



Ironman Turns 25 by Joanne York-Rappl

Kailua-Kona, Hawaii is the place! I am on my way to the 25th Anniversary of the Ironman World Championship. Wow!

We arrived in Kona on Tuesday night with my “cheering section and pit crew” consisting of my Mom, my two sisters Susan and Linda, my brother Rich and Bill (Ironman Seyler). Before we left I did briefly explain to Bill that this trip might be extra difficult for him because I am the ONLY athlete in my family and they just don’t seem to understand the “exercise thing”. God help us we are at the Ironman World Championship with my family!

Checking out the course on Wednesday afternoon there are some big changes. An all new transition area for both T1 and T2. A few changes to the Bike course in town and a more fan friendly run course. The changes look wonderful! Bill and I swim the course with fellow Ironmen.

Family question: They paint lines out there for you in the swim, don’t they?

Thursday morning I attended the pre-race meeting and learned of all the usual Ironman rules and regulation and the new improved check in process. It’s all good.

Family question: Did they give you any tourist information at that meeting you attended?

Friday morning, time to check in all of my gear. I arrive at the transition area to be met by my own personal volunteer, someone to walk me through the entire pre-race process. It was wonderful. Took pictures of Cervelo in the transition area and said good night sleep tight. Went back to the condo for the family pre-race pasta feast.

Family question: How many miles do you have to Bike off road in the Lava fields?

Family question: What time do we have to get up???

Family question: What time does the shuttle go by to take us to the start?

(Continued on page 6)

Sunday in the Rain by Kim Chmielewicz

I was really hoping to travel with the larger part of my Fleet Feet marathon training group to Columbus, but considered myself lucky that I was still able to have the opportunity to run a marathon only a week later and on one of our main training courses. My only concern was that I would get bored stiff after a while and slow down, especially since I had run Casino last fall as well.

As it turned out, it was an advantageous decision for me, particularly as concerns the weather. I sweat copiously in races of any length, especially when the temperature is sixty degrees or above,

and I have extremely low blood pressure. As a result, in long, hot races, I can have difficulty replacing electrolytes fast enough to avoid feeling faint and suffering from lowered blood volume, which makes for viewing interesting patterns of colored lines and stars while approaching the finish, but I’d rather be able to look at the race clock and see a PR!

Rain would have been bad coupled with temperatures of sixty or above, but luckily it was going to be in the mid-fifties, enough to give a constant cooling without freezing any important body parts . . . I hoped! I knew from last winter’s training runs that the wind could be nasty up on the Parkway. Also, no sun to worry about; did I tell you before how easily I can burn, which adds another dimension to overheating worries?

It was a relief to hear at the start that the air was calm, which justified my decision not to wear gloves that I might need to

(Continued on page 7)

Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
Winter Cycling by Eric Butler	4
December Race / Event Calendar	3
Next BTC Monthly Meeting	3

BTC and Community Calendar — Future Regional Events

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

BTC/HammerSpin Indoor cycling sessions!

Every Friday in December - 6:45 PM

Sutherland Lodge

1400 Ruie Rd.

N. Tonawanda

Come and join in on the excitement - Nancy Gworek

New Members for October:

Anna P. Caci

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

Happy Birthday to You!!!

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.

January Birthdays: Diane Sardes 1/1, William Seyler, 1/2, Renee Knopf, 1/9, Robert Siudzinski, 1/11, Nancy Gworek, 1/15, Melissa Hanson, 1/16, Patrick Reilly, 1/19, John Fenger, 1/20, Steven White 1/25, Mary Eggers, 1/25, Marc Koester, 1/29, Jennifer McConvey, 1/29.

