

WHAT'S INSIDE:



Brick Schedule



Pic of the Month



Core Workout



Letters to Editor

Buffalo Triathlon Club

QUICK Transitions

Issue 78

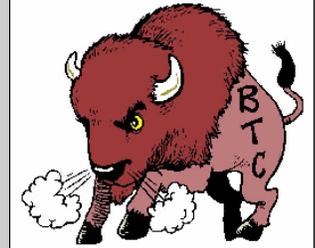
May
2005

BREAKING NEWS: The 2005 BTC Brick, Pier Swim, and race schedules are out!!!

MAY DAY! MAY DAY! MAYYY DAAAYYYYYY!!! No, there's still no hockey season, however there is even better news for all of you triathletes out there. It's finally May and it's time to get together outside for some BTC group workouts! Inside this issue of "Quick Transitions" you will find the official BTC Brick, Pier, and local triathlon race schedules. While fake copies of these schedules have been circulating wildly on the internet, we're your official publication of the real thing. Also, below we have an update from our Central NY correspondent, and inside we have one of the best "Hot Pic of the Month" photos yet. Don't miss any of this issue!



That annoying "?" guy from TV has no idea what the heck a Formula-1 Brick is.



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Update from BTC CNY Correspondent, Gregg Drumm

Greetings from the Land of Oz. No not Australia, from Chittenango, NY – the birthplace of L. Frank Baum who wrote a fairly well known tale called "The Wizard of Oz". And in case your wondering, yes the sidewalks are yellow on the main drag in this small village and they have an annual OzFest complete with a parade and guest appearances from a few of the remaining Munchkins.

As some of you are probably aware, I've done gone and moved off to the Syracuse area. I'm living on the eastern side of Syracuse in Chittenango. Chittenango is about 10 miles east of Syracuse and about 5 miles from Green Lakes State Park (for those of you that have done, or have heard of the sprint tri held there). Chittenango is also about 8 miles down the hill from Cazenovia where another sprint tri is held (and I believe timed by Score-This!).

So far things have been encouraging with trying to get my new health, safety, & environmental consulting business up and running. I have been able to pull in a little work so far but am also working on all the "little detail" type things as well (insurance, incorporation, banking accounts, etc.). This, mixed with having a house built, and getting used to living with someone of the opposite sex, has kept my time occupied.

The tri scene here? I'm not sure yet. I know they have a club but I'm not sure how active it is – I have my eyes and ears open and plan on investigating further. I have been hanging with a few roadies that I've known for a while but am still getting in a couple swims and runs a week as well. The riding here, I hate to say, is a whole bunch better than the Buffalo area as far as I'm concerned. I literally turn right out of the driveway and I have miles of mostly flats. If I turn left, I can be climbing some tough hills in a matter of minutes. My favorite ride or route so far is up Route 13 which takes me past Chittenango Falls headed towards Cazenovia. I might not end up being faster on the bike this year but I will definitely be a better climber. (cont'd on p.2)

❖ 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.

2005 Buffalo Triathlon Club Amherst Brick Schedule



Hosted by: **Jeff Tracy**

E-mail: IMacedog@yahoo.com

Phone: 716-622-9487

All events are on Thursday night (except for one) and begin promptly @ 6:00ish at the North Amherst Fire Co. parking lot. The schedule is tentative and subject to change.

May 5	Open Brick
May 12*	Time Trial
May 19	Open Brick
May 26*	Timed 1-2-3 Brick
June 2	Open Brick
June 9	Open Brick (Chase Corporate Challenge night)
June 16*	Time Trial
June 23	Open Brick
June 3*	Timed Formula 1 Brick
July 7	Open Brick
July 1*	Time Trial
July 21	Open Brick
July 28*	Timed 1-2-3 Brick
Aug. 4	Open - IM USA Picture Night (bring your photos & stories)
Aug. 11*	Time Trial
Aug. 18	Open Brick
Aug. 25*	Timed Formula 1 Brick
Sept. 1	Open Brick
Sept. 7*	Wendleville 5k (WEDNESDAY NIGHT)
Sept. 15*	Timed 1-2-3 Brick
Sept 22	Open Brick
Sept 29*	Time Trial

Brick Glossary:

Open Brick: the workout of your own design, free choice

Timed Brick: the classic 1-2-3 brick. 1 mile run, 2 laps on the bike, 3 mile run

Reversed Timed Brick: a new and exciting version of the classic 1-2-3 brick. 3 mile run, 2 laps on the bike, 1 mile run

Time Trial: a 2 loop lap, 12 mile bike ride with starts every 30 seconds

Formula One Brick: 1 mile run, 6 mile bike, 2 mile run, 6 mile bike, 1 mile run

* Indicates a points race. Awards will be given for top male and female point-getters in the under 40 crowd, 40-49 crowd and for the over 50 crowd. Here is the points breakdown:

1st place - 7 pts

2nd place - 5 pts

3rd place - 3 pts

and 1pt for those that participate, but don't place. Periodic updates will be posted on the BTC website and sent out via E-mail.

