

August 2006

Issue 90

Quick Transitions

**Mark's Remarks: "The St. George Couch Potato / Doer Continuum" -
By Mark St. George, Editor**

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The Editor with his training partner Parker. -
"Anyone know the number for Hair Club for men?"

It's pretty common in our culture to throw people in boxes. He's a liberal, she's a conservative. He a good kid, he's a bad kid. You're for us or against us. In fact, I would argue that we really shouldn't throw folks into boxes, rather we should locate them on a continuum. (As a side note I would add that I am sure the Dalai Lama and my therapist might say we shouldn't put folks in boxes or on continuums but what they heck do they know).

Let's take the conservative / liberal boxes. Listen to any liberal talk about

conservatives and one would think all conservatives have exactly the same view. Conversely conservatives do the exact same thing but only in reverse to liberals. I would argue that in reality most folks tend to lean one way or another but in the end have certain views that go against the grain of the political ideology they most closely identify with. For example, I have two good friends who pride themselves on their conservative views. They wear blue suits, white shirts and red ties and send emails bashing liberals to me once a week. But then they tell me that they are pro-choice and completely comfortable with gay marriage. As they are my good friends I promise not to report them to the Republican National Committee. Conversely, I have a friend that is a good old fashion liberal. He hates George W. Bush, gets violently ill at the sight of SUV's and drives a Toyota Prius. The thing gets something like 60 miles a gallon which given the gas prices lately

seems more like just being smart than any sort of political statement. Then one night at dinner he shares with me that he doesn't get why the rich get whacked with higher percentage income tax rates, particularly when they generally pay a lot more in real estate taxes. (Yes, he is one of my wealthy liberal friends). I am not mentioning these situations to make any political points but rather justifying the use of a continuum rather than boxes. I think you get the point. Very few folks fit neatly in one box or another.

With that as a backdrop I will introduce you the "St. George Couch Potato / Doer Continuum". On one pole of this continuum you have the ultimate doer. These folks have a list of 50 things to do before they die, and the way they often live their lives, death may come sooner than later. Things like swimming with Great White Sharks off the coast of Australia, Climbing Mount Everest, Wrestling Alligators in the Everglades,

Con't on Page 7

A Big Reminder: Volunteers are still needed for the BTC Danforth Fall Frolic. Volunteers are needed for race day (9/17) as well as set up the day before. Club volunteers will receive the BTC race belt that race participants receive. Your volunteering saves the Club costs at the race and allow a larger donation to be made to Camp Kenan. Contact Rich@Score-This.com

“Iron Journey” By Warren Hale

Ironman? Who does them? Not me. My wife wants to do one. Good for her. She can run a marathon. She can do it and I will be there to support her. We joined friends from the Club to watch the Ironman in Lake Placid in 2004. I looked at the athletes and saw the same thing I saw at any local race. These are just ordinary people, young, old, fit, not so fit. “If these people can do this I can too”. Words that seem to keep getting me in trouble. And so the journey begins....

So who is this wanna be Ironman. I am just your ordinary person. I run a 9min mile in 5k's and a 10min mile in half marathons. I have never done a marathon. My first triathlon was a couple years ago. I tried the Tri In The Buff, Try-A-Tri as a practice run for the Fall Frolic Law Enforcement Division. 100 yards seemed real far out there in the lake. I needed to take a break half way through it. I had a flat during the bike. No one ever said anything about carrying a spare. So I walked the rest of the course. The run turned out to be the easiest of the 3 events. I crossed the finish line and was given my tokenary Finishers Medal. One of my happiest days. I am now a triathlete.



A close up of awashing machine in action or the beginning of Lake Placid IM???

Irontraining:

We met Doug Bush from Endurance Factor while in Placid in 2005. We were interested in heart rate based training and ultimately hired him to coach us though our first Ironman. We have our heart rates tested, find our proper training zones and we begin our 42 weeks of Irontraining. We spent plenty of time in our basement on the Computrainer, swimming at our local YMCA, and did our running outdoors. We were able to ride a computer simulated Lake Placid course while on the trainer, and we rode a couple of the hills in 2005, so we had a good idea what we were in for. When the weather finally broke, the bikes hit the roads and open water swims followed later.

I was fortunate enough to get time off from work so Jennifer and I could do our long rides together. The thought of either one of us out there alone for over 6hrs did not settle well. How long do you wait before you go looking for your spouse after they don't return home on time? 6hr ride + wait extra 1hr = possible 7hrs lying on the side of the road. If you can find them. Doesn't sound like good math to me. Hopefully that math will make others think twice about riding alone.