December 2003

Schedule of Events

- **BTC/HammerSpin Indoor cycling session**
Every Friday evening at 6:45 PM. Sutherland Lodge, 1400 Ruie Rd., N. Tonawanda.
- **BTC's Monthly Meeting** – beginning at 7:00 pm on December 10 at JW Danforth, 2100 Colvin Blvd. Doug Bush, Endurance Factor owner and triathlon coach, will be the guest speaker.
- **EMS Club Day** - EMS is opening a new store in Blasdell, 3540 McKinley Parkway. They are holding two club days, Dec 5th and 6th, from 11 am to 3 pm. Contact Chris Ankrum at 773.6018 if you can help.
- **BTC Water Polo** - Niagara University's Kieran Center every Sunday evening at 6:00 PM. See page one in November's newsletter for directions. Joe Meyer is Water Polo Czar.
- **Jingle Bell Run & Party** at the Eggers' home, 257 Peakview Drive, Henrietta, at 6:30 pm on Dec 20th. Please RSVP to Meggers@Rochester.rr.com.
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by Sunday December 7th. She can be reached at phone # 689-6601 or bluelightning95@hotmail.com.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 EMS Club Day - Blasdell	6 EMS Club Day - Blasdell
7 BTC Water Polo	8 Niagara Falls Run	9	10 BTC Meeting - JW Danforth	11	12 BTC/Hammer-Spin	13
14 BTC Water Polo	15 Niagara Falls Run	16	17	18	19 BTC/Hammer-Spin	20 Jingle Bell Run and Party
21 BTC Water Polo	22 Niagara Falls Run	23	24	25	26 BTC/Hammer-Spin	27
28 BTC Water Polo	29 Niagara Falls Run	30	31		BTC/Hammer-Spin	

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: club members participating in duathlon events notify Ken Tocha at ktocha@bluefrog.net. He will post your results.

Mark Your Calendars

.... and get ready to do some riding on February 7 and 8, 2004.

We are currently in the initial planning stages to put on a new and unique event with all proceeds to go to charity. The Buffalo Triathlon Club and Gold's Gym will be holding a 24-hour spinning event at the Gold's Gym location in Lancaster. We will start on Saturday afternoon and go for a full 24 hours. The intent isn't necessarily to have individuals go the full 24 (unless you want to of course) but rather to have teams and individuals come and ride when they can. We just need at least one person riding at any given time. We are working out details such as securing sponsorships, application & participation fees, prize draws and the like.

Current ideas for the 24 hour event include holding several formal spinning classes, several movie features, as well as other surprises. (Does anyone have a blacklight and disco ball?) There will be spinning bikes available as well as an option to bring your own bike & trainer (sorry, no rollers). Look for more details in the future. If you wish to lend a hand or can assist with securing sponsors, please contact Greg Drumm at gwd02@aol.com. Hope to See You There !

USAT Rule of Month

Article VI

Running Conduct

6.3 Permitted and Illegal Equipment.

Any participant who at any time wears or carries a headset, radio, headphones, or any other item prohibited by Section 3.4(i) shall be subject to a time penalty. A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Glass containers are prohibited.

Race Results from Around the World - Compiled by Ed Harkey

Ironman Florida
Panama City, Florida
November 7, 2003

AARP Tri-Umph Classic
November 16th; 2003 St. Petersburg; FL
400M swim - 20K bike - 5K run

