

WHAT'S INSIDE:



May Meeting



Pic of the Month



Core Workout



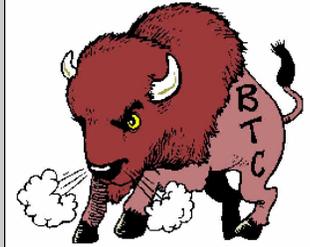
Letters to Editor

Buffalo Triathlon Club

QUICK Transitions

Issue 79

June 2005 Late Edition



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FEATURE STORY: NEW DOG IN TOWN!

New at the Thursday night brick workouts this year is assistant event coordinator "Riley B". Riley (aka 622-9487) is a golden retriever born on December 25, 2004. In addition to watching the club member's gear, bikes, and vehicles, Riley will be in charge of chasing tennis balls, squirrels, birds, and napping.

Riley B. is named in honor of the great bluesman B.B. King. Next time you're at the brick stop in and give him a scratch behind the ears, but please don't bite the dog. Also, please excuse him if he uses his tongue to kiss you, he learned that from a "French" poodle (get it?).



Miles with Missions benefiting Mercy Flight

Mission – For runners and tri-athletes of WNY to use their mental drive and the gifts given to them, that are sometimes taken for granted, to help those in a desperate time of need.

BTC Member **Kevin Patterson** has put together a charitable organization to raise money for Mercy Flight of WNY. The organization is called "Miles With Missions". They are getting a group together to run the 2006 Flora London Marathon in April of 2006. Kevin raised a few thousand dollars on his own doing the Wisconsin Ironman in September of last year and now through the design of this organization, his goal is to raise between \$10,000 - \$20,000. He is looking for both people to run as well as Corporate and individual sponsors to help support the drive. If you have any questions about it, or if you would like more information you can reach Kevin at 716-741-2818 (home), or 716-553-2035 (cell).

Don't just think about it, be a part of it! Here is what you get for raising a minimum of \$2,750: Satisfaction of knowing you helped save lives by raising money for Mercy Flight of WNY; Roundtrip airfare to & from London, England; 5 night stay at the Crown Plaza 4 Star Hotel (800m from the finish line); Hotel transfers from the airport; Bus shuttle to the start of the race; Guaranteed entry into the 2006 Flora London Marathon; Custom marathon training; Team/race uniform; Memories to last you a lifetime!

On September 27, 1981, Mercy Flight flew its first mission - transporting a critically ill newborn from Children's Hospital in Buffalo to Bertrand Chaffee Hospital in Springville. Since then, Mercy Flight has flown more than 12,000 patient missions, as well as countless community education and training missions throughout Western New York. In those early days, Mercy Flight was only in service 12 hours per day. 3 LaSalle ambulance paramedics and 2 pilots staffed it. Today more than 50 employees service the community 24 hours a day, 7 days a week. Despite managing an extremely lean budget, it still costs more than \$3.5 million a year to be ready to go 24/7 - that's \$10,000/day. 3rd party payers only reimburse a portion of each flight's true cost. Additional funding must be provided from a number of sources to sustain Mercy Flight's life-saving missions. These include: Public funding (NYS, WNY counties), Private contributions/memorials, Community events (fire departments, service clubs, community organizations), Corporate donations, Foundation grants, "Bash on the Beach", and Mercy Flight community days (Olean Heliport). Did you know that a \$50 donation buys enough fuel to fly for 25 minutes? A \$125 donation can fuel an entire mission, but even a small gift of \$10-20 makes a big difference.



Racing with Michelangelo by Martin Kober

WARNING: Massive amounts of wine are about to be consumed!

Buon giorno sports fans... Here's a short race report from my January trip to Italy. The new editor says I've got to keep it short, as he's under pressure to limit the volumes of articles flooding into his office. There's only one way to start & finish an international flight...and it's in a first class seat drinking the finest of wines...and that's just what we did. I took a good friend who had never traveled across the pond before so she was all excited for this adventure. I let her know it wasn't going to be a FUN trip, but one that was focused on very specific tasks... Turning over marble boulders.

