

Issue 68

June 2004



The Buffalo Marathon Stop by Andy Moynihan

On Sunday morning May 30, 2004 the Buffalo Triathlon Club manned a waterstop at mile 19 of the Buffalo marathon. Overall, it was a success. The runners not only received a liquid refreshment but a pick up from the sound system provided by Bud Hesse and ran by DJ Brett. We had plenty of volunteers. The weather was sunny, dry and in the mid-sixties.

A controversy arose over allowing traffic into St. Mark's RC Church parking lot. It was on the marathon course on the corner of Amherst and Summit. Cars were double parked on Summit. The waterstop was on the corner. The issue was resolved peacefully.



Spring Fling by Andy Moynihan and Bill Seyler

On June 20th, 2004 in Beaver Island State Park on Grand Island, NY there will be the first ever Spring Fling. It is the first race of six races in the Score-this Multisport Series.

There will be three different races. A Sprint Tri which is a 400m Swim, 20K Bike and 5K Run. A Formula One which is the same as the Sprint, but you do it twice. A Kid's Tri which is a 50m Swim, 5K Bike and 1K Run.

The swim will be a two loop course of 200 meters each. There is a long distance to the transition area. An old pair of sneakers could come in handy. The transition area will be in the parking lot. The Tom's Pro bike course will be flat and fast on an out and back course. It goes out the back of the park. Beware of a sharp right and a sharp left. It turns around at the overlook parking area.

Someone will be there to direct you.

The run course will be a flat and fast loop course with a minimum of two waterstops. It will be mix between grass and road. You will cross part of the frisbee golf course down by the river. Spectators and athletes have to be in the park before 9 AM or they will have to pay.

The Formula One race will start at 9:00 AM and the Sprint will start at 9:30 AM. Race organizers are hoping for between 100 to 200 participants.

Registration closes by 8:30 on the day of the race.

Course Map is now online at score-this.com.

You can register on line at Active.com.

For more information and application go to score-this.com.

BUFFALO TRIATHLON CLUB

Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

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- [A Tri in the Buff - July 3, 2004](#)
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- [Grand Island BTC Duathlon - October 2, 2004](#)

BTC and Community Calendar — Future Regional Events

June 4-6, 2004 - Lake Placid Training Weekend Lake Placid, NY crazyhead@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://trispportcanada.com/>
June 13, 2004 - 1st Annual Penn Yan/Keuka Lake Triathlon, Penn Yan, NY. <http://www.pennyankeukalaketri.com/>
June 19, 2004 - Green Lakes Triathlon, Fayetteville, NY <http://active.com>
Jun 19/20, 2004 - Muskoka Tri/Du <http://trispportcanada.com/>
June 12/13, 2004 The Lakeside Tri/Du, Lake Sunova (Lakeside Resort) St. Mary's, Ontario <http://multisportcanada.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://trispportcanada.com/>
June 27, 2004 - Sulphur Springs Duathlon <http://yellowjacketracing.com/>
July 3, 2004 - A Tri in the Buff, Evangola State Park, Irving, NY <http://buffalotriathlonclub.com/>
July 4, 2004 - Mike Burwell Triathlon, Welland, Ontario <http://multisportcanada.com>
July 11, 2004 - Peterborough Triathlon, Peterborough Ontario <http://trispportcanada.com/>
July 11, 2004 - Musselman Triathlon, Geneva, NY <http://www.musselmantri.com/>
July 18, 2004 - The Gravenhurst, Time Trial Triathlon & Duathlon, Gull Lake Gravenhurst, Ontario <http://multisportcanada.com>
July 24/25 - Niagara Tri/Du, Grimsby Ontario <http://trispportcanada.com/>
July 25, 2004 - Shoreline Triathlon, Hamlin Beach State Park, Hamlin, NY <http://yellowjacketracing.com>
July 31, 2004— Collingwood Triathlon Harbourview and Heritage Parks, Collingwood, Ontario <http://multisportcanada.com>

BTC and Community Calendar - Future National Events

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 6, 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.
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.

New Members for May:

Alex White, Monica Spring, Kyoko Kobayashi,
Halli Lavner-Dowhy

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.

