

June 2007

Issue 99

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## “A Year in the Life” - Bob Sobon



**Bob proudly shows off his new wheels...**

Since the last time we left our intrepid multi sport athlete, there has been some changes. First off, we had our first Duathlon on the season – Keuka Lake. This race has special significance as it was the night before last year’s race (my first one ever) that I found out my dad past away. I raced this year for him. I finished 15<sup>th</sup> out of 41 participants. Not too bad of a showing. While on the bike course, I learned what the greatest feeling one can have on a bike is –

passing people going uphill. At the finish line, one of the guys I passed asked me what kind/type/brand of wheels I had. I looked at him a calmly replied “beater wheels.”

Which brings me to the next change. I am now the proud owner of race wheels! Let me first off say how truly fortunate I am to have these. As I type this, I have not even ridden them yet, but will be putting 40 miles on them this Sunday. I am nervous as heck to ride them for fear of them being damaged. I am certain that once I get out onto the road, fear will give way to exhilaration.

My third change relates to my schedule. I learned last week that I won the lottery for the New York City marathon. We debated for several days whether or not I should race it this year, or take my one year pass and run

it next year. Despite only having 3 weeks of recovery from American Zofingen as opposed to the traditional 4 weeks after a long hard run, we have decided to go for it this year. This will give my training a brand new dimension, but one that I feel I am up for the challenge.

My last change just might be the most important. A couple of days ago, I had the distinct pleasure of helping my daughter Jordan get off her training wheels. I think one would be hard pressed to determine who was happier, her or I. It was truly a very special moment.

As always, if anyone has any questions or comments, please do not hesitate. Be well and train safe.



**“Quote of the Month”**  
**“Destiny is not a matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.”** William Jennings Bryan

## Mark's Remarks - By Mark St. George, Editor



**The Editor in front of the Falls.**

One of my favorite quotes is *"The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware"*. It's by Henry Miller and it's a pretty good way to go through life, although I have to admit I may live a little too "drunkenly" aware at times. In my humble opinion the quote is really about being conscious about everything around you and to focus on everything that is good. Too often folks in our culture are so obsessed with being productive and achieving their goals that they miss the joy involved in the simple things and at times the process of achieving your goals. I often see it in the triathlon world where folks are so obsessed with achieving their goals they are not necessarily enjoying getting there. They obsess with average speed, training logs, miles and body fat percent-

ages, but forget that for most of us this is nothing but a serious hobby. May I remind you that there is no Kona in most of our futures and that's OK. As such we shouldn't sweat our training quite as much as we do at times. Don't get me wrong work hard but don't forget to have a little fun while you're at it too....

This is not to say achieving our goals is not important. Trust me I have a bunch for 2007. Several of which I have already achieved and it feels really good. BUT, in the process be sure to be aware and enjoy the moments both big and small. Be aware of the friendships formed with others in the BTC. Be aware of the scenery on your long rides. Be aware how great it feels to be in great shape and doing things a lot of folks can't even fathom.

When I was younger this would have not registered with me. Back then I really thought the most important thing in life was being as successful at work. I believed that success was measured by the money you made, the car you drove and the house you lived in. I now consider that a pretty foolish and shallow paradigm to live by.

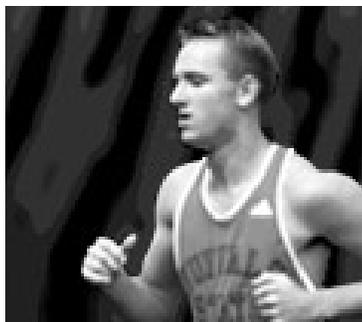
Now as I train I really do try to follow Henry Miller's quote. The other day I did some early morning track work. It was a beautiful day. As I walked up to the track I

noticed the sunrise. Instead of starting my workout right away I just sat there and enjoyed the sunrise for a couple minutes. It was a great feeling. Just me, a few birds and the quiet. I had all day to be productive. For now I enjoyed the moment.

Another great moment this year for me was doing a long ride with John Pepke. As we rode, we stopped at some little deli in a Podunk town god knows where. He had some sort of egg and cheese sandwich and I had a bagel. We had put on about 50 miles or so and had another 40 or so to go. As we sat there on the bench outside the store chatting about nothing, I couldn't help think how right the world seemed. Just two 40 something year olds riding their bikes on an almost perfect day.

