

WHAT'S INSIDE:



Pat LaFontaine



Pic of the Month



Sick Workout



Letters to Editor

Buffalo Triathlon Club

QUICK Transitions

Issue 77

April
2005

FEATURE STORY: Erie County cuts Swim from Triathlon Budget - BTC now BDC

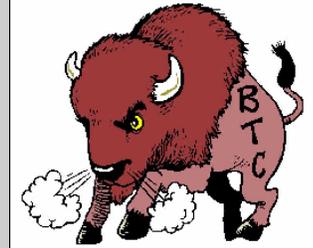
In a move that stunned, confused, and angered the triathlon community, Joel Giambra and his board of trustees have announced that as of May 1st, all swimming activities will be cancelled and that anyone caught swimming in Erie County will be arrested. This may include splashing around in the tub as well. As a result, the Buffalo Triathlon Club is now the Buffalo Duathlon Club, all Pier swims have been put on hiatus, and "A Tri in the Buff" has been changed to the "How Du you Du?". Since all other Tri's are outside of Erie County, they will go on as originally planned. Calls to the county government for questioning were not returned (possibly because I didn't leave a message),



Joel Giambra shows his feelings about triathlon

and all letters sent to them were returned (possibly because I didn't bother to put stamps on them). An unreliable source has reported that the reason for the cancellations is that Giambra can't swim, but has dreamt of doing multisport events. This way he feels he has more of an even playing field. It has also been reported that the county may or

may not have picked up the tab for a brand new bike (the same one Lance Armstrong rode in the last Tour de France) for the County Executive along with a personal bike chauffer paid \$80,000/year to drive behind Giambra and fix any flat tires he may incur while riding. This was all hidden in the budget that passed, and the County has issued a statement warning that if not accepted, they will not only add 4 cents per dollar to the county sales tax, but they will also start issuing traffic tickets during races to all cyclists for any reason they can think of. Lastly, this is the April issue of Quick Transitions, and in case you didn't guess it yet, **APRIL FOOLS!!!**



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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.

Good Luck, Jack Gorski... You'll need it!

Former Brickstar, and current Grumpy Old Man, Jack Gorski has begun yet another long trek. He is hiking the Appalachian Trail (that Jeff Tracy hiked in 2001) which goes from Springer Mountain in Georgia to Katahdin in Maine. Gorski trained by hiking at Chestnut Ridge, Delaware Park, and also by walking up and down the steps of his 4 story apartment building. While most people think that this grizzled old man would go with nothing but a knife (clothing optional), he is actually quite well prepared with his backpack stocked full of goodies, and his route all mapped out. He is not sure if he will go the full length of the trail. He has said that if the trail runs out of fun, he will quit. It's not about finishing it, it's about experiencing something new. I'll keep us updated with his postcards. Jack has also biked from Buffalo to Oregon via the Lewis & Clark trail, then from San Diego, CA to St. Augustine, FL but probably can't remember it. Good luck Jack, we wish you well!

BEFORE



AFTER (estimated)



Why I Love Triathlons by Catharine Boyle

I love Triathlons because you get to swim, bike, and run. I started triathlons with my Girl Scout Troop. We had to get up really early in the morning. First we would give out water for the adult race. Then we do the kid race. The first time I did it I crashed into one of my younger friends on the bike part of the race. I didn't get hurt, but I got some bruises. I kept on going. When you do a triathlon you have to be ready and prepared to do it. Triathlons aren't about winning or losing, they're about having FUN and doing your best.

How to do Triathlons:

First you line up at the edge of the water. Then you race into the water and around a ball. Then you run to get on your bike. When you're on your bike you ride around a cone 10 times. Then you start running. You run around a cone 2 times. Then you run towards the finish line. When you cross it you get a medal and a water bottle.

Siskel & Ebert, meet Tracy & Nowak (2 reviews of Napoleon Dynamite)

Jeff Tracy's Review: Do not see this movie. It sucks. It is a waste of time.

Michael Nowak's Review: Obviously all that head shaving has made Jeff unable to comprehend humor. Napoleon Dynamite is a very funny movie. While it doesn't have any real straight-out jokes, it has a lot of visual and situational humor, like how Napoleon talks, looks, acts, and reacts to things, and all the ridiculous situations that happen to him and his family. If you are not laughing within the first 10-15 minutes (or even after Napoleon's first line in the movie) then this movie may not be for you. The whole movie reminds me of school in the 1980's from the clothes to the way people act. By the way, if you do like the movie, be sure not to miss the extra scene after the credits.

