



BUFFALO TRIATHLON CLUB

# Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

## Ironman Lake Placid Special Issue

### “Does Anything Get Lost In The Learning” By Glenn Speller

By now, I'm sure you've questioned the wisdom of your decision to do IM USA. Back in my college days, I would often reconsider the decisions that I had made (usually the next morning while suffering extreme brain-burn). Anyway, I think back to some lyrics of a Dan Fogelberg (yes, I am dating myself) song that I used to find especially apt on those occasions, "...A part of the heart gets lost in the learning..."

Back then I used to agree, and probably for Dan, those lyrics held special import after he got finished associating with nine or ten nubile, young fans after finishing his set. Now I'm not so sure if I agree, but I hope that he was wrong.

You see, what we are all going through right now, as the hours tick away before the cannon shot that will send a good num-

ber of us into Mirror Lake, is a great deal of effort, both of the physical and of the soul searching varieties. Being an optimist (as a parent of two, you have to be) I think that the learning process is one filled with joy, excitement, achievement and in some instances, setbacks. To sum it all up, it's about doing your best, and growing from the experience. I tell my 2½ year old son Garrett "Concentrate, try and do your best." He does, he learns and grows as a person. It doesn't mean that some of his innocence, some would say, ignorance (ignorance is bliss) isn't traded for the new knowledge, but certainly not any of his heart.

Put your fears and anxiety behind you. All you need to do is your best. I was trying to remember what my IM CAL finish-

*(Continued on page 2)*

### Sponsor of the Month By Jack Gorski

Not long ago after doing one of the prerequisite long runs in preparation for the marathon I was feeling tired and sore. Attempts to take a nap were for naught, as I couldn't fall asleep. I decided to stretch and perhaps alleviate some of the soreness. So I changed into my stretching attire and broke out my metronome. As I lay on the floor working on the legs, the steady one-second beat of the metronome had me sound asleep. I woke up about a half hour later, rested but still sore. What's a person to do? Who do you call? The perfect solution to this dilemma is to call...

#### *WE Massage*

Owner: Warren Elvers  
Address: 530 Campbell Blvd.

Amherst, NY 14228

Phone: 689-2493  
E-Mail: [duelversdu@aol.com](mailto:duelversdu@aol.com)

Warren attended the NYS Institute of Massage and received his NYS license to practice in October of 2000. He also has a national certification, which allows him to practice throughout the country. He offers two massage techniques to his clientele, therapeutic and sports.

Therapeutic Massage is a systematic and specific manipulation of the soft tissues of the body for the purpose of improving and maintaining health.

Sports massage is designed to benefit mus-

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*WE Massage*  
689-2493

This Month's Highlighted Sponsor is  
WE Massage.

## BTC and Community Calendar – Future Regional Events

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June 30 - **Rescheduled** Buffalo Triathlon Club vs Buffalo Bicycling Club Time Trial, Long Road, Grand Island. 9 am.  
July 7 - Peterborough Triathlon, Peterborough, Ontario. Sprint, Half Ironman Triathlon, Duathlon. Details at [www.trisportcanada.com](http://www.trisportcanada.com) or 905.945.6608.  
July 13-14 - Collingwood Triathlon, Collingwood, Ontario. Sprint, Half Ironman Triathlon, Duathlon. Details at [www.multisportcanada.com](http://www.multisportcanada.com) or 519.453.3255.  
July 14 - Burwell Triathlon, Welland, Ontario. Olympic distance. Details at [www.burwelltriathlon.com](http://www.burwelltriathlon.com) or call 905.732.5566.  
July 14 - Alcoa Pittsburgh Triathlon, Pittsburgh, PA. Olympic distance. Details at [www.friendsoftheriverfront.com](http://www.friendsoftheriverfront.com) or call 412.441.3673.  
July 20 - Niagara Triathlon, Grimsby, Ontario. Try-a-Tri, Sprint, Duathlon. Details at [www.trisportcanada.com](http://www.trisportcanada.com) or 905.945.6608.  
July 13-14 - London Triathlon, London, Ontario. Sprint, Olympic, Duathlon, Women's Only Races. Details at [www.multisportcanada.com](http://www.multisportcanada.com) or 519.453.3255.  
August 3 - Wilson Wet & Wild Triathlon, Wilson, NY. Details at <http://buffalotriathlonclub.com> click on BTC Races or phone Dan Horan 751.9617.  
August 25 - Hamlin Beach Triathlon & Duathlon, Rochester, NY. Olympic distance. Details at [www.active.com](http://www.active.com) or call 716.872.5797.  
September 8, 2002 - BTC's 3rd Annual Fall Frolic Triathlon, Camp Kenan. Details at <http://buffalotriathlonclub.com> click on BTC Races.

