



BUFFALO TRIATHLON CLUB

# Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

## Depression By Jeff Tracy

*Another turning point or fork stuck in the road... (Green Day, "Good Riddance")*

I'm depressed, but don't worry because it is a good thing. I swear. It happens every year about this time. As a kid the source of the depression was simply going back to school. Now as an adult it is, uh, well it is going back to school. You'd think that after doing an Ironman that I'd sound a little more uplifting, but trust me, I am being uplifting. Like I said at the start, I'm depressed.

I guess I started to really feel this depression after spending my summers at Camp Kenan. Working at camp was the best job that I've ever had. It was the toughest job that I ever had. I worked with incredibly inspiring people. The time was intense. It was eight weeks, twenty-four hours a day and seven days a week of unbelievable highs and when working with kids and others in such close quarters, there are low points as well.

It seemed that when the staff arrived for training week during the last week of June the close of camp was an eternity away. However, to the disappointment of most, the summer at camp always melted away before we knew it. At the end of camp we would all head back to the "real world." The "real world" consisted of high school, college or for many, teaching. The "real world" usually sucked after such a great summer.

*All good things must come to an end... (Paul Revere & The Raiders, "Don't Take It So Hard")*

My time at camp would eventually end. After eleven summers I opted for a summer in Cote D'Ivoire (which is now embroiled in a bloody civil war) and Ghana. A year later it was Pineman training that filled my summer. The following summer my brother Kevin would get married and then I would go for a two-week canoe trip in Quetico Provincial Park in Western Ontario. There you can dip your cup right in the water for a drink. There was no need for filters or chemical treatments. Usually after a day's worth of paddling I would throw on my life jacket and

get in some aqua jogging. While in the middle of one of these runs I watched a seagull or maybe it was a loon fly along the horizon. It was beautiful, that is, until it did its duty if you know what I mean. Then it hit me that I was drinking that water. I'm sure that's not the only animal that has used it as a latrine. In the summer of 2001 I could be found finishing my hiking adventure on the Appalachian Trail in New Hampshire and Maine. After five months on the trail I would experience some major culture shock trying to adjust to living in a house and using a bathroom instead of a privy or a tree.

Before I continue on with my depression, let me talk about Ironman Wisconsin. I had a blast! Time out on the course gave me a chance to think about a lot of things. I was worried that I would forget most as the race progressed, but the drive home gave me an opportunity to rehash my thoughts and get them down on paper.

The setting was incredible! The race headquarters and transition area could be found at Monona Terrace on Lake Monona just down Martin Luther King Jr. Boulevard from the capital of Wisconsin in Madison. Monona Terrace is a convention center designed by famed architect Frank Lloyd Wright. The transition bags would be in one of the ballrooms and you would then run into an adjacent ballroom to change. That's right, the transition area was inside. At the pre-race meeting we were reminded that we wouldn't be changing on grass and to control ourselves. Another group would be using the room on Monday. (In fact, at the awards lunch, Race Director Lyle Harris mentioned that a computer group was in there meeting and eating and little did they know that the room that they were eating in was filled with 2000 bare asses the day before. He said ass so of course I laughed.)

Let me backtrack to the beginning of the day. It was cold. Hints of daylight were just barely making their way over the horizon. The bikes were on the upper level of a parking garage. We were told that the layout of the race would be different. Mike Riley was giving time updates and race instructions. I thanked him as I walked by. The walkway above was filling with spectators. On the terrace above, which would later serve as a viewing area for the swim, a glowing fountain flowed. I found it relaxing. The fountain and music teamed up to

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## BTC and Community Calendar – Future Regional Events

December 28 - Last Race of the Year. Delaware Park, 11 am. Watch the BTC website for information.  
September 7, 2003 - 4th Annual BTC Fall Frolic. Camp Kenan, Barker, NY. More details to follow in the next 10 months.

## BTC and Community Calendar - Future National Events

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 7:00 - 8:30 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 the NCS 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, Delaware Park. Membership to Checkers is mandatory to participate.

