



Ride for Roswell By Gene Baran

It's that time again for an excellent cause—the ride for Roswell June 28, 2003 at 8:00 AM. It is a good endeavor to participate in with over 2,300 bikers in 2002!! Most people chose to do the shorter distances of 33 and 9 miles respectively. However, I recommend the 62 mile course (the 100 mile course I did last year has been eliminated for 2003) to those who are doing an Ironman for the first time (Sharon Linstedt & Melissa Hanson) this year. This will give you a feel for the distance (do the 33 mile course first and then the 62 miler) as you travel the back roads of Northern Western New York.

It starts at University of Buffalo, North Campus at Baird Point. Travels north through flat Niagara County. East into Orleans County and then returning through Clarence. They have aid stations every 10 miles with plenty of liquids, food, restrooms and suntan lotion (Martin Denyschen). However, no lip balm.

After finishing your biking there is well deserved luncheon at Baird Point on campus.

It is pricey, at \$20/25 entry fee along with minimum \$75.00 of pledges to obtain. However, in these slow economic times I have come up with an alternative way to fund this. I promised myself if I did the Ride for Roswell, I would donate blood to the Roswell Blood Center located in the hospital. I haven't donated blood to Roswell for at least 15 years, yet the experience was so seamless that I did it a second time. A pint of blood is worth about \$200.00 (\$175.00 on the black market). The two pints I gave saved Roswell about \$400.00 to purchase it from other sources (American Red Cross, hospitals, etc.). Granted, I have been donating blood for 33 years and this was not much of an issue, it still is another creative option.

Preview of The Tupper Lake Tinman By Joe Priore

The Tupper Lake Tinman combines the picturesque setting of the Adirondack Mountains with a challenging ½ Ironman course that would rival any in the world. In 2002, over 800 starters entered the race and that number has increased to this year's count of 820, at which race organizers closed out the field. The race on June 28th marks the 21st running of the Tinman. It has enjoyed growing prosperity due to not only the setting but also that the race provides a fantastic precursor to those competing in Lake Placid. After my race in 2002, I realized that there's a lot more work that has to be put in before I attempt Ironman USA.

The 1.2 mile swim leg models a reverse "V" shape with buoys lined on the side. It is in a fresh water lake and the water temperature is usually around 65-70 degrees. Competitors are organized in waves every five minutes with a limit of 100 triathletes starting at once. The bike leg is a grueling 56 mile out and back open course with a significant shoulder on Route 3. I would suggest practicing at

Chestnut Ridge, 20A or other hilly roads to simulate the course before going up. There is a lead vehicle, of which I never saw, and support staff with various aid stations along the way.

Finally, the race concludes with a 13.1 mile open loop run course through the village of Tupper Lake, the surrounding forest, and a lightly traveled highway. There are 11 aid stations along the way and I utilized every one. The reward at the end, in addition to the satisfaction of completion, is a nice barbecue party after the race.

Overall, I enjoyed the challenge but unfortunately suffered from knee problems that flared up during the race. This year I will not be able to compete, but I look forward to racing in 2004. In my experience, the race was well-organized and worth the entry fee. Tupper Lake is situated approximately 300 miles from Buffalo. Lodging is available there and also in the surrounding towns. My wife and I stayed in Saranac Lake, which was 20 miles away, and from there Lake Placid is only 9 miles away. Both locations provide a great venue to shop and sight see provided you could still walk after the race.

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Dates to remember:

July 6th - A Tri in the Buff
 Aug 9th - Wilson's Wet n' Wild Triathlon
 Aug 23rd - Pine Pharmacy BeBop Duathlon
 Sep 7th - BTC Fall Frolic Triathlon / Duathlon
 Sep 27th - Rizzo's BTC Duathlon