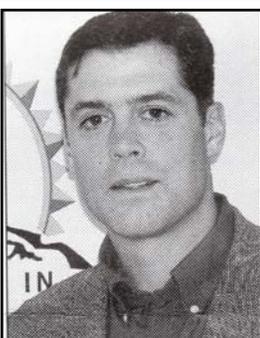
Critic Key - Which guy is which? Siskel and Tracy - both bald.



Ebert and Nowak - both like to eat a lot



Ironman Pat LaFontaine joins the Ride for Roswell



Pat LaFontaine will be riding the 62.5 mile route on June 25, 2005.

The R4R Committee has announced that NHL Hall of Famer and former Buffalo Sabres Team Captain Pat LaFontaine will be riding the 62.5 mile route on June 25, 2005 in the Ride for Roswell which will be celebrating its 10th anniversary. Pat is also expected to be an honorary captain for a team led by Erica Schwegler, whose late son Robert was a patient at Roswell Park, where he and Pat met and became friends. Pat thought the Ride would be a great opportunity to support Roswell Park and the Schweglers, with whom he's maintained ties over the years. Since his retirement from hockey, Pat's been active as the founder of Companions in Courage, which raises funds for children's hospitals. Last year, Pat raced for charity in Ironman Florida and finished in 13:06:49 through the Janus Charity Challenge program. Join the Ride and say hi to Pat!

The routes will be 62.5 miles starting at 7AM, 33 miles @8AM, 20 miles @9AM, and 9 miles @10AM. Registration is \$15 online or \$20 by mail. There is a minimum \$75 donation as well. Michael V. Nowak 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!!!



Team Captain Michael V. Nowak

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. **Warning: This editorial contains 2 very sad stories but teaches important lessons. Read only at your own discretion.**

On March 2, 2005, while at my girlfriend Jenn's apartment in Depew, one of our cats, Kiwi (seen on the front page of the February newsletter) unexpectedly died. It was on his 3rd birthday. I was about to leave, and Jenn was in Orchard Park visiting her parents. Kiwi suddenly jumped up into the air, ran into the side of a box, and fell over limp. The life immediately left his eyes. I was standing right there, but was unsure what was happening. I got down next to him trying to get his attention by making noise. He didn't respond and wasn't breathing. I immediately called Jenn asking if the vet near her was 24hours, but the only one was in OP. She could tell how shaken I was, but wasn't exactly sure what happened. She told me to meet them at the OP Vet and we hung up. I had to make a quick decision: give Kiwi CPR which may not work, or rush him to the vet and hope they could fix him. I'd never given an animal CPR, but I gave him a few breaths anyway, it wasn't working though. I then hurried him out to my car and rushed him to OP, but when I got there they pronounced him dead. It appeared that he had suffered a cardiomyopathy. There was nothing that could have been done.

This wasn't the first time a tragedy like this had happened to me. In August 2001, shortly after my grandpa died, my family and I were at his house in North Collins when we heard a loud banging on the door. I was upstairs coming down and heard who I thought was my little cousin joking around, asking to please help their sister. I got downstairs and saw it was a young teenage boy crying, saying he crashed his go-kart and his sister was stuck in it. My cousin (who was on the Emergency Squad) yelled to call 911 and took the boy to her car to drive him 2/10mile up the road to his house. I didn't think it was anything big, probably just got stuck in the ditch. I decided I should go anyway in case they needed help. I sprinted to my car and floored it up the road. I saw the go-kart on the front lawn, ran toward it and stopped... a 3 year old little girl was wrapped up in the back wheel, and the seatbelt was tight around her arm & neck. Her face was turning colors and had purple rings around her eyes. She wasn't responding and couldn't breathe. Our neighbor who saw me fly up the road got there, ran over to us, stopped, his eyes opened wide & his jaw dropped. We had to make a split decision of what to do, the ambulance would take too long to get there. Our neighbor ran to his truck to get his huge toolbox. The girl was stuck so we couldn't pull her, and she was not only wrapped in the seatbelt, but her neck was caught in the wheel. This meant that we had to take extreme caution not to move her head. I let the air out of the tire, then they got the lug off with the tools. I grabbed the big wheel and threw it to the side. They slowly unwrapped the belt from her neck and laid her on the ground. My cousin started CPR but couldn't get a seal on the mouth protector, so I took over the mouth-to-mouth. We kept going until the ambulance got there. By then a lot of volunteers had arrived and they took her right onto the ambulance. I looked over and saw a sheriff getting out of his car with a defibrillator in his hands, but he was too late. The ambulance left and they called off Mercy-Flight which was en route to the school down the road. The little girl didn't make it. Her neck had been snapped when she fell out into the back wheel. Every one of us there had tried as hard as we could and did the best job possible through teamwork, quick thinking, and proper training. There wasn't a single day for over an entire year that I didn't think about that girl & the event. I still do. Soon after that, I took a CPR & First-Aid course to be better prepared in case of another emergency.

