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Issue 89

# Quick Transitions

Mark's Remarks: "Mark Gives it a Tri" - Mark St. George, Editor

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The editor and his fat cat Joe. (This photo is for you Warren)

As I mentioned in the June edition of "Transitions", I more or less switched to triathlon training because my knee was starting to go. Too much football in high school and college and too much running over the last few years was starting to take its toll. I figured the cross training was a perfect way to stay fit and keep the pounding on my knee to a minimum. So in January I switched from running 5-6 days a week to pretty much

spinning and weights 3-4 days a week. Once Spring broke, I bought a Trek Equinox 9 triathlon bike with the intention of eventually doing some triathlons. I started riding it outside immediately. Then about a month and a half ago I joined the YMCA across the street from my work and started swimming 2-3 days a week.

It was my original intention to enter the Tri-in-the-Buff as my first triathlon. I planned on taking a conservative approach, and looked to shoot for just the Try-a-Tri for my first time out. For those of you who are unfamiliar with the Try-a-Tri, it is a really short triathlon (200m Swim, 10K Bike, 2 K Run). It's basically about half the distance of the typical sprint but I figured taking it slow was a good idea as I had no idea what was in store. It seemed to make sense at the time, so I trained the last two months with the Try-a-Tri on July 2<sup>nd</sup> in mind.

My training was going well.

My indoor swimming was fine. I did a few 20K time trials on the bike with the BTC and even joined in on the first BTC brick work of the year.

The day before the Spring Fling Triathlon on Grand Island I woke with no intention of participating in a triathlon that weekend. I was planning a long ride on Saturday and then some running on Sunday. HOWEVER, during my 50 mile ride on Saturday I got thinking. I thought back to a conversation in the parking lot at the week's BTC 20K time trial. A few of us were talking and the conversation of wetsuits came up, and someone made the comment that they really made you buoyant. For some reason that comment stuck in my head as I rode my bike on Saturday I really pondered that statement. The whole time I was training the one event I was most concerned with was the open water swim.

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These comments about the wetsuit for whatever reason



**A Big Reminder:** The Buffalo Triathlon Club is a major sponsor for two upcoming events. **The Danforth Fall Frolic** (triathlon) to be held on September 17th in Barker, NY and the **Rizzo's BTC Duathlon** to be held at Beaver Island on October 7th. Obviously, it would be great to see a lot of BTC members either race the events or volunteer to assist at these events. Come out and support the club!

## Member Spotlight on Kei Riley...

**Name:** Kei Riley

**Age or Age Group:** 38

**Occupation:** teacher

**Hometown:** Spencerport, NY

**Family:** 2 furry children

**Pets:** Miss Loki (a.k.a. Poke), Riley (Siberian Huskies)

**Member of the BTC since:** 2004



**Kei's kids Miss Loki (a.k.a. Poke) & Riley**

**Past or current offices / positions held for the BTC:** Librarian

**Goal(s):** Timberman, breaking the all-elusive 10 minute/mile barrier, top purebred skijor at Haliburton and Cannington.

**Greatest accomplishments:** picture in "Soccer Magazine," one of two players named to the all-tourney team at Sugadeira two years in a row, completing any triathlon.

**Typical training schedule for the week:** There is no typical schedule, really. Since I am quite the weather weenie and am very dedicated to re-

covery days, I seem to have a lot of days off. As a result of my winter interests, I really don't start training until May and spend a couple months building endurance back up. In July, I'll probably be riding about 5 hours/week, running about 4 hours/week, and swimming about 2 hours/week. I also fit soccer, volleyball, waterskiing, windsurfing, and all kinds of other sports in. After Timberman, I'll slow back down and bring my focus back to skiing.

**Favorite event of a triathlon:** I prefer the bike, but Poke and Riley definitely prefer the run (something about paws and pedals...), which is definitely my least favorite.

**Why did you join the BTC:** learn more about triathlon, meet new people

**Favorite food and drink:** for drink, any good Riesling or iced tea. Favorite food? Too many to choose, that's why I do this... Ice cream, stir-fry, yakisoba, yakiniku, oyokodon, sukiyaki, chicken souvlaki, lasagna, pizza, fajitas, tacos, anything with shrimp... or lobster...



