

March 2007

Issue 96

Quick Transitions

"Put the Lady on a Diet" - by Joe Niezgoda



Joe in action...

Is a lighter bike a faster bike? You bet ya- as long as you don't increase its aerodynamic drag (aero always trumps weight). Dripping some fat from your ride can help you crank up the speed in four main areas: 1. Acceleration and deceleration. 2. Less rolling resistance equaling, higher speed. 3. Faster uphill speed. 4. A more responsive bike, there is less inertia so the bike will react more quickly with less effort. All competitive triathletes and cyclists are concerned about dropping weight and here is why.

Time savings

On a flat 40k course at 25 mph, a four-pound weight reduction will save about

6 seconds, more over the hills. Ironman you say, this is just 30 seconds. This isn't a big deal, but keep in mind that not even Ironman Florida is totally flat. Over a course with 4000 feet, a four-pound weight reduction could save you approximately 10 minutes. How would you like to go 10 min faster in Hawaii? You will climb more than 4000 feet at the Hawaii Ironman.

At the lower end you are looking to spend \$1 per gram of weight savings as you get to the higher end look to spend up to twenty times that much. Don't have a super high end bike, with Campy Record or Shimano DA, carbon this, carbon that? Well, then you will get the most bang for your buck. Does it matter were you drop the weight? Yes, dropping 50 grams from you wheels make more sense than dropping 50g from your water bottle cages. Here where you want to cut the fat.

1. Reduce rotational weight first. This improves accelera-

tion, deceleration, rolling resistance and climbing. Drop weight in these areas tires, tubes, rims, rim strips, spoke nipples, pedals, wheels, hubs, crankset, chain and shoes. This is the weight you will really feel.

2. Drop some static weight up top next. By this I mean parts on the upper part of your bike. This is the next most important because when you swing the bike as in a sprint or when you climb, you rock the bike from side to side. The more weight you have to move up top the more energy you will expend when you climb. In an Ironman this becomes very important.

The more energy you use the more calories you need to take in. Stuff in this area include the saddle, seatpost, seatpost, handlebar, aerobars, binder, stem, brake levers, shifters, calipers, top cap, and fork (Get a fork with a carbon steer tube).

Cont on page 10

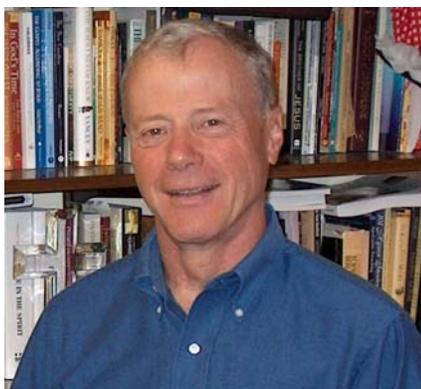
Topics of Interest	
"Put the Lady on a Diet"	1
"The Doctor is In"	2
Mark's Remarks	3
"A Good Cause"	4
"People Who Make John Pepke Appear Sane"	4
Next BTC Meeting	5
BTC Executive Board	5
New Members	5
"A Year in the Life"	6
"BTC Birthdays"	6
Time To Rejoin	7
WANTED!	7
Member Spotlight	8
Member Spotlight on Chuck Miller	9
"Put The Lady on a Diet" con't	10
On the Calendar	11
"Put the Lady on a	12
2007 BTC Volun-	12

"Quote of the Month"

"Nobody who ever gave their best effort regretted it"

- George Halas

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



Dr. Frank Cerny

Last month I introduced some basic concepts of metabolism. We learned that we get energy (ATP) from stores in the muscle and from the anaerobic and aerobic systems. We learned that the fuel for the anaerobic system is glucose and for the aerobic system is both glucose (from the anaerobic system) and fat. Finally, lactic acid is only formed when the aerobic system is unable to accept the pyruvic acid end product from the anaerobic system, such as at the onset of exercise or during high intensity exercise. What difference does this knowledge make to your training?

