



Race For Food By Joe Meyer

Hey BTC. Well, it's the "off-season" now and I know a lot of people are starting to plan next season's goals, training programs, and races. I am no exception, but I have added a twist to my race plans. RACE FOR FOOD is a charity fundraising program I have set up with the Food Bank of WNY for the 2003 racing season. I thought I would write this article to inform the club about this program, and also as a way to start advertising RACE FOR FOOD.

What is it?

RACE FOR FOOD is a fundraising program where the participants (me) will race various endurance racing events (road races, duathlons, and triathlons) throughout the US and Canada in order to raise money for the Food Bank of WNY.

Here is the plan and the details. I plan on racing 12-25 events (from local 5K's to the Peterborough 1/2 Ironman) in the 2003 racing season (May 1, 2003-September 30, 2003). I am asking for sponsors to donate the following amounts to the Food Bank of WNY based on my results in each race:

- \$20 for every race I finish.
- \$40 for every time I finish top 5 in my age group (*plus \$20 for the finish*).
- \$60 for every time I finish top 5

overall (*plus \$20 for the finish, and \$40 for the top 5 age group finish*).

- \$100 if I win a race (*plus \$20 for finishing, \$40 for a top 5 age group finish, and \$60 for a top 5 overall finish*).

For example: In 2002, I finished 7 races (\$140), placed in the top 5 of my age group 6 times (\$240), and placed top 5th overall in one race (\$60). A sponsor would have donated a total of \$440 to the Food Bank of WNY.

My goal for the 2003 season is to raise \$20,000 for the Food Bank of WNY.

What is my end of the deal?

ALL FUNDS GENERATED GO DIRECTLY TO THE FOOD BANK OF WNY. I pay for all expenses (entry fees, travel expenses, coaching, equipment, and maintenance). Also, this program gives me the added motivation to race faster, train harder, and improve.

Sponsors can benefit by making a charitable tax-deductible donation and being associated with a new and exciting fundraising program. Also, I will advertise each sponsor on my pre-race warm up apparel and race attire whenever possible. I intend to acknowledge each sponsor at every possible awards ceremony, press release,

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2003 BTC Club Officer Elections and Other Stuff

Once again it is time to elect your club officers for next year. This year for the first time in many years, Rich Clark and Bob Giardini will not be running for any of the positions. That means that the President, Vice President, Treasurer, and Secretary will have all new people taking over. There is a ballot included within this newsletter. Please take the time to fill in the ballot and

send to Bob Siudzinski, election coordinator. His address is on the ballot.

Also starting with the January and February 2003 newsletters, Andy Moynihan and Nikki White have graciously volunteered their services to be the Quick Transitions co-editors. Please make their work easy by continuing to submit your race stories, informational articles, and columns. You can continue to send the articles to < btc_qt59@hotmail.com > for now. When you see Nikki or Andy, please take a minute to thank them for all of their upcoming hard work.

We still need volunteers for calendar committee, race results committee, club sponsor committee, etc... Please take the time to consider helping the BTC remain the best it can be!

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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.

November 8, 2003 - Ironman Florida, Panama City, FL.

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 for more information: 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.

Race For Food (con't)

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interview, and any other media opportunity.

How can you help?

A few BTC members have already helped me get RACE FOR FOOD started and have offered invaluable advice. I cannot thank those individuals enough. You have been extremely instrumental in starting this venture. THANK YOU!

To everybody else, please talk about it. The more people hear about it, the more interest in it. The more interest generated for RACE FOR FOOD, the more awareness for the Food Bank of WNY, the more interest generated in multi-sport racing, and the more interest generated for the BTC. Everybody benefits.

Also by talking about it, hopefully a buzz will be created and people will want to participate and thus the program will receive more recognition. Sponsors will be more apt to participate if RACE FOR FOOD and the sponsoring organizations receive recognition. Once the season hits, hopefully media coverage (local TV, newspapers, and radio) will follow. *The Food Bank and I are planning on pulling every string possible to get significant media coverage.* The more recognition for RACE FOR FOOD, the more the sponsors will benefit. Again, I want this to be a "win-win" situation.

Right now I am in what I consider to be the most difficult period of the program, getting sponsors. So please if you know of any possible sponsors, send them my way. Would your business like to become a corporate sponsor? If so please contact me. My contact information is listed at the end of this article.

Am I accepting donations?

Not yet. That will probably start in the summer, but now I am targeting corporate sponsors. The more corporate sponsors I get, the more legitimate RACE FOR FOOD becomes. Corporate sponsors are my main focus now.

