

Quick Transitions

Mark's Remarks: "Half Way There..." -

By Mark St. George, Editor

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The editor and Makena watch mom at the Buffalo Nissan Half Marathon.

I woke up and looked at the clock near my bed.

Through the gloom of the darkness I could see that it was 2:30am. As the cloud cleared in my head I realized I was alone in at the Delta Center-Ville in downtown Montréal and it was the morning (albeit quite early) of my first venture into the Half Ironman.

Some call it Tin Man; some just call it 70 miles of "fun".

As I lay there alone in my hotel bed it was the first time I really second guessed the whole idea in the first place. Here I was alone, 400 or so miles from

home and my family, and I couldn't help wondering, "what the hell I was thinking?" For most of the year I had been training with no real goal in mind. If anything my goal was to get in shape and run a few triathlons. Then about six weeks prior to the race I decided that the ½ Ironman was something to shoot for. My training regimen came from a book I had, but the only problem was the program called for 18 weeks of training and I only had six weeks until the race. So without any help from anyone who knew what the hell they were doing I consolidated the formal program into a six week crash course.

I struggled with doubt for a few more minutes and than thankfully fell back to sleep until my alarm went off (shall I say four alarms – obviously I didn't want to oversleep). My power breakfast consisted of a peanut butter and jelly sandwich, a bunch of Fig Newton's, some pretzels and a Jolt cola. As I show-

ered the lingering doubts dissipated and I couldn't help feel the pre-game pump coming on. I was jacked (as we used to say in football) and I couldn't wait until the race. I found myself pacing in the room and about to explode. At that point, I recalled a conversation I had at a recent open water swim at the Pier with Renee about how one should feel after tapering properly and I knew it was going to be a good day. Into the car I climbed and off to the race I went.

I prepared my spot in the transition area and donned my wetsuit to get ready for the swim portion of the race. As we walked to the water's edge I couldn't help but look at the buoy .6 miles away. It looked like a far swim to the buoy, let alone there and back. I had swum that far before (but never just there and back) and the distance looked intimidating. I then thought of some advice from some pro that I had read. His advice was to focus on one event at a time, and that advice I took.

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Quote of the Day:

"It is hard to fail, but it is worse never to have tried to succeed. In this life we get nothing save by effort."

--Theodore Roosevelt

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We stood by the waters edge and waited for the gun. Off it went and I worked my self comfortably into the water and started to swim. The first 100 yards or so were amazing. The draft from some many swimmers was literally pulling me forward. Almost no effort was needed in those first few yards. Of course that didn't last long and I started to really swim. During the swim I felt incredible. I thought back to my first open water swim ever at the Spring Fling Triathlon on Grand Island back in June and laughed at how pathetic I was then, and I far I had progressed thanks to a bunch of laps at the Batavia YMCA, a bunch of Wednesday nights at The Pier with the BTC, and a wetsuit that fit properly. I progressed through the swim nicely and really kicked hard in the last few hundred yards passing quite a few swimmers. I exited the water in 38 minutes (7 minutes or so ahead of goal).

Into the T-1, and as I knew I had a long day a head of me I took my time re-charged slightly and prepared for the 90 Kilometer bike section of the race. The bike portion was held on a Formula One race car track. The course was 20 loops for the 1/2 Ironman. Only two areas caused you to slow down. One was a sharp hair pin turn and the other was a slight raise in the track neither of which were particularly challenging. Other than that it was full speed ahead! Three things combined to create a faster than expected bike leg for me: 1) The course was fast, 2) the competition. There were plenty of fast folks in this race and for that matter there weren't a lot of newbies. Most of the folks looked fast and peddled faster! As there were so many fast folks going round and round on a 20 loop course you couldn't help but pick

up the pace yourself, and 3) the weather – cloudy, cool and virtually no wind – the Triathlon gods were pleased!

