



My 2 cents...by Joe Meyer

I've only been doing this sport for 4-5 years now, so I am not an expert or a "tri-guru." I am nowhere near the best triathlete (there is always someone faster and better), nor am I the smartest athlete in regards to training or exercise science (physiology, nutrition, or psychology). But there are a couple lessons I have learned that are pretty basic and are applicable to all triathletes at all levels (from beginners to world class athletes).

I have never been one to keep training tips a secret and I have never considered those secret training programs to be priceless esoteric information. I've always thought it best to share the little knowledge I have with others and hopefully that knowledge can be beneficial to others. The following are a couple simple "Rules of Thumb." Before the season starts, I think it is important to revisit and remember these "rules." So here are some of the more important lessons I have learned from this sport:

- 1) Perspective and priorities. Most of us enjoy training and racing. Many of us love it. Some are addicted to it. Remember this is just a hobby, a sport, and a way to spend our free time. In between work, training and racing, make sure to spend quality time with those who are important—family and friends. Have dinner with friends, play catch with a son/daughter or nephew/niece, talk to your parents, grab a beer with a sibling. I am willing to bet your relationships with your family and friends will have more of an impact on your life than a p. r. in your next race

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Inaugural Penn Yan/Keuka Lake Triathlon Benefits Red Cross

The Village of Penn Yan is proud to announce the 1st Annual Penn Yan/Keuka Lake Triathlon/Duathlon. Scheduled for Sunday, June 13th, 2004 at 8am, this race will be centered at Indian Pines Park on the north-western end of Keuka Lake.

This multi-sport event will consist of three United States of America Triathlon (USAT) sanctioned races (Olympic Triathlon, a sprint triathlon, and sprint duathlon) that will benefit the Yates County Chapter of the American Red Cross.

The triathlon races will start the day with a swim in beautiful Keuka Lake. The sprint triathlon will follow the swim with a fairly flat course, with one mild climb, designed for both the beginner, and the experienced as well. The Olympic triathlon will be a more demanding course with two moderate to steep bike climbs and finishing with a rather flat run. The sprint duathlon will follow the same course as

the sprint triathlon. Also, if you don't think you can complete the entire race on your own, there are relay options to choose from.

For multi-sport athletes or volunteers that have traveled to the Village of Penn Yan for races in the past, this race is not affiliated in any way with the former Penn Yan Triathlon or Keuka Lake Triathlon. The Penn Yan/Keuka Lake Triathlon is an all new event, with new management, a new transition area, and a completely different race course.

Entry fees not only allow you to compete in a picturesque event but will get you a goody bag (t-shirt included) and a post race meal. Olympic racers will also receive a finisher's award upon crossing the finish line. Both paper and online registration, provided by Triathlon Informer, can be accessed by visiting the race website at: www.pennyankeukalaketri.com. Entry fees will increase \$10 May 16th so try to avoid procrastinating. If you have any questions, comments, or concerns please check out the website or contact the race director at jhollister@pennyankeukalaketri.com. Hope to see you June 13!

Jay Hollister,
Race Director

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BTC and Community Calendar — Future Regional Events

May 16, 2004 -Brick Duathlon Waterloo, Ontario <http://trisportcanada.com/>
May 22, 2004 - Rochester Spring Classic Duathlon @ 8:30AM Mendon Ponds Park <http://yellowjacketracing.com/>
May 23, 2004 - Tom's Pro Bike 50/50 Ride Stieglemeier Park <http://www.tomsprobike.com>
May 30, 2004 - Nissan Buffalo Marathon, Half Marathon, Marathon Relay <http://www.buffalomarathon.com>
June 4-6, 2004 - Lake Placid Training Weekend Lake Placid, NY crazyhoad@aol.com
June 5, 2004 - Tour de Cure, Ellicott Creek Park Tonawanda, NY www.diabetes.org/tour
June 5, 2004 - Edinboro Triathlon, Edinboro, PA www.hamot.org
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, 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 Track Workouts: 6 pm, UB Amherst Campus. Membership to Checkers is mandatory to participate. See www.checkersac.org for up-to-date information.
Chestnut Ridge Brick (Brick South): Tuesday evening at 6:00 PM on east side of tennis courts. Orchard Park, NY
Saturday Morning Bond Lake Runs: 8:30 am at Bond Lake, Pekin/Lewiston. www.bondlakeac.com
Saturday Morning Chestnut Ridge Runs, Chestnut Ridge Park Casino at 8:00 am.

