



BUFFALO TRIATHLON CLUB

# Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

## 2nd Annual Snowball by Gene Baron

Byrncliff Resorts, N.Y.— Yes, this has been the perfect winter for winter sports and when it is 3 degrees and a light wind with a good snow covering—it is time for the 2nd Winter Snowball!! We moved the location from Holiday Valley to Byrncliff Resorts in Wyoming County and everyone agreed it was the perfect setting. The trails are machine groomed for classical Nordic Skiing along with marked 5K course. We also snowshoed 4 K and ran 2 miles with all equipment available for rental. Ken Tocha, Pat Dalton and Chris Ankrum finished 1-2-3 in the loose format; and on the women's side Joanne York-Rappl and

Quinn Ankrum finished first and second place.

Our famous 4th event—was a quiz about Hawaii and the Ironman. Winners in the contest were Quinn Ankrum, Chris Ankrum and Ken Tocha. Jim Schaffstall finished in last place. I guess he does not travel much.

Steve Hoadley finished 27th overall in the final standings of the Byrncliff ski season conducted on Wednesday nights this year. Kudos to Steve.

See you next year February 15, 2004.

## READY SET GO! SWIM CLINIC by Steve Seide

Triathlon swimming is a combination of propulsive power, drag-reduction, comfort, and training that adds up to the overall goal, efficiency. By participating in a READY SET GO! swim clinic, you will learn how to get maximum speed with minimal of effort. Finish your triathlon swim segment with the lowest heart rate, having expended the least amount of energy, and having created the least amount of lasting fatigue while setting your best split time ever! Propulsion creates motion. Learn the most efficient way to create motion in an aquatic, fluid medium. See why the most important animals to emulate are not fish but rather polar bears and orcas! Drag-Reduction, commonly known as active streamlining, eliminates the dynamic positional speed reduction inefficiency creates. Learn how to create the most hydrodynamic position to capitalize on the propulsion you create! Take off the brakes and stop working against yourself! Learn why drag-reduction is about swimming like a high-speed train. Comfort is key. Common sense and what is natural is always what's best. Ready Set Go! clinics will help you get comfortable

in the water. Without a high comfort level, everything you learn may be sound theory, but is worthless on the application end. And we all get uncomfortable as we tire. Fatigue leads to poor technique and anxiety, which in turn leads to less efficiency, which in turn leads to more fatigue. Break the cycle! Learn how to stay relaxed and comfortable so that you can maintain optimum efficiency generating power while reducing drag. Training is the process of learning to stay comfortable while increasing speed over time by maximizing propulsive power with the least amount of drag. Learn how race-specific speed combined with the three other keys is the shortest route to personal bests! Learn how to utilize valuable time in the water as a practice' rather than just a 'workout'; as 'training' rather than just 'exercise'.

### Clinic Schedule:

Fri: Check-In, Intro, Video Taping  
 Sat: Class & Pool Sessions, Lunch, Second Pool Session  
 Sun: Class & Pool Sessions, Lunch, Second Pool Session  
 (some clinics involve additional video taping & class sessions)

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Steve Seide, a certified USAT coach, would like to hold the clinic here in WNY for the Buffalo Triathlon Club. Pricing ranges from \$225 to \$325 depending on the number of members that sign up. If interested you can call Steve at (866) FAST TRI or Chris Ankrum 773-6018.

## BTC and Community Calendar – Future Regional Events

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April 12, 2003 Grand Island 1/2 Marathon -Grand Island, NY [www.BuffaloRunners.com](http://www.BuffaloRunners.com)  
May 11, 2003 Brick Duathlon -Waterloo, Ontario [www.trisprtcanada.com](http://www.trisprtcanada.com)  
May 25, 2003 Buffalo Marathon, 1/2 Marathon and Relay –Buffalo, NY [www.Buffalomarathon.com](http://www.Buffalomarathon.com)  
June 1, 2003 Milton Triathlon and Duathlon -Milton, Ontario [www.trisportcanada.com](http://www.trisportcanada.com)  
June 14-15, 2003 Muskoka Triathlon and Duathlon –Muskoka, Ontario [www.trisportcanada.com](http://www.trisportcanada.com)  
June 15, 2003 Penn Yann Triathlon - Penn Yann, NY [www.pennyantriathlon.com](http://www.pennyantriathlon.com)  
June 21-22, 2003 Guelph Lake Weekend –Guelph, Ontario [www.trisportcanada.com](http://www.trisportcanada.com)  
June 28, 2003 Tupper Lake Tinman Triathlon –Tupper Lake, NY [www.tupperlakeinfo.com/tinman.htm](http://www.tupperlakeinfo.com/tinman.htm)  
July 13, 2003 Mike Burwell Memorial Niagara Triathlon –Welland, Ontario [www.burwelltriathlon.com](http://www.burwelltriathlon.com)  
August 3, 2003 Wilson Wet ‘n Wild Triathlon Wilson, NY  
August 23, 2003 Bebop Duathlon –Lewiston, NY  
August 24, 2003 Hamlin Beach Triathlon/Duathlon –Hamlin Beach State Park, NY  
September 7, 2003 - 4th Annual BTC Fall Frolic. Camp Kenan, Barker, NY.

