but he didn’t pass. I thought that maybe there was a secret signal that I didn’t know. I slowed a bit and he still didn’t pass.

Finally, we reached the intersection at Campbell Boulevard. I came to a complete stop to wipe the sweat that was stinging my eyes. We introduced ourselves and now he complimented my riding. He complimented my riding. He said that he could have never pulled at 20 mph into that wind. He complimented my rid-

ing. I couldn’t believe what I heard him say.

(Once while running on a very wintry Sunday morning in the greater Gasport area with my great friend Cathy, the wind pushed us all over the place. At one point when Cathy was running behind me seeking shelter from the elements she yelled over the wind, “Look! I’m drifting!” Now Cathy is one to mix up terms and phrases from time to time. The humor warmed me. I explained that she wasn’t drifting, but drafting. I guess one had to be there. It was very funny at the time.)

As the other rider and I parted company, I exclaimed as I rode out of sight, “Buffalo Triathlon Club RULES and to all a good night!” Not really. Actually, I told him to check out our website and I then flew the rest of the way home with the wind at my back.

I still have a long way to go. There are still plenty of faster riders out there, but could it be true that the eight hour ironman bike split was a thing of the past? I still have a while to find out. Anything can happen between now and then. Anything can happen on that day and, most importantly, I have to accept what happens. All I can do is prepare myself physically and mentally. I am constantly visualizing perfect conditions and perfect times. I can’t wait for my next ironman. Good luck in seeking your ironman.

## Just A Joke (continued)

*(Continued from page 3)*

wall, not the door, when removing your wetsuit.

Rule 6. Try not to bite anyone during the swim even if they repeatedly punch you in the face. The human mouth has a lot of germs. You learned not to bite people when you were young, it’s probably worked pretty well for you thus far, so stick with it.

Rule 7. When urinating off of a moving bike, try to do so only in the non-passing inner lane, facing towards the shoulder of the road, with the wind, if possible.

Rule 8. Be considerate of others in T2 when grabbing food so as not to get your snark, scrock, snot and goobers all over the food table.

Rule 9. When vomiting on the run, try to do so discretely. The same applies to bowel movements. Try to get to the shoulder

before you begin, if you can, so that others who are unable to weave to and fro by that point won’t slip in it. It’s best if you can make it to the port-o-potty, but remember if you’re going to sit in one later on in a race, that you might want to hook your race belt around the door spring so you can haul yourself up with your arms when you can’t press yourself out of a squat with your shredded legs. You can pretty much just piss in your pants though, but do try to wash it off at the next aid station with a cup of water.

Rule 10. Do your best not to slobber/sweat all over the people who help you walk after you’ve crossed the finish line, even if they are wearing plastic shirts.

Enjoy.

## “Aspirin and Ibuprofen, Good Together?,” by Mary Eggers, RN

Researchers have recently discovered that when ibuprophen and aspirin are taken together (or close together), the effects of aspirin can be cancelled.

Many people take 81 mg of Aspirin for its anticoagulant (blood clot preventing) effects. Research shows that taken regularly in low doses, this therapy decreases the risk of myocardial infarction and other blood clot related events.

A group from the University of Pennsylvania have found that

400 mg of ibuprophen taken 2 hrs before 81 mg of Aspirin, negated, or blocked the blood thinning effects of the aspirin. HOWEVER when 400 mg of ibuprophen was given two hours AFTER 81 mg of aspirin, the blood thinning properties of aspirin remained intact.

More research is needed to determine whether patients on both of these medications are at a higher risk for heart disease or stroke. As always, check with your primary care physician and pharmacist before altering your drug regimen.

## On The Road With The Nowak Boys - by Jack Gorski

---

The dictionary defines adventure as an exciting or unusual experience. In this case, I think the word is synonymous with nightmare. No definition needed there. What started out as a trip to the Around the Bay Road Race as a training run for the Buffalo Marathon turned into a family affair with me as the babysitter and referee.

First, there is Michael. You may remember him in his role as the Rubber Ducky Triathlon instigator, or perhaps as the food compactor at the first Camp Kenan club tri. Some of you may have met his younger brother Tony at the Brick site or as the guardian of our vehicles at last year's Ride of Spring. Tony is a sophomore at UB majoring in skipping classes. His ambition is to have a no show government job. The skipping of classes, I was told, qualifies as experience.

Nowak the Younger entered the race never having run more than 10 miles. The 10-miler was run with me one week prior to the race. Oh, to have the brashness of youth. You probably feel sorry for me already and I've only introduced the characters of my travail.

The first issue was getting Michael to understand the concept of time. You see, Michael only recognizes mealtime. Tony has no issue with time because he knows what time it is by which class he is skipping. Having reached an uneasy compromise on the time, we departed without further ado.

