

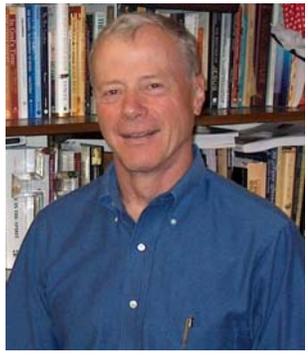
January 2007

Issue 94

Quick Transitions

“The Doctor is in”... By Frank Cerny, PhD

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Dr. Frank Cerny, PhD

My students at UB probably become tired of hearing me say, “If you don’t understand the basic physiologic principles, you won’t understand how to train or treat someone.” This philosophy is just as important for those of you who train yourselves. My hope is that by better understanding these principles you will make better training choices. If you have questions or issues

that you would like addressed, please pass them on and I will see what I can do in future newsletters. (frank.cerny@verizon.net)

Let’s start with muscles. Do you remember the last time you had a beef roast or pulled some chicken apart? Those thin strands of meat were the muscle fibers. Within each fiber are smaller fibrils. In order to move you contract a particular muscle **and particular fibers within that muscle**. Every movement recruits specific fibers while others remain silent. In training we call this “training specificity.”

This is important for two reasons. First, it means that to train for a specific movement (sport) you need to be sure that you are training those fibers used in that sport. In other words if you want to be-

come a stronger swimmer, swim. We frequently hear football players talk about how much they can bench press, but the only time they use those fibers that have been trained that way is when they are flat on their back trying to push someone off! In addition to training your muscles for your sport by doing that specific sport, you also should concentrate on specific movements associated with your sport when you strength train.

This is not to say that general strength training isn’t important and this is the second reason for understanding the principle of muscle fiber recruitment. Let’s assume you have followed the advice above and trained for the marathon by running at your race pace every time you train.

- Con’t on pg 2

Quote of the Day:
*Look... If you had one shot... One opportunity...
 To seize everything you ever wanted
 One moment...
 Would you capture it or just let it slip?”*
 - Opening Lyrics – Lose Yourself - Eminem

“The Doctor is in”... - Con't from page 1

(Continued from page 1)

Those fibers to be recruited in the race will be appropriately trained. On race day you find yourself running against a headwind, or the course is more hilly than expected. Now all of a sudden different muscle fibers are being recruited or those that you have trained become prematurely fatigued. You have nothing to fall back on. If you had included some speed work, hills and general strength training you would have stimulated and trained fibers not normally used at your race pace. When the fibers you normally recruit fail, you will have other trained fibers to take over the task. By inserting some variety in your training you also will reduce the potential for injury –can anyone smell “overuse?”

To move my index finger at a particular speed repeatedly I will recruit, let's say, 500 of the 1000 fibers in the muscle causing that movement. If I move at a different speed or against a resistance, I will recruit different fiber not all of which will be the same ones recruited in the first movement. Now let's say that you have been moving that finger over a period of 10 minutes and those **fibers** (not the muscle) become fatigued. In order to continue you need to change the movement (slow down) or recruit other fibers. If you haven't trained those other fibers your ability to continue will be limited.

So, concentrate your training on the movements associated with your sport in your training, but don't forget to mix it up so that the whole muscle becomes trained.

Dr. Cerny Completed undergraduate work at Macalister College in St. Paul, Minnesota. He finished his PhD with a specialization in exercise physiology at the University of Wisconsin – Madison. While there he coached men's swimming. He then spent two years doing post-doctoral work at the Sports Medicine Clinic, University of Freiburg, Germany, which was responsible for evaluating and advising on training and for medical care for elite German athletes. He taught at the University of Windsor, Ontario where he had the opportunity to work with several Olympic and world champion US cyclists. In 1976 he moved to Children's Hospital of Buffalo to help establish the Children's Lung Center and In 1985 moved to the Department of Physical Therapy and Exercise Science at the University at Buffalo. He eventually became chair of the Department of Physical Therapy, Exercise and Nutrition Sciences. His research interests include helping to understand the role of exercise in the treatment of diseases, including cystic fibrosis, asthma and diabetes. In addition, Frank has helped numerous athletes from high school, Olympic and professional levels develop training programs.

