

WHAT'S INSIDE:



September Meeting



Letters to the Editor (advice)



Pic of the Month

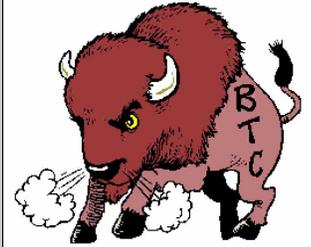
Buffalo Triathlon Club

QUICK Transitions

+ A Stretching Routine!

Issue 82

October
2005



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FEATURE STORY: Gene "Flash" Baran Has Donated 25 Gallons of His Own Blood

BTC Member and current Swimczar, Gene Baran (or "Flash" as most of us know him) has been donating blood for quite a while, and has finally reached a very impressive feat. Gene has reached the 25 gallon mark of blood donated. He was sent a letter by a member of the New York State Assembly congratulating him and stating that "this is certainly a tribute to the character you must possess". Gene wanted everyone to know that whether or not they had thought he possessed it before, this was definite proof that he does indeed possess character. Don't let Flash get the better of you... Donate your own blood. You never know just how much you can help others, or when you might need some yourself.



Off Season/Cross Season? by Greg Drumm

Well boys and girls, for most of you it's that time of the year again – the off-season. For you IM Hawaii or Florida types (and/or other late season racers) – good luck (been there/done that last year). With the colder weather upon us, many of us are trying to settle down for a while, rest a bit, and try not to put on too much poundage. I know all of you will stay active though to maintain some level of fitness though. My suggestion try something newlike maybe cyclocross (CX or 'cross'). If you would not like to improve your bike handling skills, CX isn't for you. If you are afraid of a little dirt or cooler weather, stay away from 'cross'. If you don't like a fun, competitive, grassroots atmosphere, stay on the couch. If you don't want to maintain a good base level of fitness in the off-season, so be it. Anybody left?

OK, I'll admit cyclocross is not for everyone. Probably one of the big limiting factors (especially for tri-dorks) is the lack of equipment. You will want a CX bike or a mountain bike to do a 'cross' race. A tri-bike won't cut it.

For those unfamiliar, CX is kinda like a combination of road biking, mountain biking with a little human steeplechase mixed in. A CX course will commonly consist of a mixture grass, gravel, pavement with an occasional barrier thrown in. The barriers are intended to make you get off your bike and hop over the barrier(s) (only about 12-16" high) with your bike. You might encounter a short hill as well which you will lug your bike up as well. The course is set-up as a loop (usually 1-2 km) with a race commonly lasting 40-60 minutes.

There are races most weekends throughout the fall all over upstate with a few in the WNY region including Sprague Brook Park, Warsaw and Rochester. Check out www.Spokepost.com for race info. You can also find a fair amount of CX info on the web (www.cyclocrossworld.com, www.cycle-smart.com, etc).

I know I'm not alone in my "CX endorsement" as I have seen a couple articles over the past several years directed towards multi-sport types and road cyclists encouraging them to give CX a try due to its carry-over benefits. In summary, if you're up for something new and beneficial on several levels, consider CX.

And as always, don't forget our friends (and sponsors) at the local bike shops if you have CX type questions. I do not have the same experience/knowledge as the bike shop gurus, but if you have any questions for me, drop an email and I'll see if I can help out.

An update from the BTC's Central NY Correspondent (Greg Drumm):

Greetings from Syracuse where we actually get more snow in a typical year than Buffalo (so stop whining already). My world you ask – not too bad. As I've told many of you, I miss the BTC gang and other friends but like being closer to my family. Cathy and I are moved into the new house we had built – just a modest raised ranch. We still have boxes in the garage though. The bikes (Cervelo, Litespeed, LeMond & Gary Fisher) are all hung nicely in the garage though (priorities ya know).

One thing I'm having a little trouble adjusting to is the fact that my girlfriend Cathy is a grandmother now. Her daughter and son-in-law have a new boy who arrived in late September. Part of the irony in the granny thing is that I rode bike with her son-in-law about three times a week all summer and went to numerous races with him.

Races you ask, well I might as well come clean. I was more of a roadie this year than a tri-geek; only two triathlons (one where Eggers showed up to beat on me again) and probably a dozen or so various road races. I learned a fair amount about being a roadie though. The three main lessons:

- (1) How much I suck at sprinting (it looks I have the brakes on);
- (2) The exact opposite of time trial pain is criterium pain;
- (3) If you train on hills, you might (imagine ...) become a better climber.

