



BUFFALO TRIATHLON CLUB

# Quick Transitions

BUFFALO'S PREMIER MULTI-SPORT CLUB

## IRONMAN... IRONMIKE... IRON Michelangelo???

*By Marty Kober, Renaissance correspondent*

Hey sports fans...I've been sorely lacking in the triathlon fields for the last couple years. Each year I've started out with good intentions, but various forces have been working against me. Or, more than likely I've been working on a project that I've taken on with the same passion & work ethics as I did in preparing for my first IM up in Lake Placid of 2002. This isn't your typical triathlon story; but if you liked The DaVinci Code and its idea of a Quest for a Holy Grail, read on.

A funny thing happened to me on the way to IRONMAN 2003. It was late in September of 2002. I was still reeling in that after glow of completing Lake Placid's Ironman. Everybody does an Ironman for different reasons. I did mine because I hated a decision that I had made 10 years earlier. I had hoped the spiritual & physical cleansing would help me let go of something I should have long ago. I had spent a great deal of time figuring out just what & where it was I wanted to go in life. My Ironman was a large part of helping me do that, nothing was going to stop me.

9/11 changed much in my life as it did for many. Flying over NYC & D.C. refueling war machines that very night was quite an eerie scene. Still not sure of what exactly was going on, looking at those smoking holes from 10,000 feet, no ATC traffic chatter, no 100 mile lines of airliners waiting their turn to land at JFK, LaGuardia, Newark, or National. Just tankers & fighter jets orbiting, waiting for the unknown. From 9/11 to June 1<sup>st</sup> I had given my Guard unit 5 months of full time duty. More than my fair share, but life isn't always fair. I was put under tremendous pressure to volunteer to deploy along with my Guard unit to the middle east, to some desert hell hole for 90 days on June 1<sup>st</sup> of 2002.

Our runway was being shut down for 6 months for major repairs & there was a need for our jets to refuel the bombers headed up Afghanistan's way. When I tried to explain my Iron man quest to my commanders, they were unsympathetic. I was told to volunteer!!! So I did what I had to do, I didn't volunteer. Nothing but a broken down body was going to keep me from getting to that IM starting line in July. Off they went with some full timers bitching cause their summer vacations got cancelled.

Going out to the air base for the first time in 110 days was a bit strange, it had been a part of my life for 27 years. I was always the guy that volunteered first, took the dirty job...O. K., flying isn't a dirty job, but I worked over the holidays, blah, blah, blah...you get the idea. This was the first time I put myself first, and not the unit. It was one of those late summer days, hot and hazy. The squadron was pretty much empty, since the runway was still closed. Most of guys were out golfing or taking time off after returning home. One of the squadron leaders saw me, and asked me into his office. He was a bud of mine, so I thought we were just going to catch up on the latest scuttlebutt. And we did, but instead of chitchatting he went into ranting and raving about how I was getting screwed, and that I should fight it at State Headquarters level. I had to slow him down as I had no idea of what he was talking about. He went on to explain that the other leaders over in their desert hell hole were so pissed they had to go instead of me, that they had voted to have me kicked out when they returned from their deployment. So much for the all-volunteer

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## BTC and Community Calendar — Future Regional Events

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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>  
February 5-6 2005 - The Buffalo 24 Hour SpinAthon, Gold's Gym, French Road, Depew, NY <http://buffalotriathlonclub.com>  
February 2005 - Lockport Y-10 Lockport, NY <http://buffalotriathlonclub.com>  
February 2005 - Polar Bear 5K <http://buffalotriathlonclub.com>

## BTC and Community Calendar - Future National Events

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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  
November 5, 2005 - Ironman Florida, Panama City, FL.

## Ongoing BTC / Community Workouts

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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](http://www.wings.buffalo.edu/org/nickelcity).

Checker's A.C. 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 Sept:

Karen Michaels and Missy Rashid

*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!!!

**November Birthdays:** Cory Ciambella 11/2, Andrea Gonce 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.

**December Birthdays:** Amy Richardson-Hurta 12/2, Martin Jimerson 12/2, Jim Kavanaugh 12/4, Kevin Kobielski, 12/4, John Bielinski 12/13, Bud Hesse 12/15, Cynthia Ferrelli, 12/19, Gene Baron 12/20, John Fuhrman 12/26, Jody Snyder 12/27, Steve Hoadley 12/30.

# November 2004

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

### 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 November 18 starting @ 7:00pm. 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, November 14.. She can be reached at phone # 689-6601 or [bluelighting95@hotmail.com](mailto: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 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 <sup>rd</sup> Lockport Y-10	2/12/05	5

## T3?.....by Eric Butler

No, USAT did not change the rules for the 2005 season -T3 is right now! The racing season has ended and now is the time to "transition" into next year. Let those injuries heal and give yourself time to recover mentally as well. More importantly, don't lose the level of fitness that you have worked hard to develop over the past year.

