



BUFFALO TRIATHLON CLUB

Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

Congrat's to BTC's IM USA Finishers!!!

Volunteers By Rich Clark

I was on a ride the other day and I realized that when I got to the corner that no one, except for cars, was there. I looked left and then I looked right and proceeded with my ride. A short time later, I approached another corner that was an even higher traffic area. I stopped and followed the road rules and went thru the intersection when it was my turn. That made me think more. We were at Welland and my teammate for the relay portion of the bike said, 'do you know where there is a map'. I said, 'I just usually follow whoever was in front of me'. He said, 'sometimes that can be a mistake'. He had a wonderful point. He was going to ride the course prior to the race so he knew all of the turns without using the volunteers. What a great idea. Knowing the course. One time at band camp ... no at the Hamlin Beach Triathlon, Bill Seyler and I had it calculated so

we would meet on the run somewhere between the 4 and 5 mile mark. We met. I went the wrong way and he followed. Then, a volunteer yelled and we ended up going the right way. What I am getting at in a round about way is please know the course, but even more, remember to be nice to the volunteers. Volunteers are there to help you get through the race as safely as possible. They are often there to help support the cause. Usually, they do not know much about how the race is supposed to be run. They were told to stop the cars from entering the course, give the athletes water when they go by, and even have enough bananas cut to feed us. So, say thank you to them even if you feel like a dog that has licked the sand. I have been there. They helped me with some awesome struggles. That long walk at Iron-

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Sponsors of the Month By Jack Gorski

CLIF Bar

It's 5 o'clock on a Thursday, your favorite day of the week because it's brick day. On the way to your car you realize that you need something to munch on or you'll crash during the first run. You're not looking for tons of food because your three o'clock snack filled the void. You want something to carrying you through the end of the workout. But what? This month's sponsor has just the thing. That's right, you grab one of your favorite Clif Bars.

Owner: Gary Erickson
Phone: 800-884-5254
Web: www.clifbar.com

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DeSoto Apparel

The race season is upon us. If you are in need of racing attire now is the time to make that purchase. You can get quality gear in the Club's colors from this month's sponsor De Soto Sport Triathlon Clothing Company, Inc.

Owner: Emilio De Soto
Address: 5260 Eastgate Mall
San Diego, CA 92121
Phone: (800) 453-6673
Web Site: www.desotosport.com

As the name indicates this company is engaged in the design and graphics related to the manufacture of triathlon clothing. Their

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This Month's Highlighted Sponsors are
CLIF Bar and DeSoto

BTC and Community Calendar – Future Regional Events

August 3 - Wilson Wet & Wild Triathlon, Wilson, NY. Details at <http://buffalotriathlonclub.com> click on BTC Races or phone Dan Horan 751.9617.
August 11 - Cazenovia Triathlon, Cazenovia, NY. Register online at www.active.com. Details in July's BTC Quick Transitions.
August 18 - Northern Triathlon, Orillia, Ontario. Try-a-Tri, Sprint, Duathlon. Details at www.trisportcanada.com or 905.945.6608.
August 24 & 25 - Wasaga Beach Triathlon, Wasaga Beach, Ontario. Try-a-Tri, Sprint, Olympic, Duathlon, Details at www.multiportcanada.com or 519.453.3255.
August 25 - Hamlin Beach Triathlon & Duathlon, Rochester, NY. Olympic distance. Details at www.active.com or call 716.872.5797.
August 31 - Guelph Lake II Triathlon, Guelph, Ontario. Try-a-Tri, Sprint, Duathlon. Details at www.trisportcanada.com or 905.945.6608.
September 8 - BTC's 3rd Annual Fall Frolic Triathlon, Camp Kenan. Details at <http://buffalotriathlonclub.com> click on BTC Races.
September 21 - NOTL Duathlon, Niagara On The Lake, Ontario. Duathlon. Details at www.trisportcanada.com or 905.945.6608.

BTC and Community Calendar - Future National Events

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

September 14, 2002 - Freeport Lobsterman Triathlon, Freeport, ME.
September 15, 2002 - Ironman Wisconsin, Madison, Wisconsin.
Only 49 days from July 28!
October 19, 2002 - Ironman Hawaii, Kailua-Kona, Hawaii. Go Joanne!

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.
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).
Wednesday Evening Swims: The Pier, Hwy 5 just south of the Skyway, at 6 pm for open water swims.
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.

