



17 Days to a 17-Hour Ironman By Gene Baran

There has been a considerable amount of intense training going on since the first of January. Even people who are not signed for an Ironman are performing yeoman work as if they are entered. However, if you have not started your workouts for Lake Placid it is not too late. For I chose to preserve my body from the rigors of training until July 2002; then, I geared up for Lake Placid Ironman 2002.

First training day July 4th - got to the Firecracker 10K in Lancaster late (despite the fact I live in Lancaster). So, I ran the course backwards for a while to see the runners coming at me and observe their conditioning in the hot, humid day.

Second training day July 5th - \

Third training day July 6th - > Long Holiday Weekend - No training

Fourth training day July 7th - /

Fifth training day July 10th - first to jump into the water at the Pier and do a long swim. Theresa Palmeri discovered an ominous looking death patch of mucous floating toward the swim course. Bruce Levine counted 22 dead fish and six sneakers in the gob. Everyone left the area and failed to notify me.

Sixth training day July 11th - biked numerous miles at the brick not feeling well.

Seventh training day July 12th - hospitalized because of unknown substance at Pier.

Eighth training day July 13th - “ “

Ninth training day July 14th - did Tom's Pro Bike shop 50 miler starting from Elliott Creek Park at 9:00AM got their at 11:00 A.M. finished at 3:00 PM - No pizza left.

Tenth training day July 15th - flew to a secret location in the Northwest to begin to pick up the training tempo.

Eleventh training day July 16th - read about a place in Runners World - excellent workout on trails in Bellingham, Washington.

Twelfth training day July 17th - swam outdoors in a 100 meter pool located in Stanley Park, Vancouver B.C.

Thirteenth training day July 18th - arrived in Whistler, B.C. to tackle the ski resort hills.

Fourteenth training day July 24th - reduced weight by cutting off almost all of my hair.

Fifteenth training day July 25th - attended brick workout—attacked Tonawanda Creek Road very vigorously.

Sixteenth training day 26th - arrived in Lake Placid on Friday - began looking for a hotel room.

Seventeenth training day July 27th - My back is crooked - Chiropractors work on it for two hours - still crooked. Refused to pay them. (Jim, do you want clients like me?)

Epilogue - I went out with Dave Rappl and Todd Lemmiksoo for dinner and late night drinks - got back to hotel at 11:20 P.M.

July 28th - wake up call at 6:15 A.M. Walked across the street to the start. Almost didn't make it. I got distracted from the "Go Barry" shirt I saw.

6:59 A.M. - I prayed for help.

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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

July 6 - A Tri in the Buff, Buffalo, NY. <http://atriinthebuff.com>
July 6 - Peterborough Tri/Du, Peterborough, Ont. <http://trisportcanada.com>
July 13 - Mike Burwell Memorial Niagara Triathlon, Welland, Ontario. <http://burwelltriathlon.com>
July 19/20 - Niagara Tri/Du, Grimsby, Ont. <http://trisportcanada.com>
July 27 - Pratts Falls Duathlon, Pompei, NY (just south of Syracuse) <http://yellowjacketracing.com>
August 2/3 - Belwood Tri/Du, Fergus, Ont. <http://trisportcanada.com>
August 3 - Cayuga Lake Triathlon, Trumansburg, NY. <http://ithacatriathlonclub.org>
August 9- Wilson Wet & Wild Triathlon, Wilson, NY. <http://buffalotriathlonclub.com> click on BTC Races.
August 10 - Cazenovia Triathlon, Cazenovia, NY. <http://cnytriathlon.org>
August 17 - Northern Tri, Orilla, Ont. <http://trisportcanada.com>
August 23- Pine Pharmacy BeBop Duathlon, Lewiston, NY. <http://score-this.com>
August 24 - Hamlin Beach Triathlon & Duathlon, Rochester, NY. <http://score-this.com>
August 30 - Guelph Lake II, Guelph, Ont., <http://trisportcanada.com>
September 7 - BTC's 4rd Annual Fall Frolic Triathlon, Camp Kenan. Details at <http://buffalotriathlonclub.com> click on BTC Races.
September 21 - Finger Lakes Triathlon, Canandaigua, NY <http://rochestertriathletes.com>
September 27- Rizzo's BTC Duathlon, Grand Island, NY. <http://score-this.com>

