



## A Tri in the Buff by Chris Ankrum

Congratulations to everyone who took part in the triathlons at the Tri in the Buff. Everyone looked like they were having a good time and turning in some great race times. Keep up the good work and keep having fun!

Congratulations to all of our future BTC members who took part in the Kid's Tri. If you didn't get a chance to see these kids race you missed a fantastic sight. I'm guessing 20 to 25 kids raced, swimming as hard as they could, transitioning to their bikes (mountain bikes, road bikes, bikes with training wheels...), riding their hearts out, and then sprinting to the finish line. They are the future of multi-sport events and it was great watching them have so much fun. We could all learn from that.

Congratulations also go out to Score-This!!! for putting on a top notch multi-sport event in Buffalo. Everyone I talked to before and after the race commented on how well run and organized this race was. They couldn't believe how much better this experience was compared to year's past. You have definitely raised the interest of many first time or novice triathletes. Many of the participants of the Try-a-Tri and Sprint expressed their desire to race again this summer and again next year.

And again I want to thank all of the volunteers who graciously took time to help keep the racers fed, hydrated, on course, safe, etc... Without those who volunteer we could not race safely. Please take the time to volunteer the next time you aren't going to race. Give back to those who have given to you.

Train smart and live life.

Chris Ankrum

President, Buffalo Triathlon Club

## Most cyclists are stupid by Greg Drumm

I have come to the conclusion that most cyclists are stupid. Hopefully you are in the minority here and have the intelligence to understand that the local bike paths are not sidewalks, driveways or parking lots. Hopefully you understand that you STAY TO THE FREAKIN RIGHT.

You see, it's the stupid cyclists (and walkers, runners, rollerbladers, etc) who do not understand this concept. I left the house tonight to do 60 min of easy spinning. I'm talking 36 x 19 spinning so this was not even close to being a fast pace -- a roller blader even passed me at one point. I returned with two ruined wheels, a screwed up shifter/brake lever and some minor bruises and scrapes thanks to some jack Astor who definitely falls in the stupid column.

I was on the bike path just coming around the corner near UB and hello - SMACK.

Pretty much a head on deal with one of two cyclists riding two-abreast. I pretty much kept my cool (no F-bombs Joe) but expressed my opinion clearly about right and left and not paying attention. The dude on the other end (no helmet) was smacked up a little worse and I'm not sure if his bike was ride able or if he could ride it. When asked if I was Ok I said yes and made it known that I was a little pissed about my ruined wheels to which he kept replying "it was an accident man". He said he was OK and had his friend with him so I split after a few whacks on my front rim to get it to at least a point where I could wobble home a little mad and a little sad. I realize I am preaching to the choir (at least I better be) but just another reminder to be careful no matter where you are.

Anyone wanna buy some used wheels?

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### Dates to remember:

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**

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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 18 - Bond Lake A.C. 7th Annual Rut Race Lewiston, NY <http://bondlakeac.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>  
August 31 - The Monster Challenge Tri- Boston, Boston MA. <http://.monsterchallenge.org>  
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**

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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**

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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 our 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: 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.

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*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](mailto:marathondoc@hotmail.com).*

### **Volunteers Needed**

Hi everyone, once again I am looking for volunteers for the Fall Frolic race on Sunday Sept. 7th. If you are not racing please help us out by volunteering. Please contact me if you can help out. Thanks in advance - Melissa Hanson ([bluelightning95@hotmail.com](mailto:bluelightning95@hotmail.com) or 689.6601)

### **New Members for July:**

Joseph F. Niezgoda

Warren D. Hale

Kevin M. Patterson

Sam Pasceri

Kenneth Kuriscak

*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!!!**

**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 Hruby, 8/23, Ken Tocha, 8/27, Gwen Bush, 8/27.

**September Birthdays:** Teena Clark, 9/1, Joelle Mann, 9/15, Jeffrey Tracy, 9/16, Dan Horan, 9/18, Karl Kozlowski, 9/19, Tom Kandefer, 9/22, Timothy Galvin, 9/23, Robert Giardini, 9/24, Patricia McManus, 9/29.