## BTC and Community Calendar - Future National Events

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July 28, 2002 - Ironman USA, Lake Placid, New York. **Only 28 days from July 1!**  
August 18, 2002 - Timberman Half Ironman Triathlon, New Hampshire.  
September 6-8, 2002 - Odyssey Triple Ironman, Spotsylvania County, VA. John Pepke, does this sound interesting?  
September 14, 2002 - Freeport Lobsterman Triathlon, Freeport, ME.  
September 15, 2002 - Ironman Wisconsin, Madison, Wisconsin. **Only 77 days from July 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 Evening Workouts: Chestnut Ridge at the Tennis Courts or at Shelter 15 for timed events (time trials and timed bricks).  
Thursday Evening Workouts: East Amherst Fire Hall, Tonawanda Creek Road, East Amherst.  
Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston.

## “Does Anything...”, cont'd.

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*(Continued from page 1)*

ing time was from last year, and I couldn't. Do you know why? Because it really doesn't matter. If you beat everyone in the BTC or everyone beats you, it does not matter one iota as long as you did the best that you could on the day. There is even a certain merit to giving it everything and coming up short. Humility - I needed to learn that lesson, and did at the Great Floridian. Did part of my heart get lost in learning - not at all. In fact, that lesson made me significantly more human, caring, and respecting of other people's shortcomings and limitations. Perhaps the best way I can characterize things is to say that you shouldn't let yourself get lost in the goal. The

end does not justify the means Nicolo. Be who you are. Say what you do and do what you say. Simple words, but difficult to live by.

As they say in England "You've got it all to do now." Best of luck to you in IM USA and all of your endeavors. For me, I'm looking forward to parenting for the next 15 or 20 years, that and supporting Greta, my wife, as she embarks on her permanently, post-baby, triathlon comeback trail. Speak well of me in my absence, and if you ever want to compete in the two-child speed diaper change competition, I'll be glad to be your coach. Peace.

## New Members for May

Marleen Caldwell, Neil Dunfee, Richard Newman, Martin Denysschen, Gwen Bush, Jeff Cash, & Gary Strenkoski

*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!!!

**July Birthdays:** Jeanne Elvers 7/8, Martin F Denysschen 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, Pam London 7/22, Wendy Tocha 7/23, Andrew Moynihan 7/28.

**August Birthdays:** Ed Harkey 9/2, Glenn Speller 8/5, Dana White 8/8, Chris Ankrum 8/12, Curt Eggers 8/14, Jason Walsh 8/14, Patrick Dalton 8/16, Jim McCarrick 8/18, Andy Dalgeish 8/23, Jodi Bismack 8/31.

## Brick Czar's Column, by Jack Gorski

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Well, we're six weeks into the bricks and the timed events, and the attendance has been great. Despite the lousy weather in early May the attendance was 124 members. We are averaging 30 members in attendance between the two sites per week. Thank you for your participation.

If you haven't attended, please check out the Web site for days and times. This Club sponsored training sessions are for you to increase your abilities and meet other members.

The Swim Czar, Flash, started his open water swims at the Pier on 6/19. Everyone meets at the water's edge, so to speak, at 6 pm. After the swim a run or bike is possible, so bring what you want. These swims are geared to make you more comfortable in

open water, so take advantage of them.

