

November 2006

Issue 92

Quick Transitions

That's Just Wrong! - A Triple Ironman: A Volunteer's Perspective

By Joe Pautler

Topics of Interest	
That's Just Wrong—A Triple Ironman: By Joe Pautler	1
Triple Ironman—con't	2
Ten Things Heard at a Triple Ironman—By Joe Pautler and Chris Ankrum	3
Members Birthday	3
New Members	3
Member Spot Light Warren and Jennifer Hale	4
What in the World	4
Member Spotlight—Kellie Trybalski	5
Upcoming Races	5
Triple Ironman—con't	6
2006 Brick Wrap Up	6
Tri-it You'll Like It	7
Mark's Remarks	8
Mark's Remarks—con't	9

I have the highest level of respect and admiration for those that can complete an Ironman in less than 17 hours. I have done 2.4 mile swims, 100 mile bike rides, and have finished a marathon, but I can't imagine doing all 3 off them back-to-back. When I first heard the story of John Pepke completing a DOUBLE Ironman in 2004, in approximately 34 hours, I was speechless. In 2006 John decided that he needed to take things to the next level and compete in a TRIPLE Ironman. A 7.2 miles swim, a 336 mile bike ride, followed by 3 back-to-back marathons (78.6 miles), over the course of two and a half days. That's just wrong! I decided that I had to see it for myself, and John was



The race was at Lake Anna State Park, in Virginia, October 6th-8th. John and his wife Cynthia rented a van and drove down earlier in the week. Chris Ankrum and I were supposed to fly down Thursday night, arriving in plenty of time for the swim start at 7am Friday morning. Unfortunately Chris and I had problems with our flight, and weren't able to fly out until Friday morning. By the time Chris and I arrived at the race site, John had finished the swim and had just started the bike course. Luckily Cynthia had been there to provide John with the nutrition that he needed during the swim.

and windy. It had been raining since the start of the swim, and there was no sign of relief in the forecast. The temperature was in the upper 40's. John started the 336 mile bike leg at approximately 1pm on Friday. The bike course was a 5 mile loop, and each athlete had to do 67 laps. The short loop distance allowed for the race staff and support crews to keep close tabs on the 9 athletes. Each time John rode past our support crew tent we would give him what he needed, or else make sure that we had it ready for him the next time he came around.



looking for volunteers to serve as his support crew.



Con't on page 2

The weather was a lot like a BTC brick... raining, cold,

Quote of the Day:

"There are 86,400 seconds in a day. It's up to you to decide what to do with them."
 -- Jim Valvano

The Triple Ironman! - con't from page 1

(Continued from page 1)

His most common requests were Heed, Perpetuem, chicken broth, fig newtons, and string cheese. Round and round he went, in the pouring rain and chilling cold. The cold was a real problem for the athletes.



Despite all of the neoprene, Gore-Tex, rain suits, and plastic bags, attempts to keep dry were futile. Eventually darkness fell. We attached John's lights to his bicycle and helmet, and he continued working on his 67 bike laps.

Sometime around 1am Saturday morning, after John had completed approximately 150 miles on the bike, he was forced to stop to try to get dry and warm. Two of the other eight athletes had already dropped out due to the cold. Cynthia took John into their van to try to get him warm, while Chris and I waited in our van, also trying to warm up. John then asked Cynthia to take him back to their hotel room, which was approximately 25 minutes away, so that he could try to warm up and get some rest. Chris and I stayed at the race course, trying to get some sleep in our van, wondering when (or if) John was going to return. Throughout the night the other 6 athletes continued to work on completing their bike laps in the pouring rain and total darkness, although they all also took

significant breaks to try to warm up and rest.

Saturday morning John returned to the race course and was ready to continue working on his bike laps! Unfortunately the rain continued non-stop, and the temperature remained in the upper 40's. John got a flat tire during the day on Saturday. Even though he was soaking wet and freezing cold, and had Chris and I there to change the tire for him, he still insisted on helping us with it...actually, he did most of it! At midnight on Saturday John finished his 67th lap and was officially done with the 336 mile bike portion of the race.



