



## 2004 A Tri in the Buff

The 2004 A Tri in the Buff will be held at Evangola State Park this year. It will be an all new race course and location. There will be five different events:

- Olympic 1.5K Swim 40K Bike 10K Run
- OlympicRelay 1.5K Swim 40K Bike 10K Run
- Sprint 500m Swim 20K Bike 5K Run
- Try-A-Tri 200m Swim 10K Bike 2 K Run
- Kids Tri 25m Swim 3K Bike 1K Run

**Evangola State Park** is located on Shaw Rd., Irving, NY 14081. The date of the race is July 3rd, 2004.

This will be the second race of six in the Score-this series.

Go to [www.score-this.com](http://www.score-this.com) for more information and an application.

Proceeds from this event are being donated to the Town of Evans D.A.R.E. program, the Girl Scouts, and several other non-profit organizations.

## Musselman Triathlon by Jeff Henderson

The Musselman Triathlon invites you to Geneva, New York! We're a new race slated for July 11th, and we're actually three races in one day: a half-ironman, sprint, and kids triathlon. Our intention is to provide a world-class experience for athletes, and as we're just down the Thruway from Buffalo, you don't have to spend an arm and a leg to get here.

The entire weekend will feature triathlon-related events. On Saturday, pick up your race packet and rack your bike in Geneva before heading to one of three restaurants for "Bikes n Blues." These restaurants will be hosting live jazz and blues bands for your listening enjoyment during lunch. In the afternoon, bring your kids down to Lakefront Park for a kids triathlon clinic hosted by Mary Eggers of the Rochester Area Triathletes.

She will be joined by Karen Smyers in an informative, hands-on introduction to the sport for the wee ones. Saturday evening, Karen Smyers will be our featured speaker at the pre-race pasta dinner at Hobart & William Smith Colleges. Dinner is free for all athletes.

Sunday the action starts early as the half-

ironman takes to the water at 7am. The sprint course begins at 8 am, and the MusselKids race takes place at 2:30 in the afternoon. Vast quantities of food will be available at the conclusion of each race, and an awards ceremony for each race will conclude the festivities. Each award winner, male and female in every age group, will receive a bottle of wine from the local Finger Lakes wineries. Overall winners will also receive special prizes.

Bring your entire family to the park for a wonderful weekend of triathlon.

Leading up to the race, we are also offering a series of clinics in Geneva to familiarize you with the courses and dispense valuable knowledge about all things triathlon. For more information on the races or clinics, or to register, please visit the website: <http://www.musselmantri.com>. Hope to see you in July!

Jeff Henderson  
Race Director  
Musselman Triathlon

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**A Tri in the Buff - July 3, 2004**  
**Wilson Wet n' Wild - Aug 7, 2004**  
**BeBop Duathlon - Aug 28, 2004**  
**Danforth BTC Fall FrolicTri/Du - Sept 12, 2004**  
**Grand Island BTC Duathlon - October 2, 2004**

## BTC and Community Calendar — Future Regional Events

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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://trisportcanada.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, 2004 - Niagara Tri/Du, Grimsby Ontario <http://trisportcanada.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>  
August 1, 2004 - Cayuga Lake Triathlon, Trumansburg, NY <http://ithacatriathlonclub.org>  
August 7th, 2004 - Wilson Wet n' Wild, Wilson, NY <http://score-this.com/Wilson/wetnwild.html>  
August 7/8, 2004 - Bellwood Lake Weekend, Fergus, Ont <http://trisportcanada.com/>  
August 22, 2004 - Northern Triathlon Weekend, Orilla, Ont. <http://trisportcanada.com/>  
August 22, 2004 - Sodus Point Triathlon, Sodus Point, NY <http://yellowjacketracing.com>  
August 28, 2004 - BeBop Duathlon and Kid's Du, Lewiston NY <http://score-this.com/bebop/PinePharmacybebopdu.html>  
September 4, 2004 - Guelph Lake Weekend II, Guelph Ont. <http://trisportcanada.com/>  
September 12, 2004 - Danforth BTC Fall Frolic Tri/Du, Barker, NY  
September 19, 2004 - Finger Lakes Triathlon, Canandaigua, NY <http://www.fingerlakestriathlon.com>

## BTC and Community Calendar - Future National Events

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Sunday, July 25, 2004-HSBC Ironman USA Lake Placid-Lake Placid, N.Y.      Sunday, September 12, 2004-Ironman Wisconsin-Madison, Wisc.  
Sunday, August 29, 2004-Subaru Ironman Canada-Penticton, B.C.      October 16, 2004-The Duke Blue Devil Iron-distance Triathlon  
Saturday, November 6, 2004-Ironman Florida-Panama City Beach, Fla.