Friday Evening Spinervals: 6:45 pm. Sutherland Lodge, 1400 Ruie Rd, N. Tonawanda. \$5 to offset costs. Starts November 1!

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

## Depression (con't)

*(Continued from page 1)*

keep my anxiety low. The rocker in me was hoping for some Van Halen, but I know that the race organizers wanted to keep the racers relaxed. The time to rock would come later in the day.

Eric Butler and I held on to a kayak waiting for the swim to start. Actually, the guy paddled across the lake just to watch. Little did he know that he would have a half dozen swimmers hanging from his craft. He was in awe of what we were about to undertake. I was in awe of what we were about to undertake. He had a million questions. Heck, I had a million questions. Why? Why? Why?... I started on the inside right in the middle of chaos. There was a bit of a chop on the lake that morning. The cannon fired and we were off.

During the swim I counted strokes to sight on every tenth and I thought about the why. I fought cramping in my left calf muscle on the second loop after it was whacked my some swimmer's hand. For a while there I thought that my day was over. Bob Marley's *Stir It Up* and the Dixie Chicks' *There's Your Trouble* played as the soundtrack in my head. I don't know where the Dixie Chicks song came from, but there it was playing over and over again. Maybe it was because Hoad always had The Country Music Channel on. It wasn't so much for the music mind you. No, it was because the women are hot. I tried to swim straight, but I still ended up on the outside swimming all alone. At one point I think that I was closer to the other side of the lake than I

was to the finish.

After the swim I got stripped of my wetsuit and then began the long run up the helix (the spiral driveway to the parking ramp) to the transition area. By the time I reached the door to the convention center my feet were numb from the cold and concrete. I was totally anaerobic. After getting my bike bag I ran into the changing area. There was plastic on the floor. The room turned into a giant slip and slide. The potential for fun here was high, but not under these circumstances. I'm sure there were a few strained groins as a result. I had a couple of close calls myself. I was out the door and began the long run to my bike, which was at the far end of the transition area. There as I was about to mount my bike the Jeff Tracy cheer went up. It would be the first time that I would see my mom, Charlie and Charlie's daughter Mo on the course. It was very reassuring to know that the support would be there throughout the day.

We would have to bike down the other helix and finally out of the transition area. This is where the first profound thought crossed my mind. Now I don't remember too much from tenth grade biology. (Once I answered a question by saying orgasm instead of organism. That was embarrassing, especially because I didn't know what it meant.) However, I do know that the structure of DNA is a double helix and DNA has something to do with our genetic make-up. Genetics helps to define who we are and what we can do. The symbolism in my mind could not be missed or ignored. Is there something about our genetic make-up of a triathlete that makes us different? Most people would find this

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## New Member for October

Tom Steffan.

*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!!!

**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.

**December Birthdays:** Amy Hurta 12/2, Martin Jimerson 12/2, Jim Kavanagh 12/4, Jim Price 12/10, Cynthia Ferrelli 12/19, Gene "Flash" Baran 12/20, John Fuhrman 12/26, Steve Hoadley 12/30.

## Flash's Facts (Part 1), by Gene "Flash" Baran

Yes, Mary there are two IronMoms in the BTC, Mary Eggers and Patty McManus. There are many IronDads - Glenn Speller, Bill Seyler, Tony Garrow, Dave Ireland, Jim Kavanagh, Warren Elvers, Sal Pascucci, and Bob Giardini.

Diane Sardes did her first ever triathlon at the Fall Frolic on Sept. 8th. Kim Chmielewicz did her first ever marathon in Buffalo on May 26th. Eileen Grew did her first ever Tinman at the Pineman in Sept. Mike

Nowak completed his first ever Ironman distance triathlon at the Great Floridian on Oct. 19th.

Answers to last month's quiz:

1. Bob Siudzinski with 42 triathlons and Ken Tocha with 41 triathlons have never done an Ironman.
2. Ryan Forrestal has the most salt water Ironmans with 3.

