



BUFFALO TRIATHLON CLUB

Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

Jim and Andy's Big Easter Spring Break by Gene Baron

As you know Jim Schaffstall age 41 and Andy Moynihan age 31 are starting life over and are college students at Erie Community College.

Divorce, thrown out of the house, lawsuits and extramarital affairs are all hurdles to cope with in re-examining your status in life. Starting over again is now what these two juniors in college want to do. They want to savor those moments that are college life. Hence, spring break with Jim and Andy at Daytona Beach, Florida 2003.

April 10th—Drove 24 hours straight in Andy's 1989 Oldsmobile purchased for \$1.00. Triathlon methods utilized for trip—cut holes in floor boards to minimize bathroom breaks.

April 11th—all the hotels were booked so we had to stay at a hostel. Went to the beach and all the guys at the hostel were looking at us in a funny way. Came back to the hostel later and was asked to leave because they felt uncomfortable with two guys together with shaved legs.

April 12th—were having a great time at an outdoor bar and Jim wants to celebrate his 41st birthday by doing 41 shots. We ended the evening at Daytona Memorial hospital having his stomach pumped out.

April 13th—did not get much done as Andy wants to go to Palm Sunday services and hear the long version of the Gospel.

April 14th—The girls were awe struck by the Speedo swimsuits we had on the beach. We compounded their fixation by making small talk in the water with goggles on.

April 15th—Jim finally meets a Junior Co-ed from Michigan, but it goes nowhere as at the "Rathole Bar" she is overheard saying "He's old enough to be my father."

April 16th—Andy starts to drink Guinness heavily today and when Jim asks why? Andy replied "I study better this way."

April 17th—Jim always had a rule to date no one who weighs more than himself. However, with all of these physically altered women who now weigh more—He's had to re-examine his rule.

April 18th—Andy and Jim say goodbye to Daytona Beach and board a Greyhound bus. Oh, did I tell you that the \$1.00 car gave out.

See you in Panama City 2004!!

BTC MENTOR PROGRAM by Joe Meyer

OK, so I opened my big mouth at the last meeting with what I thought was a good noble idea. Now look at what I got myself into! Just kidding. This is something I stole from the RATS website that could be beneficial to the BTC. So I guess I'm the moderator over this project. The idea/goal is to set up newcomers to the BTC with the vets and try to pair people up with others who are similar. My objective is to try and pair as many people up with others who have similar interests, schedules, family life,

goals, etc. Hopefully this program will help ease the newcomers entry into the club and create a stronger bond between new members and the vets. So for example, if someone joins the club and has 2 kids, is married, and wants to complete an Olympic triathlon by the end of the summer, maybe I can help that person find a BTC vet who can help them reach that goal. If someone moves to the area, is an experienced triathlete, has a hectic schedule and is racing Ironman Wisconsin in the fall, I may have a good idea who to set that person up with for a mentor.

Mentors/vets can reach out to the newcomers in a variety of ways. Here are some ideas for mentors and new members to program:

- Correspond through emails or phone calls
- Meet up for lunch, dinner, or a beer (yes tri-geeks can have a beer every now and then)

cont. on page 4

Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
Dana White's First Boston Marathon	4
May Race / Event Calendar	3
Next BTC Monthly Meeting	3

May 2003

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Running in Niagara Falls	6	7	8 BTC Open Brick and meeting	9	10
11	12 Running in Niagara Falls	13	14	15 BTC Brick Bike Race -2 laps	16	17
18 Tom's 50 Mile Ride	19 Running in Niagara Falls	20	21	22 BTC Brick 5K Challenge	23	24
25 Buffalo Marathon	26 Running in Niagara Falls	27	28	29 BTC Timed Brick	30	31