You may be wondering what all of this has to do with triathlon. Everyone has had an unexpected event happen to them, whether it was a flat tire, a crash, a fall, or worse. Do we wear helmets because we plan to hit our heads? No, it's a precaution in case we do. We wear bright reflective clothing so people see us instead of hit us. We carry a spare tube in case of a flat. We buckle up in a car in case of an accident. We get a check-up from the doctor to find & treat stuff early instead of when it's fully developed. No matter what the event, there are always "what-ifs". "What if I had only done this instead?" When we take precautions, we are thinking ahead so that we might not have to say "what-if?" or have regrets. We may not be able to think clearly during an event, but when already trained to respond, it's much easier to do so. Don't wait for tragedies to happen. Instead, take precautions to prevent them, and be prepared for when one happens. What's stopping you from getting your First-aid & CPR certifications? You won't regret it. *-Michael V. Nowak*

REMEMBER: 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!



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

ImTooSexy4MyKat@aol.com

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



A large crowd gathered, including new members to discuss club business

March BTC Meeting

The March Meeting was held at Tom's Pro Bike on St. Patrick's Day. Tom supplied some great food, beverages, and door prizes. He also showed off some brand new products that just came in, and offered some great one-night-only deals. Everyone had a great time.

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



Quinn models the new style of jersey that the club will be ordering.

April 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 BPAC 6-Hour Distance Classic	18	19	20	21 BTC Monthly Meeting	22	23 GBTC Gr. Island 1/2 mara- thon
24	25	26	27	28 EMS McKinley club night	29	30

Schedule of Events

- ♦ **BTC Monthly Meeting** - The next club meeting is Thursday, April 21, @ 7pm at Handlebars Cycle Co. The address is 685 Englewood Ave, Kenmore, NY 14223 (corner of Englewood & Starin).
- ♦ **Tom's Pro Bike Demo Day** - April 17 @ 10AM at ON-LINE AUTO CONNECTION, 250 Lein Road, West Seneca, NY 14224. Featuring Litespeed Bicycles, Reynolds Wheels, clothing, and much more! <http://www.tomsprobike.com>
- ♦ **25th Annual BPAC 6-Hour Distance Classic and Marathon** - Delaware Park, at Parkside Drive and Route 198. Start is near the "Boy and His Dog" statue. Run as far as you can/want in 6-hours. 1.77 mile, traffic free, paved laps of Delaware Park, USATF certified. Event starts @ 8AM on 4/17 <http://www.wny-ultra.org>
- ♦ **11th Annual GBTC Half Marathon on GRAND ISLAND** - VFW Post 9249, 2121 Grand Island Blvd., Grand Island, NY 14072. The start and finish lines are located on Whitehaven Road. Walkers welcome. Walkers note your Half Marathon race starts at 8:30 AM. The Runners will start at 9AM <http://www.buffalorunners.com>
- ♦ **Eastern Mountain Sports club night** - 3540 McKinley Pkwy, Blasdell, NY (corner of Milestrip across from the mall) at EMS from 6-8PM. The BTC and other area clubs will have tables set up. Check your BTC e-mail for more info. This should be like club night previously held at NF Blvd. **824-1817**

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

Future Events: Tom's ProBike 50/50 Ride - 5/15 @ Stiglemeier Park in Cheektowaga, NY

