

June 2006

Issue 88

Quick Transitions

Mark's Remarks - Mark St. George, Editor

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The first thing I did when I agreed to become the editor of the BTC Transitions newsletter was go line and Google "triathlon club newsletters" to see what format and content other clubs were using. The one thing that struck me was the fact although the layouts were rather similar, the style and content varied drastically. Some were very formal with many technical articles about training and diet, while others were primarily focused on the members and the activities of the club. As I thought about how I wanted to structure our newsletter going forward I

felt it better to focus more on the members, their experience and the club itself rather than technical advice and information. There were basically two reasons for this: 1) there is plenty of technical advice out there on line, in books, in magazines, and on DVD, and 2) I would venture a guess that most people would be more interested in seeing our newsletter geared specifically towards the club, its happenings, and the members rather than a bunch of technical mumbo jumbo on training and diet. Although I will include some technical pieces on training, diet and safety, the spirit of upcoming newsletters will be focused on our members, their experiences, their accomplishments, events and the BTC itself.

Just a little background on me. I am a 42 year old male with a wife (Karyn) three kids (Brittany - 17 years old, Justin - 14 years old and Makena - 4 months) a black lab named Parker, a cat named Joe who

weighs 27 ½ pounds and another cat named Pounce who is as neurotic as they come and in serious need of therapy. As far as sports go, I was a sprinter, high jumper and long jumper in high school and a wide receiver on the football team in high school and college. My entry into endurance sports is fairly recent. Up until about three years ago my idea of a distance track event was the 400 meters, I had a no idea how far a "K" was (let alone five of them) and for the life of me could not fathom why anyone of sound mind and body would actually think running a marathon was a good idea in this day of motorized transportation.

Then about three years ago my wife Karyn (girlfriend at the time) got me hooked on running. I quickly became obsessed with running and in the last two years alone I have raced in 40-some

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5K's, 2 marathons, and a bunch of other races of differing distances. The



A Big Thank You to those members who helped out at the BTC water stop at the 2006 Buffalo Nissan Marathon. Thanks to Kelli Trybalski and her daughter Paige, Kathy and Tim Toy, Kim Berchard, Michael Mazzara and his two children, Andy L, Matt Dore, Jennifer and Warren Hale, Joanne York, Bill Seyler, John Pepke, Ed Harkey, Gene Baran, Kevin Mietlicki, Dick Mullaney, Ann Seyboldt, and Jim Karnath. Note that I am sure that the nearly 2,500 runners really did appreciate their efforts given the temperature on race day was over 80 degrees on race day.

100 Miles at almost 100 degrees - Warren Hale

The journey for Lake Placid Iron continues. Jennifer and I have a long ride scheduled for the weekend. I wonder if anyone else is up for a long ride. Joe Pautler informs me that the NFBC (Niagara Frontier Bicycle Club) has a Memorial Day 100miler. Jennifer and I figure what the heck, it's only a little farther than planned. We are game...

After very little persuasion, Joe Pautler decides, well.... if I pick my mileage up a bit I might consider doing it too. That didn't take much work to rope him in :) Word spreads and John Pepke figures it's a nice warm up ride for his triple iron distance in October. Chris Ankrum catches word of the ride and figures it's time to start burning some of those post IMAZ calories off and a chance to check out the area's ice cream shops.

So there we have it 5 BTC'ers sucked into a long ride. I don't think most of us knew what was in store for us. We sign in at 7am up at UB, looking over the other people who have nothing better to do with their day. I see 2 tandem bicycles. Hmm... it is going to take quite a while to bike 100miles on a tandem. Everybody is set, cue sheets handed out, and a pre-ride briefing takes place. Next stop, Golden Hill State Park, 43miles out. For those that don't know where that is, you bike past it on the Fall Frolic course in Barker.

John Pepke took off with the other jack rabbits and tandem #1. Maybe we'll see John at mile 43. The tandem, will pass him down the road a bit. The rest of us and tandem #2 headed out at a more moderate pace. Temperatures were comfortable, so no extra clothing was needed to stay warm at 7am. Miles down the road some of us take a break to keep the hydration cycle moving. While at the stop I see tandem #2 pass us. I think to myself, "wow, they got a good pace going there". Miles back on the road we pass tandem #2 and continue on our way. Plenty of good con-

versation as we make our way through the Niagara County roads, everyone seems to be doing pretty good. Lead bike points out the pot holes and road kill to prevent any bike mishaps. I had to develop a new hand signal on Lower Lake in Barker for the deer standing in the middle of the road. The deer sees some idiot with antlers on a bicycle and figured it is best to get out of the roadway before he gets killed.