- **Every Monday Evening** - Running in Niagara Falls. Four Points Sheraton parking lot, 1st St and Rainbow Blvd. 5:15 - 5:20 pm.
- **Tom's Pro Bike Annual 50/50 Century** May 18, 2003 at Stiglmeier Park on Losson Road. 9:00 AM Sharp. For more information see www.tomsprobike.com.
- **Next BTC Monthly Meeting** - Thursday May 8th, following Brick Workout. Approximately 7:15 PM. North Amherst Fire Hall at Corner of Campbell Blvd. and Tonawanda Creek Road.
- **BTC Brick Workouts**— Every Thursday Evening starting May 8th beginning at 6:00 PM. North Amherst Fire Hall at Corner of Campbell Blvd. and Tonawanda Creek Road. The season calendar and further information can be found at www.Buffalotriathlonclub.com. Jeff Tracy is Brick Czar.
- 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.

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

Dates to Remember: *BTC Brick Workouts start May 8th.*
Buffalo Marathon is on May 25.

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) 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.

My Very First Boston Marathon – Dana White

Perhaps you'll get a kick out of my assessment...

Mile 1: 7:51 ok, feeling good. Look at me!! This is the Boston Marathon!!!
Mile 2: 7:38 oopps. Let's do a little reality check here, Dana
Mile 3: 7:58 that's more like it
Mile 4: 7:53 hmm. is that a blister?
Mile 5: 7:58 yep
Mile 6: 7:59 cramp. It'll go away...
Mile 7: 7:47 cramp...Ok, belly breathe...
Mile 8: 8:03 cramp...enough already...
Mile 9: 7:56 better. Still on pace
Mile 10: 8:04 ok. we're ok
Mile 11: 8:04 hmmm. that seemed a bit difficult
Mile 12: 8:10 well, it's a bit uphill
Mile 13: 8:25 ok, a lot uphill
Mile 14: 8:19 I can hold this pace
Mile 15: 8:55 no, I can't
Mile 16: 8:55 but I can hold this pace
Mile 17: 9:34 uh, oh, apparently not
Mile 19: 19:48 please tell me that was 2 miles
Mile 20: 9:40 screw lake placid
Mile 21: 10:10 I'm never running again
Mile 22: 9:41 ok, maybe I'll just take a few days off
Mile 23: 9:46 Let's stay under 10 here Dana...
Mile 24: 9:58 hmmm. that's cutting it a bit close
Mile 25: 10:13 DOWNHILL? I wonder if I can roll the rest of the way
Mile 26: 10:10 ok, I can hear the finish line. right, left, right, left
Mile 26.2: 2:08 Lift elbow to wave to Mom, Dad and brother.
Finish: 3:51 Never so happy to see a finish line. Squeeze out big fake smile for the camera.
Post race: puke, puke, puke. drink. puke, puke, puke.

48 hrs post-Boston, U.S. Army base track, Ft. Lee, VA:

power-walk (ok, hobble), lap three: Sudden epiphany. Realization and thanks for the God-given talent to just participate and BE a multi-sport athlete...and for the freedom to do so.

Calculation of future qualifying marathons so I can do it all over again :-)

BTC Mentor Program cont.

- Car pool to a triathlon
- Go out for a training ride or run
- Volunteer at a BTC event
- Meet up with each other at the brick workouts

This is just a voluntary program and is really dependent on the participation of vets and newcomers. If you do not want to participate you do not have to. But it would be great to have the support of the vets for any newcomers to the club. If I can offer one piece of advice to the new members though, the best way for any newcomer to learn about multi-sport events is to meet as many of the club members at club functions (workouts, bricks, meetings, etc.) and find out what has worked for everybody. Then you can take a little knowledge from everyone to help you when you are starting out. So I encourage new members to become as active as possible.

So how do we start? I have a questionnaire that will be up on the website—hopefully--and in the newsletter after this article. If you would like to be a mentor, fill it out and email it to me or mail it (my contact info is on the form). New BTC members, do the same thing. Once I compile a database of the vets and new members I'll call the vet who I think will match up well with the new member and ask the vet to make the contact with the rookie. A telephone call is all it takes to get things started.

