

February 2007

Issue 95

Quick Transitions

"A Year in the Life" By Bob Sobon

Topics of Interest	
A Year in the Life	1
"Quote of the Month"	1
The Doctor is In	2
Mark's Remarks	3
Here's a Swim Workout for Ya	4
Next Meeting	5
2007 Executive Committee	5
New Members	5
Mark's Remarks (con't)	6
BTC Birthdays	6
Time to Rejoin	7
Wanted!!!	7
The Doctor is In (con't)	8
BTC All Americans	8
Race Calendar	9
Check it Out	10
2007 BTC Volunteers	10



Hello, my name is Bond, James Bond. Sorry, I digress; my name is Bob Sobon, and like you, I am an endurance athlete and member of the Buffalo Triathlon Club. I recently had the idea that it would be interesting for the club newsletter to follow a member over the course of an entire year. I made this suggestion to our editor Mark St. George, who promptly said "great when do you want to

start?" So here it goes.

To give you a little background about myself, I am currently 39 years old and have been an endurance athlete for about 2 ½ years. I started with running to change my life. I competed in my first duathlons last year, and I was hooked. Unfortunately I can not do nor will I being doing a Tri anytime soon due to the fact I am afraid of the water (darn childhood!). I am hoping by sharing my own trials and tribulations that everyone will benefit.

For starters, here is my tentative 2007 race calendar:

- 05/06 – Flying Pigs Marathon
- 06/10 – Keuka Lake Duathlon – 5K, 22K, 5K

07/01 – Tri in the Buff Duathlon – 5K, 20K, 5K

07/08 – Argh 20K TT

08/11 – Summer Sizzler Duathlon – 4K, 17K, 4K

09/09 – Fall Frolic Duathlon – 1.6K, 20K, 5K

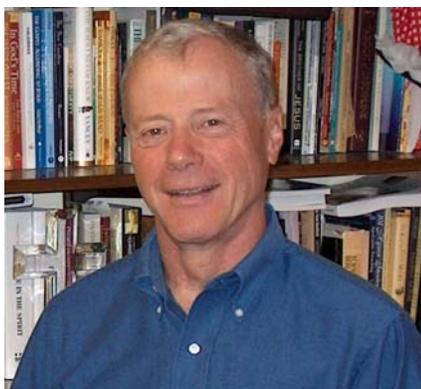
10/14 – American Zofingen – 5 miles, 84 miles, 15 miles of pain and suffering

As the months go by, I hope to share training, eating, equipment and thoughts on the multi sport life. I am excited about this, and I hope that you all will enjoy reading along. I welcome any feedback or questions.

"Quote of the Month"

*"Sometimes you just feel tired, feel weak
 And when you feel weak, you feel like you just wanna give up.
 But you got to search within you, try to find that inner strength,
 And just pull that sh%t out of you
 And get that motivation to not give up, and not be a quitter.
 No matter how bad you wanna fall flat on your face, and collapse
 "Till I Collapse" - Eminem*

The Doctor is in... "On Metabolism" By Frank Cerny PhD



Dr. Frank Cerny

This is going to be a multiple part article – you'll have to wait a few months to get the complete story. This month I will give a brief introduction into some basic metabolic principles. Remember, if you have any issues YOU would like to have addressed, please let me know.

The basic form of energy for muscle contraction (work/exercise) is something that we call ATP (Adenosine Triphosphate). There is energy associated with the phosphates on this molecule that is used to maintain body functions, including muscle contraction. We can get ATP from three places in the muscle; 1) some of it is stored

and we can generate some through 2) non-oxidative (anaerobic) and 3) oxidative (aerobic) sources. The whole purpose of our energy-generating system is to ensure that ATP levels in the muscle don't decrease. The only time our muscle ATP decreases significantly is at the time of death so you can see how important this is!

So, now you want to contract the muscle and you use some ATP stored right in that muscle to elicit the contraction. **Immediately** that ATP is replenished by using something else that is stored in the muscle – creatine phosphate (does creatine loading sound familiar to some of you? That's a topic for another month.) In addition to being replenished from creatine phosphate we also begin to **immediately** replenish ATP anaerobically. Glucose from the blood or from stores in the muscle (glucose is stored as glycogen) is the only source of fuel for this anaerobic process. The glucose is chemically manipulated to form ATP, pyruvic acid and some electrons.

The pyruvic acid can be further

manipulated in the aerobic process to form even more ATP. In addition fats are used in the aerobic process to form lots and lots of ATP. (Now you know why aerobic exercise is also fat burning exercise!). We get over three times the amount of ATP from burning a typical fat molecule compared to a glucose molecule – good stuff.