After finishing the bike course John spent approximately two and half hours in the van, trying to get dry and warm, and eating the two Burger King Whoppers that he requested. By 3am Sunday he was out on the run course and ready to do his 3 back-to-back marathons. Due to the numerous and lengthy breaks, dictated by the horrible weather conditions, we knew that it was unlikely he would have enough time to complete the 78.6 miles before the 60 hour cut-off at 7pm, but John wasn't about to give up!



The run course was an out-and-back 2-mile loop. Cynthia, Chris, and I took turns jogging along side of John. The rain had finally stopped, and the sun even came out! John completed his first marathon in less than five and a half hours, and started on his second. Fatigue started to catch up with him during his second marathon and he was forced to spend less time jogging and more time walking... but he kept going and going. He was adamant that he would finish two of the three marathons before the time cut-off. He met his goal, and finished 52.4 miles with about 15 minutes to spare, and decided to end his race there. Although he technically received a DNF for the triple ironman, he officially received credit for completing a double ironman...along with an extra 2.4 miles of swimming and an extra 112 miles of biking. That's just wrong!!

Before the race even ended, John was already talking about trying another triple ironman in the future.

John's times are listed below, although the times are a bit misleading due to the horrible weather and the numerous and lengthy breaks

**Ten things heard at John's Triple Ironman,
which you would never hear at a normal triathlon**

By Joe Pautler & Chris Ankrum

1. Wow... that was a really fast transition! Only 25 minutes!
2. "We should have practiced putting this light system on before hand."
3. "You guys better go to the store for me, I only brought five pairs of socks."
4. "I'm just going back to the hotel for a shower and a nap. I'll be back later to finish."
5. "I don't think I've trained properly for this. I might be forced to DNF." - Joe Pautler, support crew.
6. "How many hours is that guy ahead by?"
7. "You're almost finished only 45 miles left to go!... in the run"
8. "I have to save my speed for the third marathon!"
9. "They'll let you stay a few hours past the 7pm deadline to finish your race." "But my wife would kill me." "Don't worry you'll already be dead."
10. "Before trying another triple ironman I need to work on my speed in the short distance races – double ironmans."

BTC Birthdays for

11/3 Alan Jaenecke, 11/4 David MacPhee,
11/9 Luc Eggers, 11/20 Barry Sutton,
11/21 Theodore Lipa



New Members:

Frank Cerny, Peter Trabold, Theodore Lipa
Cameron Lulek, Hollis Mahaney-Lulek

Member Spot Light -Warren & Jennifer Hale

Name: Warren & Jennifer Hale

Age or Age Group: 35-39

Occupation

Warren: Police Officer

Jennifer: Mail Carrier

Hometown: Lockport, NY

Family: 2 kids- you're looking at them

Pets: Dog: Shadow, Cat: Kei



Jennifer and Shadow strike a pose!

Member of the BTC: Warren since: 2003, Jennifer 1 yr later

Past or current offices / positions held for the BTC: Treasurer and assistant

Goal(s):

Warren: Becoming a police officer. Never was interested in Ironman. Escape from Alcatraz would be a nice one. Staying healthy.

Jennifer: Marathon (achieved), Ironman (achieved), Marathon in all 50 states

Greatest accomplishments:

Warren: doing the Ironman. Oh, and beating Nancy in Korntucky Derby (if

only we had a photo)

Jennifer: Rock & Roll Marathon - San Diego (1st Marathon) Ironman Lake Placid.

Personal Records:

Warren: Any time I get lucky enough to place in my age group.

Typical training schedule for the week:

Now a days just exercising is an accomplishment.

Favorite event of a triathlon:

Warren: Post race party food.

Jennifer: All of them.

Why did you join the BTC:

Warren: to practice open water swims safely.

Jennifer: because my husband was a member

Favorite food and drink:

Warren: Do I have to pick just one?

Jennifer: Pot Roast, Bloody Mary

Favorite quote:

Warren: "Pain is nothing compared to what it feels like to quit"

What / who inspires you:

Warren: Ordinary and overweight people who do extraordinary things I thought I could never do.



Warren's other hobby...