**Kei in action with her dogs...**

**Favorite quote:** "All ambitions are legitimate, except those which bring misery or hardships upon mankind." – Joseph Conrad

**What / who inspires you:** My father who

through-hiked the Appalachian Trail and tells me I can do anything. Fast people also inspire me, after all, who doesn't want to be like Mike?

**"Hey, I didn't know they used a**



**ball in a triathlon?"**

## *“Race Day Checklist”*

<i>x</i>	<i>Pre-Race</i>	<i>x</i>	<i>Swim</i>	<i>x</i>	<i>Cycle</i>	<i>x</i>	<i>Run</i>	<i>x</i>	<i>Post Race</i>
	Tracksuit		Swim suit		Bike		Running shoes		Warm dry clothes
	Water bottles		Swim cap		Cycling shoes		Running shorts		Towel
	Breakfast		Goggles		Racing shorts		Anti-chafe lube		Shoes / flip-flops
	Energy bars / gels		Spare goggles		Racing top		Cap / hat		Post race drink
	Car keys		Anti-fog spray		Helmet		Socks		High carb snack
	Money for entry		Wetsuit		Water bottles		Sun block		sunglasses
	Directions to race		Stool / water bucket		Spare tube / puncture kits		Safety pins		Baseball cap / hat
	Gas for car		Sports lube		Toilet paper		GPS / Watch		Clean socks
	Chip / ankle strap				Race # / bib strap		Power gels		Camera
	First Aid Kit				Gloves				Glasses / extra contacts
	Cell Phone				Sport drinks				
					Wrist / Bike ID Bands				

### BTC Birthdays for July

7/2 Daryl Clarke, 7/6 Alex White, 7/7 Kellie Trybalski, 7/8 Jeanne Elvers, 7/14 James Michaels, 7/18 Kathy Karnath, 7/19 Suzanne Fenger, 7/19 Paula Pautler, 7/20 Larry Lewis, 7/22 Chris Hebert, 7/22 Pamela London, 7/28 JT Stofer, 7/29, Pete Cerny, 7/31 Richard Mullaney



**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](mailto: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 Theresa Palmieri...

**Name:** Theresa M. Palmieri

**Age or Age Group:** 43 years old

**Occupation:** Physical Therapist

**Hometown:** Utica, NY—currently resides in Buffalo, NY

**Family:** Single, 7 siblings (6th of 8)

**Pets:** No thank you

**Member of the BTC since:** 2001

**Past or current offices / positions held for the BTC:** Vice President 2005/2006

**Goal(s):** Complete a hundred mile race, run a marathon in Italy, do another IM triathlon, still be running and doing triathlons in 30 years.



**Greatest Athletic accomplishment(s):** Overcoming my fear of water and completing an Ironman triathlon (swim 1:27) and qualifying for 8 consecutive Boston Marathons. .

**Personal Records:** Marathon: 3:25:05

**Favorite event of a triathlon:** Running!

**Why did you join the BTC:** Initially I thought Triathlete looked cool with Wet-suits peeled down to their waists ;) ! The BTC has a great group of people who are interested in a healthy fit lifestyle and I wanted to be a part of that.

**Favorite food and drink:** Most anything Italian, pasta, Gatorade, water and lest I forget Chocolate!

**Favorite quote:** “*Only those who will risk going too far can possibly find out how far one can go*” TS Elliot...

**What / who inspires you:** My mother.



### What in the world???:



**The photograph above is which of the following?:**

- A) Photographic evidence the apocalypse is upon us.
- B) Photographic evidence that it's a good thing Joe Pautler is a computer network engineer and not a meteorologist (in other words it is a photograph of a recent brick workout gone bad. The photo being taken by a drenching wet editor after nearly drowning during the run portion of a formula one brick)
- C) A photo taken by the editor with his camera phone while going thru the local Delta Sonic.

