



BUFFALO TRIATHLON CLUB

# Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

## Mikey-No-Likey The Great Buckeye Challenge

By Michael V. Nowak

I had high hopes for this half-Ironman distance race after having done the Subaru Series one in Peterborough, ON, Canada. The Subaru Crew did a fantastic job of organizing their triathlon, so I expected the same from one called the "Great" Buckeye, and self proclaimed as Ohio's premier triathlon by HFP Racing (the group that puts on the race). If that was its premier race, maybe I shouldn't ever do another in Ohio again. Here's the skinny.

Our story starts with the race packet pick-up the day before the race. The bags were all hanging from stands with their race numbers marked next to them, but no one was there. A young girl eventually sat at a table there with her head down, but offered no help or suggestions to anyone until asked. It sort of amazed me that there was no sign-out required or anything (it gets worse later in the story). They also ran out of shirts, so some people will have to wait to get theirs in the mail. Fast-forward to race morning. HFP made it quite clear that there was only one place to park (a grassy area at the fairgrounds there) and that there was a \$5 fee for it. Well, I thought that if I was paying \$100 for a race that only cost about \$62 (American) in Peterborough, that at least parking would be included in the admission fee. I wouldn't even have minded it so much if the parking wasn't ONE MILE AWAY FROM THE TRANSITION AREA!!! Yes. No exaggeration. It was one whole mile away. One mile of trying to carry my bike AND a heavy bag with all of my race gear in it. All this and you could barely see the road because it was very dark out. 15-20 minutes later, I arrive at the transition area. I set-up my stuff and grabbed my race number for ID in order to receive my race timing chip (I forgot to bring it up in Peterborough and had to go back to get it in order to receive my chip). I was amazed yet again when I saw that the chip bands were all hanging from a stand for you to take yourself. "What if someone grabs the wrong one?" I asked myself. A little later I was answered when I heard over the speakers, "If you have number 101, then you have the wrong number! Please return it!" Nice job guys. From there to the body-marking. This was the first triathlon I've done where there was no marking of the arm, just the calves. "Who's

gonna be able to see those easily?" I thought to myself. Oh well. The race director (Shannon Kurek) was talking over the speakers and said how much he hated cheaters, and that "If all you want is to get a trophy, come over here, I'll refund your money and give you a trophy, just never come back to one of my races again!" WOW! If I had called Miss Cleo to hear how the race was going to turn out, I probably would have taken him up on his offer. I would have had my \$100 back, and a spiffy trophy too! The race was delayed about 5-10 minutes (probably to let the rest of the athletes get flown in from the parking area). The swim began and the water was so murky that when I put my hand literally one inch from my face, I couldn't see it. I later swallowed a big gulp of the "water" when a wave hit me right as I looked up and was breathing in. I'm probably pregnant because of it. I'll let you all know in 9 months. I have a new love for our BTC-owned bright fluorescent buoys after seeing their small red ones. I think that they actually used Hop-A-Longs (remember those rubber balloon like things with a handle that kids sit on and bounce along on?). The problem (aside from their relatively small size) was that the oars that the lifeguards on kayaks had were the same color and size. I swam 10 feet short of an oar before realizing it wasn't a buoy. I was way off course because of it. The worse part was after the turnaround, because the sun was right there in your path coming up over the horizon, and I couldn't see a thing. Not even with my tinted goggles. As I was getting out of the water after the 2<sup>nd</sup> loop, I heard the race director over the speakers saying how some people had decided to ride their kayaks right through the swimmers out there instead of waiting or going around the course. Man was I glad that didn't happen to me!

Next was the bike course. I felt that there should have been one more water stop in the middle of it. Luckily the sky was filling with clouds to keep the temp relatively cool, otherwise I would have gone through a lot more fluids than I did. As it was, I ran out just before a water stop (I had about 70oz to begin with and had taken a bottle of theirs as well). The course was riddled with many steep and challenging hills. A lot of people dropped out of the bike course due to it. I went in confident though because of all the tough hill work I had been doing, and did very well because of it. As I got about a mile from the Transition Area (all side streets) the course was an absolute MESS! The runners were all over the place (instead of being to one side of the road), and were going in both directions. On top of all this, there were cars driving on the course that were fur-

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## BTC and Community Calendar – Future Regional Events

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](http://www.trisportcanada.com) or 905.945.6608.  
September 28 - Nickel City Duathlon, Beaver Island State Park, Grand Island, NY. Register at [www.active.com](http://www.active.com). W.Elvers, Race Director.

