



BUFFALO TRIATHLON CLUB

# Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

## Return to Tupper Lake (a good swim ruined? or a lesson in perseverance?) Dave Shapiro

Having finished in 6:06 at Tupper Lake last year I was determined this year to return to a sub 6 hour half-ironman. I had done this before but not since the birth of my daughter Alex two years ago. Working 60 hours per week combined with family time leaves little time for training but I squeezed in what I could this spring. I did recognize that part of my problem at Tupper last year was that the Adirondacks are a lot hillier than Amherst where I did 100% of my training. I was determined to get some hill training in the south towns this year. Despite my best intentions though this ended up consisting of only a single 20-mile hill ride at Chestnut Ridge (3 days before the race). I actually only really rode 19-miles since I flatted and walked the last mile.

Race morning it was cold and very foggy. After carrying my stuff to the transition area (and my pre-assigned spot, just one of the many details that make the race so well run) I returned to our warm minivan and watched a DVD with my daughter. The fog lifted right before the race start and the sun came out. It would stay cool though and the weather was perfect for a fast race. On the way to the swim start I wanted to get my hair wet in the lake before putting on my cap. But the large dead fish floating near shore wasn't very inviting (was it a bad omen? I definitely remembered it when I swallowed some water at one point). I squeezed into my assigned corral with the other white capped 40-49 year olds. The start was non-traumatic, the water was 65 degrees and glassy. I swam great on the way out and by the turn around had caught up with many of the red caps who had left 5 minutes earlier than myself. The swim back was more difficult as the sun made it very hard to see the buoys and I definitely did some zigzagging but I still passed several green caps who had left 10 minutes before me. 35 minutes was two minutes faster than last years swim. So far, so good.

I was thrilled when I got to the transition area and saw almost all of the bikes in my area still on the rack. I had an uneventful transition but had a lot of trouble clipping into my pedals after leaving the transition area. My shoes still had their cleat caps on from the walk into Chestnut Ridge with my flat tire three days ago, oops. Once actually clipped in I biked fairly well. My one day of hill training made the hills on the course seem not too bad (none of them are as steep as Orchard Park road). I was passed by many better bikers but passed a number of people myself. As I neared the bike turnaround I was just short of 1:30 and a quick calculation showed that even an average run would make 6 hours easy. Just then I heard a hissing sound that I eventually traced to my own front wheel (my brand new \$45 tire!?!). I was so close to the turnaround that I only had to ride a few hundred yards on the flat before reaching the rest area. They had picnic tables there so I had a table to work on. A motorcycle dude chatted with me while I frantically hurried to change the tube. There was a small hole in the tire but the offending object was gone. I got the new tube in easily enough and was on my way.

I was bummed at my bad luck and realized that the 5 or 10 minutes I had lost would probably make 6 hours impossible. My legs were a little tight but I felt well rested otherwise and managed to pass a few of the people who had passed me during the repair. I passed a mess of an accident on the other side of the road where a woman was lying immobile and an ambulance was arriving (the first of two accidents I saw). I tried to cheer myself up a little by realizing that a flat was nothing compared to that person's bad luck. I lost that good mood a few miles later when I flatted again, same tire, same spot. The hole was now bigger and a rock must have gone in there. Luckily I actually had a tire boot in my bag and I felt that it merited being used as the label said "For Emergency Use Only". I stuck it to the inside of the tire and then put in my last tube and inflated it with my last CO2 cartridge. Changing the tire on the side of the road was more tiring than at the picnic table and my spirits were down. Once on the bike I was going really slowly and now almost everyone had passed me. The road had gotten much busier as the day went on and biking by myself down the highway was no fun. Between mile 35 and 45 I hit rock bottom and actually thought a third flat wouldn't be bad because I could ride back with the SAG van and skip the run. During the last ten miles on the bike I started to feel a little better and finished strong. I did a quick transition but somehow lost the Tylenol I planned to take on the run.

I actually felt good as I started the run. I passed a lot of people who were walking up the big hill out of town. My wife and daughter cheered me on as I ran past the Tupper Lake Motel. With the new run course there was no longer the difficult ascent on a rutted mountain bike trail but it was still hilly and there was still a dirt trail for a couple of miles late in the run. I felt there was no need to kill myself on the run since my 6-hour goal was impossible. But I kept up a good pace for myself, aided by the fairly cool temperature. I finished the run very strong in 2:06 which was a few minutes faster than last year.

