



Fall Cross-Training Water Polo By Joe Meyer

Continued from last month

Other options for active-rest/fun off-season athletic endeavors I have used in the past are basketball (we could get a pick up game going some night instead of water polo if we desire), the rowing machine, and weight lifting. If anyone has any other unique activities that are easy to start, please share them. Already, there have been some great ideas proposed. I am all for the eating contest. (Mike Nowak is going DOWN!) And who doesn't want to partake in the "Fourth Event?" (Thank you Greg Drumm for that title.) That is by far the best team aerobic workout I have heard of yet! And I've heard the secret to Curt Eggers success is that he loves knitting and playing bridge during the off-season.

Directions to the Kiernan Recreation Center (Niagara University)

Take 190 N over both Grand Island Bridges.

Get off at Exit 24, Route 31 Whitmer Rd

Turn Left (do not pay attention to the sign that says turn right to get to NU)

At the first light turn right (there is a sign for Niagara University Witmer Rd entrance).

The road then curves around and you will want to take a right at the next sign you see for Niagara University Dwyer Arena (it's a small white square sign)

The new student apartments will be on your left. Take that road until you come to a "T."

Turn Left at the "T" onto University Drive.

Dwyer Ice Arena will be on your left.

When you reach the next stop sign, make a sharp right.

The Kiernan Recreation Center is the first building on your right after the tennis courts.

Call 286-8055 if you get lost.

A Celebration of the Human Spirit by James C. Kavanagh

On Saturday, October 18, I was one of approximately 270 participants in the 21st annual Mountain Masochist Trail Run in the Blue Ridge Mountains of Virginia. I choose this run because 44 of its 50 miles were on trails and dirt roads and the low number of participants.

I knew going into the event that I would be walking a lot given an elevation gain of 9000 feet and an elevation loss of 7000 feet. The end result was that you finish the race 2000 feet higher than when you started. My strategy, based on conversations with friends and various articles I had read, was to walk all inclines. I felt that as long as I stayed within my ability level and never let my blood sugar level drop I could make the 12 hour cut off.

The night before the race at the pasta dinner I over heard conversations about "Horton miles". There was even a ballad

sang that evening about the Horton mile. A Horton mile, named after the race director, is actually longer than a mile. What it all came down to was that no one seemed to know how long the race actually was. Some thought it was 51, 52, 53 or 54 miles. I thought great. I am stretching a bit to pull off 50 and now no one seems to know how long the race actually is. Every extra mile would reduce the probability that I would make the 12 hour cut off.

The race started at 6:30 a.m. in the dark. The day was beautiful with no clouds, no wind and temperatures ranging from the high 30's to the mid 50's. We had 16 aid stations. Typically, after eating a little and hydrating, I would leave the aid station with a quarter of a peanut butter sandwich in each hand that I would slowly consume over the next 2-4 miles. I ran without a water bottle so I had to be careful that I was consuming enough fluids at each stop.

Historically, 82 percent of the starters finish under 12 hours. I finished in 11:30:35 and had a great time. Though it may be counter intuitive, 50 miles was easier than most of the marathons I have run. Other finishers included an individual with a heart transplant and a lady who had back surgery on June 30th. Truly the day was a celebration of the human spirit!

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BTC and Community Calendar – Future Regional Events

November 27 - 108th Annual YMCA Turkey Trot, Buffalo, NY <http://buffalorunners.com/>
December 6 - Medaille College Reindeer Run 5K Saturday 10:00 AM.
December 27 - Last Race of the Year @ 11 am, Delaware Park, <http://buffalotriathlonclub.com/#Running>
February 1, 2004 - 2004 Y Tri Rochester, NY <http://www.rochestertriathletes.com>
February 14, 2004 - Lockport Y-10 @ 11am, <http://buffalotriathlonclub.com/#Running>
February 29, 2004 - 8th Polar Bear 5K @ 11am, <http://buffalotriathlonclub.com/#Running>

BTC and Community Calendar - Future National Events

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: Tue/Thu @ 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 Workouts: 6 pm, Delaware Park. Until daylight savings at Ring Road and Jewett Parkway. Membership to Checkers is mandatory to participate. www.checkersac.org
Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston. www.bondlakeac.com

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

The All NEW BTC/HammerSpin Indoor cycling sessions!