## BTC and Community Calendar - Future National Events

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.

October 19, 2002 - Ironman Hawaii, Kailua-Kona, Hawaii. Go Joanne!  
June 29, 2003 - Ironman Coeur d'Alene, Idaho.  
July 27, 2003 - Ironman USA, Lake Placid, NY.

## Ongoing BTC / Community Workouts

Masters Swimming: Tue/Thur @ 5:30 - 7 am and Sat 7:30 - 9 am, UB Amherst Pool. Occasional Sunday evenings, as well. Membership to Nickel City Splash and United States Masters Swimming is required to participate. Please see our website or call Dana White at 875.6792 for more information: [www.wings.buffalo.edu/org/nickelcity](http://www.wings.buffalo.edu/org/nickelcity).  
Checker's A.C. Tuesday Evening Runs: 6 pm, UB Track. Membership to Checkers is mandatory to participate.  
Tuesday 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.

## “Mikey-No-Likey...”, cont'd.

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ther complicating matters by blocking off most of the road. Although severely slowed down, I somehow made my way through the maze of people and cars (partially by having to cut in front of a car to get past it) to the transition. My bike computer let me know that the course was about 7/10 of a mile too long, and yes, I believe my odometer over HFP's measurement. I finished with an average speed of 17.1 mph. Next was the run course.

My chip didn't register over the mat to start the run (and didn't for many other people either) so my run time was screwed up. They changed the run course this year, and said that it was “flat and fast”. Hmmm. Flat and fast in HFP language must mean “lotta hills, Dude”. I finished the 1<sup>st</sup> loop and noticed that you either turnaround for the 2<sup>nd</sup> loop, or run to your left through the chute to finish. However, there was nothing to monitor if you had done 1 or 2 laps already. An anonymous racer told me that someone was seen running through the finishing chute after just 1 lap, and receiving a trophy for their time. That stinks! I had some stomach problems on the run, and while walking during part of it, I started reminiscing about back when I was just a boy, due to familiar scenery and the nice cool breeze. I realized I had been daydreaming for too long when certain people

that were quite a ways back started passing by me. Oh well, it wasn't like I was trying to win the race. Anyway, after the 2<sup>nd</sup> loop, I was running toward the finishing chute, all proud of myself, with a big smile on my face. I hear over the speakers “here comes Michael Nowak through the finish”. Did I see a bunch of people around, or hear a roaring crowd like everywhere else I've been? NO! Instead, I see a small number of people spaced out over an area, and I hear 2 people give about 3 “courtesy claps” each. WTF? Why weren't they all around waiting around for the awards ceremony, or eating food? I'll tell you why. Because instead of an awards ceremony, they just hand you your trophy (if you get one) at the finish line. The people weren't eating because they ran out of pasta (which I heard wasn't cooked enough, and was drying out), and only had a small grill to cook burgers & hot dogs on, so there was a long wait for them. I ended up getting the 3<sup>rd</sup>-last burger left. The people weren't waiting around for other racers because they still had a major hike back to their cars, and probably wanted to get back there before the night creatures came out. HFP started taking down the transition area with over an hour left in the race, or should I say what was supposed to be left in the race. Even though they stressed many times that anyone left on the course after 3PM would be removed, they let people keep

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## New Members for August

Martin Jimerson, Paul Perrello, Karen Taggart, Jim Mollosky, Cynthia Ferrelli, Larry Lewis, and Lanson Relyea.

*The Buffalo Triathlon Club's nearly 130 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!!!

**September Birthdays:** Teena Clark 9/1, Joelle Mann 9/15, Jeff Tracy 9/16, Dan Horan 9/18, Karl Kozlowski 9/19, Tom Kanderfer 9/22, Tim Galvin 9/23, Bob Giardini 9/24, Patty McManus 9/29.

