

WHAT'S INSIDE:



August Meeting



Core Workout



Pic of the Month

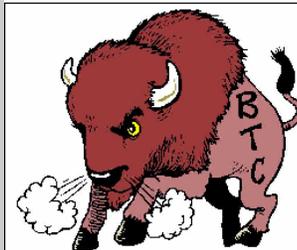
Buffalo Triathlon Club

QUICK Transitions

+ **Marathon Guide!**

Issue 81

**September
2005**



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FEATURE STORY: Goose debates Seagull during primary for unwanted area bird

This year's Park Bird Primaries were held at Stiglemeier Park between a Canadian Goose and a Seagull for most unwanted bird at a park. While both candidates possess annoying qualities (Goose lays its droppings everywhere; Seagull steals food off your plate), this one's sure to come down to the wire. We will keep you updated -**QT**



Both candidates have "dropped" insults

Massage Review by Joe Meyer

I'll admit it. A year ago I prejudged someone, his technique, and his abilities. This person started practicing massage with a different technique and I wanted no part of it. I can honestly say I was wrong and have re-learned a valuable life lesson.

David Ireland is a friend who began practicing Ashiatsu massage for Athletes, but he delivers this service primarily with his feet and NOT his hands (Hence the name of his business: One Hand One Foot: Ashiatsu Oriental Bar Therapist.) Like many others, I was skeptical. I didn't want someone who was recently certified as a massage therapist practicing an unconventional and "different" type of massage on me during race season, because anything that is different might hamper my racing performance (I have come to realize that this non-risk taking mentality is kind of typical in the tri-geek community. Hey, I admit I am guilty of this train of thought.)

However, luckily, I saw David on Memorial Day weekend giving free massages after the Nissan Buffalo marathon. I decided, "What the hell? Give it a shot. What do I have to lose?" For some reason, I was developing some hamstring issues and some abdominal pains/strains. In that first brief session, David was able to locate the problems, addressed the possibilities and started administering some remedies with his massage techniques. After a short massage period, I felt great. I signed up for 3 more thorough sessions.

Before I go any farther, let me say that I think that every type of massage if practiced and administered correctly has a beneficial purpose. This article is not intended to speak poorly about any other therapist's practices. I just have found that David's techniques and services are very beneficial. I want to endorse and spread the word about his services. He does a great job.

After the first 2 sessions, during my major volume weeks of Ironman training, I noticed some significant results due to his work:

- Aero position.** Before the massages I thought I was fine and comfortable in my aero position. After the initial sessions, it was entirely different. I felt like my back would melt into my bars. I was completely more comfortable and relaxed. This was the first HUGE difference I noticed.
- Hamstrings.** I had a sore left hamstring that was discovered to be starting up at the "glute" area. His massages considerably helped handle the pain and strain.
- Core muscles.** The core muscle pain I was experiencing from running stemmed from a ligament issue in my pelvis area. David researched this issue and at the second session addressed the situation in more detail. By the third session my running was back to normal.
- IT Band.** Before the sessions, I thought my IT band was fine. During the second session he started to work on them in a normal massage fashion (static massage). They were tight. Very tight. Instead of (cont'd on p.2)

Massage Review (-cont'd from p.1) using traditional static practices, David started using his Active Release Treatment (ART) training to relieve the stress in a less painful way. He put my leg in motion as he massaged the IT band. It was more thorough, less painful, and produced better results. Awesome results!

I should give a description of a David Ireland massage. It is a SPORT massage. That means, at times it may be painful. He works intensely on your muscles to stretch them out and relieve tension and knots. David's technique allows him to get deep into the muscles. Do not go to him if you want a relaxing spa type massage where you fall asleep. If you are an athlete that beats up your body with high volume or high intensity training or both, he can help you. With his technique David has the ability to "get at" your muscle knots and problems better than the traditional method of massage. He is standing on you but pulling his weight up to control how much pressure is applied. He administers more pressure on your muscles and thus helps them stretch and relax them. I have never had a massage before that was able to focus on the muscles at such a deep level and that improved my training. In my initial session, I asked him if he uses the bars above the bed to push his weight down on his client. He laughed and replied that he lifts himself up with the bars, he does NOT push down. Pushing down would be entirely too much pressure on a person.