BUFFALO MARATHON WATERSTOP

We discussed at April's meeting of the BTC manning a waterstop for the Buffalo Marathon. The last couple years we have been at mile 19 on the course. Bud Hesse has provided a DJ with great music for the runners. We will *need* volunteers. Keep posted in the e-mails.

New Members for April:

Shelly Marabella, Roman Fish, Timothy J. Gardner
Cheryll Vogel

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!!!

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, Joe Niezgodas 5/15, David Shapiro 5/19, Theresa Palmeri, 5/20, Eric Butler, 5/20, Eamon Ferguson 5/23, Rosemary Miller, 5/24, David Krueger 5/24, Susan Mangold, 5/27, Dan Mangold, 5/28, Marleen Caldwell 5/28, John Meeks 5/29.

June Birthdays: Mary Casey, 6/1, Paul Perrello, 6/1, John Gorski, 6/2, Chuck Miller, 6/3, Gene Wells, 6/8, Lisa Gimlin, 6/9, Therese Fulle, 6/10, Skip Cook, 6/10, Jeff Cash, 6/13, Patrick Mahaney, 6/14, Don Stefanski 6/15, Doug Bush, 6/16, Matt Ruddy, 6/20, Mark Luderman, 6/22, Jennifer Szafran, 6/23, Timothy Williams, 6/23, Nikki White, 6/25.

May 2004

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Niagara Falls Run</i>	4 <i>Chestnut ridge Brick</i>	5	6 <i>Open Brick</i>	7	8
9	10 <i>Niagara Falls Run</i>	11 <i>Chestnut ridge Brick</i>	12	10 <i>Time Trial</i>	14	15
16 <i>Brick Duathlon Waterloo, Ont</i>	17 <i>Niagara Falls Run</i>	18 <i>Chestnut ridge Brick</i>	19	20 <i>BTC Monthly Meeting - Open Brick</i>	21	22 <i>Rochester Spring Classic Duathlon</i>
23/30 <i>Tom's 50/50 Ride / Buffalo Marathon</i>	24/31 <i>Niagara Falls Run</i>	25 <i>Chestnut ridge Brick</i>	26	27 <i>Timed 1-2-3 Brick (Time Trial Format)</i>	28	29

- **Clif Thursday Night Brick (Brick North)** hosted by Jeff Tracy call 622.9487 e-mail IMacedog@earthlink.net All events are on Thursday night (except for one) and begin promptly 6:00ish at the North Amherst Fire Co. parking lot. Tonawanda Creek and Campbell Blvd. The schedule is tentative and subject to change.
- **Chestnut Ridge Brick (Brick South)** Tuesday evening starts at 6:00 PM. East side of tennis courts. Hosted by Jack Gorski
- **BTC's Monthly Meeting**—May 20th at 7:30PM. North Amherst Fire hall. On the corner of Tonawanda Creek road and Campbell Blvd.
- **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, May 16th. 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

Joelle Mann and Joanne York Rappl have kindly agreed to fill the role of BTC Volunteer Coordinators. As such, they will be contacting our membership looking for volunteers to assist at any one of the following five (5) events. Currently, we will need 10-15 people to assist at the Buffalo Marathon on Sunday, May 30th. Our water stop will be at mile 19. The majority of the activity will occur from 9:00 to 12:00. If you can assist please contact Joelle (868-0167) or Joanne (835-5110). This will reduce the number of phone calls they will have to make.

<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

USAT Rule of Month

Article I

1.2 Purpose. These Rules (USAT) are designed to set forth a standard set of parameters within which athletes can participate in triathlons and compete in a positive atmosphere of equal opportunity. These Rules are intended:

- To promote and maintain sportsmanship, equal opportunity and fair play;
- To encourage and reward individual performance and initiative;
- To protect the health, safety, and well being of participants;
- To promote the integrity of sport and triathlon as a positive cultural force in modern day society; and
- To foster the foregoing ideals through the establishment and enforcement of punitive rules.

