



# Quick Transitions

## “Keep It Simple, Stupid!” By Joe Meyer

I love that piece of advice. I can't remember who offered me that piece of wisdom first, but whoever did, thanks. It may have been a teacher telling me that I was thinking too much on a math problem or a coach in high school or college who was pissed at me while I was trying to do too much with the ball during a practice or a game. It could have been one of my parents (they probably didn't add the stupid, they are too nice for that) or it could have been one of siblings (they would have added the "stupid"). But whoever first said it to me was really smart.

It's a little bit of knowledge that works in all aspects of life. Throughout one's life it is best to keep it simple. Do whatever it is that will make you happy, surround yourself with people you get along with, and keep things in perspective. Simple, right?

The same rule applies in these ridiculously stupid endeavors called triathlons. KEEP IT SIMPLE. We have to swim, ride a

bike, and run around. That's it. In duathlons it's even easier: just run and ride a bike. But whichever multi-sport you want to participate in, remember, these are simple activities. So simple that millions of kids do triathlons everyday. Have you ever had to baby sit kids (Note to the Speller and Eggers family, this is not an offer to baby sit.), work at a summer camp, or just watched kids playing at a park during the summertime? Just about every single six year-old knows how to swim, ride a bike, and run around. They love to do it and usually can do it all day long. And as grown-ups we get nervous before we are about to swim for a little while, ride our bikes, and then run around, how ridiculous is that? Despite what all the engineers may say about aerodynamics on a bike or what all the "science experts" say about technique and mechanics, this stuff is not rocket science. These races entail simple tasks that kids do everyday.

*(Continued on page 2)*

## Sponsors of the Month By Jack Gorski

### Handlebars Bicycle Company

When you walk into Handlebars don't expect to find any hirsute supplies. The reason being that the full name is Handlebars Cycle Company.

Owners: Pete dePagter  
 Manager: Jim Costello  
 685 Englewood Ave.  
 (Starin @ Englewood)  
 Kenmore, NY  
 Phone #: 835-0334  
 Web: handlebarscc.com  
 info@handlebarscc.com

Handlebars has been serving the WNY cycling community since 1971. They are a full service shop for the entire family. The racing and triathlete enthusiast as well as the casual rider can

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### Runner's Roost

This month's profile is on some feet people, Runner's Roost. The store has been at its present location for 19 years. The proprietor has been in the business for about 25 years, he knows feet.

Owner: David Borodzick  
 Address: 4190 North Buffalo Rd.  
 Orchard Park, NY 14127  
 Phone: 662-1331  
 Web: None  
 E-Mail: crowz@adelphia.net

Runner's Roost specializes in footwear for running, walking and cross training. They carry Nike, Mizuno, New Balance, Saucony, Brooks and Asics running shoes. If you're looking for something to wear after the race you know,

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This Month's Highlighted Sponsors are Handlebars Cycling and Runner's Roost.

## BTC and Community Calendar – Future Regional Events

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June 1, 2002 - Edinboro Triathlon, Edinboro, PA. Olympic distance. Details at [www.hamot.org](http://www.hamot.org) or call 814.455.2091.  
June 2, 2002 - Milton Triathlon, Milton, Ontario. Try-a-Tri, Sprint, Duathlon. Details at [www.trisportcanada.com](http://www.trisportcanada.com) or 905.945.6608.  
June 8 & 9, 2002 - Orangeville Time Trial Triathlon. Orangeville, Ontario. Try-a-Tri, TT Triathlon, Duathlon. Details at [www.multisportcanada.com](http://www.multisportcanada.com)  
June 9, 2002 - Gallagher Beach Triathlon, Gallagher Beach along Lake Erie. Look for details at [DuTriSports.com](http://DuTriSports.com) or call Handlebars Bicycle Company.  
June 16 - Green Lakes Triathlon, details at [www.cnytriathlon.org](http://www.cnytriathlon.org).  
June 15 & 16 - Muskoka Triathlon, Huntsville, Ontario. Sprint, Long Course Triathlon, Duathlon. Details at [www.trisportcanada.com](http://www.trisportcanada.com) or 905.945.6608.  
June 22 & 23 - Guelph Triathlon, Guelph, Ontario. Try-a-Tri, Sprint, Olympic Triathlon, Duathlon. Details at [www.trisportcanada.com](http://www.trisportcanada.com) or 905.945.6608.  
June 30, 2002 - **Rescheduled** Buffalo Triathlon Club vs Buffalo Bicycling Club Time Trial, Long Road, Grand Island. 9 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

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June 16, 2002 - Ohio Adventure Race Series, south of Columbus, Ohio.      September 15, 2002 - Ironman Wisconsin, Madison, Wisconsin.  
July 28, 2002 - Ironman USA, Lake Placid, New York.      **Only 107 days from June 1!**  
**Only 58 days from June 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. 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.