As I sat there at a small pub eating chicken wings and having beers with Eric and Joe after a recent brick I was glad to that I made that decision to join the BTC early last year. We had a ball listening to Eric chat about his exploits in the French Foreign Legion and his Musselman ½ Ironman story where he hooked up with some folks he thought were racing the next day and ended up drinking beers until

## Mental Training - by Joe Niezgoda



**Joe Niezgoda**

In triathlons; mental toughness, confidence and mental stability is as important as the physical aspects of racing. Often times, a lesser athlete will end up winning a race over a faster, stronger and more talented athlete, because the lesser athlete is more mentally prepared. During an endurance event, a triathlete must have confidence in all aspects of his/her racing. Nutrition, training, equipment, ability to cope with pain and his/her race strategy is where mental training is key and can take the athlete to the next level.

Some of the common problems which can be overcome by mental training are:

- Extreme nervousness during competition
- Lack of belief in yourself
- Great during training, but lousy during competition
- Practicing hard but getting little payback
- Injuries or illnesses occurring just before competitions
- Slumps
- Recurring problems in competition

tition

- Concentration and technical problems
- Doubts, fears, worries and anxiety
- Inconsistency in competition performances
- Overly worrying about uncontrollable events

Feeling sick on the day of competition

Mental training will improve your results without practicing any harder than you already are. It will help you overcome extreme nervousness and give you a deep belief in yourself and your abilities. It will also help you race your own race and help you worry less about competitors. With mental training, you will be able to have more focus during your race and be able to concentrate on what you are doing for longer periods of time. You will also be able to quiet your body and block out pain for a longer period of time. But know that eventually your body will yell loud enough for your brain to hear it.

Self talk is the most important part of mental training. The best thing about positive self talk is that you don't have to take anymore time out of your day to train. Most self talk is done during training. So if you are thinking negatively during your training, you will begin to think negatively during your racing, which will ultimately cause failure. Thinking positively during your training will train your brain to have a "can do" attitude and cause success during your racing. The power of positive words and thoughts can

improve racing by increasing our belief in ourselves as athletes.

Visualization is another great tool to help program yourself for success. Regularly imagine performing at your best, feeling well and overcoming adversity. This sets up a mental blueprint for your body to follow during the race.

Confidence development is another vital part of mental training. You need to be confident in your race planning, your equipment, in your nutrition and in your ability to race. In short, practice racing before your major events. This means use the equipment you plan on using on race day. Use the same nutritional that you will during your race. Practice what you will eat before the race. It's also a good idea to pick some "easy" races that you will be able to place well in. Use some other races as training days. You will also need to plan your race and then race your plan. But don't just go into a race and think that the plan you came up with during your warm up will work. Take time with your plan, know your race course and practice your plan before race day. This is the only way you will be able to have faith in your plan.

The last part in my mental training program is developing mental toughness. You need to practice perseverance, in short you need to learn how to suffer. This is done during normal

## Temperature Regulation & Hydration - By Frank Cerny, PhD.



Now that we are into the hotter months of the year it seems like a good idea to talk a bit about temperature regulation and hydration. I will just introduce several concepts this month and cover both temperature regulation and hydration in more detail in the future.

First, it is important to consider the ways we gain and lose heat. We gain heat through normal resting (basal) metabolic heat production, through heat produced during the digestive process and, of course, through exercise metabolism. We lose heat through air or water movement around the body (convection) or through actual contact with the air or water (conduction), through radiation (both direct from the sun and reflected off of surfaces, including the ground) and through the

evaporation of sweat.

Sweat evaporation is critical for our understanding of temperature regulation. It is not sweating itself that produces cooling, it is the evaporative process. This is why high humidity is so critical in temperature regulation; at high humidity even with low temperatures (60° F) you are at risk of overheating because the sweat can not evaporate to enhance cooling. This is also why higher water temperatures can cause dehydration; the body can not lose heat through conduction or evaporation and it can easily overheat during swimming exercise in warm water.

If you are exercising in the heat and stop sweating, this is a dangerous situation and can cause death because your normal temperature regulating mechanisms have broken down. Seek medical attention as soon as possible.

