

WHAT'S INSIDE:



Spin-a-thon



Core Workout



Pic of the Month



More pics of ME!!!

Buffalo Triathlon Club

QUICK Transitions

Issue 75

February
2005

TOP STORY: MICHAEL V. NOWAK TAKES OVER AS BTC NEWSLETTER EDITOR

(Buffalo, NY) - Defending "Splash & Dash for Cash" champion and self-proclaimed "King of Queens" (for beating all women in BTC Timed Bricks and Bike Time Trials in 2004) Michael Nowak is now one step closer to taking over the world. He has become the Newsletter Editor of the Buffalo Triathlon Club. When questioned over the phone about becoming Editor, Michael said, "I um, yeah. Uh huh. Well, uh, hang on a second". Then he started yelling something about "stupid idiots not doing what they're supposed to!". At this point it was quite obvious that he was playing video games and was not listening at all. He promised to call back



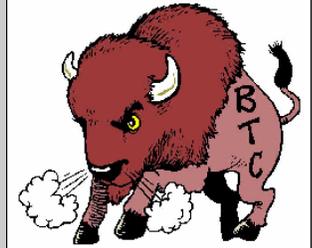
Brains, braun, beauty, and a great humanitarian.

immediately after he was done playing, and he did... at 7AM. "It's definitely going to be tough to fit in doing the newsletter with all the important things I have to do. I have to go to sleep now though because I work in 3 hours". Wow. This guy is amazing. Take a look at what he's done with the newsletter. Let's hope he can exercise at all this season. ■ -QT

NEW

FEATURES

I have added some new features to the Newsletter. The features are helpful, some are amusing, but above all else, I want them to be interesting. I also want to include you in here (yes, YOU!). The BTC Newsletter is for all BTC members. If you want to be a star, contact me and we can discuss how to get you in here, by profile, article, etc. It's a great way for club members to get to know each other.



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❖ Special New ❖ Points of Interest

- ❖ The Workout Corner—a "how to" exercise guide with photos and a new specific exercise each month
- ❖ Pic of the Month—a BTC Member's hot pic
- ❖ What Are The Odds? - find out the latest (+/-)
- ❖ Letters to the Editor - Q&A with M.V.N.

Chasing Michelangelo. . . By Martin Kober

Buon giorno sports fans...and art connoisseurs. If part one of my on going adventures didn't bore you too much, I'll throw some more at you. Though sitting through last Mays auction was the high light of my research so far; I still have an untold distance to go. The fickled art world isn't a place where they like new-comers entering, and then claim to hold the most famous renaissance artist's lost painting. Most would have given up long ago, but I'm not like most...I'm an IRONMAN. After sending off a couple of informational packages to the two major auction houses in March of 2003, I thought life would be all about easy street after they took a look at what I had sent them. You'd think they would have got right on the phone and asked to see the painting in person, or perhaps asked some questions...but two months went by and nothing. Then because of post 9/11 reasons, Delta retired the old Boeing-727 I was flying 6 months earlier than expected, , so I was forced into a 7-week aircraft-training program. (cont'd page 3)

24 Hour Spin-a-thon



Gold's Gym in Depew



Melissa runs the table



Pat Reilly Spins!



Kara, Mary, Jim & Glenn
Delirious at 12:30 AM or so



Joe (or Josephine) Niezgodna rides for the BTC Chicks then displays his (or her) power chest



Look at those cute little feet!



Eric Butler pretends not to pose for photo



John Pepke after hours



Suzanne and Kara wide awake



Riders keep cool while looking hot



Ride for Roswell just a few months away!