Well, let's see how it goes...

See next page for questionnaire.

Preview of 2003 Hamot Sports Medicine Edinboro Triathlon by Andrew Moynihan

Looking for a good race to start of the 2003 season? How about the Edinboro triathlon, about a 1/2 hour south of Erie, PA, on June 7. BTC members, Joelle Mann and Kara Klaasez, participated in last years competition and highly recommended it. The race starts off in a fairly small, shallow and calm Edinboro lake. Even if there is decent weather in May do not forget the

wetsuit because the water can be chilly. The out and back swim course is 0.6 mile swim. The 23.6 mile bike course loops through gently rolling country roads. Joelle described it as well run and marked course. The 6.2 mile run course is hilly farming area. Joelle gives it 4 stars out of 5. For information see thier website at www.hamot.org.

Race Results From Around The World compiled by Ed Harkey

9th Annual Greater Buffalo Track Club's Half Marathon April 12, 2003

Results Courtesy of: GBTC

Overall Finish Order Men - Age Groups Women - Age Groups Place Name Town Time Pace In Group In Sex

-
- 11. Matt Ruddy Buffalo NY 1:22:51 0:06:19 3/M30-34 11/M
 - 53. Joanne York-Rappl Buffalo NY 1:34:13 0:07:12 2/F40-44 5/F
 - 54. Jeff Tracy Lockport NY 1:34:46 0:07:14 6/M30-34 49/M
 - 60. Amy Faktrowitz Kenmore NY 1:35:35 0:07:18 2/F30-34 7/F
 - 69. Donald Stefanski E. Aurora NY 1:37:21 0:07:26 6/M45-49 61/M
 - 82. Patrick J. Dalton Jr Cheektowaga NY 1:39:10 0:07:34 2/M0-19 74/M
 - 94. Andrew Moynihan Buffalo NY 1:40:26 0:07:40 13/M30-34 84/M
 - 96. Martin P. Kober Tonawanda NY 1:41:09 0:07:43 9/M45-49 86/M
 - 100. James Kavanagh Lancaster NY 1:41:56 0:07:47 11/M45-49 90/M
 - 113. Diane Sardes N. Tonawanda NY 1:43:23 0:07:54 1/F50-54 11/F
 - 115 Jon A. Bernstein Williamsville NY 1:43:44 0:07:55 17/M35-39 104/M
 - 124. Martin Denysschen Williamsville NY 1:45:48 0:08:05 17/M45-49 110/M
 - 129. Gene Wells Clarence NY 1:46:20 0:08:07 8/M55-59 113/M
 - 197. Ann Duffy Buffalo NY 1:53:25 0:08:39 6/F40-44 43/F
 - 198. Diane Marasciulo E. Aurora NY 1:53:26 0:08:40 6/F50-54 44/F
 - 208. Cynthia S. Ferrelli Depew NY 1:54:34 0:08:45 7/F40-44 51/F
 - 211. John Pepke Hilton Head SC 1:54:42 0:08:45 24/M35-39 159/M
 - 213. Pamela V. London Buffalo NY 1:55:00 0:08:47 11/F35-39 53/F
 - 220. Nancy Gworek Cheektowaga NY 1:56:20 0:08:53 9/F45-49 55/F
 - 221. Wendy M. Tocha Snyder NY 1:56:21 0:08:53 8/F25-29 56/F
 - 226. Nikki P. White E. Aurora NY 1:57:07 0:08:56 9/F30-34 58/F
 - 271. Kim M. Chmielewicz Amherst NY 2:02:55 0:09:23 14/F35-39 81/F
 - 300. Quinn Ankrum Grand Island NY 2:08:20 0:09:48 18/F30-34 94/F
 - 372. Melissa S. Hanson Amherst NY 2:36:48 0:11:58 23/F35-39 133/F
 - 373. Robert J. Siudzinski Tonawanda NY 2:37:32 0:12:02 5/M65-69 240/M