### Depression (cont'd)

(Continued from page 2)

subjecting the body to such stress and pain foolish, but we thrive on the challenge. The bike course would take us up the helix one more time just before heading into transition.

Is he strong, listen bud, he's got radioactive blood...

Shortly after clearing the Madison city limits I would swear that I heard Rimsky-Korsakov's *Flight of the Bumblebee*. My adrenaline gave me another shot. I would be wrong. It was a group of people cheering. Strangely it sounded like music. Later I would find out that I missed an omen of things to come.

The bike course was awesome. It was tough, but not as tough as I

thought it would be. It went through the City of Verona three times. It was like the Tour de France biking through the tunnel of spectators. The rush was unbelievable! I don't know how I did it, but the first thing I remember seeing in the crowds was the *Go Jeff Tracy* shirt that my mom was wearing. I don't know how I was drawn to it with the crowds so big.

The hills kept you honest. In Mt. Horab the volunteers had a Superfriend theme. Wonder Woman was there. Hoard fell in love, again. I took a bathroom break in the Hall of Justice. I was wearing my IM Wisconsin arm-warmers that looked like they belonged to Spiderman. A lot of spectators along the way would yell go Spiderman because of their design. It was reassuring that a Marvel Comic Superhero could take a pee in the

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### President's Column - Rich Clark

Previously unused article written by R. Clark regarding the Camp Kenan 2000 BTC Fall Freeze Tri.

The weekend of October 7<sup>th</sup>-8<sup>th</sup> arrived quickly this year for the BTC. Here we are trying to throw together a fall social or should I call it the fall freeze. The event started when myself (Richard Clark) arriving only 2 hours or so later than I thought. Fortunately, Jeff Tracey and Amy F were not too mad at me. After arriving at camp thinking it is going to be cold, Jeff, Amy, and myself, set up the course and found that the run was easy, but the bike, oh crap the bike! When we arrived at the measure 5k point the bridge that was there was no longer. We decided, hey, there are only a few of us (15 racers). We can do two laps. What a stupid idea!!!! Can you say windy? WINDY.

I have never setup a transition area so quickly in my life, thanks to Warren Elvers' bike racks. Boy, are they nice. I hope he let's use them again. They made nice firewood during the cold night. Time to inflate the buoys. Thanks to Bill Seyler, it was easy. We designed a contraption with his Shopvac that lets us inflate and deflate all five in 45 minutes. Why are we inflating the buoys? The water has two to three foot swells. I know it is cold. What are we stupid? This is Lake Ontario. Oh buddy. Inflate, Inflate, Inflate. Hey Glenn, are you going to ride in your wet hot pants. That might be pretty numbing. Lets use one of the sleeping areas as the transitions area. So we had one for me and one for women. Ok boys and girls let's go over the course. We started by going to the finish of the swim and placing one buoy at the waters edge. Whose ideas was this to swim in Lake Ontario. Oh yeah, mine. What an idiot!!!!!!!!!!!!!! After further discussion we are in the water with our feet only. Let me tell you I forgot how warm urine was in the wetsuit until I stood in Lake Ontario. Here comes John Pepke without his wetsuit. I'm glad I'm not him. Well, should we swim? Chris Ankrum from shore yells, "lets make this a Duathlon!" Someone else yells, "Blow the whistle." I hate to swim, but at this point, lets get it on. The whistle sounds and we are off with the start of the first annual Buffalo Triathlon Club Fall Freeze. As I'm swimming and my face hurts from the cold, I'm thinking, what a

bunch of psychos. Curt has no sleeves. John is basically nude. Adam one of the camp counselors, or should I say counselees, is doing his first tri. Oh yeah, Warren, I was joking about the bike racks being use for firewood.

