

Quick Transitions

Mark's Final Remarks - Mark St. George Editor

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The Editor heads out on the marathon at the Ironman in Montreal.

This edition of the BTC "Quick Transitions" will mark my last edition as the editor. It was a tough decision to give it up but I hope a good one for my family and me. The down and dirty on the decision is simple. I wanted to simplify my life and have more time for my family. In the end it's about saying no to a few things in your life so you have a little more down time and a little less stress.

I have really enjoyed being the editor for this newsletter. It helped give me better insight into the club and also

helped me make a lot of new friends. It also gave me a creative outlet which I really enjoyed, but at the same time it was one more item on my ever growing list of things to do and thus the decision to step down.

My goal when I took over the editor's job was simple, to create a newsletter that folks enjoyed reading, hi-light a few members of the club each month in hopes of getting people to know each other a little better and maybe add few bits of information each month that might help make you a better triathlete. To that degree I think I succeeded.

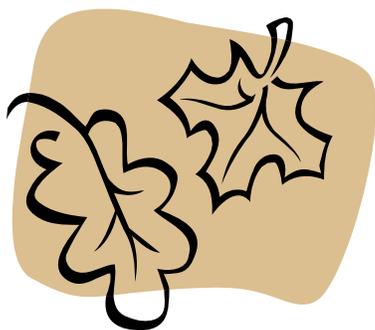
Going forward Warren Hale will be taking over the duties as editor. At this point I am not sure what his plans are for the direction of the newsletter. As the new editor it will be up to him but I wish him the best of luck.

In closing, I thank all of you that have helped, gave me advice on how to improve the newsletter,

contributed articles or volunteered to be featured in our member spotlight. Without it the newsletter would have been pretty boring. In particular, I would like to personally thank Joe Niezgoda, Frank Cerny and Rob Sobon for their regular contributions. Their time and efforts are greatly appreciated and their contributions added much to the newsletter. I wish Warren good luck and great success with taking over the reigns as editor and please know that I am there if you need advice with the newsletter or help with an article. With that I'll wish all of you good luck with your training in the off-season and most of all:

Train hard, be safe and have some fun...

Mark



Road Trip Montreal - By Mark St. George



***The Three Amigos in Montreal...
(Kellie, Eric and Mark)***

Back in the January newsletter I spoke of tapping into the cosmic forces of the universe to see where it took me, and talk of a possible late season ironman. Fast forward to today and it appears the cosmic forces of the universe took me to Montreal for the Esprit Ironman on September 15th, 2007.

Joining me on this journey was fellow BTC members Eric Brouillard, Kellie Trybalski, and Joe and Paula Pautler. Filling out the group were a few spouses and a bunch of kids to make quite the gaggle of BTC members and fans. Kellie, Eric and I were set on doing the Ironman distance race and Joe tagged along to do the Olympic distance race and also to lend support before and after his race to the folks running the long course...

Without getting into much detail on the race Eric and Kellie had very impressive races. My wife videotaped Eric and as he neared the finish of the race. He looked like a guy on a three mile jog not a guy near the end of an ironman.

It is actually scary how fresh he looked. Maybe I'll have to bust on him for not pushing hard enough! I was actually very impressed with Kellie and her performance. Typically I'll beat Kellie pretty soundly in a short course event. She whopped me in the long course. No excuses. I saw her quite a few times throughout the day. She looked solid each time. It was her first attempt at an ironman and she should be than more than proud of her performance. As for me, I was pretty much on target for my goal until mile 17 of the marathon. Somewhere around then my ankle gave out and I ended up having to go the last nine miles on a bum ankle. The last four miles or so were excruciating. On the bright side, X rays the next day indicating no stress fractures or breaks.

Here are some random thoughts on the experience...

Perspective: We got up hours before dawn, swam 2.4 miles, biked 112 miles in a cold driving rain and then ran a marathon. (for me it was more like run 17 miles and then hobble 9 miles on a sprained ankle). This might make you feel pretty tough but the reality is that this really just scratches the surface of human physical and emotional endurance. As much as we "Ironman" should all be proud of our accomplishments we really

must remember we only had to suck it up for a day. I couldn't help feel that this really isn't such a big deal after watching Ken Burn's "The War" a week or so after my race. The men who stormed the beaches of Normandy and Iwo Jima and then stayed in a constant state of battle for the next few months are "Ironman". We, my friends, just needed to hold on for a day and then head back to our hotels, our 250 count cotton sheets and room service. Our Ironman experience can't compare to the good soldiers of WW II and for that matter any other war...