Training phases should build on each other year after year. Ideally, you should be training year-round; consistency should be part of everyone's goal. The phrase "off season" should be eliminated from your vocabulary. When time is not spent consistently training, additional time will need to be allotted to gain back fitness levels that might have been lost. During the transition phase, keep your volume low. Short bursts of intensity should be incorporated during this phase, however be smart about it. Limit these bursts to a 30-45 second interval. Try something new to maintain your fitness level, such as mountain biking or the elliptical trainer at the local gym. Depending on your level of experience, the transition phase can last 2-6 weeks. At the conclusion of this phase, the base phase begins. Your volume can begin to increase, intensity should be lowered and your priority focuses to building your aerobic base. Making the most out of your transition phase should have you off and running (or swimming and biking) to a great 2005 season.

*Eric is a certified USA Triathlon/Cycling coach and can be contacted via email at: [eric@pyramidmultisport.com](mailto:eric@pyramidmultisport.com) or (716) 812-2017. Additional information can be found at [www.PyramidMultisport.com](http://www.PyramidMultisport.com).*

# Tri-Sci: What does drafting in the swim do for you?

By Karl Kozlowski

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We all want to be faster. At least I know I do. Triathletes are known to spend a plethora of time, financial and social resources to gain an edge. We purchase the latest wetsuit technology, tweak our bikes and riding position, hire coaches and spend hours and hours in isolation or with training partners. (Also see: Tri-geek friends).

What if there was a way to possibly get better with no additional financial or time commitment? I'd want to be first in line. Although, maybe being second in line is the answer to our question.

In the article entitled, "Drafting during swimming improves efficiency during subsequent cycling", the authors look at the ability of a triathlete in a drafted swim position to increase their efficiency during a following cycling session.

We need to first realize that as our body performs (be it a 1:00 or 3:00 / 100 split) we have certain metabolic demands. This means our body burns energy to perform. Simple enough. These physiologic effects include consuming and using oxygen, delivering oxygen to working muscle, breaking down energy stores, and clearing waste products among others. The more we demand early in competition, the less efficient we become towards the end of an event. OK, still with me?

Second, we need to explain drafting in the swim. Attention: THIS IS LEGAL! Although drafting on the bike (gaining an aerodynamic advantage by super-gluing yourself to another person's rear wheel and having John Pepke and Chris Ankrum bust you) is illegal, we can freely explore the benefits of this position in the swim. Being in a position immediately behind and slightly to the side of a lead swimmer is considered a drafted position.

Basically we are drafting to reduce hydrodynamic drag by reducing our frontal area (Think about all the "wind-tunnel" testing for cycling.) Now's the time to get out those physics books. As a person swims (in this case the lead swimmer specifically) they make a depression in the water. A decreased pressure gradient then forms from the front to the back of the trailing swimmer thereby facilitating the trailing swimmers position raising them in the water. Anyone familiar with swimming technique knows that the best position is high in the water. Hence, one of the reasons we use a wetsuit! This is also the positive effect seen when drafting in a person's wake. Why do you think swimmers in the Olympics hugged the lane line if the person next to them was slightly ahead? It's all about legal advantages.

We do need to realize that there is also a negative effect when drafting in swimming. Besides the potential of getting a size 11 upside the snout – we are fighting the lead swimmers turbulence. Flutter kicking makes a turbulent path for you to follow. Yet, in most triathlons, swimmers adopt a two beat kick instead of the standard six-beat kick. This in effect, reduces the turbulence, allowing the positive effects of riding the wake worthwhile.

So, you got all that right?

In the present study eight male triathletes were tested during the winter. They were currently averaging 6.6 km of swimming, 59 km of biking and 34 km of running a week at this point. They were your average age-groupers in post-season.

These eight athletes performed four testing scenarios. There was a VO<sub>2</sub> max test to examine maximal oxygen consumption and power output on the bike, and three sub-maximal tests. One test had them swim 750 meters alone at a sprint distance triathlon pace. The second test was a 750 meter swim alone, three minute transition, and a 15 minute cycling session at a predetermined intensity (SAC). Finally they were evaluated during a 750 meter swim in a drafted position, three minute transition, and another 15 minute cycling session at the same predetermined intensity (DSC).

The authors looked at measures of 50 meter swim segment times, stroke characteristics (length and frequency), heart rate and the triathletes rating of perceived exertion after the entire swim portion. They measured blood lactate (a marker of muscular fatigue) at 1 and 3 minutes post-swim, and at 3 and 15 minutes of the cycling bout. Also during cycling they analyzed oxygen consumption, heart rate, ventilation, and breathing frequency.

