



Ironman Lake Placid ... Lots of Guts ... Lots of Glory

By Mary Eggers, IronMom

Let me start by saying that Flash excluded me from one important statistic last month: I am the only IronMom.

Ironman Lake Placid was wonderful. They say that anything can happen on race day, and it sure did. I had a great swim, and was having a good bike. Mile 57 I received a penalty for dropping a Gu packet. Then I stopped to help a guy change a flat, and he ended up throwing my CO₂ cartridge at me. I was never so glad to be off the bike. At least I couldn't get a penalty on the run, right?

My first loop of the run was great. My legs felt good, I felt good. The sun was out, family and friends were there. Each mile I ate 1/2 banana, a cup of water and some gatorade. Then I made a fatal error.

At my special needs bag I chugged a Boost. Although I had trained on it, I failed to realize that at this point in the race, I had plenty of fuel on board, and my gut was shutting down. For as soon as it went down, it came back up. Right in front of the medical people. Now they were watching me, instead of the bike marshalls. I tried to pull a Bob Kempenien, and run while happily wiping the puke from my mouth. Then I got sick again. I continued on like this, reduced to a walk by mile 15. Then along Came Cindy Stankewicz (whose hair looked REALLY good I might add). God bless her, she walked with me, on her first loop. She had plenty of energy, but chose to walk with me. Is that a friend or what?

We walked and talked. It was nice. Greg Drumm caught up with us, and Cindy started running, still looking great, I must add.

So here began my 10 mile walk with

Greg. Out of 1800 people, wasn't that lucky? Two friends to walk with. At one point Barry passed us, telling us he felt like DOG@*%\$, but looked good anyhow.

I tried to give some kid money for a toothbrush or his scooter. Denied.

Thirteen hours came and went. This race had become about finishing, not about setting a record or going to Hawaii. I had come too far, worked too hard, dreamt too much of that finish line to quit here. Whatever it took, I was getting there. If I had to crawl I would get there.

I will never forget walking down that final hill with Greg. We started to run, it felt bad, but too damn good. We could hear it.

Greg went on ahead as I met my husband and son. I heard nothing. The crowd was loud, but it was like I was looking down a tunnel, quiet, and everything was in slow motion. All I saw was the word finish. I remember hoisting Luc into the air, and then all is blurry. The next thing I knew I was on my back in the medical tent, medal in one hand, t-shirt in another, IV in my arm.

It didn't matter what place I was in, what time I finished. A million people told me that once I had Luc my Ironman dream was over.

My dream is just beginning. We all heard it that day. We heard Mike Riley scream our name, and we became part of a group that we only dreamt of.

The Ironfamily



Steve and Chris at IM Wisconsin

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BTC and Community Calendar – Future Regional Events

September 28 - Nickel City Duathlon, Beaver Island State Park, Grand Island, NY. Register at www.active.com. W.Elvers, Race Director.
October 27 - Voice Recital by Quinn Ankrum, St. Joseph's Cathedral, Buffalo, NY. 4 pm. Everyone is invited. Hear the one and only Opera singing Triathlete!

BTC and Community Calendar - Future National Events

October 19, 2002 - Ironman Hawaii, Kailua-Kona, Hawaii. Go Joanne!
October 19, 2002 - Great Floridian Triathlon, Clermont, Florida.
October 19, 2002 - World Duathlon Championship, Georgia. Go Warren!
June 29, 2003 - Ironman Coeur d'Alene, Idaho.
July 27, 2003 - Ironman USA, Lake Placid, NY.
September 7, 2003 - Ironman Wisconsin, Madison, WI.

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, Colvin track. Membership to Checkers is mandatory to participate.

Wednesday Evening Swims: The Pier, Hwy 5 just south of the Skyway, at 6 pm for open water swims. A couple of more weeks, only.

Thursday Evening Workouts: East Amherst Fire Hall, Tonawanda Creek Road, East Amherst. Casual workouts until the sun goes away.

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

Race Day - Quinn Ankrum

It's race day. Your gear is packed, you've woken up at some unreasonable hour of the morning, everything is running smoothly. You grab that bagel/energy bar/peanut butter sandwich, take another gulp of water/Gatorade/Powerade, and head out the door. You are SO ready for this! You drive to the race, getting there early enough to find the BEST parking spot RIGHT by the transition area ... but wait ... where is everybody? No one is there to direct you to a parking spot! Wow, you must be REALLY early. Okay, calm down. Check the race info. Yup, you're in the right place at the right time. Whew! You park near the few other cars you see and get out of the car. You stretch, look around to see who you know, and start to unload your gear. Bike out, assembled. Wetsuit. Transition bag. Great, now where's the closest bathroom?

