



## 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 karanaill@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 tht BTC website and all can register with Active.com.

## The Importance of a Great Start by Joe Meyer

First off this is a serious article, about a serious topic, that rarely gets discussed in regards to endurance & multi-sport training. Please follow my logic here. In order to have a successful race and to race well, one needs to practice every aspect and plan for all possible scenarios that one can imagine that may happen come race day. This is pretty standard advice that most people would agree upon, correct? Your training should be the period of time that your body adapts to going longer, farther and hopefully, faster than before, and it is the time that you prepare your body for your goal race. I have truly come to believe that quality workouts will result in a quality race. Therefore, if you really want to achieve your goals, it is imperative to prepare yourself for all phases of race day: the swim, the bike, the run, your nutritional plan, your mental focus, your sleep patterns, and your pre-race morning preparations. Getting a good start includes many

critical, yet sometimes over-looked items. First, you need to get a good night sleep, then a good breakfast, maybe some stretching and some calisthenics and of course, (maybe the most important step in any pre-race routine) dropping the all important #2. Honestly, the "race morning #2" is something that is critical to having quality workouts AND is something that needs to be practiced if you are going to have a great start on race day.

Why is the race morning #2 so important? Well, if you are like me, you will feel a lot lighter, and maybe have a little more bounce in your step after completion. I personally like to feel as light as possible on race day. Also, you have reduced the chances of there being any surprise rest stops once the race has started, thereby leading to your best possible time that day. I know of two instances when people have almost missed the start of a race or were unsuccessful in achieving a goal time because they did not have a good quality #2 in the morning. Back in 2002, at the first IM Wisconsin a BTC member who will remain unnamed, almost missed the start of the race because he did not completely flush out his system in the morning. Then, after his wetsuit was on and just moments before the race started, he felt the urgency of Nature calling. He almost missed the start of the race. In 2000, yours truly was

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## BTC and Community Calendar — Future Regional Events

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March 6, 2004 - Shamrock Run 8K @ noon, Old First Ward, Buffalo, NY <http://www.active.com>  
March 27, 2004 - 7th Annual Buffalo State Bengal Run 5K @ 9:30 AM <http://www.buffalorunners.com/>  
March 28, 2004 - Shoes For The Shelter 5k Run/Walk @ noon <http://www.buffalorunners.com/>  
March 28, 2004 - Around the Bay 30K @ 9:30AM, Hamiton, Ont, <http://www.aroundthebayroadrace.com/>  
April 17, 2004 - GBTC Half Marathon, Grand Island, NY. <http://www.buffalorunners.com/>  
May 16, 2004 Brick Duathlon Waterloo, Ontario <http://trisportcanada.com/>  
May ?, 2004 - Tom's Pro Bike 50/50 Ride Stieglemeier Park <http://www.tomsprobike.com>  
May 22, 2004 - Rochester Spring Classic Duathlon @ 8:30AM Mendon Ponds Park <http://yellowjacketracing.com/>  
May 30, 2004 Nissan Buffalo Marathon, Half Marathon, Marathon Relay <http://www.buffalomarathon.com>  
June 6, 2004 - Milton Tri/Du Milton, Ontario <http://trisportcanada.com/>  
June 13, 2004 - 1<sup>st</sup> Annual Penn Yan/Keuka Lake Triathlon, Penn Yan, NY. <http://www.pennyankeukalaketri.com/>  
Jun 19/20, 2004 - Muskoka Tri/Du <http://trisportcanada.com/>  
June 20, 2004 - Spring Fling, Grand Island, NY <http://score-this.com/series.html>  
June 26/27 - Guelph Lake Weekend, Guelph, Ont. <http://trisportcanada.com/>  
June 27, 2004 - Sulphur Springs Duathlon <http://yellowjacketracing.com/>

## BTC and Community Calendar - Future National Events

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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

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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](http://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](http://www.checkersac.org)  
Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston. [www.bondlakeac.com](http://www.bondlakeac.com)

## BTC/HammerSpin Indoor cycling sessions!

Every Friday in March - 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 February:

Chris Read, Nancy Jackson, Norman Viti

*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!!!