Team Captain Michael
Nowak in R4R 2002

Mark the date on your calendars folks. Saturday, June 25, 2005 is the Ride for Roswell which will be celebrating its 10th anniversary. The routes will be 62.5 miles starting at 7AM, 33 miles @8AM, 20 miles @9AM, and 9 miles @10AM. Registration is \$10 online or \$15 by mail until April 1st when it goes up by \$5. There is a minimum \$75 donation as well. I will be Team Captain of the team "Buffalo Triathlon Club & Friends" again this year. All are welcome to join the team whether you are in the club or not. If you can't ride but would like to make a donation, you can make it online to the team website, or I can accept donations for it. Check out their website at <http://www.ride4roswell.org> then look up the team page and click donate. Hope you can make it!!!

Letters to the Editor

In this section I will be answering any questions you may have and/or giving my advice. You can ask about triathlons, ask for advice, give comments, whatever, just keep it clean. Since I don't have any questions for this month, I will just do a little editorial instead.

When I was in high school Health class, my teacher, Mr. Ring used to tell us that the human body is like a corvette - a high powered machine that can perform well and last a long time depending on how you take care of it. He used to ask why someone would want to damage their car by putting bad things into it and not maintaining it properly which would lead to it breaking down and/or not running to its potential. He was implying about smoking, drinking, drug use, and even eating improperly. When we abuse our bodies with harmful things (no matter how little) it isn't able to run to its full potential and will lose precious time off of its life. These words were something I always took to heart. What you might not think about though as an athlete, is overdoing things. Think about your car's tachometer. How often do you get the needle into the red? You don't. Your car shifts gears to make it easier on itself, while still keeping up the speed. Too often we push ourselves close to our redlines but forget to shift gears, or rest. It's OK to push every now and then to get better, but remember that if you drive too hard or fast, you will either break down or crash leaving you out of commission for who knows how long. Our parts are expensive and hard to replace, so take care of what you have while you have it. There are races all year, every year that will be there when you are ready for them. Don't aggravate an injury because you thought you had to push yourself. We don't have a warning light when things are wrong with us, but we do have warning signs. Pay attention to them. - Michael V. Nowak



Michael looking good during 2002 Great Floridian Iron Distance race in Clermont, Florida. He was taking his time and finished very fresh. He even walked the theme parks the next 2 days with no problems.

Chasing Michelangelo by Martin Kober (cont'd from page 1)