The sprinting thing I have not figured out. When I have been able to be in the pack near the finish, I can make it look like I go backwards – noting like going from 5th to 15th in a mere 3 seconds. For a new experience in pain, I discovered criteriums (a type of road race where you do laps on a loop course of approx. 1 mile for a designated time or number of laps). They are so freaking fast and scary sometimes and then all of a sudden ease up, then go fast again and so on. The pain part comes from all the accelerations out of corners and the constantly changing tempo. No such thing as settling in and finding your rhythm. In one particularly fast “crit” I did in Auburn, we (50 plus of us) covered 17.7 miles in 30.5 minutes – that's like about 34 mph. Another thing with crits, they are probably the most likely place to see a crash. On the plus side this summer, I found that I am not as bad of a climber as I had thought now that I live in an area where there are numerous hills to train on right outside my door. After a month or so of riding here, I noticed that I wasn't suffering like I once did on the climbs and even progressed to the point where I was beating (some) people up the hill who had previously dusted me. The roadies aren't that bad of a group though. I have even been complemented by the roadie guys more than once -- something like “You ride pretty good for a triathlete”!

**HAVE A HAPPY AND SAFE HALLOWEEN EVERYONE!!!
REMEMBER TO WEAR REFLECTIVE CLOTHING
WHILE TRICK OR TREATING SO THAT DRIVERS CAN
SEE YOU EASIER. WHILE YOU'RE AT IT, WEAR IT
WHILE YOU RUN & BIKE TOO. SAFETY FIRST!!!**



**DAYLIGHT SAVINGS TIME ENDS SUNDAY,
10/30/05. REMEMBER TO SET YOUR
CLOCKS **BACK** AN HOUR AT 2AM.**

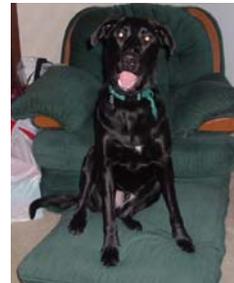
An extra hour of sleep,
but it gets dark by Noon

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.

Advice. Some people choose to take it, some leave it where it lay. It's really up to whoever is getting it. I'm going to give you some of my own, you decide what you want to do with it. It all starts with a story though. I was recently at my mom's house. My mom owns a Black Lab named Dante. Dante is pretty dumb, and still thinks he is a 15 lb puppy. Dante weighs 90 pounds and is a big dog. How do I know he weighs 90 lbs? I'll get to that in a minute. So I'm sitting back on a chair in the living room, and in comes Dante. Dante jumps up on the chair and pushes against me with all his weight, and doesn't let up. Remember, he thinks he's a baby. So after a while of having a tough time breathing, I try pushing him away, and I tell him to get off me (in so many words). He won't budge. So I finally wrap my manly arms around Dante and stand up with him in them. The problem though was that I had been sitting back on the chair and therefore had no leverage while lifting him. I heard something in my lower back either crack or pop. That's never good, especially when it hurts a little bit afterward. My mom then says "Oh wait, hold onto him for a second, I want to see how much he weighs". She goes downstairs and grabs the scale as I stand there with him in my arms. I step onto the scale and we find out his weight. Fast Forward to the end of the night when I'm about to leave. I figure that my sore back would magically be better if I would just twist to crack it. So I lean back and twist to my left. I had a 50/50 decision of which way to turn, and I chose wrong. I don't know exactly what happened at that moment, but I was in so much pain I couldn't stand up or walk. This lasted for a couple days. Anytime any of my back muscles would tense, I would be in pain, and my back would want to go out on me. My back is slowly getting better, I can actually bend in certain ways now, but I still can't run, and I can bike slowly, but with no power or speed. My season is pretty much over. Now that all of this has happened, I have learned from my mistakes, and would like to give you some advice from

what I've learned. Here it is: **DO NOT LIFT THIS DOG WHILE SITTING BACK IN THIS CHAIR! AND DO NOT LEAN BACK AND TWIST TO CRACK YOUR BACK!!! ALSO, LET YOUR INJURIES HEAL BEFORE DOING THINGS YOU DON'T NEED TO DO. WOULDN'T YOU RATHER BE ABLE TO DO A LOT OF THINGS LATER WHILE HEALTHY, RATHER THAN JUST ONE THING NOW WHILE HURT?** -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!



September's BTC Meeting

The September meeting was held at the Amherst Brick site. This was the last meeting held outdoors in 2005. As you can see, it's getting darker earlier now, but that didn't stop some carpetbaggers from filibustering the issues. Next month's meeting will be held on 10/20/05 @ 7PM under shelter at the safe and secure location of JW Danforth. All sorts of ill issues will be brought up, approved, shot down, spun around, bedazzled, pistol-whipped, and other terms I'm not allowed to say here. Show up to see what I mean!