**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.

**April Birthdays:** Jeffrey Lebsack, 4/2, John Pepke, 4/5, Margaret Giardini, 4/8, Audrey Cohn, 4/9, Mark Beehler, 4/11, James Schaffstall, 4/12, Amy Fakterowitz, 4/15, Greta Speller, 4/16, T. Todd Lemmiksoo, 4/18, Martin Kober, 4/19, Annie Marie Ayers, 4/19, Bruce Levine, 4/27, Joan Gregoire, 4/29, John Radzikowski, 4/30.

# March 2004

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

## 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**— March 17th at Tom's Pro Bike, 3687 Walden Avenue, Lancaster, NY 14086. The meeting will start at 7:00 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. March 14th will be the final night.
- **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 Sunday, March 14th. She can be reached at phone # 689-6601 or [bluelightning95@hotmail.com](mailto:bluelightning95@hotmail.com).

**Reminder:** BTC annual dues can be submitted with a filled out application found on the website [www.buffalotriathlonclub.com](http://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](mailto:ktocha@bluefrog.net). He will post your results.

## Editor's Notes

- At the last BTC monthly meeting, Jack Gorski brought up the idea of resurrecting the Tuesday night Brick workouts at Chestnut Ridge Park. Jack would like to get a feel of interest from the club. We will bring it up at March's Meeting.

-We are still looking for anyone who would like to be a committee member for the race calendar, apparel and mentoring program. Contact Melissa Hanson @ 689-6601 or [bluelightning95@hotmail.com](mailto:bluelightning95@hotmail.com).

-The Runner's Medical Forum will be held on March 4th in Madonna Hall, D'Youville College at 6:30 PM. The Buffalo News Runner of the Year awards will be presented. Sports injuries and training will be discussed with a panel of medical specialists from the University of Buffalo Sports Medicine Institute, sports psychologist Dr. Joel Raynor and coaches Vicki Mitchell and Bob Carroll.

## USAT Rule of Month

### Article VII

#### **Transition Area Conduct**

#### **7.6 Indecent Exposure.**

Public nudity in the transition area or at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

## Smoking The Bandit by Chris Ankrum

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There has been a fair amount of quiet discussion among various BTC members recently about some club members and their practices with regards to un-paid participation in various functions and events. Let's first look at a section of the USAT Rule book:

### Article III: General Rules of Conduct and Penalties

#### 3.5 Unregistered Participants.

a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee 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.

b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete 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.

Any second violation of this Section shall result in a lifetime suspension or ban from membership in USA Triathlon.

Now let's look at a portion of the By-Laws of the Buffalo Triathlon Club, Inc.:

#### Article XI: Fines, Penalties, Suspensions, and Removals

*"Any BTC Member may be suspended for a period of time or removed from the BTC Membership roll without a refund or abatement in dues for a violation of BTC rules, regulations, or By-Laws or any conduct or omission prejudicial to the best interests of the BTC" .....*

While we believe there are many merits and benefits associated with being a BTC member, there are also responsibilities. One of the responsibilities is conducting one's self appropriately with regard to the interests of the BTC. Un-paid participation in (or "banditing") an event could be easily regarded as conduct prejudicial to the best interests of the BTC. The rules are pretty straightforward.

For probably 99% of the BTC, this information is basically irrelevant to your participation in any multi-sport, running, cycling, swimming, or other event in which you may participate. You pay your registration fee (and often sign a legal waiver), you participate in the event, and you may attend any post-race activities. For those of you in this category, we apologize for preaching to the choir. Unfortunately, there have been several alleged instances where this is not necessarily the case.

It is quite disheartening to think people participate in a race, event or function and purposely avoid paying registration fees. Aside from this being a despicable practice, it can also be considered a form of theft. Perhaps even more troubling is when someone "bandits" an event held for a charity or a benefit. Can you honestly have any self-respect or a shred of dignity when you bandit a race held for a child's charity and then fill up on food and beverage at the post-event celebration?

Beyond the theft aspects, by not registering and signing a waiver, you potentially open a whole can of legal issues in regards to liabilities should you become injured or injure someone else.

From this date forward, we will start with a clean slate; past transgressions, will be overlooked. As a club, we cannot, and will not, have members participating in ANY events (BTC supported or otherwise) without proper registration and/or payment. After all, it's not just what is right and fair, it's the rules.

## The Importance of a Great Start by Joe Meyer cont'd

running in the Casino Niagara Marathon. I was on pace to qualify for Boston with a 3:10 marathon. Unfortunately, that morning I did not properly execute my pre-race preparation, and at mile 13, I had to take a 5-minute pit stop. I finished the marathon in 3:14. I missed qualifying for the Boston marathon because I did not take a quality #2 in the morning.

