



Summer in January: Racing on the Bottom of the World by Will Fisher

Racing a Half-Ironman in late January? The idea would never have crossed my mind unless I had decided to wear the t-shirt from the 2002 Mike Burwell Memorial Triathlon in Welland that day. Well, which t-shirt to wear wasn't a conscious one (it was clean) the choice to visit the Pre-Colombian Art Museum was. I had just come back to civilization after hiking in the Andes with some friends and had a couple of days in Santiago de Chile before my flight back to the US. While marveling over Inca jewelry, Paracas weaving, and Moche ceramics, a security guard approached me. Having noticed my shirt, he asked if I was a triathlete like him. We got to talking and he told me about the great triathlon scene in Chile (and the rest of South America). We also described what he claimed to be the best race in the World in Pucon.

This fall, when a cousin goaded me into signing up for an Ironman in the Summer of '04, I began to think about what other races I could use to prepare for such a long haul. I also had two weeks off after exams in January. I scratched my head, but not for long. I decided to head South. Really far South.

I highly recommend this excursion for any triathlete with a sense of adventure and Spanish skills. If you have less of either, pro Ken Glah runs a trip there that is a little more pampered. Anyway, if cold, icy conditions and short days get you down, those are instantly

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Ramblings by A Grizzled Newbie

I use to think that there were many things that I couldn't do because of some inherited limitation. Thanks to a six year old boy, a pizza, and a muddle puddle I now look at limitations a little differently. Oh, I still have many short comings. I am too tall and too heavy to be a good runner, my swimming stroke suffers from a lack of arm strength, and I fell off my bike last summer as I was being attacked by a gaggle of geese because I lacked the physical dexterity to apply the breaks and un-clip from my pedals at the same time. But, in spite of this, I am a triathlete, and I suspect that so are you.

Recently I finished reading Dan Brown's four books, which include the DiVinci Code. Mr. Brown made several references to the great founding scientists – DiVinci, Copernicus, Galileo. Taking inspiration from these men, I decided to undertake a more scientific approach to my training. I decided to start with swimming and viewed all of the Total Immersion material

I could locate. One of the major tenants of Total Immersion technique is that we should imitate the swimming motion of dolphins and should swim through the water, not on top of it. I nearly drown trying to dolphin underwater, a move whereby you are supposed to propel yourself by moving your torso in gentle, oscillating waves. I have to chalk this up as a total failure, and worse yet I now have an unending urge to eat sardines and to invite people over to my house when I talk a bath and splash the ones sitting in the front row. Switching gears, so to speak, I sent away for some Spinerval cycling DVDs. The first session started out innocuously enough with a 2 minute warm-up. The tempo of the background music then picked-up and I was instructed to un-clip my left foot and pedal only with my right foot. I didn't anticipate that this would be a problem as I wouldn't have to apply my breaks and there were no geese around. I was pumping furiously with my right foot, when something went horribly wrong. I forgot about my left foot, which got lodged in the back spokes. Another failure on my part and my beloved Cervelo was in the shop for two weeks.

I've had to postpone applying any scientific technique to my running, as it is going to be a while before my dislocated ankle heals. I was completely discouraged until I remembered about the time my six year old son

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BTC and Community Calendar — Future Regional Events

April 17, 2004 - GBTC Half Marathon, Grand Island, NY. <http://www.buffalorunners.com/>
May 16, 2004 -Brick Duathlon Waterloo, Ontario <http://trisportcanada.com/>
May 23, 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 5, 2004 - Tour de Cure, Ellicott Creek Park Tonawanda, NY www.diabetes.org/tour
June 6, 2004 - Milton Tri/Du Milton, Ontario <http://trisportcanada.com/>
June 13, 2004 - 1st 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, 2004 - Ride for Roswell, University at Buffalo, Amherst, NY www.ride4roswell.org
June 26/27, 2004 - Guelph Lake Weekend, Guelph, Ont. <http://trisportcanada.com/>
June 27, 2004 - Sulphur Springs Duathlon <http://yellowjacketracing.com/>