Update... (cont'd from p.1)

To help with my training, I have lucked out as an awesome, super nice, state of the art YMCA was built last summer in the neighboring town/village of Fayetteville. I will probably try getting part time work there as a lifeguard which will get me free or discounted membership there.

That's about it for now. If you feel like you want a change of scenery and want some hill work on the bike, let me know, I'd be happy to give you an escorted tour. I'll see you at the races.... and don't be surprised if the red Cervelo makes an appearance some Thursday night for a time trial to mix things up a bit.

Ride for Roswell is just over a month away



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. 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. You can register online through the link to the team page on the BTC website, then just click on "Join My Team". If you can't ride but would like to make a donation, just click on "Donate", or I can accept donations for it. Check out R4R's website at <http://www.ride4roswell.org> 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.

What's up y'all? Having fun? Well, you should be, and if you're not then there's a problem. Recently I was out doing a speedwork routine on the 0.9 mile track around the West Seneca Soccer Complex located on Seneca Street somewhat near my apartment. It was a routine I got from a fitness magazine. It involved a very structured and timed "Step-down Fartlek" exercise. I did it, and had a little bit of fun doing it, but only because it was different than the same old run I always do. Other than that, I didn't care for a lot of it. Later that day I talked to Joe Niezgoda and told him exactly what I did. He told me that it involved too much thinking and therefore defeated the purpose of Fartlek (which is Swedish for "Speedplay"). "You shouldn't have to think that much. It should be fun". Ahh. Leave it to the youngsters to remind you of the most basic rules in life... HAVE FUN! I took this advice and the next day I went back to the track and made up my own far less complex speed routine. Boy, I definitely had a lot of fun doing it, and because of that, I got a much better workout. The day after that I went on my normal challenging 5.5 mile run. I couldn't believe how much the previous routine helped. It felt like my legs were still having fun doing the speed exercise! They didn't even get tired in the usual spots on the course. I realized that in my quest to just keep up my triathlon training, I was keeping myself from doing so many other things and sports that I used to always love to do (the ones that kept me fast too). I will definitely be mixing up my workouts more, and you should too. Take it from America's youth. Even if it's Joe. -*Michael V. Nowak*



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

Pier Swim 2005 from SwimCzar Gene "Flash" Baran

The Wednesday swim at The Pier will start at 6PM on June 15. This training event is geared toward acclimating yourself to the open water and the things that are in it. Secondly, there is a 300 meter course laid out to familiarize yourself with swimming continuously without a wall every 25 yards. Some members do a warm-up with a run along the waterfront. The only Mandatory item is a swim cap to identify yourself to the aircraft carriers, submarines, and occasional Blue Whale. Some Highlights for 2005 include:

- 1.) June 15 @ 6PM - first day (weather permitting)
- 2.) July 6 or 13 - might go to a Canadian beach
- 3.) mid-August - **5th Annual "Splash And Dash For Cash"** (reigning champ from 2004 - Michael Nowak)
- 4.) Early September - Thursday night instead of Wednesday
- 5.) October 5 - Last swim day

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!



April BTC Meeting

The April meeting was held at Handlebars Cycle Co. where the club discussed such things as past, current, and future BTC merchandise (such as flags, hats, jerseys, etc.). Also, different schedules were presented, and new members were introduced. Door prizes were given out by Handlebars manager Jim Costello. Afterwards, Handlebars provided pizza and wings for the club members. Don't miss the next meeting, you could get your picture taken!

Treasurer Warren Hale shows Vice President Theresa Palmieri what a buffalo looks like. Everyone stares in amazement.

Schedule of Events

MAY 2005

5/14	15 th Annual Killington Triathlon	Killington, VT
5/15	Brick Duathlon (Subaru Series)	Waterloo, ON
5/15	"Come On, Let's Race" Duathlon	Cleveland, OH area
5/15	Powerman Ohio & Mid-Ohio Grand Prix Du	Cleveland area
5/21	Rochester Spring Classic Duathlon	Rochester, NY

JUNE 2005

6/4	Edinboro Tri and Du	Edinboro, PA
6/4	Nordonia Hills Duathlon	Cleveland area
6/4	"Fly By Night" Du	Watkins Glen, NY
6/5	Milton Tri and Du (Subaru Series)	Milton, ON
6/5	Pittsford Triathlon	Pittsford, NY
6/12	Keuka Lake Tri and Du	Syracuse area
6/19	Spring Fling Tri and Kids Race	Grand Island, NY
6/18-19	Muskoka Tri and Du (Subaru Series)	Muskoka, ON
6/25-26	Guelph Lake Tri and Du (Subaru Series)	Guelph, ON
6/26	Sulfur Springs Du	Clifton Springs, NY
6/26	Silver Springs Tri Kickoff	Cleveland area

Any questions? Look up any of these events on active.com, or e-mail Quinn Ankrum at qdoody@hotmail.com Happy racing!