“Volunteering...”, cont’d.

(Continued from page 1)

man Canada last August, as I sat in a volunteer area tent they helped me with whatever I needed. I was so thankful. They even encouraged me to continue when I was going to quit. I remember it well, “Go to the turn around and meet us back here and we will see how you are doing.” That was the best. Speak kindly to them. They often do not know the whole course. Please do not use vulgar words even if you are having a bad day. You might be the person who they decide they want to beat with a stick because they have been at that stupid water station for 6 hours, in the hot sun, as they are thinking, “Who the heck is this person. Why are they so slow, I want to

go home?” I was thankful. Please be thankful someone was there to even try to help. If you have to slow down on the bike to get your special needs, SLOW DOWN! They are trying to help. They are there for the cause. Do yourself a favor; say thanks to at least three volunteers on the course. They will remember you. I have a friend who said thanks to a police officer on a marathon course. On the way home he was pulled over for speeding. Would you believe it was the officer he said thanks too. The officer remembered him from the course and just asked him to slow down. IT COULD PAY OFF IN THE END.

New Members for July

Carolyn Young, Steve Brooks, Stephen Hruby, Tom Kandefer, Michael Balon, Diane Marasciulo, and Don Stefanski. Jonathan Bernstein is once again a member.

The Buffalo Triathlon Club's nearly 125 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!!!

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.

September Birthdays: Teena Clark 9/1, Joelle Mann 9/15, Jeff Tracy 9/16, Dan Horan 9/18, Karl Kozlowski 9/19, Tom Kandefer 9/22, Tim Galvin 9/23, Bob Giardini 9/25, Patty McManus 9/29.

Brick Czar's Column, by Jack Gorski

Grievous Omission:

My apologies to Jim Costello (Handlebars) for not thanking him for race kits from the Gaylan Tri. He gave me a bunch of them to pass out to the members, which I did at the bricks following the race. Also available are coupons from Gaylan's for \$15 off any purchase of \$ 75 or more. I still have three of these left. So Jim, a belated Thank You!

Special Thanks:

To Joe Meyer for his assistance to a fellow club member who locked himself out of his car at the "Ridge".

Ride for Roswell Update

Michael Nowak asked me to extend his thanks to all the members that participated in this worthy cause by riding or contrib-

uting. The final tally will be available in a few weeks and will be in next month's newsletter.

The bricks continue to be a success as 134 members participated in the Month of June or an average of 32 members per week between the two sites. At this point attendance for July is also high. Thank you for your participation. It's your active support of these workouts that make them worth my time.

The timed events are especially interesting for me as I get to see the improvement of the various individuals on a bi-weekly basis. If not improvement, the effort being put in to improve. I hope that you have found these to be as rewarding as I have. Have fun, train hard and be safe.

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

The open water swims have been going on for a month now. Every week the attendance has increased to the point that the number of people in the water is giving the Pier a beach like atmosphere. If you haven't been down to swim or check it out as several new members did recently, come on down. The water's as warm as the air temperature, the conversations lively and the interaction of the members unparalleled.

There is a measured course and you only do what you want to do. Upcoming events include the best looking male in a female swimsuit and a possible time trial starting at the break wall. As always, thanks for not peeing in the pool.

Congratulations to Dana White and Bruce Levine on completing their first Tinman's at Tupper Lake.

My Super Ability and a Rant on the Corporate Challenge, by Michael V. Nowak

Yep, I won the Corporate Challenge. They just didn't see my race number because I ran by so damn fast! But seriously, I busted below the 8-minute mark per mile for my first race ever! I finished the 3.5 mile course in 27:30! An average of 7:51/mile! I'm sure a lot of you that were a little bit ahead of me in races last year are thinking, "Michael: you're running a lot faster than last year, you smoked both the Chestnut Ridge and North Amherst Time Trial bike course, you finished your first marathon in 4:33:20 in the same year that you first ran over 11 miles, and you won the Corporate Challenge on a bad foot while almost peeing yourself during the entire race (trust me, this did NOT speed me up, instead I thought about peeing behind EVERY bush, car, and house that I passed by)... what's the deal - Horse steroids? Blood Doping? Cheating?" Or as Barry Dunstan asked - "Ya Juicin'?" No, no, no, and no. I've been training a lot more, and more properly. I've worked on form and done some simple sorts of programs with endurance/heart rate training. That was mostly on the bike trainer this past winter, but boy did it help! I also started actually running in the cold seasons, instead of waiting for it to warm up outside and then just being about the same speed as the last year. I should thank Jack Gorski for his help in training and motivation during the winter months that can be so darn boring, and can put an end to a lot of people's motivation to train. Yes, I SHOULD thank him, but I can't yet publicly do so because of liability reasons. An example of my improvement on the bike: Last year, my best unofficial Time Trial time at the North Brick Site was 37:51, an average of 19.989mph; This year my unofficial Time Trial at the same site was 36:35, an average of 20.68mph, and also an official time at Chestnut Ridge of 36:32! I GUARANTEE to get at least one of those times under 36 minutes by the end of the year. An example of my improvement on the run: My best 5K time before 2002 was back in 2000 and was 25:04. My best