BTC and Community Calendar - Future National Events

May 8, 2004 Gulf Coast Triathlon Half Ironman Panama City, FL Sunday, September 12, 2004-Ironman Wisconsin-Madison, Wisc.
Sunday, June 27, 2004-Ironman USA Coeur d'Alene-Coeur d'Alene, Idaho October 16, 2004-The Duke Blue Devil Iron-distance Triathlon
Sunday, July 25, 2004-HSBC Ironman USA Lake Placid-Lake Placid, N.Y. Saturday, November 13, 2004-Ironman Florida-Panama City Beach, Fla.
Sunday, August 29, 2004-Subaru Ironman Canada-Penticton, B.C.

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 Track Workouts start approx. April 6th: 6 pm, UB Amherst Campus. Membership to Checkers is mandatory to participate. See www.checkersac.org for up-to-date information.
Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston. www.bondlakeac.com

BTC/HammerSpin Indoor cycling sessions!

Fridays in April - 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 March:

Gregory Braun, Wendy Wilson, Robert Preskop
and Jody Snyder

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!!!

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.

May Birthdays: Joe Meyer, 5/1, Cindy Stankiewicz, 5/2, David Ireland, 5/3, Ann Duffy, 5/5, Michael Nowak, 5/10, Alexander Enos, 5/12, Thomas Giardini, 5/12, Sharon Linstedt, 5/13, Carolyn Young 5/14, David Shapiro 5/19, Theresa Palmeri, 5/20, Eric Butler, 5/20, Rosemary Miller, 5/24, Marleen Caldwell 5/28, John Meeks 5/29.

April 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 BTC/ Hammer- Spin	3
4	5 <i>Niagara Falls Run</i>	6	7	8	9 BTC/ Hammer- Spin ???	10
11	12 <i>Niagara Falls Run</i>	13	14	15	16 BTC/ Hammer- Spin ???	17 G. I. 1/2 mara- thon
18	19 <i>Niagara Falls Run</i>	20	21 BTC Monthly Meeting	22	23 BTC/ Hammer- Spin ???	24
25	26 <i>Niagara Falls Run</i>	27	28	29	30 BTC/ Hammer- Spin ???	

Schedule of Events

- **BTC/HammerSpin Indoor cycling session**
Friday evening at 6:45 PM. Sutherland Lodge, 1400 Ruie Rd., N. Tonawanda. If in demand (5 or more riders), Nancy will hold sessions throughout month.
- **BTC's Monthly Meeting**—Planned for April 21st @ J. W Danforth facility, 2100 Colvin Blvd, Tonawanda, NY 716-832-1940
- **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, April 18th. 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: club members participating in duathlon events notify Ken Tocha at ktocha@bluefrog.net. He will post your results.

Volunteer Status Report by Jim Kavanagh

This is a new report that we will be utilizing to communicate to our members how we are doing in meeting our volunteer needs for the following five (5) races. It is our hope that this information will assist our membership in fulfilling one of our missions as per our organization's by-laws:

"The purpose of the BTC shall be to promote the sport of triathlon and other multi-sport athletic events in the Western New York region...".

We are looking for two (2) healthy individuals who would be willing to maintain this report on a monthly basis and also be willing to contact members to ask if they would volunteer. Please contact Jim Kavanagh at 847-5598 or jkavanagh@buffalodiocese.org.

<u>Race</u>	<u>Date</u>	<u>Vol. needed</u>	<u>Vol. to date</u>
Buffalo Marathon	5/30/04	10-15	0
Fall Frolic	9/12/04	20-30	1
Duathlon	10/2/04	15-20	0
Last Race of the Year	12/26/04	15	0
33 rd Lockport Y-10	2/12/05	5	0

Sincerely,
BTC Volunteer Coordinators

Spring is right around the corner - from the Hoad

Think spring every one! Spring officially arrives on Saturday. It's time to put the winter coats, gloves and boots away. Many of you have been hibernating throughout the long winter, and it's time to start training and get rid of the extra layer of fat. For the past two years we have been going to beautiful Lake Placid during the Memorial Day weekend. I would like to organize another weekend of training. We would *go some time in June*. I know many of you are Training for the Lake Placid Ironman July 25. This will be a great opportunity to train on the official course for 3 days.