BTC and Community Calendar - Future National Events

July 27, 2003 - Ironman USA, Lake Placid, New York.
August 16, 2003 - Great Buckeye Challenge, Millersport, OH
August 24, 2003 - Ironman Canada, Penticton, British Columbia Canada
September 7, 2003 - Ironman Wisconsin, Madison, Wisconsin.
September 20, 2003 - Deer Creek Pineman, Mt. Sterling, OH
October 18, 2003 - Ironman World Championship, Kona, Hawaii
October 25, 2003 - Great Floridian Triathlon, Clermont, FL
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 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:

R. Andrew Seefried
Joseph M. Priore
April and Stephen Dunlap

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!!!

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.

August Birthdays: Ed Harkey, 8/2, Glenn Speller, 8/5, Dana White, 8/8, Chris Ankrum, 8/12, Gary Strenkoski, 8/14, Curt Eggers, 8/14, Pat Dalton, Jr., 8/16, Stephen Hruba, 8/23, Ken Tocha, 8/27, Gwen Bush, 8/27.

July 2003

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 BTC Pier Swim	3 Open Brick—Cook Out	4	5
6 A Tri in Buff	7 Running in Niagara Falls	8	9 BTC Pier Swim	10 BTC Timed Brick & Meeting	11	12
13 Welland Triathlon	14 Running in Niagara Falls	15	16 BTC Pier Swim	17 10K Challenge – Run	18	19 Niagara Try-a-Tri Grimsby Ont.
20 Niagara Tri /Du Grimsby Ont.	21 Running in Niagara Falls	22	23 BTC Pier Swim	23 BTC Team Brick	25	26
27 Pratts Falls Du. and IM Lake Placid	28 Running in Niagara Falls	29	30 BTC Pier Swim	31 Open Brick		

- **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, July 10th 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@aol.com. Your continued input helps us to improve your newsletter!

Reminder: BTC annual dues can be submitted with a filled out application (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

Steve, from Ready Set Go!, has picked an official date for a 1-day swim clinic. The selected date is Saturday July 19, 2003 (one week before IM Lake Placid) at Niagara Falls High School (between Hyde Park Mini Golf Course and Walmart) from 8:30am-5:00pm. If you want to attend, please send a note to Steve at swimeveryday@yahoo.com, 866-Fast-Tri or <http://www.readysetgosports.com>. Typical 1-day clinic details are attached below. Any questions, please send me an e-mail at president@buffalotriathlonclub.com.

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. If ten members sign up - price drops to \$75 per person

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.