The game plan was to spend 3 days in Rome, 2 in Florence and then 2 more back in Rome. January is a great time to be in Italy as there are no crowds or long lines into the museums. Day 1 is a bit of a waste as you've just arrived from your all night flight, it's 10 in the morning & after finding your hotel you need to take a combat nap. You have to force yourself to get up to try & recalibrate your body clock, so after a quick stroll to the Vatican, a couple glasses of wine at a cafe & then a dinner, day 1 is over. Day 2's mission was to look at a painting by Marcello Venusti at the Galleria Borghese. Many have said that they believe he painted my painting, which is not a bad thing, as he was one of Michelangelo's primary copyists. Michelangelo was often too busy to finish works he planned to give as gifts, so he'd make a very detailed drawing & give it to Venusti to paint. The good news is that anything that was done by Venusti was considered a Michelangelo! The rest of the day was spent sipping wine at cafes around sites like the Spanish steps & the Trevi fountain. Day 3 was a busy one, the Vatican. Its museum & the Sistine chapel in the morning, Saint Pietro in the afternoon.

Off to Florence on day 4 on the express train. The rest of this day was spent looking at churches, the St. Lorenzo, St. Croce & the Duomo. Florence is a beautiful small town with most of its streets closed to traffic, so it's a perfect place to drink wine on the sidewalk cafes as you fight the effects of jetlag & sore feet. Day 5 was the best day of the trip as far as research progress goes. First stop Casa Buonarroti, Michelangelo's family museum, a very small museum. After viewing the artwork I had to ask someone some questions! The girl in the gift shop spoke English, so out came my portfolio of information. Next thing you know she leaves & comes back with the museum's director. After viewing my information he asked if I'd like to have my painting in an upcoming exhibition of works done in connection between Michelangelo & Vittoria Colonna, the babe that this painting would have been done for. Great news, more to follow! Next the Galleria Uffizi, probably the best Renaissance museum in Italy. I was dying to talk with someone before I left, but regrettably I just walked out the door. On to the Galleria Accademia, after viewing the art work, I was off to find someone to speak with, my friend stayed behind to view Michelangelo's David...she said something about staring at a large naked man. I went to the information desk & showed them my artwork & asked if there was someone I could speak with. The next thing you know, I'm going through locked doors, people are running around, they say to wait right there...tic-toc, it was late in the day & I had just missed the Director of the Museum & I was asked if I could come back tomorrow. Of course!

We had an 11:30 train to catch, so we were up & waiting at the doors for my 9:30 appointment with Angelo Tartufuri, the # 1 Director of the Museum. After 10 minutes of showing him my information & pictures he was on the phone calling the Uffizi to get his good friend & expert of this subject to come over & take in this new found lost Masterpiece! Angelo made several other calls on my behalf & we are continuing to communicate as they continue their own research into this subject matter. The return trip to Rome was now anticlimactic after the results in Florence... So, we just enjoyed ourselves, seeing the sites & sipping wine.

It's off to Italy once again this June, just Florence this time to view the Exhibition at Casa Buonarroti & meet with scholars of Michelangelo that Angelo Tartufuri has arranged for me... So, arrivederci once again...



2005 Pier Swim hosted by SwimCzar Gene "Flash" Baran

The first official Pier Swim of the season will be held June 15. Pier Swims are held every Wednesday (except 9/7, it will be Thursday 9/8) through 10/5 at 6PM (weather permitting) at 325 Fuhrmann Blvd in Buffalo. They are designed to get you acclimated to open water swimming. Swim caps are required to help visibly spot you. Highlights include the 5th annual "Splash & Dash for Cash" held in mid-August.

Ride for Roswell is less than 2 weeks 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.

