

Quick Transitions

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What are the Odds?

(Totally unscientific and not intended for gambling in Vegas)

- 1.25-1 Summer will arrive in Western New York by June, at the latest
- 2.5-1 Luc Eggers is going to beat his father in a triathlon by the age of 12
- 1600-1 Inaugural Ironman Antarctica will not be cancelled due to global warming
- 5000-1 Mike Nowak will win outright one of the Score-This races in 2006

Annual BTC Banquet - January 28th, 2006

The 6th annual Officer Installation, Awards, and Recognition Banquet is coming up soon. Here are the details:

Date: Saturday January 28th, 2006

Place: Rizzo's Banchetti, 550 North French Rd, Amherst

Time: 6 pm cocktails and then 7 pm for dinner

Cost: \$20 per person (members and significant others only please). Cash bar for wine, beer, and soda

Menu: Chef salad, vegetable platter, relish tray, Italian pasta salad, American

potato salad, and fruit salad

Sliced roast beef in gravy, chicken picatta, roast pork loin

Coffee (regular and decaf), tea, and ice cream

Payment must be received on or before January 18th. Send checks payable to:

Buffalo Triathlon Club
c/o Warren Hale
6822 Minnick Rd
Lockport, NY 14094

If you have questions, please contact Jack Gorski at 856-9049.

We look forward to seeing everyone there!



Last year's BTC Banquet
Members doing what we do best, Eating!

Baked pasta, roasted baby red potatoes, green bean almondine

Quick Transitions Editor Wanted

Have you ever wanted to help the Buffalo Triathlon Club spread it's message of personal achievement through athletics?

Now is your chance as we are looking for a new editor for the club's monthly newsletter, Quick Transitions.

Our current editor, Mike Nowak, is moving on to other challenges and we need someone to take over for him.

We will provide the training and software, you provide the enthusiasm and time to put together the

monthly newsletter for publication. If interested, please contact any of the club's executives for more details.

Bluelightning95@hotmail.com, tpluvs2run@yahoo.com, wd hale@adelphia.net, jmpepke@yahoo.com

Don't forget the Y-10 and the Polar Bear runs in February. The Buffalo Triathlon Club is once again sponsoring these two great races. The 10 miler in Lockport is on February 11th and the 5k in Olcott on Feb. 26th. Our own Jeff Tracy is the race director for both races, which benefit Camp Kenan. Either volunteer or race. Your choice. Active.com

2006 Disney Goofy Challenge

Congratulations go out to the four BTC members who recently completed the Disney Race and a Half Challenge, affectionately known as the Goofy Challenge. For those who haven't heard about this absolutely ridiculous event, to complete the Challenge a person had to sign up for and complete the Disney Half Marathon on Saturday and then complete the Disney Marathon on Sunday morning.

This past weekend, BTC members Theresa Palmieri, Melissa Hanson, Nancy Gworek, and Chris Ankrum ventured south to Orlando, Florida, to take part in this first time event.

It all started quite innocently. Theresa was interested in running the Disney marathon after seeing Quinn Ankrum's medal from January 2005.

In the middle of summer 2005, she read about the newly added Goofy Challenge and asked Chris if he was game to try. Of course, Chris isn't known for his clear thinking when it comes to running so he said "yes" without hesitation. Melissa and Nancy fell victim to Theresa's persuasion weeks later. The idea of a trip to sunny Florida in January seemed like a great idea, even if we had to run two races in two days. Complete both races in the given time limits and we would be given the coveted Goofy Medal, along with the Donald and Mickey medals for finishing each individual race.

When Theresa, Melissa, and Nancy

arrived in Orlando, the temperature was 75° and it was sunny. Chris arrived the next day to temperatures in the mid-50's.

Race morning for the Half Marathon on Saturday started way too early. The half marathon race started at 6 am and the racers were supposed to be at the athlete's village by 4 am. That meant a wake up call around 2:30 to 2:45 AM! I'm sure several BTC members weren't even home by that time. The forecast for the race was 32°, frost on the grass, and windy. Not exactly the weather we had all dreamed about.

There were 16,000+ runners taking part and it was amazing seeing the long line of starting corrals. It was funny seeing so many runners wearing the Mickey Mouse stocking caps that they bought just because of the weather! People were dressed in almost every piece of running gear they could find.

Theresa and Chris even saw a guy wearing just shorts, even with the wind chill near 25°.

Looked a lot like Turkey Trot. Running through the Magic Kingdom and then back through Epcot Center was just captivating. One event down, one more to go.

The rest of the day, and there is

a lot of it when the race finishes before 8:30 am, was spent resting and carbo loading for the next day.

Marathon morning Sunday started out the same as Saturday, unnaturally early and cold. The difference was that there was no wind but it was replaced by fog. No wind was a welcome change but the fog definitely helped to keep the racers a little uncomfortable early in the race. We

still couldn't believe that it was this cold. Not only that but it is really dark out on the course at 6 am! For this race, we ran through Epcot Center, Magic Kingdom, and Animal Kingdom before they opened to the public. Only MGM / Universal Studios and a final run through Epcot Center stood between us and our desired Goofy Medal.