To start Friday, November 7th, 6:45 PM
Sutherland Lodge
1400 Ruie Rd.
N. Tonawanda
Come and join in on the excitement - Nancy Gworek

New Members for October:

Glenn Quackenbush

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!!!

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.

December Birthdays: Amy Richardson-Hurta, 12/2, Martin Jimerson, 12/2, James Kavanaugh 12/4, Jim Price 12/10, Cynthia Ferrelli, 12/19, Gene Baran, 12/20, John Fuhrman, 12/26, Stephen Hoadley, 12/30.

November 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 BTC Water Polo	3	4	5	6	7 BTC/ Hammer-Spin	8
9 BTC Water Polo	10	11	12	13	14 BTC/ Hammer-Spin	15
16 BTC Water Polo	17	18	19 BTC Meeting	20	21 BTC/ Hammer-Spin	22
23/30 BTC Water Polo	24	25	26	27	28 BTC/ Hammer-Spin	29

Schedule of Events

- **BTC/HammerSpin Indoor cycling sessions**
To start Friday, November 7th, 6:45 PM
Sutherland Lodge 1400 Ruie Rd. N. Tonawanda
- **BTC's Monthly Meeting**– J. W. Danforth's facility beginning at 7:00 pm on November 19th. 2100 Colvin Blvd, Tonawanda, NY.
- **BTC Water Polo** - Niagara University's Kiernan Center every Sunday evening at 6:00 PM. See page 1 for directions. Joe Meyer is Water Polo Czar.
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by Sunday November 16th. She can be reached at phone # 689-6601 or bluelighting95@hotmail.com.

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.

Indoor spinning/training fundraiser by Greg Drumm

We are in the (very) preliminary stages of trying to secure a space to do an indoor spinning/training fundraiser event this winter/spring. We are anticipating somewhere between 12 to 36 cyclists but that number may vary. Does anyone have any suggestions as to where we might be able to get some "space" to hold this? We would probably want the facility for at least 30 hours or so on a weekend. Showers would probably be a big plus but not a necessity. If you have any thoughts/suggestions or have contacts, please let me know --

Thanks, Greg Drumm
gwdgo2@aol.com

USAT Rule of Month

Article II **Membership**

2.1 Membership/ Permit Requirements.

All participants in events sanctioned by USA Triathlon must be members of USA Triathlon and be able to present a valid annual membership card or must purchase a USA Triathlon single event permit. Any athlete who intentionally participates in an event despite lack of membership or ineligibility for the relevant membership class shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Race Results from Around the World - Compiled by Ed Harkey

Rochester Autumn Formula 1 Classic Duathlon

Mendon, NY October 5, 2003
Curt Eggers 1:31:30 2nd overall
Ken Tocha 1:47:29 1st 55-59 age

Wineglass Marathon

Corning, New York October 5, 2003
Theresa Palmieri 3:40:55
Kevin Mietlicki 3:39.02

Columbus Marathon

Columbus, Ohio October 19, 2003
Kevin Patterson 3:01:12.

Iroman Hawaii World Championship

Kailua-Kona, Hawaii October 18, 2003
Joanne York-Rappl SWIM 01:15:11
BIKE 06:30:07 RUN 04:02:25 OVERALL TIME 11:47:44

Great Floridian Iron-distance Triathlon

October 25, 2003 Clermont, Florida
Andrew Moynihan SWIM: **1:01:57**
SWIM TO BIKE TRANSITION: **8:45**
BIKE: **6:32:09 (6 minute Penalty added)**
BIKE TO RUN TRANSITION: **8:08**
RUN: **5:11:18**
OVERALL TIME: **13:02:14**

What is USAT, and What Can It Do For Me? By Quinn Ankrum

As a triathlete, you probably sit down at the end of the racing season and look at your checkbook in dismay -- another summer of paying race fees (an Ironman costs HOW MUCH???), gasoline bills, hotel bills, spending money for new gear that you just HAD to have ... sigh. Where does it all go? And how can you save just a little of that precious, hard-earned money so you can get that new Cervelo just a little sooner? Or, if you're not in the market for a new bicycle just right now, how can you find a little more money to do the races you really want to do AND pay for gas for the drive home? Well, you've come to the right place, I've got an answer for you: USA Triathlon!