My official time was 6:16 but subtracting out the time spent changing my tires I actually had less than 6 hours of actual race time. I only do one half-ironman a year so I'll have to wait until next summer to try again.

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**Wilson Wet n' Wild Aug 7, 2004**  
**BeBop Duathlon - Aug 28, 2004**  
**Danforth BTC Fall FrolicTri/Du - Sept 12, 2004**  
**Rizzo's BTC Duathlon - October 2, 2004**

## BTC and Community Calendar — Future Regional Events

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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 <http://score-this.com>  
September 11, 2004 - 5th Annual Highlander Cycle Tour Bristol Mountain Ski Resort, South Bristol , NY, <http://www.active.com>  
September 11, 2004 - Highmark Triathlon, Presque Isle State Park, Erie, PA  
September 19, 2004 - Finger Lakes Triathlon, Canandaigua, NY <http://www.fingerlakestriathlon.com>  
September 25, 2004 - Niagara-on-the-Lake Duathlon, Niagara-on-the-Lake <http://trisportcanada.com/>  
October 2, 2004 - Rizzo's BTC Duathlon, Grand Island, NY <http://score-this.com>  
October 3, 2004 - Rochester Autumn Classic Duathlon Mendon Ponds Park, Rochester, NY <http://yellowjacketracing.com>  
October 31, 2004 - Highland Forest Off-Road Duathlon Fabius, NY (outside Syracuse) <http://yellowjacketracing.com>

## BTC and Community Calendar - Future National Events

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August 29, 2004 - Subaru Ironman Canada-Penticton, B.C.  
September 12, 2004 - Ironman Wisconsin-Madison, Wisc.  
September 18, 2004 - Montreal, Québec: Esprit Triathlon  
September 18, 2004 - Mt. Sterling, Ohio: Deer Creek Pineman Triathlon  
October 9, 2004 - Cambridge, Maryland: ChesapeakeMan  
October 16, 2004 - The Duke Blue Devil Iron-distance Triathlon  
October 23, 2004 - Clermont, Florida: Great Floridian Triathlon  
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 July:

Brenda & David Spillman, Kevin Stukey,  
Elaine Weinstein, William Kreutinger

*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!!!

**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.

**September Birthdays:** Doug Layman, 9/1, Alfonse Muto, 9/1, Ryan Forrestel, 9/3, Jennifer Mumbach, 9/6, Chris Buscaglia, 9/8, Scott Stambach 9/12, Joelle Mann, 9/15, Jeff Tracy 9/16, Dan Horan 9/18, R. Seefried, 9/18, Karl Kozlowski, 9/19, John Craik, 9/19, Guy Vitaris, 9/20, Tom Kandefer, 9/22, Missy Raney, 9/22, Tim Galvin, 9/23, Robert Giardini, 9/24, Ken Kuriscak, 9/26, Mark Stambach 9/26, Patricia McManus, 9/29.

# August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Lake Ontario Swim</i>	2 <i>Niagara Falls Run</i>	3	4 <i>Pier Swim</i>	5 <i>Time trial</i>	6	7 <i>Wilson Wet n' Wild</i>
8 <i>Lake Ontario Swim</i>	9 <i>Niagara Falls Run</i>	10	11 <i>Pier Swim</i>	12 <i>Open Brick</i>	13	14
15 <i>Lake Ontario Swim</i>	16 <i>Niagara Falls Run</i>	17	18 <i>Pier Swim</i>	19 <i>BTC Meeting-Timed 1-2-3 Brick</i>	20	21
22 <i>Lake Ontario Swim</i>	23 <i>Niagara Falls Run</i>	24	25 <i>Pier Swim</i>	26 <i>Open Brick</i>	27	28
29 <i>Lake Ontario swim</i>	30 <i>Niagara Falls Run</i>	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.
- **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@yahoo.com. 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**— Thursday August 19 @ 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, August 15. 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](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>
Fall Frolic	9/12/04	20-30
Duathlon	10/2/04	15-20
Last Race of the Year	12/26/04	15
33 <sup>rd</sup> Lockport Y-10	2/12/05	5

## USAT Rule of Month

### Article VII

#### *Transition Area Conduct*

##### **7.1 Entering and Exiting.**

A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area. Failure to do so shall result in a variable time penalty.

