

December 2006

Issue 93

# Quick Transitions

## Mark’s Remarks - 2006 A Personal Year in Review

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*The editor sporting his new fur bike helmet and enjoying a glass of a “Gatorade”*

As is customary for December issues of any publication, I have decided to do a year in review piece this month. Had I paid more attention during the year I might have been able to do a BTC year in review but unfortunately I didn’t so I will have to do a personal look back...

So with no other explanation here is **“My Top 10 Triathlon Related Moments for 2006”** (which technically could also be my all time triathlon moments since I started this stuff less than a year ago)

**10) Triathlon Training:** A year ago, I was starting to feel the affect of 4 years of being a runner. Complicating matters was a knee that had undergone two surgeries prior to my running days and was going to need an eventual third. At that time I needed a change so I thought it over, bought a few books and magazines and entered the world of triathlon training. In my eyes the thought of the cross training was a perfect change from the day to day beating of 50 plus running miles a week. What I found was you don’t get in a rut, and you don’t beat your body senseless. For most people training in triathlons you hear little about shin splint issues, ITB syndrome, plantar fasciitis, and other overuse ailments. I am sure you can injure yourself training for triathlons (particularly the elite and super motivated types) but for most of us the three sport training constantly mixes things up and prevents over use type injuries.

Now at 42 I really have to think I haven’t felt this good in a long time.

**9) Buying a Triathlon Bike** – Up until April of this year I hadn’t owned a bike since I was a kid. Back then it was a Huffy 10 speed. I Don’t remember much about it but the color (which was yellow). The cost of the thing must have been in the area of \$75. Needless to say when I decided to try this whole triathlon shtick out, I was in for a bit of surprise when it came time to buy a bike. I knew I was in trouble when I picked up a triathlon magazine in Wegmans back in January that had all sorts of info on new bikes and parts. For Jimenez’s sake, they had handlebars that are more expensive than my first bike (but I am sure they are really light and super aerodynamic). Needless to say I spent more money on my bike than my wife knows about, but I really do love it.

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***Quote of the Day:***  
**“You live up - or down to your expectations” - Lou Hotlz**

## Marks Remarks - Con't from page 1

(Continued from page 1)

**8) Volunteering to be the BTC Newsletter Editor** – When I joined the BTC the club was struggling to get someone to volunteer to be the editor for the newsletter. Since no one was going to do it I volunteered. Although at times it's a pain in the butt (thus why I have yet to hit a deadline), I do enjoy it and really look forward to making it better in 2007. Hint – I think it would be a lot better if more folks gave me their stories and or photos (but no pressure!). The thing I like best about it is the member spot light and look forward to picking out folks and reading their responses. The one thing I am really learning is that there are a lot of interesting and motivated folks in the club. I would also have to thank my wife for her patience as this is a bit time consuming and also for being my proof reader... Thanks Karyn! *(from Karyn as she proofreads this issue: I usually proof-read late at night, after a few glasses of wine, and with a 28 lb cat sitting in front of the computer monitor, so I'm sure it's not perfect—sorry, Karyn :)*

**7) Open Water Swims at the Pier.** I did a few of these this year and what a difference it made in my swims. From my first race (and for that matter first ever open water swim) at the Grand Island Spring Fling where I almost drowned, to my 1.55 pace in the half ironman in September, nothing improved my swim more then these Wednesday nights at The Pier. Sure, I am still no Mark Spitz in the water but thanks to these

practices I am no longer in the back of the pack. Besides the fact it helped me be a better swimmer in open water, it's a lot of fun to hang out afterwards on a gorgeous summer night. Hanging out with that kind of view knowing you just had a good work – that's what life is all about.

**6) Thursday Brick Work Outs:** I remember showing up to my first Thursday Brick like it was 10 minutes ago. It was the first thing I did with the BTC and I was nervous as all hell. Who were the folks that did triathlons? Surely they must be an arrogant, ultra-competitive, super-fit, unfriendly bunch I assumed. The reality is this is the farthest thing from the truth. The folks are very competitive but extremely supportive of one another. The fast folks finish and root on the middle of the packers who, in turn, all give support to the less than fast folks. It's pretty neat. My hope is more folks find out about how much fun and how valuable to your training these are. The only recommendation I would have is that we went out for wings and beer (celery sticks and water for you healthy folks) afterwards on a more frequent basis.

**5) The BTC Splash and Dash** – Sure it's the first race I have ever done where not everyone does the same distance and you don't know what the course is before the race (and for that matter while you are running it) but it was the zaniest thing I have ever done and it is good for you (at least until we brought out the beer).... Check it out next year if you can!