Mary Eggers has been nice enough to organize the trip for the past two years and it is time for someone to take her place. We will be staying at the (NEW) **High Peaks Hostel**, at one time it was a B&B (*please note* it's a new place located on 59 Sentinel Road about 1/2 mile from the Olympic oval, the Bike transition area*) The Hostel currently has a total of 24 beds and five bathrooms, the cost for a single bunk is \$20 a night as well as a fully equipped kitchen and a private room with a bathroom for \$60 a night. There is much more that I didn't include, and to you Joe there is plenty of room that you can stay away from the Hoad! Their web site is: highpeakshostel.com

I would like to start to organize this right away. So respond ASAP. I spoke with John and he has a lot of rooms still available. My e-mail address is crazyhoad@aol.com or you can call me at 694-7615 and ask for **Steve**.

PS There are still rooms available for the Lake Placid Ironman July 25, call John at the High Peaks Hostel for more info at [1-518-523-4951](tel:1-518-523-4951)

Summer in January: Racing on the Bottom of the World by Will Fisher cont'd

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cured when you arrive in Santiago. A typical January day there is dry, sunny, and upper 80's. If you have any time between connecting flights or any free days after the race, visit the sights in Santiago (beaches in Vina del Mar are only two hours away). The flight to Santiago is a long one (Tylenol PM). Pucon is a short connecting flight and a 90 minute van ride or a cheap 10-hour bus ride to the South.

While Santiago might be hot and dry, Pucon is cool and temperate. January is Pucon's dry-season, but the rest of the year it rains constantly. Pucon, a former railway depot, is located on the shores of Lago Villarica. Black, volcanic sand beaches border the small town on two sides, while the snow-covered slopes of an active volcano front it on another. The surrounding countryside boasts small farms and lush forests. Bring lots of film.

The race is a big deal for the town with events the whole week before. Included in the lead-up is the best Iron-kids event that I've seen. The race itself is quite a challenge. The Bike course has rolling hills and a couple long, barely perceptible grades. The run is just plain brutal. Right out of T2, you have a steep hill to climb. Race day, of course, was the day it decided to rain. The pro field was impressive (Chris McCormack, Oscar Galindez, Cameron Widoff, Lisa Bentley, Barbara Buenahora, etc). It was an honor to race head to head with Lisa Bentley and Barbara Buenahora for both the swim and the bike (only to be dished a serious smack-down by both on the run). 5:16 was not my best time for a Half, but at least I beat the security guard from the museum in Santiago. The age-group competition is pretty fierce as the South American triathletes are in the peak of their summer season. I've also heard that Ironman spots are easier to come by in Pucon.

Regardless of how fast you go on race day, this is a fun trip. Chileans are very friendly people and Pucon offers lots of outdoor activities like white-water rafting, climbing the volcano, hiking in the forests, or just lounging by the beach. Food, lodging, and ground transportation can be as inexpensive as you want (food, by the way is pretty good in Chile). The biggest expense in getting to Pucon will be airfare. Buy in advance and you can usually find good deals. Frequent Flyer miles are even better. Also, keep in mind that the low cost of food and lodging may offset a lot of the cost of a flight.

For more info in both English and Spanish: www.triatlonpucon.com
Lonely Planet and Moon Guidebooks are also good resources

Ramblings by A Grizzled Newbie cont'd

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was at day camp and had forgotten to bring his lunch. His mother and I always thought that he was the smartest kid in the world, and for a six year old it was remarkable that he remembered the telephone number of our favorite pizzeria just from having seen us dial it in the past. He ordered two large pizzas at a cost of \$23 including delivery and tip, committing to their purchase even though he didn't have any money with him. Luckily for us he hadn't yet memorized our credit card number, a feat which he accomplished when he was eight and bought a snowboard on credit much to our surprise when we got the bill. Somehow he managed to collect \$5 each from six people for doing a belly flop into a mud puddle full of geese, and geese poop. Evidently the north towns are over-run with deer; the south towns with geese.

