



Book Review By Greg Drumm

I'm sure many of you have enjoyed the various restaurant and movie reviews in past issues of our newsletter. For music choices, refer to the BTC Yahoo Groups email list and you'll have at least a CD's worth of spinning tunes to choose from (at least for tri-geeks).

In an effort to make this a more-rounded club and go full circle so to speak or in case you have a Barnes and Noble or Amazon gift certificate from Christmas, I'm throwing out some of my favorite books. (Full time students should proceed directly to the next article before I start getting hate mail from you.) Keep in mind that these are all non-fiction, adventure and outdoors sort of reads – all are fairly easy reads – no Shakespeare here – me hath no temperament for such. So here are 5 of my top choices in no particular order:

Into The Wild by Jon Krakauer.

Perhaps better known for his Mt. Everest saga Into Thin Air, Krakauer, I believe, is much more compelling in Into the Wild. It's a story about a young man from a well-to-do East Coast family who hitchhiked to Alaska and then walked alone into the wilderness north of Mount McKinley. Four months later, a party of moose hunters found his decomposed body. I read the whole book on a flight back from Salt Lake City.

It's Not About The Bike by Lance Armstrong.

For the few of you who haven't read it – just read it. As the title states, it's not about the bike but rather his journey through life and his victory over cancer. Believe it or not, you might come away admiring the guy even more. Carpe Diem baby!

A Sand County Almanac by Aldo Leopold.

Probably the best nature book I have ever read. Leopold, sometimes considered as the father of wildlife ecology/management, incredibly demonstrates his love and passion for the outdoors in his writing style – it just flows. Example: "We abuse land because we see it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."

The Perfect Storm by Sebastian Junger.

Maybe you saw the film with George Clooney but don't judge the book based on the movie. How often does Hollywood really get it right anyway? This book is an awesome edge of your seat adventure/mystery/drama. Junger did a great job peering into the persons lives

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President's Column

Thank you to everyone for your vote of confidence when I ran for the BTC Presidency. Of course as the only candidate I guess I was favored to win. The first thing I want to do as your new President is thank Rich Clark for his incredible leadership for the past four years. And I would also like to thank Bob Giardini for his dedicated

service to the Buffalo Triathlon Club as the only Treasurer we have ever had. The two of them represent the very best that the BTC stands for. Honesty, support, enthusiasm, dedication. If you ever have the chance to travel with them, take the time to admire their enthusiasm for multisport as they cheer for the professionals and the back of the pack athletes. They have always been there to help whether it is a beginning athlete with questions or for the club. Thank you gentleman. We appreciate everything you've done!

Secondly I would like to recognize the BTC's new 2003 Executive Board. Melissa Hanson has graciously accepted the Vice President position, although she doesn't want to give any speeches, ever!

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## BTC and Community Calendar — Future Regional Events

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February 8th - Lockport YMCA Y-10. Lockport YMCA, Main St, 11 am. Contact Jeff Tracy for information.

February 23rd - Polar Bear Run. Olcott Fire Hall, Olcott, NY. 5k, 11 am. Contact Jeff Tracy for information.

September 7, 2003 - 4th Annual BTC Fall Frolic. Camp Kenan, Barker, NY. More details to follow in the next 7 months.

## BTC and Community Calendar - Future National Events

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May 18, 2003 - Memphis in May Olympic Tri, Memphis, TN.

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.

## Book Review (con't)

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*(Continued from page 1)*

affected by this tragedy at sea. – you can almost smell the saltwater.

Seven Pillars of Wisdom by T.E. Lawrence.

Ever hear of Lawrence of Arabia? Well here's your dude and his story. (And yes, it was a movie too.) A rather interesting historical look into a British soldier gaining the trust and then fighting along side Arabs against the Turks, at times from the back of a camel, in WWI.

I eagerly await your thoughts, comments, scorn and ridicule. Happy Reading.

## President's Column (con't)

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*(Continued from page 1)*

Jim Kavanagh, sticking with Bob G's tradition of saying very little, is looking forward to serving the club as Treasurer.

Wendy Tocha has decided to follow her coach's lead and serve as Secretary.

We are all looking forward to serving the Buffalo Triathlon Club for the next year. I especially am looking forward to building on the reputation that Rich and Bob have achieved to make the BTC one of the best multisport clubs in the Northeast, maybe in the country. As I stated in my drawn out acceptance speech, I want to increase the membership another 15% above the 140 members we already have. And this is where you come in, continue your participation in the BTC events (including Spinning with Nancy, Brick workouts, Pier swims, and the winter activities) and bring your friends. This is probably the best advertising our club can get, people having fun!

And remember, even though I hold the title of President, I'm here to serve your needs for a multisport club. If you see something you don't like, tell me and I'll try to make changes. Also if you are interested in helping to make the BTC one of the premier triathlon clubs volunteer! I look forward to seeing everyone out training, racing, and volunteering this summer!

- **Chris** [president@buffalotriathlonclub.com](mailto:president@buffalotriathlonclub.com) / 773-6018

## New Member(s) for January

Carol Dittenhofer.

*The Buffalo Triathlon Club's nearly 140 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!!!

**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.

**March Birthdays:** Will Fisher, 3/2, Tracey Bernardoni 3/4, Rich Newman 3/6, Warren Elvers 3/7, Quinn Ankrum 3/10, Greg Drumm 3/13, Rich Clark 3/15, Sal Pascucci 3/23, Kara Klaasesz 3/31, Anna Kusche 3/31.