What in the World??



- A) Folks hanging out at a typically dreary and wet Thursday night brick work out?
- B) John Pepke's pit crew at his recent triple ironman race. The next bravest souls from Western New York at the event.
- C) Some Buffalo Bills fans looking to exchange their tickets for some Buffalo Sabres tickets?

Of course the answer is B). John's pit crew.

Member Spot Light - Kellie Trybalski

Name: Kellie Trybalski

Age or Age Group: 31

Occupation: Engineering Test Technician at ATTO Technology

Hometown: Newfane

Family: Married with 1 child (2 if you include me)

Pets: one kitty and one dog

Member of the BTC since: Beginning of 2006



Photographic evidence of Kellie receiving aid on the course!

Goal(s): Finish an Ironman

Beat my best friend in the mile (try as I may, there are times he has been sitting awaiting my finish..)

Greatest accomplishments: The journey of training for Musselman. Finishing was just a bonus.

Personal Records: Various age group awards.

Typical training schedule for the week: My training always varies due to

my husbands work schedule but I try to fit in the following: spinning once or twice a week plus one long ride on the weekends. Swim once a week in the lake or pool. Run 2-3 days a week, sometimes more, if I can be convinced to lose to BF in the mile. I always fit in a 6 miler unless I am training for something that requires me to go longer.

Favorite event of a triathlon : The bike

Why did you join the BTC : To have people to train with and to meet others with the same goals and ambitions.

Favorite food and drink: Natural peanut butter and my mom's homemade spaghetti sauce. Drink? I can say for certain it is not Heed or Gatorade! I am, however, a HUGE fan of Tequila and Corona's.

Favorite quote: "Do not go where the path may lead, go instead where there is no path and leave a trail" - Ralph Waldo Emerson

What / who inspires you: My daughter, Paige

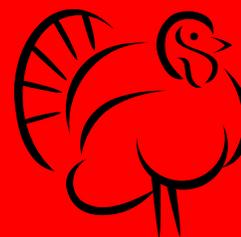


Kellie with her biggest fan!

Upcoming Races

Thurs 11/23: Turkey Trot

http://www.yncabuffaloniagara.org/YEvents/Turkey_Trot/turkey_trot.html



Triple Ironman - con't from page 2

that it dictated.

7.2 mile swim: 05hrs 02min 15sec
 T1: 00hrs 54min 45sec
 336 mile bike: 35hrs 06min 00sec
 T2: 02hrs 25min 00sec
 52.4 mile run: 16hrs 16min 00sec

 Total: 59hrs 44min 00sec



Note: The pictures included in this article were taken by professional photographer Will Ramos. Will took approximately 1300

pictures during the 3-day event, including many pictures of John. You can view the rest of the pictures, and purchase your favorites, at <http://www.wamos.com/thumbnails.php?album=134>

There is also a nice video posted on the site. Mr. Ramos gave us his express written consent to use these pictures in our article.

2006 Brick Workout Wrap-Up (By Joe Pautler)

The 2006 Brick season ended the same way that it started... with rain. The 1-2-3 brick that was scheduled for September 14th was rained out, and postponed until September 21st. On September 28th the rain broke just long enough for us to do our 12.6 mile time trial, although it made for very wet and cold conditions for the riders. Once the rain cleared and the clouds parted, the point leaders for each category were as follows:

	<u>Time Trial</u>	<u>Bike Run</u>
Male, Under 40	Bob Sobon	Andrew Leonard
Male, 40-49	Eric Brouillard	Mark St. George
Male, Over 50	Don Stefanski	Don Stefanski
Female, Under 40	Melissa Hanson	Kellie Trybalski
Female, 40-49	Joanne York	Joanne York*
Female, Over 50	Kathy Karnath	Nancy Gworek

* There was a tie between Joanne & Theresa Palmieri, and "total points" was used as the tie-breaker.