At mile 43 we meet up with some of the lead riders. No John Pepke. He must be a lead rider. Or lost. The temperature is much cooler along the lake. Heading east on Lower Lake, Chris demonstrates his sprinting skills. I get roped in for a little sprints heckling back and forth. Chris shows his true pedaling power and throws his chain off the front. Twice if I remember right.



Finally heading in a southwest direction, after saying 'good morning' to the Amish and 'get lost' to the buzzards eyeballing us, Chris decides he needs to stop at an air conditioned store for 'water'. I think there was more than just water purchased there, but only Chris knows what was set on the counter. About 70-80 miles into the ride the heat is taking its toll on some of us. We meet up with the other riders at a corner store in south Lockport and hang under a tree catching some shade. Chris gets refueled with ice cream, Jennifer learns that potato chips are definitely in her special needs bag for Lake Placid. I settle for some water in hopes of bringing my hydration back to an acceptable level. The store clerk tells of a sighting she had of a

man wearing a south park cycling jersey (John Pepke) gulping fluids down before he even reaches the store counter. (John denies the allegations).

The last leg of the ride was a tough one (for me at least). We came across one of our new BTC members, Kellie Trybalski, riding her bike. She was cruising strong and blew past us. Show off. We all made it back to UB, some in better condition than others. John was waiting for us, trying to get us to go for a run (yeah, right). Tandem #1 was loaded in the vehicle and the riders were enjoying cold beverages. (Thanks for the drinks). Tandem #2 was not. It made me happy I wasn't beat by both tandems. But from what I am told, the tandem riders are pretty good. Tandem #1 was running dual Hemi's.

It was quite an experience riding my longest ride ever in temperatures that were not so pleasant. I learned many things during this training ride. Drink more water, ride with friends (and spouse), and if you are going to ride longer than you are used to, ride with someone you know can ride the distance to help you get through it and make sure you survive it. Thanks Chris, Joe, John, and wifey for sharing in the pain and pleasure. Thanks to the NFBC for letting us non-members ride.



Member Spotlight on Joe Pautler...

Name: Joe Pautler

Age or Age Group: 31

Occupation: Computer Network Engineer

Employer: University at Buffalo

Hometown: Cheektowaga NY

Family: Wife Paula

Pets: Guinea Pig named "Pepe"

Member of the BTC since: 2005

Past or current offices / positions held for the BTC: Webmaster & Brick coordinator

Goal(s): Finish my first half Ironman in September (Deer Creek Pineman in Ohio) without having to walk more than a mile or two of the run course.



Greatest accomplishments: Finishing the Fallsview Casino International Marathon in October 2005. I held a sub-8min pace for the first 18 miles or so, but ended up walking quite a bit towards the end, finishing in 4hr55min. Not too good, but finishing a marathon was just something that I wanted to be able to say that I did once....but now I'm thinking about trying it again this year to try to get under 4 hours (9:10 pace, without any walking). A more recent personal accomplishment was finishing the Grand Island half marathon in 1hr 44min, and a non-athletic accomplishment was earning my MBA degree while working full time.



Joe and his wife Paula

Typical training schedule for the week: I don't really have a 'typical schedule', which is an area I need to work on. I usually swim approx 2 miles per week (2 sessions), bike approx 70-100 miles per week (2-3 sessions), and run approx 20 miles per week (2-3 sessions). During the winter I cross train with ice hockey, racquetball, and home remodeling projects.

Favorite event of a triathlon: Definitely the bike... It's the only event where you can continue to make forward progress when not expending any energy at all (for short periods of time anyway)... and you get to sit down!

Why did you join the BTC: Initially I joined because I was looking for a way to

practice open water swimming, without going out somewhere by myself. But since then, I have discovered many other benefits of being a member... most notably all of the great people that I have met through the club and become friends with.

Favorite food and drink: cookies and skim milk. Mmmmmm.

Favorite quote: I have lots of favorite quotes.

"If I had asked my customers what they wanted, they would have said 'a faster horse'" – Henry Ford.

Here are two more favorites that are more related to triathlon:

"If you think you can, or think you can't, you are right." – Henry Ford

"Failing to train is training to fail." - Unknown

Favorite races: St Greg's 5k & Cozumel Grill 5k. Both consist of less than 25 minutes of running followed by hours of eating, drinking, and socializing with friends. Oh yeah... and I tend to like triathlons held in the Finger Lakes region.

Say Hello to Joe's little friend



Pepe...

Upcoming Event: - Cayuga Lake Triathlon

This summer, the Ithaca Triathlon Club will be hosting the 4th annual Cayuga Lake Triathlon on August 6 at 8 a.m. held at Taughannock Falls State Park in Ithaca, NY.

