



## Nowak Wins Splash & Dash for Cash

Ironman Mike Nowak won the 4th Annual Splash and Dash for Cash at the Pier Wednesday August 18th. Mike who finished dead last in his only other Splash and Dash (2001) held off a late charging Joanne York Rappl by seventy seconds to capture the win. Second, after the first run, Mike took the lead after the swim all the way to the finish. Cheryl Vogel was first after the 1st Run and still in contention after the swim (second). Karl Kozlowski fresh after his first ever Ironman at Lake Placid July 25th placed third with a time of 30:55. The weather was overcast and 76 degrees with the water temp. at 70 degrees calm but 3 degrees below normal.

### Final results

Name	Handicap	After 1st Run	After swim	After 2nd run	Place
Bob Siudzinski	—	12:45	21:15	35:04	10
Cheryl Vogel	:30	10:31	20:19	32:32	5
Renee Knopf	2:30	15:52	23:10	35:08	8
Mike Nowak	4:00	12:31	19:35	29:25	1
Martin Den	6:00	14:40	23:25	32:54	5
Eileen Grew	6:15	15:28	22:10	32:57	7
Tim Donovan	7:00	15:24	22:28	32:11	4
Karl Kozlowski	8:00	15:42	21:23	30:55	3
Patty McManus	9:00	18:15	24:53	35:00	9
Joanne York Rappl	9:37	17:05	22:21	30:35	2

## What is this e-News Testing? By Warren Hale

Lately you may have seen e-News test emails coming from the BTC Yahoo Group. I had been receiving a newsletter from Fleet Feet in Buffalo that uses HTML (for you computer geeks) that looks really nice. I thought it would look good if some of our emails were dressed up a bit in case it had things you would like to forward to someone else to read. Plus, it is nice to see something other than the black and white text come across the screen.

So where is this all going? As you know the first two e-News had information mostly already provided from people sending news to the Yahoo Group. If you have something of a BTC current event issue that you would like dressed up and to be sent out to the members ASAP, you can send the material to me and I will do all the work. This e-News is not going to replace the Quick Transitions newsletter. Longer articles and articles that are not time sensitive in nature should be saved for the Quick Transitions.

How often will you see e-News? Only when there seems to be something to put in it. Similar to Andy Moynihan, for there to be e-News there needs to be something to report. Unlike the headache Andy has, I do not have to publish an e-News on a regular basis. As with anything, the Club interest will determine if the e-News becomes a regular thing, or crashes like so many people did on their bikes this year :).

So bring on the news...

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[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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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>  
November 25, 2004 - The YMCA Turkey Trot, Buffalo, NY <http://Active.com>

## BTC and Community Calendar - Future National Events

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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:

John MacPhee, Karen (Kei) Riley, Stephen Ciocca,  
John Vorrasi, David Levine

*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!!!

**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.

**October Birthdays:** Marty Munson 10/3, Peter Bradford, 10/6, Tony Garrow 10/7, Lanson Relyea 10/8, Gary Grant 10/8, Jill Meyer 10/9, Joanne York Rappl, 10/9, Jeanne Skotnicki 10/9, Michael Rotula 10/10, Margaret Russell 10/11, Anne Horan 10/14, Maureen Reilly 10/16, Russell Andolina Jr., 10/19, David Zydell 10/19, Jan Jezerio 10/19, Carolyn Brooks 10/20, David Szafran 10/20, Tim Gardner 10/21, Tom Steffan 10/26, Rob Green 10/26, Frances Johnson 10/29, Barry Dunstan 10/30.

# September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Pier Swim</i>	2 <b>Time Trial</b>	3	4
5 <i>Lake Ontario Swim</i>	6 <i>Niagara Falls Run</i>	7	8 <i>Pier Swim Wendelville 5k</i>	9	10	11
12 <i>Fall Frolic</i>	13 <i>Niagara Falls Run</i>	14	15 <i>Pier Swim</i>	16 <i>Formula One BTC Meeting</i>	17	18
19 <i>Lake Ontario Swim</i>	20 <i>Niagara Falls Run</i>	21	22 <i>Pier Swim</i>	23 <b>Open Brick</b>	24	25
26 <i>Lake Ontario swim</i>	27 <i>Niagara Falls Run</i>	28	29 <i>Pier Swim</i>	30 <b>Time Trial</b>		

### 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 September 16 @ 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, September 12. She can be reached at phone # 689-6601 or [bluelightning95@hotmail.com](mailto: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 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>
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*

#### **7.3 Bicycle Placement.**

All participants must return their bicycles to an upright position in the properly designated bicycle corral after completion of the cycling course and before beginning the next segment of the event. Any violation of this Section shall result in a variable time penalty.