Awards will be presented at the BTC banquet. The complete results from the 2006 brick workouts can be found at:
<http://buffalotriathlonclub.com/workouts/bricks/2006/>

43 BTC members participated in at least one 2006 brick workout. I hope to have even more participants in 2007, including more appearances of Mr. Sunshine. We may need use a different workout location for some or all of the brick sessions next year, due to bridge construction that will put our usual bike course out of commission. I have a couple possible sites that I am considering, but if you have any of your own suggestions please send me an email. The site must have ample parking, a bike loop of approximately 6.3 miles, and a running path capable of routes up to 3 miles long.

Hope to see you all next year!

Tri-It Youll Like It! - Whiskey Flavored Pork Chops

Ingredients

Sauce:

- 1 1/3 fat free sour cream
- 1/2 cup of water
- 4 tablespoons of all purpose flour
- 1 teaspoon of salt
- 1 teaspoon of dried rubbed sage
- 1/2 teaspoon of black pepper

Other:

- 4 bone in center pork chops
- Salt
- Pepper
- Olive oil
- 1/2 cup chopped onions

- 1 8oz package of sliced mushrooms
- 1/2 cup of whiskey

Directions:

1. pre-heat oven to 300 degrees
2. combine ingredients for sauce in mixing bowl
3. Sprinkle pork with salt and pepper. Heat oil in large skillet over medium heat – sauté pork chops for 5 minutes on each side (or until golden)
4. Remove pork from skillet and add mushrooms and onions and sauté for 5 minutes. Then add whiskey to the onion and mushrooms and cook until liquid almost evaporated.
5. Stir in sour cream mixture

and return pork to pan. Spoon sauce over pork chops.

6. Cover skillet and bake at 300 degrees for one hour.

7. Serve over smashed potatoes.



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...).

Mark's Remark's—"On Being Forty Something" - By Mark St. George Editor



“Yo, what are your intentions with my daughter???” The editor’s alter ego... Actually it’s a costume for a party, but a boring insurance guy can dream for a day can’t he?? (and you are correct, the tattoos are not real)

“Forty something” is a strange age. To a twenty year old you are an old man, to a sixty year old you’re a kid, and in an age of obsession with youth I really like being in my forties. Sure your body is starting to show some beginning signs of a downward slide but to me it’s probably the perfect age. You are past all of the angst and drama of youth, but at the same time all of your career efforts are starting to pay dividends and if you keep at it, you can stay in really good shape. I for one have never been happier than I am now at the age of 42. I have a great wife, great kids, a nice home, a good job and I am still in shape to run in triathlons on a regular basis. Sure I might have lost some hair, but I picked up some wisdom and peace of mind in the process. It’s a great trade off I would say. To further document my

thoughts I have asked a lot of older folks what their favorite age was, and more often than not it was their early forties.

Oh sure, I am reminded on an almost daily basis that I am no longer cool by my 17 year old daughter and my 15 year old son, but personally, I think their generation is way to obsessed with their looks, image and efforts on trying to being cool. In fact, I don’t even know if the word they use is “cool” anymore, maybe it’s groovy, or phat or something. Who knows? What ever the word is, I admit that I’m no longer it.

Personally I wouldn’t want to be that age again, period. Don’t get me wrong there are a few things I don’t dig about 42. Probably the biggest thing that bothers me is the nagging aches and pains that are starting. Although I can still work has hard as ever, it takes me longer to recover. Case in point was the recent storm. No one was working harder with their chain saw and clearing limbs than me. Thanks to a lot of triathlon training I could keep up with anyone. However, I would admit that I was waking up a little sorer than I would have liked. The other thing I could do with out would be nature’s cruel joke of thinking it somehow makes sense for men of my age to start losing hair on the top of their heads and adding it to other places like noses, ears, and backs. That, my friend, I could do without!

