



3rd Annual Tour de Ice Cream by Chris Ankrum

That's right! The event you have been waiting and training for all summer is now almost here. Sunday October 19th is the scheduled date, weather permitting, for the 3rd Annual Tour de Ice Cream. Currently most of the details are tentative but for your planning purposes:

Date: Sunday, October 19th.

Time: 12 noon

Where: The North Amherst Fire Hall (corner of Campbell Blvd and Tonawanda Creek Rd)

Goal: Eat ice cream guilt free because we are riding our bikes

Price: \$10 to join the ride - then whatever money you need for treats along the way

Details: The cover charge is being collected as a fundraiser for the Mad Dog's Triathlon Club, whose members (including the BTC's very own Wendy Tocha) were involved in a bicycle/car accident on July 6th, 2003. The last two MD club members were released from the hospital within the past week or so.

This is a very informal gathering of BTC, NFBG, Checkers, NCR, NC Splash, & BBC (cont'd on page 4)

Fall Cross-Training Water Polo by Joe Meyer

So the season is almost over and now comes the tough part. What to do in the off-season? Everyone agrees, triathletes need to take a break from the sport to rest, recover, and get ready for the upcoming year. When you train and race from January through September, don't you think you deserve a little break? For those who are not lucky enough to be racing in October or November (once again, congrats and best of luck out in Hawaii to those who qualified and to anyone getting ready for Florida, have a great race.), now is a great time to try and find some new, fun, & different activities. The only thing is I don't have the cash to buy another bike, so no mountain biking. I don't trust myself to shoot a gun at anything, so no hunting. We usually don't get enough snow to ski or snowshoe until December. I hate roller blading, because I fear getting run over by an irresponsible cyclist like Greg Drumm. So what do you do to maintain fitness and cross train when you want to take a break from your sport (which happens to BE cross training)?

To help try and solve that dilemma, I am going to start an open recreation program, Water Polo, at the Kiernan Student Recreation Center (it's the student rec. center on Niagara University's campus-where I work). Water polo is a ki __ - _ ss workout that helps maintain fitness, is a great break from swimming 1000's of yards, and could be a lot of fun. A little variety and competition should be enjoyable and should provide a good break from the usual swim, bike, run cycle we enjoy for 8-10 months. Just a side note to all the devote tri-geeks out there, Dave Scott played water polo in college before he started racing triathlons.

The first night of water polo is scheduled for Oct. 5th at 6 pm. Sorry about this, but anyone who wants to play will have to pay a guest fee of \$3 (my boss even makes his friends pay). Just tell the desk staff that you are a member of the BTC and one of my guests when you enter. Once you pay the fee, you can also use any of the facility services

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HAPPY HALLOWEEN!



BTC and Community Calendar – Future Regional Events

October 5 - Rochester Autumn Classic Duathlon, Mendon Ponds Park, NY <http://yellowjacketracing.com/>
October 5 - 3rd Annual Tour de Ice Cream (see page one)
October 11 - GBTC Olmsted Parkway 10k @ Elmwood Ave. and Bidwell Pkwy <http://buffalorunners.com/>
October 6-12 - 2003 World Road Cycling Championships, Hamilton, Ont. <http://www.hamilton2003.com/>
October 25 - BPAC Chestnut Ridge 10K Challenge <http://buffalorunners.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 <http://buffalorunners.com/>

BTC and Community Calendar - Future National Events

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
Sunday, June 27, 2004-Ironman USA Coeur d'Alene-Coeur d'Alene, Idaho
Sunday, July 25, 2004-HSBC Ironman USA Lake Placid-Lake Placid, N.Y.
Sunday, August 29, 2004-Subaru Ironman Canada-Penticton, B.C.
Sunday, September 12, 2004-Ironman Wisconsin-Madison, Wisc.
Saturday, November 13, 2004-Ironman Florida-Panama City Beach, Fla.