5K SO FAR this year is 24:02. I GUARANTEE that by the end of the year I could get that time down at least 20 seconds! That's enough about me for now, let's get back to the Corporate Challenge.

Well, first off I'd like to congratulate myself for winning the Corporate Challenge! I would also like to congratulate all of the many people who had no chance of even running a full mile in under 20 minutes... yep, they all managed to line up in front of me near the front of the "Competitive Runners Start Line" banner (and I was only 15 feet from the start line). I would also like to send a **BIG** shout out to the 2 extremely large women who walked in front of me right before the start of the race, after deciding they should start their slow walk from the start line in front of all the fast runners. Good for you two, ladies! Yeah, it's amazing how many of the 11,503 runners (plus the few hundred tag-alongs from the area) feel that they will win the race, even though they don't exercise. I'd say it's about 20% or so. Another Kudo's to the folks who, once they get tired out, just walk on the road instead of pulling off onto the curb or sidewalk. I almost accidentally flew into a few of them. Atta-Boy, don't you move for anybody! Don't get me wrong, I'm not being mean, I'm just pointing out a fact. I really did have a good time there, and I remember back to my first race ever, the 1998 1st Annual Rootie's 5K Run, where I attempted to win the first mile in order to win \$100. I wore sweatpants and 2 sweatshirts (give me a break, it was sub-freezing that day). I even remember a woman wearing only a sports-bra and running-shorts, saying to a group of bundled runners, "You guys are over-dressed!". In my head I said "Lady, you're nuts!". I ended up with a final time of around 30 minutes, however, I at least went well to the side to let others by me

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From Time to Time Running Hurts - by Marc Koester

This is a summary of a newspaper article in a major German newspaper, not a triathlon magazine. Everybody knows that German triathlon starters are very competitive (except me) but this beats everything I read before.

Gerald Geier attempts to compete in IRONMAN triathlons – he does not get slowed down by an amputated leg

IRONMAN definition: by all habituation to the unbelievable this word alone arises in me amazement. This superlative of triathlon stands for horrible torture for great trained, and good looking sport cracks – known to the rest of the world as endorphin junkies. That a man with only one leg competes in these events is the last thing you would expect. Gerald did the IRONMAN Germany 2001 in Roth (Bavaria) and finished not last. 2002 he started in the IRONMAN Austria (Klagenfurt) as a test competition. Result: 11:27:04 (swim: 1:00:07, T1: 5:35, bike: 5:46:30, T2: 5:05, run: 4:29:46) for the IRONMAN distance. Great time! He will start at the IRONMAN Germany 2002 in Frankfurt/Main. There he wants to qualify for the ultimate challenge: IRONMAN HAWAII 2002! This is his dream!

Sixteen years ago Gerald Geier lost his right lower leg in a motorcycle accident. Also he lost his job as helicopter pilot and his girlfriend. She just left him. The now 40 year old Gerald had to learn walking again. Despite the amputated lower leg he still wanted to compete in triathlons. Is this crazy? The first years were horrible. He learned to walk again and had to find the right prosthesis for his lower leg. To find a sport prosthesis for triathlon took him several years. At least ten of these highly expensive prosthesis he tried before finding the right one. For his high tech leg prosthesis he paid around US\$ 4000. Swimming and cycling is no problem for him. During these parts of the race he is without pain. He is even faster than many other triathlon competitors. Only running hurts. The pain is located in one spot, where the upper leg and the prosthesis come together. After around 10 miles running he feels the pain. His tip: just run through this phase of the race.