Wow, I swam some more this isn't that bad. The end is near. Where is everyone? Here comes the shore. These rocks hurt my feet. Why can't I walk straight? Wow that was really cold. Run to the transition shack. Change. Everyone is talking. This is different. No one is trying to kill each other. As I'm changing I realized how cold the water really was, if you know what I mean! Can you say dinky? Then I hear Chris Ankrum run in the back door of the transition shack. Can I tell you he almost kissed my backdoor as I'm trying to put on hot pants with wet legs. We all had a good laugh. Off to the bike. I can't believe I'm going 28mph. The wind has to be at our backs. Turn-around. 16mph. This is going to suck. Lap two. Ah, 25 mph. This is nice. Turnaround. This sucks more!! 14 mph. Now, only 11mph. I can't wait to get off this bike. Time to run. Dismount the bike. Rack it. These are really nice racks. Time to run. Ouch. Where did these cramps come from? Oh yeah cold water. I forgot to drink on the bike. Where is the mile marker? I know I sprayed it on the road. Crap, here comes my teammate Eric Butler for the relay. Eric was smart, he didn't swim. Wow, Glenn is kicking my #\$@. Here comes Curt the mountain bike rider. He is really kicking my #\$. What a genetic freak! There's Bill Seyler. The guy who said, "I can't swim my asthma will kick up." So I went to his house that morning and got his wetsuit. There is no way he's getting out of this. I think if I run hard I can catch him. There is the run turnaround. Cool, Jack Gorski brought some water. I hope nobody catches my cold from the water bottle. At this point it doesn't matter. Run, run. I must be really dehydrated. Who is that? Quinn and Melissa are running for Gregg Drumm. One half mile to go. I hope Bill is suffering like I am. He has to know I'm chasing him. Through the woods one last time toward the finish. I'm done. Why is Bill laying on the ground? He looks tired. Wow. All finished. I don't feel well. Here it comes. Balhhhhhh. Puke everywhere. Not once, but five times. That is going to make a good picture. Here comes Joanne, Karl K, Adam made his first, Mike. Believe it or not, we all had a fun time.

## Depression (con't)

(Continued from page 3)

headquarters of the DC Comic Superheroes. It is great how these things bring people together.

I road up “Bitch Hill,” twice. I mocked the person in the devil suit as I climbed. Spectators cheered. They ran along side of us as we climbed. Again, I thought I was in a stage of the Tour de France. I yelled, Thank you Wisconsin,” every chance I got.

The bike course went out and through the parking lot of the Alliance Energy Center. Chris said that the U of W’s hockey team used to play there. Incubus was scheduled to play at the end of September. As I passed through on my way back to Monona Terrace, a bee stung me on the left shoulder. It stung and then it itched. It added another uncomfortable feeling that I didn’t need at that point during the race. In transition I had it checked by an EMT. I always get a little nervous with bee stings. As a kid on two separate occasions I stepped on beehives and was the recipient of multiple stings. With each sting, I worry about a negative reaction in addition to the swearing.

*Tramps like us, baby we were born to run... (Bruce Springsteen, “Born To Run”)*

It felt good to be running, uh, shuffling, no wait walking, wait a minute, standing in line at a port-o-potty. No, it was all of the above. I was definitely running at the start. Again, the crowds were incredible. The state capital was an amazing backdrop surrounded by a sky of blue. Some of the top competitors were near the turn around as I started. The run course was uncharted territory, but by the end I would be quite familiar with its nuances. We passed through the U of W’s stadium four times on the run. The artificial turf felt good on the knees, but I think I was developing some early stages of turf toes by the end.

Much to my surprise I caught Chris Ankrum on the run. I couldn’t believe this. I thought for sure that he would be way ahead of me. He had some foot pain that was slowing him. I told him of my marathon plan. I was going to walk the hills and aid stations. He was on board, but every time we started to run he’d pull way ahead. I told him to keep running. I told him that he was tougher than the pain. I told him that if I beat him Hoard would have to ride back to Buffalo with him and if he beat me Hoard would have to ride with me. The pressure was on. As we ran, Eric passed going the other way. I remember saying to Chris that he must be on his second loop. Chris said no that he was behind us. I couldn’t believe this either. I was having a great race! I remember thinking that it would be really cool if we could all cross the finish line together.