Orienteering: While strolling through the park one day I ran into the Buffalo Orienteering Club in the midst of a meet. I asked if they would be interested in putting on a seminar for us and set up a course to get lost on. Their response was a very enthusiastic yes. Their next meet schedule starts in September. If anyone is interested in taking part please send me an e-mail, brickczar@aol.com. I'll make the arrangements and keep you posted. The meets are usually held on Sundays.

With the race season in full gear I would like everyone to enjoy his or her races and be safe. Good Luck to the IM Lake Placid group.

## Swim Czar's Column and Flash's Facts, by Gene "Flash" Baran

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Every Wednesday at 6 pm until the lake freezes, we will be swimming at the Pier on the waterfront. New features include bathrooms and a new 200 meter course marked along the pier wall. Water temperature is 66° as of June 30th. Running in Tiff Farm Nature Preserve (approx. 45 minute run) is also available.

Flash's Facts: The Penn Yan Triathlon on June 16th was not run too smoothly. Their idea of a post race food was a box of oranges and bobbing for apples at the finish line. No liquids whatsoever. Results were not posted, no awards ceremony. However the sprint and olym-

pic races started on time with a clean and safe bike course. Supposedly there were some storm warnings which led to the cancellation of the post race activities. Without this information, it was impossible to know how many participants there were and who won trophies. However the BTC did establish an interesting trend at the race: more women (7) than men (6) raced the event.

Great going to: Ann Duffy and Theresa Palmieri for doing their first ever triathlon at Galyan's Buffalo Triathlon on June 9th at Gallagher Beach.

## I Hope I Don't Regret This... (aka Another Smooth Shaving Story), by Greg Drumm

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..... but here goes my story. It all started with a simple training ride out near Syracuse while visiting Cathy (my girlfriend/IronMate); an easy 60 miles was the entry on my training program. At least it was easier than the 100 miler (followed by a 13 mile run) two days before. The ride itself was relatively uneventful with the exception of another "bee incident".

(I do have to wonder what people think when they see a neon-clad geek in tight shorts and canary yellow shoes riding a mysteriously cool-looking bike come screeching to a halt near an intersection while frantically ripping his cycling jersey off and slapping himself on the back – the only thing that comes to mind is one of Hoad's transitions but I'm not really sure.)

Anyway, after returning from the ride a little saltier and smellier than when I left, I hopped into the shower to get the grime off and soothe my now itching bee stings. After carefully browsing the various selections that included stuff like ambrosia spring wash, organic apricot scrub, and herbal revitalizing rinse, I found a bar of soap (that I think had oatmeal or some other kind of food in it). Scrub-a-dub-dub and hmmm, what's this .... a new razor it seems, sure is weird looking, must be one of those new-fangled "chick razors." Maybe it was the fumes from the "mountain mist" hair conditioner or maybe I was bonking but I had a strange urge to try this thing. After carefully checking to see that the coast was clear, I picked it up

and gently tried to skim a little stubble off the quad. Whoa – that was cool; maybe skim a little more stubble, wow smooth, maybe a little more stubble, and the next thing I know, I had two sleek and smooth legs. I tell ya people, this thing was amazing; I had just discovered razor nirvana. I mean on a scale of multi-sport innovations, this should rank right up there with bar-end shifters and BodyGlide. By the time you read this, I am puh, puh, puh, <deep breath> proud to say that I will be the owner of a new Gillette Venus!

P.S. One of the best ways to feel the great job this razor can do is to massage someone's legs after using the razor. If you would like to massage my legs, please feel free to contact me to make an appointment.

Legal Information: Please guys, no test massages unless you are a world class duathlete named Warren or go through the waiver process. Intoxication, dehydration, hypothermia, and bonking are not acceptable exceptions. In addition, any massaging above the knees must receive formal written approval from Cathy after completion and submission of an application form. The application must be notarized by the Canadian Mounted Police and must be accompanied with a \$50 check payable to "Cathy Biviano." See Cathy for application forms.