Something I look for in people I hire or work with in regards to triathlon (bike mechanics, coaches, massage therapists) is that the person be a student of their respective field. I don't like going to people who get certified in something and stop learning. I like working with people who are passionate about their profession and want to continue to learn more about their field and can teach me something new each time I talk to them. David is such a person. Each time I have visited him, he has another book out and shows me some things he is studying or he offers new tips on improving performance. (Ask him about the importance of stretching your big toe...) Some of his specializations include: Ashiatsu for Athletes, Hot Stone Massage, Swedish Massage, Pre & Post Event Massage, and as stated before he is certified in Active Release Treatment (A.R.T.).

But what about the race results???? Did his massage help me with my racing? My goal heading into Placid was to achieve my potential and get closer to that elusive goal of qualifying. I spent a few weekends this year up at Lake Placid training on the course. After one of our sessions, David asked me if I thought I would qualify. I responded, "I'll need a rocket on my back to qualify." His retort was, "You just got one." His massage technique was an additional tool that helped put me in a position to achieve my best possible outcome. On race day, I did not have one muscular issue that held me back from setting a 20 minute personal record. My hamstring never bothered me once on the bike. The strained ligament in my hip never flared up on the run. My shoulders and back were flexible and strong during the swim. I could not have been happier with my results. Everything that I could control worked perfectly. His therapy helped me in this regard.

For what it is worth, I wholeheartedly endorse David Ireland and his technique and practices of Ashiatsu Oriental Bar Massage Therapy. In September, he will begin practicing on occasion in a studio in downtown Buffalo. Give him a call at **716-574-4602** and set up an appointment. Then, you can see for yourself how effective his treatment is.

**YOUR
ARTICLE HERE**

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.

GAS PRICES! Enough said, right? Well, actually, I have something to say about them. I may drive a Honda Civic, but I certainly don't want to fill its tank, especially when \$20 only gets you 5.9 gallons of gas! So how exactly can you save money when prices are so out of control? Well my friends, I've found a way. You see, I filled my tank when gas was \$2.58/gallon and I refused to get more after it went up past \$3 (in the hour it took to do so). So I got me a bag, got on my bike, and rode to work. I still needed fuel, but the difference is that WATER IS \$0/gallon! I just make sure I have breakfast or lunch right before I leave. It's only 11 miles from my apartment to work. This is where being a triathlete comes in handy. I already love riding my bike anyway, and because of being a triathlete, I have plenty of endurance to ride 22 miles in a day. It's a little tougher because I ride a mountain bike in case of rough road and/or sidewalks if need be. I simply put my work clothes in my bag before I left, and changed once I got to work. Of course I lock it up, and I even take the seat inside with me. It's always good to give yourself at least 15 minutes to cool off after you get there before going in to change. At last, I finally managed to fit in some exercise during my work week other than just the Thursday night Bricks! And when I feel like an extra workout, I simply pop my running shoes on as soon as I get home, and run right out the door for a brick type of workout! It's like shooting 2 birds with 1 stone (*NOTE* -that comment has nothing to do with the 2 birds on the front page of this newsletter, which as far as I know are both doing just fine). Try it out sometime. However, just make sure to find a route with little traffic and big shoulders. Safety first! I figure that when all is said and done, I save at least \$3 per day that I bike to work, which is \$15-20/week, which is \$780-\$1040/year! And that's just if I bike to work. I also bike to other places as well. I only have one other way to save money, which I'll share with you for only 3 easy payments of \$19.95... **BUT WAIT!!!** Act now and I'll take off one of the payments! That's a way to save lots of money for only 2 easy payments of just \$19.95. **BUT WAIT!** E-mail me in the next 30 minutes and I'll even throw in a trial-size packet of Endurolytes absolutely free. What is there to lose? Send your payment to the address on p.6 c/o Michael's Incredible Deal. You'll be glad you did! *-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

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!

