



Tips from experience by Marc Koester

After doing several triathlons this season I am still learning:

- Score-this & BTC combination: great company/club with excellent marked courses and great volunteers!
- Getting lost and DQ can happen in triathlon events. The regulations say that any competitor leaving the course due to any reason can get DQ or a time penalty.

Misdirection happened to me twice this season:

- At the start of the season I competed at Penn Yan which was for me an unknown triathlon course. Because I was unfamiliar with the course I arrived the day before and looked at the swimming, cycling and run course. I even cycled with my girlfriend (new to triathlons) the entire cycling course just to make sure I know the course. For longer distances a car ride is okay (do not tell that to your competition).

Race day:

The Olympic distance racers started first, then the Sprint distance, my race. After swimming through the waves and conquering the headwinds and hills, I arrived at an intersection where the Olympic and Sprint distance separated. The volunteers wanted to send me the LONG way and stopped me. Volunteer: "You have to turn right here! Everybody is turning right here." Luckily I knew the course and told them that there are TWO events. After 45 sec stop which felt like ten minutes, I went on my way. I thought it was the correct decision. 30 sec doubts! 60 seconds doubts! 90 seconds! ??? Am I right? After questioning myself for 120 seconds I saw another sign for the Sprint! Right decision! Luckily I did not follow the volunteer instructions.

- Several months later another hilly course and long swim, but a late arrival to the event left no time for a ride to check the new cycling course. That can happen! The race director announced changes to all courses from the year before. I studied the maps and saw only minor changes at the end of the bike course. This time, however, I followed the instructions of all volunteers (all dressed similar with the same flags). When I swam too far to the left back to the start the volunteers guided me in. When they waved their flags right on the cycling course I steered my bike right. Through the flat and fast run I powered through to finish what I thought was 2nd, but two hours after the race I was DQ for shorting the bike course (I was not the only one). That is life. Best were the explanations:
 - Race director explanation: One of our volunteers stood at the wrong corner and sent several racers on a shortcut. After 500 yards of course you were back on the course. That is why you saw all the signs. Sorry for this but you have to be DQ. We fixed this intersection directly after you passed.
 - Telephone call and letter from organizer: A mysterious volunteer – "not belonging to us" - appeared at the corner, flagged competitor 2, 3, 4, and 5 at that time of course and then disappeared. ... "We have no clue who this person was." A woman should have stood there instead of a man! Strange! I think I may have seen an ALIEN! Did anyone else see aliens that day?
 - At least I had great news that day, much better than winning a race. My girlfriend & training partner won her first triathlon race!
- At the Olympic games 2004 a spectator ran into the leading male marathon runner. At the 2003 Tour de France a spectator's bag brought Lance Armstrong down while climbing a hill! Imagine Lance would have broken his arm or leg! Compared to this my DQ is nothing. I did not get injured! It is ONLY A SPORT and not my job! Next triathlon in WNY is coming up after the snow season! My tip: inspect the course by car, bicycle, foot, airplane, inline skates, ... and make sure that no unknown person or alien sends you the wrong way! Over 99.99% or most of the volunteers are pointing you in the right direction. Thanks to the many nice volunteers!

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BTC and Community Calendar — Future Regional Events

October 24, 2004 - Casino-Niagara Marathon, Half Marathon and 5K, Niagara Falls, ON & Buffalo, NY
<http://www.niagarafallsmarathon.com/>

October 31, 2004 - The Original Honey's Chickenwingman Offroad Duathlon, Bond Lake/Lewiston, NY <http://Score-this.com>

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

December 26, 2004 - Last Race of the Year, Delaware Park/Buffalo, NY <http://buffalotriathlonclub.com>

BTC and Community Calendar - Future National Events

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.

April 9, 2005 Ironman Arizona ,Tempe AZ

June 26, 2005 Ironman USA Coeur d'Alene Triathlon, Coeur d'Alene, Idaho

July 24, 2005 - Ironman USA, Lake Placid, NY

August 28, 2005 Ironman Canada, Penticton BC

September 11, 2005- Ironman Wisconsin, Madison WI

Ongoing BTC / Community Workouts

Masters Swimming: Wed/Fri @ 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 Sept:

Emmett Reilly

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!!!