For me this is amazing. He has not been beaten by this handicap, loss of his job, and the loss of his girlfriend. Maybe you will meet him sooner or later at an IRONMAN competition. If someone with one right lower leg prosthesis overtakes you or you him, cheer for him. For me he is a hero, despite his place or time at the competition.

Race Results from Around the World - Compiled by Ed Harkey

Batavia Duathlon, June 22, 2002 - Correction		Chris Carter	2:34:04	
Patrick Dalton	No time 1st Age	Bill Seyler	2:40:48	1st Age
Tupper Lake Tinman Triathlon, June 29 th , 2002:		Skip Cook	2:42:52	
Curt Eggers	4:28:18 2 nd Age	Kara Klaasesz	2:44:39	3 rd Age
Steve Hoadley	4:39:22	Alfonse Muto	2:45:00	
Mary Eggers	4:55:41	Quinn Ankrum	2:51:18	
Dana White	4:56:37	Bruce Levine	2:53:34	
Greg Drumm	5:06:09	Andy Moynihan	2:58:34	
Eric Butler	5:07:58	Anna Kusche	3:05:04	3 rd Age
Bruce Levine	6:07:21	Melissa Hanson	3:39:07	
Tupper Lake Sprint Triathlon, June 29 th , 2002:		Burwell Welland Try-a-Tri, July 14 th , 2002:		
Paul White	1:50:16 1 st Age	Mary Casey	1:09:21	1 st Age
Highland Park Triathlon, July 4 th , 2002, Endwell, NY:		Niagara Triathlon, July 21 st , 2002:		
Matt Ruddy	1:04:02	Curt Eggers	1:19:56	1 st Age
Jeff Tracy	1:08:15	Paul White	1:21:51	1 st Age
Peterborough Half Ironman, July 7 th , 2002:		Sal Pascucci	1:35:46	3 rd Age
Jeff Tracy	5:27:57	Alfonse Muto	1:40:17	
Dave Ireland	6:29:24	Andy Moynihan	1:51:36	3 rd Age
Michael Nowak	7:07:55	Renee Knopf	2:01:08	
Peterborough Half Ironman Duathlon, July 7 th , 2002:		Bob Siudzinski	2:15:26	
Jack Gorski	No time available	Niagara Duathlon, July 21 st , 2002:		
Peterborough Sprint Triathlon, July 7 th , 2002:		Warren Elvers	1:17:01	1 st Age
Curt Eggers	1:02:15 1 st Age	Jeff Cash	1:21:28	
Peterborough Sprint Duathlon, July 7 th , 2002:		Rich Neuman	1:25:11	
Warren Elvers	59:45 1 st Age	Ken Tocha	1:33:45	
Duathlon National Championships, Carlsbad, CA:		Ironman USA, July 28 th , 2002:		
Warren Elvers	2:10:41 7 th Age	Matt Ruddy	10:31:39	
Burwell Welland Olympic Triathlon, July 14 th , 2002		Steve Hoadley	10:58:26	
William Fisher	2:17:52 1 st Age	Joe Meyer	10:59:46	
Matt Ruddy	2:18:08 2 nd Age	Joanne York Rappl	11:46:49	Hawaii Bound
Chris Ankrum	2:19:57 3 rd Age	John Pepke	11:55:44	
Sal Pascucci	2:33:34 1 st Age			

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An Interview with the Peterborough Half-Ironman - by Michael V. Nowak

About a week before the race (which took place on July 7, 2002), I sat down with the Triathlon itself for an informative interview on how my first Half-Ironman distance race would go. Here's how it went.

Michael: Hello, welcome, and thank you for doing this interview.

Peterborough: No Problem. Let's just get on with it already.

M: OK. First off, how will it be up there, eh?

P: Ha-ha, very funny! Is that all you Americans think Canadians say is "eh"? Take off you hoser!

M: I apologize, I just-

P: Just never mind! On with this interview. When you come up here, there will quite the dense haze in the air. Visibility will be a little over a mile. You'll also smell something weird in the air that will bother you while breathing it in.

M: Yeah, Jack says that it's because of the protein he drinks.

P: I'm not talking about Gorski's gas you idiot! I'm talking about smoke from wildfires! It'll be so bad that you'll be able to stare at the sun, which will appear as a dim pink ball.

M: Wow. With it that bad, won't it be hard for people to breathe during the race?

P: Yes. So I'll make the winds shift in the morning so it will be extremely hot and sunny on the wide-open run and bike courses.

