

Quick Transitions

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WANTED—Newsletter Editor!!!!



The BTC needs you!
We are looking for

someone to take over the BTC newsletter editor's position in the fall. Please note that the current editor plans on staying on the newsletter staff to help as both a consultant and monthly contributor. Some experience with Microsoft Publisher is helpful but not necessary. If Mark St. George can

figure it out with no experience you can too! If you are interested in the position please contact the BTC President John Pepke at: pres@buffalotriathlonclub.com or the current newsletter editor Mark St. George at newsletter@buffalotriathlonclub.com.

A Year in the Life: By Bob Sobon



Bob at the "Argh 20K Time Trial"

Nothing says I love you like carbon fiber. That is my new tag line. When we last left our intrepid athlete, he was preparing for the Argh 20K Time Triathlon. When it came to 20K TT's, roadies have a time point (00:30:00) which if you can meet or exceed, you earn respect. Well, my time was 00:29:29, earning me 10th place overall. This is a vast improvement from the 25th place last year. The

nine riders who were a head of me were either current or former road racers, so I very pleased with the results.

As my coach stated to me, I am continuing my relentless march towards AZ in October. My next short race will be the summer sizzler. It is a very short du, so I am uncertain as to how I will fair (I perform better at longer distances). However, my daughter may be there to compete in the kids Tri, so I may have some extra motivation.

In addition to my new carbon wheels, I also have a pair of carbon soled road shoes. Wow, what a difference. They are truly worth the investment if anyone is considering such a purchase. So much so that I

will be using them for AZ as transition times will not be a large a factor for me at that race. I also have a nice carbon bottle cage which works much better than a standard cage from a design perspective.

I have been wrestling with the choice of riding my TT bike or a road bike for AZ. The decision has been made to ride the TT bike, only with modifications. Specifically, I will swap out several key components in an effort to achieve weight savings. I will report more on this process next time.

As always, please let me know any questions or comments.



“So You Had a Bad Day”: By Mark St. George



The Editor at the 2007 Tri in the Buff: Waves? What waves?

As I drove back from the Musselman ½ Ironman I couldn't help but think of the song they play when they booted contestants off of American Idol. As I rambled back home in my FJ Cruiser down Interstate 90 the song “So You Had a Bad Day” just kept playing over and over again in my head. Frankly, if I never hear that song again it will suit me just fine...

The race itself is a great venue and very well run. The bad day was strictly a function of my expectations compared to my performance. Last year at the Montreal ½ Ironman I ran a 5:35. Going into the Musselman this year I was in better shape and was training much harder than last year. When I factored in the difference in the courses (Montreal is flat and fast) and the Musselman (particularly the run has some pretty decent hills) I figured I should be able to do about the same time. Harder course, better athlete should equal each other out. Although not scientific it

seemed logical. The reality is I hobbled in over the finish line at 6:14 or something like that. I really didn't look at the clock nor do I really need to know the exact time. All I needed to know was that the finish time was no where near my expectations.

After a week or so of self loathing, avoiding mirrors and overindulging in food and drink I decided to dust my self off, suck it up and see what if anything I could learn from the experience. Here is what I learned:

Bad Days Happen: If Tiger Woods can have a bad day on the golf course then I am sure a 43 year old insurance guy with a bad knee and a taste for good food and drink can have a bad day at a ½ Ironman. If Tiger Woods who is the best golfer in the world who pretty much golf's 365 days a year and can still screw up, a part time triathlete with a full time job should probably be granted a pass for having a less than stellar performance. Face it; none of us are that good to be free of bad days.

Train for the terrain: Since I have a bad knee I run all my training runs on an all weather track. This is great for delaying the inevitable future arthritis, but it is not very helpful when you get into the hills of the Geneva run course. If you are going to race a course

with hills then train on hills. If you are like me and generally train on flat terrain pick races with generally flat terrain. It's not rocket science but makes a lot of sense.

Sun block: Even if the sun isn't out at the start of the race be sure to put the sun block on and have some extra readily available in your transition area. The weather can change a lot between the time the race start and it's finish. This is particularly important for long course races. The fact that I did not heed this advice had nothing to do with my performance but did add to the misery after the race.