Happy Birthday to You!!!

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, Monica Spring, 6/21, Mark Luderman, 6/22, Jennifer Szafran, 6/23, Timothy Williams, 6/23, Nikki White, 6/25.

July Birthdays: Richard Russell, 7/1, Michael Balon, 7/1, Karen Taggart, 7/1, Daryl Clarke 7/2, Alex White, 7/6, Jean Elvers, 7/8, Jim Molloosky, 7/9, Jonathan Bernstein, 7/10, Sergio Nordenflycht, 7/10, Geoffrey Flickinger, 7/12, Steven Lee, 7/12, James Michaels, 7/14, Kyle Kelleran, 7/15, John Kemp, 7/16, Suzanne Fenger, 7/19, Larry Lewis, 7/20, Greg Braun, 7/21, Marc Moribella, 7/21, Joli Czamara, 7/22, Pam London, 7/22, Patrick Scott, 7/22, Wendy Tocha, 7/23, Joie Budington, 7/26, Andy Moynihan, 7/28, JT Stofer, 7/28, John Herman, 7/28, George Michalko, 7/28, Richard Mullaney, 7/31.

June 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Open Brick	4 Lake-Placid Weekend	5 Edinboro Triathlon
6 Milton Tri/Du	7 Niagara Falls Run	8 Chestnut ridge Brick	9	10 Open Brick	11	12
13 Penn Yan Triathlon	14 Niagara Falls Run	15 Chestnut ridge Brick	16	17 BTC Monthly Meeting – Time trial	18	19 Muskoka Tri/Du
20 Spring Fling	21 Niagara Falls Run	22 Chestnut ridge Brick	23	24 - Formula One	25	26 Guelph Lake
27 Sulphur Springs Duathlon	28 Niagara Falls Run	29 Chestnut ridge Brick				

Schedule of Events

- **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**—June 17th @ 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, June 13th. She can be reached at phone # 689-6601 or bluelightning95@hotmail.com.

Reminder: BTC annual dues can be submitted with a filled out application found on the website www.buffalotriathlonclub.com, and can be sent to Jim Kavanagh, 19 Madison St., Lancaster, NY 14086.
Duathletes: club members participating in duathlon events notify Ken Tocha at ktocha@bluefrog.net. He will post your results.

Volunteer Status Report

Joelle Mann and Joanne York Rappi 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 four (4) events. 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>
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

3.3 General Conduct.

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

- a. Act in compliance with these Competitive Rules;
- b. 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;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct; and
- e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

Who is that racing next to me??? By Warren Hale



Name: Christopher & Quinn Ankrum of Grand Island, NY

What area of the country are you originally from (if different):

Chris: Wisconsin via San Antonio

Quinn: Texas mainly -- we moved a lot when I was growing up; Boulder, Colorado right before I moved here in 1999.

BTC Member since:

Chris: 1998

Quinn: 2000

Years in Triathlon:

Chris: 18 years

Quinn: 4 years

Age Group:

Chris: Old guy, err, I mean, 35 - 39

Quinn: 30-34

Race Accomplishments (IM Lake Placid 2003, Tour de France):

Chris: IM Canada 2001, IM Wisconsin 2002, IM Lake Placid 2003 (Year of the Tsunami)

Quinn: Timberman 2002, Tupper Lake 2003 (both Half Ironman), Houston Marathon 2001, lots of shorter-distance tri's and road races

Family Info (married, kids, pets?):

Married, one dog named Marley

Occupation:

Chris: Engineer

Quinn: Opera Singer / Voice Teacher

Hobbies:

Chris: Triathlons (since nobody wants to pay me to train & race), downhill skiing, volunteering with Boy Scouts (oh, and did I forget to mention BAKING COOKIES)

Quinn: Besides triathlon? Just kidding! Reading, decorating our new house, cooking, the inevitable TV-watching, spending time with Chris

What racing do you mostly do? (5k, Marathon, Triathlon, Bicycle racing):

Chris: Running from 0.5 km to marathons (ultras coming up), Triathlons from Sprints to Ironman, playing domestique for others during bike races, adventure races are also on the horizon

Quinn: This year is going to be mostly short course triathlons within the Score-This!!! race series, 5k's mostly; Disney Marathon coming up in January (though I swore I'd never do another after the last one three years ago!); last two years: half-IM, half marathon

Favorite pre-race meal:

Chris: A bowl of pasta with olive oil and parmesan

Quinn: Pasta (night before), PB&J on white bread, gatorade (morning of race)

Least favorite pre-race meal:

Chris: Almost anything that isn't pasta, I'd guess

Quinn: The night before, If it ain't pasta, I ain't eatin' it!