When he got home and we found out, I made him give his mother the extra \$7 for cleaning his clothes. Before I sent him to bed, I asked him if he was at anytime afraid that he was going to get yelled at. He replied that he was only scared until he took the first step, after that he never gave it another thought. So in spite of the fact that I apparently have not learned anything useful from DiVinci, Copernicus, or Galileo I have learned that the first step is the hardest to take. So if you are entering your first triathlon, no matter if it is a sprint, Olympic, Tin Man or Iron Man, the first step is the most difficult. Make a commitment, effectively order the pizza. Sign up for the event, and tell a whole bunch of people about it so that as a matter of pride you can not back out. Oh, don't forget to begin training and watch out on the road for geese.

Saepe in Errore, Nunquam in Dubio
(Frequently in error, never in doubt)

USAT Rule of Month

Article III

General Rules of Conduct and Penalties

3.1 Preparation and Training.

No person shall participate in a triathlon or other multi-sport events unless such person;

(a) is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and

(b) is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

3.2 Age Group Competition.

(a) All age group athletes must participate and compete in the age group division corresponding to the athlete's actual age on the date of the event.

(b) *Clydesdale/Athena Categories* - The official minimum weight standards for this category is 200 pounds for men, 150 pounds for women, to be monitored by the local race director. The age breakdown will be 39 years of age and under and 40 years of age and over.

3.3 General Conduct.

At or during an event, or while at the event site, all participants must:

Act in compliance with these Competitive Rules;

Conduct themselves in a matter that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;

Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;

Refrain from the use of abusive language or conduct; and

After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

Iron Man by Sharon Martinelli

Swim 2.4 miles

Ride a bike over multi level terrain for 112 miles.

Run a marathon – 26.2 miles

For most of us that agenda seems to be unthinkable. But yet every year, there are thousands of people in this country who work and train all year long just to go and participate in this grueling test of human endurance. . . Not that they think that they have any chance of even being in the top 10 of the finishers of this race, and I intentionally word it this way, because just completing this event makes each and every person competing in it a WINNER, front and center!! They are competing against themselves. Competing against that inner persona who is saying stop! That's enough! I'm tired! And that other persona who is striving to prove to him/herself that they can do it, that they have the stamina to push themselves beyond the limits. To be able to forever proudly say – I did it!

My 33 year old son Marty is one of them.

Last year on July 27th in Lake Placid NY, he crossed the finish line and became an Iron Man.

He was always impressed with Iron Man Contests he had seen on TV's wide world of sports. There is so much more to tell in this story but for time sake I will suffice to say that at the end of 2002 he told us that he had entered the Iron Man 2003 in Lake Placid.

Being a mother, the worrying hat immediately popped on top of my head. Could he actually do this? If he did, how would he finish? Some of you may have seen that Hawaii Ironman from 1984 with Julie Moss. Where she actually ran out of all energy two miles from the finish but sheer determination took her to within 25 feet of the finish line and she fell and crawled the rest of way with barely any control of her body. And other televised Ironman competitions where the people crossed the finish line on wobbly legs and collapsed as soon as they were on the finish side. I knew enough not to discourage him, I didn't want to discourage him, but I feared having to possibly witness something like that. So the only thing I could do was try to make sure he ate properly. I reminded him ad-nausea to eat nutritionally sound meals even suggesting what he should be eating to build up his body for that long haul.

He trained all fall winter and spring, biking around his home in the Orchard Park Boston Hills area. Swimming at the ECC swimming pool downtown. Running, running, running sometimes 10 miles a day, 15 miles a day, 19 miles a day. Talk about determination and work!

On July 25th a little family support group consisting of 8 people all went to Lake Placid to see the Iron Man Event. If you watched any of the Winter Olympic events in Lake Placid in 1980, you know how the terrain is. Very hilly to say the least. The night before the race, his friend Vicki my husband and I are out on the road on the race route writing messages of encouragement with chalk to Marty. In one of the races that Vicki participated, someone had done that for her team and she found it to be a source of energy to see her name written on the pavement, encouraging her to kick butt.