<p>Boston Marathon Results Monday April 21,2003 Gun Time / Chip Time Dana White 3:56:47 / 3:56:47 Patty McManus 4:26:03 / 4:13:46 Theresa Palmieri 4:40:33 / 4:34:13 Sharon Lindstedt 4:46:20 / 4:34:02 Pam London 4:09:05 / 3:58:18 Jason McGrath 3:10:41 / 3:09:49 Dittenhofer, Carol A. 3:58:52 / 3:50:01</p>	<p>Congratulations to Warren Elvers who took third place in his age group on March 30th at Powerman Alabama. He has now qualified to go to World's in a duathlon which takes place in Switzerland this year.</p> <hr/> <p>Joe Meyer finished 3rd Overall at: THE TRIATHLON AT HILTON HEAD SATURDAY, APRIL 26, 500 Swim, 12.5 Bike, 5K Run Total time of 1:01:00 9:15 swim, 32:23 bike, 19:23 run</p>
--	--

Honorable mention goes out to Amy Richardson-Hurta who participated in Escape to Ft. Desoto Triathlon in St. Petersburg, Florida. Amy placed 2nd in age group (30 - 34) and 9th overall female in a sprint Tri (.5 mile Swim, 11 mile Bike and 3.1 mile Run.)

Swim Czar Report by Gene Baron

Lake Erie Water Temperature 32 degrees as of April 20th. Ice at the pier is only 2 inches thick - tentative starting date is Wednesday June 11th at 6:00 PM

AARP TriUmph Triathlon by Jake Punzenberger

The AARP 2003 TriUmph Classic 50+ Triathlon in Rochester, NY is on June 29. This national short-distance triathlon series is comprised of a 300 yard swim, a 20K bike ride and a 5K run/walk. The event has been developed by AARP to encourage regular physical activity among people 50+.

As an event designed for all fitness levels, AARP offers a free USA Triathlon certified coach-led training program to all registrants. The training program is eight weeks long and includes lectures and physical activity classes ranging from how to optimize workouts, to transitioning on the race course.

Who: The 2003 AARP TriUmph Classic 50+ Triathlon
When: June 29, 2003

Where: Monroe Community College, 1000 E. Henrietta Rd.
What: The AARP TriUmph Classic 50+ Swim-Bike-Run is visiting Rochester, NY for a third year. This national short-distance triathlon series is comprised of a 300 yard swim, a 20K bike ride and a 5K run/walk. The event has been developed by AARP to encourage regular physical activity among people 50+.

As an event designed for all fitness levels, AARP offers a free USA Triathlon certified coach-led training program to all registrants. The training program is eight weeks long and includes lectures and physical activity classes ranging from how to optimize workouts, to transitioning on the race course.
Register: Visit www.aarp.org/triumph <<http://www.aarp.org/triumph>> or call 1-866-812-2277

2003 TriUmph Classic 50+ Swim-Bike-Run Fact Sheet
Event

* AARP's TriUmph Classic 50+ Swim-Bike-Run, now in its third year, is the only national triathlon series targeting people age 50+. This multi-sport challenge is open to people of all body shapes and fitness levels.

* The event consists of a 400 meter swim, 20K bike, and 5K run.

* This year, AARP has added the TriUmph Classic National Championship to offer an additional challenge for those who are ready to go greater distances. This year's TriUmph Classic National Championship will be held in St. Petersburg, FL, and the course will consist of an 800-meter open water swim in the Gulf of Mexico, 30K bike and 10K run.

* Participants can complete all three legs of the TriUmph Classic or join as a relay team of two or three people.