## Ongoing BTC / Community Workouts

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Masters Swimming: Tue/Thu @ 5:30 - 7 am and Sat 7:00 - 8:30 am, UB Amherst Pool. Occasional Sunday evenings, as well. Membership to Nickel City Splash and United States Masters Swimming is required to participate. Please see our website or call Andrea Gomez at 832-6075 for more information: [www.wings.buffalo.edu/org/nickelcity](http://www.wings.buffalo.edu/org/nickelcity).

Checker's A.C. Tuesday Track Workouts: 6 pm, UB Amherst Campus. Membership to Checkers is mandatory to participate. See [www.checkersac.org](http://www.checkersac.org) for up-to-date information.

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

Saturday Morning Chestnut Ridge Runs, Chestnut Ridge Park Casino at 8:00 am.

### New Members for June:

Ken Kuriscak, Matthew Brown  
Gregory Lavis, Anthony Cantera

*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!!!

**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 Mollosky, 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 Stofér, 7/28, John Herman, 7/28, George Michalko, 7/28, Richard Mullaney, 7/31.

**August Birthdays:** Ed Harkey 8/2, Glenn Speller 8/5, Sam Pasceri 8/8, Nicholas Fitzsimmons 8/10, Norman Viti 8/10, Meghann Wraight 8/11, Chris Ankrum 8/12, Curt Eggers 8/14, A. Jason Walsh 8/14, Gary Strenkoski 8/14, Pat Dalton, Jr. 8/16, Gerald Marschke, 8/17, Jim McCarrick 8/18, Kimberly Biehunik 8/19, Jonathan Burdick 8/20, Andy Dalgleish 8/23, Stephen Hruby 8/23, Ken Tocha 8/27, Michael Malaney 8/29,

# July 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>Open Brick</b>	2	3 <b>A Tri in the Buff</b>
4 <b>Welland Triathlon Lake O. Swim</b>	5 <b>Niagara Falls Run</b>	6 <b>Chestnut ridge Brick</b>	7 <b>Pier Swim</b>	8 <b>Time trial</b>	9	10
11 <b>Peterborough / Musselman</b>	12 <b>Niagara Falls Run</b>	13 <b>Chestnut ridge Brick</b>	14 <b>Pier Swim</b>	15 <b>BTC Meeting Timed 1-2-3 Brick</b>	16	17
18 <b>Lake Ontario Swim</b>	19 <b>Niagara Falls Run</b>	20 <b>Chestnut ridge Brick</b>	21 <b>Pier Swim</b>	22 <b>Open Brick</b>	25	24 <b>Niagara Tri</b>
25 <b>Lake Placid Ironman</b>	26 <b>Niagara Falls Run</b>	27 <b>Chestnut ridge Brick</b>	28 <b>Pier Swim</b>	29 <b>Open Brick</b>	30	31

### Schedule of Events

- **Every Monday Evening**—Running in Niagara Falls. Four Points Sheraton parking lot. 1st St. and Rainbow Blvd. 5:15 - 5:20 pm.
- **Chestnut Ridge Brick (Brick South)** Tuesday evening starts at 6:00 PM. East side of tennis courts. Hosted by Jack Gorski
- **Pier Swims** - Every Wednesday evening at 6:00 PM by the Pier Restaraunt in Lake Erie. See BTC website for directions. Gene Baron is host.
- **Clif Thursday Night Brick (Brick North)** hosted by Jeff Tracy call 622.9487 e-mail IMacedog@earthlink.net Every Thursday evening 6:00ish at the North Amherst Fire Co. parking lot. At the corner of Tonawanda Creek and Campbell Blvd.
- **Lake Ontario Swims** - Every Sunday morning at 9:00 AM. Swim then go for a bike ride and/or run. Bill Seyler is host. See BTC website for directions.
- **BTC's Monthly Meeting**— July 15th @ 7:30PM. North Amherst Fire hall. On the corner of Tonawanda Creek road and Campbell Blvd.
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by Sunday, July 11th. 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](http://www.buffalotriathlonclub.com), and can be sent to Jim Kavanagh, 19 Madison St., Lancaster, NY 14086.

