



BUFFALO TRIATHLON CLUB

Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

Benefit for Wendy by Andrew Moynihan

The benefit to raise money to help BTC member Wendy Tocha with her medical bills was declared a success by organizer Jeanne Elvers. The benefit held at Banchetti's restaurant in Amherst, New York on August 12 had over 135 people in attendance. All monies raised is over \$5,200.

Wendy Tocha this year had just relocated to Florida. While on a group ride near St. Petersburg she was hit by an oncoming car. She sustained serious injuries.

A raffle and Chinese Auction was conducted at the benefit. Among some gifts given away was a DVD player, TV and pass to the PGA golf tournament in Rochester, NY. Jeanne would like to thank all the sponsors: Buffalo Triathlon Club, Kevin Patterson, Janice Davis Regis Salon @ Walden Galleria, Fleet Feet Sports, Joyce Ritenburg, Carol Franzese, Rizzo's Restaurants, Nancy Gworek, Runners Roost of Orchard Park, Handlebars Cycle Co., Bob Siudzinski, Sue Keller, Tom's Pro Bike Service, Dave MacPhee, Wegmans-Dick Rd., Myrtle Maw, We Massage, Nickel City Road Runners, The Wright Plaque, Kathy Nunz. Next time you see any of these people or you stop into one of these businesses, please thank them for their support.

100% of the contributions collected will go to Wendy.

John W. Danforth Fall Frolic by Andrew Moynihan

September 7th will be the date for the 4th annual John W. Danforth Fall Frolic Sprint Triathlon/Duathlon in Barker, NY. The triathlon will start with a 400 meter swim in beautiful Lake Erie. There are some changes this year. The swim course will be a diamond shape. Rugs will be used this year to make exiting of water easier on the rocky shore. Docks will be twice as big as last year to accommodate more athletes. The Bicycle course is flat and fast along rural farmland. This year will be an out and back. It is 10k from entrance gate. There will be a construction barrel in road at turn around.

Then you finish with a great 5K run on the run course. It will be the same as in years past. It will be part woods, part grassy camp grounds, part road. The duathlon is a 1.6K Run – 20K Bike – 5K Run. It is on same course.

Of special note this year there will be a Law Officer division. Officers from such districts as Niagara County Sheriff's department, Lockport Police department and Rochester Police Department will compete amongst themselves. There will be 3 man teams, though not in relay format.

Joe Meyer, Steve Hoadley (2001 winner), Curt Eggers and Joe Niezgodka will be battling it out to be the fastest local male. Defending Champion, Ironman Hawaii Qualifier and recent winner of the Wilson triathlon, Mary Eggers, will be up against Joanne York-Rappl.

Race course organizers are expecting a record 300 athletes this year.

Parking has changed this year to ease congestion. Parking will not be permitted on camp grounds. Instead this years parking will be across street at Somerset Water Works. Funds raised are to benefit YMCA Camp Kenan.

Lunch will be provided.

Organizers would like to thank John W. Danforth for being first titled sponsor ever.

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Dates to remember:

Sep. 7th - BTC John W. Danforth Fall Frolic Triathlon / Duathlon
 Sep. 27th - Rizzo's BTC Duathlon

BTC and Community Calendar — Future Regional Events

September 6 - Highmark Blue Cross Blue Shield Triathlon, Erie, PA For details contact: Pat Davis by email at davis@velocity.net
September 7 - John W. Danforth Fall Frolic Triathlon, Barker, NY. <http://buffalotriathlonclub.com/>
September 14 - Erie Marathon, Presque Isle State Park, PA www.erie-runnersclub.org
September 20 - Niagara-on-the-Lake Duathlon, Ontario, Canada <http://trisportcanada.com/>
September 21 - Finger Lakes Triathlon, Canandaigua, NY <http://rochestertriathletes.com>
September 27- Rizzo's BTC Duathlon, Grand Island, NY. <http://score-this.com>
September 27-28 - Finger Lake Fall Foilage Cycling Challenge. see page 6
October 5 - Rochester Autumn Classic Duathlon, Mendon Ponds Park, NY <http://yellowjacketracing.com/>
October 6-12 - 2003 World Road Cycling Championships, Hamilton, Ont. <http://www.hamilton2003.com/>
October 26 - Casino Niagara International Marathon, Niagara Falls, Ont. <http://www.niagarafallsmarathon.com/>
October 26 - Highland Forest Off Road Duathlon, Syracuse, NY <http://yellowjacketracing.com/>
November 27 -108th Annual YMCA Turkey Trot, Buffalo, NY