Overall our training went well. As you already read, we had the 100 miles in almost 100 degrees bike ride. We had just as much fun for a ride in Placid in June. 1 loop of the bike course in 40degrees, high winds, rain, sun, and hail bike ride. We were not the only stupid ones out there that day either.

Ironweek:

As we approached race day our nerves started kicking in. What do you pack? What will you use? Luckily we had Jeff Tracy around to help us with questions. Once in Lake Placid our nerves calmed. We have been there many times now and feel more comfortable that we are in the surroundings that we will ultimately be racing in.

We packed some food from home on the thought of not wanting to eat anything too unusual prior to race day. A lot of it was brought back. Jennifer was given greeting cards from 2 friends at work to open each morning before race day. It was nice touch from friends supporting you from a distance. We met up with the BTC crew at the familiar Cascade Inn. We were given a wooden tiki couple from Theresa Palmieri. That was just too funny. Definitely a nice thought. It will be displayed with our Ironman stuff. At a family pasta dinner the night before the race, I was surprised by Jennifer giving me a nice plaque in appreciation of being her 'Ironman Training Partner'. Isn't she sweet J .



A happy but exhausted Iron Couple...

Ironplan:

Swim the first loop with Jen to hold me back and not be the jack-rabbit and run out of steam too soon. Build enough time on the bike so I will be ahead on the run and she can catch up to me. Once together, stay together and finish as an Ironcouple.

Ironday:

We woke to rain, which didn't make us too happy. We do not want to ride in the rain again.

Con't on Page 6

"Ed Harkey Located!!!!!"



For those who were concerned Ed Harkey may have been abducted by aliens while aiding flood victims, he has been located. Well the person looked like Ed and kind of acted like Ed. The strange thing was this guy was at a local race RACING! If anyone has a secret handshake that confirm his identity, please do so and contact us.

BTC Birthdays for August

8/2 Michael Collins, 8/2 Edward Harkey, 8/2 Joe Pautler, 8/3 Philip Clark, 8/5 Glenn Speller, 8/8 Sam Pasceri, 8/12 Christopher Ankrum, 8/14 Curt Eggers, 8/14 Mark Moldenhauer, 8/16 Patrick Dalton, Jr., 8/23 Stephen Hruby, 8/26 Andrew Leonard, 8/27 Ken Tocha, 8/28 Kurt Fetter, 8/29 Michael Malaney

Also note that we missed Sergio Nordenflycht whose birthday was July 10th. Happy belated birthday Sergio!



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.

Here's a new challenge for ya...

Challenge Yourself, Avoid the Swim and Win Cool Stuff!

For all of you "non-swimmer" triathletes, and for those of you Ironman and Ironwoman who did not qualify for Hawaii or those simply looking for a "**new challenge**" this event is for you! Join them for the Inaugural Highathlon, **September 16 and 17!** The weather is quite **HOT** now, but an autumn breeze is on order for the unique ride and run on. Registration is now open for the run and bike! Please visit the exciting website at www.highlandercycletour.com or go to www.active.com to register for the 2006 Highlander. The Highlander is scheduled for September 16. Check below for a new option available to the stout of heart, mind, and soul on Sunday. Slight changes to the Highlander Century include, for you climbing fans, more hills! The length stays the same; just more hills for your climbing pleasure. Please go to www.highlandercycletour.com to view the maps.

New for 2006!

The **Inaugural Highathlon** combines the Highlander Century ride with the Rochester Marathon to offer the **ultimate Western New York challenge**.

Anyone who completes the Highlander Century on Saturday and finishes the Rochester Marathon on Sunday will be rewarded with a special Highathlon award. In Addition, the top male and female finishers with the fastest time after completing both events will win a Garmin 205 GPS Forerunner courtesy of Tri Running and Walking. Both events showcase the beautiful scenery of Western New York. The Highlander bike tour takes you through the lakes and wine country. The marathon starts in the city of Rochester and meanders through the suburbs along the historic Erie Canal.

Do something different and be a Highlander Survivor. Visit www.highlandercycletour.com or www.rochestermarathon.com for more information.

"Tri-it You'll, Like it!" - Spicy Spinach Fettuccine with Snow

This is a pretty quick dish.

Tastes great (I'm sure Sergio would approve)...