##### **7.2 Placement of Equipment.**

All participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all times keep their equipment confined to such properly designated areas. Any violation of this Section shall result in a variable time penalty.

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

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### Featuring John Pepke of Lancaster NY:

Well currently I reside in Lancaster NY and have been a BTC member since 1997 when the club was officially formed (1996 is when the idea for the club first originated). Before Rich C. took over a few years back I was the webmaster for the club. I have been participating in triathlons now for 10 years (my how time flies).

Right now I'm racing (sort of) in the 35-39 age group and am certainly looking forward to the 40-44 age group. It's all about attrition at this point if I want to qualify for Hawaii.

I have done 9 ironmans to date (Lake Placid, Austria, Lake Sunapee, 5 Great Floridian's, and Pineman), plus many half's, several 6 Hour Buffalo Philharmonic races, and 1 ultramarathon. Hopefully after October 8th-9th I can add a double ironman to the list...but we shall see.

I will have the pleasure of marrying Cynthia Ferrelli on Sept. 25th of this year. We have no kids and no pets. I am a Chemical Engineer by degree (UB in 1996) and am working as an Applications Engineer in North Tonawanda.

My favorite local race is the Edinboro Triathlon and my favorite race in my career is IM Austria because of the friends I was with, the travel, and the adventures we had while trucking through Europe.

Pre race meal is always eggs, cereal, toast, bars, and gatorade. Post race it would have to be BK Whopper's...ask Bill Seyler to fill you in on that one!

I have no favorite workout....just do it!

My oldest piece of training gear is my 1993 Cannondale. I had a pair of Shimano shoes that I loved, but once the health department quarentined them I could no longer adorn them at the workouts. Actually during IM Lake Placid they finally gave out and the bottm of the shoe ripped away from the upper near the end of the bike leg.

My heros are definitely my mom & dad for very personal reasons.

If I wasn't a triathlete I'd be a competitive knitter. Actually I'd be into cycling no matter what so I'd guess I'd be a cyclist.

If I had one wish what would I wish for....well if I told you I wouldn't get it would I. Actually 40 billion dollars would be nice...so there is my one wish. World Peace ain't gonna happen so why bother



# Race Results by Ed Harkey and Ken Tocha

## Ontario HONDA Dealers Triathlon Series - Mike Burwell Welland

Sunday July 4, 2004  
OLYMPIC DISTANCE  
Jeff Tracy 2:31:49  
Richard J Clark 2:40:15  
Cardell Cook 2:58:26  
William Seyler 3:11:44  
Kim Chmielewicz 3:53:01

Sprint Triathlon  
Jennifer Hale 1:27:53  
David Ireland 1:49:31

Duathlon 10k/40k/5k.  
Timothy Galvin 2:27:55 1st in Age

**Guelph Lake Duathlon**  
June 27, 2004.  
Stephen Hoadley 2:10:25

**Sulphur Springs Duathlon**  
June 27, 2004.  
Ken Tocha 1:43:03

**Tri in the Buff**  
Olympic 07/03/04  
2:04:02 NIEZGODA, JOSEPH F  
2:09:26 PATTERSON, KEVIN M  
2:17:27 YORK RAPPL, JOANNE  
2:19:39 STOFER, JT  
2:21:20 PASCUCCI, SAL  
2:25:41 KURISCAK, KEN  
2:32:16 MULLANEY, RICHARD P  
2:39:13 GIARDINI, THOMAS J  
2:39:33 DALTON JR, PATRICK J  
2:40:14 DENYSSCHEN, MARTIN  
2:45:25 PALMIERI, THERESA M  
2:51:20 KAVANAGH, JIM C  
2:53:15 NOWAK, MICHAEL V  
2:58:36 LAVNER-DOWHY, HALLI J  
2:59:02 MCMANUS, PATRICIA  
3:01:21 FUHRMAN, JOHN  
3:07:03 GWOREK, NANCY A  
3:10:55 LILLIE, DAVID B  
3:23:54 SIUDZINSKI, ROBERT  
3:29:55 VOGEL, CHERYLL A