## 2002 Cazenovia Triathlon - by Craig Borncamp, Central New York Triathlon Club

Sunday morning, August 11, marks the date for the 2<sup>nd</sup> annual Cazenovia Triathlon at Lakeside Park in beautiful Cazenovia, NY. This is a sprint distance event with a half-mile swim, 14-mile bike and 3 mile run for individuals and teams.



The 2001 event was a huge success and this year's race will be even better! We've added chip timing by Runner's High to provide the segment feedback we all want. Awards will be three to five deep in each category based on percentage of entries. Prizes and trophies will be presented at an awards ceremony immediately following. A race logo tee shirt is included for the first 200 entries and a finisher's medal will be awarded to everyone who completes the event.

The Cazenovia Triathlon is hosted by CNY (Central NY) Triathlon, Inc., a non-profit organization, which allows us to provide one of the lowest cost triathlon events in the sport. Additional details and a downloadable registration form can be found at our club website [www.cnytriathlon.org](http://www.cnytriathlon.org). Or, you can register on-line at [www.active.com](http://www.active.com). Registration by July 26<sup>th</sup> will benefit by reduced pricing. Specific questions can be directed to the event race director, Craig Borncamp, at [craig.borncamp@wcom.com](mailto:craig.borncamp@wcom.com).



### Race Results from Around the World - Compiled by Ed Harkey

#### Columbia Triathlon, May 19, 2002

Eric Butler	2:25:48
Jeff Tracy	2:33:36

#### Galyan's Buffalo Olympic Triathlon, June 9, 2002

Curt Eggers	2:01:28	1 <sup>st</sup> Overall
Mary Eggers	2:13:26	
Amy Hurta	2:20:51	
Joan Gregoire	2:23:47	
Rich Clark	2:26:14	
Martin Kober	2:30:03	
James Maher	2:41:04	
Eileen Grew	2:44:15	
Bruce Levine	2:58:03	2 Flats
David Lillie	3:23:18	
Matt Ruddy	DNF	- Flat Tire

#### Galyan's Buffalo Sprint Triathlon, June 9, 2002

Marc Koester	1:00:50	1 <sup>st</sup> Overall
Kyle Kelleran	1:10:19	
Cardell Cook	1:11:59	
Traci Berardoni	1:14:32	
Renee Knopf	1:21:24	
Theresa Palmieri	1:23:40	
Mary Casey	1:24:48	
Ann Duffy	1:26:22	
John Fuhrman	1:32:55	

#### Green Lakes YMCA Sprint Triathlon, June 15, 2002

Chris Carter	1:08:34
Quinn Ankrum	1:21:50
Dave Ireland	1:23:39
Melissa Hanson	1:42:12

#### Muskoka Long Course Triathlon, June 16, 2002

Steve Hoadley	3:14:50
Chris Ankrum	3:27:52
John Pepke	3:50:30
Kara Klaasesz	4:16:47

#### Muskoka Long Course Duathlon, June 16, 2002

Jack Gorski	4:59:29
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#### Penn Yan Triathlon, June 16, 2002

Martin Kober	2:31:28
Renee Knopf	3:11:49
Gene Baran	3:17:35

#### Batavia Duathlon, June 22, 2002

Curt Eggers	1:18:59	1 <sup>st</sup> Overall
Warren Elvers	1:22:27	3 <sup>rd</sup> Overall
Barry Dunstan	1:25:05	
Richard Clark	1:26:54	
Jeff Tracy	1:31:25	
Timothy Galvin	1:33:16	

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## In The Early Morning Rain - by Jeff Tracy

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"Well this old airport's got me down, it's not earthly good to me 'Cause I'm stuck here on the ground, cold and drunk as I can be You can't jump a jet plane like you can a freight train So I best be on my way in the early mornin' rain." The song was originally written and sung by Gordon Lightfoot. I first remember hearing the song covered by a Toronto-based acapella group called Moxy Fruvous. They recorded it for a Gordon Lightfoot tribute album. I got to hear it live at the Tralph with some of my friends maybe ten years or so ago. It made a lasting impression. (Some of you are probably thinking that first this guy writes about movies and now he's a music critic, but that's not why I bring the song up in a forum for triathletes.)