Ongoing BTC / Community Workouts

Masters Swimming: Wed/Fri @ 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.
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 September:

Jeanne Skotnicki
Andrea Gonce

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!!!

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.

November Birthdays: Eileen Grew, 11/2, David B. Lillie 11/3, David MacPhee 11/4, Vaughn Mielcarek 11/4, Ken Shuman 11/6, Neill Dunfee 11/11, Kim Truesdell 11/12, James Maher 11/12.

October 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 <i>Tour de Ice Cream</i>	6	7	8	9	10	11
12	13	14	15 <i>BTC Monthly Meeting</i>	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Schedule of Events

- **BTC's Monthly Meeting**– Wednesday, October 15 at J. W. Danforth's facility beginning at 7:00 pm. 2100 Colvin Blvd, Tonawanda, NY.

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 found 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

3.4 Race Conduct.

All participants in USA Triathlon sanctioned events must adhere to the Rules in this Section 3.4:

Entire Course. Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his 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). In the event the Head Referee makes such a determination, the penalty shall be disqualification.

Unsportsmanlike Conduct. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.

Obstruction. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.

Unauthorized Assistance. No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.

Re-entry. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment

(cont'd on page 4)

3rd Annual Tour de Ice Cream by Chris Ankrum (cont'd)

members to enjoy each other's company and to take part in the joyous consumption of ice cream, donuts, etc... The chosen route for this year tentatively includes Tim Horton's (on NF Blvd), Dairy Queen and Mississippi Muds (along Niagara St), and then Anderson's (on NF Blvd). After that it's a short ride back to our cars and then back to reality.

Last year's ride followed this route for the most part and it took us approximately four hours so don't expect this to be too much of a workout. This is all about having fun and enjoying the fitness that we have all worked sooooo hard to achieve this summer. We hope you can join us for this end of the season party / workout. I will be sending out more details soon.

Okay, here are some more details about the upcoming Tour de Ice Cream. Right now we hope the weather cooperates. If not, the rain date is the following Sunday, October 12th. We are going to meet for the ride from the East Amherst Fire Hall (South Tonawanda Creek Road and Campbell Blvd.) at 12 pm. We will be there with maps for everyone. If you can not make it for the start perhaps you can join us somewhere along the way.

Now for the small print. Everyone is responsible for their own safety during the ride (including helmets, obeying traffic laws, etc.), diet restrictions, and paying for their own ice cream. The organizers for this event do not guarantee everyone's happiness with this event, but if ice cream doesn't make you happy I don't know what will...

We are looking forward to a great event and hope that everyone can join us for at least part of the Tour / journey. Please respond to this e-mail (president@buffalotriathlonclub.com) if you are hoping to attend this event. Also please mention this to other BTC, NFBG, BBC, NCRR, Checkers, NC Splash members who might not have internet access.

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).

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

Fall Cross-Training Water Polo by Joe Meyer (cont'd)

(locker room with 2 dry saunas, nautilus, weight, and cardio room, indoor track, equipment rental, basketball courts, & free towel rental). So it's a great deal (fyi: if you like the facility, we do sell community memberships too). If everyone has a good time and it goes well, plan on playing games every Sunday night at 6 pm. I am not sure how late we will play. We can decide that then, but pizza, beers and Sunday night football could be a good post-workout option.

Just a warning to all "pro water poloists", this will be real informal to start out (I don't have any formal rules yet, but I doubt we'll need them). We will be set up and play in the deep end and probably play 4-5 people per side (hopefully we can get 8 people for the first night). Goals will be kick boards, and you score when you knock down the other team's kickboard (that is, unless someone wants to play goal and take a ball in the face). If we have more than 2 teams we'll play games up to a certain number of goals or a certain time limit. Here are my only rules: no punching, kicking, dunking, or horses allowed & most importantly no one is allowed to drowned.

USAT Rule of Month (cont'd)

under Section 3.4(1), in which case the penalty shall be disqualification.