BTC and Community Calendar – Future Regional Events

June 1 – Milton Triathlon and Duathlon, Milton Ontario. <http://trisportcanada.com>
June 7- Hamot Sports Medicine Edinboro Triathlon, Edinboro, PA. <http://hamot.org>
June 14-15 - Muskoka Triathlon and Duathlon, Muskoka, Ontario. <http://trisportcanada.com>
June 15 - Penn Yann Triathlon, Penn Yann, NY. <http://pennyantriathlon.com>
June 21 - YMCA Green Lakes Triathlon, Syracuse, NY. <http://active.com>
June 21- Batavia Duathlon, Batavia, NY. <http://homestead.com/dcbataviaraces/>
June 21-22 - Guelph Lake Weekend, Guelph, Ontario. <http://trisportcanada.com>
June 28 - Tupper Lake Tinman Triathlon, Tupper Lake, NY. <http://tupperlakeinfo.com>
July 6 - A Tri in the Buff, Buffalo, NY. <http://atriinthebuff.com>
July 13 - Mike Burwell Memorial Niagara Triathlon, Welland, Ontario. <http://burwelltriathlon.com>
August 9- Wilson Wet & Wild Triathlon, Wilson, NY. <http://buffalotriathlonclub.com> click on BTC Races.
August 23– Pine Pharmacy BeBop Duathlon, Lewiston, NY. <http://score-this.com>
August 24 - Hamlin Beach Triathlon & Duathlon, Rochester, NY.
September 7 - BTC's 4rd Annual Fall Frolic Triathlon, Camp Kenan. Details at <http://buffalotriathlonclub.com> click on BTC Races.
September 27– Rizzo's BTC Duathlon, Grand Island, NY. <http://score-this.com>

BTC and Community Calendar - Future National Events

June 22, Alcatraz Triathlon XXIII, San Francisco, CA
June 29, 2003 - Ironman Coeur d'Alene, Idaho
July 27, 2003 - Ironman USA, Lake Placid, New York.
September 7, 2003 - Ironman Wisconsin, Madison, Wisconsin.
November 8, 2003 - Ironman Florida, Panama City, FL

August 17, 2003 - Timberman Half Ironman Triathlon, New Hampshire.

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 our website or call Andrea Gomez at 832-6075 for more information: www.wings.buffalo.edu/org/nickelcity.

Checker's A.C. Tuesday Track Workouts: 6 pm, UB Track. Membership to Checkers is mandatory to participate.

Thursday Evening Workouts: 6 pm, North Amherst Fire Hall, 2200 Tonawanda Creek Road, Amherst, NY.

Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston.

Pam London, a medical doctor, as part of her continuing medical education would like to write a medical column on points of interest to BTC members. If there is some area of interest that you would like her to discuss please e-mail her at marathondoc@hotmail.com

New Members for May:

Cindy Nowicki, JT Stofer, Erin K. Mullaney, Richard P. Mullaney, Kevin M. Mietlicki, Meghann Wraight, Mark Casell

The Buffalo Triathlon Club's nearly 125 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!!!

June Birthdays: Mary Casey, 6/1, Paul Perrello, 6/1, John Gorski, 6/2, Chuck Miller, 6/3, Gene Wells, 6/8, Skip Cook, 6/10, Jeff Cash, 6/13, Douglas Bush, 6/16, Matt Ruddy, 6/20, Mark Luderman, 6/22, Nikki White, 6/25.

July Birthdays: Karen Taggart, 7/1, Michael Balon, 7/1, Jeanne Elvers, 7/8, Martin Denysschen, 7/8, Jim Mollosky, 7/9, Sergio Nordenflycht, 7/10, Steven Lee, 7/12, James Michaels, 7/14, Kyle Kelleran, 7/15, John Kemp, 7/16, Suzanne Fenger 7/19, Larry Lewis, 7/20, Pam London, 7/22, Joli Czamara, 7/22, Wendy Tocha, 7/23, Andrew Moynihan, 7/28.

June 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Milton Triathlon	2 Running in Niagara Falls	3	4	5 BTC Open Brick	6	7 Edinboro Triathlon
8	9 Running in Niagara Falls	10	11	12 BTC Bike Time Trial	13	14 Muskoka Triathlon
15	16 Running in Niagara Falls	17	18 BTC Pier Swim	19 BTC Open Brick and Meeting	20	21 Batavia Duathlon
22 Guelph Triathlon	23 Running in Niagara Falls	24	25 BTC Pier Swim	26 BTC Brick Relay	27	28 Tupper Lake Tinman
29	30 Running in Niagara Falls					

Schedule of Events

- **Every Monday Evening**—Running in Niagara Falls. Four Points Sheraton parking lot. 1st St. and Rainbow Blvd. 5:15 - 5:20 pm.
- **Every Thursday Evening** - Brick Workouts at the North Amherst Fire Hall, Tonawanda Creek Road. 6:00 pm. The complete season calendar and further information can be found at <http://buffalotriathlonclub.com>. Jeff Tracy is Brick Czar.
- **Wednesday Evening Swims** - Open water swims at The Pier. 6:00 pm. You choose the distance you want to swim. Gene Baran is Swim Czar.
- **BTC's Monthly Meeting**— Thursday, June 19 following the Brick workout. North Amherst Fire Hall, Tonawanda Creek Road, Amherst, 7:30 pm. Take part in the BTC workout and then stick around for the monthly meeting.