Friends: Probably the best thing out of the whole day was doing it with friends. Having my good friend Eric out there on the course all day was nice. Running with Kellie for a few miles was a welcome relief to the boredom. The fact that Joe and Paula Pautler stayed to the end even though my pace had dropped to about 22 minutes a mile near the end didn't go unnoticed. I told them to go on back to the hotel with about 6 miles to go. They looked me in the eye and said, "heck no were staying to the end." The fact that they stayed meant more to me than they'll ever know...

Road Trip Montreal - Con't from pg. 2

Karyn: I couldn't have done this without my wife. First she gave me the time and space to train for this event. Sure she got a little annoyed at times but always was supportive of my efforts. More importantly on race day when the sh*t was hitting the fan with my ankle, she was there giving me all the quiet support a spouse could give. I was really glad she was there and I am lucky man to have her.

Hardest Thing about the

Whole Event: The hardest thing I think in an ironman is to decide to do one. For me, I made sure I told folks about it. This way I had no choice but to go through with it.

Easier than expected: I still remember my first Turkey Trot and thinking to myself that I can't believe folks run another 21 miles for a marathon. After my first marathon I couldn't believe folks were out there swimming 2.4 miles and riding a bike over 100 miles before doing a marathon. It seemed incomprehensible. The funny thing is if you train properly and race within yourself you'll be shocked that it's not as hard as you think.

Be Prepared: It's a long day and a lot of things can go wrong. Best advice. **Don't panic and keep moving for-**

ward. For all of us the bike course was cold, windy with a driving rain. For me, I had ankle problems on the run. For some others, they had bike crashes. At the end of the day it's a long event so don't be shocked if something goes wrong. The key is to just keep going...



The Editor's ankle that night. I'm not a doctor but that can't be good...

Enough of my ramblings but I'll leave you with this...

After the race Joe and Paula Pautler helped my wife clean up my transition area and load my bike up on the car. When I got back to the hotel room I skipped the customary high carb drink in favor of a double Bombay Sapphire on the rocks with a twist ordered from room service. As I waited for my drink, sitting alone in my hotel room while my ankle screamed in pain and my body shivered I thought back to the first time I had ever heard of this whole Ironman thing. The memory is still clear as if it happened yesterday. It was 1982 and I was just an 18 year old

kid watching Wide World of Sports eating some Cap'n Crunch Crunch Berries on a Saturday afternoon. As I watched they highlighted some crazy race in Hawaii where the folks swam 2 plus miles, biked over a hundred and then ran a marathon. I remembered thinking that these people were "F-EN" nuts. Then when Julie Moss started losing control of her bodily functions I no longer "thought" these people were nuts I "knew" it.

When the pain and shivering brought me back from the vivid memory of a day long since past, I realized that I too had joined the ranks of these nuts. I had every excuse not to do one (bad knee, a baby, some teenagers, a busy job, etc) but I choose not make an excuse and chose to go out there and go for it. There is a good chance that I won't do another one. Lots of other things on Life's Checklist to try. But on this cold and rainy September day in Montreal Canada running along side some great friends and with the support of an even better wife I had what it took to go the distance. Sure it was far from pretty, and in fact it was down right ugly at the end, but I did it and that's all that counts on your first one. So as I finish up this piece a little smile crosses my face knowing that deep down that I too am now an Ironman. (Ok, maybe it's more little more like a Rusted Ironman...)

BTC Birthdays for September & October

9/1 Teena Clark, 9/7 Ryan McCorkle, 9/15 Joelle Mann, 9/16 Dean Hitchcock,
9/16 Jeff Tracy, 9/17 Michael Mazzara, 9/19 Karl Kozlowski, 9/22 Thomas Kandefer,
9/23 Timothy Galvin, 9/24 Robert Giardini, 9/26 Ken Kuriscak, 9/29 Patricia McManus

10/2 John Wozniak, 10/2 Garrett Speller, 10/3 Marty Munson, 10/4 Robert Sobon,
10/7 Anthony Garrow, 10/8 Julia Reilly, 10/8 Gary Grant, 10/9 Joanne York,
10/14 Kathleen Contrino 10/16 Maureen Reilly, 10/21 Peter Trabold,
10/23 James Class Jr, 10/26 Elek Clark



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:

Jacob Frasier
Jerry Bowe
Tim Dorr
Leah Chesko
J. Antonio Garcia
Meir Wetzler
Charles Watson

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 - "Taper Time" - By Robert Sobon



Robert gets ready for a time trial.

Ah, the taper. That psychological and physiological nexus of strangeness. That is where I am as I type this. It is a time when one is supposed to rest and enjoy all of the hard work and all of the miles that you have completed. However, it can also be a time of restlessness and self doubt. Have I done enough? Am I ready? What if I am not? One must always remember that you have worked hard, prepared well and will be ready when you get to the start line. Now is the

time to really believe in your self. For me, this means a lot of positive visualizations.

