

WHAT'S INSIDE:



Tom's Pro Bike



Pic of the Month



Core Workout



Letters to Editor

Buffalo Triathlon Club

QUICK Transitions

Issue 76

**March
2005**

FEATURE STORY: BTC SPONSOR TOM'S PRO BIKE

Tom Lonzi, owner of Tom's Pro Bike, has experience that is very hard to match. Tom has been a bike mechanic for **31 years!!!** Not only that, but he still personally fixes the bikes that come in for service. He sponsors local triathlon and other various charity events. His store has over 400 bikes in stock, and 7 of the 15 different companies of bikes he has are tri-bikes (14 models). The store is focused on road bikes and has one of the largest selections of high-end bikes on the East coast. They are also the largest regional dealer of Reynolds Wheels and have all wheels in stock, with demo wheels available.

Even though Tom's sells high-end road bikes, don't



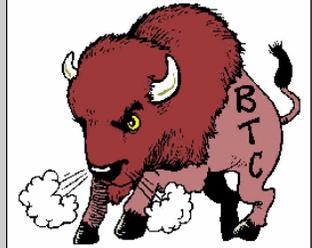
This location has been open almost 7 years

be intimidated, they service all types of bikes and have a very friendly atmosphere there. Tom's is committed and very responsive to all of its customers. If you have any questions, just ask and they will be happy to assist you. If there is something that you are looking for (cont'd on page 3, with pictures on page 2)

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.

Farewell Greg Drumm, We'll miss you!

For those of you who didn't know, our good friend Greg Drumm is leaving Buffalo to pursue a career in Syracuse, (a city that gets more snowfall than we do) where he will undoubtedly be snowed-in and have to ride on a trainer until August. The former Vice President of the BTC (2001) has done many great things not only for the club, but for many great charities, and to help others. Greg is featured as this month's "BTC Hot Pic of the Month" on page 6. This modest man did however want everyone to notice all the people behind him in the picture. I hope he can make it back every Thursday for the Amherst Brick Workouts. If not, we'll all miss his crude humor, witty retort, and his love affair with Rich Clark. Jeff Tracy will miss tucking him in at night. *Au Revoir Greg*



Who's going to Mighty?

Tom's Pro Bike



Bikes, clothes, gear, wheels, gloves, shoes, and too much else to name



Tom Lonzi (right) with sons, Chris and Pat Lonzi



Fitting room, gloves, socks, & a bench area to try on shoes



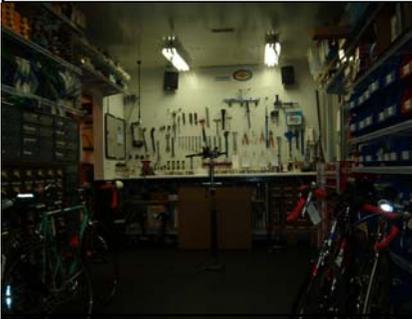
Lots of nice frames and high-end bikes in this room.



Chris Bushover



Tom Seiler



A nice big work area to fix bikes



Tri-Clothes, nutrition, and most important, helmets!



It may look small from the outside, but looks are deceiving. This store is **huge** on the inside!



Take a look at all of these hot deals. Get them while they last!

For more store info, visit them on the web at:

<http://www.tomsprobike.com>

Or stop in and see the store for yourself!

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.

Recently I was looking through the 2002 BTC Album, reading various articles and whatnot when I saw a pair of actual Jockey brand underwear briefs. They were from when Nancy Gworek gave her "brief" acceptance speech at the BTC Banquet that year to take over as Club Secretary from Karl Kozlowski. Funny. The speech was written out on the back side of the undies. Now it's about 3:30AM or so while I'm looking at this and I start thinking to myself: should I take these out of the plastic and wear these? Hey, free underwear, right? I think to myself, "I wonder where she bought these and if she saved money by buying the 3-pack and just gave the rest to her husband. So that means her husband wears Jockeys". Now I start wondering if the underwear are even the right size for me. I check. Size 34, SCORE!!! Hmmm. Would Nancy be upset if I were to use her cherished speech for undies? Would Jack Gorski, Club Historian be mad that I tampered with the Album? Would the club think it was funny if I wore them to a Club Meeting and mooned them to reveal that I was wearing them, or would they throw me out of the club for it, or worse yet, would they start throwing rocks at me? I now realize that I need to re-think this whole underwear debacle.