ANTHONY G. GARROW BIB NUMBER 1594 AGE 48
SWIM BIKE RUN OVERALL FINISH POSITION
01:23:35 05:31:52 04:27:43 11:37:00 712

MALE AGE GROUP: 55 - 59 I PLACE NAME AG CITY
ST RANK SWIM TRANS RANK BIKE TRANS RANK RUN
RANK FINISH PENALTY

JEFFREY C. TRACY BIB NUMBER 651 AGE 34
SWIM BIKE RUN OVERALL FINISH POSITION
01:14:13 05:47:54 05:47:42 12:59:00 1264

1 Kenneth Tocha 56 Cheektowaga NY 8 11:35 1:26 1 36:20
1:14 1 21:33 1 1:12:06

ROBERT G. GIARDINI BIB NUMBER 1636 AGE 49
SWIM BIKE RUN OVERALL FINISH POSITION
01:30:10 06:22:59 05:12:47 13:21:03 1369

41st Annual JFK 50 Miler
Saturday, November 22, 2003
Hagerstown, Maryland

Patty McManus 10:19:44
Jim Kavanagh 10:19:45

I Have Returned?!? – by Chris Ankrum

A funny thing happened recently when the BTC Officers were working on the job responsibilities for all BTC positions, I found out I am required by the BTC By-Laws to write an article for each edition of the newsletter! My first thought was “I am going to get so fired!” But then I realized that nobody, and I mean nobody, had mentioned it since my last President’s Column in March... My second thought was “why haven’t I been taking advantage of this great newsletter and spreading my thoughts about the BTC?” And that’s where I am right now, getting ready to start writing again.

A couple of months ago the BTC Officers started holding Executive meetings separate from the monthly BTC meetings. This was done to 1) establish BTC Officer and Committee responsibilities, 2) set agenda items for club meetings, 3) find ways to improve the BTC “product” for all of our club members present and future, and 4) work on a vision of the BTC in future years. One of first outcomes from these meetings many of you have already commented on, the new BTC socks. For the first time since I have been a member, people are eager to sign up for next year. Two months in advance! All of the Officer positions and Committees now have a job responsibilities list. This is the first step in helping new volunteers understand what will be expected of them. Please call (773.6018) or e-mail (president@buffalotriathlonclub.com) me if you would like a list of the BTC responsibilities.

As many of you might remember from the 4th Annual BTC Banquet in January, I stated that I only planned on holding the office of President for one year. That is still my goal and objective. I would like to think that I have helped the club grow and improve over the past 10 months but I would also like other people to become integral parts of the BTC. Many people throughout this year have come up to me with great ideas for the club and I want them to have the chance to provide direction to the BTC. Now is the time to volunteer for the BTC. We are in need of nominations for the BTC Officers (President, Vice President, Treasurer, and Secretary). Please remember to check with the person you plan to nominate before calling! Also, if you choose to volunteer for one of these positions yourself we can find someone to nominate you.

Also the club has 16 active committees including: newsletter, race results, race calendar, membership, apparel, brick workouts, Lake Erie and Ontario workouts, banquet coordinator, election coordinator, member’s benefits, special projects, and mentoring. If you are interested in volunteering for any of these committees, please contact Melissa Hanson (689.6601) or me (773.6018).

And as usual, thank you to everyone for all of their participation and enthusiasm throughout the year. The Score-This!!! Inc. race series was a smashing success, especially for it’s first year in existence. And the summer workouts continued to be the place to train! You are what makes the Buffalo Triathlon Club great! Keep up the great work!

Have a wonderful Holiday Season. Stay safe and don’t eat too much!

Winter Cycling by Eric Butler

So, here we are; the end of the 2003 race season in Buffalo behind us. Now what? Sure, there's always cross-country skiing, snow shoe running or nearly escaping black and blue marks while playing water polo against the "Magnificent-3" (aka Amy, Melissa & Quinn); but, the winter season here in WNY gives us a great opportunity to improve our cycling and build a decent base for the Spring.

Yes, an aerodynamic frame with a disk wheel will improve times, but it all comes back to how well the "engine" is producing power. Working a little harder this winter on the trainer, or outside if you so chose, will show great results come May. Don't worry about "mashing" the gears during the next few months. Time should be concentrated on high cadence and interval work. Treat your winter training program the same as the race season by setting goals for yourself. Keep a log book, if you're not already, and track your progress. You can also use the winter training time to experiment with different riding positions. If your trainer reads watts, you can compare the various cadences vs. watts to determine your most "optimal" position for producing the greatest power.