Sprint Individuals  
0:59:51 ELVERS JR, WARREN  
1:03:03 DONOVAN, TIM F  
1:07:12 MULLANEY, RICHARD P  
1:10:06 BERNARDONI, TRACEY  
1:10:46 MIETLICKI, KEVIN M 54  
1:10:59 PASCERI, SAM  
1:11:48 BROOKS, STEPHEN  
1:12:10 SMALL, CRAIG  
1:12:51 KLAASESZ, KARA E  
1:14:40 MUNSON, MARTY  
1:14:56 LONDON, PAMELA V  
1:15:01 SPRING, MONICA  
1:15:16 GREW, EILEEN  
1:23:24 CASEY, ELIZABETH F  
1:26:19 BARAN, GENE  
1:26:33 IRELAND, DAVID  
1:27:12 CHMIELEWICZ, KIM M  
1:28:02 WILSON, WENDY C  
1:29:19 HARKEY, ED  
1:29:19 LEBSACK, JEFFERY W  
1:33:56 CASEY, MARY F  
1:34:15 LAVIS, MARY J

2:38:10 FENGER, SUZANNE F  
Try A Tri  
0:36:02 VITI, NORMAN  
Short Course Sprint - 2 mile run  
1:26:02 KRUEGER, DAVID M

**SUBARU TRIATHLON SERIES  
PETERBOROUGH TRIATHLON & DUATHLON**  
SUNDAY JULY 11th, 2004  
1/2 Ironman Triathlon Results  
5:15:55 ANTHONY GARROW  
6:32:29 SEYBOLDT, ANN  
6:36:24 CHARLES MILLER  
7:04:16 DIANE SARDES

**SUBARU TRIATHLON SERIES  
PETERBOROUGH TRIATHLON & DUATHLON**  
SUNDAY JULY 11th, 2004  
Sprint Triathlon Results  
1:06:01 WARREN ELVERS  
Musselman  
Half-Iron/07/11/04  
5:23:19 ANKRUM, CHRISTOPHER  
5:27:26 DRUMM, GREGORY  
6:12:21 KURISCAK, KEN  
7:42:32 HANSON, MELISSA  
7:21:11 BIELINSKI, JOHN  
Mini-Mussel  
1:14:49 YORK-RAPPL, JOANNE

**2004 SEAGATE PITTSBURGH TRIATHLON & ADVENTURE RACE**  
SUNDAY, JULY 11, 2004  
Olympic Distance  
Gene Baran 3:35:36

**Ironman Lake Placid  
July 25, 2004**  
295 MEYER JOE 29 M AGE M25-29  
Swim 58:54  
T1 5:02  
Bike 5:54:04 19.0 ave.  
T2 2:05  
Run 3:42:23 8:30 pace  
Final Time: 10:42:26  
157 NIEZGODA III JOSEPH 25 M AGE M25-29  
Swim 1:06:17  
T1 6:21  
Bike 5:50:28 19.2  
T2 4:37  
Run 4:15:40 9:46  
Final Time: 11:23:21  
2028 HURTA AMY 34 F AGE W30-34  
Swim 1:09:13  
T1 7:13  
Bike 6:08:35 18.2  
T2 3:41  
Run 4:00:25 9:11  
Final Time: 11:29:06  
1380 QUACKENBUSH GLENN 44 M AGE M40-44  
Swim 56:24  
T1 10:44  
Bike 6:12:00 18.1  
T2 4:18  
Run 4:31:23 10:22  
Final Time: 11:59:04  
456 MOYNIHAN ANDREW 32 M AGE M30-34

Swim 1:00:39  
T1 6:40  
Bike 6:16:12 17.9  
T2 3:22  
Run 4:40:09 10:42  
Final Time: 12:07:01

651 TRACY JEFFREY 34 M AGE M30-34  
Swim 1:08:57  
T1 7:31  
Bike 6:21:09 17.6  
T2 3:33  
Run 5:04:45 11:38  
Final Time: 12:45:54

1265 SCHAFFSTALL JAMES 42 M AGE M40-44  
Swim 58:53  
T1 5:17  
Bike 7:13:03 15.5  
T2 3:07  
Run 4:25:39 10:09  
Final Time: 12:45:57  
1552 LEWIS LARRY 47 M AGE M45-49  
Swim 1:17:08  
T1 11:54  
Bike 6:34:29 17.0  
T2 6:55  
Run 4:52:16 11:10  
Final Time: 13:02:41