## Keep It Simple..., cont'd.

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*(Continued from page 1)*

We just have to swim, bike and run.

So to those who are thinking of doing their first race and are unsure how to prepare, keep it simple. You will need to swim, bike, and run in the race, so in order to train for that race, just start swimming, biking, and running. To those who worry too much if they are training correctly or not training enough, keep it simple. In order to get ready for a triathlon go outside and play around like a kid. If you are worried about doing a longer race than you have ever attempted, keep it simple. The goal in every race is to finish. So go your own pace and enjoy the day, and you'll probably accomplish that goal.

There is one more very important thing to learn from kids. The next time you see kids running around, biking through the streets or swimming in a pool, look. They smile. While kids partake in their daily "triathlons," they laugh and enjoy themselves. They couldn't be happier as they swim, ride and run around in the warm sun. Take a note and try it the next time you are in a race. Try and ignore any pain, take off the serious race face scowl and smile. You may actually enjoy running, biking, and swimming a little more.

Multi-sport races really aren't difficult. Kids do them everyday. So remember, smile and keep it simple, stupid!

### New Members for May

Patrick Reilly, Gary Thompson, Dan & Anne Horan  
*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!!!

**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.

**July Birthdays:** Jeanne Elvers 7/8, Jonathan Bernstein 7/10, Steven Lee 7/12, Geoffrey Flickinger 7/12, Jim Michaels 7/14, Suzanne Fenger 7/19, Marc Moribella 7/21, Patrick Scott 7/22, Wendy Tocha 7/23, Andrew Moynihan 7/28.

**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

Well, to date (5/19) Ma Nature hasn't been very kind to us. As you all know it's been cold, windy and Noah's Ark would be more useful than our bikes. Hopefully, She will see the light and provide us with some decent training weather.

This month I want to discuss the brick workouts and offer some suggestions for you to better utilize them. The brick's are a venue provided to members to use to increase their proficiency and thereby allow them to do better in the races. Normally a run - bike - run scenario, but all too often they are not being used productively. That is, to work on the weakest of the three areas of your racing; running, biking and transition. These workouts are not meant to be competitive so don't get caught up in the race mentality (excluding the timed events). Do what you need to do to help you achieve the goal (s) that you have set for yourself for this season.

### The Run

Don't run the 3 miles because everyone else is or that's what we do. If you don't do track workouts this is a good time to work on technique. Concentrate on your breathing, how you're

holding your arms and hands, are you bouncing up and down or wandering all over the bike path. Don't be afraid of asking others to watch you and comment on your form.

You can use the run to do intervals, strides, a tempo run or other speed play that will help improve your times. If you come to the "Ridge" hill repeats are a sure fire way to increase speed and strength. There's also the lower loop for a longer more casual hill run. Don't forget to leave some time for cooling down.

### The Bike

If you do track workouts perhaps the run could be shortened and used more as a warm-up if the bike is your weaker event. This will allow you more time to cycle to improve this area.

As with running, concentrate on your technique and determine if the bike is properly fitted. On the technique side, are you pushing on the down stroke and pulling on the up stroke, all in one continuous motion? When you pedal, are your toes

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## The Meaning of Life - Article 8. By Glenn Speller

No, I'm not even going to try that to touch that one, but I thought that it would get your attention. The meaning of anything is really based on the individual who is doing the evaluating or contemplating. An IM distance race is like that too. What I put in these articles, I've gleaned from my experiences. My road to the IM distance race began in 1986 with my first triathlon in New Jersey. I crashed in the rain on the bike, blood was streaming down my back, but I still had a great run and finished well. At 24 years old, this was a great and glorious thing. Ever since, I've enjoyed the experience, and the lifestyle. Racing, training, traveling, eating more food than the average six people, you know the drill.

Well, I still love the training 16 years later, the racing is o.k., but as Scott Molina used to say "Racing really messes up your training schedule", the traveling is a bit of a drag when you've got to bring the baby stuff along too, but I'm still gobbling down Krispy Kremes by the box (but only when they're hot).