Recently, I had to fit in a couple of rides and the only time to do so was hitting the roads of Niagara County at dawn's first light for an hour or so of riding before school. It was a new experience. Not an early morning rain, but an early morning ride.

Now, I've been getting up early for years to run or swim. It is a great way to begin a day. It comes with the territory of triathlon training. That is, unless you're a pro and the only thing you really have to juggle is being a triathlete. The closest I come to that life is July and August when teaching allows me to be primarily a triathlete. Most of us aren't that lucky though, so we fit our training in around jobs, family and other commitments in the day.

During the first ride, I concentrated on the intervals that I was supposed to get in and beating the rain that I seemed to dodge the entire way. My luck ran out about 10 minutes from the ride's end. I got dumped on. I don't usually like riding in the rain, but this was different. It felt good. I was hot. The air was humid. I loved the sound of the wet wheels on the pavement. The shower was refreshing. If only I had had some soap with me, I wouldn't have needed to clean up before school.

It was the second straight day of an early morning ride that its magic caught a hold of me. It was to be an easy hour of riding. Mr. Lightfoot's song immediately accompanied me on the ride as the sky was filled with a light red sunrise. That's the first time this song played in my head on a ride. I'm almost embarrassed to admit this, but Christopher Cross' Ride Like the Wind is usually the most played song on my mind's bike ride soundtrack. (You know Christopher Cross. It's been a

while since we've heard from him. He sang the theme song to Arthur starring the recently deceased Dudley Moore.)

It is the night/ My body's weak/ I'm on the run/ No time to sleep/ I've got to ride/ Ride like the wind/ To be free again/ And I've got such a long way to go/ To make it to the border of Mexico/ So I'll ride like the wind/ Ride like the wind/ I was born the son of a lawless man/ Always spoke my mind with a gun in my hand/ Lived nine lives/ Gunned down ten/ Gonna ride like the wind/Accused and tried and told to hang/ I was nowhere in sight when the churchbells rang/ Never was the kind to do as I was told/ Gonna ride like the wind before I get old. (If you log on to [www.ChristopherCross.com](http://www.ChristopherCross.com) you'll hear the song as his different albums flash up on the screen.)

The ride was still young when I startled a deer; or did it startle me. It ran along side of me just off the shoulder of the road. First I was amazed. Then I became a little nervous. We've seen what happens to a car when it meets a deer. Who's to stay that this relative of Bambi isn't going to cut in front of me? In a vehicle I'd stand a chance of surviving the impact, but on my bike I would get blasted! Luckily for me, the deer bounded over a small hill and disappeared into a field. The experience was incredible, but I was glad it ended with me still being able to continue my ride.

After that brief experience, I really don't remember much more of the ride except for dodging the gravel spilling from a Town of Cambria dump truck as it passed me. I enjoyed this ride for the same reason I enjoy getting up early to run or walk the dogs. The world belongs to me at that time of the day. The traffic is light. (I actually get offended when a vehicle passes. How dare they disturb the quiet?) The air is cool. And there's something about beginning a workout as darkness fades, and finishing in the light of morning. For me, I like it better than working out later in the evening when I find myself racing the approaching darkness.

I think it is important that when we train as much as we do, for as long as we do, to satisfy whatever it is inside of us that pushes forward day after day, that we continue to find ways to keep the training fresh. We'll need to keep it enjoyable so that we want to do it again the next day, the next week, month or year.

So, the next time the old airport has you down, consider getting on your way with an early morning ride.

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## Restaurant Review, by Gene "Flash" Baran

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**Grover's Restaurant**, 9160 Transit Rd, East Amherst.

A Jonathan Bernstein hangout with the biggest hamburgers north of the city (86.3% of the club are within a reasonable commute). The

hamburgers are excellent with nice surroundings. The downfall is that it is very popular with a long wait for a table. After 9 pm, things definitely get easier.