1st Annual 24 Hour Spinathon by Andy Moynihan

The 1st annual 24 hour spinathon in Western New York was declared a success by chairwomen Kara Klaasesz. Over \$4,500 was raised for the Cancer Wellness Center. There were more than a hundred participants. Seven teams took part: Niagara Fitness Rejects, Score-this, Team Gold, Tom's Pro Bike, John Pepke and fiancée Cynthia, Park Tool and BTC Chicks. Niagara Fitness Rejects raised the most funds at \$1,200. Individual achievements of note: John Pepke cycled over 12 hours. Brian from Park Tool cycled 18 hours.

Instructors from the BAC and Golds Gym BTC taught the classes.

Added to the consecutive spinning classes was the 2003 Tour de France highlight film. Participants were able to cycle with Lance Armstrong and the peleton thanks to a DVD Projector. Thanks can go to Greg Drumm, Rich Clark and Jeff Tracy for supplying the equipment.

Golds Gym on Transit and French road was a state of art facility. I was able to get a great weightlifting session in all new equipment.

Special thanks can go to Melissa Hanson. Melissa manned the registration table for the entire event.

Sponsors were Golds Gym, Doctor's Pizza, Buffalo Triathlon Club, Automated Business Forms, Shickluna Bike and Dart, Handlebars, Tom's Pro Bike, Red Door, WE Message, Blue Sky Promotion and Tops.



My 2 cents...by Joe Meyer cont'd

(continued from page 1)

- 2) Be thankful for your health. It is a privilege to be able to race, train, and enjoy one's physical fitness, NOT a right. If you have ever had to deal with an injury that put you on the sidelines for a short time, you know how difficult time away from the sport can be. Now, imagine if you could never participate. Enjoy and appreciate your abilities.
- 3) Learn to listen to your body and be as objective as possible. We always want to go longer, faster, farther, and be stronger. Be patient and objective while training. Do not let your desire cloud your judgment. Improvement will take years, not weeks.
 - a. The hardest/most difficult training days are the ones when you have a workout scheduled, but your body is telling you that you need rest. The best decision (and also the most difficult one) is to listen to your body and rest. The guilt is enormous, but the rest time can actually be more beneficial to your training in the long run.
- 4) KARMA. It is real. Don't mess with it or it will mess you up. Actually, the karma thing is one of the best aspects about the BTC and one of the reasons I am proud of this club.
 - A) We are not an elitist club made up of only the best multi-sport athletes. We are a smorgasbord of athletes who help and encourage each other. (OK, the BTC is not perfect, but I think we do a damn good job.) We welcome all types regardless of ability. That is cool. Each of us must remember how difficult it was starting out and continue to help new members and new triathletes.
 - B) Please, whether racing or training, be respectful, encouraging, and nice to ALL athletes. We all do the same distance, and just because someone crosses the line before someone else does not make that competitor a better *person*.
 - C) Be nice to and thank race volunteers, workers and directors (even if they make a mistake). They are there working to make sure you enjoy yourself. These three things combine for a good Karma base. If you are mean to someone, don't say I didn't warn you. Karma comes around. Don't mess with the juju, or Karma will bite you in the behind.
- 5) If you hire a coach, then listen to that coach, trust him/her, and be honest about your workouts. I never understood why someone would pay for advice, and then disregard that advice. You need to believe in what the coach is advising you to do, do what that coach tells you to do, and be honest when reporting how you feel during those workouts. The coach/athlete relationship is just that: a relationship. Honesty and trust are necessary if you want to get the most out of it.
- 6) RACING. If you are ultra-competitive, remember this: Race to the best of your ability. Disregard what others are doing or how others are racing. You cannot control their performance. In this sport, you can't defend another competitor. You can't stop them. You can't shut them down. The only thing you can control is how well you perform. If you perform better than a rival on a certain day. Congratulations. All that means is that you raced to your potential and were better on that day. This was my only goal for the first 2-3 years in this sport (race to my potential), and I was always pleased with my results. Last year I tried to change my mind-set and become more "competitive" with other racers. I quickly learned that if you spend time worrying about others, or try to beat certain people, you will never be happy with your results. Even the best racers in the world are only concerned with how well they perform. They compete within themselves and against the clock, not against others. The race experience is much more enjoyable that way and the results you desire will follow.
- 7) The most important lesson is the simplest, but sometimes the hardest to remember:
PLAY & HAVE FUN.