Ooohhh... It's so hot outside! I can hardly breathe it's sooo humid out. I'm sweating just looking outside. Sound familiar? With all this hot weather outside there are a few things you should know about, such as: **UV Levels** - Ultraviolet (UV) rays can burn the hell out of you fast. Pay attention to the UV forecast, and be sure to wear sunscreen whenever possible to avoid getting burned. **Ozone advisories** - O2 is Oxygen, O3 is Ozone. Due to the extra atom, it is heavier than Oxygen. While Ozone helps block UV rays, it also makes it harder to breathe such heavy air. Ozone levels are usually higher at night. **Humidity** - the amount of moisture in the air is humidity. This can also make it hard to breathe, and it also makes us sweat like crazy. **High Temperatures** - High temps make it easy for the body to overheat since there is no real way for it to cool down other than to sweat and have it evaporate. When it is hot & humid with high UV & ozone levels outside, your body heats up & sweats while your skin burns and you have a tough time breathing. Your body gets dehydrated from losing all those fluids. What do you do? Drink water? No. Water can be fine in short distance events, but when you sweat you don't just emit water, you are losing vitamins, minerals, & electrolytes. You need to replace these things or you could actually drown from having too much water in your system without enough nutrients. Crazy, but true. You need to use a sports drink that will replenish your nutrients. There is of course 1 thing that you can do to prevent all of these problems... Stay indoors where it's cool, & wait for better weather. The best way to avoid a problem is to avoid what causes it. -*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

UPDATES ON JACK GORSKI FROM THE APPALACHIAN TRAIL

As of June 2, 2005 (Jack's 61st birthday) Jack has hiked 621 miles and is in Pearisburg, VA. While on his trek, Jack has been writing poems. Word has spread through a vast community of hikers of the Old Guy with the Poems. He has written 9 of them since starting his journey. They consist of things that have happened on the trail and at night while staying in the shelters. Jack fell once on the trail while having to hike at night in the pitch black to get to the next shelter. He said it was dead quiet out, and there was no moon to help light the way. He stepped over a log and the twig he stepped on rolled causing him to fall. He said that though hiking in the dark was a very interesting experience, he would never want to do it again.

As far as scenery goes, he said that Mt. Rodgers was very scenic, but that the rest of the trail is actually kind of ugly. But that's not what's important to Jack while on this hike. "It's not the trail, it's the people you meet". Those are words to live by my friend. Lastly, Jack says he's lost so much weight that his ribs are sticking out. Maybe he should think about eating ribs instead of just looking at them in a mirror. Good luck Jack, and keep going!

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!

May BTC Meeting

The May meeting was held at the Amherst Brick site where the club discussed important topics and voted to make a donation to the North Amherst Fire Company. Afterward, everyone enjoyed a lovely chocolate cake. Don't miss the next meeting, you could get your picture taken! Pictures (clockwise from top) - BTC Flag; Nancy watches Joelle gasp in horror as the last piece of cake is eaten, Theresa doesn't care; a group assembles; Warren eats as Jennifer flashes gang signs; 2005 BTC Hat; what was left of the cake by the time I took a picture of it.



Schedule of Events

JUNE AND JULY 2005

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)	Muskoka, ON
6/25	Ride for Roswell	Amherst, NY (UB North)
6/25-26	Guelph Lake Tri and Du (Subaru)	Guelph, ON
6/25	Tupper Lake Tinman	Tupper Lake, NY
6/26	Sulfur Springs Du	Clifton Springs, NY
6/26	Silver Springs Tri Kickoff	Cleveland area
7/3	A Tri in the Buff	Evangola State Park
7/10	ARGH!!! 20K Time Trial	Olcott, NY
7/10	Peterborough Tri and Du (Subaru)	Peterborough, ON
7/17	Cleveland Tri	Cleveland, OH
7/17	MusselMan Half Iron & Sprint Tri	Geneva, NY
7/17	Pine Bush Tri	Albany, NY
7/23-24	Niagara Tri and Du	Grimsby, ON
7/24	Ironman USA	Lake Placid, NY
7/24	Shoreline Tri	Hamlin, NY
7/31	Presque Isle Du	Erie, PA

Any questions? Look up any of these events on active.com, or e-mail

Quinn Ankrum at qdoody@hotmail.com Happy racing!