The loss of sweat for cooling can lead to a decrease in total body water – dehydration. The body's water content is largely regulated by sensing blood volume. If blood volume decreases, you get thirsty as a signal to restore body fluid balance. Sweating first decreases

the blood volume which is then brought back toward normal by fluids from the body cells. It is possible then that you could be dehydrated (in the body tissues) but not feel thirsty. This is a phenomenon called “voluntary dehydration.” You are dehydrated but are not thirsty. For this reason it is important to **intentionally** increase fluid intake when you are exercising in the heat. To enhance drinking it is good to flavor water as this has been shown to lead to more fluid intake and lower the risk of voluntary dehydration.

Finally, the replacement of fluids after exercise is critical. Weighing yourself is a good way to estimate how much fluid has been lost. You will recall that in an earlier column I indicated that drinking a 7% glucose solution within the first 90 minutes after exercise will enhance the replenishment of stored sugar in the muscle (glycogen). Ingestion of this solution also will enhance rehydration – possibly better than drinking water alone as this 7% solution is absorbed better than water alone.

Stay cool.

## BTC Birthdays for June

**6/1 Mary Casey, 6/3 Chuck Miller,  
6/5 Tim Chesko, 6/10 Douglas Bellus,  
6/10 Frank Cerny, 6/10 John McGuire,  
6/15 Don Stefanski, 6/16 Douglas Bush,  
6/18 Andrea Matusiak, 6/25 Nicole White**



## 2007 Buffalo Triathlon Club Executive Committee

President: John Pepke - [pres@buffalotriathlonclub.com](mailto:pres@buffalotriathlonclub.com)

Vice President: Theresa Palmieri - [vicepres@buffalotriathlonclub.com](mailto:vicepres@buffalotriathlonclub.com)

Secretary: Bob Sobon - [secretary@buffalotriathlonclub.com](mailto:secretary@buffalotriathlonclub.com)

Treasurer: Warren Hale—[treasurer@buffalotriathlonclub.com](mailto:treasurer@buffalotriathlonclub.com)

### New Members:

**Kelly & Jeff Joyce  
James Class Jr.  
Jeffrey Townsend  
Carlos Wallace  
Charles Everett**

### 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...).

## Dura Ace vs. Ultegra - by Joe Niezgoda

### **Dura Ace vs. Ultegra**

The major differences are that Dura-Ace has more gear choices, chain ring choices - including triathlon/TT specific chain rings and more crank lengths are available.

### **Weight:**

The weight difference is 221 g or 7.8 ounces with Dura-Ace being lighter. If you are a professional rider, the wider choice of gears, chain rings and crank lengths might make or break your season. For the average rider, you probably will not notice the weight, and the wider gearing range is negligible.

### **Performance:**

Some mechanics will tell you that Dura-Ace has to be adjusted more often due to the light weight construction and precise tuning. This is not true. Other will tell you that dura ace shifts better, this may be true, it might have a noticeably better feel for an elite or pro athlete.

### **Price:**

Ultegra is significantly less expensive than Dura-Ace. For most of us, the weight difference won't matter much at all. Remember from an earlier article I wrote. What's more important a light bike or a light rider? Answer a light weight rider. So go on a diet. The 221 grams is about the same weight getting a hair cut and not wearing sun glasses.

### **Ultegra vs. 105**

The major differences between 105's and Ultegra are weight and the 105 is available in a 52-tooth large chain ring rather than a 53-tooth. And you can trim Ultegra front derailleurs and can't do that with 105.

### **Weight:**

The weight difference is 230 g or about 8 ounces with the Ultegra being lighter. The major weight difference is in the crankset. The other components are very close in weight.

### **Performance:**

Ultegra will probably wear a little better and will probably be a little more durable. That's something to consider for triathletes as many are not 130 lb. road racers. Ultegra does shift better.

*Con't on pg 13*

## Tip of the Month



**Quick Tip:** An easy way to store and have easy access to your power gels for long rides is to tape the power gel directly to your bike as pictured to the left. When you are ready for one all you need to do is twist and pull. No fussing trying to reach behind you for your back pocket!

## 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](mailto:saint464@adelphia.net) or [newsletter@buffalotriathlonclub.com](mailto: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...

## “Mental Training” - Con't from pg.3

(Continued from page 3)

training. Get out the door and train in the bad weather. Ride or run further than you have ever gone before. When your workout starts to hurt, embrace it, try to understand it and learn how to use your mind to dull the pain your body is feeling.