News update at 11 pm from the crazy Hoads corner! Do you know where your children are?

Can you believe that May is finally here. This past winter was the coldest winter on record but don't they all seem like that, hey it's Buffalo deal with it! Anyway In the last months news letter I was organizing a weekend of training in Lake Placid, NY. I finally decided on the first weekend in June. We would leave on Friday, June 4 and return on Sunday, June 6. You may ask your self why did I plan this great weekend for training?

First of all our good friends from the BTC Jimmy and Jennifer are getting married on the Memorial Day weekend plus the next day is the Nissan Buffalo Marathon. So the Memorial day weekend was out of the question. Secondly I thought why NOT on the first weekend in June the weather should be warm enough for all of us plus on Saturday they are having the annual White Face Mountain Run up the Memorial Highway to the top of White Face. That's right, up a Mountain with an elevation of 4,867 ft. If you are CRAZY enough to run the race. The race starts at 9 am at the four corners in Wilmington you run up on an average of 8% grade 8 miles up the Mountain. It is limited to the first 400 runners. Wilmington is just about 10 miles north of Lake Placid, the Olympic Village. **THE RACE IS ONLY OPTIONAL IF YOU CHOOSE TO RUN.**

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, their web site is: www.highpeakshostel.com And I am planning on making the reservations for the Hostel.

Basically on what I have planned is to leave early Friday Morning. When we all arrive in Lake Placid we can ride part of the Bike course and ride about 42 miles. After the ride we all can unwind, relax and make dinner. The Mega Training day on Saturday depending on what people have planned, some of them will run the Mountain! or ride the bike course, 112 miles and after the bike we would get our running shoes on for an easy 20 to 30 minute run just to get the taste on what our tired legs really feel like! For the other crazy ones training for the Ironman. We would all leave at 8 am and start at the Olympic oval at the High School. We would ride through the towns of Keene, Jay, Hazleton and Wilmington and head our way back to the Olympic Oval. On Sunday after a good night of rest and a healthy meal, and depending on how tired your legs are we can either run the first half of the Marathon or Bike.

Here are my thoughts on the bike course for some of you that haven't done the race yet!

The course can be brutal, perfect example last year, with it's never ending rain and the winds. This is a course that rewards patience. From the Olympic oval we ride about 7 to 8 miles with some good rollers once we get to Keene there is a KILLER down Hill (about 10 km down hill) I personally loved this section because of how fast you can go. Last year I hit a little over 60 mph going down hill.

At the bottom of hill we head our way towards Jay which is basically flat, and we will see the beautiful Au Sable River that runs parallel to us, once we get to Jay, we turn left and there is a nice climb to the top, after we descend on the way towards Wilmington (this is about 5 miles), there will be some more rollers.

Once we get to Wilmington is where we turn right for the out and back section of Hazleton (They call this section the dog leg of the course). This was one of my favorite sections of the course. There is a short but steep climb towards the end of the back. As we leave the dog leg of the course and make a right turn to towards Lake Placid, GET READY, this is where the fun begins. In Wilmington there is some pretty good rollers and some flat sections but as soon as we pass mile 45 or (101 miles on the second loop) the real riding is going to start.

By now your legs are tired, fatigued and you have to control your self not to push too hard, because you know that you still have to run a marathon. On the right hand side you can see the beautiful White face Mountain. This will be the slowest section and toughest. I do believe there is also a flat section where High Falls Gorge State Park is, this is where there is an aid station for the athletes. From mile 52 (about) there are five small climbs that someone has named Little Cherry, Big Cherry, Mama Bear, Baby Bear, and Papa Bear. At the top of Papa Bear we have to make a right turn on Northward Road and there are two short hills before it's a slight downhill back to town with Mirror Lake on our right side. Than there is only about a mile before we get back to Olympic Oval for the second Lap. So I hope this will get every ones adrenaline rolling and pumped up for the Ironman Lake Placid in a short 13 weeks away on Sunday, July 25

I would like to get this thing rolling, lets make this a great club event. As of right now I have about eleven people interested in going to Lake Placid more from the RATS then BTC.