At daybreak the day of the race the racers get up and get out of the door of the motel to go and get their numbers painted and pinned on for the race. The race is to start at 7:00 am.

In a little while, we make our way down to the starting point. It is quite chilly for a July morning but we are very happy about that because we do not want hot sun.

The only thing we are worried about is the forecasted rain.

The swimmers are all just getting into the water. They all seem to have a focused intent look, most of them are quiet not much talking going on. I wondered what is going through their minds with such a grueling day ahead of them.

The Starting gun finally goes off and the race starts. Everyone starts swimming and from where we are it looks like millions of fish flipping and jumping in the water. My son tells me that when you are in the midst of the swimmers the fast and strong are very intent on getting to the front because it's less crowded up there and you can swim your own pace better. The trouble with that is that the stronger swimmers will swim right over the slower swimmers in their push to gain their spot, but most of these swimmers have done so many of these races that they are used to that every man for himself environment at the start.

I am full of excitement and anxiety wondering where out there is my son? Which pair of those flipping arms is his? How is he feeling? How will he do in this phase? The swimmers all come around the lake once and the names are announced as they get out of the water and run around to the starting point to do the second lap of the swimming segment. We hear Marty's name announced and are very happy that he is doing very well in the swim. He does his second lap in equally good time and we are all elated that he has a good start. But of course this is only the first segment. He has completed the first segment. Whew! One down and 2 to go!

This is where the trouble starts. It is starting to rain.

We start waiting the long wait to see him come around the first 50 mile lap. It seems in no time at all the first place people start coming in completing their first lap. We join the crowd in cheering them in, giving woo hoos and shouts of encouragement as often as we can. These athletes need and love to hear all of the encouragement the crowd has to offer. The announcer is announcing over a sound system and also shouting encouragement to the racers, and loud pumping music is playing to help the riders and the crowd. Where is he? Is he all right? Of course it's raining pretty good by now where we are, but where they are, the

“They all seem to have a focused intent look”

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Iron Man by Sharon Martinelli cont'd

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rain starts coming down in solid sheets and the wind has picked up tremendously. It turned out to be the most grueling bike ride he has ever done!

We are vastly relieved to see him ride quickly by. We only catch a quick glance of him. He looks a little tired and pale and we start to worry some more. He does the second lap. The rain has continued at a steady pace and we are soaked but we hang in there like all of the other friends and family who are there for someone they love. We cannot leave. We are glued there.

As he starts the Marathon portion and the rain has receded a bit. We go and have a bite to eat and try not to think too much of how he must be feeling right now. The rain comes and goes and comes back again and is quite windy. Everyone is soaked to the bone. We stand along the fence and see him go by on his first lap of the Marathon and are happy and excited to see that he looks well and jogging strong. He has a big smile on his face and slaps our outstretched hands as he runs by and we tell him he is awesome!!!

He has one more 12-mile lap to go.

The end of the race for our competitor is coming to an end. We run from our spots along the marathon course over to join the crowd at the finish line. There is much cheering and shouting and whistling and runners are running in with huge smiles on their faces so happy that it's finally over and they have DONE IT!!!! Considering Marty's pace we figure that he should be coming around in about a half hour. We join in the cheers again happy ourselves that he will be finishing within the time he had set for himself. About 15 mins pass and we see him across the field approaching the finish lap! He is running strong with a huge happy smile on his face. He is finishing even faster than we anticipated! Towards the end he got a wonderful second wind and it gave him the strength to give us All a beautiful strong finish! We called out his name and ran to the finish line to greet him and were able to talk to him for the first time since he left at the crack of dawn that morning. We hug each other tightly all around everyone is full of elation and awe that he did this. It is over he has done it. He looks very very tired and walking with very stiff short steps but nowhere near the exhaustion that my worst nightmares haunted me with.