He is currently directing the development of a University research cen-

ter that will facilitate university-wide research on health and health enhancement. Part of the Center is the Human Performance Laboratory, Directed by Karl Kozlowski, another BTC member (and an Ironman). This laboratory provides testing/evaluation services for local athletes.

Frank has completed numerous marathons and with the inspiration and encouragement of his son, Peter (another BTC member and an Ironman), took up triathlon sports several years ago.



Frank at the Wilson Wet and Wild

Mark's Remarks – *“Tapping into the cosmic forces of the triathlon universe in 2007”*



The editor, his hot tub, and his duck: where else would he rather be, then right here, right now????

Each year about this time it's common for triathletes, bikers and runners to commit to training for a certain race or event. I have done that the last few years. Back in 2004 I decided I would do my first marathon (San Diego Rock & Roll). In 2005, I challenged myself to run a much faster marathon (and without walking). I did that at the Buffalo Nissan. Last year I decided I would dive into the world of triathlons and in January of 2006 started training accordingly. I ended the year with a ½ Ironman in Montreal.

This year it's going to be a little different. My initial goals will be less concrete and measurably per se. What I plan on doing is training hard, which I have been doing so for the last month or so already, but unlike the years prior I am just going to train hard, listen to my body and see where it takes me. Thus the whole tapping into the

cosmic forces of the universe title. It's the old Deepak Chopra's law of least resistance thing. I will train hard; listen to my body and my spirit but just flow. I will not struggle to accomplish any goal but rather I will work hard and see where it will take me. As I move forward maybe I will increase my running mileage and push for a late season ironman. Maybe my knee bugs me so I just continue to work on speed and power and look to get as fast as possible in the sprints. Who knows, who cares? Just train hard, make adjustments accordingly but most importantly - just flow baby.

With that said I must disclose that I do have a few goals for 2007. In a nutshell, 1) get some abs for once, 2) get faster in shorter distance triathlons and possibly look to place at some tri in the Clydesdale division, and 3) to do a century ride.

The ab thing is mostly vanity, but I would also argue that a strong core would actually help me do better in all my tri's. This goal really hit home when I was hanging in the transition area of the Montreal Triathlon in the fall of 2006. The race attracted a lot of stellar athletes. Not a lot of middle or back-of-the-packers were present. With the exception of my mid-section, I am not in that bad of shape but next to all of these physical specimens I felt a little self conscious. During the race I regretted not having more will power to say no to my daily Pepsi(s) at lunch and my glasses of Cabernet and / or Char-

donnays in the evening... Beside I have checked all the races, there is no category named the "ab-less" division... So this year I have incorporated core strengthening into my workouts and given up my Pepsi(s) at lunch. You might note that there is no mention of giving up wine or my occasional Bombay Sapphires (that just ain't happening) ...

My second goal is to get faster in the sprints. Right now I am working 4-5 days a week without swims. I do some interval running work one day and the other day I do a tempo run. With my knee I have decided to not put on any garbage miles running. Two workouts a week both designed for speed. It seems to be working so far. I'll let you know how it goes. The other days I spend working hard on a trainer. There I am using a work out I found in *Triathlete Magazine*. It's a butt kicker but the proof will be when I get on the bike in the spring. But for now I do feel that I am getting stronger and will be better on the bike than last year. In the next week or so I will join the UB gym and pick up a couple days of swimming per week.

My best chance to place this year will be a) if I can get a touch faster (which I am confident I can do) and b) stick at my current weight of 202 pounds.