The first sibling battle began over the radio and the station to listen to. A compromise was reached when I turned it off. Next on their agenda was to out do each other by knowing the artist that sang the song being played. Since I only listen to classical stuff I didn't have a clue. They quickly lost interest in that game since both were equally matched.

We reached Canadian customs and as it usually seems, picked the wrong line to get into. This guy was determined not to let any US terrorist enter the country. However, this guy had another agenda. After asking the standard, citizen of what country, we were asked for a picture ID. Upon which he inquired, "what is your relationship with the Nowak Boys?" All three of us had more than

enough wiseass remarks, all of which would have had us pulled over in a matter of seconds. I then was asked if I was bringing them back. Guess what I wanted to say.

Somehow we managed to keep our mouths shut and were allowed to continue after explaining what running stuff was. Being safe within the confines of Canada we shared our thoughts of "the relationship." This kept us occupied and laughing for a while. As we checked into our motel we shared our border crossing woes with the owner and shared another round of comments and laughter.

To me there is nothing worse than going shopping. Especially when you are with someone who must go into every store even though they have no intention of buying anything. Michael at the Sports Expo after picking up our race packets.

Food time! Not only where but what. I acquiesced to pizza only to save time because I was more interested in getting back to the motel than what my cardiologist would say. Sedated from the meal, we returned to the motel and mellowed out. Naps were in order and allowed me time to recapture my sanity.

Dinner. You won't believe this but Michael did not want to eat. That's right, after only 3 pieces of pizza he was not hungry. Actually, he was tired from getting up so early so he had to sleep. He thinks I didn't know. So Tony and I enjoyed a quiet pasta dinner at one of Hamilton's finer Italian eateries. Michael would not have liked it since they didn't serve a pound a spaghetti per order.

Race morning. Would you believe, that having risen at 7AM, 2 1/2 hours before the start, Michael was in the shower ten minutes before the start? I didn't! We all got through the race, the furthest we have run to date. That skinny little twerp Tony, he did better than we did. The only consolation is he is still unable to walk.

Would I do it again? I would have to think about it for a long time. Like until after the race was over. Well, not really. It was kind of like being the bus driver on the field trip in *One Flew Over the Cuckoo's Nest*. All you have to do is drive and listen to the crazies. Entertainment at its best.

## President's Column - by Rich Clark

---

May 12<sup>th</sup> (Mother's Day) is the inaugural BBC vs. BTC 20k Time Trial (all BTC members are invited).

Jim Costello, President of the Buffalo Bicycling Club (BBC), has invited the BTC to a time trial on May 12<sup>th</sup> starting at 9 am. Riders will start their ride in approx. 1 minute interval. The time trial is free to all BTC members as long as you sign a waiver releasing the BBC. The TT will be a 20k.

This is the info from the BBC's website:

May 12 (Sun) TT Challenge, Grand Island - park at OxyChem, Long Rd, Grand Island

Questions: BBC Race & Info Line 716.832.7796

Website: <http://buffalobicycling.com>

For your information, since we were invited I was informed that I must make a small bet to make this interesting. Hope to see you there to ride against the BBC.

-----  
Another Calendar Date:

BTC night with Cervelo at Handlebars Cycle Company - May 21<sup>st</sup>, 2002

Event timeline:

4pm - Ride with Heath from Cervelo (~1.5 hrs)

6pm - Presentation by Heath from Cervelo

After presentation TBA

<http://handlebarscc.com>

<http://cervelo.com>

Thanks, Rich



# BTC Brick Workout Schedule for 2002 - Jack Gorski



Here is the brick workout schedule for the 2002 summer. There are two workouts per week, one at Chestnut Ridge and one at the East Amherst Fire Hall. The workouts at Chestnut Ridge are dependent on people participating. Please take advantage of this great transition workout!

CR = Chestnut Ridge Park      NA = North Amherst

May 7 <sup>th</sup>	Brick	6 PM	CR
May 9 <sup>th</sup>	Brick	6 PM	NA
May 14 <sup>th</sup>	Time Trial	6 PM	CR
May 16 <sup>th</sup>	Time Trial	6 PM	NA
May 21 <sup>st</sup>	Brick	6 PM	CR
May 23 <sup>rd</sup>	Brick	6 PM	NA
May 28 <sup>th</sup>	Timed Brick	6 PM	CR
May 30 <sup>th</sup>	Timed Brick	6 PM	NA
June 4 <sup>th</sup>	Brick	6 PM	CR
June 6 <sup>th</sup>	Brick	6 PM	NA
June 11 <sup>th</sup>	Time Trial	6 PM	CR
June 13 <sup>th</sup>	Time Trial	6 PM	NA
June 18 <sup>th</sup>	Brick	6 PM	CR
June 20 <sup>th</sup>	Brick	6 PM	NA
June 25 <sup>th</sup>	Timed Brick	6 PM	CR
June 27 <sup>th</sup>	Timed Brick	6 PM	NA
July 2 <sup>nd</sup>	Brick	6 PM	CR
July 4 <sup>th</sup>	Holiday- get sick eating junky hot dogs etc.		
July 9 <sup>th</sup>	Time Trial	6 PM	CR
July 11 <sup>th</sup>	Time Trial	6 PM	NA