Rating: B+

***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!*



## 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      AM = Amherst

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	AM
July 16 <sup>th</sup>	Brick	6 PM	CR
July 18 <sup>th</sup>	Brick	6 PM	AM
July 23 <sup>rd</sup>	Timed Brick	6 PM	CR
July 25 <sup>th</sup>	Timed Brick	6 PM	AM
July 30 <sup>th</sup>	Brick	6 PM	CR
Aug. 1 <sup>st</sup>	Brick	6 PM	AM
Aug. 6 <sup>th</sup>	Time Trial	6 PM	CR
Aug. 8 <sup>th</sup>	Time Trial	6 PM	AM
Aug. 13 <sup>th</sup>	Brick	6 PM	CR

Aug. 15 <sup>th</sup>	Brick	6 PM	AM
Aug. 20 <sup>th</sup>	Timed Brick	6 PM	CR
Aug. 22 <sup>nd</sup>	Timed Brick	6 PM	AM
Aug. 27 <sup>th</sup>	Brick	6 PM	CR
Aug. 29 <sup>th</sup>	Brick	6 PM	AM
Sept. 3 <sup>rd</sup>	Time Trial	6 PM	CR
Sept. 5 <sup>th</sup>	Time Trial	6 PM	AM
Sept. 10 <sup>th</sup>	Brick	6 PM	CR
Sept. 12 <sup>th</sup>	Brick	6 PM	AM
Sept. 17 <sup>th</sup>	Time Trial	6 PM	CR
Sept. 19 <sup>th</sup>	Time Trial	6 PM	AM
Sept. 24 <sup>th</sup>	Brick	6 PM	CR
Sept. 26 <sup>th</sup>	Brick	6 PM	AM

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.

### Sponsor of the Month, cont'd.

(Continued from page 1) ***WE Massage***

cles by warming and softening tissue, realigning muscle fibers to aid in the healing of scar tissue and flushing toxins from specific muscles.

Athletes have different massage needs at different times during their exercise and event regimens. During the training phase, massage helps to prevent injury by relieving stress from repetitive motion, which are typically the precursors to injury. At this point, massage will enable the athlete to train harder and more consistently. Be forewarned, it does not replace rest days!

A massage prior to a race will boost circulation and flexibility leaving the muscles relaxed and ready for the action of the event. It will also help prevent muscle and tendon injury from the strenuous activity of racing.

Post event massage will help quicken the removal of fatigue toxins, relieve muscle spasms and soreness of "DOMS" [(delayed onset muscle soreness). It's the soreness that mysteriously appears a day or two after competition.] It will also assist the athlete in recovery by relaxing tight, fatigued muscle, tendons and ligaments.

If you get injured, sports massage can aid in your rehabilitation. It can accelerate the healing process by increasing the range of motion, reducing swelling, bruising, pain and adhesions. It will also ease injury of the other muscles used to compensate for the injured one.

What none of this tells you though, is that a massage is one hell of a great way to pamper yourself. Forget all the benefits, if you've never had a massage, treat yourself to a very relaxing hedonistic hour of self-indulgence.

As a member, the fee for a one-hour massage is \$30. This is an extremely generous rate.

For those of you that don't know Warren, he and his wife Jean have been members of the club since its inception. He has been employed by New York State as a senior recreational therapist for the past 22 years. He has been involved in multi-sport events since 1985, and during this period participated in over 450 events. In 2000 he was an All American, rated number one in the country in his age group (Duathlon). He has also qualified for six World Duathlon Championships, the latest one being in May. In the vernacular of days past, he can motor!