Favorite race:

Chris: Muskoka, IM Wisconsin, and IM Canada, Buffalo Chicken Wing Festival 0.5K

Quinn: Milton Women's Triathlon

Favorite out-of-area race:

Chris: See above (except BCWF)

Quinn: Timberman (half-IM in New Hampshire)

Favorite workout:

Chris: A long duration brick consisting of 5k run, 40k bike, 5k run, 40k bike, 5k run, 40k bike with each successive run a little faster than before.

Quinn: a long bike ride with good friends (I'm not as masochistic as my husband is), Thursday night brick workouts.

If I wasn't a triathlete, I'd be (name another sport):

Chris: I'd be competing on the Food Channel in Iron Chef America as the pastry chef.

Quinn: The World Champion of Chocolate Eating

My hero:

Chris: My parents for believing in me no matter what I wanted to do (you should have seen my father when I told him I was going to run my first marathon! Now, after 25 marathons he doesn't even seem slightly curious...). My dad also told me "everything in moderation kid." I really have followed that advice, haven't I!?

Quinn: Same as Chris -- as with his parents, mine always encouraged me to do what I wanted to do, including going to college and grad school (twice) to major in MUSIC ... my mom, who lives in Arizona, has traveled with us several times to races and cheered wildly the whole time!

To Ironman, or Not to Ironman:

Chris: I guess I have already answered that, haven't I?

Quinn: No, no, no, no, no, stop asking me ...

Continued on page 5.

Who is that racing next to me??? By Warren Hale cont'd.

continued from page 4.

If I could take out the (swim/bike/run), I'd put in:

Chris: A few years ago I would have wanted to take the swim out no matter what, but after suffering through the run portion in each of my IM's, I would say take out the run and replace it with a cookie baking contest. I think I might qualify for Hawaii if that were the case. My guess is that Peter Reid doesn't know the first thing about molasses cookies.

Quinn: I actually love all three now, though a few years ago I'd have said take out the run and replace it with ANYTHING else.

Oldest piece of training wear:

Chris: Except for the body I am stuck with for the rest of my life, I would say my Raleigh Team Technium aluminum road bike from 1982. I bought it used in 1986 set up for triathlons. If you attended the HammerSpins this year, you would have seen it baby blue with the extra wide aerobars and the shifters on the down tube. Sweet!

Quinn: A t-shirt from my first 5k race in San Antonio, TX in 1994 ... and my sometimes training partner, my husband!

Funniest / Best tri memory:

Chris: Completing Ironman Canada over 40 minutes better than I wanted to. Getting to share that feeling with my best friend,

Quinn, and all of the other BTC tri-geeks there

Quinn: Watching Chris finish IM Canada, and watching my

friend Melissa Hanson finish her first Ironman, IM Lake Placid, last year. That was truly inspiring. If you had one wish, what would you wish for:

Chris: That I always make Quinn happy! Also, good health and success to everyone.

Quinn: That I win the lottery and pay off those nagging student loans -- then I could buy Chris that Cervelo he's always talking about.

Goals achieved in life:

Chris: Met and married the love of my life, Quinn. Also completed the mandatory marathon that everyone puts on their life goal list in 2:53. Completed my first IM in 11:19.

Quinn: Met and married the love of my life, Chris (awww, isn't that sweet?). Found a career I love. Ran a marathon -- the amount of time it took isn't important!

Goals for your future:

Chris: Stay healthy and lower those two race times.