Race Numbers. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.

Unfair Advantage. No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.

Abandoned Equipment. No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.

Unauthorized Accessories. No participant shall, at any time during the event, use or wear a hard cast, headset, radio or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.

Glass Containers. No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(1), in which case the penalty shall be disqualification. (cont'd on page 5)

Race Results from Around the World - Compiled by Ed Harkey

THOUSAND ISLANDS SPRINT TRIATHLON

August 17th, 2003

1:21:45 Cook , Cardell

1:31:55 234 CHMIELEWICZ, KIM

1:35:09 210 RUSSELL, MARGARET

1:45:28 182 FENGER, SUZANNE

2003 4th Annual John W Danforth BTC Fall Frolic

September 7, 2003

TRIATHLON

0:58:26 EGGERS, CURT 1st Overall

0:58:53 NIEZGODA, JOSEPH

0:58:56 MEYERS, JOSEPH

1:01:20 HOADLEY, STEPHEN J

1:02:30 TRACY, JEFF

1:03:18 EGGERS, MARY

1:04:24 SPELLER, GLENN

1:04:41 PATTERSON, KEVIN M

1:04:52 BUTLER, ERIC

1:05:01 YORK-RAPPL, JOANNE

1:05:44 DRUMM, GREGORY W

1:05:57 STOFER, JT

1:07:09 PRIORE, JOSEPH

1:07:24 KOESTER, MARC

1:08:10 PASCUCCI, SAL J

1:08:47 MIETLICKI, KEVIN M

1:10:39 PASCERI, SAM

1:12:10 BERNSTEIN, JONATHAN

1:12:21 MUNSON, MARTY

1:12:39 GREW, EILEEN

1:14:43 MULLANEY, RICHARD P

1:16:14 LEVINE, BRUCE

1:18:17 LONDON, PAEMLA

1:19:54 RAPPL, DAVID

1:20:02 NOWICKI, CINDY A

1:20:58 MILLER, CHUCK

1:21:08 HESSE, ELMER

1:21:35 NOWAK, MICHAEL V

1:22:23 TAGGART, KAREN L

1:23:32 BARON, GENE

1:23:49 DUFFY, ANN

1:27:11 HARKEY, ED

1:28:15 LILLIE, DAVID B

1:28:24 CASEY, MARY F

1:30:25 FUHRMAN, JOHN A

1:31:06 SIUDZINSKI, ROBERT J

DUATHLON

1:03:53 STEFANSKI, DON

1:04:34 TOCHA, KENNETH

1:04:45 GALVIN, TIMOTHY J

1:05:56 MCKEEHAN, FRANK A

1:16:25 GWOREK, NANCY A

1:17:42 ROSENHAHN, TRACY

1:19:35 RADZIKOWSKI, JOHN

Finger Lakes triathlon Olympic and Sprint

09/21/03

INDIVIDUAL OLYMPIC TRIATHLON

2:03:20 Eggers, Curt 4th Overall

2:06:50 Meyer, Joe J

2:07:22 Hoadley, Stephen J

2:09:59 Niezgod, Joseph F

2:14:39 Eggers, Mary 1st female overall

2:18:59 Priore, Joseph

2:36:19 Pascucci, Sal J

2:39:08 Shapiro, David I

2:39:29 Kuriscak, Ken

INDIVIDUAL SPRINT TRIATHLON

1:10:21 Koester, Marc 1st Overall

1:20:28 Cook, Cardell

Philadelphia Distance Run Half-Marathon

September 19, 2003

01:45:41 Jonathan Bernstein

Deer Creek Pineman Mt. Sterling, Ohio September 20, 2003

Half Ironman

5:51:03 Eileen Grew

1/2 ESPRIT TRIATHLON Montreal, Quebec

September 13, 2003 Half Ironman

04:41:32 PATTERSON, Kevin

USAT Rule of Month (cont'd)

Unauthorized Equipment. No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.