Can you participate in RACE FOR FOOD?

Yes, but please wait one year.

Why?

First, this is the initial attempt at this program and I want to wait one year before I start TEAM RACE FOR FOOD. There have been a lot of details that I have had to work out just to start this project for myself. It would be too much for me to organize a team fundraising project in the first year. Please understand my first concern would be all the TEAM members' safety. Also I do not want to put the Food Bank of WNY at risk if anything bad ever happened to an athlete who was "racing to raise money" for that organization. The liability issue is huge these days. Please, let me give it a one year trial-

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New Member(s) for October

Frank and Linda McKeehan.

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!!!

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.

January Birthdays: Diane Sardes 1/1, Bill Seyler 1/2, Renee Knopf 1/9, Bob Siudzinski 1/11, Nancy Gworek 1/15, Melissa Hanson 1/16, Pat Reilly 1/19, John Fenger 1/20, Steven White 1/25, Mary Eggers 1/25, Marc Koester 1/29, Jennifer McConvey 1/29.

Give It Up, by Luc Eggers

Okay, here is the deal, all of you are special. I don't care if you are a Mom, a Dad, a Grandma, or just you. I don't care if you do a freaking Ironman or a 5k. Although, I have to give it to the Moms... they go through the weight gain and loss, labor, etc etc.

I turned 2 on November 9th. I have come to a realization, this kind of behavior is not normal. I went to school the other day, and asked my friend Sam (who is 2 1/2), what Ironmans his parents have done. He didn't know what Ironman was! After I explained it to him, he asked me "Do your parents get paid for that?" I said no. We then agreed that this is nuts, and I realized that I am the only one in my school who knows what a triathlon is.

So should I choose to become a triathlete... all this work that I am doing to get potty trained... will go out the door. I know you all pee yourselves. All this work I am putting into chewing my food, will

go out the door when I start to live on energy drinks and power-gel. All this work I am doing to ride a three wheeler, and then I have to ride a two wheeler!!!!

All this work I have done to learn how to run..... and all my friends walk!!!!!!!!!!!!

Here is my point.... none of you are special. All of you are lucky. Lucky to be able to participate in a sport you love. Lucky you have the physical ability to compete. Lucky that you aren't sitting in a hospital over someone's bed, or someone sitting over your bed.

How about instead of competing to do the longest race, the fastest race, or be the only type of person to do a race, just enjoy the race and the sport.

Race For Food (cont'd)

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run, see if it works, and what changes need to be made to start a TEAM fundraising program. If this year is successful, then I will work on the "TEAM" details. There are a number of legal issues when fundraising through "extreme" sporting events, so please understand I do not want to exclude anyone from participating in this fundraising project. Honestly, I truly hope that this project will grow into a big participating "TEAM" fundraiser. But before it grows, I have to make sure that it can be successful on an individual basis and thus, iron out all the details. I hope everyone understands and no one is offended. (It is kind of like starting a triathlon series. You need one successful race before you can start having a successful series.)

How can this help the BTC and how can the BTC help this program?

One of my objectives is to make this project a "win-win" program, where the all participants benefit (racers, sponsors, and the Food Bank).

The BTC has been kind enough to let me advertise on the BTC website. Hopefully this project will bring more exposure to the sport of triathlon and also more exposure to the BTC. The Food Bank and I are working on getting media exposure during the summer racing season (hopefully, this fundraiser will receive exposure on all local TV stations, newspapers, and radio stations).

With all the support the BTC has given me in the past and with helping me advertise on the BTC website, I consider the BTC to be an **informal** sponsor. The club will not have to donate any funds to the program. The contributions its members have made to start this program are well worth a sponsorship title.

Why am I doing this?

The reasons are many:

For a long time the question that has bothered me is, "Can one person make a difference?" I have wavered back and forth on the answer. When I was younger, I thought of course one person can make a difference. As I grew older, I started to think the opposite. Well, I want to prove myself wrong. Hopefully, one average guy

can make a difference.

Personally, at the end of this past season, I was having difficulty getting motivated to train and prepare for a couple races. In 2003, my racing will have a purpose. The extra motivation that knowing each race result will have an impact on some person receiving a little extra food may help me dig a little deeper during those difficult moments of training and racing.

As I said, I want this charity to grow in numbers after the first year. In the future, TEAM RACE FOR FOOD may get sponsors to donate tri gear to participants. Hey, who wouldn't want some cheap or free racing shoes, bike gear, or some tri gear for raising money for a good cause?