Also, keep in mind that riding time on a trainer can be "compacted" since there are no rest stops or hills to coast down. A rough estimate is that 1 hour spent on the trainer is equivalent to a 1.5 hour ride outside. A great drill to do on a trainer is single leg drills. During this drill you pedal with one leg and *focus* on a smooth 360° pedal stroke. Indoor trainers are also useful for doing your interval work since you do not have to contend with traffic; just put your head down and hammer! If you're not use to using an indoor trainer, be sure to have some music ready to jam or videos of your favorite races handy, as time seems to pass slowly. If you happen to be watching an Iron-man video, try to count the number of times Hoad appears. A fan and towel are also critical items to have on hand. Ok, plug time. Join us Friday nights for the BTC/HammerSpin workouts!

Eric is a certified USA Triathlon/Cycling coach and can be contacted via email at: eric@pyramidmultisport.com or (716) 812-2017. Additional information can be found at www.PyramidMultisport.com.

December Spin Workout by Eric Butler

During the winter months, Eric Butler graciously volunteered to submit a workout each month for the newsletter. This will be great if you miss a BTC/HammerSpin or if you would like to add another workout during the week.

Elapsed Time:

10 min warm-up 10

1 min 42x15 30 On/30 Off (>90 RPM) x3 13

3 min 42x17 90/100 RPM 16

3 min 42x16 90/100 RPM 19

3 min 42x15 90/100 RPM 22

3 min 42x16 90/100 RPM 25

3 min 42x17 90/100 RPM 28

1 min 42x15 Ez 29

2 min 42x15 Leg Drills x4 31

(R/Both/L/Both) 33

35

37

5 min 42x17 100/110 RPM 42

2 min 42x16 90/100 RPM 44/48

1 min 42x15 100/110 RPM x2 45/49

1 min 42x14 45 Off/15 On (>110 RPM) 46/50

5 min cool down 55

=====
PyramidMultisport.com

"Achieving Goals through Sensible Training"

2nd Annual Jingle Bell Run & Party

T'Was the Night Before Christmas...
And all through the land.
Triathletes were dreaming of A Christmas so grand.
So they laced up their running shoes with bells, and wore lights.
And that snowy night in December, they ran through the night.
Their bells were all jingling, their tummies were rumbling..
Meanwhile back home the kids were a-tumbling.
Upon their return they shared good food and good cheer.
The same way they did it, this time, last year..
The children were sleighing down the driveway with glee...
On sleds of all
kinds, with Curt, Luc, and Mary...
On the third Saturday of

the month, the 20th of December
Let's all get together for an evening to remember.
A dish to pass, running shoes and your lights, is all you will need,
And all of your children are welcome indeed.
Please join us for the 2nd annual Jingle Bell run & Party at the Eggers'
home
A 4 mile run will begin @ 6:30 PM
Please bring a light and reflective gear , a dish to pass, and your
Christmas cheer.
Your children are welcome, if we are blessed with snow, we will sled
down the driveway (which runs into the backyard)
257 Peakview Drive, in Henrietta <mailto:Meggers@Rochester.rr.com>
Meggers@Rochester.rr.com for RSVP

Ironman Turns 25 by Joanne York-Rappl cont'd

(Continued from page 1)

Saturday it's race day! Up at 4:30am. The weather looks great. We head down to the start at 5:15 with Rich, Linda and Bill. First stop "Body stamping" which takes forever!!

Then off to check on Cervelo...things look good, now off to the start! Waiting in line with hundreds of wetsuit less Iron mates to get into the water. We are forced to enter two at a time to scan our chips over the mats. Hence, it takes forever and I enter the water with only 2 minutes to spare.

Family question: If I knew I was going to be down here this long I would have brought My book!

The cannon goes off and there are approximately 1,594 swimmers in front of me! Help!

I feverishly start swimming to catch up; it takes me about a minute or two to get to the starting line. Oh well, I can make this up. I'm going to be out here all day! About 800 meters into the swim I feel a sharp pain in my left arm. What's wrong now? A quick glance at my arm and I notice a red rash. Oh well, just keep swimming and worry about it later. Ouch, my leg! Ouch, my other leg! JELLY FISH...I am getting stung by Jelly Fish! Keep going you are almost to the boat turnaround! Okay, I am around the boat and on my way back to shore.

