

## **WHAT'S INSIDE:**



October Meeting



Letters to the Editor



Pic of the Month

### **+ A Stretching Routine!**

## **Buffalo Triathlon Club**

# **QUICK Transitions**

Issue 83

**November  
2005**



### Inside this issue:

BTC Officer Elections	2
Computrainer Races	2
Coloring Contest	2
Letters to the Editor	3
October's Meeting	3
Water Polo Info	4
Birthdays & Newbies	4
BTC Workout Corner	5
What are the Odds?	6
Hot Pic of the Month	6

## **TOP STORY: Women's Self Defense Class**

With the recent concerns of athletes personal safety when out exercising, arrangements have been made with USA Self Defense Centers, Inc. in Lockport to host a 2 hour women's self defense seminar on Saturday, November 12th from Noon-2pm. There will be a hands-on portion of the instructional in practical street self defense techniques. Recommended attire is t-shirt and sweat pants. The class size is limited to 40 people. If there is an overwhelming demand for the class a second date MAY be scheduled. The cost of the class will be \$10 per person. The Executive Board has agreed to pay the admission for all 2005 Buffalo Triathlon Club members. Non-members will be required to pay on the date of the class. All those attending will be required to sign a waiver with the school. Warren Hale is a former student of the school. He personally speaks highly on the professionalism of the school, its instructors, and owner Hanhi Earnest McPeck.

If you have any questions and wish to attend the class, contact their secretary, Chris, at 716-439-1198 and give her the names of those attending. BTC members' names will be verified and paid prior to class date. More information on the school itself can be located at its website: [www.usaselfdefensecenters.com](http://www.usaselfdefensecenters.com).

USA Self Defense Centers, Inc.  
6007 Brockton Drive  
Lockport, NY 14094

Directions: Rt. 78 north (Transit Rd) to Rt. 93 (Robinson Rd). Turn right heading east about 2 miles to Brockton Rd. Turn right. School is at end of road.

## **Spinning Returns, But With A New Home**

The 2005-2006 Spinning Workouts will be held on Friday evenings at 7PM, starting on December 2nd, 2005. The workouts will be hosted by Joe Niezgod, and will be held at 720 Mill Road, East Aurora, NY 14052. No workouts will be held on holiday weekends (Thanksgiving, Christmas, New Years, etc.).

The workouts will be modified health club spinning workouts. If you would like to take a shot at leading one of the workouts, please contact Joe by phone at (716)-864-9938, or e-mail at [trigeak13@aol.com](mailto:trigeak13@aol.com).

### **BTC Spinning Rules:**

- 1.) You must enjoy your workout
- 2.) You must bring your own bicycle
- 3.) You must bring your own trainer unless you've made arrangements with Joe to use one of his extras.
- 4.) You must enter through the garage, and leave your shoes in the mud room.
- 5.) BTC members must sign in prior to beginning the workout.
- 6.) Friends are welcome, however they must also sign in. Also, a \$5 insurance fee is required from all non-members for each workout they attend.
- 7.) If friends will not abide by these rules, please do not bring them.

---

## **BTC ELECTIONS**

The 2006 nominations for the Buffalo Triathlon Club Officers are now being accepted by the Election Chairperson, Bob Siudzinski.

The election will start in December to fill the four Executive Board roles: President, Vice President, Treasurer, and Secretary.

If you would like to nominate yourself or nominate someone (who has indicated they would accept), please submit this nomination to Bob S. at 694-9222 or [robertyudzinski@yahoo.com](mailto:robertyudzinski@yahoo.com)

If you would like further information on the duties associated with the Executive Board positions please send an e-mail to one of the Executive Board members listed below and we can forward a copy to you.

If there are any questions, please feel free to contact any of the current Executive Board.