**Duathletes:** club members participating in duathlon events notify Ken Tocha at [ktocha@bluefrog.net](mailto:ktocha@bluefrog.net). He will post your results.

## Volunteer Status Report

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 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 <sup>rd</sup> Lockport Y-10	2/12/05	5	0

## USAT Rule of Month

### 3.8 Acts Warranting Suspension.

In addition to other penalties that may be imposed at the discretion of USA Triathlon, the following acts may be grounds for suspension for a period of time designated by USA Triathlon:

- A flagrant or willful violation of the Competitive Rules;
- Gross or continued unsportsmanlike conduct;
- Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
- Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to USA Triathlon, the Board of Hearings and Appeals, or race officials;
- Intentionally participating in an event despite failure to register, lack of membership, or ineligibility for the relevant membership class;
- Repetitive or recurring violations of the Competitive Rules;
- Failure to notify a race official after withdrawing from a race;
- Violation of the Medical Control Rules as set forth in Article VIII;
- Refusal to abide by the final determination by USA Triathlon on any matter relating to these Rules or the sport of triathlon; and
- Any act which disgraces or brings discredit to the sport of triathlon.

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

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Name: Melissa Hanson of East Amherst, NY

What area of the country are you originally from (if different): born in Virginia but lived here all my life

BTC Member since:2000

Years in Triathlon: 5th year

Age Group:35-39

Race Accomplishments :Lake Placid 2003

Family Info :Single, no kids, no pets

Occupation: dental assistant

Hobbies: none that I can think of

What racing do you mostly do?: triathlons

Favorite pre-race meal: oatmeal or PB&J

Favorite post race "recovery" food : burgers, ice cream, or Chris' cookies

Favorite race: IM Lake Placid

Favorite out-of-area race: IM Lake Placid

Favorite workout: the one I just finished

If I wasn't a triathlete, I'd be : a couch potato

My hero: anyone who lines up to start a race

To Ironman, or Not to Ironman: Ironman

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

Oldest piece of training wear: running shorts

Funniest / Best tri memory: finishing Lake Placid with my family and friends waiting for me at the finish line

If you had one wish, what would you wish for: to be happy and healthy

Goals achieved in life: IM USA

Goals for your future: to stay active and be the best person I can be



## Race Results by Ed Harkey and Ken Tocha

**2004 ITU World Duathlon Short Course Championships**-Geel Belgium  
Warren Elvers 2:02:54

**Hamilton Duathlon** -5k/30k/5k  
Timothy Galvin 1:36:27  
Don Stefanski 1:38:24

**Nissan Buffalo Marathon**  
Buffalo, New York  
May 30th, 2004  
Bielinski, John 4:41:47  
London, Pamela V. 3:42:13  
Radzikowski, John A. 4:49:13

**Nissan Buffalo Half Marathon**  
Buffalo, New York  
May 30th, 2004  
Chmielewicz, Kim M. 2:19:10  
Fenger, Suzanne F. 2:10:56  
Gorski, John T. 2:25:19  
Hurta, Amy R. 1:34:12  
Kozlowski, Karl F. 1:52:54  
Lavner-Dowhy, Halli 1:51:50  
Palmieri, Theresa M. 1:39:10  
Tracy, Jeff 1:36:02  
Patterson, Kevin M. 1:23:18  
Hale, Jennifer A. 2:11:19  
Hale, Warren D. 2:11:19  
Mietlicki, Kevin M. 1:38:10

**THE 2004 SUBARU TRIATHLON SERIES MILTON TRIATHLON & DUATHLON**  
June 6th, 2004  
WARREN ELVERS 1:38:23

**Town of Pittsford Triathlon**  
300 yard pool swim, 15 mile bike, 5K Run  
Ken Tocha 1:21:18

**Iron Horse Half Marathon**  
Simsbury, CT, June 6, 2004  
JONATHAN BERNSTEIN 1:48:43

**Hamot Sportsmedicine Edinboro Triathlon**  
Edinboro, PA  
June 5, 2004  
Rob Green 2:22:23  
Eileen Grew 2:38:51

**EAGLEMAN TRIATHLON** -  
Bruce Levine 5:33:12

**Penn Yan Keuka Lake Duathlon**  
Sunday June 13,2004.  
5k run/23k bike/5k run  
Ken Tocha 1:33:12  
Jack Gorski 2:05:37

