



WINTER BTC BIKRAM YOGA OUTING by Patty McManus

Many athletes include some type of regular stretching into their weekly exercise routine. As a winter activity, I thought the BTC members and friends would be interested in trying out a form of yoga called Bikram Yoga.

Bikram Yoga is a series of 26 postures and two breathing exercises, suitable for all ages and levels of ability. The plus side is, it is practiced in a heated room. I tried the class out and you want to be dressed in a minimal of clothing.

On Saturday, January 10, 2004, Bikram Yoga meets at 5:00 pm. The beginner's special cost is \$20.00 for 10 classes in 10 days. The class is 90 minutes long. You do not need any previous yoga experience. The people who usually benefit the most are the least flexible.

Please let me know if you are interested in attending. I would like to give the instructor an approximate count of how many members will attend.

There is one man's and two women's shower available.

IMPORTANT INFORMATION:

RSVP: By January 5, 2004, to Patty McManus email to mcmanus_patricia@hotmail.com or home phone – 893-2079

Please let me know if you plan on attending

Date: Saturday, January 10, 2004

Time: 5:00 pm – 6:30 pm

Please arrive at 4:45 pm

No one is admitted to class after 5:00 pm

Class: 90 minutes

Location: 656 Elmwood Avenue – 4th Floor

Corner of Elmwood and West Ferry

Wear: Recommended - Women – Lycra sport shorts and athletic bra top

Men – Lycra bike style short or sport shorts

Bring: 3 towels, two bath size (one for class, one for shower) and One hand towel (for class – you will sweat)

Large bottle of water

Yoga is best if you practice on an empty stomach

Yoga mat (there are mats available at class for use)

Cost: \$20.00 per person – 10 classes in 10 days

MON	TUE	WED	THUR	FRI	SAT	SUN
9am	7am	9am	7am	9am	9am	9am
4pm	5pm	4pm	5pm	4pm	5pm	5pm
6pm	7pm	6pm	7pm	6pm		

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[February Running Races:](#)

**Y-10 Miler February 14, 2004
Lockport, NY**

**Polar Bear 5k Date: February 29, 2004
Olcott, NY**

**Contact Jeff Tracy at 622-9487
to volunteer.**

BTC and Community Calendar – Future Regional Events

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>

March 29, 2004 –The 25th Annual Canisius High School, Chilly Challenge, 3.1 Mile (5000 Meters) Road Race will be Sunday, at 12:00 Noon. <http://chillychallenge.choiceone.net/>

BTC and Community Calendar - Future National Events

May 8, 2004 - Gulf Coast Triathlon Half Ironman, 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, NY.

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, FL.

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 January - 6:45 PM

Sutherland Lodge

1400 Ruie Rd.

N. Tonawanda

Come and join in on the excitement - Nancy Gworek

New!!!

Core Strength workouts following each HammerSpin workout. Joe Niezgoda will be leading the 15 to 30 minutes sessions!

New Members for December:

Bob Green, John Bielinski
Kimberly Biehunik, David Krueger

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!!!

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.

February Birthdays: Chris Carter, 2/2, Barbara Mielcarek, 2/9, Candace Mahaney, 2/13, Kim Chmielewicz, 2/16, Paul White, 2/17, Gary Thompson, 2/22, Diane Marascuilo, 2/29, Don Stefanski, 2/29, Jonathan Bernstein, 2/29.

January 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Resolution Run 5k	2 BTC/ Hammer-Spin	3
4 BTC Water Polo	5 Niagara Falls Run	6	7	8	9 BTC/ Hammer-Spin	10
11 BTC Water Polo	12 Niagara Falls Run	13	14	15	16 BTC/ Hammer-Spin	17
18 BTC Water Polo	19 Niagara Falls Run	20	21	22	23 BTC/ Hammer-Spin	24
25 BTC Water Polo	26 Niagara Falls Run	27	28	29	30 BTC/ Hammer-Spin	31 BTC Annual Banquet

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** - no organized meeting this month. Watch February's Quick Transitions for the next BTC meeting.
- **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.
- **Every Monday Evening** - Running in Niagara Falls. Four Points Sheraton parking lot. 1st St. and Rainbow Blvd. 5:15 - 5:20 pm.
- **BTC Annual Banquet and Officer Installation** - January 31st, Banchetti by Rizzo's, 550 North French Rd, Amherst. Doors open at 6 pm, dinner at 7 pm, and BTC awards, officer installation, and guest speaker starting at 8 pm or so. See attached flyer for more information and instructions on how to sign up.
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by Sunday January 3rd. She can be reached at phone # 689-6601 or bluelightning95@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: club members participating in duathlon events please notify Ken Tocha at ktocha@bluefrog.net. He will post your results. Triathlon race results will continue to be reported by Ed Harkey at dolphinkik@aol.com.

24 hour Spin-a-thon by Kara Klaasesz

The 24 hour spin a thon has been scheduled for March 27-28. This event is sponsored by the BTC and Golds Gym. It will start at 1:00pm. It will take place at Golds Gym of Lancaster. You DO NOT have to be a member of the BTC or Golds to participate. All proceeds will benefit the Cancer Wellness Center.

Get your teams ready! There will be a team category and prizes for the most money raised. You can also enter individually.

I am still looking for volunteers to do the following: Teach, help with getting sponsors, work the event day, so on and so forth. If you are interested PLEASE contact me at karanail@adelphia.net or by phone at 432-0075.

Thank you !!!!

USAT Rule of Month

Article VII

Transition Area Conduct

7.1 Entering and Exiting.

A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area. Failure to do so shall result in a variable time penalty.