Melissa Hanson [president@buffalotriathlonclub.com](mailto:president@buffalotriathlonclub.com)

Theresa Palmieri [tpluvs2run@yahoo.com](mailto:tpluvs2run@yahoo.com)

Warren Hale [wdhale@adelphia.net](mailto:wdhale@adelphia.net)

John Pepke [hyperactive66@msn.com](mailto:hyperactive66@msn.com)

---

## **Computrainer Races by Warren Hale**

I am curious who out there owns a Computrainer and might be interested in monthly Computrainer races.

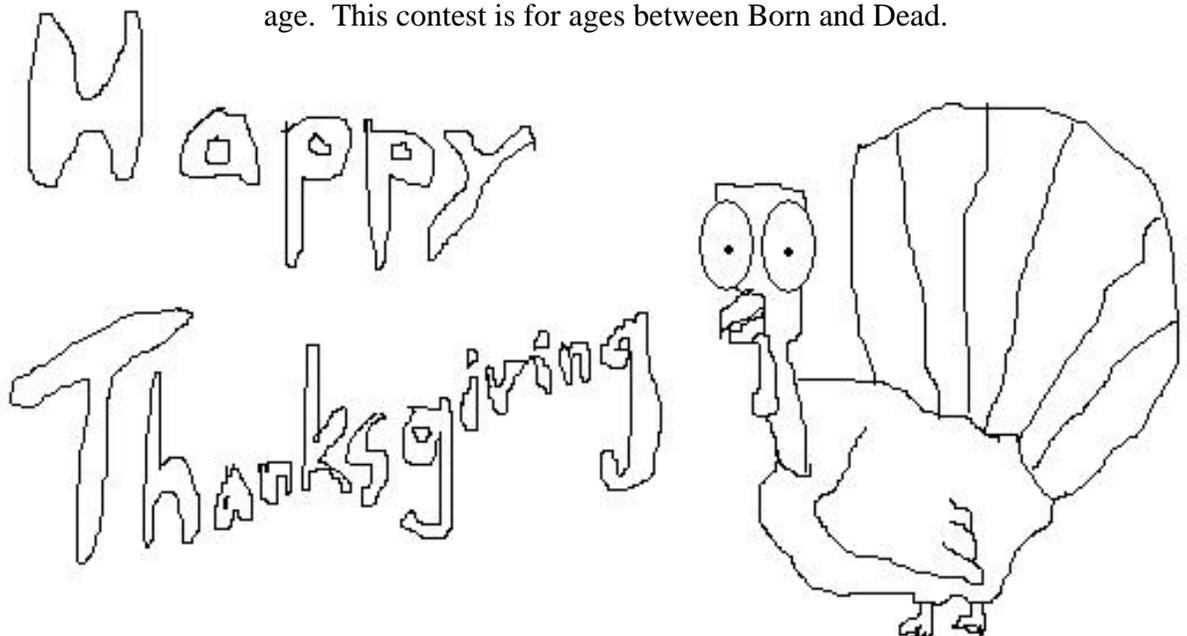
According to the website, 8 trainers can be hooked up to race each other. Obviously this computer headache would be best handled by Jedi Masters Bob Giardini or Joe Pautler, but I am willing give it a try.

So.... If you own a computrainer and are interested in racing, email me directly with what day of the week may be best for you and we will go from there....

---

## **BTC Coloring Contest!!!**

Just color in this picture (preferably with crayons) and send it to the address on the back of the newsletter. Please include your name and age. This contest is for ages between Born and Dead.