Things have changed in the realm of IM racing. If you want to do one, you just have to be in the first thousand or so people to sign up with \$400. This runs contrary to the majority of my triathlon experience. I have always felt that you had to earn your way into the Ironman, because during the 80s and 90s, the only way to get to the only Ironman was to qualify at a qualifier (or go in through the lottery - which was always viewed sort of as the back door). So for approximately 40-50 races at the half

IM distance, I tried and every time came up one or more places short. So I didn't go. Then in the late 90s everyone was talking about the "Great Floridian" and judging from my placing at the high profile half Ironman distance races around the country I felt that I could go there and do well. Well, I did get a decent understanding of labor pains, because the nurse who held my spasming legs down in the medical tent for three hours told me that what I had just gone through was equitable to labor. I also received a healthy dose of humility, but well I did not do - I didn't even finish.

You see sometimes your experience at one thing, really works against you in something similar, but not quite the same. At the Floridian, I thought I should ignore the pain and other warning signs of impending doom. I always did at the halves and it served me well.

Now I know better. But unless you're John Pepke (8-10 IM distance races finished), Steve Hoadley (one Hawaiian IM finish, plus other IMs), Ryan Forrestel (two Hawaiian IM finishes, plus other IMs), Bill Seyler (4-8 IM distance finishes), Barry Dunstan (3 IM Canada finishes) or Rich Clark (4-8 IM distance finishes), you're probably are doing your second, third, or even first IM distance race. It's not an easy course either. So take it easy, remember that it's an experience, or more to the point, just part of THE EXPERIENCE. Good luck, and God willing, I'll see you at the starting line.

## Sponsors of the Month, cont'd.

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(Continued from page 1) **Handlebars Bicycle Company**

find equipment to suit their needs.

Even though you won't find any mustache wax, you will find a plethora of bikes. They carry the following lines: Lemond, Bianchi, Trek, DeRosa, Merlin, Pinarrello, Cannondale, Quintana Roo, Colnago and others.

Cycling accessories include components, tires, tubes, seats, wheels, pumps, trainers and helmets. Items of apparel include the usual shorts, shirts, socks, gloves, and rain gear. This list is not exhaustive, so if you're looking for a particular item, stop in or call.

Custom fittings are offered with the "FIT-Kit" and the Serotta Size Cycle for the serious riders. Fittings for new bikes are included in the cost.

Services include basic tune-ups through complete overhauls. So if you're looking to have your bike checked out, call to get a run down on the various service options.

Need a bike box to go to a race? Handlebars' has 3 available for rent. Please call to reserve and ask about availability.

The Club discount policy is as follows: 5% on bikes and frames, 10% on parts and accessories, and 10% on clothing. There is a return policy that will get you a store credit on some items. Ask about it at the time of purchase. Defective products, which are the manufacturer's fault, can be returned. Again, ask.

Pete, the owner is a native of the Netherlands and has vast road racing experience, which includes many International events. Jim, the manager, has also raced extensively both in the US and Internationally. They feel that this experience is what separates them from other bike shops. In addition, the store's longevity, the specialty items they carry and their knowledge of the area's cycling community, they feel, ranks them higher than their competitors.

Handlebars sponsors a race team, Handlebars Cycle. In the spring of each year they have a six-week training series with rides to Lockport. On the community side, they have provided maintenance support for the Ride for Roswell and the American Lung Association.

(Continued from page 1) **Runner's Roost**

something to let your feet breathe, they also have Teva sandals. Clothing items includes shorts, tees, singlets, tights, vests, windbreakers, vests and socks manufactured by the usual household names in athletic apparel. If I haven't mentioned an item you are looking for call and ask for it.

Accessories include sunglasses, Timex Sports watches, and arch supports. Also noticed, tucked away in the corner, were swim goggles and caps.

The discount policy is 10% off all merchandise in the store except sale items. The return policy is that all unworn merchandise is returnable with the sales receipt.

A fair number of members already use Runner's Roost as their shoe store of choice. Dave believes that is because of the store policy of making sure of the shoe type and fit before the customer walks out the door.

When asked what it is that makes his store a better choice than any of his competitors, the response was product knowledge, service and fittings. This circles back to the store policy of making sure the customer has the shoes they need for the type of feet they have and the running they do. Not the shoe that looked so pretty in the magazine ad.

His quote, "anyone can buy an expensive shoe, but buying the right shoe for your feet is key."