2039 CACI ANNA 35 F AGE W35-39  
Swim 1:01:02  
T1 8:52  
Bike 7:20:16 15.3  
T2 8:51  
Run 4:40:07 10:42  
Final Time: 13:19:07

266 KOZLOWSKI KARL 29 M CLY M25-29  
Swim 1:12:59  
T1 12:17  
Bike 6:43:09 16.7  
T2 14:41  
Run 5:32:11 12:41  
Final Time: 13:55:14  
1996 SCHAFFSTALL JENNIFER 33 F AGE W30-34  
Swim 1:19:08  
T1 7:45  
Bike 7:27:28 15.0  
T2 4:30  
Run 5:45:28 13:12  
Final Time: 14:44:17  
Tim Gardner Orchard Park M45-49  
Swim: 1:15:54  
T1: 15:38  
Bike: 7:10:07 15.6  
T2: 12:01  
Run: 4:58:44 11:25  
Penalty: 4:00  
Finish: 13:56:22

## Shoreline Triathlon, Sprint, Rochester (Hamlin Beach)

Rich Clark M 1:14:24.669  
**THE 2004 SUBARU TRIATHLON SERIES  
NIAGARA TRIATHLON & DUATHLON** July 24-25th, 2004  
1:25:02 WARREN ELVERS  
1:40:49 JOELLE MANN  
1:43:14 EILEEN GREW

## Experience the Unknown by Nancy Gworek

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Was it the apprehension, the terror, the craziness or the thrill of the unknown that led me to register for the first ever Score-This "Spring Fling Formula 1. I agonized for weeks on whether to Sprint or try a new challenge with the Formula 1. Heck, I can do a sprint anytime. Finally, I knew in my heart that choosing the more difficult race was more my character than taking the safe route. Sometimes the opportunity only knocks once.

I was fine with my decision until Bob G. asked me if I meant to check the sprint box on my application. Did he know something I didn't? Was that an Omen? Now he had me thinking.

I carefully considered what the water temperature might be that day (shiver) and started getting second thoughts. Especially since I'd have to swim twice. I thought about putting on my wetsuit for the second time but realized I'd lose lots of time trying to squirm into it again. Mind games. Let's just go for broke and hope to come out of it alive!

Finally the day arrives. The transition area is abuzz with athletes setting up their gear. In the brisk morning air, I can hear voices in the background all murmuring about switching to the Sprint. Holy Crap! I've already checked in for the F1 so it's too late to jump on the bandwagon now. Maybe I'll have a heart attack, right here, right now!

I then began walking around the parking lot looking for comfort in knowing that there are still a few brave souls willing to risk their lives. I find no one. Warren E.

eases my fears by jokingly proclaiming that I could be the overall female winner and places a bet on it ( you owe me buddy.) I'm more worried that I'll be last and having everyone wait until I'm done before they can take down the finish line.

I finally decide to stop agonizing over the whole ordeal and "just do it." I can always DNF, commit hairy care, or hope for shark attack.

Dread gives away to panic as I approach the beach start. To make things a bit on the lighter side, a few of us start chuckling over the "see through" skull caps we are wearing for the swim. Darn ugly! Hope they were a bargain.

I don cap and goggles. Say a few "Bless me Fathers" and glance around at the competition. Yikes, looks like all these women could be in my age group. I actually have to race. Have all the mature females of the world gone completely mad? With age comes the wisdom to not pass up a unique opportunity. I suddenly feel at ease. A total of five women lay it on the line and only the winner under 40. Even a couple over 50. Mature chicks RULE! All at once I feel proud as I prance to the first buoy. Hey, I could get use to this walking swim.

Another issue was wondering if it would get cold on the bike if the water were a bit on the chilly side. But in all the excitement, I simply forgot about all the extra clothing I brought along and took off onto the bike course. In fact, in about five minutes I believe my beautiful new Louis Garneau BTC jersey was just about dry.

As I approach T2 I start feeling nervous again knowing that it's back into the water after the run. As I make my way around the run course I am completely enamored that I have to do ALL of this over again! Anticipation is frightening. Oh well, the time is at hand.