I would like to have more participation for the weekend trip from our club. The question is now, whether Joe or Karl will make an appearance, that is still undecided? The pressure is on could this be the year for Joe to earn a spot for Hawaii or for the rookie Joe N. to pull of a great Ironman Finnish and to shock ALL of us.

So please respond ASAP. and E-mail me at crazyhoad@aol.com Or call me at 694-7615 and ask for Steve (the Hoad) Take it EASY and train smart!

From the President - Chris Ankrum

I am starting to get nervous. I admit it, I still get nervous before races but this is different. In less than two weeks I am going to race in my first Half-Ironman. I know I've already done a couple of full Ironmans but that was all about survival. This race could actually be a RACE. I mean, I should be able to push hard for the full time. No bonking, no walking (okay, not too much). That being said my coach has told me that he doesn't want me racing this race. What? Are you kidding? No, in fact he has a very rational reason for his advice: this isn't my goal race for the year - IM Florida in November is. He correctly points out that this is going to be a long training campaign this year, over six more months yet to go. My problem is that I'm not sure I can NOT race. Except for a few 5k's recently where I ran with friends, I'm not sure I have ever consciously tried to not do my best. But I trust my coach. I pay him a lot of money to make sure I reach my potential. It is completely up to me to believe in his advice and to follow his training schedule. I'm going to follow my coach's advice at the Gulf Coast Triathlon. I promise. At least I'm going to try. I'm not sure what might happen once I get out on the race course...

Just in case anyone doesn't think summer is coming, the BTC Bricks are starting in just a couple of weeks. We're going to have two Brick workouts again this year thanks to Jack Gorski and Jeff Tracy. Jeff is going to continue on as the coordinator of Brick North at the North Amherst Fire Hall on North Tonawanda Creek Road on Thursday evenings at 6 pm. Jeff has already set up the schedule for all of the timed events, social events, and other activities. It is located on the website at www.buffalotriathlonclub.com/brickschedule.htm. Jack has returned from his around the country bike trip and has graciously offered to coordinate the Brick South at Chestnut Ridge Park starting near the tennis courts on Tuesday evenings also at 6 pm. There will be no timed events down here but the opportunity to ride and run on the hills in the Southtowns should be a valuable addition to everyone's training schedule. The Bricks are scheduled to start during the first full week of May - Brick South on May 4th and Brick North on May 6th. Hopefully everyone will have a chance to participate this summer. Can the Pier (Lake Erie) and Lake Ontario swims be far behind? Have a wonderful Spring and I look forward to seeing everyone outside training!

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.

"Buffalo Triathlon Club & Friends" for the Ride 4 Roswell

Mike Nowak will be captaining a team under the banner of "Buffalo Triathlon Club & Friends" for the Ride 4 Roswell on Saturday, June 26, 2004. For information and to register go to: http://register.roswellpark.org/site/TR?pg=personal&fr_id=1061&px=1007504&s_tafId=1060&s_oo=4Cjc1XIVJBOPLhYs3lnipg

You can join the team (click on JOIN MY TEAM) and ride either 62.5 (7AM), 33 (8AM), or 9 miles (10AM), or, if you can't make it there, you can make a donation (click on DONATE) through the team's website. **HELMETS ARE MANDATORY!!!** Minimum pledges are \$75 per person. **YOU DO NOT HAVE TO BE A CLUB MEMBER TO BE A PART OF THE TEAM...** FAMILY AND FRIENDS ARE WELCOME TO JOIN AS WELL!!! This is a great ride for a great cause!

If you have any questions, please e-mail me and I will respond ASAP. Thank you.

If registering through the mail, please remember to include the Team's name and the Team Captain's name. However, it is cheaper to register online.

Michael V. Nowak
Team Captain, "Buffalo Triathlon Club & Friends"
ImTooSexy4MyKat@aol.com

Membership Benefits by Jack Gorski

The BTC maintains a working relationship with various business's. These firms sponsor the club by providing members with discounts on their goods and services. They have also sponsored events as the Fall Frolic and the banquet by providing door prizes and support services.