Ingredients:

Water

8 oz Spinach Fettuccini

1/2 cup of nonfat chicken broth

1 cup of snow peas

Garlic

1 jalapeño pepper

1 cup coarsely chopped, **cooked** skinless boneless chicken breast

2 tbl reduced sodium soy sauce

3 tbs dry sherry

Directions:

1. Be sure chicken cutlet is cooked.
2. Bring water to a boil in a large covered pot. Add pasta. Follow cooking time recommendations on packaging. Once done, rinse with cold water. Drain cooked pasta into a colander in a sink.
3. Heat 1/4 cup of broth in a large skillet. Add snow peas, garlic and jalapeño a and stir-fry for one minute. Add chicken and stir fry for 2 minutes.
4. Add pasta, remaining 1/4 cup

chicken broth, soy sauce and sherry to the skillet. Cook for an additional 3 minutes.



Member Spotlight on Joe Niezgoda

Name: Joe Niezgoda (AKA: so slow)

Age or Age Group: 27

Occupation: Fitness Professional, Reiki Practitioner

Hometown: East Aurora

Family: Yes, I have a family. Right now I'm being raised by a 5 year old boy and his mother.

Pets: Well, I'm a dog person but, I have 2 cats. Lola and a my new kitten Cervelo



Member of the BTC since: 2003

Past or current offices / positions held for the BTC: Swim Czar

Goal(s): This year my goal is to win the Score-This series. I've never cared too much about series races in the past and just raced the races that sounded fun. Long term goal: Yes, I know it's lofty but I'd like to be able to race in the Olympic trials before I die.

Greatest accomplishments: With all the stupid stuff I've done I'd have to say still being alive is the biggest accomplishment to date.

Personal Records: Nothing worth noting.

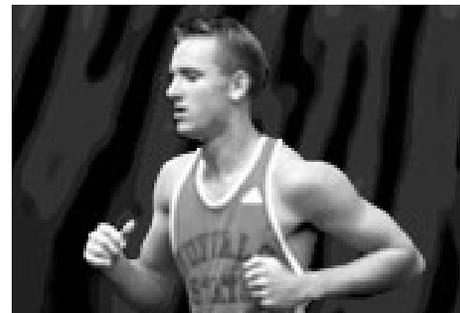
Typical training schedule for the week: 4 bike rides (one group ride, two 45 min spinning class, one long ride 3-8 hours). 1 swim per week in Lake Ontario. 3 - 4 runs per week (1 long 60 min - 2 hours, one fartlek/tempo, one interval, one :30 min recovery run).

Favorite event of a triathlon: The bike

Why did you join the BTC: I saw some dude with green hair after a Marathon and he talked me into it.

Favorite food and drink: I love pizza and Dr. Pepper.

Favorite quote: Go out hard and die like a man. -me



What / who inspires you:

I am very self motivated but I'd have to say if it wasn't for the support of my parents I never would have started running/racing. Now, I have the unconditional support of my pseudo-wife and son.

Schedule of Events!

Tri's & Duathlons

09/10: Ford Ironman Wisconsin. Madison, Wisconsin.

09/17 Danforth BTC Fall Frolic: Barker, NY

10/07: Rizzo's BTC Duathlon, Grand Island, NY

International Tri's

09/16 Montreal Triathlon: Ironman, 1/2, Intermediate and sprint.

www.esprittriathlon.com

Other Races:

Sun. 10/22: Niagara Fallsview Casino Marathon (Buffalo)

www.niagarafallsmarathon.com

“Iron Journey” - continued from page 2

We entered the water with plenty of time to relax and enjoy the moment. 2,182 people signed in at registration. Biggest start yet they say. Guess it will be a little extra crowded on the swim. Unfortunately there was no helicopter over head to pump me up even more, but the music selection on the speakers was doing just fine. After a brief wait on the shoreline and breaking my rule of never christening my wetsuit, the canon fires. We make our way into the heard. I swim on Jennifer's right as planned. Well for about 100yards or so. The mass of swimmers is just too crazy and the plan had to be adjusted. I left her and made sure I paced myself better swimming alone. On the first loop I only got kicked in the face twice, once knocking a goggle off. As I get out from the first loop I hear Jennifer's name called out over the PA. She got out just before me, but in that crowd I can't find her so I continue as planned. 200yds from the finish I find Jennifer swimming in front of me. I pull up on her right side and keep the pace. She discovers I am next to her and grabs me going "holy crap!". I say 'yeah' and tell her to keep swimming. We finish our swim 5minutes early and together. A good start to the day after all.