If you think about it, mental toughness is fairly easy to acquire. You simply decide to have it. You decide to train when you don't feel well, you decide not to quit when pain sets in during a race, you dig deeper at the end of a race and find some extra speed you didn't know you had, don't you?

It's time to put it all together:

### **Positive self talk:**

Every time you go out the door and start training, think positive during your workout. When the going gets tough don't think about quitting. Yeah, it hurts, yeah you are feeling lousy. That is what most workouts are supposed to do. So you don't have to tell yourself that you are having fun and feeling wonderful. But tell yourself that you can make it through this. It will make you a faster and tougher athlete.

### **Visualization:**

It's important to take some reflection time for yourself. I recommend taking 10-30 minutes a day, three days a week to race your event in your head. Go over every aspect, picture yourself exiting the water quickly and feeling well. Run your transition in your head. Try picturing yourself putting on your sunglasses, snapping your helmet on, unranking your bike, running to the exit, going to the mounting line and hopping on smoothly. Once you are on, visualize getting up to speed, putting your feet into your shoes without wobbling and

continuing on down the road. Ok, you know you are going to hurt on the bike, you are going to be pushing at or just above your lactate threshold (the rate at which acidosis occurs in your muscles). So don't lie to yourself and think it's going to be pain free. Visualize overcoming the burn, feeling comfortable in the aerobars, pedaling in circles, hydrating and eating, and go over key points on the bike course. If there is a climb, ride that climb in your head. If there is a scary downhill, think about running it smoothly in your head. The same goes for the run and transition too.

### **Confidence development:**

Start out by getting on your race setup monthly during practice. As your goal race gets closer, get on your race setup twice a month. During the last 3-4 weeks before your primary race, use your race setup once a week. During the blocks of your training, start toying with your nutrition for pre-race and during event. Find out what works best for you and start to dial it in during your second quarter of your training. By the time you are half way through, you should have it figured out. The last month of training, before your goal event, practice your nutrition during every training session. The last key in developing confidence, in you and also your racing, is to race. It's important to have confidence in every event of the triathlon. So, pick a swimming race and race. Find a bike race and race it. Pick a running race and race that too. It's important to pick races where you will place well so that you will develop confidence in yourself. Pick a few triathlons or duathlons and race those as if it were your goal race, again make sure you will place well. Remember it doesn't make sense to race an 800m if your goal race is an Ironman. Make your practice races relevant.

***Con't on pg 12***

## Member Spotlight on Anthony Garrow

**Name:** Anthony Garrow

**Age or Age Group:** 51

**Occupation:** Retired Fire-fighter

**Hometown:** North Tonawanda

**Family:** Wife - Diane

**Pets:** Kitz the Kat

**Member of the BTC since:** 1999

**Past or current offices / positions held for the BTC:** N/A

**Goal(s):** 2008 Lake Placid

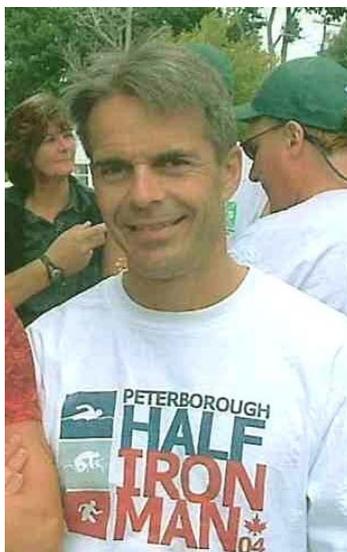
**Greatest accomplishments:** Not having drowned yet.