**4) Doing my first ever Tri** – Sure it

wasn't a glorious effort, nor one that will go down in the annals of triathlon legends. But it was a great first experience. Sure I almost drowned like a country rat in some rapids but I survived the swim, had a decent bike and managed not to fall apart in the run. And I would be remiss without a special thanks to Joe Pautler for showing me what the heck to do when I got there...

**3) "Winning" the Thursday Brick on 09/21/06** – OK so we really don't have a winner each week, but I was the first one done on this particular day, and everyone else who showed up that day finished behind me. For disclosure sake I must admit that all the real fast people didn't show up which left all of us middle of the packers to fight it out. Regardless, it was the first time I have ever done any sort of timed endurance event where there wasn't anyone ahead of me when I finished. It was cool, but I am sure it won't happen again. It was a great (and unusual) feeling to be chased by everyone and something I am sure the likes of Andrew Leonard and Joe Niezgodka are pretty used to but for this 42 year old insurance guy it was a pretty neat experience...

**2) Doing my First ½ Ironman in Montreal:** A year ago I had never done a triathlon. In September I finished a ½ ironman in Montréal in what folks say is a respectable time. It's amazing

## Member Spotlight - Eric Brouillard

**Name :** Eric Brouillard

**Age or Age Group:** 42

**Occupation :** Refrigeration Technician

**Hometown:** Born and raised in France ,then after a few years in Africa ,Middle East and South Pacific found a home base in Buffalo, NY



**Family: Married** 4 children 8,7,5 and 3 years old (yes, I own a TV)

**Member of the BTC since:** Late 2005

**Goal(s):** Stay active as long as I can.

**Greatest accomplishments:** Selected to be in the member spotlight in December 2006



*Eric running uphill...*

**Personal Records:** Run a marathon in 4 hours 11', and ½ Ironman in 6 hours 40'

**Typical training schedule for the week:** Monday (rest ),Tuesday 60-80 minutes swim ,weight training in the evening ,Wednesday run (7-8 miles),Thursday same as Tuesday ,Friday bike, drink beer ,Saturday long run , Sunday long bike ride and light weight training. In order to follow my work and family schedule my training schedule is pretty flexible.



*Eric finishing up the race...*

**Favorite event of a triathlon:** I like the 3 legs ,the swim because I am a slow swimmer and I like the challenge, also a lot of room for improvement, I like the bike because it is a great feeling to travel on a bike fueled by the power of your own legs, and I like the run in particular early in the morning (everything is so peaceful) or at the end of an event when you can push and give everything you have left (some time not much).

**Favorite food and drink:** I can't think about anything I don't really like (I love to eat and cook) but I would say my favorite would be Italian with a nice glass of wine.

**I am currently reading:** "Snow White" (to my 3 years old daughter)

**Favorite quote:** "Success usually comes to those who are too busy to be looking for it."

**What / who inspires you:** I find inspiration in a lot of different people, including in myself sometimes.

### TriSport Canada - Tentative 2007 Series Overview

#### Victoria's Duathlon

May 13, 2007

#### Milton Triathlon & Duathlon

June 3, 2007

#### Muskoka Triathlon and Duathlon

June 16/17, 2007

#### Guelph Lake 1 Triathlon & Duathlon

June 23/24, 2007

#### Peterborough Triathlon & Duathlon

July 8, 2007

#### Niagara Triathlon and Duathlon

July 21/22, 2007

#### Orillia Triathlon & Duathlon

August 19th, 2007

#### Guelph Lake 2 Triathlon & Duathlon

September 1, 2007

#### Sherkston Shores Triathlon and Duathlon

September 8/9, 2007

#### Niagara-On-The-Lake Duathlon

September 22, 2007

## Member Spotlight—Andrew Leonard

**Name:** Andrew Leonard

**Age or Age Group:** 22

**Occupation:** Student at UB

**Hometown:** Spencerport, NY

**Family:** Parents and a sister Sarah



*The editor running down the beach - Wait a second, that's Andrew! The editor just getting out of the water*

...

**Member of the BTC since:** May 2006

**Goal(s):** Enjoy my training and racing. Get fast on the bike and hopefully be competitive at age group nationals this coming season.

**Personal Records:** 15:01 5k, 24:54 8k (road), 25:05 8k (XC)



*Andrew working on his first endorsement...*

**Typical training schedule for the week:** Currently I run 7 days a week (running for school), but when training for triathlons I would try to squeeze in 4 days a week on the bike and swim Wednesdays at the Pier.



*Andrew showing his form on the Bike*

**Favorite event of a triathlon:** The run...it's my best and you're at least 2/3 done!

**Least Favorite:** Transitions- They're stressful (too much to worry about too quickly)

**Why did you join the BTC:** For some motivation to get my butt out on the bike, meet other people who ride and swim.

**Favorite food and drink:** Burritos and a cold Stroh's

**Favorite Movie:** Dumb and Dumber

**I am currently reading:** Boring textbooks (Composite materials, production planning to name a couple)...I

recently read "Breakthrough Triathlon Training" which was quite motivating.