*The correct answer to the quiz above is obviously B.*

## Most Commonly Violated Rules and Penalties

At the “Tri in the Buff” Triathlon they passed out a handout outlining the most commonly violated rules and their subsequent penalties. I thought it was interesting as I have never seen the rules (even though most of them I think are rather obvious). I thought it might be beneficial if I shared them in this newsletter. I would have to think it would benefit us newer folks and might be a good refresher for those with a bit more experience. Note no sources were noted on the handout so none are given.

### 1) Helmets:

No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing .

**Penalty**—Disqualification.

### 2) Chin Straps:

Chin straps must be buckled at all times when on the bike. DO NOT unbuckle your chin strap unless you are off the bike!

**Penalty:** Disqualification on the course. Variable time penalty in transition area only.

### 3) Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Variable Time Penalty.

### 4) Transition Area

All equipment must be placed in the properly designated and individual assigned bike corral. All participants must return their bikes to an upright position in their designated bike corral. No person shall interfere with another participant's equipment or impede the progress of another participant. No participant shall bring any glass containers into the transition area (DQ!)

**Penalty:** Variable Time Penalty.

### 5) Drafting:

**Drafting**— keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**— keep to the right hand side of the lane of travel unless passing.

**Blocking** – riding on the left side of the lane without passing anyone and interfering with other cyclist attempting to pass.

**Overtaken**— once passed you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty**— Variable time penalty.

### 6) Course

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclist shall not cross a solid yellow center line for any reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referees discretion.

### 7) Unsportsmanlike conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike like conduct directed at race officials, USA triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification.

### 8) Headphones:

Headphones, head sets, walk

*Con't on page 7*

men, etc. are not to be won at any time during the race.

**Penalty:** Variable time penalty.

## “Mark Gives it a Tri” - continued from page 1

alleviated my concerns enough to make me act. Next thing I thought was “what the heck, let’s do that triathlon tomorrow”... Tomorrow I figured was Father’s Day, and since I was a father, I declared to myself that I could do what I wanted. So after my ride, I went to Handlebars to purchase a wetsuit. Unfortunately they didn’t have my size in the suit I wanted, so I rented a different one.

Sunday rolled around so I packed up my Jeep Wrangler and off this father of three went to Grand Island.



**The editor shuffles on home in his first triathlon.**

When I got there I was pretty much lost, but thanks to Joe Pautler he directed me on where to go and how to get signed up and ready for the race. We put on our wetsuits and went out to the waters edge in anticipation of the start of the race. One thing I did notice was

the fact I wasn’t crazy about the feel of a wetsuit. It more or less felt restrictive across the chest. Lets just say a little anxiety / claustrophobia attack was quickly coming on. The race started and off we marched into the water. Once I started swimming I knew I was in trouble. The difference between swimming in a pool at the local YMCA and racing in the open water wearing a wetsuit is like comparing a dip in a quiet lagoon on some deserted island to swimming in the stormy North Atlantic while a buddy rows beside you whacking your head with an oar. The only two thoughts I recall from the swim were: 1) an email Mary Eggers sent out the other day commenting about her triathlon when she felt like an eagle. Oh, I felt like an eagle all right, but this eagle crashed into the side of a boat and was now in danger of drowning, and 2) putting it bluntly, how much this sucked! I couldn’t wait to get out of the stupid wetsuit and river and get on my bike and ride. Sure enough I survived the swim, and off I went to the transition area and on to the bike. The transition went smoothly and I was on my bike pretty quickly. On the bike I quickly felt surprisingly good considering moments before I was doing my best to imitate a dying carp. On the bike I was passed by one rider but passed about six myself. Best of all I passed a couple twenty something year olds (and a 30 something year old BTC member) which always feels mighty good to a 42 year suffering from a pre-midlife crisis . The bike went smooth and it was over before I knew it. Next I moved into the transition area to make the switch to the run. The transition again went smooth, and I felt much better transitioning into

the run than the first brick work I did at the BTC Thursday workout a few weeks prior. The run was o.k. but the heat of the day was picking up. I didn’t feel that great running, but by the looks on everyone else’s faces the feeling was mutual.