Ironman North America Races:

Florida 1/2 IM at Walt Disney World - Sunday, 5/25/05
USA Coeur d'Alene, Idaho - Sunday, 6/26/05
USA Lake Placid, NY - Sunday, 7/24/05
Ironman Canada (Penticton, BC) - Sunday, 8/28/05
Ironman Wisconsin - Sunday, 9/11/05
Ironman Florida - Saturday, 11/5/05

SCORE THIS!!! Race Series (score-this.com) :

Spring Fling - 6/19/05
A Tri in the Buff - 7/3/05
Wilson Wet 'n Wild - 8/6/05
Lewiston Apothecary BeBop Du - 8/27/05
Danforth BTC Fall Frolic - 9/11/05
Rizzo's BTC Du - 10/1/05

Subaru Triathlon Series (trisportcanada.com):

Peterborough 1/2 iron distance race - Sunday, 7/10/05
Niagara Tri/Du - Sunday, 7/24/05
Belwood Tri/Du - Sunday, 8/7/05
Northern Tri/Du (in Orillia, ON) - Sunday, 8/21/05
Guelph Lake II Tri/Du - Sunday, 9/4/05
Niagara-On-The-Lake Du - Saturday, 9/24/05

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

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



Happy Birthday To You



May Birthdays: Cindy Stankiewicz 5/2, Ann Seyboldt 5/5, Frank McKeenan 5/7, Michael Nowak 5/10, Thomas Giardini 5/12, Sharon Lindstedt 5/14, Carolyn Young 5/14, Joe Niezgodza 5/15, Anna Caci 5/17, David Shapiro 5/19, Theresa Palmieri 5/20, Catherine Haight 5/22, David Kreuger 5/24, Diane Marasciulo

June Birthdays: Mary Casey 6/1, John Gorski 6/2, Skip Cook 6/10, Don Stefanski 6/15, Douglas Bush 6/16, Karen Riley 6/20, Nicole White 6/25

BTC MEETING: The next club meeting is Thursday, May 19, at about 7:15 PM at the Amherst Brick site after the workout. If anyone has any new business to bring up please contact Theresa Palmieri by phone (834-5530) or e-mail tplus2run@yahoo.com by Sunday, May 15.

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!!! Robert Clarke

BTC WORKOUT CORNER

Core Workout BY MICHAEL NOWAK



Da Bridge (a.k.a. - The Bridge)

- 1.) Lie on your back with you feet on the floor directly below your knees. Raise your hips into the air by pressing down on your feet, and lift your torso in the air so that you are forming a straight line.
- 2.) Slowly extend one leg by straightening the knee. Be sure to keep your weight on your shoulders and feet. Hold this position for 4 seconds or so.
- 3.) Return to position 1 and then repeat with the other leg. This is one rep. Do three to five reps.

Note: In this demonstration my arms are by my sides. For a better workout, keep your arms beyond your head instead. This way your core muscles must work more to keep you balanced

Cruise Interval by Joe Niezgoda

I like using this workout when getting ready for a 10k - marathon.

On a mildly rolling route run 20 minutes easy Long Slow Distance (LSD*) pace

Run for 6 minutes @ sub 10k pace 3-6 times, with 2 minutes of recovery jogging.

Cool down: 10-20 minutes of easy jogging.

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

*It should be noted that when the editor was told about "LSD" pace, he thought it meant that you trip all over the place while trying to run. This just goes to show you, not everyone knows what the heck different terms mean. If your are ever unsure of what something means, please don't be afraid to ask. Otherwise you'll just go around tripping over the start line while everyone else hurdles the finish

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.

Buffalo Triathlon Club

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

ImTooSexy4MyKat@aol.com

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We're on the Web!
buffalotriathlonclub.com

WEAR YOUR HELMET!!!

What are the Odds???

These are unscientific odds for meaningless events that may or may not happen and is not meant for gambling.

Mosquitoes join the BTC & vote to have all activities held in creek areas

(0) Odds that a BTC meeting will end early due to them (guaranteed)

Buffalo Triathlon Club

c/o Michael Nowak
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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'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

NAME: Mark Casell (Ironman)

Height: 5'7" (I used to be 5'8", but I'm shrinking)

Weight: 150

Likes: Kayaking, XC Skiing through the woods after a fresh snow, catered long training days, drafting behind Clydesdales, crossing the finish line before the cutoff

Dislikes: Inconsiderate drivers, potholes, no hockey season

How You Might Know Him: The guy nobody knew at the 2003 pre-IM picnic at Jennifer's parent's house, or the guy mistaken for one of the gay pirates during the Ch. 2 Ironman spot last July (the one where Joey Meyer talked), inventor of the cooler light.

Favorite event in Tri's: The Bike, because you can stop expending energy and still move forward

Member Since: 2003

What Were You Thinking When This Picture Was Taken? "Can the lady on the neighbor's deck behind me see my ass?"