In my last installment I spoke of possible equipment changes. Well here is what was decided upon. I did procure a new crank – a Dura Ace. This was in place of a carbon FSA crank for the simple reason that the Dura Ace does not suffer from the reliability issues that the FSA does. Not only did the crank change, but the length on my crank arm went from 175 mm to 172.5 mm. As a result, my saddle height was adjusted to compensate. Speaking of saddle, I did not change to a carbon seat post. After a cost/benefit analysis, it did not make sense. The other major change is in wheels. I will be foregoing my Bontrager Aeolus 6.5's in favor of Bontrager XXX Light wheels with Vittoria CX tires. The XXX

Light's are 800 grams less in weight for the pair. They are very light and very stiff. The Vittoria's are a great tubular that is a bit grippy in their tread pattern. This has proven to a psychological benefit for me on the long training climbs I have completed.

At this point, I have done all I can do in terms of both training and equipment choices. All that is left is to arrive at the start line for the American Zofingen on October 12th ready to leave everything I have in me on the course and enjoy the day. As always, if anyone has any questions or comments, please let me know.

WANTED!!!!

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 we 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 the editor at newsletter@buffalotriathlonclub.com. We will send you the questionnaire.

Member Spotlight on Brian Montanaro

Name: Brian Montanaro

Age or Age Group: 24

Occupation: I work at Fisher-Price.

Hometown: Originally from Syracuse, NY. I now reside in Orchard Park, NY



Brian gets ready to race...

Family: I am a newlywed (September 1st, 2007). My wife's name is Ashley Montanaro. And to make things a little more confusing I have a younger sister whose name is also Ashley. My older brother Chris is a fellow Ironman.

Pets: None, although I will have a dog someday.

Member of the BTC since: Spring 07

Goal(s): I plan to kick-off the 2008 racing season with the Tour de Palm Springs with my wife (100 mile bike). Then I plan on racing the Musselman and Steelhead 70.3 in Michigan as my two main A races. I'm also toying with doing Ironman Florida at the end of the year. I also plan on doing many Sprint and Olympic distance races with fellow BTC Members.

Greatest accomplishments:

- Living everyday of my life to the fullest!
- Becoming a published author!
- Finished my first endurance event (Eagleman Ironman 70.3; June 10th, 2007)

Personal Records:

- Pretty much broke every basketball record at Daemen College.
- Considering the Eagleman 70.3 was my first endurance race ever, and the swim portion of the race was my first open water swim ever (I will definitely do more open water swimming for next season) I was pleased with my 33 minute finish.
- 17:57 3-mile time trial run with a friend (If I could only keep up that pace for more than 3 miles)

Typical training schedule for the week:

- I am going to start swimming twice a week with the Orchard Park master's.
- One long run and one long bike a week. I always try to get one bike-run brick in.
- The rest of the days are filled with bike and run workouts. I also do core strengthening with a physio-ball 3-4 times a week.

Favorite event of a triathlon:

The bike. Being a 6'4" 220 lbs athlete, I have a lot of strength in my legs to generate power on the bike. I just have to be sure to save something for the

run.

Favorite Organized Event?:

Even though I haven't raced it yet, just being there and watching my brother finish Ironman Lake Placid was an amazing experience. I was shocked to see how many people were there racing and spectating. I actually thought I was going to be bored standing around all day; instead I was drawn into the sport and have been running full steam ahead since.

Why did you join the BTC:

Being new to endurance sports I wanted to surround myself with fellow dreamers. Coming from a background in competitive basketball, triathlon is not a logical progression. I have the passion to push my body to the limits and want to be around like minded visionaries.



Brian and his wife Ashley

Music In my "I-Pod":

Everything; rap, hip-hop, rock, Metallica, and even have some country and classical in my cool down playlist. Although, "I Can Only Imagine" by Mercy Me is every fourth song in my I-pod.

Favorite food and drink:

My favorite drink is easy, water,

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water, and more water please. Favorite food is a toss-up between a nice thick steak and bacon. Regardless, I love meat. For dessert it would have to involve apples; homemade apple sauce or apple pie (without adding any extra sugars of course, apples are already sweet enough).

Favorite Movie:

I am too much of a movie buff to have just one. I can break it down into categories though:

Comedy: My Cousin Vinny

Suspense: Dragonfly

Action: Rambo First Blood

Drama: Rocky IV

Sci-Fi: The first Matrix

Other: Pool Hall Junkies

I am currently reading?:

Every leadership book you could think of for my master's degree. I also just finished and enjoyed "*The Perfect Distance: Training for Long-Course Triathlon*" by Tom Rogers.

Best Tri Advice you ever received:

Focus on your core!