**October Birthdays:** Peter Bradford 10/6, Anthony Garrow 10/7, Gary Grant 10/8, Lanson Relyea 10/8, Joanne York-Rappl 10/9, Anne Horan 10/14, Jan Jezioro 10/19, David Zydel 10/19, Dave Szafran 10/20, Steve Brooks 10/20.

## Brick Czar's Column, by Jack Gorski

September is upon us and so is the end of race season and the organized bricks for most of us. But fear not, for this is a great time to ride just for the sake of riding. There's nothing like a cool autumn day ride in the country with the leaves changing. This is a perfect time to gather your non-racing friends and enjoy a ride together without feeling that you have to kill yourself.

However, I got carried away as it is only August 15 as I write this. We still have a few more bricks and races scheduled. For the month of July, attendance at the bricks totaled 96 members. A very respectable showing despite the large number of members that did Placid and the

large number of members that went up to support them.

Next year the club will need a replacement Brick Czar. If all my plans fall into place I will spend six months pedaling around the country. Even if they don't I won't be around for the summer. Aahhh, the joy of retirement.

I hope that someone will step forward to assume this role. Not only do you perform a function to benefit the members but it is also a rewarding experience. So please give it your consideration.

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

Where do I start with so many firsts and other notable facts happening?

- Dave Rappl and Steve Hruby did their first ever triathlons at Wilson Wet & Wild on August 3rd.

- John Pepke established a new club record with his ninth Ironman distance race at Lake Placid on July 28th.

- Bill Seyler became the oldest Ironman in the club at Lake Placid at the tender young age of 55.

- Gene Baran broke Dave Ireland's club record as the oldest first time Ironman at Lake Placid at 51 years, 8 months, and 8 days.

- Joan Gregoire became the smallest club member (50 kilo - Ed. note: sorry Joan!) ever to do an Ironman at Lake Placid.

- John Pepke holds the club record as the largest Ironman finisher.

- Derik Goodman did his first ever Ironman at IM France in June.

- Wendy Tocha, Cindy Stankiewicz, Joanne York Rappl, Patty

McManus, Kara Klaasesz, Mary Eggers, Joan Gregoire, Matt Ruddy, Jim Schaffstall, Jim Kavanagh, Martin Kober, Gene Baran and Greg Drumm all did their first Ironman at Lake Placid.

- Sal Pascucci did his 100th triathlon at the Wilson Wet & Wild.

Joanne York Rappl is the first woman club member to qualify for the shrine of Ironman competition - Hawaii! She finished 48th female (including the pro's) out of 400 in the field.

- Melissa Hanson and Quinn Ankrum did their first ever Tinman (half Ironman distance tri) on August 18th, at Laconia, NH.

Quiz:

1. What two club members have done the most triathlons without ever doing an Ironman?
2. Who has done the most salt water Ironmans?

Answers next month.

## Mikey-No-Likey...

*(Continued from page 2)*

finishing close to 4PM. At least one anonymous racer decided not to finish the 2<sup>nd</sup> loop because they didn't think they would have made the cutoff and were told right then that they would be removed if not back by 3PM. I say, if you're going to make the rule and repeat it often,

then stick to it. I can see maybe a few minutes, but not an hour. I did have a nice time while packing up my stuff, talking with a young 18 year-old lad named Tim Conaway, who happened to win 1<sup>st</sup> place in his age group (I think it was due to wearing the same watch as I was). It was only his 2<sup>nd</sup> triathlon, but he had a background in both swimming and running. I answered the questions he had about cer-

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## Getting to Know You, Also Titled "Who is Joe Meyer?"

Years in Triathlon:

J: 3 years

Years Married:

J: not ready

Children or pets:

J: not responsible enough

Favorite pre-race meal:

J: PB & J or pasta

Least favorite pre race meal:

J: Red Wine & Pasta Diablo from Casa Di Pizza

Favorite race:

J: IM Canada was awesome because it was the first one, but having all the family and friends on the course and cheering moved Lake Placid into first. It was the bomb!