Another interesting measure included by the authors was that of cycling gross efficiency. This is a ratio of work per minute to energy expended per minute. This calculation would infer that the more work we can perform at a constant level of expended energy, the more efficient we have become.

In the results of this experiment there were no differences shown between the SAC and DSC for swim time or stroke characteristics. Yet, the DSC decreased the trailing swimmers heart rate by 7%, decreased blood lactate levels 29.3% and decreased their perceived exertion 20%. These results demonstrate a decreased metabolic load on the individual and an easier perception of the swim.

During the following cycling session, the results showed there was an increase in cycling efficiency, with a corresponding decrease in oxygen consumption, heart rate, blood lactate levels and perceived exertion. All of this was also accomplished at a lower cadence.

Also interesting to note was the fact that it was previously discovered using a wetsuit while swimming non-draft, decreased the metabolic demand while swimming and increased cycling efficiency by 12%. Therefore, wearing a wetsuit and drafting could theoretically provide further increases in cycling efficiency and reductions in metabolic demands.

Although the results of this project seem very promising for the competing triathlete, be aware that the subjects tested were not "high-level" cyclists. Actual benefits in those individuals already highly efficient in cycling might be less than shown here. This study is also limited in that it didn't examine performance, only efficiency. In longer distances (greater than sprint), these efficiencies may turn into real performance outcomes. Finally, this paper only takes into consideration the effects of drafting a swim on a related cycling session and not an overall triathlon experience.

In conclusion, you can see that it is an advantage to a trailing swimmer to draft in the swim segment of a race. In this sheltered position, corresponding cycling efficiency is increased as opposed to when swimming alone. This is good news for those of us trying to gain a bit of an edge! So, if some one wants to cut in front of you during the swim, let 'em! Get on that person's feet and fly on by during the bike! Remember – It's legal, and efficient!

Delextrat, A., Tricot, V., Bernard, T., Verduyssen, F., Hausswirth, C., Brisswalter, J. Drafting during swimming improves efficiency during subsequent cycling. *Medicine and Science in Sport and Exercise*, 35(9), pp.1612-1619, 2003.

## IRONMAN... IRONMIKE...IRONMichelangelo??? Cont'd

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**continued from page 1.**

force. 27 years of selfless service, and I get the boot for not volunteering one time! So I headed home to vent my frustrations to my parents. They were used to my bitching about the politics at the base since we converted to tanker jets from fighter jets years ago. They listened like they always did, then they looked at each other the way people do when they've shared most of their lives together. They stood up, pulled the sofa away from the wall, and pulled out a leather art portfolio from behind it. With your new-found free time, you should do something with this, they said to me.

What the heck was it??? Oh yeah, the MIKE! At least that's what we called it as kids. My mom told us the story of Michelangelo's paintings of the 14 Stations of the Cross, and this one, is the one that is missing from the collection. My brothers and I used to fight over it as kids, who would get to keep it when my parents passed away...And now it was mine!!! What had happened to it? Why was it wrapped up and behind the couch? As we unwrapped it, my mom told me of how she was dusting it one day and knocked it off the wall. The frame cracked a bit, but this old master's painting was undamaged. So, safe and secure it remained there...behind the couch for 25 years. As we reacquainted ourselves with this painting, 18"x 26" on wooden panel, I was more interested in all the documentation that was stuffed in the cases pockets. Handwritten letters in German & Italian, newspaper articles from the 1800 & early 1900's. Too many to read in one sitting, so I grabbed an article from 1901, written after the 20 years my mom's grandfather spent researching this painting himself. It gave a Reader's Digest version of this painting's history, so why was it in hiding all these years???

So I brought this 450-year old painting home with me. Precious cargo wrapped up & strapped in, I drove home at 55mph with two hands on the wheel just as if I had my tri bike in the back. Once home I took this new bounty in & inventoried it all, just like you would after a shopping spree of new tri gear...So now what? What do you do next? Join a painting club? No, I don't think so. I'd have to come up with a game plan, just like planning my IM quest. Set a goal, keep records, then evaluate those records and adjust as needed to meet that goal...So copies & digital photo's were taken and then everything was put safely into a safety deposit box. It all seemed easy enough...I sat a lot at the casino playing 21, but mostly thinking about what to do with this painting & how crazy things might get, if a lost Michelangelo was brought back into the art world. I jumped on jets & flew to NYC to walk through the museums & art dealer's galleries, also D.C.'s Smithsonian. What I had certainly looked to me to be comparable to the masterpieces hanging on their walls.