Stealing me away from IM training and my waiting patiently by the phone for an auction house response. It's hard to believe how quickly you can lose your fitness level. I thought about running a few times to break up the stress between classes and studying, but the airlines manages to condense a 4 month military type program into just 7 weeks. There's only so many hours in the day and stealing one for a run might cost you on one of your many evaluations, so I had to suck it up, burning up brain cells and not carbs, realizing my 2nd IM quest was over. Getting home, after being gone awhile, is always a good feeling, but this time it was mostly about checking the mail and not about enjoying hanging out on the river. Unfortunately, the responses from Sotheby's & Christine's weren't what I'd hoped they'd be. They each said thanks for sharing your family story, but that the painting was more than likely done a by Roman follower of Michelangelo (MA) and gave it a relatively low value, and they didn't care to pursue it any further. Well, that wasn't good enough for me, with a possible lost painting by the greatest artist ever, how could they just end an opportunity like this? Hmmm, it's time to find a phone number and talk phone-to-phone with one of these art types. After tracking down phone numbers to the old master's departments of these auction houses and making a few calls, what you get is the lowest level of the various minions that work for the higher ups; the same ones that responded to me in the first place by letter. They filter out people like me that don't have the concrete treasure or prize that these places are all looking for: paintings that are signed or pieces that have undisputed authenticity. They get stuff all the time from people that say...oh, this was handed down from my grandmother and blah blah...it's a piece of crap and they don't like to deal with all of the crap that's sent to them. So, I guess they just figured that's what I had, just another 450 year old piece of crap. It was about now that I kind of realized it wasn't going to be an easy time in finding a simple resolution to this interesting piece of art history that fell into my lap. It was back to base training: laying down a foundation of facts and data. Building my case from the ground up, not from the top down, the way I had started... A good airline layover for me was measured in having a fair amount of time on the ground so I could get a good work out in; but now I was looking for museums, galleries, and old bookstores that carried rare art books. It wasn't easy at first breaking out of habit, but once the information frenzy started coming in, it was a bit easier. I was looking mostly for a drawing that Michelangelo did for this lady, Vittoria Colonna. She was widowed from the powerful and noble Colonna dynasty, 15 years younger than MA. She was a church reformer and in this, MA came to know her for her spirituality and the guidance she gave him in these matters, and maybe a little "how ya doin'" every once in a while. So out of this relationship, he made gifts of art for her. Supposedly my painting was made a year after this drawing was done. Though there is little documentation of it, as it was done out of love and not a commissioned work, which would have generated the necessary paper work for payment. The Romans were good at keeping records in that time period, which would have made this project a heck of a lot easier. Then one day, I had this burning desire to go to the local B&N bookstore. It was like a red light flashing inside me saying, go, go, go... so off I went. Once there an internal guidance system somehow told me where to go... nope, nope, yep, right there was a pile of MA books. One's I'd never seen before. So quickly flipping through them... Bingo, there it was, the Pieta drawing, and the good news... it was identical to the painting! They didn't have copy machine back then so to make something so close to the same image, you would have had to of been MA or someone in his most intimate circle. I purchased the book and raced home to read the latest find and call home... That was back in August of 2003, a lot has happened since then, but that was a big find for me at the time. If you're waiting for the punch line, you'll have to wait for part 3, as I'm off to Italy once again. The big mission this time is to try and find whose wax seal is on the back of this painting. People of wealth marked their valuable things with these family crests. There are two of them and if they belong to the Colonna or Beccadelli family, this adventure will be just about over. It will be difficult, but I'm getting to meet with the director of the Vatican museum, Dr. Francesco Buranelli...with the help from my benefactor! I'm hopeful this Vatican place can help open some doors for me...Well another 1st class seat on Delta to Roma, man this food and wine is fattening me up good, hopefully I can get back into shape soon....Full race report when I return.... Arrivederci...

February 2005

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 BTC Hammer- Spin	5 Spin-a- thon Starts at Noon
6 Spin-a- thon Ends at Noon	7 Niagara Falls Run	8	9	10	11 BTC Hammer- Spin	12 Lockport Y-10
13	14 Niagara Falls Run	15	16	17 BTC Monthly Meeting	18 BTC Hammer- Spin	19
20	21 Niagara Falls Run	22	23	24	25 BTC Hammer- Spin	26
27 Polar Bear 5K Run	28 Niagara Falls Run					

- ♦ **Every Monday Evening** - Running in Niagara Falls. Four Points Sheraton parking lot. 1st and Rainbow Blvd. 5:15 - 5:20PM
- ♦ **BTC/HammerSpin Indoor Cycling session** - Every Friday evening at 6PM. Sutherland Lodge, 1400 Ruie Rd. N. Tonawanda
- ♦ **34th Annual Lockport Y-10** - Challenging Ten mile Running Race that starts and finishes in front of the Lockport YMCA (19 East Ave, Lockport). Starts at 11AM
- ♦ **9th Annual Polar Bear 5K Run** - 11AM Sunday, Feb. 27 start and finish at Olcott Volunteer Fire Company (OVFC) Hall on Lockport-Olcott Road in Olcott, NY.
- ♦ **BTC Monthly Meeting** - The BTC meeting will be held at on Thursday, February 17 at 7PM
- ♦ Anyone with new business for the BTC Meeting please contact Theresa Palmieri by phone (834-5530) or by e-mail: tpluvs2run@yahoo.com by Sunday, February 13



Happy Birthday To You



February Birthdays: Timothy Donovan 2/4, Erin Mullaney 2/6, Kyoko Kobayashi 2/7, Mark Casell 2/9, Kim Chmielewicz 2/16, Paul White 2/17, Robert Preskop 2/19, Glenn Quackenbush 2/20, Nancy Jackson 2/23