Why the Food Bank?

Many of us have thought how great it would be to be a professional triathlete and be paid to race. Well, on many occasions, I have thought how great it would be to receive *anything*, shoes, clothes, or FOOD for racing. I thought, "How great would it be to RACE FOR FOOD?" Then, the phrase made me think maybe my racing can do more than just provide me enjoyment.

Simply put, I chose the Food Bank because the name of this non-profit organization fit with the phrase. No other initial reason, but after meeting with the director and the development office of the Food Bank, I am excited and happy to be working with such great people. The Food Bank is a worthy cause and a good organization that looks to obtain food and support for local soup kitchens, pantries, and shelters. I am proud to be partnering up with such a cause.

The world works in weird ways sometimes. I don't know where this program will lead, but hopefully in a year from now the Food Bank of WNY will have \$20,000 more to help the Western New York community.

Contact Information:

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Joe Meyer

PO Box 648

Niagara University, NY 14109

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Email: joeymeyer@hotmail.com or jjm@niagara.edu

Tragically Tracy? (eh?) - Greg Drumm

I am not Canadian, but I like Molson! Sometimes I wish I was Canadian; or at least a little more like them. Canada has a lot of good things going for it. They certainly more than hold their own in triathlon. Of course the Canadian people are undoubtedly one of Canada's best assets. And right up there near hockey is the Tragically Hip. With a recent opportunity to get advance purchase tickets and see them perform in a super cool classic setting like Syracuse's Landmark Theatre (sort of like Shea's), I was there.

So the big night arrives and my girlfriend (Cathy) and I head out for a nice dinner and then wander over to "The Landmark". I was surprised to see that there were probably more Canadians there than Americans. I even ran into a guy with a NOTL T-shirt (who knows Curt & Warren because the poor guy is in their age group) and rapped with him for a bit before the show.

Shortly after finding our seats, The Hip took the stage and opened with "Silver Jet" off their latest release. I was awestruck. At the same time I was perplexed. Gord Downey was quirky and cool as he cranked out the opening song but something seemed odd. I couldn't quite figure it out until the second song or so and it hit me. Perhaps it was the



herbaceous matter burning behind us but I turned to Cathy and told her I thought our very own Jeff Tracy was actually Gord Downey or vice versa. We looked at each other, then to Gordon Tracy or whatever his name is, then again at each other and started to laugh out loud. Later I realized it all makes sense if you think about it.

The sleek, shaved head. The energetic gyrations. The fun and friendly demeanor. Its gotta be. Appalachian Trail – I think not. I bet it was more like a European tour or he was in the studio or something. I bet the triathlon stuff simply helps him stay in shape for the rigors of the road and being onstage. I even heard a rumor that one of the buildings at Camp Kenan is a recording studio. And what a way to blend in with the average fan – as a tri-geek and teacher (eh?!).

I gotta admit it was a great show Jeff, errr I mean, Gord. I hope you aren't upset that I blew your cover but it's too cool having a rock star in our midst. And one last thing..... Jeff/Gord or whomever you are today, I don't want to ruin our friendship and play on your celebrity but if I bring a Hip CD to Spinervals on Friday, will you sign it?

Fourth Annual BTC Banquet, by Jack Gorski

The fourth annual BTC awards and recognition banquet has been scheduled for Saturday January 25, 2003. Once again it will be held at Rizzo's Banchetti banquet facility in Amherst. To date, all the details have not been finalized. All members will receive the particulars in the mail during the first week in

December. The cost is \$ 25 per person and is open only to members, their spouses, or significant others. Please mark your calendars. If you should have any questions prior to the receipt of the all the details feel free to contact the banquetczar at brickczar@aol.com. Hope to see you there.

Training with the Stars - Jeff Tracy

This month: *ShowTime* rated PG-13 for action violence, language and some drug content.

Well my tri-geek friends, I'm back with another movie review after many months of being able to ride outside. (Wait, I can't forget Warren. Hello du-geek. For some reason that just doesn't have the same ring as tri-geek.)

I spent a recent Sunday morning in November on the trainer in front of my TV and VCR. In hindsight, I could have ridden outside, but the weather forecasts kept me in. There were times during this ride that the sun peeked out and I considered breaking free of the trainer and heading out into the elements or lack there of, but the movie kept me inside, glued to the small scene.

Only when I was to begin my run did it start to rain. Did I say rain? I meant pour.