# 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.

Well folks, turkey time is coming. Thanksgiving is almost here. A time when we all like to eat until we're stuffed, then realize that there's dessert too. We then have to nap due to the "turkey sleepy drug" that's in us. All that eating means a lot of calories, and it's not like we can go for a nice long run after dinner to burn them off. It would be puke-city served with a side of cramps. That's why I personally like to do the "YMCA Turkey Trot" 8K (4.971 mi.) road race in Buffalo every Thanksgiving morning. It's a fun relaxed race that makes me feel a little better about all the food I'll be eating later. It's also a fast paced run since it is at a slight downhill most of the way, and is straight down Delaware Ave. Where else can you go that morning to run with a few thousand other people, other than North America's oldest running race? There are people dressed in costumes, shorts, sweatshirts, loin-cloths, bikinis, coats, sweatpants, and any other outfits you can think of, no matter what the weather. There are people of all ages and skill levels. Awards are given at the end of the race at the Buffalo Convention Center along with Yogurt, fruit, water, booze, and whatnot. Buses can then give you a ride back to the Delaware YMCA where the race begins, or you can run there to extend your workout. No matter what way you do it, you'll still be burning of those darn future calories that may or may not make you balloon to three times your current body weight. Plus, even if you don't, you'll at least you'll feel good about having done something that morning. Don't worry if you don't have the best race of your life either, you'll have all those other people to help get you to the finish. Then you can compare your "Chip time" with the "Gun time" and strategize for next year's race. Finally, there is one more all important reason to do this race, and the reason you may want to dress ultra-crazy... YOU MIGHT GET ON TV!!! I always love telling the family to turn the TV on to look for me. "I'm somewhere over there in that vicinity" I say as I point to a crowd of thousands. Oh well, good luck. Maybe I'll see YOU there! *-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

**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!



Enjoy sharing these photos with everyone at the table during Thanksgiving dinner. Whether it's the one with the Officers at the front table, the one where everyone's gathered, or the one where everyone's leaving, they're sure to be a hit for the holidays!

## October's BTC Meeting

The October meeting was held at JW Danforth. Next month's meeting will be held there on 11/17/05 @ 7PM.

Directions: Danforth is located at 300 Colvin Woods Parkway, Tonawanda, NY 14150. From the I-290, take the Colvin Blvd exit and head south. Stay to the right on Colvin Blvd and turn right at the 2nd traffic signal which is Colvin Woods Pkwy (If you get to Brighton Rd, you went too far). Danforth is less than 1/2 mile down on the right side. Check the BTC website for links to map it out online.

## Schedule of Events

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

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



**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

**December Birthdays:** 2 Amy Richardson-Hurta; 2 Martin Jimerson; James Kavanagh; 12 Robert Clarke; 13 John Bielinski; 15 Bud Hesse; 19 Cynthia Ferrelli; 20 Gene Baran; 24 Joe Colburn; 26 John Fuhrman; 30 Stephen Hoadley; 30 Robert Harold; 30 Richard Pasternak

**New Members:**  
Eric Brouillard  
Prudence Meads

**BTC MEETING:** The next club meeting is Thursday, November 17, 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](mailto:tpluvs2run@yahoo.com)

**Membership is due 1/1/06. It's next year, but it's less than 2 months away!**

**Applications can be found online at <http://www.buffalotriathlonclub.com>**

# BTC WORKOUT CORNER

## **Stretching Exercises (continued from last month) - by Joe Niezgoda**

**Static Stretching Exercises** - The following are examples of general static stretching and mobility exercises, which should form part of the cool down program at the end of each training session. The aim is to relax the muscles, facilitate an improvement in maximum range of motion, and expatiate the cooling down of the muscle. In all exercises breathe easily while performing them and hold the static stretches for around 20 – 30 seconds.

**Chest Stretch** - Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Hold you arms out to the side parallel with the ground and the palms of the hand facing forward. Stretch the arms back as far as possible. You should feel the stretch across your chest

**Biceps Stretch** - Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Hold you arms out to the side parallel with the ground and the palms of the hand facing forward. Rotate the hands so the palms face to the rear. Stretch the arms back as far as possible. You should feel the stretch across your chest and in the biceps.

**Upper Back Stretch** - Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax. You should feel the stretch between your shoulder blades.

**Shoulder Stretch** - Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Place your right arm, parallel with the ground across the front of your chest. Bend the left arm up and use the left forearm to ease the right arm closer to you chest. You will feel the stretch in the shoulder. Repeat with the other arm

**Shoulder and Triceps Stretch** - Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Place both hands above your head and then slide both of your hands down the middle of your spine. You will feel the stretch in the shoulders and the triceps.

