



## What Are We? By Karl Kozlowski

**(A story originally written after last winter's snow storm [12/29/01] and never submitted)**

Just one of those thoughtful runs...

Buffalo. What else can be said about our majestic city? Any one that was in the area from Christmas Eve until New Years knows exactly what I am talking about. 82.3". Not only was it snow, it was the first snow of the season. Just in time for little St. Nick. Aren't we the lucky ones? I'm here to say that we are.

I got out for a run on the 26<sup>th</sup> of December, in the snow, down Main Street. It was a forty-five minute bike on the trainer followed by a forty-five minute run brick workout. I had taken Christmas Eve and Christmas day off and felt anxious being that I was in my sixth week of triathlon preseason. I bundled up in my tights and jogging pants, threw on my turtleneck and windbreaker. Last but not least I festooned my head with a wonderfully warm, ear-flapped BTC hat. Out the door I went.

Wind. Snow. Cold. Ice. This was what I met down my street as my feet blissfully carried me away. I trudged twenty-two and a half minutes away, turned and finished home. A nice run, alas pretty uneventful.

Then the real fun hit town. I spent the next two days besieged by Murphy's Law. The snow blower that worked just two weeks ago in a dry trial run now sat silent. My

trusty metal shovel lay by the side of the house in a crumpled heap that the recyclers wouldn't even admit to. Shovel. Shovel. Shovel. Three hours. Two hours. Three and a half hours. Higher and higher the piles went until I was lifting snow above my head. These became my workouts for the day. Sad to say, the wind trainer sat motionless, my running shoes sat ready by the door. Enough is enough I thought, this shoveling is more of a full body workout than even Coach Nancy could invent. (Note: This is not a challenge!) I slept well those nights.

Yet something was missing from my routine. All you type-A personalities can attest to this. My workouts no matter how tough were not what I needed. I missed the feel of the pedals, the lure of the street. Aero positions, rpms, sweat towels. Double knots, the feel of the tights, smell of pavement. These things are what I need.

Saturday the 29<sup>th</sup> was to be a great day! I could get out of my house for a little while. See what despair Western New York had been left in. Assess the situation first hand.

After a two-hour trainer ride to the sounds and sights of Jurassic Park III (A Christmas gift and my third favorite movie of all time to only Jurassic Park I and II) I went for a thirty minute run through my neighborhood. I bundled up again and

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## 2003 BTC Stuff

Starting with the February and March 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.

Take the time to thank Greg Drumm for his hard work in arranging for Karen Smyers, 1995 IM World Champion, to talk at the BTC Annual Banquet and to host a mini-triathlon seminar. Greg has also been the lead when it comes to organizing and ordering the Team BTC triathlon gear so many of us used last year. Thank you!

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

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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

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June 29, 2003 - Ironman Coeur d' Alene, Idaho.

July 27, 2003 - Ironman USA, Lake Placid, NY.

September 7, 2003 - Ironman Wisconsin, Madison, WI.

September 7, 2003 - BTC's 4th Annual Fall Frolic, Barker, NY. Yes, it will be an International Event!

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

## Ongoing BTC / Community Workouts

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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](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.

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## What Are We? (con't)

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*(Continued from page 1)*

went out the door. Piles of snow engulfed me like waves in the middle of the Pacific. The sound of my feet echoed off the surrounding buried vehicles. Time to think.

There are a lot of things that we as triathletes are left to ponder. I'm not talking about cadence, lactate threshold, intervals, or transitions here, I'm talking bigger.

First, The Last Race of the Year was cancelled. Duh! Of course it would be. I would have been pretty upset if Ring road had seen a plow before my street. The race being cancelled = bad. Yet there was some good out of it, those that showed up to help clean the Parkside Lodge know what I'm talking about. This building is truly a Buffalo landmark. Anyone with time should be encouraged to check it out. It may not be in spectacular shape, but it will be. We moved, carried, piled, moved some more, carried, swept, wiped, carried, mopped and moved some more until it was barely recognizable from when we started. This is the good. Being able to put our athleticism to work to help a group in need. That is what we are about. The good we do for others. A Christmas gift that can't be taken back to any store.

Second, the city of good neighbors. As I was finishing my run this night one of my neighbors cars was stuck in the snow. (Imagine that...in Buffalo?) So I got behind, set my feet and....Heeya! Push, push, push, push, out! Down the street a little further another car in need of the Clydesdale Powers! Push, push, push, push, out. Not only was I helping, several of the people I live around were out there. Push, push, push, push, out! I met several people that night that simply knew me as the cyclist-runner guy. I now know more names and addresses and stories than I did two days prior. They know me as Karl, triathlete, BTC member, Ironman hopeful, and most important, neighbor. This was another one of life's special Christmas gifts.