# August 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Lake Ontario Swim	4 Running in Niagara Falls	5	6 BTC Woodlawn/Pier Swim	7 Timed Brick (1-2-3)	8	9 Wilson Wet n' Wild Tri
10 Lake Ontario Swim	11 Running in Niagara Falls	12	13 BTC Woodlawn/Pier Swim	14 Reversed Timed Brick - BTC Monthly Meeting	15	16
17 Lake Ontario Swim	18 Running in Niagara Falls	19	20 BTC Woodlawn/Pier Swim	21 Bike Time Trial	22	23 Pine Pharmacy BeBop Du
24/31 Lake Ontario Swim	25 Running in Niagara Falls	26	27 BTC Woodlawn/Pier Swim	28 Formula One Brick	29	30

## 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 Woodlawn Beach off route 5. 6:00 pm. You choose the distance you want to swim. If in the case of heavy rains and beach is closed, we will meet at the Pier site. Gene Baran is Swim Czar.
- **BTC's Monthly Meeting**— Thursday, August 14th 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.
- **Sunday Mornings Swims** - Lake Ontario- Youngstown (near Fort Niagara). For information and directions go to <http://buffalotriathlonclub.com/swimschedule.htm>

If you know of any races in the next couple of months, please contact Andy Moynihan at [andrewmoynz1@aol.com](mailto:andrewmoynz1@aol.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](http://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](mailto:ktocha@bluefrog.net) so he can post your results.

## 10 Top Reasons Why I do not do an Ironman by Marc "sandbeggar" Koester

- 1.) I cannot eat enough during the race.
- 2.) I cannot train so much without falling off the bicycle.
- 3.) I do not have a great looking bicycle.
- 4.) I cannot train a whole month without getting an injury.
- 5.) I would get lost during the marathon run.
- 6.) I have already have problems to run 5 k without thinking about ... Why? Why do I do this?
- 7.) I do not look good at the finishing line.
- 8.) I hate running indoors.
- 9.) I hate rollers.
- 10.) I do not like pain.

### Volunteers Needed

Hi everyone, once again I am looking for volunteers for the Fall Frolic race on Sunday Sept. 7th. If you are not racing please help us out by volunteering. Please contact me if you can help out. Thanks in advance - Melissa Hanson ([bluelightning95@hotmail.com](mailto:bluelightning95@hotmail.com) or 689.6601)

## My First Triathlon as told by Sage Hurta

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**My daughter, Sage Hurta, completed her first "triathlon" at the Tri in the Buff on 7/6/03. She had a great time. I thought some club members might be interested in her perspective on her first tri...**

I loved it. I met a new friend named Kathryn while I waited for my race. And I was almost her age. Kathryn is 7 and I am 5. I had fun with her. I'm glad I wasn't last in my run. The way I wasn't last - I saw a girl and I passed her. My bike was a little crash. Because Kathryn turned the other way, so she crashed into me, but she fell down first. We went a little way, then I fell off my bike. One kid had the same helmet as me. Kathryn and me were wearing helmets and were ok. And after the day of the race, my legs were really sleepy.

**How did you prepare for this race?** I've been practicing

**How did you practice?** By biking and running and swimming, and I'm alright from my crash.

**Do you have any special training techniques?** I wish I was a lot faster. I hope I get faster; I'll practice.

**Tell me about your bike:** It was fun when I went weee. I really didn't need to use my horn.

**Do you have a special pre-race diet?** What is a pre-race diet?

**What do you eat before a race?** I really don't eat stuff. But if it's hard, you eat it.

**What do you mean, if it's hard?** So it doesn't go gurgle, gurgle.

**Do you want to do another triathlon?** I hope I'm doing this next year. 'cause it's so fun I can't even stop!!!

## Ironman Lake Placid by Nancy Gworek

I am inspired!!!! You guys ROCK!!!

I have returned home from LP and am exhausted. I can't imagine how those who did the "race from hell" are feeling. I spent 4 hours with my sister Karen, Nikki and Steve White guarding you all on the bike course through the "hot corner" (the corner going up the hill next to the Hockey arena). It was raining so hard that at least 6 inches of water were on the road through the turn.

There were a lot of "almost spills" as athletes lost their brakes or misjudged the turn. Everyone from our group (BTC) looked AWESOME!!! I don't know if I could have stuck it out. I was soaked to the bone (and that's with rain gear on).