**Hamstring Stretch** - Sit on the ground with both legs straight out in front of you. Bend the left leg and place the sole of the left foot alongside the knee of the right leg. Allow the left leg to lie relaxed on the ground. Bend forward keeping the back straight. You will feel the stretch in the hamstring of the right leg. Repeat with the other leg.

**Calf Stretch** - Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall. Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor. Keep your hips facing the wall and the rear leg and spine in a straight line. You will feel the stretch in the calf of the rear leg. Repeat with the other leg

**Hip and Thigh Stretch** - Stand tall with you feet approximately two shoulder widths apart. Turn the feet and face to the right. Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical. Gradually lower the body. Keep you back straight and use the arms to balance. You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg. Repeat by turning and facing to the left.

**Adductor Stretch** - Stand tall with you feet approximately two shoulder widths apart. Bend the right leg and lower the body. Keep you back straight and use the arms to balance. You will feel the stretch in the left leg adductor. Repeat with the left leg.

**Groin Stretch** - Sit with tall posture. Ease both of your feet up towards your body and place the soles of your feet together, allowing your knees to come up and out to the side. Resting your hands on your lower legs or ankles and ease both knees towards the ground. You will feel the stretch along the inside of your thighs and groin.

**Front of Trunk Stretch** - Lie face down on the floor, fully outstretched. Bring your hands to the sides of your shoulders and ease your chest off the floor, keeping your hips firmly pressed into the ground. You will feel the stretch in the front of the trunk.

**Iliotibial Band Stretch** - Sitting tall with legs stretched out in front of you. Bend the right knee and place the right foot on the ground to the left side of the left knee. Turn your shoulders so that you are facing to the right. Using your left arm against your right knee to help ease you further round. Use your right arm on the floor for support. You will feel the stretch along the length of the spine and in the muscles around the right hip.

**Quadriceps Stretch** - Lie face down on the floor, resting your fore-head on your right hand. Press your hips firmly into the floor and bring your left foot up towards your buttocks. Take hold of the left foot with the left hand and ease the foot closer to you buttocks. Repeat with the right leg. You will feel the stretch along the front of the thigh.

## **Be sure to check out last month's Workout Corner for the active isolated stretches!**

\*\*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](#).

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](mailto:ImTooSexy4MyKat@aol.com)

Michael V. Nowak (Editor)  
770 Mill Road Apt 2B  
W. Seneca, NY 14224

BTC E-mail:

[BTCInc@yahoo.com](mailto:BTCInc@yahoo.com)

Questions:

[info@buffalotriathlonclub.com](mailto:info@buffalotriathlonclub.com)

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

DON'T SWEAR IN PUBLIC!!!

## What are the Odds???

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

**BTC Members will have an easier time finding JW Danforth with the new directions (9-7)**

## Buffalo Triathlon Club

c/o Michael Nowak

770 Mill Road Apt. 2B

W. Seneca, NY 14224

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



In what just might be one of the most “raw” & “hot” Hot Pics yet, “Feast” your eyes on these juicy pictures.

The turkey starts out “undressed” in the top two photos, then turns up the heat in the bottom two, where according to the pop-up timer on the bottom right, it's HOT!!! From its meaty legs to the stuffing inside, this is one bird I can't wait to eat! Mmmmmmmmm-MMMMMM!!!!

**NAME:** Thanksgiving Turkey

**Weight:** usually between 10-24 lbs.

**Likes:** stuffing

**Dislikes:** being stuffed

**How You Might Know It:** “BUUUURRRRRRRP!!!”

**Favorite event in Tri's:** Running (it's the only one it can do)

**Aspires to one day be:** A spiral sliced ham or a Bald Eagle

**Where you might find it:** At your local supermarket in the freezer section, wearing a tight plastic outfit with netting around it (evil temptress!)

**Turkey's Revenge:** Sleepiness due to the tryptophan inside it (that's the chemical in turkeys that makes you tired)

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