



Quick Transitions

BUFFALO TRIATHLON CLUB

BUFFALO'S PREMIER MULTI-SPORT CLUB

33rd Annual Lockport Y-10

Saturday, February 14, 2004

Start Time: 11:00am

Course: Challenging 10 mile course. Start and Finish will be in front of the Lockport Family YMCA, 19 East Ave., Lockport, NY 14094. For **Map of the Y10 see:** <http://score-this.com/img/YMCA/Y-10Map.pdf>

Pre-registration: Register by mail prior to race day. T-shirts are optional this year for Y-10

\$8.00 - T-shirt not included

\$17.00 - T-shirt included. US Funds Only

Late Entries: Registration race day at the YMCA. NO ENTRIES AFTER 10:30AM ON RACE DAY

\$12.00 - T-shirt not included

\$22.00 - T-shirt included. US Funds Only

Awards: First place overall male and female, first place master's male and female, and 3 finishers in each age group will receive awards. No duplications.

Age-Groups: Age group for male and female runners will be 18 and under then starting at 19-24, then five year increments up to 70 and older.

Timing: This year's event will feature timing with ChampionChip providing a 5 mile split as well as the standard finish time.

Facilities: Complete restrooms, changing, lockers and showers are available for all participants at the YMCA

Post Race: Refreshments and awards will follow the race in the gym of the YMCA

Course Records: **Men's** 54:38 Tom Proctor (2002)

Women's 1:04:24 Judy Arlington (2002)

Weather: ave. hi 31F (-1 C) ave. low: 17F (-8C) mean temp: 25F (-4C).

******Sometimes this course can be snowy, cold, and windy.*

Directions: The Lockport YMCA can be reached by traveling east or west along route 31. From the north or south, runners can travel on route 78 and then turn east on to Main Street.

President's Ramblings

What a month! I broke my own set-in-stone rule of "thou shall not ski before the winter marathon" and I paid dearly for it. I went snowboarding for the first time over Christmas vacation with my brother-in-law. It was a lot of fun until that last fall where I heard a very distinctive snap, crackle, pop come from my chest. I cracked a rib just three weeks before the Houston marathon. I had been training and planning to break 3 hours for the marathon but all of that was gone in the blink of an eye, or in my case the fall of the uncoordinated triathlete. I began to think that all of the long runs and time away from swimming were gone, wasted.

I actually started to get very mad at myself for doing something so stupid before my marathon! After a couple of days getting over the frustration, I began to remember that I take part in triathlons / marathons for fun, not for a living. I soon changed my time goal from sub-3 to sub-3:30 and a secondary goal to enjoy the race. I had never, ever thought to try to enjoy a marathon

(Continued on page 4)

Inside this issue:

Upcoming Regional and National Events	2
Ongoing BTC/Community Workouts	2
Charity Ride Info. by Gregg Drumm	5
February Race / Event Calendar	3
Next BTC Monthly Meeting	3

February Running Races:

Y-10 Miler February 14, 2004, Lockport

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

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>

February 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, N.Y.

Sunday, August 29, 2004-Subaru Ironman Canada-Penticton, B.C.

Sunday, September 12, 2004-Ironman Wisconsin-Madison, Wisc.

October 16, 2004-The Duke Blue Devil Iron-distance Triathlon

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 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 15-30 minute sessions.

New Members for December:

Robert Preskop, Jody Snyder

The Buffalo Triathlon Club's nearly 140 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!!!

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.

March Birthdays: Will Fisher, 3/2, Tracey Bernardoni, 3/4, Richard Newman, 3/6, Warren Elvers, 3/7, Quinn Ankrum, 3/10, Gregory Drumm, 3/13, Richard Clark, 3/15, Sal Pascucci, 3/23, Kara Klaasesz, 3/31, Anne Kusche, 3/31.

February 2004

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** – February 18th at JW Danforth, 2100 Colvin, Tonawanda, 7 pm.
- **BTC Water Polo** - Niagara University's Kiernan 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.
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by . She can be reached at phone # 689-6601 or bluelightning95@hotmail.com.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 NO Water Polo Cancelled	2 Niagara Falls Run	3	4	5	6 BTC/ Hammer-Spin	7
8 BTC Water Polo	9 Niagara Falls Run	10	11	12	13 BTC/ Hammer-Spin	14
15 BTC Water Polo	16 Niagara Falls Run	17	18 BTC Monthly Meeting	19	20 BTC/ Hammer-Spin	21
22 BTC Water Polo	23 Niagara Falls Run	24	25	26	27 BTC/ Hammer-Spin	28
29 BTC Water Polo						

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.

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.

All participants will be asked to raise an addition \$25 as part of their registration due the day of the event when arriving to spin. There are only spinning 36 bikes. First come first serve for the times that you desire. You will be contacted to see if the desired time you request is still open and or arrangements will be made from there.

If you are riding your own bike and trainer please DO NOT bring rollers. If you plan on riding for a long duration please bring ample fuel to sustain your energy level. There will be movies, music and spinning instructor throughout your riding time. The event is listed on the BTC website and all can register with Active.com.