## 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 Andrea Gomez at 832-6075 for more information: [www.wings.buffalo.edu/org/nickelcity](http://www.wings.buffalo.edu/org/nickelcity).  
Checker’s A.C. Tuesday Track Workouts, starts April 8th: 6 pm, University at Buffalo, North Campus. Membership to Checkers is mandatory to participate.  
Last Friday Evening Spinerval: April 4th 6:45 pm. Sutherland Lodge, 1400 Ruie Rd, N. Tonawanda. \$5 to offset costs.  
Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston.

## A Marathon Run For Gourmets by Marc Koester

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While I run to stay fit so I can eat and drink with impunity, the only marathon I will ever run is the Marathon du Medoc in France (<http://www.marathondumedoc.com/>), and I can highly recommend it to everyone.

It is an international gathering of 8,000 runners in fancy dress covering the 42.195 kilometers through the castles and vineyards of the Bordeaux region in France. This region is well known for good wines-

There are 19 free wine tastings along the way (around every 1.4 miles), all the oysters you can eat at 40 k, a good meal at 41 k, sumptuous feasts and wine on the nights before and after the run. No wonder the average finishing time is six hours.

I will start training wine drinking and running at the same time. May be I am able to run the first 10 k at the Marathon du Medoc.

**New Members:** Dino Fudoli, Hollis Lulek, Frances Johnson, Tom Williams, Lisa Gimlin, Chris Buscaglia, Marty Munson, Frank and Linda McKeehan, Kurt and Jill Meyer, Michael Rotula.

*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!!

**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.

**May Birthdays:** Joseph Meyer, 5/1, Cindy Stankiewicz, 5/2, David Ireland, 5/3, Ann Duffy, 5/5, Michael Nowak, 5/10, Alexander Enos, 5/12, Thomas Giardini, 5/12, Sharon Linstedt, 5/13, Carolyn Young 5/14, David Shapiro, 5/19, Theresa Palmieri, 5/20, Eric Butler, 5/20, Rosemary Miller, 5/24, Marleen Caldwell 5/28, John Meeks, 5/29.

# April 2003

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 <i>Final Spinerval with Nancy</i>	5
6	7 <i>Running in Niagara Falls</i>	8	9	10	11	12 <i>Grand Island 1/2 Marathon</i>
13 <i>BTC 2003 Season Prologue</i>	14 <i>Running in Niagara Falls</i>	15	16 <i>BTC Monthly Meeting</i>	17	18	19
20	21 <i>Running in Niagara Falls</i>	22	23	24	25	26 <i>BTC Ride of Spring</i>
27	28 <i>Running in Niagara Falls</i>	29	30			

- **Last Spinerval** is Friday April 4th. Spinerval is a spinning workout with Coach Nancy at the Sutherland Lodge, 1400 Ruie Road, North Tonawanda. 6:45 pm. Cost \$5.

- **Every Monday Evening** - Running in Niagara Falls. Four Points Sheraton parking lot, 1st St and Rainbow Blvd. 5:15 - 5:20 pm.

- **BTC 2003 Season Prologue** - An indoor bike time trial using Computrainer bike trainers. Sunday afternoon, April 13 (tentatively starting at 2 pm) Greg Drumm's house. 89 Sundridge Drive, Amherst, NY 14228

- **Next BTC Monthly Meeting** - Wednesday, April 16th, 7 pm at Tom's Pro Bike, 3687 Walden Avenue, Lancaster 14086. 1.5 miles east of Transit Road.