And now on with the review. I rented *Showtime*, which was directed by Tom Dey. That name means nothing to me so I don't expect it to mean anything to

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BTC Club Album, by Jack Gorski

This year's album is currently being fashioned into the "BEST" yet. If you have any pictures of club events, group shots of members at races etc, and would like to contribute them to the

Club for inclusion in the album please get them to me (Jack Gorski) as soon as possible. All donated material becomes club property.

December 2002

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Running in Niagara Falls	3	4	5	6 Spinervals with Nancy	7
8	9 Running in Niagara Falls	10	11 BTC Monthly Meeting	12	13 Spinervals with Nancy	14
15	16 Running in Niagara Falls	17 NFBG Toys for Tots Drive	18	19	20 Spinervals with Nancy	21
22	23 Running in Niagara Falls	24	25 Merry Christmas	26	27 (?) Spinervals with Nancy	28 Last Race of the Year
29	30 Running in Niagara Falls	31	Jan 1 2003 Happy New Year!			

- **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.
- **Every Monday Evening** - Running in Niagara Falls. Four Points Sheraton parking lot, 1st St and Rainbow Blvd. 5:15 - 5:20 pm.
- **Throughout December** - Vote for the BTC 2003 Club Officers. Send in your form to Bob Siudzinski (address on ballot).
- **December 11th** - BTC's Monthly Meeting at the Knight's of Columbus Hall, Delaware Ave near Allen St, downtown Buffalo. 7:15 pm.
- **December 17th** - No Fun Bike Gang (NFBG) is teaming up with the US Marine Reserves for a holiday celebration to benefit Toys for Tots. Park Lane, Buffalo. 5:30 - 8:00 pm.
- **December 28th** - Last Race of the Year, Delaware Park. Application is attached to this newsletter. Volunteers needed. Call Bob G.
- 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!

Needed: We need two volunteers, course captain and volunteer coordinator, for the Last Race of the Year (LROY). Volunteers are also needed on race day (Dec. 28th). Please call Bob Giardini, 667-7336, to help with this BTC race.

Reminder: Your BTC annual dues are due in January. Please fill out the application (included in this newsletter), attach the correct amount of dues, and send it to Bob Giardini, 15 Ranch Trail Ct, Orchard Park, NY 14127. For those who renew before Feb. 28, we are giving away our new BTC bumper stickers.

Training with the Stars (continued)

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you, the reader. Before I jump into the review let me say two words: Eddie Murphy. Two more: DeNiro. Again, two more: Renee Russo (Hubba hubba!) Two more, again: William Shatner (as himself). That guy is the epitome of cool. The final two words. Kadeem Hardison: Kadeem who? Come on now I'm not the only child of the eighties in this club am I? Kadeem Hardison! He played the lovable Dwayne Wayne on the hit *Cosby Show* spin-off *A Different World* starring the sassy Lisa Bonet. He wore those cool flip-up glasses that established a trend in eyewear. I still can't believe a character as cool as Dwayne Wayne would end up marrying that uppity Whitley, but I digress.

As you can tell by the previous paragraph this movie was star-studded. In addition, it was action packed. The ninety-minute ride flew by. Here's the premise: DeNiro plays a tough as nails LAPD detective who

crossed paths with an inept patrolman and actor wannabe played by Murphy. The bumbling Murphy gets in the way of an undercover drug sting that DeNiro's character was involved with. The media discovers the sting and also gets in the way. In a moment of frustration, DeNiro shoots a TV camera right in the lens. To avoid a lawsuit, the chief agrees that the more-than-reluctant DeNiro will do a reality TV cop show and, as fate would have it, Murphy's character would become his partner in the show. Murphy's character relished the limelight.

This movie was a sure thing. I rented it for the Murphy, but I stayed for the DeNiro. I'm not sure if he has ever made a bad movie. Not only is he great in serious roles, he is also a great straight man in comedies like this one. He's played in other comedies (opposite Ben Stiller in *Meet the Parents* and Billy Crystal in *Analyze This*); I almost think that he is better in these roles than in the serious ones. As for Murphy, he's made some classic movies like

Coming to America and *The Nutty Professor*, but he's also made some real stinkers like *Boomerang* and *The Golden Child*. In this film, Murphy does well. It wasn't his best work, but it wasn't his worst, either.

A sentimental highlight in the film for me was the small role of DeNiro and Murphy's boss, played by the same guy who played the building superintendent in *Coming to America*. It was great to see this face again, although it was a little thicker and his hair a little thinner. (That movie has a special place in this reviewer's heart. It has a lot do with who I am.)