USAT Rule of Month

Article V

Cycling Conduct

5.10 Position Fouls

b) Definition of Drafting Zone. The term "drafting zone" shall refer to a rectangular area seven (7) meters long and two (2) meters wide surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a moving motor vehicle, the "drafting zone" is a rectangular area extending 15 meters to each side of the vehicle and 30 meters behind the vehicle.

2004 Calendar/Event Planning -- Local Charity Ride Information by Gregg Drumm

Here are a few of the local charity ride favorites to put on your ride/race calendar for 2004. I can vouch for each of the events as quality events as I did all of them last year except for the Rochester Tour de Cure. (And I would assume that based on the Tour de Cure in Buffalo, the Rochester event is likely to be just as good.) These rides are a great opportunity to get in some decent training miles and/or share the event with friends and family. An added bonus is the satisfaction in knowing that these events are for charity.

It would be awesome if the BTC can have a respectable presence at a few of these events and we're hoping we can put together "teams". The teams will need captains, czars or whatever but we'll need (hint) people to do it. I know (hint) Mike Nowak (hint) put together a great team for one of these events previously so we're hoping Mike and others might jump in again. Please contact Greg Drumm (gwdgo2@aol.com) if you might like to be a team organizer or co-organizer for one of these events. Hope to see you there.

Ride for Roswell
www.ride4roswell.org
University at Buffalo -- Amherst
June 26, 2004
9, 33 & 62.5 mile options

Tour de Cure (Buffalo Area)
www.diabetes.org/tour
Ellicott Creek Park -- Tonawanda
June 5, 2004
105, 62.5, 55 & 30 mile options

Tour de Cure (Rochester Area)
www.diabetes.org/tour
Mendon Ponds Park -- Pittsford/Mendon
June 13, 2004
100, 62.5, 40 & 15 mile options + family fun ride

Vineyard Tour & Cycle Challenge (Queenston / NOTL)
www.heartniagara.com
Queenston Heights Park (right across from Queenston/
Lewiston bridge)
May 30, 2004
25, 50 or 65 km options

Race Results by Ed Harkey and Ken Tocha

BTC DUATHLETES SCORE BIG IN USAT NEW ENGLAND REGION!!!!!!
The USAT New England Region includes: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, & Vermont. Total Average Rank:
Curt Eggers 90.000 1st 45-49 Age Group
Joseph Meyer 88.650 2nd 25-29 Age Group
Kenneth Tocha 78.143 2nd 55-59 Age Group
Frank Mckeehan 77.376 1st 50-54 Age Group

Special Congratulations to John Radzikowski!!! John ran 5 marathons last year.
2-2-03 Las Vegas 4:44:09
5-25-03 Buffalo 4:17:12
4-27-03 Cleveland 4:14:07
10-12-03 Steamtown 4:16:43
Philadelphia 4":24-02 4:24:41

President's Ramblings (con't)

(Continued from page 1)

before because they hurt too much. Well, January 18th arrived in Houston with the air temperature around 40°. With my goal in mind, I started the race at a nice leisurely 10:18 first mile, mostly due to the large crowds attracted to this race. I spent the rest of the time whittling my pace down under 8's but mostly I spent the race thanking volunteers, slapping the hands of children along the race course, and just marveling at the accomplishments of so many people. I talked to over 40 other racers during the event, especially in the early miles. Everyone is chatty then. I had a three mile conversation about anything and everything with a runner from San Angelo, Texas. What a way to lose yourself for 24 minutes! The last six miles were probably the hardest time to get anyone to say more than two or three words, such as "gotta keep going" or "legs hurt." I'm sure several of the runners I passed those last miles didn't appreciate me telling them to "keep going"

or "looking good," all the while smiling. I finished the race in around 3:25 with more energy than when I started.

Where is this leading me, you ask? I learned four things during the past month - 1) running with a cracked rib hurts, especially when you want to take a deep breath, 2) never let an old man try a young man's sport (snowboarding), 3) sometimes it takes a setback to remind you how much we have, and lastly 4) don't ski or snowboard before running my winter marathon!

It took an injury for me to again realize that I need to start enjoying racing again. It shouldn't be a chore. Remember that we take part in races for fun!

Go out and enjoy your lives! We have so many blessings that we should be thankful for - our health, our families, our friends. Go out and enjoy your sport(s) of choice, but please don't obsess about it. We will all have good and bad days. Celebrate the good races (but don't brag) and learn from the bad ones (and don't complain). We all have long lives ahead of us. Enjoy them all!

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 this off-season

BUFFALO TRIATHLON CLUB

Send submissions for March's QT
By February 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:

*"You have no control over what the other guy does. You only have control over what you do."
- AJ Kitt, USA Skier*

February BTC Meeting

February Meeting is scheduled for February 18th at 7:00 pm at JW Danforth, 2100 Colvin Blvd, Tonawanda. We will be discussing possible changes to the BTC By-Laws. Please plan to attend.

BTC Quote of the Month: *"I mean it this time. Only one more year as President for me" - Chris Ankrum at the Annual BTC Banquet & Officer Installation.*

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!*