- **BTC Ride of Spring**— Saturday, April 26, Noon, North Amherst Fire Hall at Corner of Campbell Blvd. and Tonawanda Creek Road. Any questions call Jack Gorski at 824-7346

- If you know of any races in the next couple of months, please contact us at [BTC\\_QT59@hotmail.com](mailto: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](http://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.

**Duathletes:** Any club members participating in any duathlon events this season please notify Ken Tocha at [ktocha@bluefrognet.net](mailto:ktocha@bluefrognet.net) so we can post your results.

**Dates to Remember:** *BTC 2003 Season Prologue, Sunday, April 13*  
*BTC Ride of Spring, Saturday, April 26, Noon*

Bons amis, Bon aller à vélo, Bon vin by Greg Drumm

June 1, 2003 Vineyard Tour and Cycle Challenge  
 Challenge yourself to a 25, 50 or 65 km (15, 30, or 40 mi) bicycle trip around Niagara's beautiful wine country. Then return to Queenston Heights Park for a wine tasting and picnic recovery. Proceeds from this event will go to "Heart Niagara". Queenston Heights Park is just on the Canadian side near the Queenston-Lewiston Bridge.

I, as well as various other BTC members, have participated in this event in the past and have had a great time. (Chris A. and I even made it into a brick workout a couple years ago with a nice run on the parkway trail along the gorge.) Tentatively, the event includes a great post ride picnic, an event T-shirt, wine tasting tickets (for each participant over 19), music and ballots for prizes.

I'm looking for at least 10 people to join me so we can

try to have an official "team". This will not fall under the banner of an "official BTC event" so please feel free to ask friends/family, etc to join us. The approximate cost would be about \$28 (US) per person. Keep in mind this is the same day (Sunday, June 1) as the Subaru Milton Tri/Du so check your calendars.

Please contact Greg Drumm (at 636-5985 or [gwdgo2@aol.com](mailto:gwdgo2@aol.com)) if you are interested or have any questions. For info on Heart Niagara please see: <http://www.heartniagara.com>.

"Il y a une bicyclette en mon verre de vin" -- Gene "Flash" Baran speaking of the Vineyard Tour.

## Kayaking at Letchworth State Park by Ken Tocha

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Are you interested in a different type of FUN sport activity?

Last August, a group of us got together and went Kayaking in the Genessee River at Letchworth State Park. The river is very low at this time and sit-on-top kayaks are used. (very easy to navigate) It is a fun and easy kayak trip lasting about 2.5 hours, depending on the river conditions. If you wish you can try body surfing at "New Wave Rapids" or get soaking wet at "The Leap of Faith". The scenery is spectacular with fun rapids. Guides give expert instruction and lead us during the trip. We had a GREAT TIME!!!!

Who: Adventure Calls Outfitters, Inc.

When: July 12, 2003

Where: Letchworth State Park-South Poolhouse

How Much: \$25 per person \*

What you need: T-Shirt and Shorts with a change of clothes

Time: 10:00 AM

\*Please Note: It is critical that I have an accurate count of people going and a mandatory 50% deposit (\$12.50) due within 10 days of our request to insure that date is reserved. The SOONER THE

BETTER.

My Address: Ken Tocha

54 Rogers Drive

Cheektowaga, NY 14225

Phone: 716-634-9868

Work: 716-773-0868

Any questions call me or email me at: [ktocha@bluefrognet.net](mailto:ktocha@bluefrognet.net)

Additional Info:

- Outfitter Website: [www.adventure-calls.com](http://www.adventure-calls.com)

- No reservation is secured without a 50% deposit payable to me so I can send in total deposit

- Deposits are non-refundable

- People who do not show up forfeit their deposit

- Trips will leave promptly at the scheduled time (10AM) with or without you -be there at least half hour before

- Alcohol not allowed on any Adventure Calls Activity

- We had our own picnic afterwards with a dish to pass

- You need to walk down to river and out afterwards

- A Pre-trip safety talk precedes every trip where you receive PFD and paddle.

- The Park has two pools, trails, and challenging main road for bike workout

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## Marc Koester

What is the secret behind those magic powders & drinks?