* Registration is \$35 per person or \$15 per person on a relay

BPAC Race

Congratulations to Rich Clark, former President of BTC, for completing a 6 mileOops 6 hour race sponsored by the Buffalo Philharmonic Athletic Club at Delaware Park April 6th. Rich actually completed 36.71 miles and placed 4th overall.

team. TriUmph Classic National Championship participants will pay a \$40 registration fee. An additional \$9 one-day USAT member fee will be required for non-USAT members' participation in both the TriUmph Classic and National Championship events.

* The TriUmph Classic will help people 50+ get in shape in a fun, peer-supportive atmosphere.

* There were more than 3,100 participants in the 2002 series, and 90% said they'd participate again.

* The United States Potato Board is the official Nutrition Sponsor of the 2003 TriUmph Classic, promoting "Food as Fuel" and providing participants with tips and menus.

Training

* At no additional cost, registrants can join an eight-week coach-led training program, which caters to all fitness levels and helps participants prepare for the event.

* AARP will provide participants with a 12-week self-paced training manual for those who want to train individually.

Location & Dates

Rochester, NY: June 29 Dallas, TX: October 5 San Diego, CA: July 20 Richmond, VA: October 12 Naperville, IL: August 17 Henderson, NV: October 26 Salt Lake City, UT: August 30 St. Petersburg, FL: November 16* Metro Atlanta, GA: September 7 Honolulu, HI: December 7

* Site of TriUmph Classic National Championship

Why AARP?

* As Boomers continue to move beyond the age 50 threshold, AARP provides them with the programs and services they need to make their lives better.

* Representing more than 35 million members 50+, AARP can help this population adopt a healthier lifestyle.

* AARP has a strong network and wide reach - they're active in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands - where they are able to connect with a diverse membership.

The Surgeon General reports that people 50+ represent the most sedentary segment of the adult population, and AARP is encouraging this population to improve their lives by making physical activity a priority.

* Register online at <<http://www.aarp.org/triumph>> www.aarp.org/triumph or by calling 1-866-812-AARP.

READY SET GO! SWIM CLINIC by Steve Seide

The dates have been set for the Ready Set Go! swim clinic with Steve Seide on May 30, 31, and June 1. The location is Niagara Falls High School at 4455 Porter Road in Niagara Falls, New York. If you are interested and available for those days, please contact Steve directly at 1.866.Fast.Tri. When you call be sure

to mention you are a BTC member. BTC members are going to be given a \$50 discount to make it \$275.

Kayaking at Letchworth State Park by Ken Tocha

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

Additional Info:

- Outfitter Website: 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

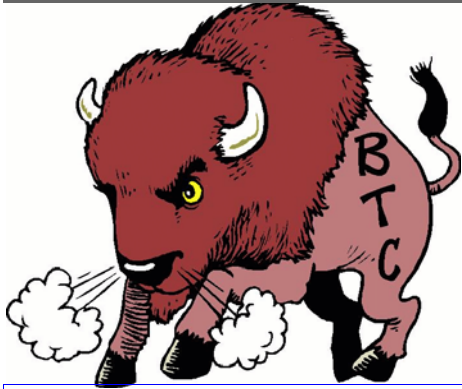
- You need to walk down to river and out afterwards

- 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

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

*April Showers bring May
Flowers*

BUFFALO TRIATHLON CLUB

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

E-mail: andrewmoynz1@aol.com
Andrew R. 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: "What matters is not necessarily the size of the dog in the fight - it's the size of the fight in the dog." *Dwight D. Eisenhower*

May BTC Meeting

The BTC May meeting is scheduled for Thursday, May 8th at approximately 7:15PM. Location is the North Amherst Fire Hall, 2200 Tonawanda Creek Road, Amherst, New York.

BTC Quote of the Month: "Joan Gregoire, Kara Klaasez, Wendy Tocha in "Triathletes Gone Wild" by 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 or btc_qt59@hotmail.com, or via snail mail to Andrew R. Moynihan at 127 Admiral Rd, Buffalo, NY 14216. *Thank you!*