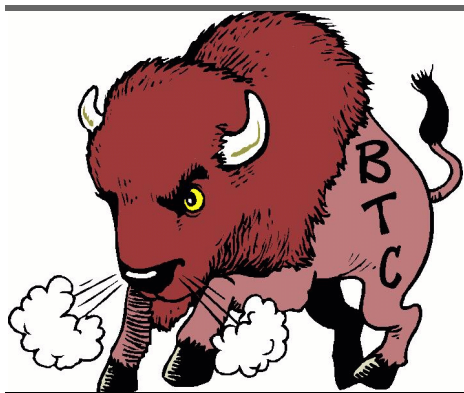
In the end, this film is all DeNiro. The few scenes with Bill Shatner (as himself) aren't bad either. The action scenes are great, too. If you've got 95 minutes to spend on the trainer, give this movie a spin. I give it 4 Nimble Wheels out of 5.

Date to Remember: **Jing-A-Ling Jog Fun Event** - December Date TBD (watch E-mail)

Buffalo Triathlon Club

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

Congratulations to Nikki and Steven White on the birth of their second child, Justin, born November 1st.



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

We're on the Web!
buffalotriathlonclub.com

Enjoy the upcoming
Holiday season!

BUFFALO TRIATHLON CLUB

Send submissions for December's QT
By December 15, 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 Quote: "Nothing goes to waste, you put it all to use, the old wounds, and long-ago slights become the stuff of competitive energy." - Lance Armstrong

December BTC Meeting

The BTC December meeting is scheduled for Wednesday, December 11th 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: "How does Rich expect to go to Ironman Japan when he can't even go to Mighty Taco after Spinervals." - Greg Drumm just minutes after Rich left to go home to his new bride...

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, or via snail mail to Quinn Ankrum at 2030 Town Hall Terrace #6, Grand Island, NY 14072. *Thank you!*

Buffalo Triathlon Club Apparel Reservation Form
Due Date: December 31, 2002

Completed reservation forms MUST be received by G. Drumm, with FULL payment (by check), on December 31, 2002 or your order will not be included – NO EXCEPTIONS.

An order for custom (semi-custom) BTC apparel will be placed for the items listed below from Louis Garneau. The same jerseys and tri-shorts as ordered in the past will be available as well as additional items. All items will basically follow the BTC color scheme of red/white/black. Please visit www.LouisGarneau.com to view the various items/styles/info.

- (1) Sleeveless jerseys (same as last two orders) with a white sublimated “BTC buffalo logo” on the chest. The jersey style is “Monaco” (3E20132). Cost per jersey is \$38.
- (2) Bike tri-shorts will be black w/the BTC logo and “Buffalo Triathlon Club” on the side panels. The tri-shorts are not standard length bike shorts but shorter in length on the legs. The triathlon shorts style is 3E50027. Cost per tri- shorts is \$34.
- (3) Traditional length, black bike shorts w/BTC logo and/or “Buffalo Triathlon Club” on the side panels. These shorts are style 3E50032. Cost per shorts is \$40.
- (4) Windbreaker-type cycling/running vests. These will likely be white w/red trim, will likely have “Buffalo Triathlon Club” written across the chest, and will have a mesh back. The style is the “Cool Vest” 3E28007. Cost per vest is \$54.
- (5) Cycling gloves with BTC and/or BTC logo. The gloves are style 3E81010. If you are uncertain of your glove size, you may wish to check out gloves at a bike shop as we do not have a sizing chart. Cost per one pair of gloves is \$13.
- (6) Cycling Socks with BTC and/or BTC logo. The sock bottom will likely be black with a red knitted cuff with BTC and/or the BTC logo on the cuff. The style is 3E85006. Order minimum for socks is two pair per person. The cost for two pair of socks is \$10.

Determine the appropriate size from the Louis Garneau website or the chart below. Please do not contact me about sizing as fit, comfort, and use preferences are personal choices and can be quite variable from person to person.

Jerseys/Shorts/Vests

SIZE	XS	S	M	L	XL	XXL	XXXL
CHEST	34	36	38	40	42	44	46
WAIST	28	30	32	34	36	38	40
HIPS	34	36	38	40	42	44	46

SOCKS

	MEN	WOMEN
XS	4-5	6-7
S	6-7	8-9
M	8-9	10-11
L	10-11	-

Please follow the steps on the following page if you wish to order BTC apparel.

Please read this information carefully and follow the steps below if you wish to order BTC apparel.