These additional food supplements (L-powders, mineral additives, vitamins, and proteins) are very common today. Many fitness coaches, TV, magazine and newspaper advertisements say that these special powders, drinks, and pills are essential for every athlete. How can you survive without them? These very expensive products are available in fitness studios, drug markets, supermarkets, and over the internet. Do we really need them? What is it about these magic (nutrition) products which promise to boost our power and burn fat more efficiently?

Scientific studies in Germany came to the conclusion that the advertised effect of these powders and drinks is not significant for the normal athlete. The German society for Nutrition (DGE) does not recommend these powders and pills: "If you have a healthy diet/nutrition balance, your body gets all what it needs." A healthy eating habit is fundamental for all athletes:

low fat,  
varied foods,  
a lot of carbohydrates,  
vegetable, and

fruits

are recommended. "This is enough and sufficient. Problems can only occur if there are sudden changes in your activity like one week skiing in the Alps. Your body cannot ad hoc equalize this extra workload and therefore Magnesium or other powders are recommended," says Klaus Voelker, professor at the University of Munich (Germany).

Proteins & Vitamins:

Protein shakes are not necessary for the average athlete. With a normal, healthy German meals every normal athlete (non-professional athlete) should survive. Normally every German eats daily 100g (~1/4 lb.) of proteins. This is even enough for athlete who run 62 miles per week. The normal and extreme athlete does not have to buy these expensive protein powders and drinks. The same is true for vitamins. A deficiency in proteins and vitamins are very uncommon in Germany.

Every non-professional or extreme athlete should survive with a normal, healthy nutrition. The athlete does not have to buy these expensive powders and drinks. Instead of isotonic drinks a German apple juice with water is just fine [article about nutrition for athletes in a German Sport Magazine].

My comment:

Maybe I should sell the German magic athlete drink - GAJUS 11 (stands for: a mixture of German Apple Juice/US water = 1:1 by weight-%) from Dr. Koester, University of hard work. For commercials and sales I added the Dr. title to my name. Looks more impressive.

## The Slowman's Pulse: Hand Signals by Ben Larson

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**As we all know riding in a pack has certain benefits. These include the company of other like minded individuals, safety in numbers, higher speeds for less effort, more motivation, harder workouts, just to name a few. There is also a price for these benefits and that is the increased risks of a pile up, but never fear the key to reducing this possibility is good communications that forewarn you of the many dangers along the way.**

I was riding along the M2 motorway (in Sydney) training on my tri bike down in the TT bars the other day and a guy rode past quickly and like many who do that, kind of slowed down once he'd passed. Anyway I had done a few laps (3) which means about 120km and I was happy to ride up onto his wheel and sit for a while. I wouldn't have, had I known what was going to happen next. Here is an example which illustrates the necessity of communication. This guy I'm sure knew I was on his wheel which almost implies a responsibility to forewarn of hazards. In a pack, there is no doubt, it is your duty to point out hazards to riders behind you.

I'd noticed half a brick on the earlier laps. Anyway, he does a quick wiggle with his steering. I look down to see what it is and I am mounting this half a brick and getting the jolting of my life. I lost the steering and somehow managed to catch it again and pull myself back up as I had been put into an angle leaning over. Fortunately the lean was into the turn and not away from it. I quickly recaptured my steering and came upright again. I had actually cut my finger on the metal arm rest cups of my Angel TT bars to give you an idea of the intensity of the reaction. I was really quite miffed by this guy's attitude, so I rode around in front swearing and rode him through every bit of rubbish I could find. If nothing else this incident fired me up and eliminated the fatigue that had been slowly subduing me but that was just luck mostly, it could have been a lot worse. Anyway it all could have been avoided with some communication or a hand signal. So this is an attempt to define some of the more common signals and maybe a few exotic ones too.

This is a compendium of hand signals and conventions used in bunch rides. This is a most important aspect of communication in a bunch ride. The thing to remember with hand signals is that they can have more than one meaning and often the context in which they are used has to be relied upon to interpret them correctly. Often they will be accompanied by vocal cues to help, as well as raise your attention.

**The handwave across the back side:** generally means parked car or other obstacle to the left so move to the right (for UK and colonials otherwise visa versa). It should be executed with finesse and style, the more expert will manage to do it with a "wrap around feel". This is probably the genuine thing and the rider giving the signal is an experienced signaller. The "window wiper" style is easy but is probably a little outdated and unfashionable looking and is most likely a disguised fan-

ning action to diffuse potent methane gases generated by last night's green curry (especially if it is Sunday morning).