1) Since the primary energy source during long-term exercise is the aerobic system the best way to stimulate changes in this system is through endurance exercise. The site of aerobic metabolism is the mitochondrion in the muscle. With aerobic exercise these mitochondria become more numerous

and bigger. This is because there is an increase in all of the chemicals (enzymes) needed to produce ATP. Scientists have observed increases in aerobic-generating capacity after just a single bout of exercise, but changes in mitochondria take several weeks and the optimization can take years.

An important thing to remember is that these changes are stimulated by exercise, but they happen during rest. This is why it is so important to include easy and rest days in your schedule.

2) Your performance will be optimized if both the anaerobic and aerobic systems have been trained optimally. In order to optimally train the anaerobic system you need to first have a basic foundation of training for the aerobic system. Why? Let's assume you try to train just the anaerobic system by exercising at high intensities. The pyruvic acid produced at these high intensities will not be able to enter the aerobic system and will form lactic acid resulting in stopping exercise. But, if you have increased the capacity of the aerobic system, so that it can take more of the pyruvic acid, you will be able to exercise longer **anaerobically** thereby getting better anaerobic training too. So, the foundation for all training has to be the aerobic system. This is the time of the year you should be concentrating on building up the miles with aerobic training.

3) Under conditions of high intensity exercise or at the onset of exercise lactic acid can limit exercise. Lactic

acid is formed at the onset of exercise before the aerobic system is fully able to accept the pyruvic acid. Therefore, if we can improve the aerobic system we can minimize the production of lactic acid at the start of exercise because it is better able to accept the pyruvic acid. By training aerobically lactic acid production at the start of exercise is less of a problem.

Also, if we warm up so that the aerobic system is already stimulated it will be better able to accept the pyruvic acid formed at the onset of exercise and this also will minimize lactic acid production at the onset of exercise. Try to warm up slowly and don't leave too much time between warm up and the start of heavy exercise.

If you want any questions answered or topics covered please let us know.

“Mark’s Remarks” By Mark St. George— Editor



The editor at Spring Fling 2006 -

Well the winter is almost over and I can feel the buzz within folks. They have had enough of winters chill, and they are now getting ready for spring. Be it golfers, bikers, triathletes, folks are ready to get outside and swing their clubs, ride their bikes and train for their tri's. I for one can't wait to get out on a bike. Spin classes are fine but 1 ½ hours on a “bike” going nowhere is about all I can take before my sanity starts to slip.

In January I wrote about not really having a plan or goals yet for the year. I had mentioned that I would more or less tap into the cosmic forces of the universe and just flow and see where it took me. Apparently the cosmic forces of the universe have decided I should shoot for Iron in September. At the risk of sounding a “little out there” I really didn't come to this decision, it more or less found me. I am not sure how to explain it, but probably it is best way is to start with explaining the term “inspiration”. In Dr. Wayne Dyer book entitled “Inspiration” he talks about inspiration versus motivation. With inspiration, and I quote “When we're in the grasp of inspiration, an idea has taken hold of us from the invisible reality of Spirit. Some-

thing that seems to come from afar, where we allow ourselves to be moved by a force that's more powerful than the ego and all if it's illusion, is inspiration....” He further goes on to say “*If we ignore inspiration's powerful attraction the result is personal discomfort or a sense of disconnection from ourselves*”. Now, in a way that seems like some high faluting gobbledygook. But in a way it's true. I really just was training with no particular goal in mind. Slowly however I found the desire (I would almost use the term need) to train for an Ironman. I really haven't thought much more about it so I just keep training hard. And to my wife I would say, “see, don't blame me I am victim!”

On to something else. I have to say I am pretty excited about this edition of the newsletter. I received a lot good stuff from many contributors this month. Philip Lee (Peelee) Clark and Chuck Miller said yes to being member spotlight victims (opps, I meant subjects). I still have yet to meet Philip but have to think he is one of our more interesting members. I look forward to chatting with him at some future race. I met Chuck at a Nickel City Splash swim practice. Chuck is about as nice and down to earth as they come.

