

## WHAT'S INSIDE:



June Meeting



Pic of the Month



Core Workout



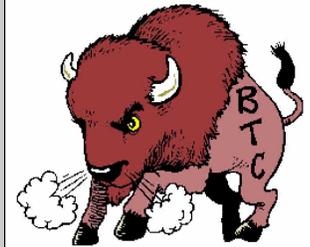
Splash & Dash 5

## Buffalo Triathlon Club

# QUICK Transitions

Issue 80

**July/August  
2005**



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## FEATURE STORY: Aliens Abduct News Editor

You may have been wondering "WHERE IN THE WORLD IS MY NEWSLETTER, AND WHERE IN THE WORLD IS THE NEWSLETTER EDITOR???" Well, neither of them were in this world. In a story soon to be seen on tabloids in supermarkets, BTC Newsletter Editor, Michael Nowak (seen here immediately after being dropped back off on Earth) was abducted during a long-distance run at night on back-country roads. When questioned about the abduction, Nowak replied in a Gomer Pile-like voice: "Good thing I was wearing a helmet... or was I?". Will Smith and Tommy-Lee Jones (Men In Black) did not immediately return phone calls about the abduction. We'll have more on this story as it develops. Until then, enjoy the newsletter and be happy it wasn't harmed. -QT



## Tips for Triathletes from a Spectator by Marc Koester

I must confess I have made a lot of mistakes during triathlon competitions, such as drying off each toe after the swim before putting my socks on for the bike. That is the reason why I sometimes just watch competitions. Even without being a professional coach, I realized many competitors lose time due to avoidable issues. Here are some free of charge tips. Can free tips be good? If these tips help you to be more efficient and you want to give money please donate instead to "The Ride for Roswell" or "Tour de Cure". Real examples are added to make this report easier to understand. If anyone from the WNY triathlon clubs thinks I refer to him I apologize in advance. I saw the same time traps all over the world. Here are some common mistakes:

**HAVING EVERYTHING WITH YOU!** How many times have I heard over the loudspeaker or seen competitors running around asking for goggles, pump, ... even one time for a bicycle. I am not kidding! In the Datterich - Ultra Team competition, Darmstadt, Germany, 1997, a first time competitor got signed up by friends and thought that the bicycle would we provided. A good strategy: Follow a list and pack the day before.

**IS YOUR EQUIPMENT READY?** I was part of a relay team at a competition in 2003 and did the swimming. Our cyclist realized five miles into the cycling course that his aerodynamic bars were loose. He had no repair equipment with him and had to cycle the remaining miles without them. Does this sound familiar? You definitely have a story. Why not publish it in the BTC newsletter.

**ARE YOU READY?** Be at the event before it starts. Give yourself enough time. Sounds too simple! You can ruin your competition by being late for the start. I have witnessed competitors running to the swim start after the air horn has sounded and jumping in the water last. At the Welland Canal triathlon (Canada) the swim start is nearly a mile away from the transition area.

**PLAN YOUR PREPARATION!** Of course there will be long lines in front of the bathrooms. Again a team competition: our cyclist warming-up on a trainer for 30 minutes before his leg of the race didn't plan in the much needed bathroom break before the ride. "What he's out of the water already. I have to pee!"

**KNOW THE RULES PART 1!** Anyone cycling without a helmet on can be disqualified even before the event (while riding the bicycle to the transition zone, or warm-up)! A disqualification can ruin your whole day.

**KNOW THE RULES PART 2!** If you come late and lean your bicycle against the fence in the transition area it can result in a two minutes penalty due to "Improper equipment storage". You could lose the competition due to this mistake. Check with the officials if you are unsure. **Not understanding or not knowing the rules doesn't prevent you from disqualification.**

**KNOW THE TRANSITION AREA.** It is not a good sign if you are asking spectators and competitors during a competition if there is a second transition area with bicycles. Luckily this competitor at one of the Finger Lake Triathlon found his bicycle after several minutes searching. Must have felt like hours for him. Remember where your bicycle is or write it on your hand with a waterproof marker! Some competitors have custom painted bikes.

**THE 4<sup>th</sup> EVENT!** Transitions are very important and some competitions are won in the transition zone. The 4<sup>th</sup> event: exiting the water, running to the transition area, transition itself, mounting the bicycle at the "mount here" line, and taking off. I have seen swimmers who got out of the water in 7<sup>th</sup> position and managed to get onto the bike course in position one.

**KNOW THE COURSE PART 1!** Be sure that you swim, cycle, and run the correct course. Leaving the course even if a (-cont'd p.2)

## Tips for Triathlon Competitions from an Observing Spectator (-continued from p. 1)

flag man/ volunteer shows you the wrong way can lead to a time penalty or even disqualification. It happened to me in Canandaigua.