One beauty of being 42 for me is that my teenagers see me as old. Yet at the same time if you eat fairly healthy and work out you can still be in the best shape of your life. In fact, you

still are young enough to get faster, stronger or healthier than you ever have been. Oh sure, you might be reaching the top of that bell curve but you are not over it yet. Trust me when I say I use this whole issue to my advantage to keep my 17 year old daughter’s boyfriend in line. Case in point, my daughter’s boyfriend is not a runner but is a gifted athlete and in really good shape so I really didn’t know what to expect when I challenged him to a road race. The first time we competed was at the Shamrock Run two years ago. Leading up to the race, I talked more than my share of smack with him. As I saw it, I couldn’t really loose. If he beat me, I could play the “what’s the big deal, you beat an ‘old man’” card. If I beat him he lost to an “old man”. Obviously you can see the beauty in that. So sure enough the race started and I didn’t see him until about the ¾ of a mile mark where he flew by me. My first instinct was to keep up, but being a wise “older” guy I knew better. I quickly stopped myself and just remembered to run my race. He wasn’t a runner so there was a good chance he’d tank, and if not (the kid did play tons of soccer so there was a chance he could cream me) the better man would win and I could play my “old man” card. Sure enough, I passed him while he was walking on the side of the road at about the 2 ½ mile mark. You know I had no choice but to call his name and wink at him as I ran by. I ended up beating him by 20 minutes or so. He has never heard the end of it. Last year I challenged him again at the Turkey Trot, did my share of talking smack yet again and al-

Mark's Remarks - Continued from page 8

though he trained this time I still beat him by seven minutes or so. The best part of the day for me was not the finish line nor the beer at Dough Bois afterwards. No, the best part of the day for me was when he neared the finished line and I yelled to him from the sidelines to "*hurry up I'm getting cold!*"... Priceless!

As much as I like being 42, I like hanging with others my age as well. Don't get me wrong, I like and am very comfortable with folks of both genders and of all ages, but there seems to be a bond amongst the 40-49 year old guys. When we are at a tri or a Thursday Brick we fight tooth and nail to beat each other but at the same time I find my self rooting for my fellow 40 year olds just a little bit more than the others. It's weird you want to crush them when you are competing against them but at the same time you find yourself rooting for them as well. Case in point are Eric and Sergio. In the beginning of the year I beat them fairly solidly in an early brick event. As the year progressed they both made incredible strides and we would often be neck and neck at the bricks later in the year. This made me both happy for how well they were doing and miffed at myself for not progressing faster myself... After an event I love talking with them. Their passion for the sport is infectious. Besides that, they are both funny guys who make me laugh. Then there is John Pepke. If my kids were impressed with my ½ Ironman in September they couldn't even fathom the effort needed for a Triple Ironman. I'm not one to idolize many folks but how can you not be utterly in awe of such

an effort.

One of the other things I notice as I get a little older is that although my spirit is still as competitive as ever, I really do see the perspective of all of it. Which makes me somewhat psychotic as my heart is fiercely competitive and yet my mind can see the irrelevance of competition in the grand scheme of things. In other words, no one will be trying harder than me during the race, but after it's done, who cares. Show me the beer and let's have some fun. Don't get me wrong, I still leave it all on the course and can't understand how folks have the energy to even smile crossing the finish line. I guess it's the former football player in me that still thinks if it's an endurance event and you aren't near death at the finish line, then you "ain't" trying hard enough... Let's just say that up until Pepke's recent exploits, Julie Moss's 1982 Ironman was the pinnacle of effort for me... If you are not sure who Ms. Moss is, she is the one who literally fell apart at the 1982 Ironman in Hawaii, losing control of her bodily functions and all. If you have ever seen the high light films on it, you can't help but being moved by her determination even after her body gave up...

I'll recap my points. I like being forty something. Sure I could do with out the hair loss, and worse yet, the growth of hair on parts that aren't necessarily supposed to have it. But at Forty you can still kick ass if you choose to and basically taunt your teenage daughter's boyfriend with your exploits (even though there is a good chance he'll be able to stay

awake later the night of the event and he'll feel a heck of a lot better than you the next day). And if you join the Buffalo Triathlon Club you'll get a chance to meet and hang with some pretty neat folks your own age (and others of course) at Thursday Bricks, Wednesday night swims and at the Triathlons as well.

On that note, I'll drag my 42 year old butt out of here and into my hot tub to recuperate from today's training. Plus, I have to get up early tomorrow for a training run. After all the Turkey Trot is this week and I have a youngster to crush...

So always train hard, have fun and be safe!

Mark

**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!**