



## Ironman Florida 2004 – The Journey by Greg Drumm

A lot has been written about Ironman and “the journey”. Well here’s my personal story about my journey.

The start went relatively smooth over the first leg. Everything was right on plan, my time was right what I had expected. After saying goodbye to my mom and IronMate Cathy, I headed off onto the second leg. The second leg went just as planned too – everything right on schedule. The beverages were going down well; I even snacked on some chips and cashews and felt quite relaxed. I was feeling pretty good about my day to this point when it quickly deteriorated. One moment I was expecting to be home and relaxing in a short matter of time and suddenly it was becoming a long dreadful night.

To make matters worse while I was in the middle of this nightmare, I couldn’t escape this one guy whose B.O. was so disgustingly overpowering it made me gag. I know it can be a long day at times but I cannot understand how a person could stink that bad. (Like dude, try a little Degree deodorant.) Then there was the lady who would simply not shut-up. I wanted to scream at her to shut her mouth but I was pretty much defeated at this point. Even holding my hands over my ears at times and giving her the “look of disgust” didn’t seem to faze her. I know more about her life than I do about my mother’s now.

When it was all done and said, it was over 13 hours of ups and downs sprinkled in with a fair amount of intense frustration and anger. Even the sympathetic words from IronMate Cathy didn’t seem to help as I struggled to make it.

When I got on the plane at about 10:10 am on Sunday, I did not expect to get back to Buffalo at 11:30 pm. The first “leg” to Charlotte went smooth, as did the second to Pittsburgh. I even lucked out on the Charlotte to Pitt flight as I was upgraded and sat in first class enjoying a nice glass of red. In Pitt, I was informed my flight to Buffalo was delayed, then cancelled, so I ended up having to go to LaGuardia (NYC) – sitting near the smelliest human alive -- then on to Buffalo with Ms. Cackling Motormouth. It took me four flights and over half a day.

Oh, by the way, my race went fairly well but you would think you could get from Florida to Buffalo in a matter of 2-3 hours not in 13+. Heck, it took me less time to finish IM Florida than it did to get home.

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## BTC and Community Calendar – Future Regional Events

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

January 8, 2005 The Fourth Annual Frozen Assets 5K Snowshoe Race, Harriet Hollister Spencer State Recreation Area, Canadice, NY.

January 23, 2005 The Second Annual Mendon Ponds Winterfest 5K Snowshoe race, Mendon Ponds Park, Mendon, NY. Sunday, 11 AM.

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 Nov:

James Paul Schraufstetter & Alan Jaenecke

*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!!!

**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.

**January Birthdays:** Diane Sardes 1/1, William Seyler 1/2, Shelly Isaacs 1/4, Renee Knopf, 1/9, Robert Siudzinski, 1/11, Wendy Wilson, 1/13, Nancy Gworek, 1/15, Melissa Hanson, 1/16, Pat Reilly 1/19, Cindy Stofer 1/20, John Fenger 1/20, Kevin Mietlicki 1/20, Kevin Patterson, 1/23, Warren Hale, 1/27, David Levine, 1/28, Jennifer McConvey 1/29.

# December 2004

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

### Schedule of Events

- **Every Monday Evening**—Running in Niagara Falls. Four Points Sheraton parking lot. 1st St. and Rainbow Blvd. 5:15 - 5:20 pm.
- **BTC/HammerSpin Indoor cycling session** Every Friday evening at 6:00 PM. Sutherland Lodge, 1400 Ruie Rd., N. Tonawanda.
- **BTC's Monthly Meeting**— The BTC meeting will be held at J.W. Danforth on Tuesday December 14 starting @ 7:00pm. J.W. Danforth is located at 2122 Colvin Blvd. behind the Grief Bros. plant.
- Anyone bringing up new business for the BTC Meeting, please contact Melissa Hanson by Sunday, December 12. She can be reached at phone # 689-6601 or [bluelightning95@hotmail.com](mailto:bluelightning95@hotmail.com).
- The December BTC social event  
 WHO: BTC, BBC, Checkers, NFBG and friends  
 WHAT: Toys for Tots Social Happy Hour  
 WHERE: Park Lane Restaurant, 33 Gates Circle, Buffalo, NY  
 WHEN: December 16, 2004 6-8 pm  
 WHY: U.S. Marine Corps Toys for Tots Program  
 Join your fellow athletes and friends for a nice happy hour at Park Lane. Please bring a NEW, UNWRAPPED toy (cost doesn't matter) as a donation to the U.S. Marine Corps Toys for Tots Program. ([www.ToysforTots.org](http://www.ToysforTots.org)).