(1) Fully complete the information below – please print legibly:

Name: _____

Address: _____

Phone: _____ Email: _____

(2) Indicate # of each item you wish to order under the desired size selection(s) below:

Size	XS	S	M	L	XL	XXL	XXXL
Jersey							
Tri-Shorts							
Traditional Shorts							
Cool Vest							
Gloves							
Knit Socks (2 minimum)	n/a					n/a	n/a

(3) Add number of items for each size from above and place in chart below and calculate costs.

ITEM	# Items	Cost per Item	Total Item Cost
Jersey		\$ 38	
Tri-Shorts		\$ 34	
Traditional Shorts		\$ 40	
Cool Vest		\$ 54	
Gloves		\$ 13	
Knit Socks (2 minimum)		\$ 5	

Total Cost = _____

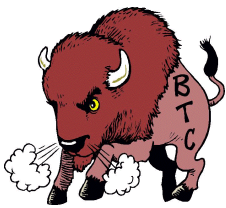
(4) Make check payable to “**Buffalo Triathlon Club, Inc.**” in the amount of “Total Cost” above. Forward or send this completed order form with check (no cash) to: Greg Drumm/BTC Apparel, 89 Sundridge Dr., Amherst, NY 14228

If collectively, we do not receive order minimums (usually 16) for an item, an order for that item will not be placed. (You will be reimbursed for items that are unable to be ordered). Please understand that we cannot make guarantees with respect to factors outside our control. Thank-You for your patience and understanding. If you have questions, please contact Greg Drumm at 636-5985 or gwdgo2@aol.com.

Your Signature _____



Images shown above are for demonstrative purposes. Final design may vary from designs shown.



Buffalo Triathlon Club, Inc.



Membership Application

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Sex: _____ Birth Date: _____

USAT? _____ USAT Member #: _____

Membership Type: Individual (\$25) *Family - persons related by blood or marriage residing at the same address. Each family member must complete an application.*
 (check one) Family (\$35) *Associate - residence out of area.*
 Associate (\$15) *Junior - Under 18 years of age.*
 Junior (\$15)

Make checks payable to:
Mail to:

Buffalo Triathlon Club, Inc.
Buffalo Triathlon Club Membership
c/o R. Giardini
15 Ranch Trail CT., Orchard Park, NY 14127

Acknowledgement, Waiver, & Release From Liability (AWRL)

I acknowledge that a triathlon or multisport/duathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS OR MULTISPORT/DUATHLONS. I certify that I am physically fit, have trained for participation in these events, and have not been advised otherwise by a qualified medical person.

I acknowledge that this AWRL form will be used by the Buffalo Triathlon Club, Inc. ("BTC") and the sponsors and organizers of all BTC activities. Activities being of a workout or low-key nature or a race format or just a social event. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assign as follows: a) WAIVE, RELEASE, DISCHARGE, and AGREE NOT TO SUE, for any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter accrue to me as a result of participation in, or my travelling to or from a BTC activity, THE FOLLOWING PERSONS OR ENTITIES: BTC, event sponsors, race directors, event producers, event volunteers, and all cities, counties, districts and/or states in which said events may be staged or in which segments of said events may be run and its (their) officers, directors, employees, representatives and agents and volunteers; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in the paragraph from any and all liabilities or claims made by individuals or entities as a result of my actions during BTC activities or events. I realize that most BTC activities are of a workout or social nature and no traffic control will be in place during the event or activity. I will be responsible for knowing and following all traffic laws while participating in, practicing for, or travelling to or from a BTC event or activity. I hereby consent to receive treatment in the event of my injury, accident, and/or illness during any BTC activity.

I CERTIFY THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER; I HAVE READ THIS DOCUMENT; AND UNDERSTAND ITS CONTENTS.

Printed Name: _____ Date: _____

Signature: _____

If under eighteen (18) years of age, parent or guardian must sign waiver:

Signature: _____ Date: _____

Contact in case of emergency: _____ Phone: _____

2003 BTC Officers Election
Circle one or fill in name

President

Chris Ankrum

_____ (Write in candidate)

Vice President

Melissa Hanson

_____ (Write in candidate)

Treasurer

Jim Kavanagh

_____ (Write in candidate)

Secretary

Wendy Tocha

_____ (Write in candidate)

Please fill in this ballot by December 20th and send to the Election Committee:

Bob Siudzinski, BTC Election Chairperson
205 Willowgrove South
Tonawanda, NY 14150

Any questions regarding this election should be addressed to Bob S. at this e-mail address, robetsiudzinski@yahoo.com.