If you know of any races in the next couple of months, please contact Andy Moynihan at andrewmoynz1.com. Your continued input helps us to improve your newsletter!

Reminder: BTC annual dues can be submitted with a filled out application (included in December's newsletter or on the website < www.buffalotriathlonclub.com>), and can be sent 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@bluefrog.net so he can post your results.

Ready Set Go! Swim Clinic offered by Steve Seide

There was not enough interest in a 2-3 day swim clinic from Ready Set Go! at this time. Steve Seide, who presented at the March monthly meeting, has offered another opportunity, a one day clinic possibly in July. If interested please respond to Chris Ankrum at 773-6018 as soon as possible.

Typical one-day clinic schedule:

8:30-9:00am Check In

a.. Check in and quick introduction, overview of the day's activities, paperwork

9:00-10:00am Video Taping

a.. Each participant will be given a specific scheduled time for underwater taping

10:00am-11:30am Pool Session

a.. 200 yard (optional) time trial

b.. Stroke progression, truncated version

c.. Drills intro & practice

11:30am-1:00pm Classroom Session

a.. Review of pool session activity

b.. Aquatic propulsion basics; theory and history

c.. The importance of active streamlining

d.. Cost/result ratio of specific movements

e.. The Kick; how, how much and why

f.. Relevant Stats & Numbers

1:00-2:00pm Lunch Break

2:00-3:30pm Pool Session

a.. End of Stroke Progression, truncated version

b.. Drills intro & practice

c.. 200 yard (optional) time trial

3:30-5:00pm Classroom Session

a.. Review of pool session activity

b.. Relevant core strength & flexibility; injury prevention

c.. Video tape review

d.. Wrap Up

5:00-6:00pm Pool

a.. Optional Second Taping

Typical pricing goes like this:

John Q. Public: \$139

Buffalo Tri Club: \$109

What's the difference between this and the 3-day clinic? Details, depth and fewer discussion topics. We maintain an average improvement in our one-day events of 21 seconds in our 200yd time trial.

Easter Island? - by Greg Drumm & Joe Meyer

I found myself sitting at a bar with the girlfriend Cathy, John Pepke & Joe Meyer over Easter weekend at Hilton Head Island. Coincidence and a few phone calls brought us together (as well as the beverages of course); John lives there, Joe visited his parents there, while Cathy & I just wanted some freaking sun and temps over 40.

As a result of our rendezvous at the Hilton Head Brew Pub, we found out about a mid-week 6 am ride leaving from the local tri-shop called Go Tri Sports. Joe and I met up there with a couple local guys and rode in the pitch dark trying to follow these mad men who follow their own rules when it comes to traffic. As we darted through traffic half scared and half amused, Joe & I really laughed at each other as we even rode through a toll booth just like the ones for Grand Island (and no we didn't pay). At the end of the 2 hour ride (aka fast tour of Hilton Head Island), Joe & I were complimented by the local guys when they said we rode pretty strong considering we live in Buffalo with the winters and all. As it turned out, the one guy we rode with, Al, owned the local tri-shop so Joe & I browsed around his store and then joined him for a well deserved and needed coffee next door. Despite Joe and Al's pleas, I headed back to Buffalo the following day to return to work while Joe stayed until the following weekend to do a local tri (where he did BTC proud!).

I want to give a shout out to Al at Go Tri Sports and say thanks for letting a couple Buffalo boys feel welcome. If anyone ever gets down Hilton Head way, make sure you stop by his place and say hello or check him out online at <http://www.gotrisports.com>.

Joe's Addition:

OK, I would like to thank Greg Drumm for starting the story and spurring me on to write something new for the newsletter. But first I have to clear a few things up. Greg was too kind and sugar-coated a few facts. Yes, I was visiting my parents, but more honestly--I was freeloading a vacation off the folks. Yes I'm 28 and I still freeload off the folks. Sue me.