Cycling the course beforehand or checking the course maps online is a good idea.

**KNOW THE COURSE PART 2!** Do you know courses with speed bumps in the cycling portion? At Canandaigua a friendly volunteer warned everyone several hundred yards before the first speed bump. But I was still astonished. I thought that I misunderstood the word 'speed bump'. They can really surprise you if you are not aware of them.

**KNOW THE COURSE PART 3!** Be aware of hills on the cycling course. Make sure that you start with the right gear ratio/selection. If you don't want to blow up or walk up hills, look at a map or ask friends. The competitors from the German triathlon team at the World Championship in the Czech Republic a few years ago lost everything during cycling because none of them, including coaches and German officials, checked the cycling course beforehand. All but one German competitor dropped out during cycling because they were surprised by extremely steep inclines.

**CYCLE SMART 1!** A broken bone, skin loss, or lost teeth is a major disaster. Germany 1997: during a training ride a female cyclist in the aerodynamic position did not pay attention to the road, hit a pothole, crashed, violently hit the handlebar, and tragically lost several front teeth. The moral of the story "Watch out for potholes" or love your dentist.

**CYCLE SMART 2!** If you compete in a triathlon (not a relay) do not cycle so hard that you cannot move afterwards. In a 2004 duathlon I even had to get volunteers to assist a competitor lying on the ground - stretched out on his back after 300 yards into the run course. Know your limits!

**EAT AND DRINK!** Very important even for the SPRINT distance. For longer distances this becomes more important. Know what nutrition your body can handle in a competition. If a competitor uses brand B nutrition does not mean this brand is the right one for you. Concentration, temperature of the drinks or food, time of consumption, amount, and flavor are as important as the brand. Experiment in training and stick to what works for you at the day of competition. There is always another race and health is more important to me than finishing a race. Different view? Please share it in the newsletter

**AERODYNAMICS:** There are a lot of books about aerodynamics. You need not be a rocket scientist to understand the fundamental concept. One on one aerodynamics by "Dr." Koester: even a \$10,000 bicycle with the latest wheel technology does not help you if you cycle in a straight up position. You will create a lot of unnecessary drag. Try to use your aero-bars. But be aware that the most efficient cycling position may be causing you pain during the run. You have to find the right balance between comfort, drag, cycling speed, and running speed.

**CHEERING ON VOLUNTEERS:** No event can take place without them. Smile and cheer them on. You can do it even while racing. Also cheer on your teammates and friends. Of course this is very difficult while swimming - I am still working on this part. Suggestions welcome!

Most important: have fun, stay healthy, be safe, and see you at one of the next events.



## 5th Annual Splash & Dash for Cash by Gene "Flash" Baran

August 3rd turned out to be a hot sultry night with the lake temperature brimming at 76 degrees. Chris Ankrum, after a three year absence, won his first Splash & Dash in a time of 32:35. His absence went unexplained, although he did befriend Rafael Palmiero during this period. Newcomer Joe Pautler challenged Chris for a bit and finished 2nd with a time of 33:29. 3rd place finisher Matt Dore might have won this race if not for the pack of wild dogs on the first run loop that impeded his forward progress. Fresh off her Lake Placid Ironman finish, Joelle Mann finished 4th. A deeply disappointed and whipped Michael Nowak finished 5th. The defending champ geared so much of his tactics to his nemesis - Joanne York-Rappl - that when she failed to show, he went into a funk. The new format caused a bit of confusion, however it did level the playing field with the different courses and built-in rest stops. Not a single person wore a wetsuit due to the above average water temp.

	<u>Order</u>	<u>1st Run</u>	<u>1st Swim</u>	<u>1st Run</u>	<u>2nd Swim</u>	<u>2nd Run</u>	<u>TOTAL</u>
Chris Ankrum*	SSRR	NA	10:15	7:28	NA	7:52	32:35
Joe Pautler	SRSR	NA	6:20	10:16	7:28	9:25	33:29
Matt Dore*	RSSR	7:55	14:25	NA	NA	8:18	33:38
Joelle Mann*	SSRR	NA	10:45	7:55	NA	8:39	33:49
Michael Nowak*	SSRR	NA	13:33	9:12	NA	9:19	35:46
Rich Testa	SRSR	NA	6:45	10:15	9:00	9:53	35:53
Dan Stand	SRSR	NA	7:15	11:12	8:18	10:57	37:42
Jessica Stand	SRSR	NA	7:10	11:12	8:18	10:57	37:42
Ann Seyboldt*	RSSR	10:30	14:38	NA	NA	12:42	38:15
Sharon Lindstedt*	RSSR	10:30	15:50	NA	NA	11:30	38:15
Kei Reilly*	SSRR	NA	15:36	14:32	NA	11:44	41:52