BTC and Community Calendar - Future National Events

September 7, 2003 - Ironman Wisconsin, Madison, Wisconsin.
September 20, 2003 - Deer Creek Pineman, Mt. Sterling, OH
October 11, 2003 - Duke Blue Devil Iron Distance Triathlon, Durham, NC
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 August:

Tracy Rosenhahn
Tim Donovan
Jacqueline Proulx

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!!!

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.

October Birthdays: Peter Bradford, 10/6, Anthony Garrow, 10/7, Gary Grant, 10/8, Lanson Relyea, 10/8, Joanne York-Rappl, 10/9, Anne Horan, 10/14, Jan Jezioro, 10/19, David Zydel, 10/19, David Szafran, 10/20, Steve Brooks, 10/20.

September 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>Open Brick Harvest Moon 5K</i>	4 <i>Pier Swim (note switch this week)</i>	5	6
7 <i>Lake Ontario Swim</i>	8 <i>Running in Niagara Falls</i>	9	10 <i>BTC Pier Swim</i>	11 <i>Team Brick</i>	12	13
14 <i>Lake Ontario Swim</i>	15 <i>Running in Niagara Falls</i>	16	17 <i>BTC Pier Swim</i>	18 <i>Bike Time Trial</i>	19	20
21 <i>Lake Ontario Swim</i>	22 <i>Running in Niagara Falls</i>	23	24 <i>BTC Pier Swim</i>	25 <i>Open Brick - Pizza Night</i>	26	27
28 <i>Lake Ontario Swim</i>	29 <i>Running in Niagara Falls</i>	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 the Pier. 6:00 pm. You choose the distance you want to swim. Gene Baran is Swim Czar.
- **BTC's Monthly Meeting**– Thursday, August 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. 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.

USAT Rule of Month

Article IV Swimming Conduct

4.1 Permissible Strokes.

Swimmers may use any stroke to propel themselves through the water, and may tread water or float.

4.2 Bottom Contact and Resting.

A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of this section shall result in a variable time penalty, unless the Head Referee in his/her sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l).

4.3 Emergencies.

A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. A swimmer who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

Flash Quiz by Gene Baron

Many members of the Buffalo Triathlon Club are aware of SCORE-THIS!!! A multi-sport organization that scores races. However, there are many other club members that have their own marker and are also incorporated. Match the name with the club member. Good Luck!

Mike Nowak	YANK-THIS!!!
Mark Casel	NAIL-THIS!!!
Chris Ankrum	DONATE-THIS!!!
Bill Seyler	SING-THIS!!!
Pam London	BAKE-THIS!!!
Greg Drumm	EAT-THIS!!!
Quinn Ankrum	TAX-THIS!!!
Dave Ireland	FIX-THIS!!!
Jonathen Bernstein	RUB-THIS!!!
Kara Klassesz	PICTURE-THIS!!!
Jack Gorski	SUE-THIS!!!
Jeff Tracy	HANG-THIS!!!
Diane Sardes	
Glenn Speller	
Joan Gregoire	

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 team mates. I think Lance will be doing the Tour of Hope (www.tourofhope.org).