When it was over I was ahead of my expected bike time by close to 10 minutes! I was hoping to keep an average pace of 20 miles per hour. I ended up averaging about 21.5! Into T-2 and the last leg of the race and for me, the one part of the race I worried about most. If I failed to train properly for any piece, it was the run. It wasn't laziness that kept me from putting in the miles it was a bum knee that kept me from logging the miles I would have liked. Even nursing my knee I was able to log in a few 10 mile runs in training so I knew I could do it, but the question remained at what pace. The first mile started better than expected in fact I looked at my Garmin at the first mile and realized I easily pushed out an 8 minute mile. It didn't take a rocket scientist to know that even though I was comfortable at that point my pace was just too fast, and if I was going to keep from bonking, I needed to slow it down just a bit. The weather also took a turn for the worse (well that's a matter of perspective, for the spectators I am sure they loved the fact the sun came out and the mercury was now hitting over 80. For me, however, that was not good news. I struggled

was just before mile 12.

In the marathon they speak of the wall, this wall hit and hit hard. The first thing I noticed that wasn't right was my right arm... It started to twitch uncontrollably and more or less went numb around the elbow. I am no doctor but I knew that couldn't be good. Shortly after that my left hamstring cramped. “%#@” flew out of my mouth like a sailor. I grabbed my leg and I started to walk. Then my calf on that same leg started to cramp. Out came another “\$%@” which just made me more determined to finish strong. I looked at my watch and realized I was on target for a kick ass time for a first timer and to finish like this was demoralizing. My biggest fear at that time wasn't my health, it was some how screwing up what was up to this point a great race for me. So I reached deep and picked up the pace to a fast walk for a few hundred yards. I hurt like hell but there was no way I was going to screw up this race so close to the finish. I pushed through the cramps and the strange sensation in my arm and picked it up to a brisk shuffle. Then the finish line was in clear sight just a few hundred yards to go. No mad dash to the finish just a methodical shuffle to the end. I finished in 5:35:33, twenty five minutes ahead of goal and 15 minutes ahead of my best case scenario. At the finish line I more or less just hunched over myself and thanked god it was over. I have yet to see the finish line photos but I am sure they won't be flattering! There was no exhilaration or feeling of great accomplishment. Nope, I was just thankful it was over. In fact, the only really clear thought I can recall was telling myself—never again.

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with the run but didn't really hurt too bad. I had hoped to hit a run split of around 2:10 and was in fact well on my way to betting that time as well. That, of course,

Tri-It You'll Like It! - "The Best Damn Chili Ever!"

I got this recipe off "epicurious.com" a few years ago. If you like to try different chili's I highly recommend you try this one. For the record, when I entered this recipe in a Chili cook off at my old office, it won first prize!

(unlike my triathlon efforts ...)

Ingredients:

tablespoons olive oil
 1 pound ground pork
 1 pound ground beef
 1 pound chuck steak, fat trimmed, cut into 1-inch cubes
 6 garlic cloves, minced
 2 cups water
 2 tablespoons ground cumin
 2 tablespoons chili powder
 2 teaspoons dried oregano
 2 teaspoons salt
 1 teaspoon cayenne pepper
 3 6-ounce cans tomato paste
 2 teaspoons sugar
 3 cups diced fresh tomatoes
 3 cups diced onions
 3 cups diced red bell peppers

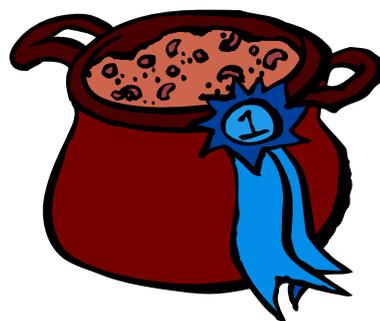
 3 cups canned black beans, drained, rinsed (from three 15-ounce cans)
 1 cup chopped fresh cilantro
 2 3/4 cups (about) beef broth
 Grated cheddar cheese

Preparation:

Heat olive oil in heavy large pot over medium-high heat. Add ground pork and ground beef and sauté until brown, about 3 minutes. Add cubed beef and garlic and sauté 5 minutes. Add 2 cups water; bring to boil. Add cumin, chili powder, oregano, salt, and cayenne pepper. Reduce heat, cover, and simmer 10 minutes. Add tomato paste and sugar and simmer 5 minutes. Add tomatoes, onions, and peppers and simmer until vegetables are tender, about 30 minutes.