I crossed the finish line in 1:11:38. I was shooting for a 1:10:00 but considering I had never done one of these things and the day was way hotter than I like, I was pleased. It was nothing legends are made of, but I have to think respectable nonetheless for a guy who rode 50 miles the day before on his bike, had two glasses of wine and a martini the night before with his pre-race pasta dish and is scheduled for knee surgery come the off season.

In the closing, I am now officially one of you. In the mirror I no longer see just a balding, bird-legged insurance guy staring blankly back at me. Today and going forward a triathlete will look back at me. This triathlete in my mirror may not necessarily be a good one today, or for that matter ever, but he will be a triathlete nonetheless.

So as always train hard, be safe and have fun...

Mark

## Most Commonly Violated Rules and Penalties - con't from page 5

**9) Race Numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. Do not transfer your number to any other athlete or take a number from an athlete that is not competing .

**Penalty:** Variable Time penalty for missing or altered number, disqualification and one year suspension from membership in USAT fro transferring a number without race director permission.

### **10: Wetsuits:**

Each age group participant shall

be permitted to wear a wetsuit without penalty in any event sanction by USA Triathlon up to and including a water temperature of 78 degrees. When the water temperature is greater than 78 degrees but less than 84 degrees, age group participants may wear a wetsuit at their own discretion provided however that participant who wears a wetsuit within such temperature ranges shall not be eligible for prizes and awards. Above 84 degrees, wetsuits are not permitted.

### **11) Abandonment:**

All personal equipment and belongings taken out on to the course must stay on the athlete the entire time. No garbage, clothing etc. shall be thrown

on the course.

**Penalty:** Variable time penalty.

For details on variable time penalties and a complete list of rules, please refer to the current USA Triathlon Competitive Rules at: [www.usatriathlon.org](http://www.usatriathlon.org).

### [We Need Your Newsletter Articles!](#)

**Help make this newsletter yours by contributing articles on your recent races, different training techniques and ambitions, etc... Send them to: [newsletter@buffalotriathlonclub.com](mailto:newsletter@buffalotriathlonclub.com)**

**Also, I would like to add a picture page starting in August, so please send in some action photos of workouts, races, etc. to the same email address listed above. Without photos it will be a hard to do a picture page (unless of course you just want to see photos of my fat cat and whacked out teenagers....**

## “Tri it You’ll Like It!” - Red Beans & Rice

I found this recipe on a can of Goya red kidney beans a few years ago. It’s super quick and pretty healthy. I added the red pepper, pimentos and an extra clove of garlic to spruce it up. It’s not the Left Bank’s version of Red Beans and rice, but it will definitely do in a fix.

I figure my Aunt Ramona, who was straight off the boat from Spain, would approve.

### Ingredients:

2 Tbsp. Olive Oil  
 1 small/medium size onion  
 1 green pepper  
 1 red peeper  
 3 cloves of garlic  
 1/4 cup of tomatoes sauce  
 1 small jar of slice pimentos

1/4 tsp oregano

1 16 oz can of Goya Rd Kidney Beans (undrained)

1 packet Sazon Goya con Culantro y Architoe

### Directions:

Heat oil in large skillet over medium heat. Add onions, green pepper, red peeper and garlic and cook 10 minutes. Stir in remaining ingredients. Bring to boil Reduce heat and simmer 10 minutes. Serve over hot white rice.

### **Buffalo Triathlon Club— Buffalo’s Premier Multisport Club**

BTC Quick Transitions  
 c/o Mark St. George— Editor  
 191 North Long St.  
 Williamsville, NY 14221

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

### New members:

Sarah Stanistreet (Amherst), Adam Toy (Amherst), Stephan Hruby (Hamburg), Tom & Sue Covington (Buffalo), Timothy Muckell (Buffalo), Kurt Fetter (Amherst), Amy Noe (Williamsville), Brenda Mattar (Lockport), Dean Stevens (Derby), Paige Patterson (Newfane)