➔ **YOUR ARTICLE HERE** ➔



August's BTC Meeting

The August meeting was held at the Amherst Brick site. The results were nothing short of awesome. There were babies, dogs, people, a police officer, athletes, a liar, bugs, a fire truck, cars, stones, music and much, much, more. We even discussed all sorts of club business. Don't miss the September meeting, as it will be the **LAST OUTDOOR MEETING OF 2005!** Be a part of history and be able to tell your grandkids "I was at the last outdoor meeting of 2005, back when vehicles ran on gasoline and we paid only \$3.21/gallon of it". Be there!!!

Schedule of Events

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

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

Ironman North America Races:
Ironman Florida - Saturday, 11/5/05

SCORE THIS!!! Race Series (score-this.com):
Rizzo's BTC Du - 10/1/05

Subaru Triathlon Series (trisportcanada.com):
Niagara-On-The-Lake Du - Saturday, 9/24/05

Chickenwingman Offroad Duathlon 10/30/05

This Space Available

2005 Pier Swims Wednesdays @ 6PM located at 325 Furhmann Blvd or "Festival Grounds at the Pier"
October 5th is the last scheduled Pier swim for 2005 Be sure to check out the newly paved path!

Hosted by: Gene "Flash" Baran



2005 BTC Amherst Brick Schedule Thursdays @ 6PM

Timed 1-2-3 Brick: 9/15 **Open Brick:** 9/22 **Time Trial:** 9/29

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



September Birthdays:

1 Teena Clark
7 Ryan McCorkle
15 Joelle Mann
16 Jeff Tracy
16 Dean Hitchcock
17 Michael Mazzara
19 Karl Kozlowski
22 Missy Rashid
22 Thomas Kandefor
22 James Balcom
23 Timothy Galvin
24 Robert Giardini

26 Ken Kuriscak
29 Patricia McManus
29 Roman Fish

October Birthdays

2 Garrett Speller
7 Anthony Garrow
8 Gary Grant
8 Julia Reilly
8 James Schraufstetter
9 Joanne York-Rappl
16 Maureen Reilly
20 Steve Brooks
26 Elek Clark
26 Tom Steffan
31 Michael Myers

New Members:

Clyde Ferguson
Timothy Toy
Katherine Ann Bauers-Toy
Tom Steffan
Jacquelyn Wolniewicz
Michael Malaney

BTC MEETING: The next club meeting is Thursday, September 15, at the Amherst Brick site after the timed brick workout (at about 7:15 PM). 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>

BTC WORKOUT CORNER

Core Workout BY MICHAEL NOWAK

Knees to Chest... NOW!!!



1.) Lie flat on your back. 2.) Sit up quickly bringing your knees to your chest with arms out for balance. 3.) Return to position 1 (your feet & back don't have to fully touch the ground, but can). This is one rep. Do 3-5 sets of ten reps. Note: It is EXTREMELY important to keep good form during this. If you are having trouble, slow down. Also, if your legs are coming up too fast and not allowing you to sit up, let your upper body come up a little before you lift legs. (Trivia - what's funny about the numbers in these pictures?)

Zero to Marathon in 20 Weeks by Joe Niezgoda A beginner's plan for finishing a marathon

Bio: You are new to running or never run but have been active for at least 4 weeks and want to run a marathon.