Favorite workout:

J: Who doesn't love waking up at 4:30 on a winter's morning, shoveling out to the car, brushing off the windows, and driving through a

blizzard to go swimming at U.B.?

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

J: Back out west ski bumming.

My hero:

J: Rick & Dick Hoyt, the reasons I started this sport.

To Ironman, or Not to Ironman:

J: Next year, NOT, but in 2004, it is on!

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

J: Wouldn't change a damned thing!

Favorite running shoes:

J: I always thought those barefoot runners were tough & cool.

Oldest piece of training equipment:

J: That sweet used, turquoise 1987 Bianchi.

Funniest / Best tri memory:

J: Learning how to pee while running and riding—to this day these acts are my greatest accomplishments in triathlon.

## Return of the Top 10 List!!!

### Top 10 List of Stupid Little Things Learned at IM Lake Placid - by Greg Drumm

10. Don't ask your friends for tire advice the day before the race (new tire cost \$116)
  9. There are transitions, and there are IM transitions ("May I take your bike sir?")
  8. Wondering if I will get kicked in the "nads" in the swim (rather than how many times will I get kicked in ...)
  7. If you cheer back at the folks cheering for you, they get confused (hey, they need attention too)
  6. Leaving soggy, slimy, sweaty race clothes in a bag for a day and a half after the race might be hazardous to your health (as well as a violation of the Clean Air Act)
  5. The nerve of road designers putting a 4" curb along a road (that's a big step up or down after the race)
  4. People lie to you ("way to go, you look great" -- who are they kidding? I started this thing 12 hours ago)
  3. Walking down a hill after the race stinks (walking up a hill after the race stinks too)
  2. You'll spend as much on merchandise as you did on the entry fee (bring credit card)
- And the number one Stupid Little Thing Learned at IM Lake Placid:
1. The 4th event will hopefully be the shortest of the day (but does it count if it's past midnight?)

### Separate Notes - from Greg Drumm

#### **BTC shorts & jerseys update:**

All shorts have been sold. Greg Drumm has one remaining BTC jersey size medium (first \$40 takes it). Three BTC jerseys were also delivered to Tom's Pro Bike for him to sell.

#### **Spare Parts For Sale:**

- (1) Profile "forward" seat post (helps get into aero position on traditional road frame) -- excellent condition.
- (2) Profile clip-on aero-bars -- fair condition.
- (3) Cannondale R500 road frame w/fork -- 59 cm -- excellent condition, cool colors.

Contact Greg Drumm if interested at 636-5985 or gwldgo2@aol.com

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

#### Wilson Wet & Wild Triathlon, Aug. 3:

Curt Eggers 1:25:30 1<sup>st</sup> Overall  
Barry Dunstan 1:29:16 3<sup>rd</sup> Overall  
Marc Koester 1:31:45 7<sup>th</sup> Overall  
Mary Eggers 1:34:43 1<sup>st</sup> Woman  
Sal Pascucci 1:37:24  
Muto Alfonse 1:39:41  
Patrick Dalton 1:42:42  
Cardell Cook 1:44:17  
Neill Dunfee 1:44:43  
Anna Kusche 1:47:37  
Pam London 1:51:28  
Tracey Bernardoni 1:51:31  
James Maher 1:51:39  
Anne Horan 1:53:33  
Marlene Caldwell 1:53:37  
Steve Hruby 1:53:53  
Renee Knopf 1:56:53  
Mary Casey 2:02:29  
Thomas Kandefer 2:04:51  
Ann Duffy 2:06:38  
David Lillie 2:08:32  
John Fuhrman 2:10:30  
Bob Siudzinski 2:11:07  
Ed Harkey 2:12:14

#### Cazenovia Triathlon, August 11:

Joan Gregoire 1:22:24  
Eileen Grew 1:34:38  
Theresa Palmieri 1:40:32  
Great Buckeye Challenge Tri, Aug 17:  
Michael Nowak 7:03:11  
Great Buckeye Challenge Du, Aug 17:  
John Gorski No time avail.  
Orillia Triathlon, Aug 18:  
Curt Eggers 1:34:34 2<sup>nd</sup> Age  
Joe Meyer 1:39:37 4<sup>th</sup> Age  
Anna Kusche 2:05:19  
Joelle Mann 2:07:29  
Pam London 2:11:25

#### BTC: Splash & Dash\*

Jim Schaffstall - Men's overall Winner  
Joan Gregoire - Women's overall Winner  
\* Results unofficial as protests are pending!!!!