Dave, a former runner retired due to injury, has remained active with the running community by either sponsoring or co-sponsoring running events. Some of these are the Orchard Park Scholarship Run, Hunter's Hope Run, the Buffalo Marathon and he also provides numbers, bags, and coupons for a number of other local races. He also co-sponsors with Checkers, the high school rankings and a cross-country invitational for western New York elite high school runners.

We have members that get involved in local races. Dave has a board just dying to be filled with race applications. He complained that he had more from out town races than local ones. Spread the word.

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## "St. John's Wort, What's the Deal?" by Mary Eggers, RN

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St. John's Wort is a common supplement taken for depression, and used topically for skin conditions. It comes from the tops of the perennial plant *Hypericum perforatum* L. The flower has a red staining oil, and according to popular belief the name came from St. John the Baptist's blood after his beheading.

Some of the common supplements in which St. John's Wort can be found are Hypercalm, Kira, Mood Support, Nutri-Zac, Tension Tamer, etc. It comes in the form of caplets, capsules, tea, and liquid.

Some of the side effects of St. John's Wort can include stomach upset, headache, rash, hives, constipation, dizziness, dry mouth, sensitivity to light, difficulty sleeping, etc.

If you take this supplement with other prescribed medications, can produce unwarranted effects. Here are some examples: combining St. John's Wort with alcohol, cold and flu medicines

can enhance any side effects normally experienced. St. John's Wort can negate the effects of birth control pills (so can echinacea).

Taken with blood thinners, St. John's wort can thin the blood too much.

If you have surgery of any kind, tell your MD what you take. Not only can St. John's Wort cause too much bleeding, but it can enhance the effects of anesthesia, putting you further under.

Remember that many herbal medicines are completely safe to use. Many are not FDA approved though, so you need to educate yourself and make a decision based on that research.

Any time you visit your doctor make sure you tell them about any or all herbal medicines you are taking. Use caution.

## Biking With Some of Hollywood's Greatest Stars - by Jeff Tracy

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Hopefully, by the time everyone reads this, their trainers, be they wind, mag, fluid or the dangerous rollers, will be tucked away in a closet or underneath a bed collecting dusk right next to their EZ Glider, Ab Roller or Thighmaster. After a long winter's worth of riding I am sure that everyone has had enough of that dreaded machine and is ready to ride like the wind out in the wind.

At last month's triathlon clinic given by triathlete coach extraordinaire Kevin Mackinnon he said to get outside as soon as possible, but ride inside at least once a week. Dang! One of Coach Troy's athletes said on one of the SPINeRVALS tapes that she still rides inside on her trainer on rainy days. Dang! I thought that thing would be history at least until the first snow flies in September. (Okay, maybe in October.)

What I would like to offer at this point is a set of brief movie reviews for the next time you are on your trainer for over an hour. Now I am no Jeff Simon, Gene Siskel, Robert Ebert, Joel Siegel or hell, I'm not even a Gene Shalette. I can't compete with that guy's hair. I can't even compete with his mustache. (Okay, how many of you are thinking that this guy knows the names of far too many movie critics?) I have no credentials in this area, other than that I watch movies once in a while.

The first movie I watched while on my trainer was "The Nutty Professor 2" on Christmas Day. I am very fond of the original, but the second just didn't compare. The scatological humor of the first was replaced by much more sexual humor in the sequel. Although Sherman Klummps' grandmother is hilarious in her search for sweet sweet love, I think that they should have stuck to the digestive issues of the Klummp family. I think they tried too hard in the sequel to recreate the masterpiece of the original. Eddie Murphy's ability to play multiple characters shows his comedic genius over and over again. I recommend "Coming to America" and SNL's "The Best of Eddie Murphy" over NP2. However, if anyone would like to see it, I have my own copy that I'd be more than happy to loan out. I give it 2 Nimble wheels out of 5.

My next review is "Jurassic Park III". (I tried to make the three mark look like raptor scratch marks, but I don't have that font. Dang! The review would have been much more dramatic and dare I say spine tingling if I had.) Now on with the review. (At the time of this writing, it is once again snowing. I can't believe it!) This was a good movie for training. The action and effects held my attention for the duration. The second JP came nowhere near to the sense of awe I felt while watching the original. The third came real close to recreating that feeling. I have to admit, a few times I looked behind me to see if the raptors were stalking me, but it was just my trainer squeaking. The next time you need a movie for a long ride, give JP III a spin. I give it 4 Nimble wheels out of 5.