The Cayuga Lake Triathlon (CLT) is organized by the Ithaca Triathlon Club and is a USA Triathlon sanctioned event. The race is held in the Finger Lakes Region of upstate New York, home to a number of world famous wineries. The host, Taughannock Falls State Park, lies about 8 miles north of Ithaca and provides a picturesque setting for the spectators to enjoy the triathlon. Entrance to the Park includes public swimming, a playground, an abundance of shaded picnic areas, and hiking trails. Tent,

RV, and cabin camping is available, and the park maintains a quaint marina that includes a boat ramp for access to the waters of Cayuga Lake.

The Cayuga Lake Triathlon has become one of the premier triathlons in central New York. Athletes begin the race with a swim in Cayuga Lake itself, then bike along scenic rolling hills which reveal spectacular views of the lake, and finish the race with a run near the lake shore, through the shaded and magnificent gorge trail to the Park's namesake, Taughannock Falls, which is the highest water fall in the Northeast at 215 feet. Runners continue back to the cheering

crowds near the start, where they will be greeted by a bevy of volunteers ready to serve a variety of delightful treats, including the area's homegrown Purity Ice Cream. Competitors receive decorative awards designed by local artisans as well.

Come experience this fun triathlon as an individual competitor or part of a relay team and enjoy one of the most spectacular state parks in New York.

For more information on the race and how to register, please visit www.ithacatriathlonclub.org.

BTC Birthdays for June

6/1 Mary Casey, 6/2 John Gorski, 6/3 Chuck Miller, 6/10 Skip Cook, 6/10 Douglas Bellus, 6/15 Don Stefanski, 6/16 Douglas Bush, 6/16 Christopher Miller, 6/20 Karen Riley, 6/25 Nicole White, 6/25 Blaine Harris



Wanted / Needed: Suggestions from the members on how the BTC can improve, help you reach your goals, get more people involved in multisport, etc... We sincerely want to make this YOUR club and to do that we need your interaction. Send your ideas to newsletter@buffalotriathlonclub.com.

Other items to think about are how do we get more members to participate in BTC activities, ways to make membership more appealing, and how to get more media coverage.



Member Spotlight on John Pepke...

Name: John Pepke

Age or Age Group: 40

Occupation: Chemical Engineer and Natural Soapmaker

Employer: Taber Industries

Hometown: Depew NY

Family: Wife Cynthia

Pets: None

Member of the BTC since: 1997 Officially the 3rd member

Past or current offices / positions held for the BTC: Webmaster & Secretary

Goal(s): Finish my first Triple Ironman in October without having to walk more than 45 miles of the run course. Participate in the Adirondack 540 and Jay Challenge in the within the next two to three years.

Greatest Athletic accomplishment's): Finishing the Odyssey Double Ironman in October 2004.

Personal Records: ½ Marathon: 1:34:37; Marathon 3:18:49; Ironman 11:55:05; Double Ironman: 34:20:20

Typical training schedule for the week: Run 40-50 miles per week; cycles 100-200 miles per week; swim as little as possible until 3 months prior to race then 1-2 times per week for a mile each ramping it up to 5 miles two weeks before event. Weight training 1-2 times per week.

Favorite event of a triathlon: Definitely the bike...scenery changes quickly!

Why did you join the BTC: Help start the BTC with Andre Smaic and Glenn Speller. My services were as the Webmaster. We wanted to get like minded people to come together to form a tight knit group that could travel, train, and race together doing the sport they loved.

Favorite food and drink: Many of each but Pizza Junction pizza and Smirnoff Ice



would top the lists.

Favorite quote: BECAUSE I CAN...

Favorite races: Edinboro Triathlon; Eagleman; Sunapee Ironman and Long Course (no longer held); Ironman Austria;

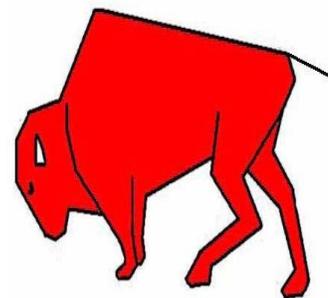
What / who inspires you: My father and myself for personal reasons. The distances for shock value.

Buffalo Triathlon Club— Buffalo's Premier Multisport Club

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The BTC - helping you reach goals you didn't even know you had!



Mark Your Calendar!!!!

Spring Fling

June 18th, 2006—9:00am

Beaver Island State Park
Grand Island, NY

Sprint Tri and Formula 1

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A Tri in the Buff

July 2, 2006—8:00am

Evengola State Park
Irving, NY

Intermediate Tri and Relay, Sprint,
Try a Tri, Kids Tri and Grand Prix
Series for youth.