As Greg mentioned we started out on our first morning ride by arriving at the tri-store at around 6 am. I asked Greg how long did he think we'd have to wait until the ride started. So, we started talking and estimating when the sun would come up and when the group would leave. Well, we meet up with Al (the store owner and a good dude from the Carolinas) and his friend, an aussie fella, named Damen. Al's got this sweet Softride with all the prime components and Damen riding a nice Cannondale road bike (no aerobars). So we asked them what time are we gonna leave. "Now" was the response. I think Greg and I both had this dumbfounded look on our faces. Of course, we can't say, "its too dangerous to ride without light." No way can we second guess them. These guys are locals. We had to do what they do. (OK, OK, it was a male ego testosterone thing.) So we put away the sunglasses for a while (no need for them, dawn wasn't gonna break for another 45 minutes) and took off.

Lucky for us, Damen had a small little light on the back of his bike. I'm thinking the roadie will be in back. He's got the tail light, he will probably be a little slower than us, and cars will see his light. NOT. We warm up for a little bit, and the dude leads us the entire way--even when we are in aero, the aussie was still pulling for all of us, and pushing it too. The guy could hammer. (More on his racing skills later.)

A funny thing about the south is the attitude of the people. We all know the south is pretty laid back, but here we are riding during the start of morning rush hour. You have 4 dudes on bikes riding through red lights, cutting cars off, and basically riding in the main roads. We did not hear one horn, get one bird tossed in our direction or hear one "F-bomb." It was like the drivers are more relaxed and in less of a hurry than the riders. Try riding your bike down Main St. in Williamsville or down Delaware Ave. in Buffalo during the morning rush hour, and see how long it is until you get someone flipping you off.

Another thing about riding around Hilton Head is that you learn to hold a line. The shoulders are one inch of sand and then grass on each side of the road. You don't ride to the right of the line, you ride the line. As we were ending our ride, Damen gets next to me, "So ya like riding down here?" "A little different." I replied. "Yeah we like to mix it up and live a little dangerously." That was a nice understatement. Traffic laws be damned.

We did get that comment, "Wow, you guys ride well for being couped up inside on your trainers all winter." I think Greg and I both took a little pride in that statement.

As for the race, Hilton Head has a fairly rich tradition with triathlon. The island used to host some major events down there back in the eighties (Bud Light World Olympic Qualifiers I believe), but due to the sport's rapid growth on the west coast the big races headed west and have yet to return. Nevertheless, Al and the gang at Go Tri Sports are doing a great job at reviving the sport on the island. He's got a solid support group of volunteers and some awesome sponsors (all the sponsors had somebody who competed in the race) who have helped the Lighthouse Triathlon grow over the past few years. The race drew 246 individuals and 26 teams including a pro triathlete from Greensboro, NC, named Erik DeRoche (look for him at Placid).

The course is cool. You start out with a point to point 500 yd. swim in the beautiful Atlantic Ocean--for those who have yet to experience the joys of an open/salt water swimming this is a must. You will never complain about too many people in your swimming pool lane, nor will you ever consider Lake Ontario rough water again. Then make a quick run to T1 and head out for a 12.5 mile, flat and fast, triangle-shaped bike course (That aussie from the morning ride I mentioned before, Damen, had the fastest bike split while riding the same bike with no aerobars. He was faster than the pro who was using a freaking disk wheel!) The course is set up so you are mostly protected from any wind by the tall palm trees and one long section providing a good tail wind. You ride the bike loop 4 times and then run it once. Things can get a little tight on this crit style bike course, but if you handle your bike well, you can have a lot of fun. The course is

Easter Island? Cont'd.

great for spectators and it was cool to race in an ITU type bike course (this was a non-drafting race however). It really makes a difference when you get to see and hear your family and friends multiple times on a bike course. Talk about great motivation.

The volunteers were great and the police and traffic control did a fantastic job. The awards ceremony was held at the Tiki Bar (a nearby beach bar). It was well attended, had good food (always a major plus in my book), nice awards and 3 awesome massage therapists. The only bummer was that the awards ceremony finished at around 11 am and the bar couldn't start serving beer until noon (SC law). I guess it was for my own good, I probably would have been hammered after 2 Buds.