Endangerment. No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.

Wave Starts. When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open, elite or other special wave shall be ineligible for age group awards and USAT national rankings.

Top 10 Neat Things About Being a One - Kidneyed Tri-Geek By Greg Drumm

- (1) no need to upgrade to DuraAce since you've shaved off about the same weight
- (2) feeling kind of good when the nurse wondered if I had a heart problem because my pulse was so slow during a pre-screen visit
- (3) a great excuse as to why your swim stroke is not balanced and why you have to breathe only on one side
- (4) setting new goals after surgery - "the nurse said if I pass gas I can eat"
- (5) having the doctor look on in astonishment as you blow in the little lung exerciser device and then call in his colleagues to show them how fast and long you can blow in the tube and keep the little ball pegged at the top
- (6) no longer feeling as self conscious about what shows in a speedo after the cute nurse is the one who gets to remove your catheter
- (7) the look on the doctors face after a serious pre-op meeting explaining the procedure, recovery times, and such when I asked how long after the surgery before I could ride my bike and girlfriend
- (8) the look on my girlfriends face when she noted I mentioned the bike first
- (9) recovering several weeks faster than normal since I was in relatively good shape
- (10) being able to demonstrate that you can maintain a very active lifestyle even with one kidney

New Multisport Terms: By Mr. Fourth Event

WARNING: Be forewarned, these are rather tasteless and may offend some (yet delight others).

- (1) Slip-snot: The one-handed, forced nasal discharge performed while cycling that ends up on your jersey, side of your face, or on the person behind you.
 - (2) Numbie Pair: A male cyclists problem
 - (3) Ah-Quan - Do: A sophisticated aquatic martial art focusing on punching, kicking, and/or strategically clobbering fellow open water swimmers
 - (4) Spog: An all natural, convenient, liquid anti-fog treatment for swim goggles derived from human salivary secretions
 - (5) Andy-Land: A make believe place where Andy M. always wins after trashtalking and leaves without saying good-bye
 - (6) Stomp-you Trainer: A term reserved for the likes of Eggers and Elvers when they want you to go out for an "easy" work-out with them
 - (7) Colonometry: The science that studies why runners have to suddenly do #2 when they are 3 miles into a 10 mile run
 - (8) Anaerobarf: The projectile stuff resulting from the awesome big time kick you put in at the finish of the race
 - (9) Laughtic Acid: The body substance that makes you laugh uncontrollably at your friend who just did an anaerobarf.
 - (10) Training Log: see colonometry
-

Ironman North America TV Schedule-2003 Outdoor Life Network (United States)

The Outdoor Life Network in the United States will air Ironman North America events on Thursdays throughout October, November and December. Note all air times are Eastern Standard Time. Please review local listings for specific air times in your area.

October 9-noon-St. Croix Half-Ironman

October 16-noon-Ironman USA Coeur d'Alene

October 23-noon-Ironman Wisconsin

October 30-noon-Subaru Ironman Canada

November 6-noon-St. Croix Half-Ironman

November 13-noon-Ironman USA Coeur d'Alene

November 20-noon-Subaru Ironman Canada

November 27-noon-Ironman Wisconsin

December 18-noon-Ironman Florida

December 26-noon-Ironman Florida

ESPN2

Sunday, October 12-3 p.m.-HSBC Ironman USA Lake Placid****-Air times and dates on ESPN 2 are subject to change.

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

**TRAIN HARD,
BE STRONG,
THINK BIG**

BUFFALO TRIATHLON CLUB

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

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Quotable Quotes: "Tough times don't last but tough people do." *A.C. Green*

September BTC Meeting

October Meeting is scheduled for Wednesday October 15th at J.W. Danforth's facility beginning at 7:00 pm. 2100 Colvin Blvd, Tonawanda NY. Directions will be forthcoming.

BTC Quote of the Month: "The faster I run, the faster I am done." - Joanne York-Rappl

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!*