



BUFFALO TRIATHLON CLUB

Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

Why Do I Do This? By Joe Meyer

“The unexamined life is not worth living.” Somebody smart said that, and it is a pretty wise statement. Most likely at sometime or another each of us have asked ourselves, “Why the hell am I doing this?” You’ve asked yourself this question when you have woken up early in the morning, its cold and raining outside and you are supposed to go for a ten mile run. Or maybe you asked it after a tough workout that you just forced yourself through because you don’t think you could stand the guilt of skipping a workout because you are hung-over (You probably had a whopping 3 beers the night before. Nice tolerance for someone who lives in Buffalo...). Regardless, I think all of us have asked this question at one time or another, and during the long winter months it can be difficult to remember just why we participate in this sport (or should I say “sports” to please the triathletes *and* duathletes. That’s for you Warren.). So here are just a few of the reasons I think most of us participate in these ridiculous endeavors and why we love to do so.

1)There is nothing like race day. The anticipation leading up to a race is awesome. As you wake up, get ready, travel to the venue, bump into old friends and make new ones, get your gear set in the transition area, and wait for the gun to go off, your heart starts pumping a little more with each passing minute. You start to feel excited. The adrenaline kicks in as you tell yourself to “stay calm, it’s just a race.” That con-

trolled nervousness is such an awesome feeling.

2)This may be an individualistic sport, but I have rarely felt the kind of bond with teammates in a “team” sport as I do with my racing friends. Crashing 5-10 people in a hotel room with everyone’s gear is absolutely awesome.

3)(This is a personal favorite of mine.) Have you ever had someone say to you something along the lines of, “You can’t do that.”? The fire that immediately lights up inside your gut just burns until you prove that person wrong. Any self-doubt you may have about your ability to complete the task you are about to complete is immediately transformed into a desire to prove that person wrong. That person’s voice doubting your ability to achieve a personal goal stays with you during every training session and pushes you that much harder.

4)If I didn’t have this sport, I would be a lush. It seems that the people who participate in this sport have addictive behavioral tendencies. We are “endorphin junkies.” Those endorphins make us feel good, and if we didn’t have that feeling I think most of us would be searching for some kind of substance or activity that creates that rush.

5)The absence of guilt when you ask for more ice cream or have a fourth PB & J sandwich at lunch is awesome. OK, the vanity thing is cool. We can eat double

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President’s Column

.For those of you who forgot, this past Sunday was the BTC’s March event, Curling. Yes, I know, we are triathletes and have enough training to fill up all of our free time but if you missed it you really missed out on a great time. There were only seven BTC members along with 9 Nickel City road Runners who braved the

unknown and took to the ice. I don’t know which was more fun, trying to balance while throwing the stone (43 lb rock) or watching others try. I know my “throwing form” was especially entertaining to many people judging by the snickers that I heard. We were on the ice playing an 8-ender (ask someone who was there or Glenn, he knows) with a team of NCCR’s and Chuck Miller beating the pants off the other BTCer’s—Melissa Hanson, Wendy Tocha, Steven White, and yours truly—16 to 5! Yikes. We all had a great time but in the end most of us decided to stick it with triathlons and leave the curling to the professionals, or at least those with a good sense of balance. Special thanks go out to Suzanne and John Fenger for setting up the

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BTC and Community Calendar – Future Regional Events

March 9, 2003 - BTC Curling Event. Niagara Falls Curling Club, Niagara Falls, NY. 9:30 AM -12:00 PM
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

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

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 Andrea Gomez at 832-6075 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.

President's Column (con't)

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March event.

Many of you are probably asking where I am going on this. For the triathlete, winter offers the chance to rest and recuperate after a long hard season as well as begin the training for the next racing season. It also offers us the opportunity to try something completely different, such as curling or cross country skiing or snowshoeing. The monthly activities are done for the winter season but we have some exciting changes in store for the upcoming summer workouts. Jeff Tracy has graciously taken over the Brick workouts and has set forth a schedule with different run-bike combinations including team events! Check out the schedule at <http://www.buffalotriathlonclub.com/brickschedule.htm>. It

promises to be a challenging summer, indeed.