**The bird:** This is the appropriate response to all manner of things. Often this can be used by pack captains as a greeting to other packs travelling in the oncoming direction. It is also known as the ironic thank you and is the correct response to motorists who use their horn to scare the living daylights out of you just because they care so much about you.

**The pendulum:** usually rocking to and fro in a forward direction, hand flat and palm facing the body, this means that there is a crack in a line, most likely along a joint between concrete sections of the road. These are particularly dangerous.

**The shaking hand:** if the fingers are slightly splayed and the hand is shaking uncontrollably but trending downwards with some purpose, there is either gravel or rubbish spread over a wider area, otherwise someone has a cramp in their hand and they are just shaking it out.

**The pat on the bum:** when the person in front is patting their own bum it means stick to my wheel. If someone is patting your bum, remember you are wearing lycra and misunderstandings like this are sure to occur, particularly in cafes in the inner Eastern suburbs (of Sydney). The solution is to go quicker to stay with the wheel or return the compliment.

**The burning cross:** this is one of the more complicated hand signals in cycling involving some pyrotechnics and is most likely used in southern areas. It is quite useful at night when in danger of being run down by a pickup full of gun toting red-necks. The burns will be worth it as they'll think you're good folks. If you can knock up some white hoods and wear them while riding too, so much the better.

**The pointing finger:** this is identifying a specific threat like a pot hole or the person who ate green curry last night and is responsible for the whole place smelling like a swamp. Often this could also be identifying a very attractive member of any sex. In this case there may be musical accompaniment using a whistling type sound. Or there could be howling noises too. I've even heard people who don't speak Spanish yell in Spanish, during such finger pointing episodes. Of course the magnitude of the response depends on the size of such hazards.

**The scissors:** this signal is used very infrequently, just check your speedometer if the reading is zero, the pack has stopped and they are playing paper-scissors-rock in front of you.

**The fist:** just like the scissors this is used infrequently. It is more often used by angry motorists who are quite concerned about your eyesight and so will try to show you this hand signal very close up. Also, this is not to be confused with "the rock" out of paper-scissors-rock. If it is the rock it would not be held anywhere near your face and would not be followed by a knee in the groin.

**The lefthand turn:** this is self explanatory.

**The righthand turn:** this is the opposite of the lefthand turn but still self explanatory.

**The two fingered salute:** this is a nice way of saying thank you to motorists for letting you get across lanes on a multi-lane road when you need to make a righthand turn across oncoming traffic (lefthand turn for the US and others). This is not to be confused with the reverse peace sign, which is not a recommended way of saying thank you to motorists who do you a

(Continued from page 5)

good turn. The idea is to thank them and encourage them to do it again.

**The three fingered salute:** NEVER ever use this signal.

**The stop sign:** the hand will be held up palm facing forward and finger tips pointing to the sky. This means that the pack is stopping. This could be due to a red light, a flat (but someone should yell "flat!"), some other problem, or it is time to play paper-scissors-rock again.

**The peace sign:** because hippies drive kombis and don't ride bicycles this sign is not used in cycling. The connotation is that you like Cat Steven's music and even a little is a little too much.

**The hang loose sign:** the hand is held up with the little finger and thumb extended and rotated a quarter turn back and forth. The use of this signal is discretionary and is the modern substitute for the peace sign and can be executed without a hint of Cat Stevens. Originally a sign used by "da, hui" (the Hawaiian locals) after a surfing incident to indicate things were cool or to stay cool. If unheaded, beatings shortly followed! Best used when stress relief is needed. In fact I am sending you one now! Hang loose and ride safe until next time.