**Personal Records:** 11:13 at Ironman Florida

**Typical training schedule for the week:** Varies too much

**Favorite event of a triathlon:** Bike

**Favorite Organized Event:** Ironman



*Tony smiles for the camera*

**Why did you join the BTC:** I'm not sure?

**Music In my "I-Pod":** What's an I-Pod?

**Favorite food and drink:** Guinness and wines

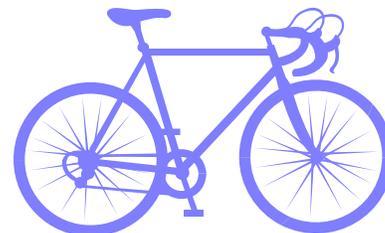
**Favorite Movie:** Dumb and Dumber

**I am currently reading?:** Joseph Bennet of Evans

**Best Tri Advice you ever received:** All advice is good...

**Favorite quote:** "Timing is everything"

**What / who inspires you:** Anyone who tries...



**The Buffalo Triathlon Club**  
Buffalo's Premier Multisport Club

**BTC Quick Transitions**

C/O Mark St. George—Editor  
newsletter@buffalotriathlonclub.com

*The BTC - helping you reach goals  
you didn't even know you had!*

## Mark's Remarks - con't from pg 2

11:30pm the night before his big race. Funny thing was these folks weren't in the race. We talked to Joe and his plan for his first triathlon coming up at the Tri In the Buff. It was only a year ago that I sat in his same shoes. That seems like a lifetime ago.



***A big ship on the Welland Canal***

Lastly I did my first Century ride the other day. It was a beautiful day. Instead of just focusing on average pace I focused on the world around me as well. I took the day off from work and it was a perfect day. My ride took me from Fort Erie to Niagara on the Lake. From there to St. Catherine's back across to Port Colborn and finally back to Fort Erie (with a small double back to make sure I actually hit the 100 mile mark. The ride was 105 miles but more importantly it was a great experience. As I drove past Niagara Falls I stopped to take in the sights. Even though I have been to the falls 100 times the sight of them still moves me. If they don't make you feel like a cosmic parasite on a gnats @\$ nothing will.

It really puts things in perspective and in a way makes me realize how small our accomplishments are at a cosmic level. I don't mean that in a bad or demeaning way but just don't lose sight of the perspective. As I drove through Niagara on the Lake I stopped and talked to a shop keeper for a few minutes. Idol chit chat really but it was nice. As I rode next to the Welland Canal I slowed to watch a huge tanker ship sail past in the locks. A quick wave to the folks on deck and I was off again. And finally as I was hitting the 100 mile mark I passed Crescent Beach. I decide to celebrate the milestone with a quick dip in Lake Erie. No laps and not one stroke of free style. Nope I just jumped in and enjoyed the refreshing feel of the lake.

I would venture a guess if you learn to be a little more aware not only will you enjoy your training more but I wouldn't be surprised if you got faster as well. A better state of mind always equates to better performance. In fact, I know a friend who is really struggling with his running. To say he is imploding is an understatement. To put it simply he is struggling and not happy with his running big time! If I was his coach I wouldn't send him to the track for more speed work or out for more miles. I would tell him for the next month ditch the Garmin and the watch and buy an I-pod and load it with his favorite tunes.

Then I would tell him to run only at his favorite spots. Not those that challenge him the most but those where he seems most inspired. I'd tell him just to run for the joy of running and not to stress about times, mileage and pace. My guess is he will fall back in love with running again and be faster at the end of the month.

Don't get me wrong I am not advocating we all put baskets on the front of our bikes and carry baguettes, some cheese and a nice bottle of cabernet at all times, nor I am saying not to train so hard. I really do believe you can train hard and enjoy the process by living more in a state of awareness. Don't always pick a bike route because of the hills or the distance. Every once in a while grabs some friends and pick a route because of the scenery. You and your friends can still ride hard but just make sure you don't miss the sights...

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

Mark



## On the Calendar....

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

\*\*\*\*\*

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

Saturday, June 2

Tour De Cure

Niagara Co. Community Col-  
lege

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 8th @ 8:00am

Xterra Off-road Triathlon

Holiday Valley

Ellicottville, 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](http://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 Duath- lon

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...**

## Mental Traininig - Con't from pg 8

If you are a short course athlete, pick training races that will be near your goal race distance. The most important practice race is going to be right before you start your taper. Try to race half to full goal race distance for this race. Now if you are racing a long course, a half Ironman or longer, it may not be a good idea to race the full distance. However, if you are racing an Olympic or Sprint event, it's fine to race those distances this close to your goal race.

### Mental toughness:

Mental toughness is the easiest part of mental training to implement. You either choose to be tough or you choose to be weak.

The more you choose to be mentally tough, the easier it becomes. Here are some steps to help you along the way. When your workouts are getting tough, stick in there, fight to stay on pace and complete your task. Don't skip a workout just because it's cold and rainy or snowing. If it is safe to get your workout in, get it in. Many pro triathletes continue to ride there bikes outside in below zero temperatures. Why, because it makes them tougher, and makes it easier to race well when the weather is bad come race day. When a race is on the line don't quit and let people pass you, or just coast into the line. Yes, pushing hard at the end of a race will make you feel sick and/or hurt, but how many

people are willing to push themselves to that point? If you want to win, you better be one of them.