As for the BTC, this year will bring about some changes as well. The race season here in Western New York promises to be one to remember. We are in the process of trying to set up a race series that will include several triathlons and duathlons. We might finally be able to stay in the USA to race! More details will be given out soon. Stay tuned.

And for all of these changes, we continue to try to improve the BTC to help everyone achieve their goals and dreams in multisport events. If you have any ideas or suggestions, please pass them on to me at president@buffalotriathlonclub.com or talk to me at one of our club events, coming to a location near you soon. Take care, train well, stay injury free, and I'll see you outside once the cold weather breaks!- *Chris* 773-6018

New Member(s) for March

None this month

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!!!

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.

April Birthdays: Jeffrey Lebsack, 4/2, John Pepke, 4/5, Margaret Giardini, 4/8, Audrey Cohn, 4/9, Mark Beehler, 4/11, James Schaffstall, 4/12, Amy Fakterowitz, 4/15, Greta Speller, 4/16, T. Todd Lemmiksoo, 4/18, Martin Kober, 4/19, Anne Marie Ayers, 4/19, Bruce Levine, 4/27, Joan Gregoire, 4/29, John Radzikowski, 4/30.

March 2003

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Running in Niagara Falls</i>	4	5	6	7 <i>Spinervals with Nancy</i>	8
9 <i>BTC Curling Event</i>	10 <i>Running in Niagara Falls</i>	11	12	13	14 <i>Spinervals with Nancy</i>	15
16	17 <i>Running in Niagara Falls</i>	18	19 <i>BTC Monthly Meeting</i>	20	21 <i>Spinervals with Nancy</i>	22
23	24 <i>Running in Niagara Falls</i>	25	26	27	28 <i>Spinervals with Nancy</i>	

- **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.
- **March 9th** - BTC Curling Event 9:30 am - 12:00 pm. Niagara Falls Curling Club, 5801 Morrison Street, Niagara Falls, NY. Call Suzanne or John Fenger at 634-3178 for more information..
- **Next BTC Monthly Meeting** - Wednesday, March 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!

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 Curling Event](#) - Niagara Falls Curling Club, March 9th, 9:00 am

Long Live Smoochy By Jeff Tracy

Long Live Smoochy
By Jeff Tracy

Well, my trainer-riding, treadmill-running and if you're lucky enough, endless pool-swimming friends the new year is upon us. I've begun to long for the days when I can ride my bike outside, train during the light of day and work on my tan again. My time on the trainer out numbers the time spent outside. My television and VCR are my riding partners. And with that it is time for another movie review.

On a recent Sunday morning I connected my bike to my newly improved and quiet trainer, set my timer for ninety minutes and popped *Death to Smoochy* into my VCR. *Smoochy* is rated R for language and sexual references and runs 109 minutes. (Robin William's character dropped a few "F bombs.") That meant that I had to finish the film after my thirty minute run off

of the bike. The movie did a great job holding my attention during the ride, but I lost some of my interest in finishing the viewing following the run.

Smoochy is a dark comedy starring the aforementioned Robin Williams as the corrupt kid show host Rainbow Rudolph who gets busted for taking a bribe. Network executive Marion Frank Stokes played by *Comedy Central's Daily Show* host Jon Stewart scrambles to find an honest replacement. After going through a long list of other former children's television hosts with bundles of dirty laundry and closet upon closet full off past skeletons he opts for Smoochy the Rhino played by Ed Norton. We first see Smoochy playing a parody of *She'll Be Coming Around the Mountain* on his guitar for addicts at a methadone clinic in Coney Island. Smoochy oozes with integrity, but at the same time is naive into the dark side of

Why Do I Do This con't

(sometimes triple) what others eat and burn it off the next day. (Oh yeah, eating is one of those addictive behaviors I have too.)

6) You get to see so many parts of the area you live in and other parts of the world through training and racing. I've been lucky enough to swim, bike, and run around British Columbia, Ontario, and the Adirondacks. Yeah, you should be focused when racing and training but damn don't forget to smell the roses and enjoy the scenery when you are out there.