Ride for Roswell - June 25, 2005 at UB in Amherst, NY

Musselman Triathlon - July 17, 2005 in Geneva, NY

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



Happy Birthday To You



April Birthdays: Jeffrey Lebsack 4/2, Shelly Marabella 4/3, John Pepke 4/5, Margie Giardini 4/8, Jim Schaffstall 4/12, Amy Fakterowitz 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

May Birthdays: Cindy Stankiewicz 5/2, Ann Seyboldt 5/5, Frank McKeehan 5/7, Michael Nowak 5/10, Thomas Giardini 5/12, Sharon Lindstedt 5/14, Carolyn Young 5/14, Anna Caci 5/17, David Shapiro 5/19, Theresa Palmieri 5/20, Catherine Haight 5/22, David Kreuger 5/24, Diane Marasciulo

BTC MEETING: The next club meeting is Thursday, April 21 @ 7pm at Handlebars Cycle Co. The address is 685 Englewood Ave, Kenmore, NY 14223 (corner of Englewood & Starin). If anyone has any new business to bring up please contact Theresa Palmieri by phone (834-5530) or e-mail tpluvs2run@yahoo.com by Sunday, April 17

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!!! Richard Pasternak, David Malinowski, Kim Truesdell, John Bielinski, Matthew Bielinski, Joe Pautler, Paula Pautler, Pete Cerny

BTC WORKOUT CORNER

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.

Being Sick

BY MICHAEL NOWAK

I've been doing this extre-



mely tough workout for about a month now and am almost done. **1.** Get really sick until you can't stop coughing, can hardly breathe, lose your voice, & look like this. You should be coughing up a lot of dark phlegm for at least 30min each morning upon waking up, and occasionally throughout the day. You'll need to keep your chest warm at all times in order to breathe without coughing. **2.** Drink about 64oz of Tropicana "Immunity Defense" OJ a day. **3.** Lay on the floor most of the day wondering if you'll ever get better, while the cat runs over top of you (or while spouse tells you to see a doctor).

Bike Workout by Eric Butler

10 min warm-up
3 min SCRx19 20 sec Hard/20 sec Easy
2 min SCRx19 90/100 RPM
2 min SCRx15 90/100 RPM
3 min SCRx19 20 sec Hard/20 sec Easy
2 min SCRx19 90/100 RPM
2 min SCRx15 90/100 RPM
1 min SCRx15 Easy Spin
4 min SCRx15 Single Leg Drill (20 sec each leg)
4 min LCRx15 90/100 RPM
5 min SCRx15 45 sec Easy/15 sec Hard
1 min SCRx15 Easy Spin
6 min LCRx15 Build Sprints
5-10 min cool down
Total Time: 50-55 min

Cycling Key

SCR = small ring in front

LCR = 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

Hard Track Workout by Joe Niezgoda

This is one of my favorite workouts that one of my college track coaches stole from the University of Oregon.

30/40 workout

Warm up: 20 minutes of easy jogging.

Then at the track run as many consecutive laps as possible, so that your total time for each 400m would be 70 seconds (200m in 30 sec, 200m in 40 seconds,). Do this until your legs die out. This is a really hard way to run a :70 second quarter which was about our 2 mile race pace.

Cool Down: 15 min of easy jogging then stretch.

Note: Adjust the workout according to your 2 mile race pace. Example: if your 2 mile time is 12 min, your 2 mile pace would be 90 sec per 400m (40 sec for the first 200m and 50 for the second 200m).

If it's much slower than 90 second pace, make the gap between the 200's 15 seconds instead of 10.

A track is 400 meters, which is .25 miles. 4 laps = 1 mile

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

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

DRINK YOUR MILK!!!

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.

Jack Gorski eaten by a bear (4-1)
Jack Gorski eats a bear (10-1)
Jack Gorski has a beer (1-1)

WOW! BTC Hot Pic of the Month



Bonus! 3 pix in 1

NAME: Joe Niezgoda (Ironman)

Height: 6' **Weight:** 160-ish

Likes: My job (Asst. Director @ JCC downtown), racing, McDonald's fries, classic cars, being a father, monkeys

Dislikes: snow in July, losing, any food that doesn't eat other food, the color clear, jail

How You Might Know Him: Thursday Brick workouts in Amherst, HammerSpin workouts, one of the top local triathletes

Favorite event in Tri's: Bike

Least favorite event: Swim

In between favorite event in Tri's: Run

Member Since: 2003

So what's it like in Alden? I like cows

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've 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