## 2007 BTC Volunteers

**Joe Pautler - Webmaster and Brick Workouts**

**Kei Riley - Librarian**

**Gene Baran - Lake Erie Swim Workouts**

**Kellie Trybalski- Lake Ontario Swim Workouts**

**Ed Harkey - Triathlon Race Results**

**Ken Tocha - Duathlon Race Results**

**Mark St. George - Newsletter Editor**

## “Dura Ace vs. Ultegra” - Con't from pg 6

### Color:

105 comes in silver or black. Ultegra one color choice, silver. If color is an issue you should go to races or group rides. Stay on the bike path with your girlfriends or kids.

### Price:

There's a big difference when you are purchasing individual pieces or upgrading aftermarket. As a complete bike, it probably won't be more than an extra \$100 - \$200 between a 105 and Ultegra bike. Go with the Ultegra, save a 1/2 lb, have a faster bike. It will also increase your bike's resale value quite a bit.

### Summary

All three of these groups will perform well. All three come in 10 speed. And due to Shimano's trickle down technology, the 105 of today is better than the Dura Ace of 5 yrs ago.

Don't go with Sora or Tiagra. Why? A few reasons are Dura-Ace trickle down technology doesn't extend past 105, construction ( plastic vs steel plate), weight (heavy), durability or lack thereof, 8 speed (not 10 speed) and shifting is sluggish.

If you are used to low end components, vs entry level, sport or pro quality you will not be able to tell the difference from a ride around the parking lot which is better. 105 components will let you ride more efficiently once you learn to use the added gears. If you are a bike path rider no big deal. The weight savings, added power transfer from the 2-piece crankset and increased durability will make you happier in the long run. A bike path rider, again no big deal.



## “Flying Pigs”



**Group picture from Flying Pigs Marathon in Cincinnati (May 6th). With 3 executive board members and 10 members present at the marathon, we could have held an official BTC Meeting! Pictured: Warren Hale, Melissa Hanson, Patty Palmieri-Phelan, Theresa Palmieri, Nancy Gworek, Jennifer & Jim Schaffstall, Joe & Paula Pautler, Stu McCallister, Jennifer Hale, Jill Herrington (friend of Warren & Jennifer). MIA: Rob Sobon (he was warming up running the marathon backwards)**

## Race Day Checklist...

<i>x</i>	<i>Pre-Race</i>	<i>x</i>	<i>Swim</i>	<i>x</i>	<i>Cycle</i>	<i>x</i>	<i>Run</i>	<i>x</i>	<i>Post Race</i>
	Tracksuit		Swim suit		Bike		Running shoes		Warm dry clothes
	Water bottles		Swim cap		Cycling shoes		Running shorts		Towel
	Breakfast		Goggles		Racing shorts		Anti-chafe lube		Shoes / flip-flops
	Energy bars / gels		Spare goggles		Racing top		Cap / hat		Post race drink
	Car keys		Anti-fog spray		Helmet		Socks		High carb snack
	Money for entry		Wetsuit		Water bottles		Sun block		sunglasses
	Directions to race		Stool / water bucket		Spare tube / puncture kits		Safety pins		Baseball cap / hat
	Gas for car		Sports lube		Toilet paper		GPS / Watch		Clean socks
	Chip / ankle strap				Race # / bib strap		Power gels		Camera
	First Aid Kit				Gloves				Glasses / extra contacts
	Cell Phone				Sport drinks				
					Wrist / Bike ID Bands				

## Road Trip Montreal

Come join some fellow BTC members on our Road Trip to Montreal:

### Festival Du Triathlon De Montreal

**September 15, 2007**

<http://esprittriathlon.com>

Note that the event offers all distance events. An Ironman, a 1/2 Ironman, intermediate distance and sprint distance are all offered on the same day.

At this point we have two folks doing the Ironman, one trying to figure out if he wants to the Ironman or 1/2 Ironman, and a few folks doing the Sprint.

If interested please contact me for more details at [newsletter@buffalotriathlon.com](mailto:newsletter@buffalotriathlon.com)