In conclusion, the moral of this story is that the later you stay up, the more delusional you get. However, if you are in need of filling in a section of a newsletter, it just might give you enough deviant thoughts to write down and get the job done. TTFN! (that means "Ta-Ta For Now")

-Michael V. Nowak



If you are reading this right now, then it is your responsibility to send in a question for me to answer. Send your questions to:

ImTooSexy4MyKat@aol.com

I'll be more than happy to answer them & give advice

Tom's Pro Bike (cont'd from page 1)

...but don't see there, just ask and they will probably be able to order it for you. They also rent bikes, and travel bags. Anyone who buys their bike from Tom's will receive a free fitting which is very important for a good ride. Tom has certification from Fit Institute Slow Twitch (FIST) which is for fitting tri-bikes, and is run by Dan Empfield (founder of slowtwitch.com and Quintana Roo). Tom is also certified by the Serotta Fit School (like Harvard for fitting schools). Buffalo Triathlon Club members can enjoy a 5% discount off bikes and 10% off parts, accessories, clothes, shoes, and labor (discounts do not apply to sale prices). **New for '05:** Tom's Pro Bike is committing to a very large volume of Campagnolo brand clothing which means better prices for you on what Tom believes is some of the best bike clothing out there. Stop by and check it out for yourself! **Tips from Tom:** One of Tom's favorite quotes is "train less, buy better equipment". He says that to get the most bang for your buck, upgrade to lighter wheels and Kevlar beaded folding tires. These are even more important (and less expensive) than having a lighter frame because they are what is actually moving.



Get a professional fitting from Tom in his store's new bike fitting room



Quinn Ankrum (left) gets jealous as Dr. Sherri LaShomb teaches Bob Siudzinski the benefits of chiropractic care and maintenance

February's BTC Meeting

February's Monthly Meeting was held at JW Danforth and featured guest speaker, Dr. Sherri LaSchomb who talked about chiropractic care, preventative maintenance, and the "Active Release Technique" (ART). She answered questions from Club members and afterward she gave out free samples of BioFreeze gel, which helps with joint pain. If you would like more information about ART, where to find a practitioner, or other related info, you can go to activerelease.com

Don't miss the next meeting, you could get your picture taken!

March 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 BTC Hammer- Spin	5 Sham- rock Run 8K
6	7 Niagara Falls Run	8	9	10	11 BTC Hammer- Spin	12
13	14 Niagara Falls Run	15	16	17 BTC Monthly Meeting	18 BTC Hammer- Spin	19 Gold's Two Hour Spin
20 Around the Bay 30K	21 Niagara Falls Run	22	23	24	25 BTC Hammer- Spin	26
27	28 Niagara Falls Run	29	30	31		

Duathlon: For information and schedules of Duathlons, contact Ken Tocha at KTocha@msn.com

Future National Events:

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

Let me know what national events you plan to do and I will put them in here

Schedule of Events

- ♦ **BTC Monthly Meeting** - The BTC meeting will be held at **Tom's Pro Bike**, 3687 Walden Ave, Lancaster on Thursday, March 17 at 7PM
- ♦ **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
- ♦ **111th Annual Around The Bay 30K Road Race** - 9:30AM Sunday, March 20 in Hamilton, Ontario, CA. This is a great challenging long distance race. There is also the Bay And Back 5K which starts at 10AM AroundTheBayRoadRace.com
- ♦ **Gold's Gym 2 Hour Spin** - Saturday, March 19, 11AM-1PM at Gold's Gym on **Wherle Dr. and Union Rd.** Instructed by Glenn Speller ([dspc@pcom.net](mailto:djspc@pcom.net)). Bring bike & trainer to guarantee spot & arrive at least 10 minutes early to set up, it fills up quickly.
- ♦ Anyone with new business for the BTC Meeting please contact Theresa Palmieri by phone (834-5530) or by e-mail: tplus2run@yahoo.com by Sunday, March 13