Race Results from Around the World - Compiled by Ed Harkey

The Waterloo Brick Duathlon May 11, 2003:

Joe Meyer 1:04:37 1st Age
Matt Rudd 1:07:29
Warren Elver 1:07:45 1st Age
Chris Ankrum 1:08:43
Frank McKeehan 1:15:12
Sergio Nordenflycht 1:30:39

Nissan Buffalo Marathon May 25th, 2003:

Hesse, Bud 5:25:05
Kandefer, Tom 3:59:29
London, Pamela 3:39:06
Radzikowski, John 4:17:12
Relyea, Lanson 3:04:30
Wells, Gene 3:46:14

Nissan Buffalo Half Marathon May 25th, 2003:

Ayers, Anne 1:54:21
Dagleish, Andy 1:54:19
Levine, Bruce 1:45:05
McKeehan, Frank 1:31:51 2nd Age
Palmieri, Theresa 1:37:40
White, Steven 1:22:36 2nd Age

Rochester Spring Classic Formula 1 Duathlon May 25, 2003:

Curt Eggers 1:23:39 1st overall
Joe Meyer 1:24:53 1st age
Warren Elvers 1:29:07 1st age
Ken Tocha 1:39:09 1st age

Nissan Buffalo Marathon Relay May 25th, 2003:

Checkers Double-Amy Power 2:56:45
Trey Gardner, Amy Hurta, Amy Fakterowitz, Ted Washburn

Buffalo News 3:00:20

Matthew Glynn, Kevin Bartholomew, Sharon Linstedt, Allen Dise
Bond Lake Buddies 3:20:15

John Brach, Chuck Miller, Matt Paterson, Darya Brach
Checkers Quadriceps 3:22:55
John Feroletto, David Szafran, Bob Kolodziej, Kathy Melling
D.Q. Dudes 3:49:19

Lucas Cichon, Jack DePasquale, Gene Baran, Jerry Jakubczak
Checkers Survivors 3:49:45

Carol Heiligenthaler, Cindy Stankiewicz, Michele Bauman, Patricia Kunselman

Blackwater Traverse Duathlon May 4, 2003:

Warren Elvers 2:08:53 1st Age
Ken Tocha 2:23:23 3rd Age
Frank McKeehan 2:22:00

Pittsburgh Marathon May 4, 2003:

Amy Hurta 3:31:34

Addison Race Fest: Biathlon (10k Run/22mi Bike) May 3-4, 2003:

Eric Butler 1:46:25 1st Overall

Ontario Shore Marathon, May 3, 2003:

Don Stefanski 3:45:11

Cleveland Marathon, April 27, 2003:

John Radzikowski 4:14:42

Cincinnati Flying Pig Marathon, May 4, 2003:

Ann Duffy 4:13:01
Kim Chmielewicz 4:23:55
Nancy Gworek 4:29:03

Congratulations to everyone on their outstanding races!

Ironman Lake Placid Party - Jennifer McConvey

Hello everyone! Well it is that time again. The count down is on to Ironman Lake Placid! So I think another party is in order. I will have it at my Dad's house again in Wilmington on Friday, July 25th. More details will follow (time, directions, but figure dinner time). Everyone is invited: athletes, family and friends. A lot is going on that weekend and this should be a fun time for all of us to get together. Please RSVP via email so I can get an idea of how many people will be coming. If you are coming after the athlete carbo dinner, let me know. I hope everyone is well and training is going good. I am looking forward to seeing everyone!

Side Note written by Wendy Tocha:

Hello fellow BTC friends!

This email is in regards to Jennifer McConvey's Ironman Party on July 25th. Jennifer and her family have generously put on a great party for Ironman Lake Placid 2001 and 2002. They invite participants, friends, and family. They provide a large amount of food and drinks. It is a great way to get together as a group and

wish everyone luck.

The truth is that the party can be very costly. And honestly, Jennifer and her family are so sweet for never asking for help. Melissa and myself truly feel to say "THANK YOU" for the past year's and for this year's party, we should contribute to this year's expenses. I think it is only fair that we contribute approx. \$10 per person. Think about it, that's cheap considering all the food and drinks that are provided.

Melissa has volunteered to collect the money. Please send your money to:

Melissa Hanson
399 Greengage Circle
East Amherst, NY 14051

Call Wendy at 316-7031 or Melissa at 574-4571 with questions or comments.

Thanks for your help!