M: Well, let's start with the swim. How will that go for me?

P: You'll start in the back because you don't want to be part of the front-pack demolition derby that usually happens in the beginning of the swim. This will also mean that you'll be a few feet from getting your picture in the Peterborough Examiner newspaper. You'll be held up about a few minutes by a few people who inadvertently will trap you between them for a while, but you'll finish in about 41 minutes. The water will be nice and calm.

M: That's good. I've had big dizzying waves, bitter cold water, and zebra muscles that slice your feet up.

P: All in the same race?

M: No, they were in 3 different races. Two of the races had bitter cold water, one of which also had the big waves. So how will the bike course be? Is it flat or hilly?

P: I have always been known for having a hilly bike course, but from now on, I will REALLY be known for it. You see, I've taken out any flat part of the bike course this year, and it will be ALL hills. I'm talkin' start to finish, Brutha!

M: Hmm. I should be ok with 56 miles of hills. I just did a 107 mile bike ride at the Ride 4 Roswell, and I've done 54 miles from Orchard Park to Springville and back.

P: Yeah, but the last half of it will be with a strong wind in

your face the whole time. You'll still make it through, but it will be a good workout. You'll finish in about 3.5 hours, averaging 16 mph.

M: OK. Now how will the run course be?

P: Well, I've told you how hot, sunny and wide-open it'll be, but it will also have a lot of rolling hills which won't seem so rolling while running up them. Since you don't really care about anything other than finishing though, you'll just walk and run and drink LOTS of fluids until you finish. You'll also have a mega tan line since you'll forget to re-apply your sun-block before the run. You'll also have a tan-tattoo of the number 24 on your left arm where it was written in marker.

M: I've always been known for taking almost as much time in the Transition Area as I do in the race. Will that be true for this race as well?

P: Not really. Your first will take 5 minutes, but your second will take 15 minutes while you take your time to stretch your legs and change some clothes.

M: Are there any awards that I'll be getting?

P: You'll get a finisher's medal, dude!

M: Right on! I love's getting me dems finishing medals! I love any award after finishing a race. Aside from finishing the race, what will be the best part of the area?

P: QUIZNO'S SUBS!!! You're favorite place for subs! The closest one to you is in Toronto, but twice while you're out here your Quizno's sub craving will be satisfied. You'll even have Little Caesar's Pizza the night before the race!

M: YES!!! Well, that's about all the questions I have for you.

P: Any chance you'll be coming back next year to participate?

M: I'll have to check my schedule then, but I'll let you know. Any words for the BTC?

P: Yeah! All these people doing Lake Placid... It's ridiculous! They should be training to participate in my race!

M: Well, we can't all do every race. It just doesn't work that way. Besides, Placid is longer than you are, and therefore some would say it is more of an accomplishment to finish than just finishing your race.

P: WHAT? THIS INTERVIEW IS OVER!!! (storms out of room tipping over tables and chairs that are in way)

M: Jerk!

Well, that's how the interview went. I apologize for P's temper tantrums. I think he made it a little hotter and windier at the race just to get back at me for what I said. My next big planned race is the "Great Buckeye Challenge" half-Ironman distance race in Ohio on August 17, 2002. I'll let you know what happens there, just maybe not through an interview next time.

Michael's Corporate Challenge...

(Continued from page 3)

(and what a long train of people that was). I learned that day that there were people who actually ran, and lived in Western NY. Lucky for me there were only a couple hundred people there. Now back to the Corporate Challenge again. I saw a few people from the BTC

there after the race, but I wasn't able to say hi, as I was sitting under a tent, nursing the foot injury that I aggravated by running. I'm just now able to start running again, after 2 weeks of not doing so... That sucks! One month after May 26 (the Buffalo Marathon) I've run a total of just over 10 miles due to the injury from 6/5/02. That really sucks! We'll see if I can recover soon enough to do my first Half-Ironman distance event up in Peterborough on July 7. If I fail, I won't be disappointed in myself. I won't be mad at anybody. I won't even blame it on my foot injury. I'll simply blame Jack Gorski.

Sponsors of the Month, cont'd.

(Continued from page 1) **CLIF Bar**

When we say Clif Bar we generally use it as an all encompassing term, which includes all of the products. For those that don't know the product lines include Clif Bars, Luna Bars, Clif Shot and the Ice Series.