I hear a few encouraging words from King Karl that the water "isn't that bad" as I spy his wetsuit hanging from his arm. Crap, I wasn't planning on putting mine back on because of the time commitment. I waddle towards the first buoy while putting on my cap and goggles. I realize that the water temperature feels fine, so far. Now as I am able to swim again, I realize that I've never swum in my new BTC jersey. A moment later I feel something dragging behind me and realize that I had forgotten to take off my race number and belt. Talk about drag! Finally I emerge like Nessy and run back to T4 for the start of another tour de Island.

Is it my imagination or has it gotten windier? (Good English?) Another bike down, one run to go. Into T5. Two more laps on the run to go and we're finished. This last run sure seems like forever. What was I thinking? Good thing it's almost over. The girl scouts are really cute and do a great job handing out water.

Finally it is over. It was actually fun although different. I feel courageous in attempting a new adventure. Staleness comes with sameness.

***I AM FORMULA 1, BABY!***

### *Roswell Park Donation*

I'd like to send my sincere thanks to all the BTC members for the club's donation to Roswell Park in my name. Most of us fail to realize how fortunate we are to have one of the finest cancer hospitals in our own back yard. That is until we need help. I'm sure every one of us knows someone who has or had some type of cancer. I have read recently that soon cancer will surpass heart disease as the number one life shortening disease.

As of this moment I have an Aunt receiving chemotherapy and radiation at Roswell for stomach cancer. There is no cure for this cancer as yet.

Also a cousin, who is a month older than me, in a clinical trial for his treatment for esophageal cancer. He had a choice to enter the trial or surgery to remove his esophagus. This is scary stuff.

This is why we need to fund research. Every penny counts.

Thanks,

You guys rock!

Nancy

## Learning about Tabayesco ... the hard way by Kevin Mackinnon

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After a week of listening to him “trash-talk” about this ride, I finally had Dan Sinai where I wanted him – working so hard he could barely get words out.

No, I’m not the world’s meanest coach, but I couldn’t help but feel a bit of satisfaction as I saw Dan suffer.

After completing part of the ascent up the “back-side” of Lanzarote’s Mirador Del Haria earlier in the week, Dan Sinai had been making fun of me for trying to imply that the climb was “tough.”

My wife Sharon had got in on the act, too.

“I don’t know what you’re talking about,” she told me after climbing from the town of Haria up to the summit of the “Mirador” with the same name. “That climb was a piece of cake.”

What Dan and Sharon didn’t realize, though, was that they had only completed about half of the real climb. When you started right from the coastal village of Arrieta you ascend for roughly twice as long. I promised them both that I would take them on the full climb, known as “Tabayesco,” later in the week.

“Bring it on,” Dan said. “A kid on a tricycle could do that climb.”

Let me offer a quick aside to give you some idea of how tough this climb truly is, and how much “crow” Dan would be eating:

If you go to Lanzarote with the goal of achieving some sort of fitness, you are best to find some German triathletes to train with. They seem to swarm to the island in droves in January and February, putting in some impressive “base” training to prepare for the upcoming season.

Last May I hooked up with Thomas Braun, a journeyman pro who also happens to be a training partner and friend of another famous Thomas, the one known as “hell-on-wheels.” (Hellriegel, for any of you triathlon newbies who weren’t addicted to the sport when he became the only German ever to win the Ironman Triathlon World Championship.)

Braun took me for a ride two days after Ironman Lanzarote ... a simple 120km affair, I was told. The ride was spectacular. Along the way we followed parts of the Ironman course, which took us up Mirador Del Haria and down through all the switchbacks into the village of Haria, and then to the north part of the island up Mirador Del Rio, where I witnessed one of the most spectacular views I have ever seen from the top of the 479 meter climb and looked over the island of La Graciosa and the islet Montaña Clara.

That was followed by a long, long descent into Arrieta.

Which is where Braun stopped at a store, filled his water bottle with coke and two cans of Red Bull, and asked if I wanted to try Tabayesco. (For those of you not familiar with Red Bull, it is a European “energy drink” that contains enough caffeine to keep even a five-cup-a-day-cappuccino addict happy for a while. Some high schools have banned it in parts of the US because the kids were literally bouncing off the walls after having one.)

“Sure,” I said. “It can’t be that tough.”