**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 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

## IM FL 2004 Part II by Greg Drumm

If you weren't there, you might not understand but make sure to ask someone who was. Chances are you'll get a smile out of them.

- The Castle
- UPS or FedEx
- Wafflehouse
- 4<sup>th</sup> Event T-shirts
- Showing character in hospital scrubs
- Score-This, Fix-This, "Kill-This"
- 6 lbs or 8 lbs of pasta
- Red states & blue states
- La-La
- Food items cannot be touching
- Walmart cookies w/yellow frosting
- Wendy's: Eat Great, Even Late!

## 15 Seconds to 4 Minutes by BTC President Chris Ankrum

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Okay, right from the start I will admit I was caught cheating. Drafting at Ironman Florida. I know that you expect more from the President of the BTC. I am supposed to be honest and virtuous and not a cheater. But I am guilty. That's why I'm writing this article. I want to tell my tale so that others may learn from my mistake.

It all happened way too easily. I had just passed the Special Needs bag pick up around the 45 mile mark and was trying to remove the Pringles® I had stashed in my bag. I was having a difficult time removing the package without risking a crash onto the broken pavement. I carried that bag for about a mile when we rounded a corner onto a highway with a wide and smooth shoulder. I was riding alone minding my own business eating the Pringles when a pack of cyclists came past me in a large group. I didn't think anything of it until the group slowed down for reasons I won't ever know. I was now in the middle of the group. I quickly realized that this wasn't too good so I sat up and tried to get to the right side of the shoulder as fast as possible. I didn't want to slow down but even sitting up I was still within the pack of cyclists. There were cyclists behind me, in front of me, and next to me. I was trapped unless I wanted to ride my bike off road into the ditch. That really wasn't an option. After what felt like forever, the group started off again. I didn't try to stay with them. I wanted them to get busted for drafting to teach them a lesson. As I was thinking this the motorcycle with the USAT official was going by writing something on a notepad. It was at that moment that I realized I had been caught drafting. There was no argument from me. I had been in the pack whether I intended to or not. I really didn't get any real benefit from the draft, as a matter of fact I believe I lost time by having to slow down to get out of their way. I was frustrated and annoyed.

At the end of the race, it was confirmed that my number had been given a four minute penalty. This was my first time since I started triathlons that I had received a penalty, drafting or otherwise. I realized I was only within the group for 10 to 15 seconds and spent most of that time trying to get out of it. I received a four minute penalty just for being in the wrong place at the wrong time. I really wanted to argue with the lead official after the race and tell him my story but I also knew that based on the USAT rule I was guilty.

I really only have two options if that happens at my next race: 1) ride so fast that nobody can keep up with me (okay, I know this won't happen, but you didn't need to laugh...) or 2) almost come to a complete stop if a group forms around me. Make sure any race official realizes that you are trying to get away from that situation. Otherwise you can and will be given a drafting penalty. That is the rule whether you think it is fair or not.