Add black beans and cilantro to chili. Add beef broth 3/4 cup at a time, until thinned to desired consistency. (Can be prepared 1 day ahead. Refrigerate uncovered until cold, then cover and keep refrigerated.) Bring chili to simmer. Ladle hot chili into bowls; top with grated cheddar cheese and serve.

Makes 8 to 10 servings.



BTC Birthdays for

9/1 Teena Clark; 9/7 Ryan McCorkle; 9/7 Timothy Toy;
 9/13 Tom Covington; 9/15 Joelle Mann; 9/16 Jeff Tracy;
 9/17 Michael Mazzara; 9/23 Daniel Tirone; 9/23 Bill
 Fedor; 9/24 Robert Giardini; 9/26 Ken Kuriscak; 9/29
 Patricia McManus



Member Spot Light—Doug Bellus

Name: Doug Bellus

4 time per week.

Age or Age Group: 34

Occupation: - Occupational Therapist

Hometown: Orchard Park, NY

Family: my loving wife Margaret, 5 yr son Doug jr and 3 yr old daughter Maya

Pets: Jazmine golden retriever, Happy the parakeet, Melissa and Charlie the caterpillars

Member of the BTC since: Jan 06



Doug kicking back

Past or current offices / positions held for the BTC: member spot light volunteer.

Goal(s): Ironman eventually, currently training for Fallsview casino full marathon in October.

Greatest accomplishments: my family, then 3 half marathons and tri in buff.

Personal Records: finishing the above.

Typical training schedule for the week: Summer bike 6-8 miles a day to work, 4-8 mile run mid week, long run or bike weekend, swim as time allows, Winter 30-60 cardio 30-60 wt training 3-

Favorite event of a triathlon: Bike, the more hills the better.

Why did you join the BTC: To try to get a clue on how to prepare for a triathlon / marathon. The brick work outs allow me to get my competitive fix without spending \$ on 5ks



Doug Crossing the finish line at Tri in the Buff...

Favorite food and drink: hard boiled egg whites, whole skinless grilled chicken breasts, wheat pasta ...just kidding: Beer and pizza of course.

Favorite quote: "you only go around once, make the best of it!!"

What / who inspires you: I train to stay healthy enough to be an active part of my kids current and future events, hopefully a little bit of an active lifestyle will rub off on them.

What in the World????



The photo above is....

- A) Bob showing the editor his latest dance move called "the robot"
- B) Mark and Bob engaging in some sort of suspicious behavior...
- C) Bob showing the editor (a.k.a. rookie newbie guy) how to change a flat...

Sadly, the answer is "C". Bob helping the editor with his first flat tire. Thanks Bob!!!

Member Spotlight - Amy Noe

Name: Amy Noe

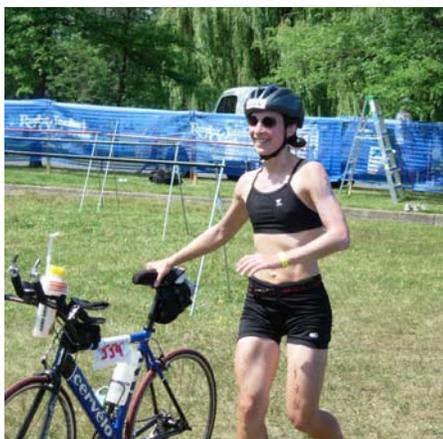
Age or Age Group: 35-39

Occupation: Neuropsychologist/law student

Hometown: Williamsville, NY

Family: Two children, ages 8 and 10.