As we rode towards the start of the climb, Braun told me how he was still recovering from a bike accident the previous week, so he wasn’t going to take the climb too hard.

“I’ve done it in 27 minutes,” he said. “Thomas Hellriegel has done it in 25. Today, I’m going to do it in about 34 minutes.”

All of which sounded very good to me. (I had just watched this man take in enough caffeine to bring a corpse back to life ... what on earth was I thinking?!)

Let me fast forward to the end of the 10km climb. Braun dropped me like a bad habit at about the 6km point. I rode the climb in just over 28 minutes ... and Thomas was waiting for me. If he had ridden 34 minutes, my watch must have stopped for a bit – possibly around the time the guys in the ambulance were yelling “Clear!”

Now, let me fast forward another seven months to good ol’ Dan as he worked his way up the Tabayesco climb.

Dan was part of a group of 11 athletes I had brought to Lanzarote for a training camp, so it was important that I brought him back alive. (The trip was a 40th birthday present from his wife, so “kid-on-a-tricycle” comments or not, I couldn’t leave him on the side of the mountain.)

I completed the climb, turned around at the top, and rode back looking for him. When I did find him, he was working his way through the series of switchbacks that make up the final few kilometres of the ascent. I took a picture, and then joined him for the final push to the summit.

“This is my max,” he managed to get out at one point.

“Hang on,” I replied. “The kid on the trice looks like he’s coming by. You can draft off him.”

The awesome cycling is just a part of what makes Lanzarote such an incredible training spot. (I haven’t done the island justice by focussing on the northern “climbing” side – riding through the lava fields and “Fire Mountains” at Timanfaya or along the El Golfo coast is every bit as spectacular.) Lanzarote is one of the Canary Islands, officially part of Spain, but positioned about 100 kilometers from the coast of Africa. The temperate climate is another major bonus. In January, the temperatures typically hover around 21 degrees celcius during the day, and go down to 13 or 14 degrees at night.

The weather and terrain are one draw, but there is another wonderful reason to train in Lanzarote ... the incredible Club La Santa.

Built more than 20 years ago, Club La Santa is a popular training spot for many of Europe’s national teams (track, swimming, cycling, soccer, triathlon ... you name it, they’re likely to have it!) It offers more than 30 different sports, and is truly “training heaven.” Nina Kraft, Katja Schumacher, Luc Van Lierde, Hellriegel, and last year’s second place finisher in Kona, Rutger Beke regularly go to Club La Santa to train.

The fully equipped track was swarming with Olympic and World champions when we were there in January, while the beautiful outdoor 50m pool had its share of world class swimmers in it, too. The soccer field played host to the Dutch National team for a few days, when it wasn’t being used by any of the four different rugby teams training there as well.

What makes Club La Santa such an excellent training haven is the fact that everything is right there, in one place. Once you get off the bus from the airport, the only time you ever have to leave is when you’re on your bike!

When you’re not training, La Santa’s impressive leisure pool is a great spot to relax, or if you’re more of a tourist type, you can check out some of the islands awesome sites, including the volcano at Timanfaya.

For an avid triathlete, though, there really isn’t any reason to do anything other than eat, sleep, and train. You won’t get distracted by television ... most of the rooms don’t even have one. This is a spot where when you’re not training, you really are forced to relax.

Which is why you see so many of the world’s best triathletes doing just that every year.

Just ask Dan. The training is hard, but you go from hating it to loving it in no time. Within minutes of reaching the top of Haria, he was back to his old self.

“Tabayesco’s a piece of cake,” he said. “I don’t know how you can say that’s a tough climb.”

[Editorial note: This article, from the website [www.Mackatak.com](http://www.Mackatak.com), was used with permission Kevin Mackinnon.]

## Buffalo Triathlon Club

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### **BUFFALO TRIATHLON CLUB**

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By August 18, 2003 to:

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#### Quotable Quotes:

**"Vincit qui patitur: he conquers, who endures."  
- Percy Cerutti**

## August BTC Meeting

**August Meeting** is scheduled for Thursday August 19th 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: I DO NOT RECOMMEND IRONMAN TO ANYONE. HOWEVER, I SIGNED UP AGAIN FOR NEXT YEAR. - JOE NIEZGODA**

**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!*