July 16 <sup>th</sup>	Brick	6 PM	CR
July 18 <sup>th</sup>	Brick	6 PM	NA
July 23 <sup>rd</sup>	Timed Brick	6 PM	CR
July 25 <sup>th</sup>	Timed Brick	6 PM	NA
July 30 <sup>th</sup>	Brick	6 PM	CR
Aug. 1 <sup>st</sup>	Brick	6 PM	NA
Aug. 6 <sup>th</sup>	Time Trial	6 PM	CR
Aug. 8 <sup>th</sup>	Time Trial	6 PM	NA
Aug. 13 <sup>th</sup>	Brick	6 PM	CR
Aug. 15 <sup>th</sup>	Brick	6 PM	NA
Aug. 20 <sup>th</sup>	Timed Brick	6 PM	CR
Aug. 22 <sup>nd</sup>	Timed Brick	6 PM	NA
Aug. 27 <sup>th</sup>	Brick	6 PM	CR
Aug. 29 <sup>th</sup>	Brick	6 PM	NA
Sept. 3 <sup>rd</sup>	Time Trial	6 PM	CR
Sept. 5 <sup>th</sup>	Time Trial	6 PM	NA
Sept 10 <sup>th</sup>	Brick	6 PM	CR
Sept. 12 <sup>th</sup>	Brick	6 PM	NA
Sept. 17 <sup>th</sup>	Time Trial	6 PM	CR
Sept. 19 <sup>th</sup>	Time Trial	6 PM	NA
Sept. 24 <sup>th</sup>	Brick	6 PM	CR
Sept. 26 <sup>th</sup>	Brick	6 PM	NA

There are no rain dates for any of the timed events. If you don't sign in, your times will not be counted. The Sept. schedule is tentative at this point.

The schedule was prepared without taking any race schedule into consideration. If you don't do a timed event due to a race on the upcoming weekend, that's your choice.

## Getting to Know You — also titled, Who is Bud Hesse?

### Elmer "Bud" Hesse ...

Years in Triathlon:  
Bud: 3 years

Years Married: 20 years

Children or pets: 3 (Ed. - not sure if all 3 are children)

Favorite pre-race meal:  
Bud: Pasta

Least favorite pre race meal:  
Bud: Candy

Favorite race:  
Bud: Any sprint distance

Favorite workout:  
Bud: Bike workouts

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

### My hero:

Bud: Anyone who never gives up

### To Ironman, or Not to Ironman:

Bud: Before I'm 50

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

Bud: Driving, just kidding

### Favorite running shoes:

Bud: Asica

### Oldest piece of training wear:

Bud: Besides my knees, shorts

### Funniest / Best tri memory:

Bud: Swimming at Grand Island in seaweed & 4th of July at the Pier.

# May 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 CR Brick Workout	8	9 AM Brick Workout	10	11
12 Subaru Brick	13	14 CR Bike Time Trial	15	16 AM Bike Time Trial	17	18
19	20	21 CR Brick Workout	22	23 AM Brick Workout	24	25
26 Buffalo Marathon	27 Memorial Day	28 CR Timed Brick Workout	29	30 AM Timed Brick Workout	31	

### Schedule of Events

- **Every Thursday Evening in May** - Brick Workouts at the East Amherst Fire Hall, Tonawanda Creek Road. 6:00 pm. Labeled AM in the calendar.
- **New This Year!!! Tuesday Evening Bricks in the Southtowns** - Brick Workouts at Chestnut Ridge Park. 6:00 pm. Labeled CR in the calendar.
- May 9th - BTC's Monthly Meeting at the Brick workout, East Amherst Fire Hall, Tonawanda Creek Road, Amherst, ~7:30 pm. Take part in the BTC workout and then stick around for the monthly meeting.
- May 12th - BTC vs BBC Time Trial Challenge, 20km. OxyChem parking lot, Long Road, on Grand Island. 9 am.
- Informal Monday evening runs in Niagara Falls near Goat Island. Four Seasons parking lot, 5:15pm. Run whatever distance you want.
- 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!