Pets: cute and mischievous labradoodle puppy.



Amy in action in T-1 (or maybe it's T-2???)

Member of the BTC since: June, 2006!

Past or current offices / positions held for the BTC: none

Goal(s): Ironman and Boston marathon.

Greatest accomplishments: Musselman Half-ironman (really, it's my two great kids).

Personal Records: nothing worth bragging about ... yet... my main strength is tenacity.

Typical training schedule for the week:

Swimming with UB masters 3x per week (2000-2400 meters per day), running/spinning the other 4 days.

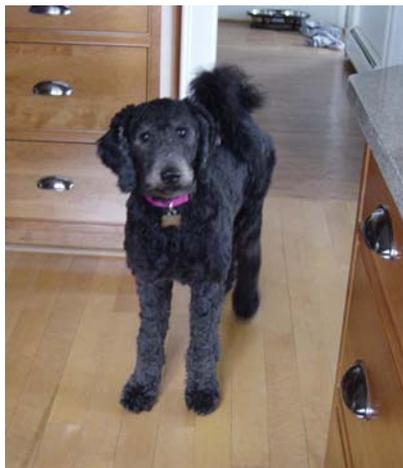
Favorite event of a triathlon: swimming

Why did you join the BTC : looking for like-minded people to train with.

Favorite food and drink: pizza and lots and lots of coffee (but never together).

Favorite quote: The motto of my running girlfriends is "We run to eat."

What / who inspires you: Anyone who has overcome physical, mental, or environmental challenges to achieve a better life, greater happiness, or personal goals.



So that's what a labradoodle looks like...



Schedule of Events!

Tri's & Duathlons

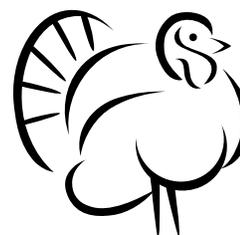
10/07: Rizzo's BTC Duathlon,
Grand Island, NY

Other Races / Events:

Sat 10/14: Tour de Ice Creame
(contact Chris Ankrun for details)
ankrums@sysr.com

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

Thurs 11/23: Turkey Trot
http://www.ymcabuffaloniagara.org/YEvents/Turkey_Trot/turkey_trot.html



Mark's Remark's (con't from page 2)

(Which I will let you know since then I have been starting to think about the full boat – the Ironman. After all I want my name on that ladder at the open water swims!).

The race was over and I showered. The shower felt incredible and I quickly felt better. I went back and watched some of the Ironman competition. I couldn't help think that these folks were nuts. I also pondered if these folks were nuts what they hell would one consider John Pepke's triple ironman attempt? If I was hurting this bad from a half, I could only imagine how bad they must feel. I watched the first guy cross the finish line in 8:42 and couldn't help feel bad since he looked a lot better than I did crossing the line. On that note I went back to the hotel and changed. I took a long walk in downtown in hopes of loosening up. It was probably smart to take the walk, but I never did loosen

up.

To celebrate that night I crossed the street to some fancy steak house. I ordered my customary Bombay Sapphire on the rocks and enjoyed it thoroughly. I then polished off a nice Ribeye with a couple glass of French Cabernet. And please trust me when I say for that particularly meal there was no dietary guilt whatsoever!

After the meal I went back to the hotel and went to bed. As I laid in bed in the darkness of my room, I pondered why I did it. I thought long and hard about what motivated me to do it, and to this day I really can't answer it. In short, I am still not sure why I did it, but the one thing I know is that I had the balls to drive some 400 miles by myself, to a land where they speak French, to challenge myself in a 70 mile race—that had to be worth something. Don't get me wrong, in the grand

scheme of the cosmos I knew my accomplishment was more or less meaningless, but in the end I was pleased. I can't recall my last thought that night before entering the Land of Nod, but I do believe it was some sort of thought about not being a bad time for a pot bellied 42 year old insurance dude with bird legs, two crazy teenagers, a baby, and a bum knee...

So 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 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....

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

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