So the next time you see those flakes falling from the sky and you sit there in despair, get up and do something. Not because it's on your training schedule, not because your mom, dad, significant other want you to, just because. Because we can all make a difference. We are Buffalonians, we are triathletes, we are people. Happy New Year, be safe and keep trainin', cause you know I am!

### New Member(s) for December

Bud Hesse (renewal).

*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!!!

**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.

**February Birthdays:** Barb Mielcarek 2/9, Candace Mahaney 2/13, Kim Chmielewicz 2/16, Paul White 2/17, Gary Thompson 2/22, Diane Marascuilo 2/29, Don Stefanski 2/29, Jonathan Bernstein 2/29.

## 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 Banchettis by Rizzo's banquet facility in Amherst. All members should have received 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.

### Music To My Ears By Karl Kozlowski

As we all know, it's trainer time again. All too soon the warm sun-filled days of the summer have left for something, shall we say, a little more "chilly". It's also the time for us to seek solace in expanding our endurance borders for the upcoming year. That's right, aerobic base building time. Happy, Happy, Joy, Joy!

Thanks to "Gordon" Jeff Tracy, we are equipped with a list of great (and some not-so-great) movie choices when riding our trusty steeds in the comfort of our own homes. I still believe Jurassic Park is the ultimate trainer companion. Where else can you find yourself in a lead pack of herbivores being chased by a peloton of velociraptors? Talk about interval work! I have found that from time to time though, a movie doesn't exactly do the trick while riding. Ever get so involved in a movie's plot or character that you all of a sudden realize that your cadence has dropped somewhere between that of an 86 year-old woman on her way to church and the hockey at HSBC Arena? Yeah, my hand is up too.

That brings music into the picture. There is nothing like a good pick-me-up from a driving bass line shooting out from a pair of finely tuned Infinity speakers! All kinds of music can be used for workouts. As each and every one of us is different, so are we all connoisseurs of music in our own special way. I've pedaled my way through classic rock, oldies, reggae, rave, disco, rock, metal, jazz, folk, and yes... even polka (it was in the disk changer when I had it on random!). There are songs that gradually pick up the beat for warm-up (Zombie Stomp - Ozzy Osbourne), there are songs that make you bounce off your seat (Mambo Number Five - Lou Bega), to songs for your cool down ride (anything by Enya). The trick is to put together the right collection to get your turkey and cranberry filled buttocks through a workout.

So, here for you today is a list of a couple of tunes you can pull down off of the internet to get you pedaling your way straight to Nirvana! (The place not the band.) Remember no song is right for everyone, so don't hold me responsible for the effects

the playing of music can have on your heart rate or workout!

I'll start with a little tribute to our friends to the north. Great Big Sea is a folk-celtic-pop-rock band from the great land of Newfoundland. A band of four lads put to the task of laying down a great sensation with a touch of tradition. I suggest you start with "No Ordinary Day" and maybe throw a listen to "Stumbling In". I promise they'll get your legs rumbling.

Staying up yonder with our hockey-loving continent companions we move to, The Tragically Hip. You can't really go wrong with any of these awesome energy-filled performances. "Are You Ready" off their latest album, "In Violet Light" will get you moving, as will "Grace, Too", and "New Orleans is Sinking" is a great song to drop the gears down and grind up that tall hill just beyond the stereo.

Ready for a little rave to get you pumped up? How about Dirty Vegas', "Days Go By" (everyone remembers it from the Mitsubishi commercial, not that we are ever sitting on our couches and watching TV Coach Nancy!) You could also try Darude's "Sandstorm" or the techno remix of Korn's "Freak on a Leash". Only try these if you are ready for a heart racing experience that will last a good six to seven minutes. Great songs for a long tempo interval.

I could probably go on forever with songs to ride by. Van Halen "Dreams", Pink "Get This Party Started", Metallica "Wherever I May Roam", Dave Matthews' Band "Ants Marching", Toby Keith "I Wanna Talk About Me", Rush "Red Barchetta" or "Tom Sawyer". The list goes on and on. Take a chance. Pull down some music, throw it on the old stereo. (Sorry Flash, I couldn't find any 8-tracks to review for you but I'm sure that Gordon Lightfoot is just as good!) If you find any others please feel free to let me know, I'm always in "tune" for a new listening experience! Most importantly though... Have Fun! After all, isn't that why we all do this crazy sport anyway?