**Penn Yann Keuka Lake Tri Olympic**  
2:18:34 FISHER, WILL  
2:40:02 MOYNIHAN, ANDREW R.  
2:41:43 HURTA, AMY

**Penn Yann Keuka Lake Sprint Triathlon**  
1:13:51 KOESTER, MARC  
1:28:29 KLAASESZ, KARA E  
1:30:54 BERNARDONI, TRACEY  
1:31:03 GREW, EILEEN  
1:37:44 KNOFF, RENEE  
1:48:38 FUHRMAN, JOHN

**Spring Fling Triathlon**  
Formula One 06/20/04  
2:21:32 KOZLOWSI, KARL  
2:29:34 NORDENFLYCHT, SERGIO A  
2:46:14 GWOREK, NANCY A  
2:48:29 LILLIE, DAVID B  
0:54:42 NIEZGODA, JOSEPH F  
0:56:13 ELVERS JR, WARREN  
0:58:48 KRUEGER, DAVE M  
1:00:19 KOESTER, MARC  
1:06:14 PASCERI, SAM  
1:06:18 PASCUCI, SAL J  
1:07:07 KLAASESZ, KARA E  
1:07:14 MIETLICKI, KEVIN M  
1:08:29 COOK, CARDELL B  
1:08:53 GREW, EILEEN  
1:09:17 DALTON JR, PATRICK J  
1:10:18 LONDON, PAMELA V  
1:10:47 MUNSON, MARTY  
1:13:14 PALMIERI, THERESA M  
1:16:15 KNOFF, RENEE M  
1:20:54 HARKEY, ED  
1:21:04 HALE, WARREN D  
1:21:45 BARAN, GENE  
1:25:28 IRELAND, DAVID G  
1:27:17 CHMIELEWICZ, KIM M  
1:30:17 FENGER, SUZANNE F

**BATAVIA INDIVIDUAL DUATHLON --**  
JUNE 19, 2004  
Kevin M. Patterson 1:25:37  
Anthony G. Garrow 1:29:12  
Jeff Tracy 1:30:30  
Richard J. Clark 1:31:31  
Timothy J. Galvin 1:32:55  
John M. Pepke 1:38:25  
Chuck P. Miller 1:38:37  
Norman Viti 1:46:07  
Diane Marasciulo 1:48:39

**BATAVIA TEAM DUATHLON -- 19 JUNE 2004**  
1 Judy S. Arlington Lockport NY [ 1/C40-49] 38:45  
Warren F. Elvers, Jr. Getzville NY [ 1/C40-49] 41:17  
1:20:02  
2 Kevin Burke Buffalo NY [ 1/M50 + ] 34:40  
Don Stefanski East Aurora NY [ 1/M50 + ] 46:15  
1:20:55  
8 Pamela V. London Buffalo NY [ 4/C40-49] 45:10  
James M. Puglisi Amherst NY [ 2/C40-49] 44:59  
1:30:09  
11 Sue Panaro West Seneca NY [ 8/C40-49] 46:37  
David M. Krueger Elma NY [ 3/C40-49] 46:14  
1:32:51  
22 Carol D. De Nysschen Orchard Park NY [ 3/C40-49] 44:20  
Martin F. De Nysschen Orchard Park NY [ 7/C40-49] 55:44  
1:40:04  
30 Judy Allyn Tonawanda NY [ 1/F50 + ] 50:02  
Eileen M. Grew Lackawanna NY [ 1/F50 + ] 53:42  
1:43:44

**2004 Latta Plantation Triathlon**  
Huntersville, NC 06/05/2004 7:00 am  
750m/swim 17 mile bike 5K run  
CARDELL COOK 1:35:37

**Ford New York City Triathlon**  
New York, NY  
June 27, 2004  
Olympic distance  
Will Fischer 2:06:36

## Lemonade Craze hits the BTC



What's this lemonade craze? Read below about Alex and look for Alex's Lemonade Stand at an upcoming Thursday night brick.