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 Zydel 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.

November Birthdays: Cory Ciambella 11/2, Andrea Gonc 11/2, Eileen Grew 11/2, David Lillie 11/3, Halli Lavner-Dowhy 11/4, Joseph Priore 11/4, David MacPhee 11/4, Vaughn Mielcarek 11/4, Ken Shuman 11/6, Neil Caldwell 11/11, James Maher 11/12, Kim Truesdale 11/12, Karen Nordine 11/13, Cheryl Vogel 11/19, Robert Gumberts 11/22, Mary Speth 11/26, Sandra Lee Marshall, 11/26, James Daniel 11/30.

October 2004

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.
- **BTC's Monthly Meeting**— The BTC meeting will be held at J.W. Danforth on Thursday October 21st starting @ 7:30pm. J.W. Danforth is located at 2122 Colvin Blvd. behind the Grief Bros. plant. If you are in need of additional directions please contact one of the executive board members
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by Sunday, October 17.. She can be reached at phone # 689-6601 or bluelighting95@hotmail.com.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Niagara Falls Run</i>	5	6	7	8	9
10	11 <i>Niagara Falls Run</i>	12	13	14	15	16
17	18 <i>Niagara Falls Run</i>	19	20	21 <i>BTC Meeting</i>	22	23
24/31	25 <i>Niagara Falls Run</i>	26	27	28	29	30

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 two (2) 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>
Last Race of the Year	12/26/04	15
33 rd Lockport Y-10	2/12/05	5

How to beat Mary and Curt Eggers from Henrietta? By Marc Koester

Imagine there is a couple who wins nearly every competition in the region. Great in every event! I tried to bet on their win but nobody accepted the offer. (Names and places have been changed to protect the identity of the two competitors in this article).

10 tips how a win against Curtinator and Marinator:

1. Train harder than Mary and Curt.
2. Train much harder than Mary and Curt.
3. Give up your job and train 24/7. Even on Christmas Day and after an Ironman.
4. Get their coaches.
5. Better: Get Michael Phelps's swimming coach, Lance Armstrong's cycling coach, and the Canisius College running coach (you have to save somewhere money).
6. Get better equipment than them: more aerodynamic, lighter, sharkskin, etc.
7. Take drugs! – not recommended by doctors, coaches, and me. Fair play!
8. Illegal tricks like sending them during the event off course, etc. – not recommended. Fair play!
9. Hope that Mary and Curt get an irresistible job offers and move to Hawaii. May be they can do a triathlon there, if Hawaii has such competitions.
10. Help Mary and Curt to make it to the Olympic trials and to Beijing 2008! Be proud of their performance

What a Party Weekend! By Warren Hale

For those of you who did not or could not accept the open invitation to Jeff Tracy or the Clarks' weekend parties, boy did you miss out. Those who did attend I am sure would like to extend a big 'thank you' for inviting us to your party.

First up, the 12th Annual Clancy's SteakFest. (Clancy is Jeff's dog) The heritage on this party I heard recently and I hope I don't mess it up too bad. It dates back over 12 years ago to Jeff's Camp Kenan days where he and friends cooked a fresh side of beef straight from the farmer, over an open flame. The meal consisted of lots of beef, bread, and salad. Pretty basic. There is also a story of a road trip to Texas where Jeff accepted the challenge to consume a 64oz(?) steak with all the fixings in one sitting. (Jeff lost.) Years later we now have 15 gas grills lined up along the fence of Jeff's back yard and the smell of barbecue in the air. The BTC'ers took over two full tables with a third table to the side.

Although Bob Giardini getting hit in the head by a football and Jennifer Hale's 1/2 bottle of Smirnoff "I love you guys" were good. Joe Meyer tops it all. Joe drives to Lockport knowing the party is on Cherry St. Finds the party just fine. Nice big white mansion with lots of people, loud music playing, and very tasty hors d'oeuvres. After mingling a bit and eating some food he asks where Jeff is? Jeff who?? Woops, wrong party!! Joe does make it to the other end of Cherry St where people are looking a little more familiar and there are gas grills for cooking the 24oz piece of beef I got. Yes, that was quite the piece of beef. It made 2 nice BIG steak sandwiches and Joe downed them both faster than a Try-a-Tri. I couldn't believe my eyes.