Race Results from Around the World - Compiled by Ed Harkey

Suzuki Rock 'n' Roll Marathon June, 1 2003 San Diego, CA Lemmiksoo T Todd 4:39:09	Joe Priore 4:38:44	Guelph Lake I Triathlon June 21-22, 2003 Sprint 750m Swim 20km Bike 5km Run Joe Meyer 1:06:23 3rd Age Greg Drumm 1:15:16
Milton Triathlon/Duathlon June 1, 2003 Triathlon Results —750m 30km 7.5km Joe Meyer 1:35:36 5th Age Will Fisher 1:42:43 Duathlon Results — 2km 30km 7.5km Warren Elvers 1:27:35 3rd Age Frank McKeehan 1:37:03 3rd Age	Great Lake to Lake Classic June 15th, 2003 St. Catherines, ON 50km Bike Drumm, Greg 2:09:51.3 Stefanski, Don 2:50:50.2 Marasciulo, Diane 3:11:16.5	Olympic 1.5km Swim 43km Bike 9.5km Run Joe Meyer 2:25:03
Breezy Point Triathlon June 1, 2003 Norfolk, VA. Swim 1k Bike 20K Run 5K Paul White 1:13:32 1st Age Dana White 1:16:36 1st Age	Two day Tango Adventure Race June 7-8, 2003 Brookville, PA Jeff Tracy and Rich Clark 21:07:45 3rd out of 9 two-person teams	Alcatraz triathlon XXIII June 22, 2003 San Francisco, CA 1.5-mile swim, 2.5-mile run, 13-mile bike, 7.5-mile run Jim Schaffstall 2:31:05 3rd Age (8th Overall)
Edinboro Triathlon June 6, 2003 .6m swim 23.6m bike 10K run Andrew Moynihan, 2:17:21 David Zydell, 2:23:24 Joelle Mann, 2:41:49 1st Age Theresa Palmieri 2:46:52 5th Age	Batavia Individual Duathlon -- June 21, 2003 10 K Run 16 mile Bike Curt Eggers 1:26:42 1st Overall Ken Tocha 1:28:04 2nd Overall Joseph J. Meyer 1:28:14 3rd Overall Don Stefanski 1:31:17 2nd Age Anthony G. Garrow 1:35:03 Sal J. Pascucci 1:35:13 2nd Age Chuck P. Miller 1:39:52 Timothy J. Galvin 1:41:58 Eileen M. Grew 1:43:25 1st Age Gene Wells 1:44:28 2nd Age Pamela V. London 1:44:56 1st Age Diane Marasciulo 1:49:56 1st Age Nancy A. Gworek 2:00:39 3rd Age	Syracuse Green Lakes YMCA Triathlon June 21, 2003 Fayetteville, NY .5 swim, 20K bike, 5K trail run Kelleran Kyle 1:16:24 1st Age Stofer JT 1:09:31 Nowicki Cindy 1:23:48
Penn Yan Long Course Triathlon June 15, 2003 Kevin Kobielski 2:12:20 Andy Moynihan 2:16:36 Joanne York Rappl 2:19:38 1st Age Eileen Grew 2:44:31 2nd Age Lisa Gimlin 2:47:00 2nd Age Mark Casell 2:51:40 David Lillie 3:14:45 3rd Age Short Course triathlon Gary Grant 1:07:49 2nd Age John Fuhrman 1:33:45 J T. Stofer 1:13:39 Cindy Nowicki 1:22:11 2nd Age	Team Duathlon - Albert Degenaaers John A. Radzikowski 1:47:39	Tupper Lake Tinman Triathlon Tupper Lake, New York June 28th, 2003 1.2 mile Swim, 56 mile Bike, 13.1 mile Run Andrew R. Moynihan 5:09:51 Anthony Garrow 5:28:15 Jonathan Bernstein 5:44:33 David Shapiro 6:04:36 Kara Klaasesz 6:07:05 Quinn Ankrum 6:11:45 Theresa Palmieri 6:15:02 James C. Kavanagh 6:30:39 Martin DeNysschen 7:04:22 Mark Casell 6:14:00
Muskoka Triathlon & Duathlon June 14-15th, 2003 2km Swim 55km Bike 15km Run Joe Meyer 3:10:52 Chris Ankrum 3:18:21 Amy Hurta 3:48:59	National Duathlon Championship June 22, 2003 Alpharetta, Georgia 10k Run 40k Bike 5k Run Warren Elvers 2:07:10	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)

3rd annual Cazenovia Triathlon by CNY Triathlon, Inc.