Next up is "Big Mama's House" starring Martin Lawer-

ence. That man cracks me up and any movie that has a gospel choir in it is all right by me. I was churching while riding to this flick. Now Martin is no Eddie when it comes to throwing on a body fat suit, but he gave it the old college try. You'll laugh the whole way through your ride. I give it 3 Nimble wheels out of 5.

I hate to admit this, but one Sunday morning I rented "Jay and Silent Bob Strike Back". As the movie began I was ready to have cramps because of the laughter induced by the opening scene. Jay hits a nasty (meaning good in this situation) rap about Morris Day and the Time. You know, the guy that sang Jungle Love; a big hit in the mid 80's. After that, my head dropped many times and I recall saying to myself, "I can't believe I rented this." At times it was pure torture, but then again the sophomoric humor kept me rolling forward in place. If you like "American Pie", "South Park", "Clerks", "Dogma" and the like, you'll enjoy this movie. I give it 1 Nimble wheel out of 5.

"Zoolander" starring Ben and Jerry Stiller cracked me up while riding one Saturday afternoon. The spoof of the male modeling world is worth the rental fee. Ben's character, Derrick Zoolander, is so incredibly ridiculous in his quest for perfecting a new look called Magnum. His antagonist early on in the film is the same guy who was his antagonist in "Meet the Parents." The two would eventually unite to battle the forces of evil in the fashion world. This partnership rivals that of Jeff Daniels and Jim Carey in "Dumb and Dumber." My favorite scene is the breakdance fighting scene. It is a good laugh. I give it 3 Nimble wheels out of 5.

Finally, I'd like to highly recommend "What's the Worst That Could Happen?" starring Martin Lawrence and Danny DeVito. I enjoyed this movie from the opening credits until the disclaimer at the end saying that the film is fictitious and any similarity to actual persons, living or deceased, is purely coincidental. Lawrence plays a crook who falls in love, while DeVito plays a scoundrel CEO of a large company who tries to buy his way through life. The two conmen cross paths when Lawrence's character gets caught by a cheating DeVito while trying to break into one of his many homes. Then DeVito steals from the thief and the hijinks continue from there all the way to the very end. I give this film 4 Nimble wheels out of 5.

Those are my movie reviews. I hope it helps the next time you've got a long ride on your trainer planned and are looking for a film to help pass the time. I would also like to suggest "Joe Dirt" starring David Spade. Had I watched this while on my trainer I would have given it 5 Nimble wheels out of 5, but since I didn't see it while on my trainer I'll have to hold off on my review. I've already seen it three or four times, so the law of averages says that I'll see it someday while on my trainer. Then I'll be able to offer a complete review. Also, the "Simpsons" always hits the spot while on the trainer.

Stay healthy and keep training.



## 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

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 Rich Clark?

### Rich "The Prez" Clark ...

Years in Triathlon:

Rich: 10 - 14 years

Years Married: Not yet, soon though, Aug. 9th, 2002

Children or pets: 5 foot Green Iguana & a Russian Blue Cat

Favorite pre-race meal:

Rich: The morning of a big race I like a microwaved one pound yam or Pop tarts

Least favorite pre race meal:

Rich: Pig Brain juiced with rooster parts

Favorite race:

Rich: Peterborough 1/2 IRONMAN, nice and hilly on the bike

Favorite workout:

Rich: Anything that is slightly painful or Aerobic weight training. I have a good workout if anyone needs it

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

Rich: Biathlete or skeleton racer, but I hate winter

My hero:

Rich: Lance Armstrong. He's the man!

To Ironman, or Not to Ironman:

Rich: This year IRONMAN and next year DUATHLONS (no swimming, yeah. All right I'll do some)

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

Rich: Take out the swim and make it a run or add other events to make it an adventure type race

Favorite running shoes:

Rich: Saucony Grid Hurricanes only because I wear them now. Otherwise Nike that had the lizard print on them from about 10 years ago that had no laces. Excellent for tri transitions

Oldest piece of training wear:

Rich: Myself and the mag trainer from 1989

Funniest / Best tri memory:

Rich: Finishing my first IRONMAN and passing out and being taken to the medical tent and puking grape skins and coke then telling the medical staff that I was Batman on purpose. The next closest was forgetting to set my alarm for the Batavia Duathlon, showering with my race gear on to clean it. Air-drying out the back window of my truck on the drive up, changing while driving and getting to the race ten minutes prior to the start at which point I rode my bike to register, dropped it off in the transition area and made the start line for the beginning of the race without warming up