The course layout allowed me to see friends and family numerous times. It also allowed me to see the finish line just beyond the turnaround. As I approached the turnaround Michael Jackson’s *Billy Jean* was cranking. Yes, I moonwalked around the turnaround. That hurt. The top female, a local triathlete, was finishing at this time. I got to see her excitement as the crowd welcomed her to the finish as an Ironman champion.

I stuck to my plan on the run. I played it conservative, maybe I could have pushed it more and maybe I could have walked fewer stops, but this race was going very smooth and I didn’t want to

risk it. I finished the race. 12 hours, 31 minutes and four seconds made for a beautiful day. I had the time of my life. I was worried about my finish picture on the run because I was struggling, but strangely all the pain went away as I rounded the final turn and made my way towards the finish line. Did I win? It sure seemed that way.

*It’s a beautiful day, don’t let it get away... (U2, “Beautiful Day”)*

Much to my surprise I didn’t have to fight back any tears as I finished. I thought for sure that I would have to because I was doing it all weekend. My Uncle Bob would always say something to the effect that the Irish had their kidneys close to their tear ducts that’s why it was so easy for them to cry. Many things brought me to this point from the pep rally at the carbo dinner all the way to the awards lunch on Monday. Here’s a short list: Making my way to the swim start, the manure on the bike course, *The Flight of the Bumble Bees*, and the constant supply of spectators. In particular, those that were in wheelchairs or that had some other physical handicap. Some were even volunteers. These people were cheering and supporting me. It should be the other way around. It was a very humbling experience.

Now after all of that you wouldn’t think that a person would still be depressed, but I am. Don’t fret; it is not as bad as it has been in the past. I’m feeling the effects of a pretty good high and I expect it to get me through the shorter days and longer nights of winter. Not to mention the cold and snow. And even though I’m depressed, I consider myself blessed. You see, we all have the opportunity in this world to make choices every day. When we make the choice we don’t always know what the result will be. My choices have given me numerous memorable experiences. I can’t believe that I’ve done some of the things that I’ve done.

For the most part, I haven’t regretted many of my choices and I made choices that brought incredible people and experiences into my life. There’s been camp, Africa, the Appalachian Trail and Ironman. These things will never be taken from me. Again, I’ve been blessed. All this stuff that I’ve been rambling about was summed up by Ironman age grouper Dean Kowolski. After competing in the chaos of Ironman Utah he said, “I hope that [Ironman] continues to grow in its popularity. And I think it will because it carries over into other parts of your life: You start to realize that what you really need to do in your life is not be afraid. The real victory is having the guts to get in the race. And that’s what Ironman is really about. Everyone who’s got the guts to pony up to that line is a winner in my book.”

As I read those words I nodded my head in agreement. I read it over and over again. All the while nodding. This man’s experience was far more intense than mine. I don’t know how much this man had to struggle during the swim, but as death enters the picture I’m sure that you never feel more alive and aware of every moment. Think about those climbers up on Mt. Everest a few years back as a monster storm started claiming lives around them. Despite exhaustion,

Thank you for supporting each other and me. How does it feel to win?

## The Race in Kona - As I See It, By Bill Seyler

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Kona, Hawaii, is the place most of us Ironpeople want to be someday. This year it was Joanne's turn. A lot of hard work and training went into getting there. This could be a once in a lifetime opportunity. So when it comes, you have to take it.

So here we are in Kona, Joanne, Dave, Mother York, Brother Rich, Flash and myself. A lot goes into an Ironman race, as many of us know. The farther away from home the harder it seems to get there. This trip was no different.