Everyone finished which means we did great! As expected each of our marathons was a little slower than we normally would have run but we didn't care. We had proven that we were truly Goofy! Two days, two races, 39.3 miles. What were we thinking?!?

Would we do it again? Nancy's answer to that is most appropriate, "I've learned not to say no but let's just say that it isn't on my race schedule."

Also congratulations to Joe Meyer for once again leading a group of runners from Roswell Park for their first half or full marathon. Joe ran the Half in just over 1:28!



President Melissa proudly displaying all three of her medals



VP Theresa running through Cinderella's Castle



Nancy just out for another long run

Proud To Be A Tri-Geek?!?! (or You Might Be a Tri-Geek)

- Submitted by Joe Meyer

Reprinted from QT January 2002

Almost nearing the completion of my second year of triathlon, I'd like to take a moment and reflect on how I have grown over the past 731 days. I have met wonderful people I am proud to call my friends. I have done things I once considered extremely feminine (see the shaving article). I have raced in events I once thought ludicrous and impossible. But most importantly, I have come to accept myself as something I previously thought of as asinine, a "Tri-Geek."

When I first saw this word, I imagined it referred to those people/athletes who were nerds that basically relied on technology to do well in races. The ones who didn't train, but had the best equipment. I was determined not to be that type. I was going to race on will power, muscle strength, and endurance. Train hard and train long. Screw that aero-dynamic physiological science crap! No "Tri-Nerd/Geek/whatever-you-want-to call 'em" was going to beat me in a race! (Being 24, the testosterone driven ego from the high school days was obviously still present within me.) But as I have grown these past two years and learned more about myself, the sport, and its participants, the term "Tri-Geek" has come to encompass a whole new meaning. Let me define what I believe are the essentials of being a "Tri-Geek."

(I borrowed the delivery from Jeff Foxworthy—the comedian who mocks out rednecks.)

- If you look for a process which shortens the time necessary to tie your shoes, in order to be faster... you might be a Tri-Geek.
- If you are at a bar and hitting on a hot chick, and then look at your watch and tell her, "I'm sorry I have to go. It's 11 o'clock and I have to be up in 6 hours to bike 60 miles and run 8...Guess what?... YOU ARE DEFINITELY A TRI-GEEK!"
- If you look forward to Sundays in the Fall when the Bills are at home, not because you want to go to the game, but because you can ride your bike on empty roads for 4 hours...you might be a Tri-Geek.
- If you get in your car on summer weekends, drive 5 hours to sleep in a hotel room with 6 to 10 other people, wake up, and then swim, bike, & run for 1 to 6 hours and end up exactly where you started... I consider you a Tri-Geek.
- If someone tells you that a certain destination is only an hour down the thruway, and you start to think, "Well, I can take my bike and get a 6 hour training ride in"...you might be a Tri-Geek.
- Guys, if you shave your legs... you're a Tri-Geek.
- If your friends ask you if you want to play eighteen holes of golf and in return, you ask them, "Can I run the course while you ride in the cart?"...you might be a Tri-Geek.
- If you base decisions regarding your career on your triathlon (like choosing a job with less pay but more hours available to train)... you might be a Tri-Geek.
- Guys, if you have ever broken up with a girlfriend because she would rather go out to dinner instead of wait for you to finish a training session ...you might be a Tri-Geek.
- If you ride your bike to a friend's wedding ...you might be a Tri-Geek.
- If you read any kind of triathlon magazine to your new-born child (Mr. And Mrs. Eggers)...you might be a Tri-Geek.
- (One more for the Eggers) If you do not take a day off from training for your wedding day...you are a Tri-Geek (and so is your spouse, so you're lucky).
- If you use your children as training equipment to run faster (Mr. Speller)...you might be a Tri-Geek.
- If you think nothing of working out continuously for 10 hours... you might be a Tri-Geek.
- If you have done any or all of these things...I consider you a Tri-Geek.

It is with pride that I can now confess...I am a Tri-Geek. Best of luck in 2002 BTC Tri-Geeks!!! (And good luck to the Du-Geeks too.)

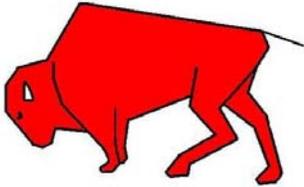
**Buffalo Triathlon Club—
Buffalo's Premier Multisport Club**

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The BTC wants to help you
reach your potential through
athletics.

We are on the Web!
www.buffalotriathlonclub.com



Your 2006 Memberships to the BTC are due this month. Form is at www.buffalotriathlonclub.com/documents/2006application.pdf or you can register online at www.active.com.

We Need Your Newsletter Articles. Help make this newsletter yours by contributing articles on your recent races, different training techniques, ambitions, etc... Send them to ankrums@sysr.com.

Don't Forget the 24 Hour Spinathon coming up on February 4th and 5th. It starts at noon on Saturday the 4th and finishes at noon on the 5th. It is being held at Gold's Gym in Lancaster. We need cyclists, volunteers, and any Spin instructors. Contact Karen Michaels (k.Michaels@northtownauto.com) if you can volunteer. You can get more details at the website:

www.buffalotriathlonclub.com/events/spinathon.php
This event benefits The American Cancer Society.

Birthdays for January

**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 Brouilliard**



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