Wendy Tocha (Secretary) and Melissa Hanson (Vice President)

Swim Czar's Column and Flash's Facts, by Gene "Flash" Baran

Opening day at the Pier is Wednesday June 18th at 6:00 PM. A 300 meter course has been established along with some shorter distances.

A bathing cap is highly recommended so as to locate the (body) person.

A wetsuit is a good idea for June, although Jim Schaffstall and John Pepke have never used one at the Pier.

Transitions by Craig Vernon

I was never a fast transitioner anyway but when I am not organised it is like a Formula 1 pitstop tyre-change with 90 year olds as a pit crew who are more preoccupied with finding their teeth before putting the tyres on. Now imagine one of these 90 year olds drops a wheel-brace on his toes and then hops one legged around the pit. My first transition in my first race back was something like that.

This story began with my return to triathlon racing some time ago after two seasons off due to injury and a pretty serious leg operation. I had finally been able to return to training and was really looking forward to my first race back. I had a great swim and got out in the top ten or so in my wave. My first thoughts questioned whether my leg would hold up during the bike and the run but I was getting ahead of myself, I had to negotiate the transition first. There are just some things that get rusty without practice and transitions are really one of them.

The pogo dance was one of the greatest phenomenoms of the punk rock era. You can thank the pogo for giving rise to moshing and the so called "mosh pit". The great thing about the pogo dance is that anyone could do it, even the co-ordination challenged. In fact, the more "unco" the better it looked. The dance floor at a good punk venue looked like a choreographed Addams family train collision but using human trains and pogomotion instead of instead of locomotives and locomotion. Have you ever thought of the transition area as a mosh pit? It was this day for this reformed punk rocker.

I used to swim in a short John wetsuit for these sprint races but I'd decided to go with a full length wetsuit, and they don't come off quite as quickly. Everything was going fine until I had peeled my first leg down to my ankle. What followed was a pogo dance.

In many ways transition is a dance with a number of defined steps. When you remember the steps (usually through practice) and execute them perfectly transition is quick and painless. When you forget the steps or execute them imperfectly, it can be slow, painful and provide much entertainment for others. What follows is a collection of dance steps to be avoided in transition. Some of these I have danced myself though most I cannot take credit for.

Wetsuit Pogo: this dance move is executed with one leg of the wetsuit almost peeled off. Start from a standing position and peel your wetsuit down to the waist and then peel to the ankle on one leg, either leg will do. At this point, getting the motion going doesn't require much effort, simply lose balance slightly and the other leg will start hopping automatically. You can pogo around like this for metres bouncing off obstacles like pinball. If you are a reasonably good swimmer you have a real chance of attracting the crowd's attention. If you are very successful, you will even attract the commentator's attention. At larger races this could even mean a televised performance. There a more ways than quick times to distinguish yourself.

Lost Waltz: this is usually a dance performed at shorter distance events. Just tradition I guess! This can be performed in either T1 or T2. This is a reversing step where there athlete will run one way and then run back again often looking back and forth too in a Charleston like manner. This mostly happens at corporate events and sprint distances. We'd like to think this is due to a higher proportion of novices but that is not always the case. No names mentioned. Its also more likely where the racks are unnumbered although even numbering can present a challenge for those in oxygen debt. Lost waltzers are likely candidates to do well in the wetsuit pogo dance contest too.

No pants under the wetsuit dance: this isn't a dance, this is one of those anxiety dreams you have been having lately. You don't believe me? It comes right after the dream where you arrive late and the race has already started, so in the rush to get out there you forgot them - perfectly natural.

The Flapper: there are 2 ends for the wetsuit pogo. One is where you finally get the wetsuit off your ankle and get the rest of it off

(Continued on page 7)

Transitions (cont'd.)

too. The other ending is where you finally fall or trip over and flap and wriggle about gathering grass and dirt adornments on your body. It is a variation on The Worm. At this point you won't mind if you cover your face with dirt and grass. Try and cover your number too. That way no one will know it was you.

Sunday Picnic Dance: every now and then you see someone who looks very organised, in fact, over organised. They have a camp chair so they can have a little sit down while they put shoes and socks on, some little drinks set up, gels, powerbars and even a basin of water to dip their tender little white feet in to remove all the sand from the swim. It is virtually a neat little picnic in transition. Too bad about the pogo dancer that finally fell over and destroyed the whole lot!