You're finally ready to go to registration ... chaos!!! There are people randomly milling around everywhere. You go to the table you THINK is the right one, only to find that your packet is in the middle of a big pile of stuff. Actually, it's not even really a packet; you have to assemble it yourself! Well, at least there's a list of names with race numbers. You at least have the right number. Oh, and there's a box of safety pins next to it. Great. Where's the transition area? Body marking? Wait, you see a table with markers on it. You enlist the aid of

a fellow triathlete who also needs to be marked. Good, that's done. Okay, transition, transition ... you see a bunch of bike racks, figure that's where you need to be.

Fast forward to race start. No one knows where they're supposed to be!! Well, there's a carpet on the sand over there. You head toward the carpet, enter the water, look for the buoys. Good, at least there are buoys. Ah, an announcement and the race is underway.

Fast forward again to the transition area. You're out of the water ... and the swim SUCKED. Didn't they say it was only going to be 400 meters? You swear you swam 650, your time was WAY off. Transition is a mess!!!! Random people everywhere, athletes, spectators ... volunteers? Where the heck are the people who are supposed to know what's going on? Who's going to tell me where to go, what to do next? Who's going to know I'm even out of the water and on my bike??? Geez, you directed yourself to a parking space, put together your own race packet, found your own number, body marked yourself, racked your bike, started the race ... and now you have to figure out where to go next? What's wrong with these people? What's the deal with this race????!!!

(Continued on page 3)

New Members for September

Sharon Lindstedt, Kim Chmielewicz, Candace Mahaney, and John Kemp.

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!!!

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.

November Birthdays: Eileen Grew 11/2, David Lillie 11/3, Dave MacPhee 11/4, Vaughn Mielcarek 11/4, Ken Shuman 11/6, Neill Dunfee 11/11, Kim Truesdell 11/12, and James Maher 11/12.

The Brick Czar's Column is on vacation this month. Hopefully it will make a return in next month's BTC newsletter.

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

Steve White, Peter Bradford, and Kim Chmielewicz all completed their first triathlon at the Fall Frolic September 8th.

Over 40 members of the Buffalo Triathlon Club raced in the Fall Frolic, a new BTC record for any race.

Mike Nowak did his first ever Tinman at Peterborough on July 7th.

The answers to last month's questions were not sent to the editors. They should be here next month.

Race Day (continued)

(Continued from page 2)

I'll tell you what the deal is: the race director and his team, who worked incredibly hard for twelve months to put this thing together, couldn't find enough volunteers to help out. Having witnessed first-hand several triathlons in the making (and not as a race director, or even as a planning committee member), I am here to tell you how much work is delegated to volunteers. Volunteers put together race packets. They find race sponsors so we, those who race, can have a safe, fun time and maybe win a door prize at the end of the race. Volunteers hand out water at water stops on a sunny, ninety degree day when we, those who race, are ready to pass out because it's so hot out there on

the run course. Volunteers do everything from handing out race numbers, to marking athletes, to running the finish line, to marshalling the bike course, to setting up the buoys for the swim, to counting people as they come out of the water, to directing people on the run course, to marking the bike course, to taking care of you when you have a medical emergency (yup, they're volunteers, too), to cheering you on when you're having a rough race ... need I go on? The next time you race, thank every volunteer you see. If you can, thank the race director. Find everything you can about a race that went well, rather than griping about the stuff you thought didn't go so well. And for the love of the sport, your fellow triathletes, and yourself, get out there and volunteer. If you don't, who will? Do it for the joy of seeing others succeed. Do it for you.

President's Column - Rich Clark

It has been a pleasure being the President of the BTC for the past several years. At this time I will be stepping down from my position. In addition to the presidency, there will be several other positions available. This year we will hold elections for the positions below. The following is a list of the offices and their duties per the by-laws of the Buffalo Triathlon Club, Inc.