Favorite quote:

"*The universe is not to be narrowed down to the limits of our understanding... rather our understanding must be stretched and enlarged to take in the universe as it is discovered*" - Francis Bacon

What / who inspires you:

Anyone who pushes themselves to the limits. I love watching people overcome challenges when no one believes it's possible.

An Author Amongst Us...



The Cover of "On The Ball Fitness" by Brian Montanaro

Brian Montanaro graduated with a Bachelor of Science degree in Health Care Studies from Daemen College. He graduated with a dual concentration in Health and Fitness Training and Complemen-

tary and Alternative Health Care Practices. While at Daemen College, he played collegiate basketball for four years and was named the American Mid-East Conference Player of the Year and was also named 3rd Team All-American.

Brian is a former Collegiate Basketball Coach of Daemen College and is currently finishing his master's degree in Executive Leadership and Change at Daemen College. He is also the author of the highly anticipated book "*On The Ball Fitness*." Here is what others have to say about it:

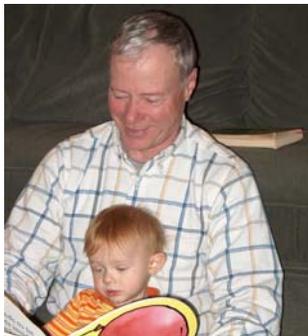
"This is a great exercise book for all levels! Mr. Montanaro describes each exercise in detail along with pictures and basic technique tips. The exercise ball is key for core strengthening, upper/lower body conditioning, and balance. A great full-body workout!"

"On The Ball Fitness is a concise, pragmatic, well-organized addition to any workout library. I have already provided out-physical therapy staff with copies and would readily recommend the book to my patients. The author should be commended for his exhaustive, instructional approach, which is tied together with the suggested routines at the conclusion of the test"

Michael A. Parentis - Sports and foot and ankle fellowship trained orthopedic surgeon Buffalo, NY

"Pre-sale copies can now be purchased through Brian Montanaro, or the publishing company's website (tatepublishing.com) The book will debut in stores and online (Borders, Barnes and Nobles, amazon.com...) sometime before Christmas. To purchase your copy today, contact Brian at bmontana@daemen.edu

The Doctor is In... By Frank Cerny, Ph.D.



The Doc reading medical journals...

In the past several months I have presented information on metabolism (oxidative/aerobic versus non-oxidative/anaerobic) and muscle fiber types (Type I or aerobic/oxidative, Type IIb or anaerobic/glycolytic, and "intermediate" Type IIa or both oxidative/glycolytic). This month I am going to try to put some of this together. For some readers this may become technical beyond what you need, or want, to know. My hope is that many of you will begin to get a gut-level appreciation of what you are doing, physiologically, when you train and you will train more intelligently.

Your predominant muscle fiber type determines to a large extent what your metabolic capability will be. If you predominate in Type I fibers you will have a high VO_2 max, will perform best in endurance activities and will likely gravitate toward this kind of competition and training. If you predominate in Type IIb fibers you will have a lower VO_2 max and will gravitate toward sprint activi-

ties. People who predominate at either of these ends of the spectrum usually differentiate into good athletes early in life. Their high aerobic or sprint capacity will help them excel. At the risk of insulting some in this readership, I am going to suggest that most of you have a predominance of Type IIa with a tendency toward slightly greater aerobic or anaerobic capabilities. This means that you can be competitive over a broad range of activities – if you train right.

The good news is that these fibers are very responsive to training. In one of my earlier columns I suggested that you needed to understand metabolism to optimize your training. Now you should be able to see that an extension of this is that your training needs to take the metabolic capability available through your fiber type and optimize that. That is pretty easy for those elite people mentioned above; if you have a high percentage of Type I fibers you optimize the oxidative or aerobic capability of those fibers and win the Olympics!

For the rest of us, we need to not only work to enhance the oxidative capacity of the oxidative part of our Type IIa fibers but also work hard to try to shift the non-oxidative capabilities of those fibers toward greater oxidative capacity if we want to compete in events that last more than an hour – the triathlon. In other words – we need to pay very close attention to a good mix of long, endurance workouts as well as some intense 30 minute or so

"cruise" workouts that will strain the non-oxidative fibers. If you want to really push those non-oxidative fibers toward oxidation you need to design some work outs that will deplete the aerobic metabolic apparatus and then push farther. This will stimulate the aerobic apparatus in these fibers as they are recruited. If you stop when you simply feel tired, those non-oxidative fibers will become less trained.

Complex, right? Yes, and not everyone will need to understand all of this to enjoy training and participating in triathlons. It is important to recognize that you can shift the metabolic, and thus the performance, characteristics by over 20% . So get out there and train those fibers.

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!