## December Spin Workout by Eric Butler

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10 min warm-up

5 min 42x15 30 sec Hard / 30 sec Easy

3 min 42x21

2 min 53x21

3 min 42x15

2 min 53x15

3 min 42x13

2 min 53x13

3 min 42x13

2 min 53x15

3 min 42x15

2 min 53x21

3 min 42x21

2 min 42x15 Easy Spin

1 min 53x15 Build Sprints x6

5-10 min cool down

42 = small ring in front

53 = large ring in front

21 = near top of rear cog

15 = middle of rear cog

13 = near bottom of rear cog

Build Sprints = 30 sec easy/10sec@80%/10sec@90%/10sec@100%

*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).*

## 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 January's QT  
By December 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:** *"I find that the harder I work, the more luck I seem to have." - Thomas Jefferson*

## December BTC Meeting

**December Meeting** - The BTC meeting will be held at J.W. Danforth on Tuesday December 14th starting @ 7:00pm. J.W. Danforth is located at 2122 Colvin Blvd. behind the Grief Bros. plant.

**BTC Quote of the Month:** *"I'VE EARNED THIS PAIN." - BOB GIARDINI AFTER FINISHING IM FLORIDA 2004*

**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!*

# LAST RACE OF THE YEAR

22<sup>ND</sup> RUNNING SPONSORED BY THE **BTC, INC.**

AND FLYING BISON

Friends of the Night People



**DECEMBER 26<sup>TH</sup>, 2004**

**11:00 AM RACE START**

**3.55 MILE RUN**

**DELAWARE PARK RING ROAD  
BUFFALO, NEW YORK**



\$10.00 per runner **pre-registration** \$15.00 Race Day

Come Race two laps around the Ring Road in Delaware Park

**Please bring shoes and winter gear: gloves, hats, scarves, long underwear, socks, and mittens to be donated to the charity**

Awards for the Top Male and Female Overall Top Three Male and Female competitors in the following categories:  
14 and under, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Race Day registration/number pickup: **Parkside Lodge at Florence & Parkside (9:30 - 10:30)**

**Make checks payable to: Buffalo Triathlon Club, Inc.**

**Mail to: 15 Ranch Trail CT., Orchard Park, NY 14127**

There will be a small post race awards ceremony/party that takes place in the Parkside Lodge shortly after the last racer has finished.

**Race Hot Line: 716-662-9379 Race E-Mail: [BTCRace@buffalotriathlonclub.com](mailto:BTCRace@buffalotriathlonclub.com) Web Site: <http://buffalotriathlonclub.com/>**

## 2004 BTC Last Race of the Year Entry Form

### Entry fees

\_\_\_\_\_ \$10 Pre-registered

\_\_\_\_\_ \$15 Race Day

LAST NAME	FIRST NAME	M.I.	
NUMBER AND STREET			
TOWN/CITY	STATE	ZIP/POSTCODE	SEX    AGE

RACE USE ONLY

I acknowledge that THE LAST RACE OF THE YEAR (the "Event") is a test of a person's physical abilities and carries with it the potential for death, serious injury, and property loss. In consideration of my acceptance my entrance into the Event, I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THE EVENT. I certify that I am physically fit, have trained for participation in this Event, and have not been advised otherwise by a qualified medical person. I acknowledge that this authorization waiver and release of liability ("AWRL") form will be used by the Buffalo Triathlon Club, Inc. ("BTC") and the sponsors and organizers of the Event. I hereby take action for myself, my personal representative(s), my executor(s), administrator(s), heirs, next of kin, successor(s), and assign(s) as follows: a) WAIVE, RELEASE, DISCHARGE, and AGREE NOT TO SUE, for any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter accrue to me as a result of my participation in, or my travelling to or from the Event, THE FOLLOWING PERSONS OR ENTITIES: BTC, event sponsors, race directors, Event producers, Event volunteers, and all cities, counties, districts and/or states in which the Event may be staged or in which segments of the Event may be run, and its/their officers, directors, employees, representatives and agents and volunteers; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by individuals or entities as a result of my actions during the Event. I realize that the "Ring Road" may not be closed to vehicular traffic, bicyclists and/or Rollerbladers during the Event. I will be responsible for knowing and following all traffic laws while participating in, practicing for, or travelling to or from the Event. I hereby consent to receive treatment in the event of my injury, accident, and/or illness during the Event.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent or Legal Guardian (For Participants under age 18)

\_\_\_\_\_  
Date