*Has anyone seen our pants?*

**Favorite quote:**

- "How do you know?" - Professor Bill
- "Nature is not a place to visit, it is home." - Gary Snyder

**What / who inspires you:** Anyone I see exercising outside when I'm driving by. Elite athletes who can continue to improve.



*Andrew in first place (again...)*

## *Tri-It Youll Like It! - Red Bell Peppers Stuffed With Rice*

### **Stuffed Red Bell Peppers**

#### ***Ingredients***

- 5-6 large red bell peppers
- Olive Oil
- 2 medium size onions finely chopped
- 16 oz lean ground pork
- 16 oz ripe tomatoes finely chopped
- Salt
- Oregano
- 2 teaspoons sugar
- 2 2/3 cups of medium grained rice

#### ***Directions:***

1. Preheat oven to 400 degrees
2. Wash and drain peppers. Trim off the tops to use as lids, then remove the seeds. Place in deep ovenproof earthen ware casserole.
3. Heat oil in a skillet and fry the onions. When it starts to brown add the minced pork, stir, then add the tomatoes, salt, a few pinches of oregano and the sugar. Fry slowly (covered) for 15 minutes.
4. Check the seasoning. Add the rice, stir and when it comes to a boil, remove from the heat and use to stuff peppers. Put the tops back on the peppers and spear with toothpicks.
5. Stand the peppers vertically in a baking dish, packed close together. Bake for about 40 minutes. Then cover the peppers with foil and cook for ap-

proximately another 40 minutes. Remove the lids and taste a few grains of rice to check that it is cooked.

6. Transfer to a platter, cut in half vertically and serve with a side of tomato sauce. See below.

### **Tomato Sauce**

#### ***Ingredients:***

- Olive Oil
- Garlic
- 1 small – medium sized onion
- 28 oz can of Dice Tomatoes
- Salt
- Pepper
- Sprig of fresh parsley chopped

#### ***Directions:***

1. Sautee onions and garlic in the olive oil until the just begin to brown.
2. Pour in can of tomatoes and cook over medium heat for 10 minutes.
3. Add salt and pepper and the parsley and cook for another 10 minutes.
4. Puree with hand held power blender.
5. Simmer for five more minutes.
6. Serve in sauce dish.

### **New Members:**

**David Lillie**

### **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 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...).

## *"Check It Out"* - By Kei Riley

For some of us, winter presents a great opportunity to sit back, reflect on what we've accomplished, and start planning for next year. Others of us will have already started next year's training. If you're like me, you're simply training for the upcoming holiday meals. Regardless of where you are in your training process, it never hurts to look at diet and nutrition. For this reason, this month's review is Nancy Clark's Sports Nutrition Guidebook, 2<sup>nd</sup> Edition, by Nancy Clark. At first glance, it looks quite the lengthy tome, but take heart, the last 150 pages are full of recipes for healthy, but delicious, meals.

Considering that I had never really given much thought to the quality of my diet (ice cream IS a food group... right??), this book was a real eye-opener. The information presented ranges from the basics on carbohy-

drates, salt, protein, and veggie intake to how to use nutrition to improve performance and reduce bonking. There's also a section on weight management to help me lose all that holiday poundage! All in all, the book is well-written, easy to understand, formatted so you can read only those parts you want without losing vital information, and full of healthy recipes. It is a good, informative read for all but the most knowledgeable of us with regards to nutrition.

To check out this book, or any of our other resources, contact me at [librarian@buffalotriathlonclub.com](mailto:librarian@buffalotriathlonclub.com).

Happy Training!

**Kei**

### BTC Birthdays for

12/2 Martin Jimerson, 12/3 Timothy Muckell, 12/7 Paige Patterson,  
12/13 John Bielinski, 12/15 Bud Hesse, 12/19 Cynthia Ferrelli,  
12/20 Gene Baran, 12/20 Brett Scheuer, 12/22 Janel Bedard,  
12/25 Justin Adamek, 12/26 John Fuhrman, 12/30 Robert Harold,  
12/31 Michael Sweeney



**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!**

## ***Buffalo Triathlon Club Annual Banquet***

**January 27<sup>th</sup>, 2007**

**Banchetti by Rizzo's**

**550 N. French Rd.**

**Amherst, NY**

Doors open at 6pm with cash bar all night

Buffet Dinner (Roast Beef and Chicken Marsala) at 7pm

Join us as your executive board takes office for the year.