The reason why I think this edition is particularly good is the fact we really hit a lot of different topics. As always Dr. Frank Cerny provides some more insight into the science of the sport. Bob Sobon continues his journey with us, and this month Joe Niezgoda does a great job in his piece on bike equipment. Of course when you throw in the member spotlights you end up with a good cross section of topics that folks like to read about. Equipment, the science of the sport and the people are generally what it's all about. I

think some are fascinated with the equipment, others gravitate to the science of the diet and exercise involved in the sport, but I for one will always favor the people. Their stories continue to interest me the most. Personally my favorite part of doing the newsletter continues to be and most likely will always be the member spotlight. I am fascinated to know what makes people tick. Who are they? What did they join the club? What motivates and inspires them? To me that is most interesting, but as the editor I know I have to appeal to others who may be more interested in the equipment, the training, and the science involved in the sport as well. That's why I think this is the best edition I have put out yet and no small thanks to a lot of others for their input! I hope the readers all feel the same.

One last thing – looks like Road Trip Montreal is starting to take shape. Looks like Kellie will be joining me in Montreal for her first Ironman as well. Also sounds like Eric is considering an Olympic race in Montreal with us. If anyone else is interested in joining us, please let us know. The more the merrier!

On that note, I hope you enjoy this edition of the newsletter as much as I enjoyed putting it together.

More importantly – train hard, be safe and have some fun!

Mark

Philip Lee Clark - doing it for a good cause!"

Philip Lee Clark (also known as Peelee) was recently named to the 2007 Snickers Marathon Team. He is raising money for the Blazeman Foundation this year, racing in honor of John Blaise and raising money and awareness for ALS. He is looking for sponsors, (any amount) and would be extremely honored if any of you would sponsor him for the Virginia Double Iron Triathlon. Philip's website can be found at the following address: <http://www.active.com/donate/peeleeclark>. He will also be collecting return cans and bottles at all the Score This!!! Races this year and will be holding a silent and Chinese auction sometime in the summer. If there is anyone that would like to donate anything to be auctioned off or make a basket for the Chinese Auction, Philip can be reached at 471-3682 or peelee1973@hotmail.com. You will also be able to find him in the transition area or riding on a motorcycle in this coming season. Make sure you put your number on your bike or you it might end up on the auction block. Note Philip is also highlighted in our member spotlight section on page 8.

People Who Make John Pepke Appear Sane!

Pretty much the craziest thing I have heard of up until recently was John Pepke's attempt at a triple ironman last year. That was of course until I picked up The Buffalo News on February 21, 2007. There the headline "*Runners Conquer Sahara*" grabbed my attention in a big way. Sure enough Kevin Lin (Taiwan), Ray Zahab (Canada) and Charlie Engle (US) ran 40-50 miles a day across the Sahara for 111 days – amassing some 4,000 grueling miles!!!! Their journey took them from the waters of the Senegal to the Red Sea.

This obviously begs one simple question - WHY?????

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:

Dean Hitchcock

John Wozniak

Michael Cole

Matthew Dunn

Andrew Thomas

Justin Dix

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...).

“A Year in the Life”... By Robert Sobon



Is anyone besides me ready for Spring? Wow, what a couple of weeks we have had. And, what a time for one's treadmill not to function! I keep telling myself that this cold weather running will make me stronger when I step to the line in May. Well, at least it can't hurt.

Overall, my marathon preparations have been going well. A good amount of running specific

strength training; speed work (even work above my vVO_2Max – yuck) and pace miles. I participated in the Lockport Y-10 and performed a decent 01:25:xx. As anyone who was out there that day, the wind was not our friend. This was my first time running this race, and I must say how much I enjoyed the small/home town feel that it had. I can see myself participating again. I also ran at Chestnut Ridge for the first time with John Pepke. When we started at 6:30 am, it was 2 degrees. Despite that, it was a magical morning: bright clear skies; no one else around except the two of us. I look forward to spending more time there as I prepare for American Zofingen in October.

As I prepare for the Flying Pig marathon, there is one aspect that provides me with a bit more motivation or stress, de-

pending on your take. And that aspect is that more than likely my coach will be there to watch me race. This will be the first time actually meeting Dr. Owen Anderson, Ph. D. Talk about a little bit of added stress and pressure. I really want to make him, myself and the BTC proud.