Check in for the bike didn't go as smoothly as planned. The valve stem on the front disc was stuck in the closed position. We tried to get the air in or out but no luck. The mechanic at the Pier tried with the same results as before. So off to the bike shop for a fast wheel job. The bike shop did a great job of getting it

fixed and giving us enough time to get the bike checked in.

Now it's race day. 4:00 (in the morning), a quick look out the window. Well it doesn't look good, rain - a lot of rain! Try to look on the bright side, if it's raining the waves are smaller. Oh no, not this time! The waves are three to four feet high.

It's start time now, 7 am. By the time the race started the rain had eased up. But the surf stayed at three to four feet. Still looking at the surf, a swim time of 1:20 was still possible. With the transition right there on the Pier, it was also possible she might be able to make 1:30 to start the bike ride.

Dave and I went to the first corner to wait to get Joanne's picture at the start of the bike. Looking at my watch it's exactly

one hour 30 minutes and here she comes. The next time we see her it will be coming down into town on the wet pavement and into a ninety degree turn. She looks good again at the turn. The last time that we can see her is at the top of the street going out to the lava fields. When she went by we could see the determination on her face. In this race, once you leave Kona you are on your own. As spectators the only way to know how your friends are doing is to check the computers at the race headquarters.

At about seven hours Dave and I start to run out to the old airport. This is the transition for the bike to run. Time went slow here as Dave and I waited for Joanne to come into the transition area. At about eight hours and 4 minutes she comes into sight. After only six minutes

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## BTC Elections and Nominations

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Yes, once again it is time to start thinking about who we, as club members, want to lead the BTC through 2003. All four positions (President, Vice Pres, Treasurer, and Secretary) will be elected in December. Now is the time to nominate someone for these positions. This year we have decided to allow members to nominate others almost anonymously by contacting me (Chris) via e-mail or by phone (773.6018). I will then contact those

nominated to ask whether they would accept the nomination. The name of those who accept will be placed on the ballot in December.

If you are interested in one of the positions, please let me know as well. I'm sure I can find someone to nominate you!?! Also if you are interested in helping with one of our volunteer committees, such as race results, race calendar, annual banquet, please contact

Rich Clark (rich@buffalotriathlonclub.com) or me (ankrums@sysr.com). Your club needs your help to continue growing and improving!

If you have any questions, please let me know. Watch your newsletters in December for your ballots and please send them in. You can have a voice in how the Buffalo Triathlon Club runs in 2003.

SwimBikeRunEatSleep!

## A Rebuttal, by Patty "IronMom" McManus

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Here's a NewsFlash for Mary and Flash... The statistics need to be addressed. Over the last year we trained hard for the challenge of completing an Ironman event in Lake Placid. Some younger, some older, some smaller, some

larger, some dads (Jim, Tony, Glenn, Bill, Dave, Warren, Sal, Bob), some moms (Mary and Patty) and a mom of a mom (Patty - the G word is slowly working its way into my vocabulary). Good luck to our own IronGrandma!

## Flash's Facts (Part 2), by Gene "Flash" Baran

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Michael Nowak finishes his Ironman distance triathlon 2 hours ahead of Joanne York Rappl on Oct 19th. Yes, it's true. The enormous time and training paid off for Mike as he did his first ever Irondistance on October 19th. An additional bonus was he also clipped Joanne by 1 hour and 54 minutes. Mike built such a commanding lead - he was half way through the bike before Joanne emerged from the water - that the day became very long. Joanne said the ocean swells drifted the swimmers so far to either side that at one time she thought she could make out the Golden Gate Bridge. The winds pushed her all over the

highway that she like she was on the Skyway in late November. By the time she started the run (I really wanted to walk) she was over 19 miles behind Mike. She wasn't going to let someone 17 years younger than her finish that far ahead. She battled the darkness to close the gap to finish as the 198th female out of 400. Mike still beat her by 1 hour 54 minutes.

The one thing Mike had going for him was that he started a full 5 hours 30 minutes ahead of her start in Hawaii. Nice going Mike!