\*will not add up due to handicap



# 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.

Howdy, Stranger. Haven't seen you in a while. I'm happy to see you! I'll tell you one thing I'm not happy about though - losing my "Splash & Dash for Cash" (SDC) title to Chris Ankrum. I'm not really sure if I'm mad at Chris for always beating me in races (by 10 seconds at the Buffalo Wingfest .5K Run), or if I'm mad at Flash for screwing up the rules and format of the SDC and for not making sure that I win it. Did you know he told everyone that they had to race otherwise I would be the only one in the race? Did you know that he tricked me into giving up a start that would've given me 4 minutes off my time? Did you know I only lost by 3:11? What a travesty! Oh well. I'll tell you something though. I've gotten a lot better than I used to be. I remember when I used to look at results to see how close I could get to certain people's times in races (I still do). I would train and eventually I beat some of them (however some of them trained more and now beat the hell out of me). I would then look ahead to another few people's times & do the same with them. This can be a good competitive form of training rather than just looking at overall times (especially since everyone races different in different conditions). I know that there are certain people that (aside from a DNF) I will never beat. Heck, some people might never beat me, however, it's not always about beating someone. I've always been happy just to finish all of my races (no matter how short or long-distance they are). I've even come in last place in a race before, but at least I finished. This brings me to what I want to talk about. I remember all the way back to 2002 when I did the Great Floridian Triathlon Iron-Distance race. I felt fine all day. My finish time was 16:21:21 (however if you subtracted my transition times, I believe I won the race). I was having a great time. I was going an easy pace and was

confident about finishing. In that time I got to see all different levels of athletes (thanks to the 3 loops around the lake for the run). From top age groupers that I managed to keep up with for short bits (I was on loop #1, they were on #'s 2+3), to people near the end that I wasn't sure would be able to finish. I knew I had time, and I wasn't racing anyone, so I made sure to slow-up and talk with a lot of them to help give them confidence and energy to finish. I ran the 1st 4 miles with a guy slower than me until he cramped up. I asked if he needed help, he told me to just go on, so I did. I talked to an old man "running" a few miles from the finish that I was walking faster than. I talked to a kid about 2 miles from the finish that was dead on his feet. I really worried about him finishing so I took extra time with him before moving on. "You're doing great. Less than 2 miles & then you're done". I didn't know it at the time, but that kid was in my age group. After thinking I could never get an award (they went 10 deep in age) I ended up getting 10th. I was so excited when I found out! This was some great Karma. Not only did I have some absolutely great memories and achieve a dream in life, but I also got an award to bring home! I may never do another, but I'll be happy knowing what I achieved that day, & the people I helped along the way. You know, I can't wait for next year's Splash & Dash. Maybe I'll win, maybe I won't, but I'll be happy to finish (ahead of Chris Ankrum). *-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](mailto:ImTooSexy4MyKat@aol.com)

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

## UPDATES ON JACK GORSKI FROM THE APPALACHIAN TRAIL

He's Back, he's alive, and he's gaining weight at a scary pace. I lost bets on the first two. Updates from Jack to come.

**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!

### June BTC Meeting



The June meeting was held at the Amherst Brick site immediately after the bike Time Trial. The club discussed many important topics, including possibly banning Joanne York-Rappl from further BTC events for trying to cheat during the Time Trial by starting far later than everyone else to temporarily capture the King of Queens title. Don't miss the next meeting, you could get your picture taken! (Pictures from left to right: The way all meetings start, "Gooooooo Teeeam!" (Trivia - starting from the far left going counterclockwise, guess whose hands these are); A group gathers; Officer Hale gives Joanne a warning ticket for unsportsmanlike tactics, while Joe provides back-up; BTC officers draw still-life pictures and caricatures of member Ken Tocha so that future members know what a real-life duathlete used to look like.

## Schedule of Events

AUGUST & SEPTEMBER 2005

# Schedule to be posted extremely soon!

Any questions? Look up any of these events on [active.com](http://active.com), or e-mail Quinn Ankrum at [qdooddy@hotmail.com](mailto:qdooddy@hotmail.com) Happy racing!