You the man Joe.

Day 2, Teena Clark's tradition breaking co-ed baby shower (Elek Clark). Somebody should have thought of this a long time ago. Some BTC faces from the night before, some new. Some from the night before I think were hiding out of fear they had nothing to talk about for 2 days in a row. Another great day of family and TriFamily hanging out, showing that proper nutrition is not a factor in being a triathlete. As for the co-ed part. It worked out great in my opinion. Everyone got to share in the day's joy. Ladies up front checking out the gifts while all the guys, except Rich of course, chillin in the background. I wasn't there for the whole event, but from what I saw the Tri-tri definitely took the cake.

Summer would have not been the same without these parties. A definite benefit of being a BTC member is the friendships that you make. If we become die-hard athletes the only fun we can have is shaving each other's legs. Scary.



Getting to Know You by Warren Hale

Name: Paul & Dana White of Clarksville, TN

What area of the country are you originally from (if different):
Both of us are from Western New York. Paul grew up in Pendleton, Dana grew up on Grand Island.

BTC Member since: 02/25/1997 (the oldest I see in BTC roster)

Years in Triathlon: Dana around 10, Paul around 5

Age Group: 30-34

Race Accomplishments: Dana-IM LP 2003, NYC 2001, Chicago 2002, Boston 2003, Paul-Peterborough 1/2 IM 2002, Buffalo Marathon 2001, Swam in Saddam's pool 2004, Convoy through Tikrit, Iraq 2004.

Family Info (married, kids, pets?): Married 9+ years, Dog-Macy, Future Tri-Kid due November 22nd

Occupation: Dana-Physical Therapist, Swim Coach, Paul--Captain, US Army

Hobbies: Camping, hiking, reading, moving

What racing do you mostly do? We generally mix it up pretty well!

Favorite pre-race meal: Paul--bagel, banana, orange Gatorade, Dana--bagel with PB, 1/2 cup coffee, Zone bar

Favorite post race "recovery" food (Chips, doughnuts, pizza...):
Paul--pizza and beer, Dana--usually some kind of red meat that ends up being consumed at Wendy's

Favorite race: Paul--Niagara Triathlon, Dana--Turkey Trot

Favorite out-of-area race: Memphis in May Triathlon--Paul did it for the first time this year. I competed back in '97 with a group of BTC'ers (Glenn, Greta, Bob, Margie, Ryan, Marlene, Jimi). We had such a blast! It took Glenn 3 hours to clean the grub and grime off Marlene's chain the night before the race--and he never complained a bit!

Favorite workout: Paul--any swim workout Dana writes :-), Dana: all-out ride around Grand Island (21.3 miles from my parents door-to-door).

If I wasn't a triathlete, I'd be very bored

Our hero: The American Soldier

To Ironman, or Not to Ironman: Paul says someday...

If I could take out the (swim/bike/run), I'd put in: Sorry, we're both stuck on this one



Oldest piece of training wear: Paul still occasionally rides his triple chain ring 30 lb. red Peugeot with 80's technology...

Funniest / Best tri memory: For both of us--Dana trying to put on her 8 year old Performance brand 30-pound wetsuit before a race and finding it "a bit snug." To fix the problem, she decided to do the old squat technique that usually works with a pair of jeans that just came out of the dryer. Unfortunately, the wetsuit didn't give so much and the rear end blew completely out...(I don't mean a little rip). Since Paul was doing a sprint that day, he was kind enough to lend me his suit just in the nick of time. Safe to say, we entertained all the folks in the transition area for about 5 minutes.

If you had one wish, what would you wish for: Paul--more time to train, Dana--take Buffalo with us wherever we move...

Goals achieved in life: Dana--running my first marathon was a big one, Paul--Serving my country on Active Duty

Goals for your future: A happy, healthy family...

Any other comments: We miss you BTC!!!