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

Ironman North America Races:

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

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

2005 BTC Brick Schedule Thursdays @ 6PM

Time Trials: 6/16, 7/14, 8/11, 9/29 **Timed 1-2-3 Bricks:** 7/28, 9/15

Timed Formula-1 Bricks: 6/30, 8/25

Open Bricks: 6/23, 7/7, 7/21, 8/4 (bring your IM USA photos & stories), 8/18, 9/1, 9/22 **Wendleville 5K (Wed. Night):** 9/7

Points: (Male/Female Under/Over 40 yrs old) 1st-7, 2nd-5, 3rd-3, All other participants-1 **Results:** Posted periodically on BTC Website.



Hosted by: Jeff Tracy

E-mail: IMacedog@yahoo.com

Phone: 716-622-9487



Happy Birthday To You



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

July Birthdays: Alex White 7/6, Jeanne Elvers 7/8, Jonathan Bernstein 7/10, David Spillman 7/11, James Michaels 7/14, Paula Pautler 7/19, Suzanne Fenger 7/19, Larry Lewis 7/20, Chris Herbert 7/22, Pamela London 7/22, Andrew Moynihan 7/28, JT Stofer 7/28, Pete Cerny 7/29, Richard Mullaney 7/31

BTC MEETING: The next club meeting is Thursday, June 16, 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 tpluvs2run@yahoo.com

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!!! Matthew Dore

BTC WORKOUT CORNER

Core Workout BY MICHAEL NOWAK



Core Twist Crunches

- 1.) Lie on your back with your legs up in the air at a 45 degree angle.
- 2.) Slowly sit up bringing your left knee back and your right elbow over and across to touch while keeping your right leg in the same position. Hold for at least 1 full second.
- 3.) Slowly return to position 1 and then repeat with the other side. This is one rep. Do three to five reps per set.

Note: returning to position 1 in between gives your abs a harder workout. For a less intense workout, go straight from position 2 to position 3. Repeat back and forth 10 times before returning back to position 1 to end the set. Do about 3-5 sets.

1-2-3 Build-up Run by Joe Niezgoda

Warm up: 20-30 minutes of easy jogging

Then, at your desired speed:

Run 100m, jog 100m

Run 200m, jog 200m

Run 300m, jog 300m

Repeat 6 times.



Remember: A track is 400m around

1/4 way around is 100m

1/2 way around is 200m

3/4 way around is 300m

1 lap = 400m = 1/4 mile = 0.25 miles

If you are an advanced runner and hold a good amount of mileage during the week, you can try a 100m, 200m, 300m, 400m instead of the 100m, 200m, 300m.

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

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

DON'T SMOKE!!!

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 not meant for gambling.

Melissa Hanson will shove her pet's heartworm pills into her floppy drive after hearing she has a worm virus on her computer (7-1)



BTC Hot Pic of the Month



Well folks, I knew I would eventually have a picture so hot that even I had to censor it. Remember, one of the rules for the Hot Pic of the Month is that no genitalia can be shown in the picture! The collar and the leash were a little kinky as well, but I'll allow it this time.

Note - send me \$10 and I'll send you the picture without the CENSORED bar on it.

NAME: Riley B.

Height & Weight: Growing too fast to measure

Likes: Tennis balls, being petted, the ladies

Dislikes: Mean cats, country music, poison

How You Might Know Him: The dog that's always sleeping on the job while he's supposed to be guarding the vehicles at the Amherst Brick Workouts

Favorite event in Tri's: Run (he can't bike)

Member Since: 2005 (but has yet to pay any dues)

Aspires to one day be: The first dog ever to be able to pee into the toilet while standing up.

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