#### Timberman Half Ironman, Aug 18:

Quinn Ankrum 6:48:37  
Melissa Hanson 7:39:53

#### Duathlon World Championship (Powerman Austria).

Warren Elvers 4:04:37

#### Hamlin Beach Triathlon, Aug 25:

Joe Meyer 2:08:56  
Mary Eggers 2:12:01  
Joan Gregoire 2:18:17  
Amy Hurta 2:22:51  
Sal Pascucci 2:24:41  
William Seyler 2:34:08  
Alfonse Muto 2:34:28  
Wendy Tocha 2:35:05  
Andrew Moynihan 2:39:37  
Eileen Grew 2:42:27  
Jim Kavanagh 2:42:46  
Joelle Mann 2:44:42  
Patty McManus 2:46:41  
James Maher 2:48:03  
Martin Denysschen 2:48:11  
Theresa Palmieri 2:52:00  
Renee Knopf 3:00:00

#### Ironman Canada, August 25:

Barry Dunstan 11:56:49

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This year I joined a new group, the National Ovarian Cancer Coalition (NOCC). As part of my volunteer work to educate women on Ovarian Cancer, I scheduled a day to help out at the NOCC booth at the Erie County Fair. After talking to many women about various screenings for gynecological cancers, it saddened me to realize that most didn't know that a PAP smear is not a diagnostic test for Ovarian cancer. It is a screening for Cervical cancer. During a routine exam, your doctor will feel for cysts on your ovaries and if they think there is a need to proceed further, the next step would be an ultrasound to visually see the ovaries. Even this is not a sign that any cysts are cancerous but that they are present. Only through a laparoscope and biopsy will a diagnosis be made.

Ladies, please become proactive with your health care. I was one of the lucky ones. Ovarian cancer is known to "whisper" it's symptoms and often we believe it to be something else. I have heard many horror stories. **LISTEN** to these signs:

- Pelvic or abdominal pain
- Gas, nausea and indigestion
- Frequency and/or urgency of urination w/no infection
- Unexplained changes in bowel habits
- Unexplained weight loss or gain
- Pelvic or abdominal swelling
- Pain during intercourse
- Ongoing fatigue
- Abdominal postmenopausal bleeding

As part of a fund raiser for the NOCC-NY and the ECC Wellness endowment established to provide financial assistance to ECC students who experience medical emergencies or acute medical conditions, please come and join us to run in the Shirley DePalma Memorial 5k Run/Walk, to be held on September 14<sup>th</sup> @ 9:30 AM at ECC south campus. The event is \$10 before 9/7 and \$13 race day. T-shirts will be given to the first 200 registered. There will also be food, giveaways, door prizes, as well as live music by "The Brother McCreebie". Channel 7's Helen Tederous is the MC for this event.

Although there is only one award per age group, if there is enough support this year, hopefully it will change in the next few years. I believe the cause is much more important than awards.

I will have race applications for those interested or call 675-2978 for more info.

I know there are a bunch of IM racers out there with much more time on their hands. It would be cool to see the BTC and all Running Clubs support this event. **PLEASE!**



## Health Page



IM was nothing. I only trained seven months for that. I have been training for my next event for almost 32 years. For the most part, my recovery from IM was a week or two. I'm told my next recovery might be up to 8 weeks. Am I scared?" Well to be honest, yes, a little – probably more so than waiting for the cannon to get things rolling back in Lake Placid. Who really looks forward to the whole tubes and needles, anesthesia, IV, stitches, recovery room thing? The funny thing is that I'm not even sick or ill. Actually, the doctors tell me I'm quite healthy (imagine!). Sure the knees could use a little, shall we say, "upgrading", but this isn't the knees we're dealing with here.