Think this is funny or I am joking? OK. Please do me a favor and try a little experiment over the next two weeks. Next time you are supposed to do a long run, just wake up, get dressed, put on your shoes and start running. Don't stop for anything. See how comfortable you are after about 5 miles. Then the next week, don't start your run until you take a big #2. Feel free to write and tell me the differences.

So why am I writing this? Yes it's kind of funny, but it's also something that should be practiced. If you are getting ready for an IM, then you will need to be arriving at the race site REAL EARLY in the morning. The transition area usually opens at 5am (and people are there at that time—I know, I am usually one of them). If your body is not in the routine of waking up at an early hour, digesting food and doing a #2, you may be sorry once the race has started. That is why Master's Swimming at UB is so perfect. No, we don't practice bowel movements as a group, but when you wake up between 4:30 and 5 am at home before practice, you have the chance to practice your early morning pre-race routine. You may not be able to take one right away, but just take some time to wake up, go to the throne and sit there for a little while each day. Sooner or later your body will hear the message you are trying to send and it will respond. Take it from somebody who has made the mistake before, you do not want to be in the middle of the race and stop to do something that could have and should have been done before you started. So please take this little piece of advice. Practice waking up early and dropping a deuce. You'll be happy you did on race day.

## Chestnut Ridge Brick Workouts by Jack Gorski

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I'm contemplating reinstating the Club's Brick Workout at Chestnut Ridge (Tuesday at 6PM). In order for me to determine the feasibility, I need to know if the participation level would warrant my undertaking the supervision of the workouts for the summer.

For the new members or those who have never participated in these workouts, they consist of running and cycling. My function is to maintain attendance sign-in sheets, watch your car and equipment so you don't have to lock things up. This allows the workout to simulate race conditions and for you to work on transitions.

If you plan on participating, indicate so by e-mailing Michael Nowak at [ImTooSexy4MyKat@aol.com](mailto:ImTooSexy4MyKat@aol.com).

For questions you can contact me at 856-9049.

Further details will be provided if the interest level is sufficient.

## Ramblings by A Grizzled Newbie

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Often a sport or an individual event has a vocabulary or look that is unique and possibly perplexing or odd looking to an outsider. Over time, the origins of these may be forgotten, but they become a part of the charm and attraction of the sport. Baseball gave us the split finger, Hockey stole the hat trick from Cricket, Snowboarders can be regular or goofy (seriously), and you may have thought it more appropriate for WWF cage matches or the Eco-Challenge, but Curling has stones. Competition levels can also be unique. The Big Sur marathon has "grizzled vets", master snowboarding has "legends", and not to be outdone the Triathlon, either coincidentally or not, shares the term "newbie" with the US penal system.

The first time I heard the term I had just exited the first transition area and heard from behind "hey you F\*G#@!g newbie, you just knocked over my litespeed and broke the derailleur". I would have liked to look behind me to see what all of the commotion was and I had never seen a Starwars saber before, but I was busy picking a cinder out of my leg as I had just stumbled a little, probably over a stone or a crack in the sidewalk. Anyway, its is probably fruitless in defining the term newbie, as it is more a state of mind than a physical existence, but over time I have come across some signs that help in determining if a person is a newbie.

You are probably a newbie if:

- In the last 6 months at any time you have fallen over at a stop light because you forgot to unclip from your bike pedals.
- You plan on buying a really good bike and are planning on spending what ever it takes, even \$750 if you have to.
- You plan on getting out quick in the swim and are going to concentrate on the lines on the bottom.
- You are not sure how long it will take you to change from your swim suit into you biking shorts in T1.
- Your previous tri consisted of bowling, darts and pool.
- You just finished 17 out of 17 in your age group, but you had the biggest smile on your face when you crossed the finish line.

You are probably not a newbie if:

- You own 3 or more bikes.
- You think 10 workouts in a week is a rest week.
- You know your VO2 max.
- You in the last 3 months you have washed your bike 6 times and your car 0 times.
- You have an M dot tattoo.
- You have no problem parading around in a Speedo.
- You wake up three hours earlier than anyone else in your house on Saturday because you have to go to swim practice.
- When other people compliment someone on running a marathon you think "no big deal, it was just a marathon".