- Con't on page 6

Member Spotlight - Patrick Dalton

Name: Patrick Dalton

Age or Age Group: 23, age group 20-24

Occupation: Registered Nurse

Hometown: Sunny Cheektawegas (Cheektowaga)

Family: 1 brother and 1 sister (my #1 fan)

Pets: none



Pat's number one fan - his 8 year old sister Grace

Member of the BTC since: 2002

Goal(s): To do another Ironman and to have a good time

Greatest accomplishments: Passing the State Nursing boards and finishing IM FL this year in the same month and shaving off over 27 mins at Mus-sleman 1/2

Personal Records: Beer Funnel Champion, 20:45-5k, 1:39 ½

marathon, 1/2 Ironman 5:53, 2 time Score-This!!! Age Group Champion



Just a 112 mile bike and 26 mile run to go at the Ironman Florida... courtesy of Theresa Palmieri at IM FL this year

Typical training schedule for the week: What ever my work schedule lets me to do since I work nights, plus what ever I feel like doing

Favorite event of a triathlon: the start because its usually a mass start and when I talk to people about Triathlons they think that's crazy, but it a race of 3 disciplines so I don't have a favorite part, I just do it

Why did you join the BTC : Wanted to expand my horizons after high school and college sports. Plus my father was a member of Checkers AC since it was in existence, so I wanted to branch off that to something else

Music In my "I-Pod": All sorts, a

lot of techno, The MORE COW-BELL SKIT (I-cast) , Pour Some Sugar on Me, lots of other types

Favorite food and drink: What ever I want to eat, Guinness, Sam Adams, Water, defizzed cola

Favorite Movie: Patch Adams, and Meet the Fockers and Parents... See my profession about them movies

I am currently reading?: Nothing, But have to read Lance's second book and the monthly issue of Triathlete

Best Tri Advice you ever received: Just go out and Tri it, you have nuttin to loose and enjoy it

Favorite quote: Push 'til you puke then go harder.



Pat at the BeBop Duathlon...

What / who inspires you: I deal with a lot of sick people and seeing them getting better on the road of recovery inspires me, seeing people interested in a attempting a Tri and people who want to maintain a good lifestyle

Tri-It You'll Like It! - Tuscan Style Potato Soup

This is a great little soup. It's healthy, easy to make and delicious. Great for a cold and dreary January Sunday evening dinner...



Ingredients:

- 2 ½ pounds potatoes
- 9 oz of fresh ripe or canned tomatoes
- 2 stalks of celery
- 2 carrots
- 1 onions
- salt
- olive oil
- pepper
- 1 tablespoon of fresh chopped parsley
- grated Parmesan Cheese.

Directions:

1. Peel, wash, and dice potatoes
2. Chop the tomatoes
3. Chop the celery, carrots, and

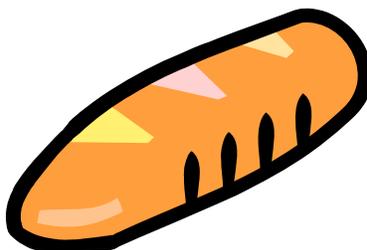
onion

4. Place all the vegetables in a pot with 6 cups of water, add salt and cook for one hour over low heat.

5. After an hour, blend the vegetables with a hand held power blender and cook for an additional 10 minutes. Add salt and pepper to your taste.

6. When ready, pour soup into serving bowls, add a pinch of fresh parsley, grated cheese and a drizzle of olive oil into each soup.

7. Be sure to serve with some fresh Ciabatta bread!



Upcoming BTC Events

January 27:

The BTC Annual Banquet

February 3-4:

The Buffalo 24 Hour Spinathon

New Members:

**Robert Preskop
Jill Plavetzki
Ayla Hardick**

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...).