It always strikes me as a little odd how multi-sport people seem to try to find this great parallel between a race and life itself. You know, the ups, the downs, intense, relaxed, struggle, accomplishment, focus, etc, etc... We've all heard and probably used these metaphors when describing a race, or parts of a race, as well as for life, of parts of one's life. Well, to use a favorite, "it looks like a long, hard climb ahead." The weird part is I did IM for me. My next "event" is for my brother. He needs a kidney. He has a chronic disease (IgA Nephropathy for you "med-heads") where his body has slowly attacked his kidneys. By now, I'm sure you can guess who is the likely donor.

Some may think I'm writing this for attention or sympathy but that is not the case at all. I wasn't even sure how public or open I wanted to be with all this because it is kind of an emotional and personal thing between my family and me. In thinking it over though, I decided I'd try to use this situation to raise awareness about organ donation and kidney disease. Keep in mind that there are others in our club that have faced much tougher "climbs." Given a choice, I'm sure these other "victorious climbers" would rather have had a kidney removed than face what they did. I'm lucky in that I even have a say and choice in the matter – their choice was simple treatment or else. With this in mind, I am asking three simple things:

- (1) Take a little time and look at the website for the National Kidney Foundation <[www.kidney.org](http://www.kidney.org)>. There is a ton of info on these two very subjects (organ donation and kidney disease). Educate yourself!
- (2) I also urge you to take the time during your next doctor visit to discuss being screened for kidney disease. Perhaps this might already be included in a routine physical you receive but you may not know unless you ask.
- (3) Lastly, I will have organ donation cards available for those that may be interested in donation -- Just let me know.

Please feel free to ask me any questions about this stuff. I am no expert but I have learned a little bit over the past few months. Thanks for everyone's support through the IM and thanks for taking the time to read through this. And as I mentioned, I don't want sympathy and I don't want attention. Just do what you have always done for me and the rest of our geek family... a simple word of encouragement. Thanks.

## Movie Critique By Jeff Tracy

I hate to say it, but the days are getting shorter. Some mornings are getting cold. It won't be too long before we are spinning with Nancy and suffering in Rich's basement. The trainers that have been collecting dust all summer will soon get their revenge on us for ignoring them for so long. I say bring it on.

While you are preparing the towels and water bottles here's a movie to pop in the VCR, uh excuse me, I mean DVD player to watch on your next long trainer ride. (The only reason I submit this now is because the newsletter editors are desperate for article submissions. Blame them if you get depressed by my opening paragraph.)

This past spring, I finally got to watch the new *Planet of the Apes* directed by Tim Burton (*Batman*, *Edward Scissorhands*, *The Nightmare Before Christmas*). While hiking I remember hearing about its release while listening to my Walkman. I remember wanting to see it, but there aren't many theatres in the backwoods of Maine so I missed its release. I even heard an interview with Michael Clarke Duncan who played gorilla Attar on some raunchy LA-based syndicated radio talk show. (It's the only thing I could find on the dial as I hiked into Andover, Maine hoping for a hitch.)

I walked past it numerous times in my local Blockbuster, but for some reason I resisted destiny. Now that I've seen it I can only wonder what took me so long to finally watch it. I was not disappointed and neither will you.

The film stars Mark Wahlberg (*Boogie Nights*, *Perfect Storm*, *Three Kings*), you know, Marky Mark and the Funky Bunch Mark Wahlberg. (Do you remember the early 90's dance hit *Good Vibrations*?) He is the more talented brother to New Kid on the Block's Donnie Wahlberg. Mark plays USAF Captain Leo Davidson who crash lands on of all places, a planet of apes, after trying to chase down a wayward chimpanzee and little buddy from his space station in some huge space storm. (I think the chimp was MJ's Bubbles, but he was left out of the credits at the film's end.)

He is quickly captured by a bunch of slave-trading gorillas and then purchased by a sympathetic chimpanzee. This is the first scene that parallels are drawn to our country's own slave history. There is one quick interaction between two humans in which one accuses the other of being sympathetic to the apes because he is a "house human." In our own history, there is some documented animosity between "house slaves" and "field slaves" because the "house slaves" would be more interested in maintaining the status quo on the plantation.