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Wet & Wild Triathlon

August 5th, 2006—9:00am

Wilson Boathouse
Wilson, NY

Sprint, and Kids Tri

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Danforth BTC Fall Frolic

(A BTC sponsored event)

September 17th, 2006—9:00am

Camp Kenan
Barker, NY

Sprint Triathlon, Duathlon, Kids
Tri

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Rizzo's BTC Duathlon

(A BTC sponsored event)

October 7th, 2006—10:00am

Beaver Island State Park
Grand Island, NY

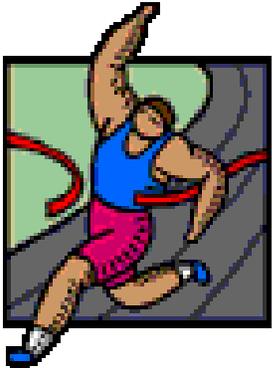
Duathlon & Relay as well as
Kid's Du

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For more info on these races
check out:

<http://score-this.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 newsletter@buffalotriathlonclub.com.



Mark's Remarks - Continued from page 1.

P.R. I am most proud of would be my 3:38:46 at the 2005 Buffalo Nisan Marathon. Although the Kenyan who won the race had probably boarded his flight home, I figure that's not too bad for a 6 foot 2 inch 200 pound dad with a bum knee and a penchant for Bombay Sapphire on the rocks.

So at this point, you are probably wondering why did this guy join the BTC this year if he likes running so much? That answer is pretty easy as well. Thanks to all of this running and way too much football growing up, my right knee was falling apart at the end of the running season in 2005. At that point, I decided that the concept of a triathlon was very appealing primarily based on the positive health benefits of cross training and the lessened impact on my knee. So to be honest I have never done a triathlon (***not true as of yesterday—more on that next month!***) and in fact, although I used to take some spinning classes three or four years ago at the BAC, I have only been biking / spinning somewhat seri-

ously since January and swimming laps at the YMCA now for a month.

That's enough about my background. The one last thing I think important to share with you in this piece is my goal of this newsletter. My goal for this newsletter is relatively simple and not very grandiose. Simply put, I want to create a newsletter that you folks look forward to reading. In order to accomplish this goal I need your help. Please give me feedback both positive and negative. What do you like? What don't you like? What would you like to see in future newsletters? Be it via the phone, email, at a Thursday Brick event, whenever or wherever, please let me know your thoughts. I am always open for some good advice and suggestions. The newsletter can't get better with out it!

Note that this first newsletter is more or less a rush job trying to get us caught up (it's also a learning experience for me while I gain some abilities using the Publisher software). Last time I was an editor for a

corporate newsletter was about 10 years ago. I'll tell you that the technology / software has changed quite a bit!!! As I gain more insight into the club, get some experience with triathlons, and experience with the Publisher software, and get more feedback from you folks, I would hope that you see the quality of this newsletter increase dramatically.

I hope you enjoy the newsletter. Don't forget this is not **my** newsletter, it is all of ours! I just happen to be the guy who puts it together...

Train hard, be safe and have some fun!

Mark

"Tri it You'll Like it" - Mark's Favorite Recipes

"Satan's" Pasta

Ingredients

4 skinless chicken breast cutlets
1 1/2 cups nonfat chicken broth
1/4 cup of all purpose flour
1 medium onion - finely chopped
1 green pepper - diced
1 tablespoon paprika
1/2 cup dry white wine
1 cup canned tomatoes with juice
1 clove of garlic
1/4 teaspoon of black pepper
Water

8 oz. pasta (Shells, bowties etc.)
1/2 cup of low fat sour cream.

Directions

- 1) Cut each chicken filet into six small slices. Sprinkle chicken with flour.
- 2) Heat 1/4 cup of chicken broth in a large pot or wok. Add chicken and sauté until no longer pink. Remove chicken with a slotted spoon and set aside.
- 3) Add onions and green pepper to the pot. Sauté for 5 minutes. Add more broth as needed.
- 4) Add paprika and chicken pieces

- back to pot. Stir in remaining broth, wine, tomatoes with their juice, garlic and black pepper. Lower heat and simmer until chicken is cooked through, about 20 minutes.
- 5) Bring water to boil in large covered pot. Add pasta. Follow cooking time recommendation on package. Pasta should be cooked through but still firm.
 - 6) Stir sour cream into sauce and warm through.
 - 7) Transfer pasta to serving dish and top with sauce...