Alexandra "Alex" Scott is the 8 year old founder of Alex's Lemonade Stand For Pediatric Cancer Research. Two days before her first birthday she was diagnosed with neuroblastoma, an aggressive childhood cancer. Since that time Alex has continually fought her cancer, with doctors and researchers still trying to achieve a cure. At the age of four, Alex decided to do something to make that cure more likely. She opened her first lemonade stand in July of 2000 with the idea of donating the proceeds to "her hospital." Each year since, Alex has held an annual lemonade stand in her front yard. As word has spread, donations have poured in from around the world, and she has raised over \$200,000 for pediatric cancer. Visit <http://www.alexslemonade.com/> for more info. article 2:

## Honey, Honey, yeah!



We are working on something for the club so here's a little teaser until we can finalize the details. Check out <http://www.honeystinger.com/> for a hint (plus it's a clever, amusing site). We'll keep you posted.

New style BTC jersey for sale, size XL. Contact Todd at [tlemmiksoo@stny.rr.com](mailto:tlemmiksoo@stny.rr.com)

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

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

## Fit by 50 and Beyond.... Triathlon

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Name: Fit by 50 and Beyond.... Triathlon  
Date: August 1, 2004 (Sunday)  
Distances: Swim: 300 yds  
Bike: 12.4 Mi  
Run/Walk: 3.1 miles

Location: Monroe Community College  
1000 East Henrietta Rd  
Rochester, NY 14623  
Contact: Marc Grabisch  
Phone: 585-234-9867  
e-mail: Flowfitness@yahoo.com  
Race Website: <http://www.flowfitness.com>  
Start time: 7:30 AM

Registration: No later than 7/31/04  
Cost: \$45 Individual  
\$75 Team  
plus \$9 each for all non-USAT members

Other Information: Participate as an individual, or as a team of 2 or 3 people 50+ age encouraged but younger than 50 is allowed

Optional training program (\$) meets every MWF. See website for details.

Thanks in advance and let me know if you have any questions.

## Bike Maintenance by Joe Niezgoda

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**Joe Niezgoda, a BTC member has graciously offered to write a bike maintenance column for Quick Transitions. You can e-mail Joe at [TriGeak13@aol.com](mailto:TriGeak13@aol.com) on issues you might want him to write about.**

### **Cleaning and lubing the Chain**

1. Remove the chain, most modern chains have a removable link and it's very simple to figure out how to unlatch that link (different brands, unlatch differently)
2. Pour an inch or so of solvent, such as Gunk degreaser or Simple Green, (I like kerosene) in a small pan or basin.
3. Soak the chain in the solvent.
4. After a minute or two, take the chain out of the solvent and scrub with a course brush.
5. Put the chain back in the solvent, or if the solvent is too dirty, discard it in a safe manner and add new solvent.
6. After another minute, remove the chain, wipe with a rag and dry.
7. Repeat as many times as necessary. The chain should not leave gunk on the rag, if you are using kerosene make sure you use a degreaser to remove the kerosene before you add lube.
8. Be sure to remove all the solvent before you put the chain back on your bike & check for stuck links. If you have a stuck link just lightly pry it loose with a flat head screw driver.
9. With the chain back on the bike take your favorite lube (I find that dry lubes work the best and stay clean longest) and drip it on as you back peddle slowly (about 10 or less turns of the crank in a minute).
10. After about a minute or so stop dripping on lube (the chain should be covered but not dripping. Continue to spin the crank a little longer then let the bike sit for a few minutes before you wipe off the extra lube.

**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 August's QT  
By July 18, 2003 to:

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

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

**Quotable Quotes:**

**"Your altitude is determined by your attitude"**  
**Anon.**

**July BTC Meeting**

**July Meeting** is scheduled for July 15th 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: "FAITH WILL MOVE MOUNTAINS" - PROVERB**

**WE NEED YOUR HELP!!!** We want to publish your race stories / training dilemmas / life lessons. The deadline for submissions to the newsletter is the 15th of each month. Send your submissions to [andrewmoynz1@aol.com](mailto:andrewmoynz1@aol.com) or [btc\\_qt59@hotmail.com](mailto:btc_qt59@hotmail.com), or via snail mail to Andrew R. Moynihan at 127 Admiral Road, Buffalo, NY 14216. *Thank You!*