

WHAT'S INSIDE:

De Soto Sport
Clothing Review &
Displays!!!



Letters to the
Editor



Pic of the Month

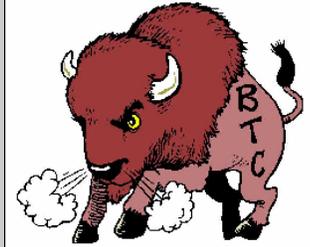
+ **A Stretching Routine!**

Buffalo Triathlon Club

QUICK Transitions

Issue 84

December
2005



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FEATURE STORY: **BTC Sponsor DeSoto Sport** **gets Reviewed and Displayed!!!**

In this issue, I will be doing a review of BTC sponsor De Soto Sport (www.desotosport.com). I'm sure you've seen many triathletes wearing their clothing. Heck, you may even have some yourself. But did you ever just wonder what size you should get, or how it might look on you? Well I am here to help by modeling and reviewing all the clothes I have bought from them. This way, you might have a better idea of these things.

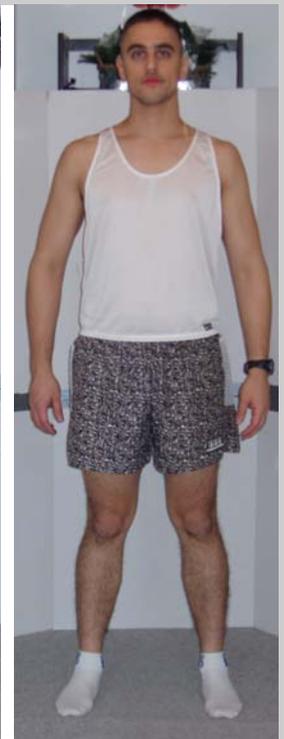


De Soto Sport lists their sizes and suggested measurements for their clothes, however as we all know, different company's clothes aren't all the same and therefore some things fit differently.

First of all, I should let you know my info. I am about 5'11.5" in my bare feet, I have a 34" waist (smaller when training), 40" chest, and I weigh around 180lbs (175 when training), my neck is 15.75", my thighs are 24.5", and my measurement around my shoulder (the opening of a sleeve) is about 19". My calves are 15.5", and my biceps are 13" (both N/A for clothing shown here).

Let's start off with the Tuesday Run Shorts. These are the Logo Print, size Large. The Tuesday Run Shorts are some of the most comfortable running shorts I have ever used. They felt great during my 5.5 mile run. They didn't ride up, bunch up, or rub against my legs like certain other running shorts can do.

On top of that, they have a side pocket placed in the perfect spot so that you can carry things without them bouncing out. I have my cell phone in it in these pictures. I was quite surprised that it didn't really bounce around in there during my run. You can keep pepper spray, gels, ID, money, etc in them. The New TRS pockets have Velcro closures & stronger mesh material to keep items in place. If you prefer longer shorts, they also have the Long Run Shorts which are the same body as the TRS, but have a longer 7" finished inseam.



The following pics from left to right are: Titanium & White Zip Tri Jersey size XL (1,2,3,&4), Black Tri Shorts size L (1), Titanium Tri Shorts (2) size L, Black Power Tri Shorts size L (all other pictures). White Zip Tri Jersey size XL (5,6&7)



I was quite surprised after wearing the Zip Tri Jersey for the first time. I was surprised that something aerodynamic like that could fit so comfortably to your body without feeling tight, pulling, or chafing. Part of that is because it is very stretchy. The jersey also wicks away sweat pretty well. It has a nice long zipper that helps during hot weather runs. The pockets are on the side of the jersey and are easy to get to while running. Since the pockets are positioned where they are, the items you put in them don't bounce around like they can in a regular bike jersey with pockets on the back. This jersey is one of my favorite jerseys to wear because it's so comfortable.

The Aero Tri Top (size XL, black or white) is something I have worn in hot races. It is definitely aerodynamic, however, I just wish it was longer. It is shown pulled down, so obviously part of my stomach is usually exposed while racing. The top looks nice though. I just bought the white one because the black can get hot in the sun. Hopefully they will make more colors for it (silver or a bright yellow would be nice), as the white can be a little see-through and looks like a tank top. The top also has side pockets toward the back of it.



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, it's winter time already, and I've gained five to eight pounds. That's not a bad thing though. Part of it is from doing more weight lifting. I haven't been running or biking much lately, so I'm not going to burn as many calories. I HAVE however been doing other things that not only keep me in shape, but are also fun to do and are a nice fresh change of pace from the monotony of just swim, bike, run. Don't get me wrong, I love those things, especially biking. The problem is (as with all exercises) that only doing one thing doesn't work your muscles to their full potential other than for that specific thing. This is one of the reasons I've had core workouts on the Workout Page, because they tend to work a lot of those important muscles neglected by most exercises. It is important to "change it up" once in a while so that you don't run into those problems. Have you ever noticed how sore you get after playing something (like football) that you hadn't played for a while? This shows just how much your muscles aren't used to working in those ways. Whether it be quicker acceleration or just different movements, a lot of things can contribute. Regularly working your muscles differently can help prevent later injuries because your muscles won't be as shocked when doing stuff. Recently I've been playing ice hockey. Whenever I start up hockey in the winter, there are always two things I know will be sore after the first time I play: my knees (from all the strange, sudden, & stressful movements) and my lower back (from being bent over most of the time). I could easily prevent this from happening if I would just do a little bit of similar activity during the summer. Ever since doing an Iron distance Triathlon I have been reluctant to do so, knowing that one little injury can keep you from quite a bit of training. So we come to a crossroads: Do we do other stuff to prevent injury, or do we only do the normal stuff to avoid injury? Here is the answer! You should mix it up. Injury is inevitable no matter how careful you are. Don't get burnt out from always doing the same thing. Avoid doing stupid things that will get you hurt easier, but above all else, HAVE FUN! I guarantee your results will improve. *-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!