I hit the bike course and let everyone near me know that I am here. What?! That would be the constant beeping of my heart rate monitor telling me my heart rate is too high. This thing has to be wrong. I don't feel my exertion level is too high. Along the ride I see Jennifer at a port-a-pottie. I stop to chat and see how things are going as well as take care of some business. We take off together and ride near one another for a bit. I say good-bye and take off as planned. We give a 'yo' as we pass each other on the out and backs and see we are both still smiling. After many miles of my heart

monitor beeping, my body begins to tell me it agrees with the beeping. Luckily I have had this in training and have discussed it already with Doug Bush. I alter my nutrition plan and back off on the intensity. By the end of the second loop of the bike my body is doing good again and I am ready for what is ahead. The hills of Placid don't seem so bad anymore. Between adrenaline and good training, I spin my way up them. We were hoping to get the bike done in 8hrs. Through coaching and testing, Doug had determined we are capable of much less. He was right. We finished around 30minutes early. Awesome!

After a quicker transition I head out onto the run course. I pass the BTC crew on the now named 299.9 hill. I give a wave and head down the hill. The shouts of encouragement from them make me turn around and give them all a hi-five and head back onto the course. I am told Jennifer hasn't got ahead of me with transition so I stick to the game plan. Easy running, frequent walks, let her make her way up to me. At the turnaround in the run I see Jennifer and ease up more to let her catch me. Things go well for the next 7miles or so. Jennifer has trouble with her run and the walk breaks become more frequent. We follow advise from Jeff Tracy, to set goals to start running again at different landmarks. 'Keep moving forward'. Different time goals and distances with Jennifer. I do not want to see us have to begin to worry about finishing before midnight. As the miles trickled off and we got closer to town, we were realizing what our finish time could be. 15hrs?! Holy Cow! As we were in our last mile it began to rain again. At this point it just didn't matter to us. We were happy and were heading home. We headed down the finishing stretch holding hands. Our names announced, unfortunately no "you're an Ironman", but still just a great

feeling as we cross the finish line. We were greeted by Todd Lemmiksoo from the Club who wrapped us in foil and made sure we were doing good. Nothing like having personal attention at the finish line.



Warren & Jennifer forever immortalized as a woodcarving...

Ironlow

After collecting our gear and going back to our hotel room the adrenaline begins to wear off. Jennifer and I take to the hotel floor wrapped in blankets to warm ourselves. My feet elevated to get blood circulating to my head. We were telling ourselves no more Ironmans. Jeff Tracy was staying with us that night and sent us off to the showers, telling us we would feel better after having one. He was right. I didn't want to do it, but was glad I did in the long run.

Ironend

We were proud Ironmen and hit the finisher gear.

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Mark's Remarks — Con't from Page 1

Parachuting onto the Serengeti Plains, and completing an ironman backwards while wearing a 50 pound backpack might be a few of the ultimate doers list of things to do before he kicks off. At the other pole "lies" (pardon the pun) the ultimate Coach Potato. His life is basically watching other folks live their lives. In fact, he often watches the ultimate doer live his life on TV. This cat owns the latest in television technology and his coffee table looks like a long lost burial ground for misfit remotes. His pride and joy is his 50 foot plasma TV. His couch comes complete with a built-in cooler for his beer.

The reality is that most folks fit somewhere between these two poles. Here at the BTC I would venture a guess that most of the members live life closer to the Doer Pole and that is one of the big reasons why I joined the BTC. In short, I would much rather hang with folks living their dreams than with folks watching others live theirs. I would much rather enjoy a beer (or sport drink) after a hard work out with guys and gals that are busy setting goals and working towards achieving them than folks who can tell me the stats of every baseball player in the American League and fill me in on who is doing who on MTV's Real World. Trust me I am not judging anyone on how they live their lives but

frankly I would rather hang with people who have interesting stories to tell.

An interesting side affect of being a doer and hanging with them is you forget about how amazing your life and accomplishments really are. I noticed it first when I was a runner and often would hang out with a lot of runners. Many of us ran marathons so it never really seemed like that big a deal to me. Since Chris, my wife, Pat, etc. have all run them how big of a deal could it be? That was of course before you mentioned that you just finished a marathon to someone closer to the couch potato end of the continuum. When ever you did they looked at you like you had four heads, made some sort of remark as to not being able to run around the block, and then fired off a hundred questions about the experience. It was then that you realized that running a marathon, running an ironman or a ½ ironman, etc. was something special. The fact is the vast majority of folks have never run a 5K let alone a marathon, have never run a sprint triathlon let alone an Ironman or for that matter could even picture themselves doing one. So next time you think about the events you participated in, don't just compare yourself to the folks in front of you, keep in mind the folks behind you and for that matter the vast number of folks not participating at all. I am not saying not to worry about getting better or faster, as doers it's in

our nature, but just don't forget to keep in mind there a lot of folks sitting on a couch watching life go by. Be proud that you are not one of them.