It was good to go back and see the other side as a volunteer. IM North America is a 1st class operation. The volunteers got T-shirts and food all day long in the vol tent. I never had to spend a penny to feed my face that day and could have stayed for the award dinner for free if I wanted too! They had 3500 vol for the event. I had even seen people going back and signing up for extra duty when their shift was over despite the awful weather. Rich and Jeff did a fabulous job as cheerleaders also. You ALL are the GREATEST!

Hammer on....Nancy

## 2003 World Road Cycling Championships by Greg Drumm

As most probably know, the 2003 World Road Cycling Championships are in Hamilton, Ontario this October. Lots of the top pros in the world will be there -- Probably not Lance but probably some of his teammates. I think Lance will be doing the Tour of Hope ([www.tourofhope.org](http://www.tourofhope.org)).

To win a Hamilton 2003 prize pack -- check out following website: <http://slam.canoe.ca/Hamilton2003/jersey.html>

## RudeDog Adventure Sports by Vicki Pinchin

Hi Everybody !

Hope your summer is going great and you're all out there having fun. Now you'll understand why I've been missing so much riding. But I believe it's going to be worth the sacrifice. In September, PAC and Red Cup Publishing will launch RudeDog Adventure Sports Magazine. Many of you who already know about RudeDog have been asking how to get a subscription. Here's one way to do it -- email Vicki ([vpinchin@coceco.ca](mailto:vpinchin@coceco.ca)) for a form Respondents to the survey will receive their first complimentary issue by mail and 50% off their first year subscription. In order to be eligible, please complete the survey in full. If there are any other adventure enthusiasts that you know and I may have missed, please forward this on to them.

Stories by You:

Since this magazine will focus on local stories and events, you are invited to submit. If you'd like your story or adventure experience to appear in the Premiere Issue, kindly forward it for review by August 31st. [Vicki@rudedogmag.com](mailto:Vicki@rudedogmag.com)

Events Calendar and Advertising:

If you're an Events Organizer or are in business of Adventure Sport, please contact our Sales and Marketing department for information on the Events Calendar and effective advertising opportunities to your Target Market. A Media Kit will be available on Wednesday July 16

[www.RudeDogMag.com](http://www.RudeDogMag.com)

Watch for the official launch of RudeDogMag.com in the next week.

[www.RudeDogMag.com](http://www.RudeDogMag.com) Thank you for your support !

# Race Results from Around the World - Compiled by Ed Harkey

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## AARP Triathlon, June 29

Rochester, NY  
300 yard swim, 20K bike, 5K run  
Ken Tocha 1:03:22 2nd Overall  
Ed Harkey 1:20:18 2nd in age 55-59  
Bob Siudzinski 1:22:08 3rd in age 65-69  
John Fuhrman 1:23:15 3rd in age 55-59  
Sue Fenger 1:32:45 2nd in age 55-59  
David Lillie 1:16:48

## Tupper Lake Timan, June 28

Nikki White 6:28:25

## Peterborough Long Course Du

(2K Run, 90 K Bike, 21K Run).