Each bar has 23 vitamins and minerals, fiber and soy protein. This blend creates nutrition for sustained energy. All the bars use all natural ingredients. The taste is like Ma's cooking.

Clif Bars come in ten flavors which Apricot, Carrot Cake, Chocolate Almond Fudge, Chocolate Brownie, Chocolate Chip Peanut crunch, Cookies & Cream Cranberry Apple Cherry, Crunchy Peanut Butter and Gingersnap.

Luna Bars were designed with the nutritional needs of women in mind and are marketed as a product for women. The 14 flavors include Sweet Dreams, Chocolate Pepper- mint Stick, Peanut Butter'N Jelly, Chai Tea, Tropical Crisp, S'Mores, Sesame raisin Crunch,, Lemon Zest, Nuts over Chocolate, Toasted Nutz N' Cranberry, Chocolate Pecan Pie, Orange Bliss and Key Lime Pie. Right now this is sounding more like a dessert menu than sports bars.

The Ice series is a relatively new product line that contains the same energy and nutrition of the Clif Bars with the addition of chocolate icing and caffeine for an extra kick. A sure bet to start your engine. The three flavors are Cool Mint Chocolate, Chocolate Java Avalanche and Orange Chocolate Chill.

Clif Shot is an energy gel that is a fast acting easy to digest product. It will provide you energy within 5 to 10 minutes of taking it. The available flavors are Chocolate, Razz Sorbet, Viva Vanilla, Sonic Strawberry and Mocha Mocha. The last two contain a 40 mg of caffeine, which is equal to ½ cup of coffee. I recently found out that I'm not the only crazy one in the Club. At least one other person put Clif Shot on their oatmeal.

The Company was started when Gary Erickson, a competitive cyclist, decided that he couldn't stand to eat anymore of the only energy bar that was on the market at the time. Using his mother's kitchen as his test kitchen he created the Clif bar, which was named after his father Clifford.

So, how do you get to try some of these bars and gels? Well, on occasion the company is generous enough to send some samples, which have included both the gels and bars. You have to be at the brick workouts or club meetings when we get them because they don't last long. Several of our other sponsors also carry them as well as most of your normal shopping haunts.

The company would like feed back on their products. If you have any comments, good or bad, contact Greg Drumm and he will forward them to the company's representative.

**BTC Fall Frolic Sprint Triathlon /
Duathlon - September 8th**

(Continued from page 1) **DeSoto**

product list is broken down into six categories or styles. These include racing, training, women, accessories, cold climate and wet suits. Within the categories you will find tri shorts, tri jerseys, running shorts, singlets, bike jerseys, men and women's swim suits swim and skin suits.

Accessories include several varieties of caps, fanny and transition packs, sweatshirts and race belts. The T1 and T1 Dos wet-suits come in the bibjohn and pullover styles. The T1 dos also have a vest style wet suit.

Cold climate gear (which we could all use this spring) includes fleece pants, tops and tights, thermal windshells and pants, fleece headsocks and bands, polypro arm and leg warmers.

The web site also lists sale items. These items, which were mentioned above, are offered at prices 40% to 50% off the regular prices. These are not seconds but dated inventory. If you find something you like here you must order it yourself and the Club discount does not apply.

This company was founded by Emilio De Soto in 1990. Emilio is a triathlete and has been one for over 22 years and has completed over 450 races. Still active in sports, he is a spinning instructor and teaches at health clubs and studios across the country.

So how do you order this clothing and receive the 25% Club discount? Actually it's quite simple.

Method One – go to the company web site and check out the gear. Note the item #, description and price. Take 25% off the total and add \$ 4.50 for shipping and mail your list and your check (made out to the Richard Clark) to

DeSoto Order
c/o Richard Clark
1310 99th Street
Niagara Falls, NY 14304

Method Two – E-mail rich@buffalotrithlonclub.com. You will be forwarded an order form and a sheet detailing the various items. Select the items you desire and submit to Rich Clark with payment as previously noted.

All orders go out on the 15th of the month and you will be notified when the shipment comes in. Pick up is usually done at a brick workout, club meeting or by special arrangement with Mr. Clark.