The action and special effects are intense. The costumes and make-up are incredible. And dare I say that the acting is good. The effects are a big improvement over the original *Planet of the Apes* trilogy. While I'm on the subject of the originals, this is not a remake of the first. This film is set long after the originals take place.

Trying to pick up on references to the original was just another way I was captivated by this movie while on my bike. Also, trying to determine who the actors were under the make-up provided some additional fun while watching this movie. The classic example here is Charlton Heston's brief appearance. For those familiar with the original, he starred in it. And at the end when he stumbled across the ruins of the Statue of Liberty on a sandy beach realizing that he was on Earth all along, he dramatically proclaimed, "Damn you! Damn you all to Hell!"

In this movie he played General Thade's ailing father. Yes, Heston was an ape. In his dying moments he educated Thade on the truth about the apes history and the humans. (It all took place "in a time before time.") And just before he died he gave Thade, of all things, a gun to help in the struggle to keep the humans subservient. The gun was handed down by generations of Thade's ancestors until it was finally given to him by a character played by Heston. (I was surprised he didn't give him an NRA application, too.) As he gave him the gun and he expressed his disdain for the humans by saying, of all things, "Damn them. Damn them all to Hell!" instead of the other famous Heston line, "From my cold dead hands!"

Being a fan of the originals, I could go on forever. The two hours on the bike flew by. The only think that might be slightly better is *The Simpsons* episode in which Troy McClure (SNL's Phil Hartman) is picked to play the lead role in the Springfield Community Theatre's musical version of *The Planet of the Apes*. When finding out that he got the part as the human he says, "It's the role that I was born to play, baby!" This film also stars Highwayman Kris Kristofferson. Any movie with a friend of Willie Nelson and Johnny Cash in it has got to be good. Kristofferson's character, although valiant, doesn't last long in the dangerous world that is the Planet of the Apes.

This film touches on issues facing the present human condition. Basically, it is about whether or not people can get along despite physical, religious or philosophical differences. Peace talks, wherever they take place and whoever they involve, should begin with a viewing of this film. (Okay, that might be stretching this film's importance, but stretching is good, right?) This theme can be found in one of the originals, when for the first time an ape killed another ape, then that ape's death was revenged by yet another killing. The question posed at the end was whether or not the circle of violence would ever end.

This film ends with Wahlberg crash landing yet again. This time he emerges from his spaceship on the steps of the "Lincoln Monument." All I will say is that the door is left open for a sequel. (Notice the quotation marks around "Lincoln Monument.") I hope that the producers walk through it with patience so they produce another great movie. My expectations will be high.

I'm going to swing out on a limb here (monkey humor) and give *Planet of the Apes 5* Nimble wheels out of 5. The next time you have a two-hour trainer ride planned, rent this movie.

Thanks to Curt Eggers for the only article we received on Ironman Lake Placid: "I watched Dave Macphee bounce off the walls at Ironman Lake Placid with the i-man bug up his butt. it was funny. chris hid. the end."

# September 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 CR Brick Workout	4 Swims at The Pier	5 AM Brick Workout	6	7
8 BTC Fall Frolic Tri	9	10 CR Brick Workout	11 Swims at The Pier	12 AM Brick Workout	13	14
15 Lake Ontario Swim And Ironman Wisconsin	16	17 CR Brick Workout	18 Swims at The Pier	19 AM Brick and Monthly Mtg	20	21
22 Lake Ontario Swim	23	24 CR Timed Brick Workout	25 Swims at The Pier	26 AM Timed Brick Workout	27	28 Nickel City Duathlon
29 Lake Ontario Swim	30					

## 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 Southtowns** - 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.
- **Sunday Morning Swims** - Open water swims at Lake Ontario. 8:30 am. Contact Bill Seyler for directions.
- **September 19th** - 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.
- **September 8th** - BTC 3rd Annual Fall Frolic Sprint Triathlon, Barker, NY.
- **September 28th** - Nickel City Duathlon, Beaver Island State Park, Grand Island, 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!
- **BTC Elections** will be held in the very near future.