- President - shall preside at annual and regular meetings, issue a written statement to be included in each month's edition of the BTC's monthly newsletter, be responsible for updating the BTC's web site if necessary, make decisions concerning Emergency Temporary Suspensions Pending Hearings, and make all contacts with USAT or OAT, or other such national or international governing body.
- Vice President – shall be in charge of keeping order during meetings, and shall fill in for the President's organizational responsibilities during meetings from which the President is absent
- Treasurer – shall be in charge of the BTC's financial records, accounts, and the receipt and expenditure of all sums of money concerning the BTC. The Treasurer shall, if required by the Executive Committee, give to the BTC such security for the faithful discharge of his or her duties as the Executive Committee, may direct. However, the fee for any such bond of security shall be paid by the BTC.

- Secretary – shall be in charge of calling all meetings to order, taking notes and transcribing those notes to Meeting Minutes during the meetings of the BTC, and choosing the members of the membership committee.

We will also need a newsletter editor. After two years of excellent work Quinn and Chris will hand over this duty to another club member. If you are interested in any of those positions please inform a club member so that they can nominate you at the October and November monthly meetings. Please remember that to accept a nomination the person being nominated must be present at the meeting. All nominations will be accepted in October and November. Ballots will be mailed to club members and then mailed back to the BTC to a yet to be determined location. The elections will be held as usual in December so that we can have our annual inauguration / banquet sometime in January or February.

The next issue is that the Buffalo Triathlon Club is need of an audit. At our last meeting the club has voted to proceed with this endeavor. The main purpose is to keep our club's not-for-profit status (IRS rules) acceptable for the future. Other entities within the Buffalo area have run into problems recently which we will be avoiding by completing the audit. If you know of a CPA that would be able to handle this work please contact them and ask for an estimate of cost, then forward the information to either Chris Ankrum ankrums@sysr.com or Richard Clark rich@buffalotriathlonclub.com.

If there are any questions, please feel free to contact me.

Fear This By Jeff Tracy

Author's Note: The following article may be a bit on the graphic side, but there's a valid point to it. Please read on and enjoy.

Picture this, you're running (or biking) down a winding and rolling country road. On either side of you are vast fields with gigantic rolls of hay that will someday make it deep in the stomachs of methane producing cows. It is a nice day for running. Blue skies are above with patches of the puffy white clouds that look like tufts of Einstein's hair. It is not too hot and the breeze keeps you feeling comfortable. It is a great day for running.

Up ahead you see a dark lump in the road. It is still in the distance so you can't quite make it out yet. You're feeling good and your pace increases. In your mind you are running the race of your life with throngs of supporters cheering you on. The lump gets bigger. You start to make out the form and you begin to smell its smell. It is not garbage, manure or even a hunk of dirt left from the large tire of some tractor. It is roadkill. This poor guy was labeled a few days prior to your run. It's been baking in the summer heat and cooling at night only to bake again the following day. In a few more days it will easily fit into your sister's *Easy Bake Oven*.

There's no way around this obstacle in the road. We've all come face-to-face with this type of carnage. You hold your breath to avoid the stench and avert your eyes to avoid what might look like to some like an abstract-expressionist's painting in Technicolor, of course. But this time it's different as you are about to pass the critter it stands, shows its mangled teeth while emitting some terrible hiss and begins to give chance. You're shocked, but your own animal flight or fight instincts kick in and sparing the details, you survive this encounter by snapping out of this freakish thought induced by the heat, humidity and lack of fluids.

Many readers are now thinking that Jeff is totally off his bicycle seat, but now let me get to the point. Over the summer while working at Eastern Mountain Sports I had the opportunity to do

a lot of reading. One of my favorite magazines to read while on the job was *OUTSIDE Magazine*. In one issue they shared the stories of people who enjoyed the great outdoors, but their enjoyment was accompanied at times by phobias. For example, some feared being buried alive, suffocating in their sleeping bags, or drowning. Me, I fear getting chased by roadkill. I don't know when this totally irrational fear made its presence felt inside my head, but it is there nonetheless. It is not an incapacitating fear; just a really weird thought which I'm sure many readers are nodding their head in agreement with as they read. I think that it is based somewhere in my early teenage years. I blame Steven King's *Pet Cemetery* starring Fred Gwynn. You know, Herman Munster or the stern judge in *My Cousin Vinny*, which also starred Joe Pesci, Marisa Tomei and the karate kid, Ralph Macchio.