At the end of the day, I am reminded that everyone was once a newbie. At some level, those of us who are lucky never become jaded and lose the sense of awe and pride that we experienced when we completed our first tri. The nervousness of whether or not I would complete the distance and the concern that I would commit a triathlon faux pa and get yelled at by another competitor subsided. I am willing to share my insights with other newbies, as I am sure that all other tri vets would be willing to do. If you come across any triathlete who is not welcoming or is unwilling to help you in your triathlon quest, let me know and we will get their membership card revoked (or at a minimum we will bend their litespeed). Swim, Bike, Run, Eat, Sleep.

Saepe in Errore, Nunquam in Dubio

The Grizzled Newbie

## Alone In The Hotel Room -- Advice by Greg Drumm

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As many of my friends know, I spend a fair amount of my time alone at hotels all over the place. Now before your mind completely slides into the gutter, you have to understand that I travel a lot on business. As you can imagine, business travel can make getting in regular workouts a real challenge. With this in mind, I recently decided to pick up a resistance band to get in some resistance/strength training. With the resistance band, you can work muscles in similar manner to lifting weights as well as roughly mimicking some swimming motions. Resistance bands are also a lot easier to throw in your luggage and lug around an airport than a set of dumbbells/barbells.

So I get to a hotel somewhere in Ohio a couple weeks ago and decide I will get in a quick 30-40 minute strength training/circuit training session using the resistance band before a dinner meeting. At home I usually can throw the band around a big post but there is no post in the hotel room. If I hooked it on the bed or desk I'd probably pull them across the room so I finally decided I'd try the door handle. The door handle wasn't the old door knob type but the handle/latch type common to hotel rooms. So here I am, lying on my back with my head facing the door with the resistance band looped through the door handle. Oh yeah, and I'm only wearing my Hanes and not much else.

So I reach back over my head with each hand and begin pulling the band from behind my head to my mid-section while alternating arms. One arm pulls downward while the other relaxed back over my head. I suddenly heard a click behind me and quickly glanced behind me to see that the door is accelerating toward my head as I lay on the floor. The resistance band had unlatched the door handle and with a fair amount of "pull" still on the resistance band, it was acting like a spring pulling the door rapidly open - towards my head -- as I lay on the hotel room floor -- in my undies. Perhaps I was lucky but I half caught the door with my hand and avoided knocking myself out. So now I lay there on my back in my underwear with a funny red cord (resistance band) holding the door open with thoughts of almost becoming an honorable mention for the Darwin awards. I quickly shut the door in embarrassment thanking the underwear gnomes that no one was walking down the hallway to witness what I had just done. Needless to say, I no longer use the door handle at the hotel room to anchor my resistance band. My advice -- make sure you have on more than your underwear if you use the door latch in your hotel room for an attachment for your resistance band.

The finish line doesn't mean you're finished !!

[www.4thEvent.com](http://www.4thEvent.com)

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

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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](mailto: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](http://www.ride4roswell.org)  
University at Buffalo -- Amherst  
June 26, 2004  
9, 33 & 62.5 mile options

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

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

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

**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**

**Let Spring Training Begin!**

**BUFFALO TRIATHLON CLUB**

Send submissions for April's QT  
By March 18, 2003 to:

E-mail: [andrewmoynz1@aol.com](mailto:andrewmoynz1@aol.com)  
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127 Admiral Road  
Buffalo, NY 14216

Phone: 716.835-0760 (Editor)  
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BTC E-mail: [BTCInc@yahoo.com](mailto:BTCInc@yahoo.com)  
Questions: [info@buffalotriathlonclub.com](mailto:info@buffalotriathlonclub.com)

**Quotable Quotes:** "If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race its up to you."  
-Dave Scott, Triathlete

## March BTC Meeting

**March Meeting** is scheduled for Wednesday, March 17th @ 7:00 PM at Tom's Pro Bike, 3687 Walden Avenue, Lancaster, NY14086.

**BTC Quote of the Month:** "If the Hoad beats me in any Trisport Race, I will jump off the Burlington Bridge" alas, he did beat me, and I did NOT jump." Curt Eggers

**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](mailto:andrewmoynz1@aol.com) or [btc\\_qt59@hotmail.com](mailto:btc_qt59@hotmail.com), or via snail mail to Andrew R. Moynihan at 127 Admiral Road, Buffalo, NY 14216. *Thank You!*