This Month's Highlighted Sponsors are
CLIF Bar and DeSoto

August 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 28 Ironman Lake Placid	29	30 CR Brick Workout	31 Swims at The Pier	August 1	2	3 Wilson Wet n Wild Tri
4	5	6 CR Bike Time Trial	7 Swims at The Pier	8 AM Bike Time Trial	9 Albert / Clark Wed- ding	10
11 Cazenovia Triathlon	12	13 CR Brick Workout	14 Swims at The Pier	15 AM Brick and Monthly Mtg	16	17
18 Orillia Sprint Tri	19	20 CR Timed Brick Workout	21 Swims at The Pier	22 AM Timed Brick Workout	23	24
25 Ironman Canada	26	27 CR Brick Workout	28 Swims at The Pier	29 AM Brick Workout	30	31 Guelph II Triathlon

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.
- **Wednesday Evening Swims** - Open water swims at The Pier. 6:00 pm. You choose the distance you want to swim.
- **August 15th** - 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.
- **August 3rd** - Wilson Wet & Wild Triathlon, Sprint distance.
- **September 8th** - BTC 3rd Annual Fall Frolic Sprint Triathlon, Barker, NY.
- 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!

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

(Continued from page 4)

Glenn Speller	12:07:01	Mary Eggers	13:43:58	Cindy Stankiewicz	16:25:12
Jim Schaffstall	12:08:18	Bill Seyler	13:54:05	Gene Baran	16:32:18
Barry Dunstan	12:21:12	Rich Clark	13:55:53		
Eric Butler	12:37:06	Marty Kober	14:10:38		
Joan Gregoire	12:41:55	Patty McManus	14:36:29		
Tony Garrow	13:30:49	Kara Klaasesz	14:36:33		
Wendy Tocha	13:36:55	Dave Ireland	15:05:45		
Greg Drumm	13:43:25	Jennifer McConvey	15:44:33		
		Nancy Gworek	15:53:32		

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.



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 30 th	Brick	6 PM	CR
Aug. 1 st	Brick	6 PM	AM
Aug. 6 th	Time Trial	6 PM	CR
Aug. 8 th	Time Trial	6 PM	AM
Aug. 13 th	Brick	6 PM	CR
Aug. 15 th	Brick	6 PM	AM
Aug. 20 th	Timed Brick	6 PM	CR
Aug. 22 nd	Timed Brick	6 PM	AM
Aug. 27 th	Brick	6 PM	CR
Aug. 29 th	Brick	6 PM	AM

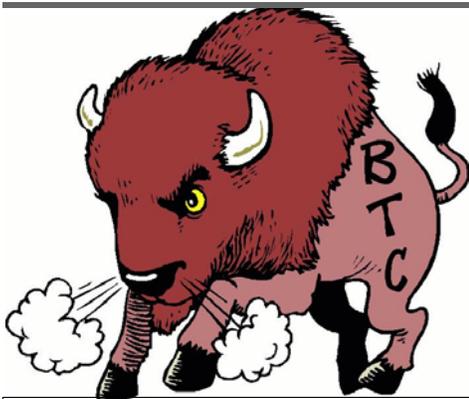
Sept. 3 rd	Time Trial	6 PM	CR
Sept. 5 th	Time Trial	6 PM	AM
Sept. 10 th	Brick	6 PM	CR
Sept. 12 th	Brick	6 PM	AM
Sept. 17 th	Timed Brick	6 PM	CR
Sept. 19 th	Timed Brick	6 PM	AM
Sept. 24 th	Brick	6 PM	CR
Sept. 26 th	Brick	6 PM	AM

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.

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

Now is the time to enjoy the fruits
of your athletic labor. Revel in
your strength!

BUFFALO TRIATHLON CLUB

Send submissions for September's QT
By August 18, 2002 to:

E-mail: BTC_QT59@hotmail.com
Quinn Ankrum
2030 Town Hall Terrace #6
Grand Island, NY 14072

Phone: 716.773.6018 (Editors)
BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Quotable Quotes: "Fatigue makes cowards of us all... The harder you work, the harder it is to surrender... If you quit now, during these workouts, you'll quit in the middle of the season, during a game. Once you learn to quit, it becomes a habit." - Vince Lombardi

August BTC Meeting

August meeting is scheduled for August 8th after the Amherst Brick Workout, Amherst Fire Hall, South Tonawanda Creek Road, at approx. 7:30 pm.

BTC Quote of the Month: "Every time I see Tony, I cry" - Diane Sardes just before her wedding to Tony Garrow on July 27th. Tell us something we don't know!!! Any comments Tony?

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!!!