USA Triathlon, or USAT, is a nonprofit organization committed to making multisport safe, challenging, and affordable for all who wish to participate. As an amateur athlete, you may wonder why you should join such an organization. I mean, what can it do for you? What do you get for the \$30 annual fee?

1. A \$25 gift certificate at www.SportsBasement.com, plus an ongoing 10% discount throughout the year at Sports Basement and SportBasement.com (okay, there's money for the new gear);
2. Discounted room rates at participating hotels (more money for new gear);
3. A subscription to *USA Triathlon Times* (bi-monthly, practically free coaching to help you train and race better);
4. **Accident insurance when you participate in USAT-sanctioned events** (remember that additional NINE DOLLAR USAT INSURANCE FEE you pay for EVERY RACE YOU DO?? GONE!!! More money for gas ... and oh, did I mention more money for another race entry?);
5. A \$50 savings on Tri All 3 Bike Cases (see www.usatriathlon.org for more info);
6. An official, USA Triathlon sticker ("Wow, you do triathlons??").

There are even a few more benefits, like being eligible to compete as a Team USA triathlon/duathlon member, being eligible to qualify to race in USAT's National Championship and ITU's World Championship, not to mention being included in the USAT national ranking system after participating in three or more USAT-sanctioned events.

Are you still wondering what USAT can do for you? Let's add it up. For 30 bucks, you get a \$25 gift certificate, and your insurance on USAT-sanctioned races (which includes most races) paid for the entire year. *AND, if you are a member of the Buffalo Triathlon Club and you send your USAT application in by mail instead of registering online, you get three dollars off, making your total annual fee TWENTY SEVEN DOLLARS.* Use your \$25 gift certificate, and you have spent TWO DOLLARS. Even if you don't race AT ALL, it's worth it! Don't use the certificate, do just three races, and it has paid for itself!

Contact USAT at www.usatriathlon.org, or via snail mail at USA Triathlon, 616 West Monument Street, Colorado Springs, CO, 80905 for a membership application. Just think of the smile on your face next summer as you show your USAT card in the race registration line ... no more nine dollars for you!

Papier-mâché to Ironman by Andrew Moynihan

This past year 2003, I took the journey from being a Sprint/Olympic distance triathlete "Papier-mâché." To being a "Tinman." I earned that status at Tupper Lake in June. To finally a full "Ironman" which I earned this past October 25 in Clermont, Florida at the Great Floridian. It was quite a journey. Thanks can go out to everyone in the BTC, family and my BTC Mentors: Bill Seyler and Joanne York-Rappl.

My Ironman race overall went as well as I hoped. The weather started out perfect Saturday. It was a calm cool morning. There was no wind. The water was smooth as glass. I went out easy and steady. I finished the first lap at 30:20. I was shocked. I did not think I could swim at that quick a pace. The past year of Masters swimming where I moved up from welcoming lane to Blue (second fastest) really paid off. I tried to maintain the same pace on the second lap. I wound up at 1:01:57.

The bike course I felt was challenging. We had to do two loops in an upright triangular pattern. There were was one hilly road Buckhill. It was pretty tough and a steep hill called Sugar loaf. Other than that it was relatively flat with some gently rolling roads. The course was very scenic with many small lakes, tree farms, orchards. I averaged 18 mph on the first loop on my modest forest green Trek 1200. Just what I wanted. On the second lap I leaped frog back and forth with a solid biker I met out there from Northern Colorado. I want to thank Amy she really pushed me and kept me from fading. I finished 6:26:09 plus a six minute penalty for drafting of Amy.

My legs felt wobbly when I hopped of the bike after 112 miles. I was really unsure how I was going to do on the run. My hip moved out of place and I developed a hip flexor strain while in base training in August. I aqua jogged in place of running. I did up to three hour long aqua jogs to maintain fitness. My goal for the race was to try to run mile repeats to each water stop. A lot of walking made its way into that equation.