Running Shoe Pogo: another pogo dance, to be sure! Again motion is started by a slight overbalance but it is started by trying to get the last shoe on as opposed the wetsuit pogo which is started trying to get the first leg off on your wetsuit. This is the fine encore in T2 for your efforts in T1 and less likely to result in a face plant.

Flat Tyre Stomp: have you ever watched an angry person try to change a tube? Don't be that person. Suddenly your hands become the size of basketballs and the extra newtons of force in every movement won't aid co-ordination either. The prelude to this dance is usually over zealous use of a track pump and a complete disregard of the tyre's pressure rating (more is better right?). Somewhere during the swim a loud bang is heard in the transition area and the affected party can then be seen stomping around in transition upon discovery.

Bjarne Riis Swirl: This is perhaps a finishing move to the aforementioned stomp and consists of a hammer-thrower like twirl of both athlete and bicycle during which the bicycle is released for a journey of its own. This move was made famous by 1996 Tour de France winner Bjarne Riis in the following years tour after throwing his TT bike into the weeds, frustrated after multiple mechanicals and bike changes.

Dances with Wolves: there is a good reason why no one except competitors should be allowed into transition areas. This means also that dogs should be banned from transition areas too, especially dogs that are fond of shoes! Otherwise the chase will be on and we all know who can run faster.

No Bike Shoes Dead Stop Step: This step I am sure has been practiced everywhere. Firstly, run through transition, preferably at an Ironman, skip the wetsuit pogo (although I think it could be worked in somehow), and grab the bike and run to bike exit and instead of mounting the bike, unexpectedly come to a dead stop and look down at your pedals to see no shoes. Often, this can be accompanied by mouthing expletives - but most of the crowd will know what you have just said! At this point you have the option of waiting tens of minutes while the organisers find a pair of shoes that almost fit like Bevan Leach did at the 2002 Australian Ironman. Or, you can just ride without shoes like Yuji Adachi, did at the 2003 Australian Ironman. Amazingly, Yuji Adachi finished in 9:30:34, with a 5:27:02 bike split and a 3:09 marathon (with running shoes). By comparison Bevan's feet were so sore from the ill fitting shoes he DNFed at about 150kms into the bike. Maybe barefooting the bike is the better option! Don't laugh too much, it can easily happen. When it happens to you that's when you need to laugh.

Ground Hog Day Dance: In this particular dance, which can be observed often at races with many novices, after leaving the racks it is necessary to return to them to get that forgotten item, maybe several times. Forgotten items include things like helmets, number belts, running caps, gloves, glasses and even the bike! One return is a bad race, two returns and it is a bad day but three returns is a bad life or your little campfire picnic set up has been trashed by a delinquent pogo dancer.

Picnic Pogo Stomp: this is a combination of dances or more aptly put, a collision of dances. This is where the happy camper becomes an angry stomper due to a flat tyre and meets the delinquent pogo dancer who has just trashed his picnic set up. Wetsuits flapping, hand pumps flying, speech miming, bottles rolling, water splashing, stomping, yelling and anyone who is watching just roaring at a scene straight out of the three stooges. That's the mosh pit all right!

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	<p><i>Swim/Bike/Run/Eat / Swim/Bike/ Run/Swim/Bike/Run/Transition</i></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>We're on the Web! buffalotriathlonclub.com</p> </div> <div style="background-color: #cccccc; padding: 10px; text-align: center;"> <p>When will the weather start to warm up?</p> </div>	<p>BUFFALO TRIATHLON CLUB</p> <p>Send submissions for July's QT By June 18, 2003 to:</p> <p>E-mail: andrewmoynz1@aol.com Andrew R. Moynihan 127 Admiral Road Buffalo, NY 14216</p> <p>Phone: 716.835-0760 (Editor) BTC Web Site: www.buffalotriathlonclub.com BTC E-mail: BTCInc@yahoo.com Questions: info@buffalotriathlonclub.com</p>
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Quotable Quotes: [“Don't hit the wall - - run through it” - Gatorade Ad](#)

June BTC Meeting

June Meeting is scheduled for June 19th after the Amherst Brick Workout, North Amherst Fire Hall, Tonawanda Creek Road, at approx. 7:30 pm.

BTC Quote of the Month: “Pain is temporary, pride is Forever” - On T-shirt of Buffalo Marathoner

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 Road, Buffalo, NY 14216. *Thank You!*