March Birthdays: Stephen Ciocca 3/1, Will Fisher 3/2, Tracey Bernardoni 3/4, Anthony Cantera 3/6, Warren Elvers 3/7, Karen Michaels 3/7, John Vorrasi 3/7, Quinn Ankrum 3/10, Greg Drumm 3/13, Rich Clark 3/15, Greg Lavis 3/18, Sal Pascucci 3/23, Kara Klaasesz 3/31

BTC MEETING: The February Meeting will be held at 7PM, Thursday, Feb. 17th at J.W. Danforth located at 2100 Colvin Blvd. Tonawanda, NY 14150. Take I-290 West to Exit #2 - Colvin Blvd, turn left onto Colvin, bear right at traffic light. JW Danforth is behind Greif Bros. Corp on right hand side (2nd driveway).

Applications can be found online at <http://www.buffalotriathlonclub.com>

BTC WORKOUT CORNER

CORE WORKOUT

WITH JOE NIEZGODA

Here is another new section dreamed up by your friendly neighborhood newsletter editor. I think it's a great idea to have a workout that you can see how to do (just like in different health and/or fitness magazines).

If you have a favorite workout you like to do, and if you'd like to have it in here, e-mail me and I'll see what I can do. Thank you proper style, Grasshopper!!!

Joe Niezgoda is a certified personal trainer and coaches people in various sport activities including swimming and running.



The Plank - get down on the ground holding yourself up with your toes and elbows while keeping your back straight and contracting your abs to balance. You can either hold this position as long as possible, or you can do shorter reps of it. (Joe was tired in this picture, so his body wasn't totally straight)



Advanced Oblique Exercise - Lay on your side, support your upper body with lower arm's elbow. The top arm lays flat against your side. Body is straight, chest and hips are aligned. Lift your hips until they are 8-12" off the ground. Beginners hold 5-10 seconds for 5-10 reps. Advanced hold longer or as long as possible. Repeat for other side.



Inverted Plank - get down on the ground on your back and hold yourself up with your heels and elbows keeping your body straight and your butt off the ground. Beginners hold 5-10 seconds for 5-10 reps. Advanced hold longer or as long as possible.

Spin Workout by Eric Butler

10 minute warm-up

5 min 42x15 30 seconds 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 Butler is a USA Triathlon/Cycling coach. Email: eric@pyramidmultisport.com Phone: (716)-812-2017 Additional information can be found at www.PyramidMultiSport.com

Buffalo Triathlon Club

Submission deadline for each following month's QT is the 18th
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We're on the Web!
buffalotriathlonclub.com

DON'T DO DRUGS!!!

Buffalo Triathlon Club

c/o Michael Nowak

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What are the Odds???

These are unscientific odds for meaningless events that may or may not happen and is in no way meant for gambling purposes.

Defending Champion, Michael Nowak (- 15 seconds) vs. Joanne York-Rapple in "Splash & Dash for Cash" rematch

NEW BTC Hot Pic of the Month



The BTC Hot Pic of the Month is a section that will compete with other magazine's swimsuit editions, and is designed to allow people to feel good about themselves by showing off what they got (tastefully of course). You will get to see a member in a hot picture, whether they be in a swimsuit, bike clothes, running gear, or just regular clothes, these are pictures submitted by you of yourself to be adored by others

NAME: Michael Nowak (Ironman)

Height: 6'

Weight: 172-180lbs of pure hotness

Likes: Sports, video games, the ladies...

Dislikes: Bad things, bad movies, bad food, bad drivers, and especially people who don't follow/know the rules of the road...

How You Might Know Him: Local races, Thursday Brick workouts in Amherst, Wednesday group swims at the Pier, Team Captain of the Ride for Roswell, various BTC e-mails, New BTC Newsletter Editor, BTC Monthly Meetings

Favorite event in Tri's: Bicycling - "I love riding my bike. You can cover so much distance, go so fast, and see so many things during a bike ride. Whenever I get stressed out, I love to relax by riding my bike out to a nice rural area."