** (For example: I had the coolest training ride this summer. A few days before Placid, I had to get in a quick hour ride before work one morning. It was dawn and there was enough light out due to the full moon. I rode west and saw this huge full moon setting on the horizon. Then, I turned around and started heading east back home. I was fortunate enough to see one of the most

spectacular sunrises out of the eastern skyline along Lake Ontario. PLEASE, DON'T MISS THESE KIND OF EXPERIENCES).

7) That spring in your step after a personal best time (OK, maybe its may be a limp). Yes, races are competitions and it's nice to get some hardware every now and then (a plaque or some kind of award) but setting a PB time is an awesome feeling of accomplishment that no one can take away.

8) The number 1 reason to keep coming back for more, Ankrum's baked goods after the brick workouts. Those cookies are the greatest.

Hopefully these reasons strike a chord with some of you and may help someone through a difficult workout or may make it easier to get out of bed some rainy cold day. I'm sure there are plenty more that I have forgotten, so please feel free to share the reasons why you do these things.

Race Results from around the world Compiled by Ed Harkey

Lockport Y-10, Feb 08:

Elvers, Warren	1:08:43	1st Age
Ankrum, Chris	1:09:34	
York-Rappl, Joanne	1:17:37	1st Age
London, Pamela	1:19:14	
Fakterowitz, Amy	1:20:56	1st Age
Moynihan, Andrew	1:23:10	
Miller, Chuck	1:24:07	
Wells, Gene	1:24:58	
Jeziro, Jan	1:26:32	
Kozlowski, Karl	1:26:52	
Chmielewicz, Kim	1:39:25	
Ankrum, Quinn	1:42:47	
White, Nikki	1:46:41	
Hesse, Bud	1:46:59	
Strenkoski, Gary	1:57:39	

PolarBear 5K, Feb. 23:

Ankrum, Chris	19:16	1st Age
Kavanagh, Jim	22:25	
Wells, Gene	23:43	1st Age
Strenkoski, Gary	31:14	

Congratulations to everyone who took part in these BTC sponsored events 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.

Long Live Smoochy con't

children's television. (Did you know there was a dark side to children's television? I wonder what The Wiggles, The Teletubbies or that bear in the big blue house are doing that we don't know about?) Enter scoundrel Burke Bennett played by the film's director Danny Devito. Have you known him ever not to play a scoundrel? He does it so well.

The movie moves along through scenes that involve organized crime, contract killers, mistaken identity and William's signature off the wall antics. Even though Rainbow Rudolph spends most of the movie trying to destroy Smoochy and his reputation, he does help to save the day in the end. One of the funnier lines in the movie happens just after an assassination attempt on Smoochy at a

"Smoochy on Ice" performance. A cop picks him up and asks him if he's okay. Rudolph replies, "I don't know. I'm kind of *xpletive deleted* up in general so it is kind of hard to gauge." It sounds like an Ironman finisher if you ask me.

My other favorite line came when Devito and Stewart's character met to hire another former kid's show host as a hitman to take out Smoochy. The guy is a smack addict and arrives falling all over the two. He says, "Excuse me if I smell like piss. You know how it is." I think most triathletes can identify with those remarks if not in their wetsuits then on the bike.

I thoroughly enjoyed this film even though it didn't star Eddie Murphy or Martin Lawrence. I recommend viewing it either while on the trainer or off. I give it 4 Nimble wheels out of 5.

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

*Run outside and stave off
any cabin fever.*

BUFFALO TRIATHLON CLUB

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

E-mail: andrewmoynz1@aol.com
Andy Moynihan
127 Admiral Road
Buffalo, NY 14216

Phone: 716.835.0760 (Editor)
BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Quotable Quote: "Things which matter most should never be at the mercy of things which matter least" -
Goethe

March BTC Meeting

The BTC March meeting is scheduled for Wednesday, March 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: "When you are cold, run harder" - Bill Seyler

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 or btc_qt59@hotmail.com, or via snail mail to Andrew Moynihan at 127 Admiral Rd, Buffalo, NY 14216. *Thank you!*