As you begin your planning for this year's equipment needs please keep our sponsors in mind. When you visit their stores don't walk out if you can't find the item you want. Ask for the contact person and tell them what you're looking for. A particular item may just be out of stock and can be ordered for you, or an alternative offered.

Below is an alphabetical listing of these sponsors, the product/service, contact person, address, phone number and discount offered.

DeSoto Sports
Tri clothing & wetsuits
Rich Clark—ironpower@sysr.com
Or (716) 297-0574
25%

530 Campbell Blvd.
\$30 for 1hr massage

Pro Motion Wetsuits
Wetsuits
Will Griffith (800-798-1628)
416 Cascade St.
Hood River, Oregon 97031
Wetsuit.com
20% off retail price

Handlebars Cycle Co.
Bike, apparel & service
Jim Costello—835-0334
685 Englewood Avenue
10% on parts, accessories & apparel

Runners Roost
Running shoes & apparel
Dave Borodzki 662-1331
4190 N. Buffalo Rd.
10% off retail price

Sneaker Advantage
Running Shoes & apparel
5110 Main Street 626-3280
10% off Retail

Tom's Pro Bike
Bikes, apparel, accessories, service
Tom Lonzi 651-9995
3687 Walden Ave.
10% most parts/accessories, labor and apparel
5% Bikes

WE Massage
Licensed Massage Therapist
Warren Elvers 689-2493

Pro Motion Wetsuits by Michael Nowak

In case you missed the last meeting, Pro Motion Wetsuits is our newest club sponsor! Pro Motion Wetsuits (<http://www.wetsuit.com>) is giving BTC members 20% off their already low prices!!! The discount applies to regular retail prices (not on sale prices) for all triathlon wetsuits and accessories (neoprene caps, booties, etc.). Athletes can send their race resume to Pro Motion. If impressed enough, Pro Motion may give up to 40% off to excellent athletes (athletes who consistently get 1st in age/top spots overall and who plan to compete in big events during the season), and 50% to pros.

To place an order, call them at 1-800-798-1628, ask for Will Griffith, mention that you are in the Buffalo Triathlon Club and get the 20% discount. They will confirm your name with their BTC Roster, and will help you to decide the best suit size for you. They have 11 sizes for men, and 11 for women, and even have a lifetime warranty on seams! Only current BTC members will be able to receive the discount!

PS - More company info: Pro Motion has been around for 25 years, and was one of the first companies to make swimming wetsuits. Their suits are just as good as other top brands, but they are much cheaper in price because they have decided not to sell their product in stores (for a comparison, and to learn all about wetsuits, go to http://wetsuit.com/web/products_triathinfo.cfm). You buy directly from the company. If you buy one, try it on and decide it wasn't the right size, just send it back and they'll exchange it for the correct size. Or you can buy 2 different sizes and send back the size that doesn't fit and they will refund your account for that one. Not sure if you want to buy a fullsuit because it might be too warm during the summer? You can buy a sleeveless suit and buy their "Tri-Sleeves" to wear underneath that turns your sleeveless into a full-suit! Their Fullsuits even have ankle-zippers in the back to help get the suit off quicker in transitions. The 2004 line is now available and have the choice of either red or green High Visibility Accents (upper body colors to aid in spotting swimmers). Mr. Dana Love (owner of Pro Motion) started making wetsuits for lifeguards back in the late 70's/early 80's (before triathlons were really around). Their company got big when Triathlete printed a picture of a Pro Motion wetsuit in their magazine, and soon after were worn by World and Pro champion triathlete, Scott Molina. Due to people seeing him, and word-of-mouth, the company did well. Soon after that was when Quintana Roo started making triathlon wetsuits. Pro Motion is out of Oregon. They make most of their own stuff, and they pride themselves on customer satisfaction.

I personally bought a Pro Motion sleeveless wetsuit back in 2000. It has been through much use, and is still in great condition. I really like it. I also plan on buying a new one as well.