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Ben Larsen Editor Online Triathlon "The Ultimate Web Reference" [blarsen@onlinetriathlon.com](mailto:blarsen@onlinetriathlon.com)

## Race Results From Around The World compiled by Ed Harkey

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Around the Bay 30K Hamilton, Ontario, Canada  
Sunday, March 30th, 2003

Place	Time	km	Time	Name	City	Pfce/Tot	Pfce/Tot	Category	15km	15km
786	4:58	2:28:02		Tracy, Jeff	Lockport	33	104/257	Men 30 - 34	1:12:25	1:16:11
787	4:58	2:28:03		Clark, Richard J	Niagara Falls	34	105/257	Men 30 -34		
974	5:07	2:33:06		London, Pamela	Buffalo	36	35/279	Women 35 - 39	1:13:21	1:19:47
1904	5:45	2:50:29		Dalton Jr, Patrick	Cheektowaga	19	16/23	Men 15 - 19	1:25:06	1:27:17
2119	5:54	2:55:12		Linstedt, Sharon	Buffalo	46	70/178	Women 45 - 49	1:24:11	1:32:30
2539	6:15	3:04:24		Chmielewicz, Kim	East Amherst	35	188/279	Women 35- 39	1:30:49	1:36:13
3077	7:02	3:30:10		Strenkoski, Gary	Niagara Falls	50	65/77	Clyde Men 40+	1:37:34	1:53:12

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## Triathlon Swimming: Identify Your Goals and Attack Them by Steve Seide

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The draw or triathlon's positive environment is strong to the health conscious and the competitive. Most triathletes come from the ranks of runners, cyclists and fitness enthusiasts; people who may have enjoyed the camaraderie of working towards athletic goals as they did on high school or college teams. Because of these common origins, we generally think of the swim segment as something just to labor through. If I had a nickel for every time I have heard, 'I'm just going to try to survive the swim and THEN...

Let's change that goal. Imagine if you were to think about your time in the water as a 'practice' rather than as a 'workout'. Now imagine that your practice is not only helping your swim segment, but actually improving your bike and run segments. Add that you may actually be able to decrease the valuable time you allot for training in your busy schedule just by improving your swim. The result? A new swim goal: a personal best swim time that allows you to get out of the water feeling good, ready to attack the bike and the run on the way to an overall personal best triathlon time and finish placing.

At first, this sounds almost too good to be true. To discover what turns these promises into reality; what makes this goal attainable for EVERY triathlete, we have to take a hard look at what swimming is, done properly. Unlike golf, which is a skill, or running, which is a sport, swimming is a skill AND a sport. Because of this dual definition, practicing efficiency is the only

way to get better. Getting in the water for a 'workout' is like a concert pianist trying to perform a classic piece after sessions of playing the chords over and over as fast as possible without learning the notes. It'll never sound good that way. In the same way, practicing your stroke is the only way to improve your swimming 'piece'. Once your stroke is technically proficient, you will enjoy being in the water and may actually look forward to it. Instead of minimizing the time devoted to your swim training, you will increase it. And that is the key to improving your bike and run before you ever get dried off. Physiologically, a body works at much lower energy zones in the water for the effort and return. Said another way, a body learns to act very efficiently in the water. It works less efficiently, in terms of economy, on the bike. Running is very inefficient. This simple rule, officially recognized by the USAT and in score of articles and publications, is the key to efficient training. An increase in your swimming time and practice trains your body to work at a high level of efficiency in terms of oxygen transport and use, metabolic recruitment, and waste product removal. Like a rising tide raising the other boats, the other segments will have a more efficient machine to perform. Conversely, as many people know first-hand, if one concentrates on the run, there will be trouble. The body has demands on the bike and greater demands in the water that it just hasn't been trained to meet. Ever known a swimmer to have a ton of endurance? Ever known an elite runner or cyclist who struggles just trying to do 100 yards in the water fast? Now you know why.

## Buffalo Triathlon Club

c/o Andrew R. 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)

*April's showers bring  
May's flower's*

### **BUFFALO TRIATHLON CLUB**

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

E-mail: [andrewmoynz1@aol.com](mailto:andrewmoynz1@aol.com)  
Andrew R. Moynihan  
127 Admiral Road  
Buffalo, NY 14216

Phone: 716.835.0760 (Editor)  
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:** "Perfection is not attainable, but if we chase perfection we can catch excellence." - Vince Lombardi

## **APRIL BTC Meeting**

**The BTC April meeting** is scheduled for Wednesday, April 16th. Location is Tom's Pro Bike, 3687 Walden Avenue, Lancaster, NY 14086. 1.5 miles east of Transit Road.

**BTC Quote of the Month:** "Bill Seyler is declared the official 'Bob Villa' of the BTC"-  
Michael Nowak

**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 R. Moynihan at 127 Admiral Rd, Buffalo, NY 14216. *Thank you!*