President's Ramblings... Parts 1 and 2

Part 1

I'm sitting here a couple of days before New Year's wondering what, if any, resolutions I should make for 2004. I could always choose the old stand-bys, lose weight and exercise more. But if you know anything about me, I don't think it would be too healthy for me to exercise more nor can I keep myself away from food. Okay, so I have to find some more personal resolutions. I've come up with a few that maybe everyone in the BTC can take part.

1. Set realistic goals for racing this year
2. Train progressively, emphasizing quality over quantity
3. Listen to my coach (most of the time)
4. Focusing on technique, especially in swimming and bicycling
5. Figure out my nutrition needs and technique during the IM
6. Try to improve my weaknesses (no cracks about not having enough time to work on all of them!)

And just to prove I don't just think of myself all of the time, here are some of my resolutions for the BTC:

7. Promote the triathlon lifestyle to at least two new people per month
8. Improve the responsiveness of the BTC to questions and comments
9. Give away all of these BTC socks still at our apartment
10. Make sure the BTC Quick Transitions is sent out on time every month (starting next month!?!)
11. Set a good example at every event I attend, either as a spectator or as a participant

I know this is a pretty lengthy list, but it should give me a lot of things to work on throughout 2004. I have been blessed with a lot in my life - my wonderful wife Quinn, remarkable health, great friends, supportive (but slightly baffled by my athletic leaning) parents. I really can't ask for more than that. Okay, maybe a new bike, wetsuit, . . .

I hope everyone had a good 2003 and a fantastic and restful Holiday Season. Here's to a great 2004!

Chris

Part 2

As many of you remember, I mentioned last year during my acceptance speech at the annual BTC Banquet that I only wanted to be President for one year. Well, unfortunately, nobody else in the club wanted to step forward and lead this group of overachieving athletes into 2004. Reluctantly I have accepted the nomination for President again in 2004. I say reluctantly because I truly want to get more people involved in the BTC. We currently have, in my estimation, around 12 to 20 members who participate in almost all of the club's activities, as well as volunteer at club races and within the BTC on a regular basis. This has been true, give or take a couple of people per year, ever since I joined in 1998. This club will thrive or languish based on the participation of it's members. Fortunately, in the past our club had dedicated, competent leaders to ensure that tasks were completed correctly and in a timely manner. I am concerned that the current group of people leading the BTC may experience burn-out, or they may desire to take some time away to refocus on themselves or their training without having a leadership succession plan in place. The BTC needs fresh ideas and new faces at the forefront. Believe me, if I can be President anyone can handle it! I'm not saying that we need four or ten people to step forward right away. Take a moment to reflect on all of the benefits you have received while being a member of the BTC. These may include training tips or partners that helped you achieve more than you ever dreamed possible, friendships that have transcended athletics into our everyday lives, a new outlook on life, etc... Now don't you want to help pass that along to others who may benefit in the same way you have? Volunteer - as a club officer, or committee member, or at local races. The members are the heart and soul of the Buffalo Triathlon Club. I have been a member of many athletic clubs in Western New York in my nine years here and I can say, without a doubt, that the BTC is the best club I have ever been associated with ever! Never have I felt such compassion when I have not achieved my goals, motivation when I have been training, or exhilaration for my success when everything went right. Thank you.

I hope you do take the time to make the BTC better!

Chris

January Spin Workout by Eric Butler

10 min warm-up

5 min 42x15 30 sec On / 30 sec Off

1 min 42x15 EZ Spin

3 min 42x19

2 min 53x19

3 min 42x15

2 min 53x15

3 min 42x13

2 min 53x13

3 min 42x13

2 min 53x15

3 min 42x15

2 min 53x19

3 min 42x19

1 min 42x15 EZ Spin

2 min 42x15 Leg Drills x4
(R/Both/L/Both)

1 min 42x15 Ez Spin

1 min 53x15 Build Sprints x6
(30 sec Ez/10@80%/
10@90%/10@100%)

5 min cool down

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.

Once a
Year!

Thank Goodness!

Fun Times to be had:

- Deluxe Dinner Buffet
- 2004 Officer Installation
- 2003 BTC Awards
- Guest Speaker

Only \$30 per person! And it includes an open bar with soda, wine, and beer.

The 2004 BTC Annual Banquet

Spend a relaxing evening with other BTC members while not engaged in exercise

or other self-torture activities. The evening will include the installation of the new 2004 BTC Officers, 2003 BTC Awards, a guest speaker, and of course



a buffet dinner with soda, wine, and beer.

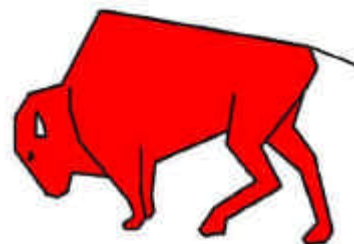
Buffalo Triathlon Club

Banchetti by Rizzo's
550 North French Rd.
Amherst, NY

January 31, 2004
6 pm - ???

Return this form along with a check to the Buffalo Triathlon Club for \$30 / person by January 24, 2004, to Jim Kavanagh, 19 Madison St, Lancaster, NY 14086.

Name: _____ # Attending: _____



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 February's QT
By January 18, 2004, 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: "To give anything but your best is to deny your gift." - Steve Prefontaine

January BTC Meeting

January Meeting will be held at the BTC Annual Banquet on January 31st at Banchetti by Rizzo's, 550 North French Rd, Amherst, at 6 pm. See attached flyer for more details and reservation information.

BTC Quote of the Month: "I only want to be the President for one year..." - Chris Ankrum, January 2003 - see page 4 President's Ramblings, Part 2, for more detail.

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!*