The day is almost over, so much preparation! So much anticipation! So much growing! We all grew that day in many different ways. From the scenes we witnessed during the race, from the lessons he learned about himself, to the feelings of pride that nourished our parental souls. We grew and will continue to grow with the memories of this day.

Spin Workout by Eric Butler

10 min warm-up

5 min 53x15 30 sec On / 30 sec Off

1 min 42x15 Ez Spin

2 min Drill: 42 x 15

1:45 Hard / 15 SRI

1:30 Hard / 30 SRI

1:15 Hard / 45 SRI

1 min Hard / 1 MRI

1:15 Hard / 45 SRI

1:30 Hard / 30 SRI

1:45 Hard / 15 SRI

2 mins Hard

1 min 42x15 Ez Spin

2 min Drill: 53 x 15

1:45 Hard / 15 SRI

1:30 Hard / 30 SRI

1:15 Hard / 45 SRI

1 min Hard / 1 MRI

1:15 Hard / 45 SRI

1:30 Hard / 30 SRI

1:45 Hard / 15 SRI

2 mins Hard

1 min 42x15 Ez Spin

1 min 53x15 Build Sprints x5

(30 sec Ez/10 sec @ 80%/

10 sec @ 90%/10 sec @100%)

5 min cool down

NOTES:

1) SRI = Second Rest Interval

2) MRI = Minute Rest Interval

3) 42x15 = Small chain ring on the front x
15 tooth on the back (about the middle)

Top 10 List: Four-letter words for Triathletes By Eric Butler

10. Zone

9. Spin

8. Fuel

7. Laps

6. Pace

5. Race

4. Peak

3. Ease

2. Kona

1. REST

Ride for Roswell Scheduled for Saturday, June 26 Ninth-Annual Cycling Event To Benefit Cancer Research and Patient Care

Helping to save lives will be as easy as riding your bike on **Saturday, June 26**, at Wegmans' Ninth-Annual Ride for Roswell — a bicycling fundraiser for Roswell Park Cancer Institute's research and patient care programs. The event will start and finish at Baird Point, on the University at Buffalo's Amherst campus.

The date was announced this week by members of the Roswell Park Alliance Community Advisory Board, the volunteer fundraising arm of Roswell Park. Alliance members **Mitch Flynn** and **Peter O'Keefe** were named event chairmen.

Bicyclists are asked to raise a minimum of \$75 in pledges to ride in one of three routes: 9-mile, 33-mile or 62.5-mile.

Teams with at least four members also are encouraged to register. A picnic lunch and party will conclude the afternoon.

Last year, over 2,000 bicyclists and volunteers teamed up to raise \$320,000, pushing the event past the \$2 million total fundraising milestone since its 1996 inception. This year's fundraising goal is \$350,000.

Call **716-845-8788** to register as a rider or volunteer and to receive a Ride for Roswell handbook, or visit **www.ride4roswell.org** to register online or to find out more. Early bird online registrants (before April 1) save \$15 off their registration fees.

Roswell Park Cancer Institute, founded in 1898, is the nation's first cancer research, treatment and education center and is the only National Cancer Institute-designated comprehensive cancer center in Upstate New York. For more information, visit RPCI's website at www.roswellpark.org.

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 (Rochester Area)
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
Ellicott Creek Park -- Tonawanda
June 5, 2004
105, 62.5, 55 & 30 mile options

Vineyard Tour & Cycle Challenge (Queenston/
NOTL)
www.heartniagara.com
Queenston Heights Park (right across from
Queenston/Lewsiton 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 May's QT
By April 18, 2003 to:

E-mail: andrewmoynz1@aol.com
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Quotable Quotes: "The will to win means nothing if you haven't the will to prepare." -
Juma Ikangaa, 1989 NYC Marathon winner

April BTC Meeting

- **April Meeting** is scheduled for April 21st @ J. W Danforth facility. 2100 Colvin Blvd, Tonawanda, NY 716-832-1940

BTC Quote of the Month: "You have to have a plan, so you then have something to deviate from as you execute" ...William Blank, College fraternity brother of Dave MacPhee

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!*