Sunday, August 10th, marks the 3rd annual Cazenovia Triathlon at Lakeside Park - hosted by CNY Triathlon, Inc. The starting horn will sound at 8:30 a.m. with over 300 triathletes competing for trophies and prizes in each age group of this swim, bike and run competition. This "Sprint Distance" course will consist of a one-half mile swim, 14 mile cycle and 3.1 mile (5k) run for both individual and team participation. Race results will be computer timed with "Champion Chip" timing and posted to our website following the race (www.cnytriathlon.org). This year's event is expected to be another sell-out and will be capped at 350 entries. Information and applications can be found at the club website or at www.active.com. The sport of triathlon (swim/bike/run), is one of the fastest growing participant sports in the US today. Triathlon made its first debut as an Olympic sport in the Atlanta summer games of 2000. The Cazenovia Triathlon has been generously supported by a number of local sponsors. Additional event information can be obtained by contacting CNY Triathlon, Inc. Race Director- Craig Borncamp, 315-488-8100. More detailed information can be found at the CNY Triathlon, Inc. website at www.cnytriathlon.ORG.

My Edinboro Triathlon by Andrew Moynihan

Last June 7, BTC members Theresa Palmeri, Joelle Mann, and I went down to Edinboro, Pennsylvania (about a half an hour from Erie, Penn.) to do a triathlon. The best way to describe it was we all had a lot of fun.

We started off in Edinboro Lake at a cool 66 degrees. It was my first race with my Desoto wetsuit. Since we had a cool spring I had a lot of anxiety about going in the cold water. The wetsuit held up very well. I did not get cold at all.

I went all out on the swim. I had a complete winter at Masters swimming under my belt and felt really confident. I was little worried I might hyperventilate once I hit the water which I did last year as my first race of the season at Penn Yann. I didn't. I felt really relaxed and immediately tried to chase down the swimmers ahead.

The water was very calm. It was an out and back course. We had to swim along pontoon boats in the middle. I was having so much fun on the swim that when I hit shore I wanted to do another lap.

At transition one, I was so excited from the swim I was dizzy. I could barely stand still as I tried to peel off my wetsuit.

Away I went on the bike. I encountered my first mishap of the day. About 1/2 mile into the bike my aero water bottle was falling off. The Velcro strap was loose. I made a quick pit stop and readjust it.

The bike course was challenging with rolling hills. It was mostly farms and open country. I felt strong and consistent on the bike. I wanted to see how conditioned I was from my best attendance at Nancy Spinerval's and Cyclops trainer workouts. I averaged 19.4 mph. For those of you who do not know, I have only one year of consistently racing under my belt. I did all Olympic and Sprint distances last year. On the bike last year, hordes of bikes usually passed me. This race just about a dozen passed me.

Off on the run. Oh no! my right leg had a very painful shin splint. I could barely run. I continued. I stopped and stretched. A little better. I continued. I stretched again. Finally by mile three it started to loosen up. I picked up the pace. Mile four I was running on this hilly rural farm road with barely any traffic and a silver four door sedan bumped me from behind. No honk or anything. I jump about two feet in the air and brace myself against the hood of the car. I guess Granny in her oversized sun glasses didn't see me.

No damage done. By now my shin splint was gone. I sprinted to the finish.

Overall, I was very satisfied with the race. It was well organized and marked. There was plenty of volunteers. I would like to return next year.

Volunteer Needed

We are in need of a volunteer to arrange for Corporate Sponsorship for the 2003 Fall Frolic on September 7th. We already have a sponsorship packet ready for your use when approaching companies. There are even some companies who have volunteered to sponsor the race again this year.

If you are interested in this position or you have questions, please contact me via e-mail president@buffalotriathlonclub.com or by phone (number below). Thanks in advance for all of your continued support to make the Buffalo Triathlon Club so successful!

Chris Ankrum 773.6018

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 **]**

BUFFALO TRIATHLON CLUB

Send submissions for August's QT
By July 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 Quotes: *Only those who will risk going too far can possibly find out how far one can go. - Anonymous*

July BTC Meeting

June Meeting is scheduled for July 10th after the Amherst Brick Workout, North Amherst Fire Hall, Tonawanda Creek Road, at approx. 7:30 pm.

BTC Quote of the Month: *"Dude, we are so freaking lost!" - Jeff Tracy during the Two Day Tango Adventure Race*

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!*