We are getting energy from all three sources ALL the time – even right now when you are reading this. The contribution from each source is different during different phases of exercise. During the first several seconds of exercise most, but not all, comes from stores. The peak contribution from anaerobic sources happens at about 4 minutes and by 12 minutes the aerobic source predominates. So to effectively lose weight you need to exercise for periods that last more than 10-12 minutes.

Con't on Page 8

Mark's Remarks: "Some Random Mid - Winter Thoughts" By Mark St. George



The editor, wearing his BTC Tuque, hangs out with his baby Makena and his dog Parker.

As I type this I can look out the window and see a pretty significant snowfall coming down, the winds are blowing wildly and the wind chill according to the weather channel dot com is well below zero. It's days like this that a) make me question this whole global warming thing and b) make me dream vividly of warmer weather to come and triathlons in far off lands...

With that said I don't have any one thing to focus on for my monthly comments. This month it is a bunch of unrelated topics to cover quickly.

Banquet: I had the pleasure of attending my first BTC Banquet. Congratulations to the new board, the brick winners, and in particular Nikki White for winning the

Spirit Award. The 2006 Brick winners were as follows:

Bike / Run:

M under 40: Andrew Leonard
M 40-49: Mark St. George
M Over 50: Don Stefanski
F Under 40: Kellie Trybalski
F 40-49: Joanne York
F Over 50: Nancy Gworek

Time Trail:

M Under 40: Bob Sobon
M40-49: Eric Brouillard
M Over 50: Don Stefanski
F Under 40: Melissa Hanson
F 40-49: Joanne York
F Over 50: Kathy Karnath

The New Executive Board is as follows: John Pepke is President, Teresa Palmeri is Vice President; Bob Sobon is Secretary and Warren Hale will be the Treasurer.

I have to be honest that the speaker was much better than I had assumed he would be as I drove to the event. Todd Crandell's story was a testament of man's ability to overcome some very destructive behavior early in life. Overall, it was a great event and it was great to see a bunch of old friend. A special thanks to Kathy Karnath for her efforts in coordinating the event. A job well done!

Century Ride: Tom's Pro Bike Century ride is scheduled for May

20, 2007. I plan on participating and doing my first ever 100 mile bike ride. Starting around the first week of April (depending on the weather), I plan on doing a long ride on Saturday mornings starting at 7:00am or so to gear up for the ride. If anyone is interested in joining me please contact me you can reach me at news-letter@buffalotriathlonclub.com or saint464@adelphia.net.

Training Progress: My training is going well so far. I have been training hard and just joined the University of Buffalo Fitness Center in order to swim. So far I have been in the pool for just a few weeks. I feel good and compared to last year at this time I am light years ahead of where I was! However, I must still admit that I will not be shattering any swim records anytime soon. As for my weight, it's going the wrong way. Last time I weighed myself I was up to 206 pounds. This is the heaviest I have been since I played college football. I am assuming it's a function of building some muscle in my legs thanks to a pretty intense training regiment on the trainer. I would safely say my "bird legs" have graduated to just being "skinny legs". Who knows, maybe some day I can say I have thin legs... I would also venture a guess my weight gain is also a function off my continued love for good food and wine. The latter is most likely the reason my abs are still no where to be seen...

Con't on page 6

“Here’s a few Swim Workouts for You” - by Kellie Trybalski

Swim Workout #1:

1 x 400 (:30 Think smooth, include technique work
 1 x 200 (:30 Kick mix easy and fast efforts
 1 x 200 (:30 Pull second half faster than first half
 1 x 400 (:30 Think smooth, steady, body position
 1 x 200 (:30 Kick mix easy and fast efforts
 1 x 200 (:30 Pull second half faster than first half
 1 x 50 (1:00 very easy technique work
 4 x 25 (:45 FAST!
 1 x 50 (1:00 very easy technique work
 1 x 200 (:45 Do as 50 fast + 150 moderate
 1 x 200 (:45 Do as 50 moderate + 50 fast + 100 moderate
 1 x 200 (:45 Do as 100 moderate + 50 fast + 50 moderate
 1 x 200 (:45 Do as 150 moderate + 50 fast
 1 x 50 (1:00 very easy technique work
 1 x 200 (:45 Do as 50 fast + 150 moderate
 1 x 200 (:45 Do as 50 moderate + 50 fast + 100 moderate
 1 x 200 (:45 Do as 100 moderate + 50 fast + 50 moderate
 1 x 200 (:45 Do as 150 moderate + 50 fast
 1 x 100 very easy technique work
 3,500 Meters