Mark's Remark - con't from pg. 3

Last year I was racing at 198 just two pounds shy of the Clydesdale division. I don't plan on purposely trying to stay over the 200 pound mark but if that's what the cosmic forces have in store—so be it. Right now you might be thinking “hey, the guy just said he wants abs but now he says if he doesn't lose weight he can stay in the Clydesdale division???”. What you're missing from the equation is I am trying to build power in my legs on the bike and I currently have bird legs. More power will be caused by building more muscle mass in the legs. Muscle weighs more than fat thus I could conceivably lose fat in the gut, build muscles in my legs (and man, there is lots of potential for growth there). So in theory I could gain weight, lose my gut and get faster. But again, who knows, who cares I trust the cosmic forces of the triathlon universe.

The last goal is to do a century ride. The longest bike ride I have ever done is 65 miles. I like the idea of doing a century ride as it really doesn't hinge on my knee staying healthy. So once the weather breaks I will add a long ride once a week to hit a mid season century ride. The other thing this will do is set me up for a longer distance triathlon later in the season if that's what the cosmic forces have in store for me.

So that's it for me in 2007. I am sure some triathlete coaches out there are reading this and frothing at the mouth and cursing that this is no way to face a new season but for me I am comfortable with this approach. I have a baby, two teenagers, a bad knee and a lot of responsibility with my current position of AVP Branch Underwriting Manager for Tower Insurance. What I don't need from my triathlons and training is one more thing to stress over. What I want from it is to train hard, alleviate stress, get in better shape, meet and hang with some cool people and stay healthy. It's not always about accomplishments. Sometimes it just about training hard, staying in shape, seizing the moment and having some fun...

I will end this with a quick wish to all of you that you might achieve your dreams and goals (be they big or small) in 2007.

So as always train hard, be safe, and most of all have fun!

Mark

BTC Birthdays for

1/1 Diane Sardes, 1/2 William Seyler, 1/9 Renee Knopf,
1/11 Robert Siudzinski, 1/15 Nancy Gworek,
1/16 Melissa Hanson, 1/19 Patrick Reilly,
1/20 Cindy Stofer, 1/20 Kevin Mietlicki,
1/23 Kevin Patterson, 1/24 Stephanie Schifano 1/25 Mary
Eggers, 1/27 Warren Hale, 1/29 Jennifer Schaffstall,
1/31 Eric Brouillard



**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 27th, 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). 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>

On the Calendar...

Buffalo and New York State Triathlons and road races,,,,,

Sunday Jan. 28th @11:00am
Penguin Run 5K
Amherst, NY

Sun. February 4th @11:30am
Mr Ed's Super Bowl Warm-up 5K
Middleport, NY

Sat. February 10th @11:00am
Lockport Y-10 (10 mile run)
Lockport, NY

Sat. March 3 @12:00pm
Sharock Run 8K
Buffalo, NY

Sun. April 29 @ 8:00am
BPAC 6 Hour Distance Classic
Amherst, NY

Sat. May 5 @ 10:00am
GBTC 1/2 marathon
Grand Island, NY

May 20 @ 9:00am
Tom's Pro Bike
50 / 100 mile Bike Ride
Lancaster, NY

Sun. May 27
Nissan Buffalo 1/2 and Full Mara-
thon
Buffalo, NY

June 10th @ 8:00am
Keuka Lake Tri
Keuka Park, NY

July 1st @ 8:00am
Tri in the Buff
Irving, NY

July 14-15
Musselman Tri
Geneva, NY

August 4 @ 9:00am
Wilson Wet & Wild Tri
Wilson, NY

August 5th @ 8:00am
Cayuga Lake Tri
Ithaca, NY

August 11 @9:00am
Summer Sizzler
(formerly the Spring Fling)
Grand Island, NY

September 9th -@ 9:00am
Danforth Fall Frolic Tri
Barker, NY

September 23 @ 7:30am
Finger Lakes Triathlon
Canandaigua, NY

*TriSport Canada - Tentative
2007 Series Overview*
www.trisportcanada.com

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

**Important! Always be sure
to check with race organiz-
ers and web-sites to verify
date and times...**