In closing, the one thing about being on the doer side of the continuum is that it has nothing to do with skill or ability. In fact check out the results at any major race and you will notice there are a lot more slow folks out there than fast. For every Kenyan running a 2:20 marathon there are countless marathoners struggling to break 5 or 6 hours. For every ironman breaking 10 hours there are handfuls of folks just trying to finish. This is because being a doer has nothing to do with skill and abilities and has everything to do with spirit and will. The only thing necessary to be a doer is the incredible desire to taste what life has to offer, to push yourself past the comfort zone and to get off of your ass and turn off the TV. Simply put, it's all about deciding I want to live life and not watch others live theirs. Here at the BTC most of us have done that, and that is why I love being a part of this club.

As always train hard, be safe and have fun!

Mark

[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

Also, I would like to add a picture page starting sometime soon, 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, my receding hair line, my baby and whacked out teenagers....

Iron Journey—con't from page 6

I kept the leash on Jennifer long enough and let her get her Irongear. We are Ironmen now and can wear the gear with pride. We spent the day around Placid with other Ironmen wearing their finisher t-shirts. We walked up the side of Whiteface Mountain to the lookout (we don't need no stinkin elevator!). We rode our bicycles for an easy ride 2 days after the race and were actually feeling pretty good. We changed our minds and decided another Ironman is in our future.

Ironthoughts:

Volunteers. They are incredible. There are over 3,000 of them. They are willing to help you with ANYTHING. You don't even have to ask. They are there offering to help you with this, that,

and the other thing. You would not find a hotel that catered to people as well as these people do to the athletes. Seriously. At the end of the day we went to get out bike from transition. They wouldn't let us. It's raining.



You wait here under the tent and we will get it for you. Just awesome.

Best Advice: At the prerace dinner I took one piece of advice to heart. Your attitude will make your day. You need to go out there with a positive attitude, enjoy the race. I went out there to have a smile on my face all day and I did. An experience I never planned to do and will be thankful I did for the rest of my life.

Ironthanks

Thank you to everyone who was a part of our Ironjourney. Nancy Gworek for leading us through the half, Doug Bush for getting us through the full, and the close family of BTC'ers who are the icing on the Ironcake.

Dore Wins Splash & Dash by Gene Baran (aka "Flash")

Matt Dore overcame adversity to win the 6th annual Splash and Dash for Cash contested held at The Pier on August 2nd. With temperatures peaking at 90 degrees at 4:23pm and high humidity everywhere - these were the hardest conditions we've ever had for a Splash and Dash.

Even the lake temperatures of 77 degrees was muted by the uneven chop in the water. Matt had to overcome a lack of sneakers at the second transition area, and ran barefoot 400 meters to the first transition area to get his sneakers.

Chris Ankrum, the defending champion, saw the conditions and chose

not to enter. Mike Nowak, the 2004 winner, has pursued an acting career and it showed as he finished last in the largest field of participants ever for the Splash & Dash. As always there were twists and confusion and some people were unhappy, but the race director cajoled them to continue on.

Results

1. Matt Dore	26:11
2. Doug Bellus	26:47
3. Ann Seybolt	26:57
4. Kellie Trybalski	27:03
5. Mark St. George	27:45
6. Jen Labuda	29:27

7. Kei Riley	29:28
8. Anthony Lee	29:28
9. Carol Denysschen	30:32
10. Tim Toy	31:53
11. Renee Knopf	31:55
12. Sergio Nordenflycht	32:16
13. Marty Munson	33:10
14. Martin Denysschen	36:53
15. Mike Nowak	43:06
16. Adam Toy	DNF
17. Mike Curry	DNF

2006 Mid-Season Brick Update By Joe Pautler

Our Brick schedule calls for 22 workouts, and as of August 3rd we have completed 14 of them... sort of. 2 of the workouts were rained-out. If there is one word that summarizes our brick workouts so far this year it is "rain". It seems like every time I watch the 5-day forecast, there is always a cloud, a lightening bolt, and pouring rain in the little picture for Thursday. In addition to the 2 workouts that were rained out, there have been many other workouts where we carried on through overcast skies and periodic showers. I did a little research and found that there has been rainfall on 8 of the 14 Thursdays thus far... that's almost 60%! Last year rainfall was only recorded on 3 of the first 14 brick workouts.