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!

Chickenwingman Offroad Duathlon 10/30/05

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

WATER POLO @ NU with Joe Meyer Well, it's coming back. It's been 2 years and Water Polo is making its return. One of the best off-season cross-training forms of exercise you can find is making its return to Niagara University's Kiernan Recreation Center. This time play will be on Wednesday nights at 7pm.

After spending 6-9 months training for triathlons and swimming repetitious laps on top of laps, its time to mix it up a bit and have a little fun with swimming. Veterans of the previous Water Polo experience will agree, it is an awesome workout that helps maintain fitness and can be a lot of fun.

THE DETAILS: Starting: 11/02/05 **When:** Every Wednesday night @ 7pm **Where:** Niagara University's Kiernan Recreation Center

In order to play, people using the facility must pay a \$3 guest fee (everyone who uses the building has to pay some type of fee, even the students, sorry about that). Make sure you tell the desk staff when you arrive that you are a guest of me (Joe Meyer) and there to play water polo. The desk staff will then charge you the \$3 rate (if you do not tell them this, you will be charged \$10). However, once you pay the fee you can use the entire facility that includes: a newly renovated fitness center, weight room, hard wood basketball court, triple gym & jogging track with a new floor, nautilus room with brand new selectorized equipment, locker rooms with dry saunas (over the past two years the university has invested \$230,000 in upgrades to the facility). FYI, we do sell community memberships and I can get you information on that if you are interested.

Again, Water Polo will be really informal with just a few simple rules. Depending on how many people show up, we will play 3-4 people per team & games will be up to 3 or 5 goals. If we have more than 2 teams, the winner will stay on until they are exhausted. I bought larger goals so I'm thinking we can let people (i.e. Bill Seyler) goal tend if they want. But the general rules are: NO DROWNING, no dunking, no punching, no kicking, etc. This is intended to be a non-contact sport that any one can play. We are not trying to make the Olympic team here so I don't want people trying to blow out somebody's knee or throwing elbows. If you start to do that I'll have no problem asking you to leave. So let's just try to have fun while we play and no body get hurt.

DIRECTIONS TO NIAGARA UNIVERSITY'S KIERNAN RECREATION CENTER:

Take 190 N over both Grand Island Bridges

Get off at Exit 24, Route 31 Witmer Rd.

Turn Left

At the first light turn right at the NU Witmer Rd entrance sign.

The road curves around to the left and you will want to take a right at the next sign you see for Niagara University/Dwyer Arena.

The new student apartments will be on your left. Take the road until you get to the "T."

Turn Left at the "T" onto University Drive

Dwyer Arena will be on your left.

When you reach the next stop sign, make a sharp right.

The Kiernan Recreation Center is the first building on your right after the tennis courts.



Happy Birthday To You



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 (get it?)

November Birthdays: 2 Eileen Grew; 3 Alan Jaenecke; 4 Joseph Priore; 4 David MacPhee; 6 Ken Shuman; 9 Luc Eggers; 12 Kim Truesdell; 19 Cheryl Vogel; 22 Brenda Spillman

New Members:
Eric Brouillard
Prudence Meads

BTC MEETING: The next club meeting is Thursday, October 20, at JW Danforth at 7 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

Stretching Exercises - by Joe Niezgoda Current research work suggests that the use of **active isolated stretches** - slow controlled movements through the full range of motion with gentle assistance at the end of each movement - are the most appropriate exercises for **warming up**. By contrast, **static stretches** are more appropriate for the **cool down**.

ACTIVE-ISOLATED STRETCHING - Simply put, a muscle, when it is statically stretched with bouncing and pulling, has a natural tendency to protect itself from this violence by quickly contracting back to the range it considers to be normal. Only a relaxed muscle will allow itself to be stretched.

Active Isolated Stretching (AIS) is similar to part of the **Proprioceptive Neuromuscular Facilitation (PNF)** stretching method used by muscle specialist. It uses the body's natural counter-balancing neurological "wiring" to control muscles: when you contract a muscle (the agonist) your body automatically relaxes the opposing muscle (the antagonist). For example, when you tighten your biceps, your body automatically relaxes the triceps. The full PNF pattern is done with the assistance of the doctor or therapist telling you to "contract for about 2 seconds, relax, opposite contract, relax." It is abbreviated Contract-Relax-Antagonist Contract-Relax or CRACR.

The Warm-up exercises: 10 reps (holding for 2-3 sec's) of each exercise will warm you up and increase your flexibility and performance.