# February 2003

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Running in Niagara Falls	4	5	6	7 Spinervals with Nancy	8 Lockport Y-10
9	10 Running in Niagara Falls	11	12	13	14 Spinervals with Nancy	15
16 BTC Winter Snoball	17 Running in Niagara Falls	18	19 BTC Monthly Meeting	20	21 Spinervals with Nancy	22
23 Polar Bear 5k	24 Running in Niagara Falls	25	26	27	28 Spinervals with Nancy	

- **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.
- **February 8th** - Lockport YMCA Y-10. 10 miler around Lockport. Volunteers needed. Call Jeff Tracy, race director.
- **February 16th** - Winter Snoball, BTC's fun activity for February. 11:30 am. Byrnclyff Ski Resort, Route 20A in Wyoming County. 4k nordic skiing, 2 mile run, 2k snowshoe, ??? Mystery event. Call Joanne York-Rappl at 835-5110 for more information.
- **February 23rd** - Polar Bear Run. Olcott Fire Hall. 5K around beautiful Olcott, NY. Volunteers needed. Call Jeff Tracy, race director.
- **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 Polar Bear Run 5K race in Olcott on February 23rd. If you aren't racing, consider volunteering and giving back to the sports that we love. Please e-mail Jeff Tracy at IMacedog@earthlink.net to help with this BTC sponsored race.

**Reminder:** Your BTC annual dues were due in January. Please fill out the application (included in December's newsletter or on the website < www.buffalotriathlonclub.com >), attach the correct amount of dues, and send it to Jim Kavanagh, 19 Madison St., Lancaster, NY 14086. For those who renew before Feb. 28, we are giving away our new BTC bumper stickers.

### Dates to Remember:

BTC Winter Snoball - Byrnclyff Ski Resort, February 16th, 11:30 am  
 Polar Bear Run 5k - Olcott Fire Hall, February 23rd, 11 am

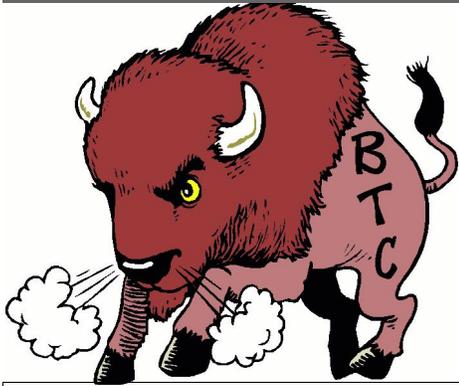
## Top Ten List By Karl Kozlowski

### Top Ten Ways You Know You Spent Too Much Time Eating During The Holidays:

10. You are currently being recruited by Subway to be the next Jared.
9. Now it takes two heart rate monitors to fit around your chest, and you use them for the next meal to see if you can count it as a workout.
8. As you're stretching in front of your house after a run, you get cited for being double-parked.
7. You sweat Cut-Out cookies.
6. The little girl down the street mistakes you for a float in the New Years parade.
5. Before your last swim you had to avoid being harpooned.
4. Then during the swim you had to fight off Greenpeace because they wanted to return you to the ocean.
3. The last time you were on your bike someone commented on what a nice Pogo stick you had.
2. During your last run you were messing up all of the data at the Earthquake Research Center at the University at Buffalo Amherst Campus. You were running in Orchard Park.
1. You apply for the first race of the season asking the race director to add a category for, "Clydesdales Pulling the Budweiser Wagon", and after seeing a picture of you...they add it!

## Buffalo Triathlon Club

c/o Andy Moynihan  
127 Admiral Road  
Buffalo, NY 14216



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

We're on the Web!  
[buffalotriathlonclub.com](http://buffalotriathlonclub.com)

Run outside and stave off  
any cabin fever.

### BUFFALO TRIATHLON CLUB

Send submissions for March's QT  
By February 18, 2003 to:

E-mail: [andrewmoynz1@aol.com](mailto:andrewmoynz1@aol.com)  
Andy Moynihan  
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Buffalo, NY 14216

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Questions: [info@buffalotriathlonclub.com](mailto:info@buffalotriathlonclub.com)

**Quotable Quote:** "Our greatest glory is not in never falling, but in rising every time we fall." - Confucius  
"Being happy doesn't mean everything is perfect, just that you've decided to see beyond the imperfections." - Unknown

## February BTC Meeting

**The BTC February meeting** is scheduled for Wednesday, February 19th. Location is John W. Danforth Company, 2100 Colvin Ave, Tonawanda. Directions using I-290 East, exit at Colvin and take a sharp right at stoplight. From I-290 West, turn left (south) at the light and then a right at the next light. The entrance to JW Danforth is right after the driveway for Grief Brothers on the right.

**BTC Quote of the Month:** "I'm only going to do this for one year. Really!" - Chris Ankrum on his BTC Presidency during his acceptance speech at the BTC Annual Banquet.

**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 [andrewmoynz1@aol.com](mailto:andrewmoynz1@aol.com) or [btc\\_qt59@hotmail.com](mailto:btc_qt59@hotmail.com), or via snail mail to Andrew Moynihan at 127 Admiral Rd, Buffalo, NY 14216. *Thank you!*