July 6th, 2003

6:34:59 GENE WELLS

Sprint Duathlon Results

2km 20km 5km

1:07:30 FRANK MCKEEHAN

## July 6, 2003 A Tri in the Buff

Olympic Triathlon

2:06:44 MEYER, JOE J 1st in Age

2:12:01 FISHER, WILL

2:13:53 KOBIELSKI, KEVIN 2nd in Age

2:21:58 YORK RAPPL, JOANNE 2nd female overall

2:26:24 HURTA, AMY R 3rd female overall

2:30:49 STOFER, JT

2:30:56 ZYDEL, DAVID 2nd in Age

2:33:02 PASCUCCI, SAL J 2nd in Age

2:40:02 BERNSTEIN, JONATHAN

2:40:49 SEEFRIED, RICHARD E

2:45:56 MIETLICKI, KEVIN M

2:46:58 GREW, EILEEN 1st in Age

2:54:33 NOWICKI, CINDY 1st in Age

3:06:44 DUFFY, ANN 2nd in Age

3:14:18 LILLIE, DAVID

3:22:08 SIUDZINSKI, ROBERT 1st in Age

3:35:01 CHMIELEWICZ, KIM E 2nd in Age

## A Tri in the Buff July 6, 2003

Sprint Triathlon

1:01:46 KOESTER, MARC 1st Overall

1:04:44 BUTLER, ERIC R 1st in Age

1:07:49 GRANT, GARY 2nd in Age

1:09:51 KELLERAN, KYLE J 2nd in Age

1:17:20 DALTON JR, PAT

1:17:38 MUNSON, MARTY

1:18:45 PALMIERI, THERESA 1st in Age

1:22:44 GRETA, SPELLER 1st in Age

1:26:02 IRELAND, DAVID 2nd in Age

1:28:50 HARKEY, ED 1st in Age

1:29:48 FUHRMAN, JOHN 2nd in Age

1:43:07 FENGER, SUZANNE 1st in Age

Try-A-Tri

0:44:49 CASEY, MARY 1st in age

## MIKE BURWELL MEMORIAL NIAGARA TRIATHLON

Welland, Ontario

Sunday July 13th, 2003

Olympic Triathlon Results

2:29:24 Anthony Garrow 1st in Age

2:32:57 Richard CLARK

2:45:51 Michael ROTOLA

2:53:03 Kara KLAASESZ

3:22:17 Robert Siudzinski 3rd in Age

3:22:41 Gene BARAN 2nd in Age

3:22:47 David Ireland 3rd in Age

3:30:16 Ed HARKEY

3:31:24 Kim Chmielewicz 3rd in Age

Olympic Triathlon Team Results

2:34:09 Team Seyler York-Rappl 3rd Overall

Try a Tri Results

1:15:05 Mary CASEY 1st in Age

Duathlon: 5k run 42.5k bike 5k run

Don Stefanski 2:00:34 1st in age

Ken Tocha 2:07:52 1st in Age

## 2003 Boilermaker 15k

Utica, NY July 13, 2003

1:26:34 Fuhrman, John A.

1:16:53 Grew, Eileen

1:45:35 Lemmikko, T. Todd

1:10:57 Palmieri, Theresa M.

1:26:32 Radzikowski, John A.

55:54 Schaffstall, James

1:15:05 Szafran, David J.

1:06:29 Tracy, Jeffrey C.

1:14:58 Wells, Gene

1:19:03 Linstedt, Sharon M.

1:11:41 Bernstein, Jonathan

## NIAGARA TRIATHLON & DUATHLON

July 19-20th, 2003

Triathlon Results 700M 25km 7km

1:23:06 JOE MEYER 2nd in Age

1:45:53 EILEEN GREW 2nd in Age

Try a Tri 375m 10km 2.5km

49:12 KIM CHMIELEWICZ EAST AMHERST

52:23 DAVID IRELAND

## 25th Annual Presque Isle Half Marathon

Erie, PA

July 20, 2003

1:24:45 Steven White

## Ironman Lake Placid

July 27, 2003

11:05:37 BUSH, DOUG

11:23:11 KOBIELSKI, KEVIN J.

11:31:05 SCHAFFSTALL, JAMES A.

11:33:16 YORK-RAPPL, JOANNE C. 1st in Age

11:43:58 WHITE, DANA A.

11:51:11 RUDDY, MATT

11:52:46 NEWMAN, SCOTT

12:08:15 ANKRUM, CHRISTOPHER

12:43:43 JIMERSON, MARTIN

12:45:25 RUDZINSKI, SCOTT

13:20:21 LEVINE, BRUCE L.

13:59:56 ROTOLA, MICHAEL P.

14:44:49 CASELL, MARK A.

14:50:49 SEYLER, WILLIAM L.

15:16:25 MCMANUS, PATRICIA

15:16:25 KAVANAGH, JIM C.

16:42:12 HANSON, MELISSA S.

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## 3rd Annual Splash & Dash managed by Swim Czar Gene Baran

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The 3rd annual Splash and Dash will be held at the Pier in August 2003. A Wednesday night not yet determined. There is no fee involved to club members. \$50.00 for non-members and no shirt. There might be a new twist to the events and if you prefer amateur status, you may not want to enter.

Kudos to Theresa Palmeri, Martin Denysschen, Mark Casell, Andy Moynihan, David Shapiro, and Nikki White, on doing their first ever Tinman on June 28th at Tupper Lake. The conditions were excellent with Tupper Lake calm and 69 degrees. Air temperature was 75 degrees and sunny skies reasonable.