Bike maintenance Tip by Joe Niezgoda

Fix a flat without a patch kit (just enough to get you back home).

You're caught in the middle of the nowhere with a flat tire. You have no spare and no patches. What do you do? One thing you can do is tie a knot.

The first thing to do is find the hole in your tube.

When you find the hole, cut, chew, rip, tear, what ever it takes to get the tube apart.

Next, take the two ends and knot them together tightly.

Put the tube back in the tire. This will be tricky but with a little grease (elbow that is) you should be able to make it work.

Inflate the tube to a minimal pressure (under 80 psi). You will need to fill the tire often because this set up will not hold air well.

If you ride softly you should be able to make it back to civilization without damaging your rim.

ART or Active Release Techniques- from injury management to performance enhancement

Runners and triathletes are particularly prone to soft tissue injuries- those affecting muscles, tendons, ligaments and nerves. ART or Active Release Techniques is a soft tissue management system that breaks up scar tissue and adhesions that form in these soft tissues from either direct injury (e.g. ankle sprain) or from intensity of training over time. When soft tissues have been injured, or even chronically tight, scar tissue is formed. While necessary for healing, scar tissue may stick to adjacent tissues causing restricted ranges of motion, decreased flexibility, and may cause compression over nerves or blood supply contributing

to either muscle weakness and fatigue, pain as well as numbness and tingling. ART, as the name implies uses motion to find and fix the problem area. Once the restricted area has been identified, the ART provider uses hands on treatment and patient motion to "free up" adhesions. Treatment duration and frequency vary depending on the severity and complexity of the injury. However, it is common to have full recovery in 4 to 8 treatments. Experiencing ART is usually described as a "good hurt".

Muscles and other soft tissues are always subject to demands placed upon them- with high intensity training and effort muscles can become tight and less flexible. This usually contributes to muscle weakness and compensatory changes in athletic form. If left to progress this usually sets the stage for either poor performance or injury. A good example of this is the lower back pain that commonly occurs with prolonged cycling. Here the psoas muscles, which are the major muscles that flex the hips and drive the legs, are also in a shortened position with the flexed body position. Over time this causes both psoas to become short, tight and resistant to lengthening. Lower back pain and the inability to open up at the waist after dismounting comes from hip flexors preventing hip and lower back extension. This scenario is made worse if the athlete has an occupation that demands prolonged sitting.

ART has proven beneficial for a host of soft tissue injuries including plantar fasciitis, Achilles' tendonitis, shin splints, sciatica, and other injuries collectively known as repetitive strain injuries e.g. carpal tunnel syndrome. ART has become the therapy of choice for a number of professional football, hockey and Olympic athletes. ART is also an official sponsor for Ironman Triathlon

For more information on ART or to find a provider in your area, log onto www.activerelease.com.

Or contact:

Chiropractic Sports Performance Center

Dr. Chris C. Henson, B.Sc. (Hon), D.C., D.Ap

Phone 905-356-4484

email: chensondc@hotmail.com

6150 Valley Way, Ste 111

Niagara Falls, Ontario

L2E 1Y3

Race Results by Ed Harkey and Ken Tocha

THE 2004 SUBARU TRIATHLON SERIES GUELPH LAKE II TRIATHLON & DUATHLON

September 4th, 2004
Sprint Triathlon Results

750m 30km 7km
1:30:37 JOE MEYER 2nd in Age
1:30:58 WARREN ELVERS 2nd in Age
1:38:12 ANTHONY GARROW
1:39:03 MARTIN JIMERSON
1:40:46 JOSEPH PRIORE
1:58:38 DIANE SARDES 3rd in Age
2:13:24 GENE BARAN

Ontario Women's Triathlon

Milton ON Canada
September 5, 2004
Brenda Spillman 1:22:26

IRONMAN WISCONSIN TRIATHLON

Sunday September 12th, 2004
Madison, WI, 7:00am
11:59:27 KOBIELSKI, KEVIN
12:33:00 PATTERSON, KEVIN
13:18:18 STOFER, JT