Enough weather statistics. We have held 3 bike/run timed events so far, and 3 bicycle time trial events. 42 members have participated in the timed events. The current point leaders are:

Age Group	Time Trial	Bike/Run
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M Un 40	Bob Sobon	Andrew Leonard
M 40-49	Eric Brouillard	Mark St. George
M Ov 50	Jim Karnath	Don Stefanski
F Un 40	Melissa Hansen	Kellie Trybalski
F 40-49	Joanne York	Joanne York
F Ov 50	Nancy Gworek	Mary Casey

New members:

- Kathleen Contrino (N.T.),
- Patrick & Kelly Wager (E.Amherst).

Welcome to the club!

Our schedule calls for 2 more time trial events, 2 more bike/run events, and a 5k running race (points will be counted towards the bike/run category). The points race for many of the categories listed above are very close, so the leaders will need to finish strong in order to secure their victory! The 5k running race will take place on WEDNESDAY (not Thursday!) September 6th, at 6:30pm. It is a "public" 5k, hosted by the Wendelville Fire Company. The Wendelville Fire Company is located on Campbell Blvd, just across the bridge from our brick site (at turn #2 of our bike course). BTC brick points will be awarded using our usual point system for those that participate in the 5k. The \$15 pre-registration includes race, t-shirt, prizes, and post-race party. See BTC web site for more details... and be sure to wear your BTC apparel for the 5k race!

Complete information regarding our brick workouts, including the full results, point standings, and schedule, can be found on our web site:

<http://buffalotriathlonclub.com/>

I'm always looking for volunteers to help out with the

time-keeping duties, so if you think that you can help out on August 24th, September 14th, or September 28th, please let me know.

Hope to see you all at the future workouts! Remember, "failing to train, is training to fail", so come on out!

Joe Pautler



**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!**

Member Spotlight on Sergio Nordenflycht

Name: Sergio Nordenflycht

Age or Age Group: 250 lbs +/-

Occupation: Export Sales

Hometown: Santiago , Chile - Imported to East Aurora

Family: 1 mini me

Member of the BTC since: on and off since 2002

Goal(s):

- To sign up for an Ironman race, and actually get to do the race, twice jinxed about a month before race day, accounts for 2 DNS in my record book.
- To be able to do the run portion in a race, at or below 8 minute mile.
- To race the Ironman Roth in Germany,

Greatest accomplishments:

3 years in a row did a 5 mile solo swim in Long Island sound to raise money for charity from Faulkners Island to Madison shoreline raised over \$12,000



"You don't have to be Dr Evil, to have a mini Me"

Personal Records:

2001 Clydesdale World Games II in Chicago Mr. T

1st place Age and Weight group 2:23:50 for the Olympic distance (1 hr bike)

2000 Clydesdale World Games I in Windsor , England

2nd place age and weight group 2:42:20 Olympic distance (I was hit on the bike by car, managed to finish, but cost me dearly for the next 2 months)



" I have an Ace in my sleeve for this run"

Typical training schedule for the week

Monday- swim early am/ evening- run 1 hr by heart rate (2 times a month track)

Tuesday- lift weights early am/ bike 1 ½ to 2 hours -easy spin 90 to 100 rpm

Wednesday- rock and roll @ the pier

Thursday- swim early am/ brick race or whatever the group is doing

Friday- lift weights early Am

Saturday- run hills repeats

Sunday- long bike ride hills

Favorite event of a triathlon

H2o , I think I must have been a fish in previous life!!!

Why did you join the BTC: Great people/ lots of fun

Favorite food and drink:

- list is way toooo long
- Having worked as a Chef for several years I love food and the best is "Serge can Cook"
- From fancy to shhloppy
- I used to collect wine, now all in my blood stream
- Still love a good bottle of vino, red or white, don't do the blush thing

Favorite quotes:

- "Live to Love to Laugh and to Learn"
- "The recipe for making friends – be one"
- "If you are ever in doubt- go for it" (this one gets me in trouble sometimes)

What / who inspires you:

My Father for sure tops the list



" where is the transition area???"