A juggling act. Even though 2002 didn't end & 2003 didn't start off as planned, how bad could life be? I had Michelangelo's lost painting. Things would certainly be looking up. Besides, what doesn't kill you only makes you stronger. After a quick scamper up Mt. Kilimanjaro in January 03, I returned home refocused & ready for the job at hand. Before I started my IM quest, all I did was read, read & read everything I could find on triathlon. It was time to start this new quest & put IM desires behind me. I started with the documentation that came with this painting...a "Pieta", meaning sorrow, piety in Italian. It's Christ, coming off the cross, supported by his mother, the Madonna & two angels. Professor Hermann Grimm, a German scholar of Michelangelo from the 1800's, writes to my Great Grandfather calling this a Michelangelo...there are letters from a Italian Baroness, the last in a noble family's lineage to hold this painting, explaining its history...so what else did I need? I put a couple of packages together, sent them off to Sotheby's & Christie's auction houses and just waited for the offers to come rolling in...

What I thought would be a quick Sprint or maybe an Olympic distance race was now shaping up at becoming an endurance event, one I was not prepared for. But jumping into the world of the greatest master of the renaissance, perhaps I should have known better. It's hard to believe that over two years have passed since this all started. Time flies when you're having fun. At this point, March of 03, I hadn't even started turning over stones or knocking on doors. I'm now rolling over boulders made of Italian marble! Stay tuned for part 2

Preview to part 2...Encouraged by a...call him an interested benefactor to come to NYC & join him for an auction in May. We sat there, me for the first time & him, well something he does quite often if someone isn't doing it for him. The big sale for the night was lot #7 a Picasso... Sotheby's Tobias Meyer opens up the bidding at 55, not the speed limit, but 55 MILLION DOLLARS. When the hammer comes down, it's all over at \$93,000,000...that's 104 Million after buyer's premium!!! He leans over & says to me, could you imagine what a Michelangelo could bring!

## Race Results by Ken Tocha & Steve Hoadley

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### Odyssey Double IRON Triathlon

October 8 - 9, 2004

Lake Anna State Park-Spotsylvania County, Virginia

4.8-mile swim 224-mile bike 52.4 mile run

John Pepke Total Time 34:19:00

### 2004 The Blue Devil Iron-distance Triathlon

Raleigh, NC

October 16, 2004

ANDY MOYNIHAN SWIM 1:02:08 BIKE 6:47:37 RUN 4:46:26 TOTAL 12:44:17



### The Original Honey's Chickenwingman Offroad Duathlon

October 31, 2004

Lewiston, NY

1m run 9.5m bike 3.5m run Overall Place

Joseph Niezgodá 5:53 46:40 21:19 1:15:00 1st overall

Marc Koester 6:23 51:33 23:18 1:22:53 2nd 35-39

Michael Nowak 8:00 55:39 32:45 1:37:10 1st 25-29

Kenneth Tocha 7:13 1:01:26 28:45 1:38:13 1st 55-59

### Ironman Florida

Panama City, FL

November 6, 2004

- 1) Wendy Tocha: Swim 1: 38 :03 Bike 6:48:57 Run 5:08:00 Total 13:54:10
- 2) Joanna York-Rappl: Swim 1:07:53 Bike 5:42:04 Run 3:52:42 Total 10:51:07
- 3) Chris Ankrum: Swim 1:06:48 Bike 5:34:14 Run 4:44:23 Total 11:42:46
- 4) Rich Clark: Swim 1: 23:37 DNF
- 5) Greg Drumm: Swim 1:06:22 Bike 5:18:03 Run 5:31:31 Total 12:09:09
- 6) Tony Garrow: Swim 1:22:51 Bike 5:24:42 Run 4:13:26 Total 11:13:23
- 7) Bob Giardini: Swim 1:32:44 Bike 6:34:48 Run 6:33:21 Total 15:05:36
- 8) Marty Jimerson: Swim 1:10:52 Bike 5:14:07 Run 4:30:48 Total 11:11:34
- 9) Bruce Levine: Swim 1:19:06 Bike 6:42:52 Run 4:43:07 Total 13:07:12
- 10) Kevin Mietlicki: Swim 1:15:52 Bike 5:40:27 Run 4:35:18 Total 11:46:52
- 12) Bill Seyler: Swim 1:13:52 Bike 5:54:14 Run 5:18:11 Total 12:49:50



## 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 December's QT  
By November 18, 2003 to:

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**Quotable Quotes:** "The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand - Vince Lombardi

## November BTC Meeting

**November Meeting** - The BTC meeting will be held at J.W. Danforth on Thursday November 18th starting @ 7:00pm. J.W. Danforth is located at 2122 Colvin Blvd. behind the Grief Bros. plant.

**BTC Quote of the Month:** "IF YOU TRAIN HARD, YOU'LL NOT ONLY BE HARD, YOU'LL BE HARD TO BEAT. - HERSCHEL WALKER

**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!*