I am out of the water and start to run to the T1, which is about 600 meters away. I grab my bag get through the changing tent and off on my bike I go. Moving right along through Kona at mile 5 my stomach starts feeling the effects of the Jelly Fish and keeps feeling the effects until mile 20! Ouch!

At mile 25 I am back in the race, trying to re-hydrate my body at every water stop. I feel so much better now! To make up for lack of fluids I am going to take one bottle of Gatorade to drink and one bottle of water to pour over me to cool down. This plan works well until mile 35 when I take one bottle of Gatorade for my arrow bottle and then what I thought was water to pour over my head. It turns out to be Pepsi!! (I can't wait until the next water stop!) The bike portion is smooth sailing to the turn around at Hawi. On the way back to Kona the wind starts picking up as usual.

Family question: Why wasn't she smiling when she went by?

I am finally at T2. Boy, it feels great when they take your bike from you! Yeah! Next, a quick dash through the changing tent and we are off and running. (Thank God!) The first part of the run course is a 5-mile out and back along the scenic ocean Alii Drive. It is beautiful! I seem to be moving along at about 8:30 pace. The next 15 miles are back through the lava fields to the turn around at the energy lab. This portion of the run is very lonely with virtually no fans, except for the water stops every mile. "The faster I run the faster I am done" philosophy kicks in for this portion. Ouch! "Just keep moving forward!!" At mile 23 I am awarded a glow necklace. At this point I am starting to hallucinate about Rich and Jeff yelling at me with the "Score This!!!" bullhorn. It keeps me moving towards the Ironman finish line on Ali Drive. Just one mile to go! Running down hill on Palini Drive I can hear the cheering from the finish line. Just two left turns and I will be on the home stretch to the finish. The cheering crowds that line Ali Drive give me almost more energy than I have had all day! Crossing the finish line what a great feeling!!! Wow, my fourth Ironman!

Family question: We're hungry, what's there to eat?

Family question: We're tired, can we go home now?

Looking back at my Iron races I never thought I would do one Ironman and now just 15 months later I have done four and two of them have been in Hawaii! It has been so wonderful! I have to thank all of the BTC Club members, who have inspired me, trained with me and challenged me to reach this level. You are the best! Who will be at next year's World Championship in Kona?

Family question: Are we coming back next year?

Sunday in the Rain by Kim Chmielewicz cont'd

(Continued from page 1)

ditch later. I started toward the back of the pack after some fellow Fleet Feet encouragement, determined to take the first 10K slowly and not worry about marathon pace until heading straight onto the Parkway. However, my copious amounts of long run training with the group took over, as by mile 4 I was settled into pace and feeling very comfortable. BTC participation was great at that water stop; you guys were really loud! My only concern after entering Canada was how did Dan Loncto get over the bridge from mile 4 to mile 6 so fast?

I felt so good that I ripped off at least two, and possibly three, 8:30 miles at that stage, and had to tell myself to slow down to my 9:10 pace. Another advantage of the cooler conditions was that I ran lightly up the inclines of the Parkway that had been really noticeable in hot, humid summer weather. I was flying, and feeling the encouragement of my fellow Fleet Feeters at mile 9. And what to my wondering eyes should appear later on but Joanne and Bill! I always figured that when I do an Ironman I would take the next week off to sleep and eat; definitely two weeks if I made it to the world championship. Is the BTC a club of overachievers or what?

Around the halfway point is when I started to notice the disadvantage of the weather conditions. The wind and rain was straight against me, and my hands started to go numb. I had been sticking to my strict pre-race decided protocol of taking gel every 4 miles, and electrolyte pills every 6 (thank you Nancy, for introducing me to Hammer Gel and Endurolytes!), and both at the start, knowing that a cause of my slower marathon second halves in the past had been failing to take in calories and electrolytes before I needed them. It took a couple of fumbles to tear open the gel packet at mile 12, and I walked for the first time at mile 13 so that I wouldn't drop the electrolyte pills.