Quinn: Stay married to the most wonderful person in the world for the rest of my life, have kids (eventually), stay in shape and do triathlons, keep singing!

Any other comments:

Chris:

Quinn: Haven't I already said too much? Wow, that's so unlike me!

Sponsor Profile by Jack Gorski

Name: Pro Motion Wetsuits
Address: Hood River, Oregon
Phone: 1-800-798-1628
Web: <http://www.wetsuit.com>

History: Pro Motion Wetsuits began business in the late 1970's. Their first product consisted of wetsuits for California lifeguards. In 1982, Pro Motion became involved in the young sport of triathlon by building some of the first wetsuits designed specifically for swimming. Today, triathlon consists of 75% of the company's business. They still make suits for lifeguards, but the product line includes wetsuits for surfers, wind surfers, and kite-boarding.

Product Line: The Tri line consists of Fullsuits, Sleeveless, and Free-sprint suits. The models consist of a Fluid Drive and a Power Glide suit. The difference is in the materials used. The Power Glide suit allows the water to flow over it with less friction, and is gouge-resistant, and it also is easier to get off in transitions. Both suits have colored safety panels on the shoulders, under the arms, and the inside of the sleeves. These panels are unique to Pro Motion and provide for high visibility of the swimmer in the water.

Another unique factor is in their sizing. Pro Motion has 11 different sizes for both men and women. The company believes that manufacturing the variety of sizes will ensure that each triathlete can be fitted to their particular body type.

Other tri products include the men's tri sleeves, which is a solution to the problem of needing more than one wetsuit for varied water temperatures. It's designed to layer under a sleeveless wetsuit the Tri Sleeves give you that needed coverage in cold water swims. Also, they have neoprene swim caps, swim socks, and a chafe guard shirt. This shirt is worn under your wetsuit, and can be worn for the bike and run.

Purchasing: In order to receive the club discount you must call ProMotion's toll free number (1-800-798-1628). Prior to calling to order your suit, have the following measurements written down: your height, weight, chest, waist, and inseam. This will ensure a proper fit*. The next step is to call the toll-free phone number**, identify your self as a club member and they will take it from there. Be prepared to answer questions. Pro Motion prides itself on making sure your wetsuit will fit properly. The club discount is 20% off retail price, and you MUST be a current member to obtain it.

* If ordering other items, have your sizes for those also

** Ask for Will Griffith

Pier Swim Start

Lake Erie temperature as of May 25th is 54 degrees. The planned start is Wednesday June 16th 6:00 PM at the Pier, next to the Pier restaurant. However, if the water temperature is hovering around 58 or 59 degrees we will wait until June 23rd.

- 1.) swim caps are mandatory.
- 2.) wetsuits are strongly recommended for the month of June.
- 3.) 4th Annual SPLASH & DASH will be held in August.
- 4.) One special Thursday evening swim in September.
- 5.) A noon hour swim TBA

Bike Maintenance by Joe Niezgoda

Joe Niezgoda, a BTC member has graciously offered to write a bike maintenance column for Quick Transitions for the next few months. June will be his first. You can e-mail Joe at TriGeak13@aol.com on issues you might want him to write about.

An incorrectly adjusted rear derailleur can cause mis-shifts, grinding, chain skips, and can lead to early wear of the your drivetrain. Before attempting to adjust the rear derailleur make sure the chain and the rest of the drivetrain is clean & lubed. Use a 5mm Allen wrench and loosen the bolt holding the cable on the rear derailleur (remember were the cable went). Then, pull the slack out of the cable, retighten the bolt with the cable back in place.

Shift the chain into the big chainring and the smallest cog. As you turn the cranks to pedal the bike, make sure that the chain rides silently on the small cog. If it does not and tries to skip up to the next biggest cog, unscrew the high (marked H) set screw on the back of the derailleur. If the chain is trying to skip between the bike frame and the small cog, tighten the screw slightly (only turn the screw 1/4 turn at a time).

Next, shift the chain into the small chainring and largest cog. Perform the same check on the as you just did. Loosen the low (marked L) set screw to move the chain to the inside and tight to move towards the outside (again, not more than 1/4 turn at a time).