## Race Results (con't)

(Continued from page 4)

Ascension 20K Bike Race:

Eric Butler 3rd Overall

Fisher-Price Bike Road Race:

Eric Butler 1st Overall

Greg Drumm 3rd overall

Guelph II Triathlon, August 31, 2002:

Curt Eggers 1:27:45 2<sup>nd</sup> Age

Sal Pascucci 1:41:53 4<sup>th</sup> Age

Andy Moynihan 1:53:07

Bill Seyler 1:53:24

Sergio Nordenflycht 1:54:25

Anna Kusche 1:56:11

Pam London 1:59:04

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.

**Don't Forget the BTC Fall Frolic on September 8th. We Need Volunteers! Please Contact Melissa Hanson to Help.**

## Mikey-No-Likey...

(Continued from page 3)

tain things including wetsuits, races, and my own personal future triathlon plans. I told him that he should stop up this way to see how a well-organized race can be. He was very interested to learn everything he could about the sport, since he will be joining a triathlon team in the Naval Academy. Hopefully he will make it up here someday.

Next up was my long hike back to the car. I wasn't about to walk that again, so I strapped my heavy bag over my shoulder, and slowly pedaled on my bike with my running shoes on (hard to do when you only have those small Speed-Play pedals).

Well that's about it for the race. I would say that one of the best things about the trip (as usual) was getting to stop at Quizno's Subs to eat on the way there. If anyone has \$75,000-\$125,000 that they would like to give me, I would be more than happy to start up a Quizno's in this area so you can see why I get so happy to eat there. In fact, if everyone in the club gives me just \$1,000 each, it can easily happen. I would even give BTC members a 10% discount (with purchase of a medium size drink). Let's vote on it at the next meeting. I'm serious.



## BTC Brick Workout Schedule for 2002 - Jack Gorski



Here is the brick workout schedule for the rest of the 2002 summer. There are two workouts per week, one at Chestnut Ridge and one at the East Amherst Fire Hall.

CR = Chestnut Ridge Park AM = Amherst

Sept. 3<sup>rd</sup> Brick Czar on vacation CR

Sept. 5<sup>th</sup> Brick Czar on vacation AM

Sept 10<sup>th</sup> Brick 6 PM CR

Sept. 12<sup>th</sup> Brick 6 PM AM

Sept. 17<sup>th</sup> Timed Brick 6 PM CR

Sept. 19<sup>th</sup> Timed Brick 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 September schedule is tentative at this point.

**Buffalo Triathlon Club**

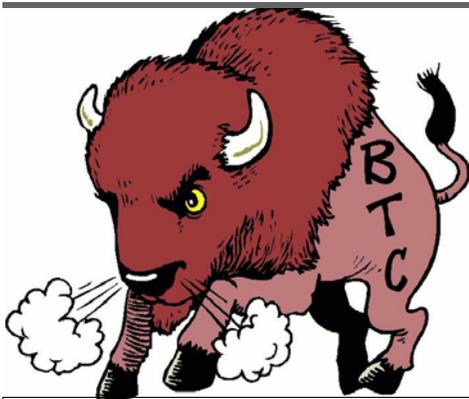
c/o Chris & Quinn Ankrum  
2030 Town Hall Terrace #6  
Grand Island, NY 14072

*Congratulations to our newest married club members:*

*Teena (Albert) and Rich Clark, August 9th*

*Diane Sardes and Tony Garrow, July 27th*

*May you all have long and wonderful lives together!*



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

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

Enjoy the off season! Take this opportunity to try something completely different.

**BUFFALO TRIATHLON CLUB**

Send submissions for October's QT  
By September 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:** "The need for laziness becomes overpowering in all of us from time to time. There are a few sensible people. They go off into a corner somewhere and are as lazy as can be." - Dr. Wilhelm Stekhel

## September BTC Meeting

**September meeting** is scheduled for Thursday, September 19th after the Amherst Brick Workout, Amherst Fire Hall, South Tonawanda Creek Road, at approx. 7:30 pm.

**BTC Quote of the Month:** "I was swimming really close to Bill (Seyler) on the way back. We were swimming so close we could have had sex." - Kara Klaasesz after one of the Lake Ontario swims. Sorry Hoad!

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