**Date to Remember:** Last Race of the Year - Delaware Park, December 28th

### 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.

# January 2003

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Happy New Years!!!</i>	2	3 <i>Spinervals with Nancy</i>	4
5	6 <i>Running in Niagara Falls</i>	7	8	9	10 <i>Spinervals with Nancy</i>	11
12	13 <i>Running in Niagara Falls</i>	14	15	16	17 <i>Spinervals with Nancy</i>	18
19	20 <i>Running in Niagara Falls</i>	21	22	23	24 <i>Spinervals with Nancy</i>	25 <i>BTC Annual Banquet</i>
26	27 <i>Running in Niagara Falls</i>	28	29	30	31	

- **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.
- **December 28th** - Last Race of the Year, Delaware Park. Application is attached to this newsletter. Volunteers needed. Call Bob G.
- **January 25th** - BTC's Annual Banquet / Officer Installation Meeting at Banchetti by Rizzo's, 550 N. French Rd, Amherst. Hors d'oeuvres start at 6 pm, dinner at 7 pm, and program to follow. Reservations and money need to be into Jack Gorski by January 12, 2003. Did we mention Karen Smyers will be there?
- **Next BTC Monthly Meeting** - Wednesday, February 19th, 7:15 pm at John W. Danforth Company, 2100 Colvin Boulevard, Tonawanda.
- 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 volunteers for the Last Race of the Year (LROY). If you aren't racing, consider volunteering and giving back to the sports that we love. 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 last month's newsletter or on the website < [www.buffalotriathlonclub.com](http://www.buffalotriathlonclub.com) >), 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.

## Yes Virginia (and Yes Hoad) There Is...

"Yes Virginia, there is a Santa Claus." This is a rather famous line which appeared in an editorial column in response to a question a young girl had written to the New York Sun newspaper in 1897.

Let's move ahead 105 years later. Yes Hoad (and the rest of you non-believers), pro-triathlete Karen Smyers is really coming to Buffalo to speak at the BTC Banquet on January 25 (assuming the weather gods cooperate). And if that isn't enough, she will be holding a group run and mini-clinic the following morning. While the BTC Banquet is for current BTC members and their invited guests, the group run and mini-clinic is open to everyone (so make sure to get the word out to your other clubs and friends). We are currently working out the details for the location and cost of the run/clinic but are hoping to get a room at UB and are tentatively planning on charging a very modest fee of \$10 for BTC members and \$15 for non-BTC members.

Karen has demonstrated that she is one of the most versatile triathletes in the sport be it a short course or long course. This

is perhaps best exemplified by her winning the Hawaiian Ironman World Championships in 1995 and then the short course World Championship just 5 weeks later. These are only two of her many accomplishments. If I had to give you her career highlights, we'd have to add an extra page to the newsletter.

Career highlights are one thing. Karen, as many of you are probably aware, has also had seemingly much more than her fair share of setbacks (e.g., 18-wheelers, collar-bones, severed hamstring, child birth and thyroid cancer). After each setback however, she has picked herself up and made an awesome comeback each and every time to remain a dominant triathlete on the international stage. In doing so, she has garnered much deserved respect and admiration from the athlete and non-athlete alike.

Karen has been described to me as an extremely personable and fun-loving person so don't miss out on this unique opportunity. We hope to see you at the banquet and at the run & clinic the following day.

**Date to Remember:** *BTC Annual Banquet Jan. 25th* - Reservations due by Jan. 12th

## 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](http://buffalotriathlonclub.com)

See you all at the annual  
BTC Banquet.

### BUFFALO TRIATHLON CLUB

Send submissions for February's QT  
By January 15, 2002 to:

E-mail: [BTC\\_QT59@hotmail.com](mailto:BTC_QT59@hotmail.com)  
Quinn Ankrum  
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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:** "I just decided, I'm never going to waste another day thinking about tomorrow. This is it. Today is all I have." - Lance Armstrong

## January BTC Meeting

**The BTC January meeting** is scheduled for Saturday, January 25th after dinner during the BTC Annual Banquet and Officer Installation. Location is Banchetti by Rizzo's, 550 North French, Amherst. Come enjoy the company of fellow triathletes and meet an actual, real life Ironman winner, Karen Smyers!!!

**BTC Quote of the Month:** "Oh, that was fun." - Bill Seyler just after finishing a punishing 15 minute tempo ride during one of Coach Nancy's Spinervals workouts.

**WE NEED YOUR HELP!!!** We want to publish your race stories / training dilemmas / life lessons. The deadline for submissions to the newsletter is the 15th 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!*