Week	Mon.	Tues.	Wed.	Thurs	Fri.	Sat.	Sun.
1	Off	Cross Train (30 min)	Off	Cross Train (30 min)	Off	Run/Walk (10 min)	Off
2	Off	Cross Train (30 Min)	Run/Walk (1Mi)	Cross Train (30 Min)	Off	Run/Walk (15 min)	Off
3	Weights (30 min)	Run/Walk (2Mi)	Walk/Run (2Mi)	Cross Train (40 Min)	Off	Run/Walk (20 min)	Off
4	Weights (30 min)	Run/Walk (3Mi)	Walk/Run (3Mi)	Cross Train (40 Min)	Off	Run/Walk (30 min)	Off
5	Weights (30 Min)	3Mi	3Mi	Cross Train (30 min)	Off	3Mi	6Mi
6	Weights (30 Min)	Fartlek (3Mi)	3Mi	Cross Train (30 min)	Off	3Mi	7Mi
7	Weights (30 Min)	4-5 short hills 5k-10k pace	4Mi	Cross Train (30 min)	Off	3Mi	8Mi
8	Off or Weights (30min)	3-4 long hills 5k-10k pace	4Mi	Cross Train (30 min)	Off	5Mi	5Mi
9	Off	3 x Mile 5k-10k pace	3Mi	Cross Train (45 Min)	Off	2Mi	10Mi
10	Off	6x ½ Mile 5k-10k Pace	5 Mi	Cross Train (45 Min)	Off	2Mi	12Mi
11	Off	5-6 Short Hills 5k-10K pace	4Mi	Cross Train (60 min)	Off	3Mi	13Mi
12	Off	Fartlek (3M)	2Mi	3Mi	Off	3Mi	6Mi
13	Off	3 x Mile 5k-10k pace	5Mi	3Mi	Off	3Mi	10K Race Or 10Mi
14	Off	6 x ½ Mile 5k-10k Pace	6Mi	5Mi	Off	3Mi	15Mi
15	Off	6 x ½ Mile 5k-10k Pace	3Mi	Fartlek (3Mi)	Off	3Mi	15Mi
16	Off	4 x Mile 5k-10k Pace	6Mi	Fartlek (5Mi)	Off	3Mi	18Mi
17	Off	9 x ½ Mile 5k-10k Pace	5Mi	Fartlek (8Mi)	Off	3Mi	20Mi
18	Off	Fartlek (6Mi)	5Mi	8Mi	Off	3Mi	10k Race Or 10Mi
19	Off	Fartlek (5Mi)	4Mi	6Mi	Off	3Mi	6Mi
20	Off	Fartlek (5Mi)	3Mi	2Mi	Off	2Mi	RACE

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
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info@buffalotriathlonclub.com

We're on the Web!
buffalotriathlonclub.com

WATCH WHAT YOU EAT!!!

What are the Odds???

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

The 2005 Rizzo's BTC Duathlon will cancel the 1st run and replace it with a 500m swim due to the water being too warm to pass up (9999-1)

Buffalo Triathlon Club

c/o Michael Nowak

770 Mill Road Apt. 2B

W. Seneca, NY 14224

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

For this month's Hot Pic, we're bringing in the big dogs, or should I say horses. What kind of horse you ask? A CLYDESDALE! Like the kind that pulls the King of Beers. By the looks of it, he's got quite the beer belly himself.

NAMES: Karl "Klydesdale" Kozłowski

Height & Weight: 5'10", 222lbs and proud of it

Likes: Eating, snacking, meals, watching the pre-race buzz in the transition area

Dislikes: Running, quitters, & dangerous cyclists

How You Might Know Him: The one with the big belly. Some people like six packs, but I like my keg.

Favorite event in Tri's: Cycling - fat guys go fast down hills. I love gravity **Member Since:** 1999

Aspires to one day be: Hopes to inspire others with atypical "athlete" bodies that you can do anything you want to

Favorite Food: It might be easier to list what I don't like. I mean, I'm not a Clydesdale because I pass up food, right?

Favorite Pre-Race Meal: 4 blueberry waffles with syrup, OJ, coffee, then a 1/2 Powerbar one hour before the race.

Quote: It's not how you live your life, but how those that you influence live theirs that is a true measure of one's self. Always take time to smile and say thanks!