A few days ago, I saw an advertisement that spoke about how we feel better after a hard workout. It struck a cord with me. What is it about pushing ourselves that produces so much satisfaction and gratification? And why is that we can not explain it to people who do not participate in endurance sports? I am not really certain of the answers, but what I am certain of is now that I have found this lifestyle, I would not trade it for anything in the world.

BTC Birthdays for March

3/2 Brenda Mattar, 3/2 Will Fisher,
3/4 Tracey Bernardoni, 3/6 Anthony Cantera,
3/7 Warren Elvers, 3/7 Karen Michaels,
3/10 Quinn Ankrum, 3/13 Gregory Drumm,
3/15 Richard Clark, 3/18 Amy Noe, 3/21 Jennifer Hale,
3/30 Nicholas Szufliita, 3/31 Tim Gribbin



**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 be 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...

Member Spotlight on Philip Lee Clark (AKA - Peelee)

Name: Peelee a.k.a. Philip Lee Clark

Age or Age Group: 30-34

Occupation: Actor/Dancer/Singer/Grad Student in Theatre Education/Score This Race Management/USAT Official

Hometown: Niagara Falls, NY



Peelee in costume - Electra in Starlight Express (note the show is done completely on roller skates!) - *Personally I am thinking this is a great outfit for the Turkey Trot!*

Family: 2 brothers, one which is Rich Clark, and a sister Jackie who is in charge of the aid stations for the Score This!!! Multisport Series

Pets: I once carried 9 turtles with me on a plane when moving back from Germany the first time. No pets now as I want to settle down first.

Member of the BTC since: December 2006

Goal(s): to finish the Virginia Double Iron Triathlon in October and

to get a great teaching job in a performing arts school out west.

Greatest accomplishments: Original Cast Recording of "Grease" in Germany and a long lasting acting career. Also my bare arse was on the front page of the FRANKFURTER in Frankfurt Germany.

Personal Records: Over 1250 performances of Andrew Lloyd Webber's "Starlight Express". A 2:32:28 Half Iron Bike Split is what I am most proud of.

Typical training schedule for the week: Swim three times (half the time with a t-shirt on) Bike four times, and try and run at least five times. I also do weights twice a week for 30 minutes (really no resting time) and three hours of dance.

Favorite event of a triathlon : The bike, hey I'm a German cyclist, what do you expect.

Favorite Organized Event?: Muselman Triathlon

Music In my "I-Pod": House music for teaching Spin at UB and NU. Hip Hop music for teaching Hip Hop at UB.

Favorite food and drink: Mexican and Warsteiner Beer, did I ever mention that my brother and I hitch hiked as a joke and the owner of Warsteiner, Herr Kramer picked us up.

Favorite Movie: Trainspotting

I am currently reading?: Education

books and "The Birthday Party" by playwright Harold Pinter.

Best Tri Advice you ever received: pee on yourself! When I raced in the Ironman 70.3 Longleat, UK, it was horizontally raining and I, as well as everyone else, was unprepared. I was so cold, that I drank as much as I could on the bike and pee pee'd on myself.



Peelee in action at the Ironman 70.3 World Championship

Favorite quote: "You always pass failure on the way to success" Mickey Rooney "Shizzle my nizzle" Snoop Dog

What / who inspires you: Old men that can tap dance and sing at the same time. (i.e. Gene Kelly) and my five old teammates from P.V. Triathlon Witten. One of the girls, Bettina, will be doing IM USA with me this July. She's crazy fast, 11:15:?? was her time last year.

Member Spotlight on Chuck Miller

Name: Chuck Miller

Age or Age Group: 48

Occupation: Electrician

Hometown: Ransomville, NY

Family: Wife Sandy, Daughter Kennedy 2 1/2 years old



Chuck in action!

Member of the BTC since: 2001

Greatest accomplishments: A slow, cold and wet IM Wisconsin, 4 marathons, 3 half IM's. Also, being married for 25 years (all the credit goes to my wife Sandy)!