Congratulations to Melissa Hanson, Martin Jimerson, Kevin Kobielski and Michael "Rock" Rotola on finishing their first ever Ironman at Lake Placid July 27th.

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## 3rd annual Cazenovia Triathlon by CNY Triathlon, Inc.

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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](http://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](http://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](http://www.cnytriathlon.ORG).

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## Finger Lakes Fall Foliage 150 mile cycling challenge by Greg Drumm

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The American Diabetes Association would like to offer you an opportunity to participate in a new and exciting cycling challenge. The Cycle Northeast Cycling Program is proud to present the Finger Lakes Fall Foliage 150 mile cycling challenge to take place from September 27th through September 28th. The Fall Foliage 150 mile route will begin and end at the head of Seneca Lake, right in the middle of the Finger Lakes Region of NY State. We head south along a good portion of the wine trails of Seneca and Cayuga Lakes, vast farmland and some absolutely beautiful fall foliage. We spend the overnight in Seneca Falls. Day two takes us a bit north and west before heading back along the western shore of Seneca Lake to our homebase in Geneva.

Each rider will receive:

- \* Indoor overnight accommodations, with hot showers.
- \* Nutritious "all you can eat" breakfast and dinners.
- \* A well-marked route and trip kit. An AG van for your overnight gear.
- \* Medical and bike shop support from start to finish.
- \* Multiple support vehicles with HAM communication network to ensure rider safety at all times. Great volunteer support along the way.
- \* Rest stops/check points with water, juice, fruit and snacks.
- \* A "really cool" event jersey plus gifts and prizes for dollars raised and turned in.
- \* The satisfaction of knowing that you are helping to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Why should you ride?

Because - 65% of people with diabetes die from heart disease

and stroke.

Because- People with diabetes have the same cardiovascular risk as if they had already had a heart attack.

Because Centers for Disease Control estimates that by the year 2050, the prevalence of diabetes will increase by 165%.

Because along with helping to raise funds to find a cure you help yourself stay fit.

For more information on how to register for the Finger Lakes Fall Foliage 150 Cycling Challenge call 1-888-342-2383 ext. 3692 or send your name, address and phone number to [Jpflanz@diabetes.org](mailto:Jpflanz@diabetes.org).

Jack W. Pflanz

Area Manager/Utica, Syracuse, Binghamton, Watertown

American Diabetes Association

1508 Genesee Street

Utica, NY 13502

356 North Midler Avenue

Syracuse, NY 13206

315-735-6434 ext. 3692

Fax - 315-724-3987

1-800-254-9255 ext. 3692

[Jpflanz@diabetes.org](mailto:Jpflanz@diabetes.org)

**Buffalo Triathlon Club**

c/o Andrew R. Moynihan  
127 Admiral Road  
Buffalo, NY 14216

	<p>Swim/Bike/Run/Eat / Swim/Bike/ Run/Swim/Bike/Run/Transition</p> <p>[ We're on the Web! buffalotriathlonclub.com ]</p>	<p><b>BUFFALO TRIATHLON CLUB</b> Send submissions for September's QT By August 18, 2003 to: E-mail: <a href="mailto:andrewmoynz1@aol.com">andrewmoynz1@aol.com</a> Andrew R. Moynihan 127 Admiral Road Buffalo, NY 14216</p> <p>Phone: 716.835-0760 (Editor) BTC Web Site: <a href="http://www.buffalotriathlonclub.com">www.buffalotriathlonclub.com</a> BTC E-mail: <a href="mailto:BTCInc@yahoo.com">BTCInc@yahoo.com</a> Questions: <a href="mailto:info@buffalotriathlonclub.com">info@buffalotriathlonclub.com</a></p>
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**Quotable Quotes:** "Beaten paths are for beaten men." - No Fear poster

**August BTC Meeting**

**August Meeting** is scheduled for August 14th after the Amherst Brick Workout, North Amherst Fire Hall, Tonawanda Creek Road, at approx. 7:30 pm.

**BTC Quote of the Month:** "Push 'til you puke, then go harder!!!" - Richard J Clark

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