Swim Workout #2:

1 x 200 (:15 Swim Count your strokes, aim to take less per length
 1 x 200 (:15 Pull Count your strokes, aim to take less per length
 1 x 200 (:15 Kick steady effort
 1 x 200 (:15 Swim Count your strokes, aim to take less per length
 1 x 200 (:15 Pull Count your strokes, aim to take less per length
 1 x 200 (:15 Kick Steady effort
 8 x 50 (:15 25 Technique work, 25 Swim

4 x 25 (:45 Think Speed and Power

1 x 25 (:30 Easy
 1 x 125 (:20 Moderate
 1 x 100 (:40 Faster
 1 x 75 (:60 Fastest
 1 x 25 (:30 Easy
 1 x 125 (:20 Moderate
 1 x 100 (:40 Faster
 1 x 75 (:60 Fastest
 1 x 25 (:30 Easy
 1 x 125 (:20 Moderate
 1 x 100 (:40 Faster
 1 x 75 (:60 Fastest
 1 x 25 (:30 Easy
 1 x 125 (:20 Moderate
 1 x 100 (:40 Faster
 1 x 75 (:60 Fastest
 1 x 100 Easy

Total: 3,100 Meters

Swim Workout #3:

2 x 500 (:60 Mix of swim and technique work
 2 x 100 (:10 Pull second faster than first
 2 x 100 (:10 Kick second faster than first
 1 x 50 (:30 very easy technique work
 4 x 25 (:45 Very Fast!
 1 x 50 (:30 very easy technique work
 4 x 50 (:60 very fast
 1 x 100 (:60 very easy technique work
 4 x 50 (:60 very fast
 1 x 100 (:60 very easy technique work
 4 x 50 (:60 very fast
 1 x 100 (:60 very easy technique work
 4 x 50 (:60 very fast
 1 x 100 (:60 very easy technique work

Total: 3,200 Meters

Next BTC Meeting ...

Thursday, March 22, 2006

7:00pm

Tom's Pro Bike

3687 Walden Ave.

Lancaster, NY 14086

716.651.9995

<http://www.tomsprobike.com/>

2007 Buffalo Triathlon Club Executive Committee

President: John Pepke - pres@buffalotriathlonclub.com

Vice President: Theresa Palmieri - vicepres@buffalotriathlonclub.com

Secretary: Bob Sobon - secretary@buffalotriathlonclub.com

Treasurer: Warren Hale—treasurer@buffalotriathlonclub.com

New Members:

Cheryl Lee-Pow

Aaron Smith

Ron Winkleman

Patricia Palmieri-Phelan

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 - con't from pg. 3

Frank Cerny: I would like to send out a special thanks to Frank Cerny for volunteering his time to do a monthly piece. My personal opinion is that it adds a lot to our newsletter. I look forward to his continued efforts and contributions.

"A Year in the Life": You will notice a new article in the newsletter starting this month. The piece will be entitled "A Year in the Life". Basically the monthly article will feature a BTC member for the entire year. It will focus on his goals, training, and accomplishment throughout the year. Bob came up with the general idea and of course I asked him to be my guinea pig this year. Sorry (and thanks) Bob!

Road Trip Anyone? Last year I had the pleasure of doing my first half ironman at the Festival Du Triathlon De Montreal. It's a great venue and they offer a Sprint, Olympic, Half and Full Ironman. I am thinking about doing it again this year. It is scheduled for September 15, 2007. Might be kind of fun if we can get a bunch of folks to head up there. Keep in mind the format is rather interesting in that the swim is held in a rowing basin, the bike is held on a formula one race track and the run is a series of loops around the rowing basin. The track guarantees fast times, and there is probably no better

venue for your fan club to watch you participate.... Let me know if you are interested in joining and we can start making plans... For me information on this check out their web-site at <http://www.esprittriathlon.com>.

Ride for Roswell: Last year Mike Nowak tried to put a BTC team together for Ride for Roswell. Mike (or anyone else for that matter), if you are interested in trying to put a team together this year please let me know. I will join the team and also give you lots of free press here in the newsletter. The date for the event this year is Saturday June 23, 2007. It's a great cause and a lot of fun.

That's about it for now. I hope all of your training programs are going well.

As always train hard, be safe and have fun!