Personal Records: I couldn't do much training in the year 2000 because of a bad bout with ulcerative colitis. So, any time I can get consistent training in and do some

trains, that's fine with me. Times don't matter too much for me.

Goal(s): training for IM Louisville. Plus, I have to learn to pee on the bike, well not really on my bike, I just don't want to get off the bike every time to go. I had to dismount the bike eight times in IMWI to relieve myself. Who would have thought that was something I needed to practice?

Typical training schedule for the week: Currently I'm running 4 to 5 times, bike on the trainer 2 times and I try swim at UB 2 or 3 times per week.

Favorite event of a triathlon: Getting out of the water alive.

Favorite Organized Events: My first multi sport event was the Batavia Duathlon. I loved that race, I hope they bring it back. Road races would be the Lockport Y10 and if I'm in good running shape, Around the Bay (I won't be doing it this year).

Why did you join the BTC: Just for the Thursday night bricks. When I joined I never planned on doing a tri.

Favorite food and drink: I love Italian food, but pizza is my favorite.

Favorite Movie: Watching Nemo with my daughter Kennedy.

I am currently reading: Just finished Lances War.



Chuck and his daughter Kennedy... At least I think that's them behind those Foster Grants...

Best Tri Advice you ever received: What ever you do, just keep moving forward.

Favorite quote: Not really my favorite, but one I will always remember. "You have to be the worst swimmer I ever saw." Bill Seyler after watching me swim a length of the JCC pool (I don't even think I made the whole length).

What / who inspires you: My father. Also, besides the BTC, I am a member of Bond Lake A.C., doing group workouts helps keep me motivated.

“Put the Lady on a Diet” - con't from page 1

3. Reduce the fat on the bottom. By doing this, you still see a benefit especially when climbing, and your rolling resistance is reduced. Components in this category include hubs (hubs do rotate but not that much they should be the first lower level component you reduce weight on and the last on rotational weight), forks, quick release levers, bottom brackets (yes they rotate but even less than hubs and the inertia is the smallest of any moving part) cables and derailleurs.

Remember that a light bike will give you something to talk about at group rides but a light rider will always be faster than a light weight bike. And price point it's cheaper to skip that pizza and beer than it is to go spend \$400 on some new slick components.

Comparing weight

You have a couple of ways of compare weight savings. One is to use manufacture claimed weights for items. Another is to get a quality gram scale. Postal scales work great, most are accurate to one gram.

Here are some weight-saving ideas. Keep in mind that light weight and durability are not often compatible with each other. So save your flashy gear for race day. Pushing 200 lbs. It may be wise to check with the manufacture of equipment weight limits.

1. **Rotational weight component** : A 700c stock clincher wheel, tire and tube weighs about 730g or about 1460g per wheel set. An after-market clincher wheel will be around 600g per wheel, and a racing tubular wheel can be around 450g per wheel.

Tires: Always use tires with a folding clincher tire. Tubulars will save you even more weight when

you keep in mind you will not need to use rim strips a flanged rim or tubes.

Tubes: The lightest tubes are made of latex, and some believe that latex tubes have less rolling resistance than other tubes.

Spoke nipples: For race wheels, aluminum nipples are a great choice and aren't very expensive. Ti nipples are also a nice but you will pay more for them.



Pedals: There are several lightweight pedals on the market that can save you up to 400 grams a pair over the ones that come on your bike. I like Speedplay and M2 Racer the best.

Cranksets: Production cranksets, particularly on lower-priced bikes, can be a pretty fat. FSA makes excellent carbon after-market cranksets. Shimano Dura Ace make a nice crankset also. Chainrings pretty much weigh the same all are with in a few grams. However, chainring bolts are often steel. It is a good idea to replace them with an aluminum or Ti set.

Chains: Believe it or not, chains do get lighter as the price increases. Consider upgrading, to a KNC or Whipperman chain. KNC make all Shimano Chains but they keep the best under there name. You may also notice snappier shifting as you get into a better chain. And here is the big advantage to purchasing a better chain: you will get less mechanical drag when you upgrade to a better chain.