Now it's time to adjust the barrel adjustment and fine tune your shifting. Shift the chain to smallest cog and large chainring, next click your shifter up one, the chain should move up to the second smallest cog. If it doesn't not problem just turn the barrel adjustment (located on the back of the derailleur were the cable enters the a hollow bolt) counter clockwise until it does. Now, continue moving the barrel adjustment until the chain just starts to make noise on the 3rd smallest cog. If the chain starts to jump to the 3rd cog turn the barrel adjustment clockwise until it stops jumping and just stops making noise on the 3rd cog.

Now run through all the gears and make sure everything shifts properly. If it doesn't just fine tune by adjust the barrel adjustment 1/4 turn at a time; clockwise to move the chain toward the frame, or counter clockwise toward move it to the wheel.

Race Results by Ed Harkey and Ken Tocha

GULF COAST TRIATHLON

Half-Ironman

Saturday, May 8, 2004

Panama City Beach, FL

Christopher Ankrum

Swim:33:41

Bike: 2:38:40

Run: 2:03:09

Overall: 5:22:44

Gregory Drumm

Swim: 33:26

Bike: 2:25:16

Run: 2:20:06

Overall: 5:28:06

The Rochester Spring Classic Duathlon

Saturday May 22,2004

Mendon Ponds Park.

Formula 1 Race - 2m run/10m bike/1m run/
10m bike/2m run.

Don Stefanski 31st overall -6th 45-49 age

group

Splits:

2m run 15:16

10m bike 28:22

1m run 9:56

10m bike 29:55

2m run 15:08

Overall: 1:41:21

Ken Tocha 34th overall -2nd 55-59 age group

Splits:

2m run 15:17

10m bike 29:26

1m run 9:48

10m bike 30:29

2m run 14:48

Overall 1:42:29

The Mid-Ohio Grand Prix Duathlon

Saturday May 15,2004.

A qualifier for the ITU Long Course World

Championships in Demark.

Ken Tocha placed 56th overall and 1st in the

55-59 age group qualifying for the Long

Course World Championships.

Splits:

10K Run 42:51

60k Bike 2:18:32

8k Run 41:17

Overall 3:45:24

Florida Half-Ironman

Orlando, Florida

Sunday May, 23 2004

Marty Kober

42:21 Swim

2:53:52 Bike

19.3 Ave. Bike

2:35:09 Run

11:51 Pace

06:26:59 Finish

Congratulations

to Newlyweds Jim Schaffstall and Jennifer McConvey

Jerseys Are In

The balance due for those that reserved a jersey is \$15.00 (with a couple exceptions that overpaid). If you want your jersey, get your \$15 to me ASAP. Please consider using www.active.com to pay this balance. Alternatively, please make your check (for \$15.00) out to "Buffalo Triathlon Club, Inc." and send the check to:

BTC/Greg Drumm
89 Sundridge Dr
Amherst, NY 14228

Please be patient with this process and please do not ask for your jersey if we have not received the balance due. Please keep in mind it may take a few days to process the order as we have to go through a couple email channels and some of us may not have daily access to email or regular mail as we travel out of town on occasion for business.

And before you ask, there MAY be extra jerseys but we will not know until everything is settled with those that reserved a jersey. We'll keep everyone posted about any extras so there is no need to contact anyone at this time.

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

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 July's QT
By June 18, 2003 to:

E-mail: andrewmoynz1@aol.com
Andrew R. Moynihan
127 Admiral Road
Buffalo, NY 14216

Phone: 716.835-0760 (Editor)
BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Quotable Quotes:

"BELIEF IS THE THERMOSTAT THAT REGULATES ALL SUCCESS." - ANONYMOUS

June BTC Meeting

June Meeting is scheduled for June 17th at 7:30 PM at the North Amherst Fire Hall parking lot, on the corner of Tonawanda Creek and Campbell Blvd.

BTC Quote of the Month: "DON'T BOTHER JUST TO BE BETTER THAN YOUR CONTEMPORARIES OR PREDECESSORS. TRY TO BE BETTER THAN YOURSELF." - WILLIAM FAULKNER

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!*