## Bike Maintenance Tip by Joe Niezgoda

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Cleaning the bicycle makes it look great, last longer, and improves performance, as well as making it simply more pleasant to have around.

Start by filling the buckets with warm or hot water. Just like when washing dishes, warm water cleans better. Use a biodegradable dishwashing liquid or similar soap, and mix it in one of the buckets.

It is best to begin by cleaning the dirtiest items first, the chain and drive train. Use a stiff-bristled brush to clean the derailleur pulley wheel, derailleur cage, and chain rings. Use solvent, but take care not to drip solvent into hub, bottom bracket bearings or paint.

It's best to pull the dirty wheels from the bike. Scrape out packed-in grass, dirt, and grime from between the gears, they make special tools, but I use a flathead screwdriver. While the wheels are off, use the pointed brush to clean the hub between the flanges. Use the sponge or brush to get between spoke nipples of the rim. Use a medium sized brush to clean hard to reach places such as behind the bottom bracket, derailleur and under the saddle.

For most of the frame wash it like you would a car, use a sponge or soft towel to wash all the tubing you can get at, scrub the hard to reach areas with a tooth brush. Wash the tires last, use a firm brush, and scrub the hell out of them.

Once you have finished washing the frame and tires rinse them with a VERY fine low pressure mist from a hose. Rinse from the top down. Hand dry first with a towel first then with compressed air if you have it available. I use furniture polish to polish the entire bike, except the tires. Despite The Hoard using Armor-all on the tires, this is a very bad idea unless you like to crash in turns.

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

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Name: James Kavanagh of Lancaster, NY

What area of the country are you originally from (if different): [same](#)

BTC Member since: [1999](#)

Years in Triathlon: [8](#)

Age Group: [45-49](#)

Race Accomplishments : [IM Lake Placid 2002, 2003, two 50 mile runs in 2003](#)

Family Info : [3 children](#)

Occupation: [IT Manager](#)

Hobbies: [Reading, Traveling, Weight lifting, running](#)

What racing do you mostly do: [Running](#)

Favorite pre-race meal: [scrambled eggs](#)



## Race Results by Ed Harkey and Ken Tocha

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### Wilson Wet n Wild Triathlon

Wilson, NY  
 August 8, 2004  
 .4 mile swim, 21 mile bike, 4 mile run  
 1:31:49 NIEZGODA, JOSEPH F  
 1:34:15 MEYER, JOSEPH J  
 1:39:00 KRUEGER, DAVID M  
 1:40:27 ELVERS JR, WARREN  
 1:42:04 HURTA, AMY R  
 1:42:25 GARROW TONY G  
 1:47:16 MIETLICKI, KEVIN M  
 1:48:42 PASCUCCI, SAL J  
 1:49:09 KOZLOWSKI, KARL F  
 1:51:53 BERNARDONI, TRACEY  
 1:52:15 KLAASESZ, KARA  
 1:52:56 KURISCAK, KEN  
 1:54:23 SPRING, MONICA  
 1:54:38 BRAUN, GREGORY  
 1:54:46 MUNSON, MARTY  
 1:55:01 GREW, EILEEN  
 1:55:30 DONOVAN, TIM  
 1:55:53 DALTON JR, PATRICK  
 1:56:12 HRUBY, STEPHEN F  
 1:56:56 PASCERI, SAM  
 1:59:22 CANTERA, ANTHONY  
 1:59:22 DENYSSCHEN, CAROL A  
 1:59:56 ANKRUM, QUINN  
 2:01:00 KNOFF, RENEE M  
 2:01:05 HALE, JENNIFER A  
 2:02:27 NOWAK, MICHAEL  
 2:04:44 SEYBOLDT, ANN  
 2:05:12 WHITE, ALEX  
 2:09:01 SARDES, DIANE  
 2:09:28 STUKEY, KEVIN B  
 2:10:59 MCMANUS, PATRICIA  
 2:11:23 GWOREK, NANCY A  
 2:12:32 FUHRMAN, JOHN A  
 2:13:54 WILSON, WENDY C  
 2:14:31 LILLIE, DAVID B  
 2:18:03 HARKEY, ED  
 2:19:12 HALE, WARREN  
 2:24:35 CHMIELEWICZ, KIM  
 2:25:57 SIUDZINSKI, ROBERT  
 2:27:26 VOGEL, CHERYLL A  
 2:29:48 FENGER, SUZANNE