Danforth BTC Fall Frolic

Sprint Triathlon/Duathlon 09/12/04
0:58:53 NIEZGODA, JOSEPH F
1:00:25 MEYER, JOSEPH J
1:02:42 KOESTER, MARC
1:02:59 ELVERS JR, WARREN
1:04:28 CLARKE, DARYL D
1:05:03 KRUEGER, DAVID M
1:05:31 TRACY, JEFF
1:07:17 HURTA, AMY R
1:07:39 PRIORE, JOSEPH M
1:10:36 MIETLICKI, KEVIN M
1:11:30 PASCUCCI, SAL J
1:13:02 SPRING, MONICA A
1:13:04 SPILLMAN, BRENDA L
1:14:49 GREW, EILEEN
1:15:14 MUNSON, MARTY
1:15:51 PASCERI, SAM
1:16:12 COOK, CARDELL B
1:17:33 NOWAK, MICHAEL V
1:17:34 KLAASESZ, KARA E
1:18:34 ANKRUM, QUINN
1:18:39 MULLANEY, RICHARD P
1:18:45 HALE, JENNIFER A
1:19:03 KNOPF, RENEE M
1:19:07 DALTON JR, PATRICK J
1:20:47 SARDES, DIANE
1:23:26 PALMIERI, THERESA M
1:25:19 GWOREK, NANCY A
1:25:27 LILLIE, DAVID B
1:31:02 FUHRAMN, JOHN
1:36:05 CASEY, MARY F
1:38:01 CHMIELEWICZ, KIM
1:40:18 VOGEL, CHERYLL A
1:43:30 FENGER, SUZANNE F
Duathlon

1:03:00 GALVIN, TIMOTHY J
1:13:12 STUKEY, KEVIN B
1:16:35 SHUMAN, KEN
1:21:19 RADZIKOWSKI, JOHN A

Music City Tri
Nashville, TN
Paul White 2:10:07 2nd in age

Old Hickory Triathlon, Hendersonville, Tennessee just outside of Nashville

September 18, 2004
Paul White 1:03:44

Canadaigua Lake 50 mile

Canandaigua, NY
September 18, 2004
Nichole White, 33 East Aurora 8:38:48 1st Open Women

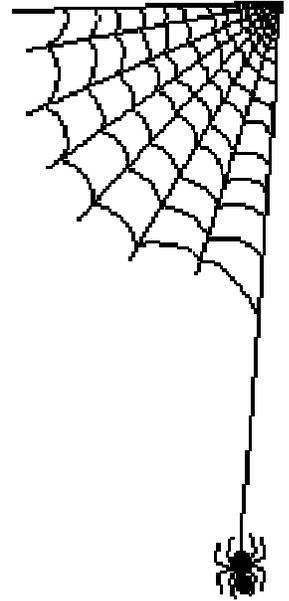
Finger Lakes Triathlon

Canandaigua, NY
September 19, 2004
Olympic:

David Krueger 2:18:35.443
Amy Hurta 2:28:11.222
David Shapiro 2:40:16.559
Eileen Grew F 2:46:04.306
Renee Knopf F 2:53:18.909
David Lillie M 3:16:59.505
Peter Bradford 3:31:43.557

Sprint:

JT Stofer M 1:16:23.951
Mark Casell M 1:33:12.202
Cheryll Vogel F 1:56:52.634



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

ENJOY ACTIVE REST - FUN
OFF-SEASON

BUFFALO TRIATHLON CLUB

Send submissions for November's QT
By October 18, 2003 to:

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BTC Web Site: www.buffalotriathlonclub.com
BTC E-mail: BTCInc@yahoo.com
Questions: info@buffalotriathlonclub.com

Quotable Quotes: "The only way to define your limits is by going beyond them." – Anonymous

October BTC Meeting

October Meeting - The BTC meeting will be held at J.W. Danforth on Thursday October 21st starting @ 7:30pm. J.W. Danforth is located at 2122 Colvin Blvd. behind the Grief Bros. plant. If you are in need of additional directions please contact one of the executive board members

BTC Quote of the Month: "OUR BODIES ARE OUR GARDENS - OUR WILLS ARE OUR GARDENERS" - WILLIAM SHAKESPEARE

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!*