**Duathlon:** For info & schedules of Duathlons, contact Ken Tocha at [KTocha@msn.com](mailto:KTocha@msn.com)

### **Ironman North America Races:**

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](http://score-this.com)):**

**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](http://trisportcanada.com)):**

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:** 9/29 **Timed 1-2-3 Bricks:** 9/15 **Open Bricks:** 8/18, 9/1, 9/22

**Timed Formula-1 Bricks:** 8/25 **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

**Clancy's 13th Annual Memorial SteakFest:** Sat. 9/3 at 3PM, Jeff's House, 5 Cherry St, Lockport, NY. RSVP, BYO Steak, & Don't feed the dog



**Hosted by: Jeff Tracy**

E-mail: [IMacedog@yahoo.com](mailto:IMacedog@yahoo.com)

Phone: 716-622-9487



## **Happy Birthday To You**



### **August Birthdays:**

23	Stephen Hruby
2	Edward Harkey
27	Ken Tocha
2	Michael Collins
27	Daniel Shand
2	Joe Pautler
5	Glenn Speller
7	Martin de Nysschen
8	Sam Pasceri
10	Norman Viti
12	Christopher Ankrum
14	Curt Eggers
16	Patrick Dalton, Jr.
21	Carol de Nysschen
22	Don McGuire

### **September Birthdays:**

26	Ken Kuriscak
1	Teena Clark
29	Patricia McManus
7	Ryan McCorkle
29	Roman Fish
15	Joelle Mann
16	Jeff Tracy
16	Dean Hitchcock
17	Michael Mazzara
19	Karl Kozlowski
22	Missy Rashid
22	Thomas Kandefer
22	James Balcom
23	Timothy Galvin
24	Robert Giardini

### **New Members:**

26	Ken Kuriscak
29	Patricia McManus
29	Roman Fish

Scott Wilbur  
Michael Collins  
Michael Mazzara  
Matt Dore  
John McGuire  
Kathy Ducato  
Joe Colburn  
Ryan McCorkle  
Davida Arnold  
Daniel & Jessica Shand  
Robert Harold  
Thomas Kandefer

**BTC MEETING:** The next club meeting is Thursday, August 18, 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](mailto: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>

# **BTC WORKOUT CORNER**

## **Core Workout** BY MICHAEL NOWAK



**BONUS!!!** -simply print this picture to be 6' tall and you will have a life size pic of me!

## **Scissor-Leg Rapid Core Kicks**



- 1.) Lie flat on your back (don't fall asleep folks, there's more)
- 2.) Sit about halfway up, quickly lifting your left leg into the air while your right foot stays only 1-3 inches or so off the floor.
- 3.) Keeping your body in the same spot, quickly switch the position of your legs (right leg up, left leg down). This is one rep. Do 3-5 sets of ten reps.

Note: Your legs should be moving the entire time without pausing. Keep your legs straight and knees locked. Keep your arms out in front of you for balance. If you are having trouble balancing, keep your elbows and forearms on the ground behind you to balance on. Once you get used to this exercise, try doubling the amount of reps per set.

Photo Trivia - 1. What time is it? 2. What is on my socks & why? 3. What colors are my cell phone? 4. What BTC sponsor is shown?

## **Jog Straight, Turn and Run** by Joe Niezgoda

Warm up: 5 minutes of easy jogging.

Workout: For 10 minutes, jog the straights of the track and run the turns.

Repeats: 8-10 x 400m on fastest mile pace +5 seconds per 400m

Jog 200m for recovery between reps

4 x 200m on fastest mile pace +2 seconds per 200m. Jog 200m for recovery between reps.

Cool down: 5-10 minutes of easy jogging



**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

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:

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We're on the Web!  
[buffalotriathlonclub.com](http://buffalotriathlonclub.com)

DON'T GIVE UP!!!

## Buffalo Triathlon Club

c/o Michael Nowak

770 Mill Road Apt. 2B

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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.

Elek Clark will be the 1st person to beat the Eggers family at the Wilson Wet & Wild Tri when he beats Luc by 3 seconds in the year 2020 (75-1)

# **WOW!** BTC Hot Pic of the Month



If Rich and Teena would have switched spots, I would have labeled this picture "The Good, the Bad, and the Ugly", but instead, it's "The Young & the Restless"

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

More like the "Tot" Pic of the Month! The Clark family trio is the first Family pic, and holy cow - Teena is the first female to grace this section! Maybe family values will bring some class back to this part of the newsletter. Personally, I'm still hoping for more ladies to show the world what they got (tastefully of course).

**NAMES:** Elek, Rich, and Teena Clark

**Height & Weight:** All are under 5'9" and above 10 lbs

**Likes:** **R:** Running & Mighty Taco **T:** being a mom **E:** riding in the baby jogger, spatulas, jump ropes, and large spoons

**Dislikes:** **R:** The runs from eating too much Mighty Taco; **T:** swimming; **ALL:** poopy diapers

**How You Might Know Them:** Score-This!!! races, Thursday Bricks, and Rich is a former BTC President

**Favorite event in Tri's:** **R:** Running **T:** Biking **E:** going to Grandma's house during the race

**Member Since:** One since the BTC was born, and one since HE was born.

**Aspires to one day be:** Grandparents; The first Father, Mother, & Son to be BTC presidents; Someone that has an e-mail address and is literate