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

You know you are a Triathlete when... By Joe Niezgoda

- You sell your kitchen table to make room for your bike trainer.
- it feels strange when you don't shave your legs.
- you check the bikes tire pressure daily, but haven't checked your cars tires in 2 years.
- eating on the go means a power bar (sorry clif bar) on your long run or ride, What is McDonalds?
- your lunch hour consists of a 40 minute spinning class.
- the first thing you ask your date is what color her bike is, not what's her favorite music.
- you look forward to 10am swim workouts.
- your bike is more expensive than your car.
- when you go to the MD for a check up he worries that your heart rate and blood pressure are too low.
- your old bike chains make for interesting jewelry gifts come Christmas.
- you wash your bike after every ride, but you haven't washed your car since winter.
- road bike shoes, tri shoes, racing flats, trail running shoes, training shoes, interval shoes, post workout shoes, but no dress shoes.
- On your first date you have to explain to her why you shave your legs, then give advise on it.
- Your bike lives in the garage, even if your car has to stay out... The garage - I meant it has a place in your living room.
- You can tire out the dog on a run.
- you start to feel guilty sitting long enough to watch a movie, unless you are on your bike
- I'm an athlete, and think being called a geek is a good thing.

Race Results from Around the World - Compiled by Ed Harkey

Bellwood Duathlon
Fergus, Ontario August 2-3, 2003
Frank Mckeehan 1:34:16 3rd age group
Bellwood Triathlon
Joe Meyer 1:35:15 1st in Age

1st Annual Cayuga Lake Triathlon
Ithaca, NY August 3, 2003
1:46:00 HURTA, AMY R
1:46:08 PASCUCCI, SAL 1st in Age
1:55:57 GREW, EILEEN
2:27:17 FUHRMAN, JOHN

2nd Annual Wilson Wet 'n Wild Triathlon
Wilson, NY August 9, 2003
1:28:37 EGGERS, CURT 3rd Overall
1:29:28 NIEZGODA, JOSEPH I 1st in Age
1:30:02 MEYER, JOSEPH 1st in Age
1:37:28 SPELLER, GLENN 1st in Age
1:38:49 GARROW, ANTHONY 2nd in Age
1:39:15 EGGERS, 1st Overall female
1:39:19 RELYEA, LANSON D
1:39:25 PASCUCCI, SAL 1st in Age
1:40:39 STOFER, JT
1:40:57 MOYNIHAN, ANDREW 3rd in Age
1:41:30 PATTERSON, KEVIN
1:43:38 BUTLER, ERIC R
1:46:07 SEEFRIED, RICHARD
1:49:53 KELLERAN, KYLE 1st in Age
1:50:22 GREW, EILEEN 1st in Age
1:52:05 MIETLICKI, KEVIN
1:52:16 MUNSON, MARTY
1:52:40 PASCERI, SAM
1:52:41 MULLANEY, RICHARD 2nd in Age
1:55:18 KURISCAK, KEN
1:57:00 LONDON, PAMELA V 1st in Age
1:57:01 ANKRUM, QUINN 1st Athena
2:00:10 NOWICKI, CINDY 2nd in Age
2:01:19 RAPPL, DAVID
2:01:20 SHUMAN, KEN
2:05:18 PALMIERI, THERESA 2nd in Age
2:07:14 DUFFY, ANN 3rd in Age
2:08:35 GWOREK, NANCY 2nd in Age
2:15:27 CHMIELEWICZ, KIM 3rd in Age
2:17:59 HARKEY, ED
2:21:39 FUHRMAN, JOHN
2:28:20 FENGER, SUZANNE 1st in Age
RELAY TEAMS
1:53:13 FARRELL-KLAASESZ

Great Buckeye Challenge
Millersport, Ohio August 16, 2003
Half-Ironman Distance
5:54:23 Larson Reylea
6:48:41 Joelle Mann 3rd in Age
Duathlon
6:22:03.7 Ken Tocha 2nd in Age

1st Annual Pine Pharmacy BeBop Duathlon
Lewiston, NY August 23, 2003
2.5 mile run 12.5 mile Bike 2.5 mile run
1:01:30 MEYER, JOSEPH 2nd Overall
1:01:41 EGGERS, CURT 3rd Overall
1:02:43 NIEZGODA, JOE 1st in Age
1:05:45 RELYEA, LANSON 1st in Age
1:07:53 BUTLER, ERIC 2nd in Age
1:08:37 STEFANSKI, DON 1st in Age
1:09:38 MCKEEHAN, FRANK 1st in Age
1:09:57 TOCHA, KENNETH 2nd in Age
1:13:23 PASCUCCI, SAL 2nd in Age
1:14:22 MIETLICKI, KEVIN
1:16:25 MULLANEY, RICHARD 3rd in Age
1:17:31 GREW, EILEEN 2nd Overall
1:18:50 ISAACS, SHELLY 3rd Overall
1:25:36 GWOREK, NANCY 1st in Age
1:26:07 AYERS, ANNE 3rd in Age
1:30:41 FUHRMAN, JOHN