Happy Birthday To You



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

April Birthdays: Jeffrey Lebsack 4/2, Shelly Marabella 4/3, John Pepke 4/5, Margie Giardini 4/8, Jim Schaffstall 4/12, Amy Faktrowitz 4/15, Greta Speller 4/16, Todd Lemmiksoo 4/18, Craig Small 4/18, Marty Kober 4/19, Becky Kobielski 4/19, Chris Read 4/21, Bruce Levine 4/27, John Radzikowski 4/30

BTC MEETING: The March Meeting will be held at **7PM, Thursday, March 17th** at **Tom's Pro Bike** which is located at 3687 Walden Ave, Lancaster, NY 14086. (Take I-90 or Transit Road to Walden Ave, go East. Tom's is just past Central Ave on the right hand side)

Membership is due! It's time to Renew! Don't be a Foo! It's Easy to do!!!

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

Welcome New Members!!! Cindy Stankiewicz and Catherine Haight

BTC WORKOUT CORNER

CORE WORKOUT

WITH MICHAEL NOWAK

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!!!



shorter reps of it. Try to do this exercise on a mat so as not to hurt your elbows.

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 do



Modified Plank - this is a much more difficult version of the Plank exercise. Start in the plank position, then raise your right arm forward and your left leg back**. Hold for 2 full seconds or longer, then return to plank position. Next, raise left arm forward and right leg back. Hold for same amount of time as last one (1 rep. completed). The more you practice this, the longer you'll be able to hold it. Do 5-10 reps per set depending on how long you hold position for.



**Remember to keep you body in Plank position, with raised arm & leg parallel to ground.

Swimming Insanity with Joe Niezgoda

This swim workout is for an intermediate swimmer looking to boost Vo2 max and anaerobic endurance.

Warm up:

- 100 yds specials (anything but front crawl)
- 150 yds pull (mixed strokes)
- 150 yds kick (mixed strokes)
- 100 yds build (swim easy and build speed each length)
- 2x50 yds as 25 yds moderate, 25 moderate to hard (:30 rest between)
- 1x50 sprint (time it)

Main Set:

- 20x50 yds, 2 seconds slower than your sprint time (I do these on 1:00, shoot for 1:1 recovery)
- 1 minute rest.
- 10x25 kick hard with :30 sec rest between.
- 1 minute rest
- 6x25 sprint (rest at one end of the pool is 25 pushups & 25 situps at the other end of the pool).

Cool Down:

- 50 Drill set (go slow, focus on form and being long)
- 200 swim specials

Total distance: 2300 yards

Joe Niezgoda is an ACE certified personal trainer, and NYS certified cross country/track and swimming coach, and coaches various other sport activities. He is also crazy and should be considered very dangerous if you challenge him to a race. Be careful R.A.T.s

Swimming Key

Pull = Arms only

Kick = Legs only (use a kickboard during this)

Front Crawl = the overhand stroke that is normally used in triathlon and Olympic Freestyle swimming events

Buffalo Triathlon Club

Submission deadline for each following month's QT is the 18th
E-mail:

ImTooSexy4MyKat@aol.com

Michael V. Nowak (Editor)
770 Mill Road Apt 2B
W. Seneca, NY 14224

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

We're on the Web!
buffalotriathlonclub.com

STAY IN SCHOOL!!!

Buffalo Triathlon Club

c/o Michael Nowak
770 Mill Road Apt. 2B
W. Seneca, NY 14224

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.

**BTC Secretary John Pepke (99-1)
vs. a gorilla in an arm wrestling
match for charity during full moon**

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: Greg Drumm (Ironman)

Height: 6' **Weight:** 180lbs +/- **Kidneys:** 1

Likes: Good wine, humble people

Dislikes: Bad customer service, Apathy, People who don't hold up their end of the bargain, and the Original Buffalo design for the BTC (ha ha)

How You Might Know Him: Local races, Thursday Brick workouts in Amherst, Wednesday group swims at the Pier, BTC Monthly Meetings

Favorite event in Tri's: The 4th Event

(<http://www.4thevent.com>)

The Answer Everyone Wants To Know, Did you really ride your bike naked up at the Amherst Brick site??? I Plead the 5th Amendment.

What would you like to leave the BTC with?

I'll let you know when I think of it.