Shown here are the [Tri Singlet](#) size XL, [Sport Socks](#) size L (42-48) De Soto's winter hat (one size).



I have not yet used the Tri Singlet, but it is basically a light, high tech tank top with a single back pocket. It looks nice.

The Sport Socks are your basic Tri-Socks with a De Soto logo on the upper sock. They work great for athletic activities, and they keep your feet cool. The only bad thing is that there's only two sizes. Large or Small. I wear size 11-12 sneakers and these socks seemed a little small for me. I hope they make some larger ones.

Last but certainly not least is their winter hat. It's your basic winter hat. It looks nice, works great, keeps your head & ears warm, and with a little effort, can double as a Smurf hat (bottom right)!



Schedule of Events

Any questions? Look up any of these events on active.com, or e-mail Quinn Ankrum at qdoody@hotmail.com
Duathlon: For info & schedules of Duathlons, contact Ken Tocha at KTocha@msn.com Happy racing!

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

Friday Night Spinning in East Aurora with Joe Niezgoda

Indoor Cycling is Fridays @6PM. It will be held at Joe's house, 720 Mill Road in East Aurora, NY 14052. If anyone wants to be a guest instructor at anytime, try to let him know in advance so he doesn't plan a workout that week. If you are interested in the spin workout, let Joe know. You can contact him by phone at 864-9938, or by e-mail: trigeak13@aol.com

WATER POLO @ NU with Joe Meyer

 Wednesday nights at 7pm in Niagara U's Kiernan Recreation Center.

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



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 Jessica Shand; 24 Joe Colburn; 26 John Fuhrman; 30 Stephen Hoadley; 30 Robert Harold; 30 Richard Pasternak

January Birthdays: 1 Diane Sardes; 2 Bill Seyler; 4 Shelley Isaacs; 9 Renee Knopf; 10 Bonnie White; 11 Robert Siudzinski; 15 Nancy Gworek; 16 Linda McKeegan; 16 Melissa Hanson; 19 Patrick Reilly; 20 Kevin Mietlicki; 20 Cindy Stofer; 23 Kevin Patterson; 25 Mary Eggers; 27 Warren Hale; 29 Jennifer Schaffstall; 31 Eric Brouillard

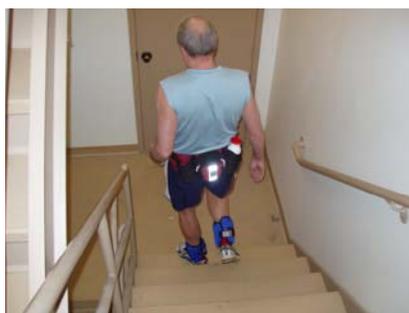
BTC MEETING: The next club meeting is Thursday, December 8, at JW Danforth at 7 PM. If anyone has any new business to bring up please contact Theresa Palmieri by phone (834-5530) or e-mail tpluvs2run@yahoo.com

Membership is due 1/1/06. It's next year, but it's less than a month away!

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

BTC WORKOUT CORNER

What do you do if you don't belong to a gym and don't intend to, but still need to get in some good workouts? The BTC's own Jack Gorski answers that question by demonstrating some of the things he does to stay in shape. With very little equipment (Jack has various dumbbells, a balancing board, an ab-wheel, a swiss ball, a bike with a trainer, an Olympic bar, ankle weights, hand grip balls, and surgical tubing weight straps) Jack can work his upper body and core with weights and accessories, ride his bike for endurance, and strengthen his legs by walking up and down the stairs in his 4-story apartment complex. A small room and stairs were all he needed to accomplish this feat. If this hermit ever makes it to the outside world, he'll be a force to be reckoned with!



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

DON'T RAISE NO FOOLS!!!

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.

the Bills make the playoffs this year (300-1) Your bills will be paid this week (3-1) Bill Seyler will repair something by using tape today (2-1)

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

What does a grizzled-down Vietnam veteran do to relax when he's not being an old fart? This one has taken up painting.

NAME: Jack Gorski

Nickname: The Grumpy Old Man (and various other deleted expletives in place of "Man")

Weight: 190 lbs. **Height:** 5'11.5" and shrinking

Likes: The Great Outdoors and working out

Dislikes: Technology; stupid presidents (doesn't apply to BTC); traffic; working; crowded places; waiting for anything

How You Might Know Him: Charter member; former Brick coordinator (Amherst & Chestnut Ridge); Club Historian; Banquet coordinator; All-Around Grumpy Old Man

Favorite event in Tri's: Walking back to the car

Least Favorite Tri Completed: Triple Bypass Surgery

Favorite Food: He'll eat anything with lots of black pepper on it... In fact, it's the only way he'll eat it

Recent Accomplishments: Biked across the country, and walked most of the Appalachian Trail

Aspires to one day be: Reincarnated

Personal Quote: "It's better to have tried and failed, than to have never tried at all"