Lower back and buttocks Stretch - Lie on your back. Bend your non-exercising knee so that you release pressure on your back. Bend your exercising knee and place your hands behind your knee/thigh to prevent pressure on your knee and provide a little assistance toward the end of the free movement. Using your abdominals and hip flexors, lift your exercising leg toward your chest until you can go no farther. Aim your knee toward your armpit. Gently assist your leg at the end of the stretch with your hands. Repeat with other leg.

Inner Thigh Stretch - Lie on your back with both legs extended straight out. Take a rope/towel and hold the ends together so that it forms a loop. Place the foot of the leg you're exercising into the loop and wrap the rope around the inside of the ankle so that the ends of the rope are on the outside. Lock that knee. Rotate the non-exercising leg inward (pigeon toed). Using your abductors, extend your exercising leg out from the side of your body, leading with your heel. Keep slight tension on the rope. Use rope for gentle assistance at the end of the stretch. Do not pull the leg into position as you may irritate your groin. Complete one set and then repeat with the other leg.

Outer Leg Stretch - From your groin and using your adductors, extend your exercising leg across the midline of your body, leading with your heel just above the non-exercising leg. Keep slight tension on the rope. Use the rope for gentle assistance at the end of the stretch. Do not pull the leg into position or you may irritate your hip. Remember to keep your knee locked. Repeat on other leg.

Thigh and Hip Stretch - Position yourself on your hands and knees. Reach back with your right hand and grasp your right ankle. Reaching it will require that you lift your right foot to meet your hand. Hang on tightly. Using the hamstrings and the gluteus muscles, lift the exercising leg up until the thigh is parallel to the ground - or aligned horizontally with your body. Be careful not to arch your back (hyperextension). Use your hand for gentle assistance at the end of the stretch. Repeat on other leg.

Calf Stretch - Sit with both legs straight out in front of you. Loop your rope around the foot of your exercising leg (still straight) and grasp each end of the rope in your hands. From your heel, flex your foot back toward your ankle, aiming your toes toward your bellybutton. Use your rope for a gentle assist at the end of this movement. Keep your knee locked and upper body still. Repeat other side.

Hamstring Stretch - Lie on your back with your non-exercising knee bent. With that foot flat on the surface on which you are lying. Take your rope and hold the ends together so that it forms a loop. Place the foot of the leg you're exercising into the loop. Lock your knee so that your leg is extended straight out. From your hip and using your quadriceps, lift your leg as far as you can. Aim your heel toward the ceiling. Grasp the ends of the rope (to maintain the loop) with both hands and "climb" up the rope, hand over hand as your leg lifts. Keep slight tension on the rope. Use the rope for gentle assistance at the end of the stretch. Do not pull the leg into position or you may irritate the back of the knee. Repeat other side.

Back Stretch - Sit with your back straight, your knees bent, your feet resting on your heels, and your toes pointing slightly up. Tuck your chin down, contract your abdominal muscles to pull your body forward. Grasp the sides of the lower legs with your hands to gently assist at the end of the stretch.

Chest Stretch - Stand upright facing a corner or open doorway. Raise your elbows to shoulder height at your sides, bend your elbows so that your forearms point straight up, fingers to the sky, and place your palms against the walls or doorframe. Lean in to the wall or threw the door frame, while pulling your elbows together behind you back. Hold for 2 seconds, relax then repeat.

Be sure to check out next month's Workout Corner for the Static Stretches!

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

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

TRICK OR TREAT???

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 not meant for gambling.

Someone in the BTC will provide a place for Digger to stay underneath their Toenail where that rascally dermatophyte will frolic (9-8)



BTC Hot Pic of the Month



Could This Be Love???

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

NAMES: Digger the Dermatophyte, Nail Fungus, Onychomycosis (ON-i-ko-my-KO-sis)

Height & Weight: Small, light, & numerous

Likes: Unsuspecting Toes and Whatnot

Dislikes: Lamisil

How You Might Know It: If you've had thick, discolored, flaky nails, more than likely you've had Digger in them.

Favorite event in Tri's: Running - it takes a big toll on feet

Aspires to one day be: under YOUR toenails

Favorite Food: Your toes and feet

If you See Dermatophytes Under Your Toes: First, take a picture of your feet for a "before" picture. Then go to your doctor and have them prescribe you some stuff to get rid of it. Take the stuff. Heal. Take an "after" picture. Send your picture to your dating service to show your future soul-mate that you no longer have those pesky little critters (be sure to tell the doc about any other critters you may have so they can get rid of those ones as well).

***NOTE** - I've never had nail fungus, I'm just in love with that darn Digger! A Dermatophyte (der-MAH-to-fite) is the live active fungus that gets under your nails & causes infection. If you have symptoms, see your primary care physician, podiatrist, dermatologist, or health care professional.