Toyfest 10K
East Aurora, NY August 24, 2003
38:29 Lanson Relyea 2nd in Age
45:13 Steve Hruby
45:19 David Zydel
57:50 Margaret Giardini

GUELPH LAKE II TRIATHLON
Guelph Ontario August 30th, 2003
Sprint Triathlon Results 750m 30km 7km
1:29:04 JOE MEYER 2nd in Age
1:29:30 STEPHEN HOADLEY 1st in Age
1:39:18 ANTHONY GARROW
1:44:40 JOE PRIORE
1:59:19 PAMELA LONDON
1:59:37 JOELLE MANN

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

August 13th was the highlight of the 3rd annual Splash and Dash with a record turnout of 11 participants. Great weather with a sunny sky and a temperature of 82 degrees. Water temperature was a season high of 73 degrees. Terrific!! We have a new champion in Andy Moynihan with a time of 20:45. Rich Clark finished a close second with a 21:17.

Splash and Dash

Name Swim Total Swim Run

Wall Ladder Clock Time Lap 1 mile pace Clock Time Lap 2 mile pace Total Run run pace Finish Time Penalty Total Time

Andy 2:24 2:24 4:48 8:27 7:02 13:15 7:30 6:15 15:57 6:38 20:45 4:00 0:24:45

Rich 2:17 3:03 5:20 7:55 6:35 13:15 8:02 6:41 15:57 6:38 21:17 0:00 0:21:17

Jeff 2:12 2:33 4:45 9:05 7:34 13:50 8:19 6:55 17:24 7:15 22:09 0:22:09

Joanne 2:35 2:40 5:15 8:34 7:08 13:49 8:22 6:58 16:56 7:03 22:11 0:00 0:22:11

Eileen 2:39 3:05 5:44 10:34 8:48 16:18 9:28 7:53 20:02 8:20 0:25:46 0:00 0:25:46

Mary 3:45 3:46 7:31 12:29 10:24 20:00 10:40 8:53 23:09 9:38 0:30:40 0:00 0:30:40

Bob 3:11 3:26 6:37 13:37 11:20 20:14 12:16 10:13 0:25:53 0:10:47 0:32:30 0:00 0:32:30

Dash and Splash

Name Run Total Run Swim Lap 1 mile pace Clock Time Lap 2 mile pace Clock Time run pace Wall Ladder Total Swim
Finish Time Penalty Total Time

Greg 7:42 6:25 7:42 8:37 7:10 16:19 6:47 2:42 2:42 5:25 0:21:37 0:00 0:21:37

Joelle 8:07 6:45 8:07 9:38 8:01 17:45 7:23 3:26 3:26 6:53 0:24:38 0:00 0:24:38

Dave 8:25 7:00 8:25 8:49 7:20 17:14 7:10 4:05 4:05 8:10 0:25:24 0:00 0:25:24

Ann 10:12 8:30 10:12 10:28 8:43 20:40 8:36 3:45 3:45 7:30 0:28:10 0:00 0:28:10

Finger Lakes Fall Foliage 150 mile cycling challenge by Greg Drumm

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.

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

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

**RUN HARD,
BE STRONG,
THINK BIG**

BUFFALO TRIATHLON CLUB

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

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Phone: 716.835-0760 (Editor)
BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Quotable Quotes: Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.—Anonymous

September BTC Meeting

September Meeting is scheduled for September 11th after the Amherst Brick Workout, North Amherst Fire Hall, Tonawanda Creek Road, at approx. 7:30 pm.

BTC Quote of the Month: "All it takes is all you got" - Anonymous

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!*