# June 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 <i>BTC vs BBC Time Trial</i>	31					1 <i>Edinboro Triathlon</i>
2 <i>Milton Triathlon</i>	3	4 CR <i>Brick Workout</i>	5	6 AM <i>Brick Workout</i>	7	8
9 <i>DuTri Sports Triathlon</i>	10	11 CR <i>Bike Time Trial</i>	12	13 AM <i>Bike Time Trial</i>	14	15
16 <i>Muskoka Triathlon</i>	17	18 CR <i>Brick Workout</i>	19	20 AM <i>Brick Workout</i>	21	22
23 <i>Guelph I Triathlon</i>	24	25 CR <i>Timed Brick Workout</i>	26	27 AM <i>Timed Brick Workout</i>	28	29

## 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.
- **Tuesday Evening Bricks in the South-towns** - Brick Workouts at Chestnut Ridge Park. 6:00 pm. Labeled CR in the calendar.
- June 13th - 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.
- June 30th - BTC vs BBC Time Trial Challenge, 20km. OxyChem parking lot, Long Road, on Grand Island. 9 am. Rescheduled.
- 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!

## Brickczar Column (continued)

(Continued from page 3)

pointed down? Yes, they shouldn't be. Are you aerodynamic as you can or want to be? Are you riding in a straight line or wandering all over the road? Again, ask others to give you feedback on your technique.

In regards to proper fit I would hope that the bike was fitted when you purchased it. If not here's a few things to check for as you take an easy spin. Do you feel that you are leaning forward or your hands get numb? You may have to raise the stem. When you pedal are you reaching at the bottom of the down stroke? You need to lower your seat. If you have more than a slight bend in the knee at the bottom of your down stroke you need to raise the set. If you are new to cycling use these rides to get comfortable reaching down and grabbing your water bottle and turning your head to check behind you as you maintain a straight riding line. Having a hard time maintaining a straight line when you ride? Try riding on the road shoulder line.

The same type of drills used in running can be used to increase your abilities as a cyclist. The difference is that you can shift to

higher gears instead of just pedaling faster. An interval workout might be ½ mile warm up, 1 mile in the next higher gear, ½ mile cool down in the original gear, then repeat. Again, don't forget to leave a ½ mile to spin easy.

### Transition

Consider using a portion of the brick workouts to work on your time in the transition area. Set your bike up, put your gloves and sunglasses in the helmet and the helmet on the handlebars. Your bike shoes should be next to the bike. Get into the habit of always putting things in the same place. Go for a short run, return to your transition area and change for the ride as fast as you can without getting hyper about it. Get into the habit of buckling your helmet before you walk the bike out of the transition area.

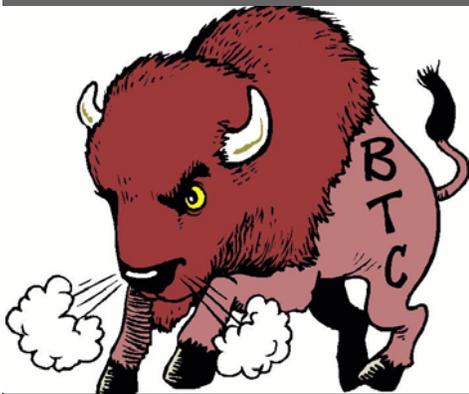
While most of this pertains to the new or less experienced members, the veterans would be well served to add a little variety to their workouts to keep them fresh and worth coming back to. Train smart and be safe.

## One Last Notice - 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



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

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

Look out IM Lake Placid!  
Here comes the BTC!

### **BUFFALO TRIATHLON CLUB**

Send submissions for July's QT  
By June 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:** ["An idle butt is the devil's fat depository."](#) [NWSsource.com](#) as seen on the side of a Seattle bus.

## June BTC Meeting

**June meeting** is scheduled for June 13th after the East Amherst Brick Workout, East Amherst Fire Hall, South Tonawanda Creek Road, at approx. 7:30 pm.

**BTC Quote of the Month:** "I really enjoy running. Don't ever let me stop running." — Quinn Ankrum to an extremely stunned husband during a run in Seattle on Sunday, 26 May 02.

**WANTED:** Articles for the upcoming BTC newsletters. Next month we could 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!!!