Make your hotel reservations early: I failed to make early reservations and when I went to make them everything was booked for miles around. In the end, I decided to just sleep in my own bed and get up at three in the morning and drive out the day of the race. I am not sure how much that hurt my performance but getting up at 3:00am and driving an hour and half or so in the dark can't help.

Set realistic expectations: The day before the race I felt the onset of a little bug or something. It was one of those things where you know something was wrong but couldn't figure what. More or less I was in a fog all day. When I woke up the day of the race I felt

Fiber Types - By Frank Cerny PhD



***Frank at a previous years
Wilson Wet & Wild***

If you are a great athlete, you have your parents to thank. If you are a modest athlete, you have your parents to thank. If you are a striving athlete, you also have to thank your parents.

As much as 85-90% of our athletic ability comes to us through our DNA. Much of this is derived from the predominance of muscle fiber types we have. Think Thanksgiving ... Do you like dark meat or white meat? Dark meat is made up of predominantly what physiologists call "red" fibers and white meat "white" fibers. The darkness or redness comes in part from the amount of myoglobin in the muscle. In our blood oxygen is carried by our red blood cells.

There is a small amount of oxygen stored in our muscles and this is attached to myoglobin. White fibers have less myoglobin and therefore appear much lighter. When you pull apart the meat you are really teasing out muscle fibers each of which have a unique metabolic capability for oxidative (aerobic) or glycolytic (anaerobic) activity.

So here is a test. Which fibers would best sustain aerobic (oxidative) activity (exercise that is carried out for longer periods of time)? If you guessed (or already knew) red fibers you are correct! The ready availability of an oxygen source in the red fibers makes them a good fiber to recruit for sustained, aerobic, exercise. The white fibers are better suited for short bursts of activity.

We actually have three basic fiber types in our muscles: Red (Type I or aerobic/oxidative), white (Type IIb or anaerobic/glycolytic) and "intermediate" (Type IIa or oxidative/glycolytic). Muscles of elite endurance athletes have high percentages of Type I; muscles of sprinters have a high percentage of Type IIb. While you can train to shift Type I fibers toward responding faster and can train Type IIb fibers to become more oxi-

dative, you can not change the basic fiber type configuration in your muscles. That is really what training is all about – optimizing the metabolic potential of the fibers you have been given.

Type IIa fibers have the greatest capacity for change. They have characteristics of both the aerobic (oxidative) and anaerobic (glycolytic). They can be trained to look very close to pure oxidative, Type I, fibers or very close to pure glycolytic, Type IIb, fibers. People with a high percentage of these intermediate fibers are those who seem to show great athletic capacity in a variety of sports.

So, if your parents gave you a high predominance of red (Type I or oxidative), fibers you are going to be a better marathon runner or you may gravitate toward the Olympic distances and beyond. If you have a higher percentage of white, Type IIb or glycolytic, fibers you are going to gravitate to the sprint triathlons. Those with a high percentage of Type IIa fibers are going to feel comfortable and very competitive with either distance, but will likely never become an elite athlete in either.

BTC Birthdays for July and August

7/2 Daryl Clarke; 7/6 Alex White; 7/7 Kellie Trybalski; 7/8 Jeanne Elvers; 7/11 Cameron Lulek; 7/17 Arnd Pralle; 7/18 Kathy Karnath; 7/19 Paula Pautler; 7/19 Suzanne Fenger; 7/20 Larry Lewis; 7/20 Kelley Wager; 7/22 Pamela London; 7/28 Andrew Moynihan; 7/29 Pete Cerny; 7/31 Richard Mullaney

8/2 Joe Pautler; 8/2 Michael Collins; 8/2 Edward Harkey; 8/3 Philip Clark; 8/5 Glenn Speller; 8/8 Sam Pasceri; 8/12 Christopher Ankrum; 8/12 John Herman; 8/16 Patrick Dalton, Jr.; 8/21 Jonathan Mugel; 8/21 Carol de Nysschen; 8/23 Stephen Hruby; 8/26 Andrew Leonard; 8/26 Ryan Warren; 8/27 Ken Tocha; 8/29 Michael Malaney; 8/30 Cheryl Lee-Pow



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:

Tim Dorr

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...).