## The Race in Kona - As I See It (continued)

(Continued from page 5)

in the transition tent (Editor's note: Mike Nowak pay attention here), she comes running out. There was a look of pain on her face. Ironpeople know that feeling. The run went down the road about a half mile and then came right back to the start of the run. I had a chance to run along side of her to see how the bike went. She was concentrating on her running when I asked. The only response I got was "my back was killing me for 50 miles." I could only imagine why she was hurting. It could have been the length of the bike ride, the bike may have been out of adjustment from shipping, or the fact that the ride was uphill and into the wind.

Trying to get a photo of her running I had to run as fast as I could to keep in front of her. I just made it to the far side of the transition area before I couldn't keep up.

If her back was hurting it sure didn't show. Her determination to run well was clearly showing. Dave and I went back to Kona to try and get another look at her before she went back out into the lava fields. No change, by the time we made it back to town she was already gone.

Now it was time to keep an eye on her at the computer. Flash and I went back to race headquarters. We did a fast check of her time to see where we could see her. We figured it would be around twelve hours fifteen minutes to the finish. The place we chose to see her was at the 12:08 mark into the race and here she comes right on schedule. Running down the hill with the same look of determination that she started with. Down we go to the finish line. We have a shorter distance to run than Joanne, I hope we get there before she does... With the clock

running around 12:12 we look for a place in the finish chute to watch here. A woman gave up her place to let us see her come in. Right at the 12:15 mark here she comes down the chute. Running with the same look of determination, she goes right by us across the finish line. Now it's time to smile, and that she does!

On a hot and humid day on a hard course it was a great effort. What's next on the Ironman list is up to Joanne. But from here I think she has even better races ahead of her.

All the Ironwomen of the club have proven that they have the grit and the drive to be some of the best athletes in the club. Good luck and good training to all in the off season.

Signing off from Hawaii, Bill Seyler.

## BTC - A Year In Pictures



# November 2002

### Schedule of Events

- **Every Friday Evening** - Spinervals with Nancy. That's right, it's that time of year again. Spinning workouts with Coach Nancy at the Sutherland Lodge, 1400 Ruie Road, North Tonawanda. 6:45 pm. \$5 allows you the opportunity to improve your cycling for next year.
- **November 5th** - Election Day. Go do your public duty and vote! Various sites around Western New York.
- **November 14th** - BTC's Monthly Meeting at the Knight's of Columbus Hall, Delaware Ave near Allen St, downtown Buffalo. 7:15 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Spinervals with Nancy</i>	2
3	4	5 <i>Election Day-Go</i>	6	7	8 <i>Spinervals with Nancy</i>	9
10	11	12	13	14 <i>BTC Monthly Meeting</i>	15 <i>Spinervals with Nancy</i>	16
17	18	19	20	21	22 <i>Spinervals with Nancy</i>	23
24	25	26	27	28 <i>Thanksgiving</i>	29 <i>Spinervals with Nancy</i>	30

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

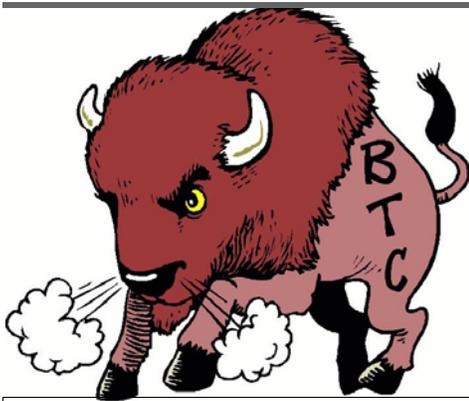
Nickel City Duathlon, Sept 28th:  
 Curt Eggers 1:08:19 1st Overall  
 Doug Bush 1:11:42 1st Age  
 Barry Dunstan 1:12:07 1st Age  
 Steve Hoadley 1:13:00 1st Age  
 Jeff Cash 1:13:45 2nd Age  
 Eric Butler 1:14:35 3rd Age  
 Don Stefanski 1:17:29 3rd Age  
 Tony Garrow 1:17:46  
 Tim Galvin 1:18:53  
 Ken Tocha 1:22:13 2nd Age  
 Martin Kober 1:23:45  
 Teena Clark 1:24:53 1st Age  
 Bill Seyler 1:25:12  
 Martin Denysschen 1:26:26  
 Tracey Bernardoni 1:28:57 1st Age  
 Pamela London 1:29:05 1st Age  
 Bud Hesse 1:30:09  
 Eileen Grew 1:30:35 2nd Age  
 Gene Wells 1:32:54  
 Diane Marasciulo 1:33:16 1st Age  
 Dave Ireland 1:33:33  
 Andy Moynihan 1:34:36  
 Cynthia Ferrelli 1:34:58 3rd Age  
 Quinn Ankrum 1:36:36 3rd Age  
 John Radzikowski 1:38:41