Shoes: I think light weight shoes are one of the more important places to

trim the fat. That's why I go with a custom shoe. The custom shoes also fixed my IT Band problems and fit problems that I often had with cycling shoes.

2. Static weight - upper level component selection

Saddle: There is an excellent selection of titanium-railed and carbon saddles. Keep in mind that being a triathlete you may need more padding in the nose of your saddle. So jumping to one of those sub 90g saddles may be a bad choice.

Seatposts: I love the USE Alien carbon post. There this post isn't all that expensive and weights about 130g. Not only that it takes out the high frequency vibration which makes it a very comfortable saddle for road riding. You can drop down to under 100g on some posts but you'll pay for them.

TT Bars or clip on's: It's important to have a light weight bar but it's far more important to be as aero as possible. So pay more attention to set up on these bars than weight.

Aerobars: Consider one-piece bars if you want a more aerodynamic set up. Remember that having the most aerodynamic or lightest aero bar is not as important as having the bar that puts you in the best aerodynamic position.

Stems: Many stock stems 150-200g. Consider using a Syntace F99, KCNC or Blackwell Research Stem. All are about 100g and are under \$100. Make sure you keep your light weight stems clean they will corrode and get stress fractures quicker than some of the more beefed up stems. Ti stems are a good choice at 140-160g you don't have to worry as much about corrosion.

Con't on Page 12

On the Calendar....

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

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...**

Put the Lady on a Diet" - con't from page 8

Brake levers: There are some awesome break levers out now. Blackwell Research, x lab and FSA make some super light weight wind cheaters, just to name a few.

Brake calipers: If you want to lighten up beyond Dura-Ace or Record, then consider Cane Creek 200 SL's or the Zero Gravity. You can get lighter but you'll pay over \$1000 for some brake sets and they will not stop as well as the Zero G's. The Zero G's are by far my favorite, they look hot, they stop well and are super light. They fit the nitch between the monster grip of the Dura Ace and traditional single pivot brakes.

Forks: If you want to win don't ever buy a fork with a steel steer tube. Forks with steel steerer tubes can weigh as more than 700 grams. Carbon steerer-tubed forks can be as slim as 300 grams. However, it may be worth the extra weight to get an aero fork. I like Blackwell Research's, Easton, Oval and Reynolds. They make the most aero

forks on the planet and are very light weight.

Static weight -- lower level component selection

In this category, there are only a few areas for improvement. It is not worth rebuilding wheels with lighter hubs unless the hubs are worn or cracked. If your fork has an aluminum steerer, you could save about 50g with a carbon steerer, but that is a weight savings cost of more than \$15 per gram. However, titanium spindle quick releases can be as light as 55g a pair and save you as much as 100g. Upgrading your bolts can help save a few grams too. But be careful were you change out bolts. Nylon or carbon bolts are ok for water bottle cages. Aluminum bolts can be used in a few places and Ti bolts can be used almost any place on the bike. Make sure you plenty of high quality waterproof grease when you put in upgraded bolts. This will put less stress on the bolts and keep them from corroding or bonding with other metals. Switching to Nokon housings is a very good

choice. They do not compress you get a less crunchy shift and quicker reactions to your breaks. They can take much tighter bends so you'll be using less cable which means less cable exposed to the wind (faster because it's more aero) and what I like best is that they are sealed from the weather. Match them with a Jigwire Teflon coated inner cable and you have the best setup you can (Jigwire makes Shimano cables but keeps the best stuff under there name). Next time you watch a pro race pay attention to there cables. Most likely you'll see a Nokon transmission. I also have a ting for water bottle cages. You can get some very svelte cages for around 10g, however the best I've found are the King Cages. They are made of Ti, are super light (under 28g which is half the weight over a normal cage) and have a firm grip which make them perfect for behind the saddle hydration systems.

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 Niezgodra - Lake Ontario Swim Workouts

Ed Harkey - Triathlon Race Results

Ken Tocha - Duathlon Race Results

Mark St. George - Newsletter Editor