## Take My Advice, cont'd.

(Continued from page 1)

1. The first thing I would suggest is getting rid of the Vaseline. I don't think that helps at all. I used some in my first marathon and got blisters. Since then I have never used it and I have been fine. I also don't like the Thorlo socks - they are too thick. I run quite often in the thin cycling type socks. I have run marathons in them and been quite comfortable (at least in terms of no blisters). I would suggest trying a thinner pair of socks. The others I am partial to are the double layer Cool Max socks from Road Runner Sports. Good luck figuring it out. -Ryan Forrestel
2. I have worn The Cool Max blister free socks, the ones with a blue stripe across the toes, for 12+ years and 7 marathons without a blister. I do not recommend anything else. -Todd Lemmiksoo
3. I'm an expert on blisters. Try Body Glide for starters. Where are the blisters on the feet? Backpacker Magazine rated blister blocking remedies. Athletic tape was number one. Band-Aid Brand Blister Blocker was number two. Many AT hikers went with duct tape. - Jeff Tracy
4. Too Sexy: I have the same problem usually on my littlest piggies. I use blister blocks, it's a bandage made by Band-Aid. They come in different sizes. They are pricey but worth it. They even stay on when wet. I plan on using them in Lake Placid. Look for the blue box at any drug or supermarket. Hope this helps. -Nancy Gworek
5. Check the fit of your sneakers. I wear Cool Max running socks, not to heavy. -Tracey Bernardoni
6. Thin socks work well. You also might try wearing two pairs of socks -- one thin, one thicker, putting the thinner layer on first. This way, the rubbing that creates the blisters will occur (in theory) between the two pairs of socks, rather than between the socks and your feet. Make sense? Let me know if you try it -- it works well for me during long runs. -Quinn Ankrum
7. Try a new pair of socks-- I think the Thorlos are too thick! Good luck. -Joan Gregoire
8. I've had good luck with the thin cycling type socks (the kind with all the designs on them). Also, for my first 2 marathons I wore socks that are guaranteed to keep you blister free. I'm not exactly sure of

- the brand name but they sell them at Sneaker Advantage. They're low cut, plain white and kind of expensive. They actually have 2 layers in them. -Amy Faktowitz
9. I'm not trying to sound macho, but the best way to deal with blisters is to get'em and keep running until your skin toughens up. It will suck for a little while but blisters will harden into the calluses and the soft skin will be gone for good, making your feet ready for better running come race day. Friends of mine used to use Mole Skin (actual name of the product that you can find in drug stores) while they were skiing. You get a patch of Mole Skin, cut it around the blister, stick it to the skin and the abrasiveness goes away. Sorry. It sucks but the best way to get through blisters though is to run through them. But just think how that poor sap's feet felt (and how many blisters he had) after running across Greece from marathon to Rome and with a message that they won or lost some war and then he dies. Poor jerk. He should have stopped at the water stops, or eaten a power bar. -Joe Meyer
- Well, after all this advice, what did I end up doing? First I went to Dick's Sporting Goods and bought a pair of very thin Wig Wam brand running socks to run in, and they worked pretty well. I then went online and found the WrightSock Double Layer Running socks with the Anti-Blister System (the ones with the blue stripe on the end) at Dicks Sporting Goods online. The best part is that they only had 8 pairs left, so they were on Super Clearance (I'm talkin' **CHEAP** y'all!) Yep, I bought them all. Since wearing these socks, I've had pretty much no blister problems whatsoever, and that even includes racing the Around the Bay 30K in Canada (18.6 miles), and the GBTC 1/2 Marathon in Grand Island. I highly recommend getting a pair of these socks if you have blister problems. They have worked WONDERS for my feet, and I'm sure they would for you. I thank everyone who wrote back to me for their help, it was greatly appreciated. If there's one thing we all should have learned from this, it's that Joe Meyer is a nut, my birthday is May 10<sup>th</sup> (I'll be 24), and that I expect presents from you. Thank you.

## Buffalo Triathlon Club

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



### Welcome to CLIF Bar, 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](http://buffalotriathlonclub.com)

Where is this snow coming  
from? I want Summer!

#### **BUFFALO TRIATHLON CLUB**

Send submissions for June's QT  
By May 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:** "Take your mind, throw it up the mountain, and then follow it." Anonymous breast cancer survivor, on how to achieve a difficult goal.

## May BTC Meeting

**May meeting** is scheduled for May 9th at the East Amherst Brick Workout, E. Amherst Fire Hall, at approx. 7:30 pm.

**BTC Quote of the Month:** "This sure beats a day in the office" — Chris Ankrum after spending the day riding road bikes around Arches National Park, Moab, Utah, with Greg Drumm.

**WANTED:** Articles for the upcoming BTC newsletters. Next month we have submissions from Glenn Speller, Jack Gorski, Mary Eggers, Jeff Tracy, and Rich Clark (he promised). We'll also feature another club member in Getting To Know You, and hopefully the Top Ten List will make a reappearance. If you want to share your experiences, joys, triumphs, sorrows, or knowledge, send us an article. Thanks!!!