Carolyn Young 1:39:02  
 Kim Chmielewicz 1:40:56  
 Ann Duffy 1:42:09  
 Suzanne Fenger 1:55:10 2nd Age  
 Nickel City Duathlon Team, Sept 28th:  
 Newman/Dunlap 1:07:11 1st Overall  
 Ankrum/Drumm 1:10:12 2nd Age  
 Speller/Speller 1:21:36 3rd Age  
 Hoffman/Tocha 1:26:02 2nd Age  
 Casey/Casey 1:30:03  
 Chicago Marathon, Oct 13th:  
 Matt Ruddy 2:52:09  
 Dana White 3:28:22  
 James Maher 4:15:18  
 Gary Strenkoski 4:43:39  
 Gary Thompson 5:53:35  
 World Championship Short Course Duathlon, Oct 19th:  
 Curt Eggers No times available  
 Warren Elvers  
 Mary Eggers  
 Great Floridian Triathlon, Oct 19th:  
 Michael Nowak 16:21:21

Ironman Hawaii, Oct 19th:  
 Joanne York Rappl 12:15:32  
 Bay State Half Marathon, Oct 20th:  
 Jonathan Bernstein 1:37:something  
 Greta Speller  
 Casino Niagara Marathon, Oct 27th:  
 Martin Denysschen 3:34:21  
 Anna Kusche 4:01:07  
 Martin Kober 4:02:01  
 Joelle Mann 4:04:26  
 Bruce Levine 4:12:12  
 Kim Chmielewicz 4:42:51  
 Dave Ireland 4:56:10  
 Bud Hesse 5:25:30  
 Casino Niagara Half Marathon, Oct 27th:  
 Chris Ankrum 1:26:35  
 Tracey Bernardoni 1:46:18  
 Andy Moynihan 1:46:40  
 Bill Seyler 1:51:19  
 Eileen Leary 2:08:13  
 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!**  
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*Now is the time to work on your  
swimming form to correct any  
problems and improve efficiency.*

### **BUFFALO TRIATHLON CLUB**

Send submissions for December's QT  
By November 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 Quote:** ["Beer is proof that God wants us to be happy." - Benjamin Franklin](#)

## November BTC Meeting

**The BTC November meeting** is scheduled for Thursday, November 14th at 7:15 pm at the Knights of Columbus Hall on Delaware Ave. 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:** "You have heard that when you sneeze all of your bodily functions, including your heart, stop momentarily. Well it is also true about peeing." - Wendy Tocha in St. Joseph's Cathedral trying to make Chris blush and also describing her work days...

**WE NEED YOUR HELP!!!** We want to publish your race stories / training dilemmas / life lessons. The deadline for submissions to the newsletter is the 18th of each month. Send your submissions to [btc\\_qt59@hotmail.com](mailto:btc_qt59@hotmail.com), or via snail mail to Quinn Ankrum at 2030 Town Hall Terrace #6, Grand Island, NY 14072. *Thank you!*