Race Results by Ed Harkey and Ken Tocha

Powerman Alabama

Irondale, Alabama

Sunday, March 28, 2004

8k run, 55k bike, 8k run

Warren Elvers QUALIFIED for the ITU Long and ITU Short Course Duathlon World Championships

Overall: 2:49:12 74th overall

Age Group: 2nd (45-49)

Splits:

8k run: 31:32

T1 0:56

55k bike: 1:37:03

T2 0:52

8k run: 38:52

3rd Annual Virginia Duathlon

Virginia Beach, Virginia

April 4, 2004

The Virginia Duathlon is a qualifier for the 2004 ITU Duathlon Short Course World Championship in Geel Belgium May 28-30, 2004.

Warren Elvers placed 3rd overall in the Masters Category!!!

He was 19th overall with a time of 1:30:21

Splits:

5k run 19:00

32k bike 24:53

5k run 20:18

Timothy Galvin placed 117 overall and 10th in the 45-49 age group with an overall time of 1:41:49!!!

Splits:

5k run 19:55

32k bike 58:50

5k run 21:12

The Caesar Creek Ohio Duathlon

Caesar Creek State Park, Waynesville OH

April 10, 2004

ITU Short Course World Duathlon Championships Qualifier. International Distance (10K/40K/5K) race.

Warren Elvers was 36th overall with a time of 2:08:58

He placed 3rd in the 45-49 age group.

Splits:

10k run 38:35

40k bike 1:08:11

5k run 20:59

Ken Tocha was 129th overall with a time of 2:30:25

He placed 3rd in the 55-59 age group.

Splits:

10k run 42:43

40k bike 1:20:38

5k run 24:52

QUALIFIED for Short Course World Championships!!!!

Boston Marathon

Boston, MA

April 19, 2004

2596 Patterson, Kevin M. 36 M Williamsville NY USA

0:08:29 Pace

3:43:30

3:42:19 Chip

10436 London, Pamela V. 37 F Buffalo NY USA

0:09:26 Pace

4:14:39

4:06:58 Chip

10577 Hurta, Amy R. 34 F Orchard Park NY USA

0:08:27 Pace

3:50:53

3:41:27 Chip

10774 Palmieri, Theresa M. 40 F Buffalo NY USA

0:10:29 Pace

4:43:15

4:34:39 Chip

21097 Lewis, Larry D. 46 M Brooklyn NY USA

0:09:05 Pace

4:22:06

3:58:06 Chip

10th Annual GBTC Half Marathon

Grand Island, NY

April 17, 2004

Kim Chmielewicz East Amherst NY 2:21:42 0:10:49 312 89/F

Patricia McManus Cheektowaga NY 2:11:29 0:10:02 281 71/F

Jeff Tracy Lockport NY 1:40:10 0:07:38 79 74/M

Andrew Moynihan Buffalo NY 1:43:18 0:07:53 96 89/M

Christopher Ankrum Niagara Falls NY 1:31:02 0:06:57 38 36/M

Kevin Mietlicki Lockport NY 1:43:30 0:07:54 98 91/M

John Pepke Depew NY 1:43:44 0:07:55 100 92/M

Bruce Levine Amherst NY 1:54:08 0:08:42 174 144/M

Don Stefanski E. Auroa NY 1:38:25 0:07:30 73 68/M

John Radzikowski Amherst NY 2:10:44 0:09:58 277 209/M

BPAC 6-Hour Distance Classic and Marathon

Delaware Park, Buffalo, NY

April 25, 2004

Nikki White placed 6th out of 28. She was the first overall female. Nikki completed 21 laps (20.5 in 6 hrs) for just over 37 miles

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

**LIVE CLEAN AND TRAIN
HARD**

BUFFALO TRIATHLON CLUB

Send submissions for June's QT
By May 18, 2003 to:

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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 only way to define your limits is by going beyond them." - Anonymous

May BTC Meeting

- **May Meeting** is 7:30 PM on May 20th at the North Amherst Fire Hall parking lot, on the corner of Tonawanda Creek and Campbell Blvd..

BTC Quote of the Month: "There are so many hand signals to tell someone to ?*%\$ #?@, but none today I'm sorry" - Mary 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 or btc_qt59@hotmail.com, or via snail mail to Andrew R. Moynihan at 127 Admiral Road, Buffalo, NY 14216. *Thank You!*