I made it four miles and up a real steep hill on Northridge Road. The weekend long runs at Chestnut Ridge Park in Orchard Park were good preparation for that. Soreness in the shoulders from being on the bike sunk in. I had to walk the pain was that strong. I kept moving forward.

As part of the run course we had to complete three laps around Lake Minneola. At the far end of the lake about a mile from the finish was the St. Petersburg Mad Dog run water stop. Our own Wendy Tocha was there with a sling on from her past car bike accident. It was refreshing to see such an excited and familiar face. She gave me a hug and a cold drink. I kept moving forward.

About mile 14, I developed two blisters in my right foot. I tried to run through it. I hoped they would just go numb. Unfortunately, the pain got worse. I had to start walking again. I made it to the next water stop. Thank god they had band aids. We washed it down with a paper towel and bandaged it up. I was able to run! I had 12.2 miles to go. I kept moving forward.

The last two miles I miraculously got a second wind. I made a high-five with Wendy with a mile to go. I ran in non-stop to the finish. I completed the marathon at 5:11:18. I crossed the finishing line at 12:56 breaking 13 hours, but for a drafting penalty it brought me up to 13:02.

Bad Things by Michael Nowak

Editor's Note: Not appropriate for young readers.

There are not many things in life that make you turn away in horror... Greg Drumm bent-over naked is one of those things! I'm not kidding either! On Sunday, October 26, I went on up to Niagara University to play water polo with some folks from the BTC at 6PM. Unfortunately, I couldn't find directions until it was too late to make it to play. I decided to go anyway to at least see where it was and to catch the end of it. I was not aware of what tragic event was in store for me.

I arrived at NU at about 7:30 after having to turn around many times due to the terrible street labeling jobs in Niagara Falls. I stopped into the NU Public Safety office to get directions to the Kiernan Recreation Center and was on my way. I got in and saw Joey Meyer standing outside the pool. I waved and got the reply "Nowak, you're late!". This was one of the few times he didn't call me Novak. I walked on in there and explained that my plan was to get there after they were all tired out, and then proceed to administer a whoopin' with my well-rested body. I went into the locker room and enjoyed a few Ankrum-made oatmeal brownies. Then, out of nowhere, Greg Drumm steps out of the shower room and says the not so witty remark, "Mike, you're late". He then went well beyond the gates of Hell. He said "Or did you just come to see me? Here I'll pick up the bar of soap!".

*****WARNING!!!!*****

What comes next could give you nightmares well into the later years in your life. If you are not mentally strong in nature, you may not want to read what crime against humanity is committed next.... Ahh what the heck, just read it anyway.

Greg then turned around with his naked backside to me and said "Here, let me pick up that bar of soap for you.". He bent over and I saw probably the most hideous sight of a man I've ever seen in my life. What did I see? EVERYTHING! TOO MUCH! THE WORST! The only thing I can think of that must have been close to that experience was at the first ever BTC Fall Frolic when Chris Ankrum almost walked face-first into a bent-over Rich Clark's naked backside while walking up the steps through back door of the changing cabin. Back to my story, I turned away and shielded my precious eyes in disgust, but the damage had already been done. I don't know what else to say. After an event like that, what else IS there to say? I just hope none of you ever have to experience such deviance. I'm sure I have many nightmare-filled nights to come in the next few years, and much therapy too. I guess that is my first question for Pam London MD. What can I do to erase such a traumatic experience from my memory, and how much damage has been done to my eyes already? I'll be hiding in my shell the next few weeks waiting for an answer. Goodbye for now, cruel world!

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

**Enjoy active-rest
fun off-season**

BUFFALO TRIATHLON CLUB

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By November 18, 2003 to:

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BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Quotable Quotes: "Lord, if you are going to take me, take me before I finish the swim.....
not after I have done the bike and the run" -Bill Bell

November BTC Meeting

November Meeting is scheduled for Wednesday, November 19th at J.W. Danforth's facility beginning at 7:00 pm. 2100 Colvin Blvd, Tonawanda NY.

BTC Quote of the Month: "This old mare, sure ain't what she used to be!!! - Amy Richardson—Hurta

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!*