### Dates to Remember:

Wilson's Wet & Wild Triathlon - August 3rd

BTC Fall Frolic Sprint Triathlon / Duathlon - September 8th

# July 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30 BTC vs BBC Time Trial	July 1	2 CR Brick Workout	3	4 No Brick Workout !!	5	6
7 Peterbor- ough Tri	8	9 CR Bike Time Trial	10	11 AM Bike Time Trial	12	13
14 Burwell Welland Tri	15	16 CR Brick Workout	17	18 AM Brick Workout	19	20
21	22	23 CR Timed Brick Workout	24	25 AM Timed Brick Workout	26	27
28 Ironman Lake Placid	29	30 CR Brick Workout	31			

## Schedule of Events

- **Every Thursday Evening** - 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. Please see page 2 for specific location.
- June 30th - BTC vs BBC Time Trial Challenge, 20km. OxyChem parking lot, Long Road, on Grand Island. 9 am. Rescheduled.
- July 11th - 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.
- Informal Monday evening runs in Niagara Falls. Four Seasons parking lot, 5:15pm. Run whatever distance you want. Contact John Pepke for location (298.1368).
- 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!

## BTC Club Historian Column, by Jack Gorski

The current year's album is being put together. If you have any photos of the winter social activities and would like to donate them to humiliate other members, please get them to me. Race season is upon us, so if you take any group shots at any of the races I would like them for the album. Please include the date and name of the race. If you should come across any articles about club members, please bring them to my attention or mail it to me. If you never seen one of our albums and would like to look through last year's album, e-mail me and I'll bring it to a brick. Thanks.

## Race Results from Around the World (con't) - Compiled by Ed Harkey

(Continued from page 4) Batavia Duathlon, June 22, 2002

Sal Pascucci	1:34:49
Ken Tocha	1:35:57
William Seyler	1:40:10
Alfonse Muto	1:41:27
Martin Denysschen	1:43:01
Pamela London	1:43:40
Theresa Palmieri	1:48:55
Anne Ayers	1:50:39
Gene Wells	1:54:16
John Radzikowski	2:04:35
John Fuhrman	2:05:36

Guelph Sprint Triathlon, June 22, 2002

Eric Butler	1:08:06
Jeff Tracy	1:11:23
Anna Kusche	1:22:48
Karl Kozlowski	1:23:43
Joelle Mann	1:41:35

Guelph Olympic Triathlon, June 23, 2002

Curt Eggers	2:13:40	1 <sup>st</sup> Age
Mary Eggers	2:27:03	
Jeff Tracy	2:36:56	
Chris Carter	2:41:49	
Andrew Moynihan	3:05:42	

Grimsby Peach Bud Road Race, June 25, 2002

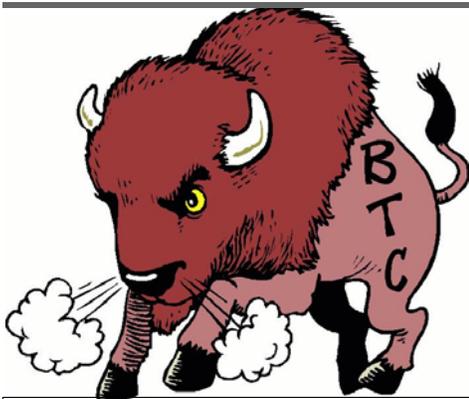
Dave Szafran	45:56
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Congratulations to everyone who took part in a multi-sport event this month. If we have missed anyone's results, please accept our apologies and let us know so we can make a correction next month.

Special congratulations to Jeff Tracy, who was crazy (or is that "enthusiastic?") enough to "Try the Tri" - Batavia Du 6/22, Guelph Sprint 6/22, and Guelph Olympic 6/23! He completed them all!

## 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**

The time is now. Have fun and  
enjoy the race. IM Lake Placid  
here comes the BTC!

### **BUFFALO TRIATHLON CLUB**

Send submissions for August's QT  
By July 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:** "It never gets easier, you just go faster." -Greg LeMond

"Nothing goes to waste, you put it all to use, the old wounds, and long-ago slights become the stuff of competitive energy."  
- Lance Armstrong

## July BTC Meeting

**July meeting** is scheduled for July 11th after the Amherst Brick Workout, Amherst Fire Hall, South Tonawanda Creek Road, at approx. 7:30 pm.

**BTC Quote of the Month:** "I think the run was the best part of my race" — Kara Klaasesz referring to the 2002 Muskoka Long Course race, after realizing she qualified for IM Lake Placid.

**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!!!