Mark

BTC Birthdays for

2/1 Jill Plavetzki, 2/4 Timothy Donovan,
2/6 Erin Mullaney, 2/16 Kim Chmielewicz,
2/17 Tysha Martin, 2/19 Robert Preskop,
2/24 Rupinder Jatana, 2/26 Glenn Moore,
2/26 Sue Covington, 2/29 Dean Stevens



**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!**

It's That Time to Re-Join the BTC!!!!

That's right, all memberships expired at the end of the calendar year 2006 as of December 31. To rejoin all you need to do is go to the Buffalo Triathlon Club Web-site at <http://buffalotriathlonclub.com> and click on the "Join Us" hyper-link. Next step is to print off the application at <http://buffalotriathlonclub.com/documents/application.pdf>, complete it and send in your check (amount based on the type of membership) to Warren Hale at the address on the application.

WANTED!!!!

- 1) **Member Spotlight Volunteers Needed!** One of the most difficult tasks of putting these newsletters together each month is tracking down volunteers to be in our Member Spotlight section. It would great if I had some folks volunteer to complete the short bio and include a few JPG's each month. If you are interested in being spotlighted in an upcoming newsletter please contact me at either saint464@adelphia.net or newsletter@buffalotriathlonclub.com. I will send you the questionnaire and of course buy you a beer next time I see ya!
- 2) **Roving Reporter Wanted:** Have you ever dreamed of being a journalist and traveling the world in search of a good story? If so, I have a job for you. I am looking for someone who can give me one story a month. It could be a focus on an area business catering to the triathlon world or possibly a story on an upcoming event. If you are interested in helping out please contact me at the email addresses mentioned above. By the way if you do travel the globe in search of a good story it will have to be on your dime...

The Doctor is in... Con't from page 2

Finally, where does lactic acid come in? The normal and preferred way to get rid of pyruvic acid is to shunt it into the aerobic system, but when that system isn't operating at an adequate capacity, such as at the start of exercise before it is fully stimulated, or during periods of high intensity exercise, when it is operating at maximum, the pyruvic acid can't be shunted into the aerobic system. To get rid of the pyruvic acid in order to keep producing energy anaerobi-

cally you convert pyruvic acid into lactic acid. In this sense the production of lactic acid is good; it allows you to produce energy anaerobically when the aerobic system can't do any more. Eventually, however, the build up of lactic acid produces a bad environment for chemical reactions in the muscle and you have to stop exercising.

Here are some things to think about. At the end of a 2 hour training run there is no build up of lactic acid in the muscle.

Why not and if not why do we still get sore? If fat is the primary fuel for exercise lasting long periods, why is it that our glycogen levels limit endurance performance? How does my diet affect all of this? Rather than lose sleep over these important life questions why don't you let the editor know which of these burning issues you want resolved and any other questions you have.

BTC All Americans!!!!

Congratulations to the Buffalo Triathlon Club members who made Inside Triathlon Magazine's 2006 Age Group All Americans!

Triathlon - Men

50-54: Curt Eggers

Duathlon - Men:

50-54:Curt Eggers

50-54: Warren Elvers Jr.

On the Calendar....

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

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 Marathon

Buffalo, NY

June 10th @ 8:00am

Keuka Lake Tri

Keuka Park, NY

Saturday June 23, 2007

Ride For Roswell

Amherst 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 organizers and web-sites to verify date and times...

Check It Out! - By Kei Riley



Kei Riley—The BTC Librarian

Tired of simply surviving the swim? The off-season is a great time to practice drills in a controlled environment and

the Total Immersion Workshop Video- Freestyle is the perfect tool to help you. This 30 minutes video has great technique tips and drills to improve your efficiency and power. The first few lessons and drills of video deal with balance and kicking. The second section of the video helps you increase your power as you swim. Each drill is well explained and illustrated with underwater photography, allowing the viewer better understanding than could ever be achieved

through books alone. This video is a great tool for improving stroke and efficiency whether you've been swimming for years or are just starting out.

To check out this video, or any of our other resources, contact me at librarian@buffalotriathlonclub.com.

Happy Training!

Kei

2007 BTC Volunteers

Joe Pautler - Webmaster and Brick Workouts

Kei Riley - Librarian

Gene Baran - Lake Erie Swim Workouts

Rob Harold - Lake Ontario Swim Workouts

Joe Niezgoda - Lake Ontario Swim Workouts

Ed Harkey - Triathlon Race Results

Ken Tocha - Duathlon Race Results

Mark St. George - Newsletter Editor