Relays Overall:  
 1:55:43 BUFFALO & ERIE CO PUBLIC LIBRARY

### Cazenovia Triathlon

0.5 mile Swim, 14 mile Bike, 3.12 mile Run  
 August 15, 2004  
 1:46:41 FUHRMAN, JOHN A

### Ontario Women's Triathlon Series

Nelles Beach - Grimsby, Ontario  
 Sunday, August 15, 2004  
 Sprint triathlon  
 1:17:18 Brenda Spillman 2nd in Age

### THE 2004 SUBARU TRIATHLON SERIES ORILLIA TRIATHLON & DUATHLON

August 22nd, 2004  
 1:38:59 WARREN ELVERS 1st in Age

### The Great Buckeye Challenge

Waynesville, Ohio  
 August 22, 2004  
 The Half Ironman Duathlon was a USAT Long Course National Championship and 2005 Qualifier for the Long Course World Championships in Italy.

#### Results:

Ken Tocha - 3rd in 55-59 Age Group and 101st overall

#### Splits:

5.5 mile run 45:16  
 56 mile bike 3:09:32  
 13.1 mile run 2:29:20  
 Overall: 6:27:53

Qualified for Worlds!

### Timberman Half Iron and Sprint Triathlons

Saturday/Sunday August 21/22, 2004  
 Gilford, NH

### The BeBop Duathlon

#### August 22, 2004 in Lewiston, NY

2.5m run 12.5m bike 2.5m run Overall Place

Niezgoda, Joe	13:30	31:20	16:18	1:01:58	2nd overall
Elvers, Warren	14:46	30:11	17:06	1:02:36	3rd overall
Garrow, Anthony	15:51	32:16	18:32	1:07:41	2nd 45-49
Krueger, David	15:33	34:07	17:26	1:08:14	2nd 40-44
Galvin, Timothy	15:46	34:35	18:14	1:09:50	4th 45-49
Tocha, Ken	16:57	35:18	19:51	1:13:16	2nd 55-59
Stefanski, Don	17:38	33:24	21:13	1:13:35	6th 45-49
Mietlicki, Kevin	18:09	34:33	20:23	1:14:34	3rd 35-39
Miller, Chuck	17:00	36:21	19:53	1:15:03	7th 45-49
Pascucci, Sal	17:12	37:25	20:02	1:15:28	4th 55-59
Cantera, Anthony	17:37	37:19	19:24	1:15:43	4th 50-54
Pepke, John	17:29	36:11	21:00	1:15:55	4th 35-39
Grew, Eileen	18:48	37:03	21:33	1:18:17	1st 45-49
Kozlowski, Karl	18:17	38:12	20:42	1:18:58	4th 25-29
Spring, Monica	17:42	39:14	21:05	1:19:24	1st 20-24
Nowak, Michael	18:31	40:16	21:33	1:22:13	4th 25-29
Ankrum, Quinn	20:10	38:45	22:55	1:23:13	1st 30-34
Knopf, Renee	22:25	35:55	25:10	1:24:52	1st 40-44
Dalton, Patrick	19:19	40:01	24:07	1:25:07	5th 20-24
Gworek, Nancy	21:55	39:43	24:55	1:27:45	1st 50-54
Fuhrman, John	22:05	41:43	25:06	1:31:28	5th 55-59
Casey, Mary	22:50	46:50	25:46	1:39:08	1st 55-59
Chmielewicz, Kim	23:42	45:57	29:45	1:40:56	2nd 35-39

## 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 October's QT  
By September 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:** NEVER TALK DEFEAT. USE WORDS LIKE HOPE, BELIEF,  
FAITH, VICTORY. - NORMAN VINCENT PEALE

## September BTC Meeting

**September Meeting** is scheduled for Thursday September 16th 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:** EVERYTHING IS NEGOTIABLE – EXCEPT WITH SCORE-THIS!!– GENE BARAN

**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!*