My point in sharing this phobia with the club is this: I want to you share your training and racing phobias with the club as well. I'm not talking about the fear of getting a flat tire, losing your goggles or breaking a shoelace. I want something with a little more meat, like getting stuck in the seat of a port-o-potty and missing the start of your race. Please submit your fears to me in writing at IMacedog@earthlink.net for a future *Quick Transition* article on triathlon phobias. I can't promise that all submissions will make the article or articles. Explain your phobia, possible instances when it almost got the better of you and what basis you have for the fear.

Your name must accompany your submission, though not so you will be the subject of good-natured abuse and ridicule. Be prepared, however, because that is a possibility. No, consider it free therapy. The readers may take an interest in your phobia and possibly help bring a resolution to the fear. It is kind of like a massage with Warren. You pay for the massage, but the therapy is free. (Actually, now that I think about it, he should be paying us for listening to him.) If no one submits a triathlon phobia, well then, be warned, I'll have to share another of mine.

Top 10 List of Stupid Little Things Learned at IM Wisconsin - by Chris Ankrum and Jeff Tracy

10. Wisconsin isn't as flat as we thought. As a matter of fact, I don't think there is any flat land there!
9. Running up a four floor parking ramp helix after the swim is just not right.
8. Riding up the same four floor ramp after spending more than six hours in the bike saddle is just plain mean!
7. A 9½ minute swim to bike transition is considered quite impressive at IM Wisconsin.
6. The designers of IM courses are sadistic. How else do you explain running the first 13.1 miles and turning around just 100 feet from the finish line to run it all over again?
5. Deciding to drive all the way back to Buffalo on the day after the race was the dumbest thing we did that weekend, and that includes the race.
4. The finishers of the race will buy anything that says "Finisher" on it.
3. Michael's Frozen Custard is the best carbohydrate and fat loading food to eat before an Ironman. As well as afterwards!
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 Wisconsin:

1. Bill Seyler and Jonathan Bernstein went to the Univ. of Wisconsin football game on Saturday and never saw the game. Something about an NIU cheerleader...

October 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Swims at The Pier</i>	3 AM <i>Brick Workout</i>	4	5 <i>Jeff Casterline 5k Run</i>
6 <i>Tour de Ice Cream</i>	7	8	9 <i>Swims at The Pier</i>	10 AM <i>Brick Workout</i>	11	12
13	14	15	16 <i>Swims at The Pier</i>	19 AM <i>Brick and Monthly</i>	18	19
20	21	22	23 <i>Swims at The Pier</i>	26 AM <i>Timed Brick</i>	25	26
27 Daylight Savings Time & Quinn's Voice Recital	28	29	30	31 <i>Halloween!!</i>		

Schedule of Events

- **Every Thursday Evening** - Brick Workouts at the East Amherst Fire Hall, Tonawanda Creek Road. 6:00 pm. Darkness will dictate when the Bricks will close for the season.
- **Wednesday Evening Swims** - Open water swims at The Pier. 6:00 pm. You choose the distance you want to swim. Flash will let us know when the season will be ending officially.
- **Sunday Morning Swims** - Open water swims at Lake Ontario will continue until the water gets too cold. 8:30 am. Contact Bill Seyler for details.
- **October 6th** - BTC's 2nd Annual Tour de Ice Cream. Starting at the East Amherst Fire Hall (Brick site) at 12:30 pm.
- **October 17th** - BTC's Monthly Meeting at the Knight's of Columbus Hall, Delaware near Allen St, downtown Buffalo. 7:30 pm.
- **October 27th** - Quinn Ankrum's Voice Recital at St. Joseph's Catholic Cathedral, Church St., downtown Buffalo. 4 pm.
- 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 December. Nominations for the open positions will be taken during October and November.

Race Results from Around the World - Compiled by Ed Harkey

Guelph Lake II Triathlon, Aug. 31st:

Curt Eggers	1:27:45	2 nd Age
Sal Pascucci	1:41:53	4 th 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	

Community Blue Triathlon, Sept 7th:

Joan Gregoire	1:13:02	
Eileen Grew	1:22:36	
Kara Klaasesz	1:24:13	

BTC Fall Frolic Triathlon, Sept 8th:

Curt Eggers	0:59:01	1 st Overall
Joe Meyer	1:00:41	2 nd Overall
Marc Koester	1:02:18	1 st Age
Jeff Tracy	1:04:17	3 rd Age
Mary Eggers	1:04:36	1 st Woman
Joanne York-Rappl	1:06:37	2 nd Woman
Marty Kober	1:10:50	3 rd Age
Neill Dunfee	1:11:40	
Steven White	1:13:05	
Andy Moynihan	1:13:23	
Sergio Nordenflycht	1:13:40	2 nd Clydes
Wendy Tocha	1:14:05	1 st Age
Cardell Cook	1:14:28	
Kara Klaasesz	1:15:22	3 rd Age
Patty McManus	1:16:02	2 nd Age
Theresa Palmieri	1:16:51	2 nd Age

Peter Bradford	1:19:03	
Joelle Mann	1:19:12	2 nd Age
Michael Nowak	1:19:33	
Dave Rappl	1:19:35	
Bruce Levine	1:19:41	
Dave Ireland	1:21:00	1 st Age
Bud Hesse	1:21:55	
Marlene Caldwell	1:21:33	
Renee Knopf	1:22:56	1 st Athena
Karen Taggart	1:23:51	3 rd Age
Chuck Miller	1:25:55	
Ann Duffy	1:26:08	
Mary Casey	1:26:38	1 st Age
Kim Chmielewicz	1:27:12	
Diane Sardes	1:27:26	1 st Age
David Lillie	1:28:00	
John Fuhrman	1:31:18	
Ed Harkey	1:31:42	2 nd Age
Eileen Leary	1:31:53	2 nd Age
Paul Perrello	1:39:15	
Suzanne Fenger	1:49:43	2 nd Age

BTC Fall Frolic Duathlon, Sept 8th:

Warren Elvers	0:55:04	1 st Overall
Don Stefanski	1:03:59	1 st Age
Sal Pascucci	1:04:04	2 nd Age
Ken Tocha	1:05:50	1 st Age
John Radzikowski	1:16:54	2 nd Age
Diane Marasciulo	1:17:03	1 st Age

Ironman Wisconsin, Sept 15th:

Steve Hoadley	10:56:32
Chris Ankrum	12:14:13
Jeff Tracy	12:31:04
Derik Goodman	13:06:11
Eric Butler	13:24:46

Scotiabank Half Marathon, Sept 15th:

Andy Moynihan	1:41:39
Dave Szafran	1:46:39

Niagara On The Lake Duathlon, Sep 21st:

Curt Eggers	1:04:51
Warren Elvers	1:05:14
Joe Meyer	1:08:05
Jeffrey Cash	1:10:42
Steve Hoadley	1:11:02
Don Stefanski	1:15:55
Ken Tocha	1:18:21
Pam London	1:25:03
Diane Marasciulo	1:30:41

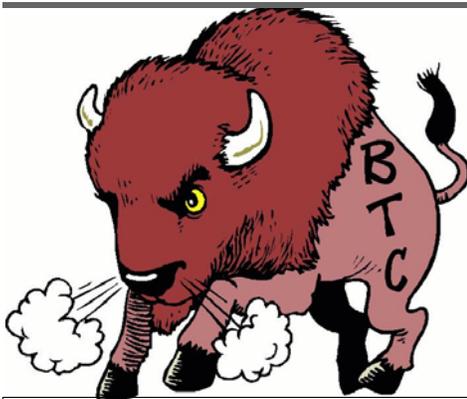
Pineman Race Results, Sept 22nd:

Michael Nowak	11:12:46	¾ Iron
Eileen Grew	5:47:53	½ Iron

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.

Buffalo Triathlon Club

c/o Quinn & Chris 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 racing season is over. Time
to evaluate your season results
and to look forward to next year!*

BUFFALO TRIATHLON CLUB

Send submissions for November's QT
By October 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: "It takes courage to push yourself to places that you have never been before... to test your limits... to break through barriers. And the day came when the risk I took to remain tight inside the bud was more painful than the risk it took to blossom." - Anais Nin

October BTC Meeting

The BTC October meeting is scheduled for Thursday, October 17th at 7 pm at the Knights of Columbus Hall on Delaware near Allen St. in downtown Buffalo. Directions will be sent out through e-mails. If you need directions, please contact Chris at 773.6018.

BTC Quote of the Month: "My theory is, the more rest your body gets before a race, the better it will perform. Before I do the Ironman, I should probably hibernate first." - Michael V. Nowak after Jack Gorski told him he needed to do some more workouts.