2nd Annual Lake George Triathlon.

Hi there fellow Triathletes – We are spreading the word for the 2nd Annual Lake George Triathlon. The race is an Olympic distance race (.9mile swim, 24.8mile bike, 6.2mile run) taking place in Upstate New York (Lake George) on Sunday, September 2nd 2007. If

Each entrant will be entered to win a pair of Zipp 404's (your choice tubular or clincher). We will also be raffling off Rudy Project Helmets and Sunglasses. The overall winner (male & female) will receive handmade trophies as well as best splits for male and female. Please visit www.adktri.org for more information on the race and lodging. Space is limited, sign up on www.active.com now. If you have questions, please email LGtriathlon@hotmail.com.

Lake George is located 3 hrs north of New York City, 4 hours from Boston and 1 hr north of Albany, NY and 20 minutes north of Saratoga Springs. Hope to see you there...

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, we have a job for you. We are looking for someone who can help out with an occasional story or article. It could be a focus on an area business catering to the triathlon world, your expereineces in the multi sport 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...

Mark's Remarks - con't from pg 2

better but should have realized what ever little ailment was in me was still lurking. Sure enough about 45 miles into the bike the energy just vanished. I guess the point is this, how could I expect to have a good race given the fact I didn't feel to good the day before, had to get up at 3:00am, and was racing on a hilly course when most of my training was done on the flats. If I was smart I would have tempered my expectations to something more realistic. Had I taken this advice I probably would have avoided a whole lot of self loathing.

Remember that there are more races in the future: This is probably the most important fact. If you have a bad race don't dwell on it. Shake it off and start train-

ing for the next race. In my case, my next race was the Wilson Wet & Wild. In this race, I placed 19th out of 123 finishers. Took third in my age group (OK there were not a ton of folks in my age group), shaved 5 minutes off of last years time and pretty much achieved all the little goals I had for myself in the race. Point is as much as bad races stink; good races might be just around the corner.

Perspective: At the end of the day triathlons for most of us (if not all of us) in the club are strictly just a hobby. In recent memory we have had a bridge collapse, execution style shootings, more blood shed in Iraq and a mine cave in. These my friend are bad days. Next time

you feel a little sorry for yourself (as did I) remember what a bad day really is.

In closing, I wish nothing but good races for you in the future but if by chance a bad race finds you try not to worry about it. As the bumper sticker says "Stuff Happens". If you have a bad race don't dwell on it, use a little perspective, pick up the pieces, see if there is anything you can learn from it and start focusing on your next race. It will do your psyche a lot of good!

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

Mark

"Quote of the Month"

"If we don't change the direction we're going, we're likely to end up where we're headed."

Chinese Proverb



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!

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

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...**

Check it Out - By Kei Riley



Kei

I know it's getting near the end of our all too short tri season here in WNY, but there's no time like the present to assess how things are going and think about next year's goals. Triathlon Training by Michael Finch offers a full gamut of triathlon information, tips, and training guides. The first and last few chapters are mostly full of information for newbies- general information, inspirational biographies, equipment overviews, and what to expect on race

day. Chapter 3 gets into the nuts and bolts of technique and training (including drills, and who doesn't like to add a little variety and new drills to their workout?) with sections dedicated to strength training, swimming, biking, (no drills or workout), running (no drills or workout), stretching, and transitions. The book offers 6 different training programs from beginner sprints to experienced triathlete Ironman programs. The beginner programs can also be found at www.trinewbies.com The shortest program listed is 8 weeks. I skipped the section on nutrition because creatine, flavonoids, vitamins, oats, and gram counting sounded much more demanding than my normal diet of chocolate, ice cream, and wine. There is a limit to what I'm willing to do... This book features a nice section on some of the more common overuse injuries experi-

enced by triathletes, and good advice on how to deal with triathlons little aches and pains. The long and short of it is that I give Triathlon Training a big DTU (double thumbs up) for newbies and for people who have been tri-ing for a couple years but are looking to improve times or to go longer distances.

Train safe and have fun!

K



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

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 three folks doing the Ironman, and at least one member doing the intermediate distance.

If interested please contact me for more details at newsletter@buffalotriathlon.com