It was at that stage that the difficulty of running against the wind loomed as a major factor. I could have despaired, but stayed calm as I knew from our training runs the Parkway would curve again, so the wind would no longer be as strong. I also focused on my other major resolution, which was to maintain good form, particularly in the second half of the marathon where your energy reserves are depleted. By concentrating on that, it took me until mile 15 to realize that the wind was gone and it was no longer raining.

Miles 16 to 18 were difficult as I was starting to experience a bit of quad cramping but with the realization that the finish was just an easy long run's distance away. I took my last gel and electrolyte pills at 19, figuring to have Gatorade every other mile for the remainder. There was also that crazy training group screaming and taking pictures to loft me along!

My running buddy Sue appeared as an angel on a mountain bike around mile 21 to escort me to the end, and it really helped to have someone to talk to and keep me focused. Besides the great conversation, I noticed that the people I was passing stayed behind me, so I had an inkling that even though I was hurting, I was still better off than most around me at that stage. That encouraged me, and the fact that I was still on pace for a 4:15.

However, it wasn't meant to be. I knew I could still break my PR by a couple of minutes if I hurried, and I tried with all I had left to do it, even sprinting at the end to challenge someone who came up on my right shoulder. I was happy, though; I knew I left the race on the course where it belonged with just enough left for me not to collapse at the finish.

Overall, I was very pleased with my race, although it turns out I was just short of a PR; my time was 4:24:11, compared with 4:23:55 in Cincinnati - 16 seconds' difference. In Cincinnati, there were points where I wanted to quit, and I still felt like the race was controlling me. At Casino, I felt in control and knew I would overcome all obstacles.

I was right on target for 4:15 until mile 20, and then lost 9 minutes in that last 10K (that cramping!). However, I had only 10 minutes' difference between my halves, felt very strong and alert the whole way, and kept my form right until the very end. I was actually sad when I realized it was nearly over!

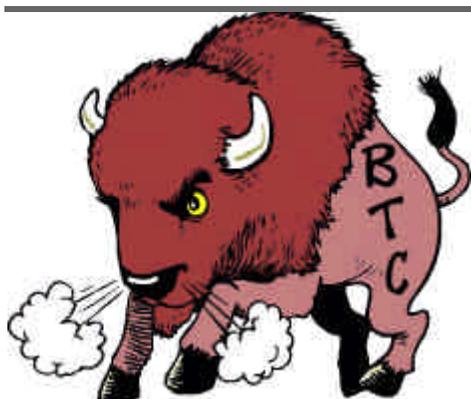
I knew I would finish strong and dropping out wasn't an option, again due to the superb encouragement of everyone who took the time to come out in miserable conditions! I look forward to seeing everyone in the training group for the spring, and tackling the problem of how to improve the last 10K.

I also realized Sunday the difference between running and racing. Not that there is anything wrong with traveling to exotic locations and wanting an easy race, but pushing the limits of what you can do in an endurance race can result in failures before you succeed. So anyone who didn't live up to their expectations this season should not be disappointed at all; mental discipline and focus is always gained with every race, no matter what the finish time.

By the way, I checked in with my nutritionist a week after the race; she said my cramping was likely due to insufficient calcium in my daily diet. Based on this, my training tip for the winter is to get your daily allowance of calcium in order to be well-prepared for racing season; eggnog, anyone?

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

Send submissions for January's QT
By December 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: "The essence of life is overcoming adversity." - Anonymous

December BTC Meeting

December Meeting is scheduled for Wednesday, December 10th at 7:00 pm. The meeting location is going to be at JW Danforth, 2100 Colvin Blvd (just south of the 290). We will have a guest speaker, BTC's very own Doug Bush. He will be talking about his company, Endurance Factor. His company specializes in endurance coaching along with athletic performance testing. Check out his website, www.endurancefactor.com. Let's make this a great meeting!

BTC Quote of the Month: "We train during the winter? Really?" - 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!*