Awards given out for top age group athletes competing in 'Thursday Brick Races'

### **Guest Speaker Todd Crandell**

For those who haven't heard of, or seen Todd on television or in print;

Todd Crandell is the founder of Racing for Recovery ([www.RacingForRecovery.com](http://www.RacingForRecovery.com)). In April of 1993, Todd kicked his 13 year drug and alcohol addiction and now competes in Ironman Triathlons as a healthy alternative. Todd recently completed the 2006 Ironman World Championships in Kona in 13:25:03. More information on Todd and Racing for Recovery can be found on his website and also his book "Addict to Ironman".

With Todd as a guest speaker and having such a message to share, the BTC banquet has been opened up to non-BTC members to attend. The cost to attend the banquet is \$35.00 per person. BTC members will only have to pay \$25.00 per person to attend.

We hope to see members from all over the triathlon and race community.

To have your name placed on the list of attendees, payment can be mailed to:

Buffalo Triathlon Club, c/o Melissa Hanson, 55 Park Ave Lower, East Aurora, NY 14052

Space is limited, so do not hesitate! Payment must be received prior to banquet night.

You may also include your 2007 BTC Annual dues in the same check if you wish. Membership applications can be downloaded at <http://buffalotriathlonclub.com/documents/application.pdf>

## Mark's Remarks - Con't from page 2

to think about what you can get your body to do once you put your mind to it. It's a great city, and a great event. I would love to get some members to do a road trip to this event in 2007.

### 1) Joining the Buffalo Triathlon Club:

When I look at all the decisions I made this year, at least one decision was a great one. That was to join the BTC. I joined the club hoping to find out more about triathlons and the training and maybe if I was lucky make a friend or two with similar interests. What I found was an incredible number of motivated and friendly folks.

When I did my first triathlon Joe Pautler was there to help me get ready the day of the race. When I got my first flat tire (sadly I had no idea how to change my tire) John Pepke and Bob Sobon were there to help. I had a great conversation with Renee Knopf in the middle of Lake Erie at a Wednesday night swim about how best to taper a few weeks out from my first ½ ironman. Her advice worked. Then there is Kei Riley who stopped to check on me in the middle of a Thursday night brick when my chain came off my bike. For some reason that always stuck with me. Knowing me, I would have just rode by, saw no blood, and would have kept going. She'd make a better friend than me... I think about watching Don Stafanski on a bike at a Thursday night Brick and can't help but think the guy is lying about his age. There is no way in this world that a 50 year old can be the fast. He inspires me... It was my pleasure to get to know the officers

of the club. Their dedication and commitment to the club is remarkable. I can only hope their replacements will be the same. I got a chance to meet with and compete with Eric Brouillard and Sergio Nodenflycht. It always brightened my day to see them both at a Thursday Brick or Open Water Swim. Their passion for the sport was matched by the senses of humor. They were both a joy to compete against and more importantly have some fun and chat with afterwards... I had the pleasure to meet a real life energizer bunny in Theresa Palmieri. Mere marathons apparently are not challenging enough for her. Rather she likes to do the ultra distances. Except for the like of John Pepke, I think she is the second craziest person in the club. I had the pleasure of meeting of getting to know Jennifer and Warren Hale. One of the nicer couples you could ever meet and they finished their first ironman together this year—one second apart. How cool is that? Speaking of nice couples, I also had the pleasure of meeting Chris and Quinn Ankrum. Dedicated and talented triathletes (and maybe selfishly more importantly) the best cookie bakers in the club. And speaking of really nice couples I would be remiss in failing to mention and Joe and Paula Pautler and Jim and Kathy Karnath. Apparently there is some rule that you must be a really nice couple to join the club.

Up until I joined the club I had only met one person that ever did an ironman (it was only in passing and in fact she is actually in the club to this day). Now I know lots of folks who have done one. In fact, I know a guy (John Pepke) who just tried a triple ironman

and for the record I still think *"that just ain't right"*...

Lastly I think back to a Thursday Brick in August and watching Quinn Ankrum, Melissa Hanson and Nancy Gworek crossing the finish line together laughing up a storm and running arm in arm at the finish. It hit me that this is what being in the BTC is all about. It's working hard but most of all having fun and having friends. Could it get any better than that? I don't think so...

And so the year is coming to an end and my thoughts now turn to future and what my goals might be for 2007. I am seriously considering just working hard at getting faster at the sprint distance. Given my close to 200 lb frame and knee, it's probably the wisest thing to do, but the thought of doing an ironman and getting my name on the ladder we use at the open water swims calls to me like a siren to a sailor. I have yet to make up my mind but I know I have to soon. In the meantime I train hard on the treadmill and trainer dreaming of better weather, Thursday bricks, Wednesday Night Open Water Swims and triathlon races but most importantly for me, hanging with my new friends, getting to know more folks who love triathlons and just taking in all the experiences that being in the Buffalo Triathlon Club has to offer...

So as always train hard, be safe and have some fun!

Mark