

Nov/ Dec 2007

Issue 102

Quick Transitions

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BTC Newsletter in Transition



Watch for a new newsletter January 1st ! There will be a whole new format to the newsletter layout as there is a new newsletter editor. As always, articles are always in demand and can be submitted to Newsletter@BuffaloTriathlonClub.com

Is there a future for the Fall Frolic ?



Rich Clark, BTC member and Score-This executive, spoke at the November BTC meeting regarding the future of the Fall Frolic. Rich informed the Club that Score-This has been taking financial losses running the Buffalo Triathlon Club's Fall Frolic Triathlon. For years, Score-This has been providing discounted pricing for practically running the Club's race. Score-This is willing to provide timing for the race but is hesitant to manage the race in its entirety.

After years of requesting volunteer help from the Buffalo Triathlon Club and insufficient volunteers coming forward, it is not overly surprising this situation has arose. Score-This typically has to use race profits to donate to local organizations to get them to provide volunteers for the race.

So what will it take to save the Fall Frolic. Well, a Race Director would be the first step, a swim, bike, and run course captains, safety director, volunteers for pre-race set up, post-race tear down, and a lot of volunteers on race day to

do all tasks associated with running a safe triathlon. Is the Club willing to step up to the task?

Past profits from the race have been shared between the Buffalo Triathlon Club and Camp Kenan, the host to the race site. With the loss of the Fall Frolic Triathlon, the Club would rely solely upon membership dues to fund any expenditures.

Action to save the Fall Frolic is required almost immediately as Score-This is currently preparing its publications, mailings, and website for the 2008 race season. Contact your Club President and let him know you want to get involved.



Area Triathlon Seminar ???

Would you like to see a local Triathlon Seminar and Clinic. Talk of one was brought up by Rich Clark at the November Club meeting at Danforth. The possibility of bringing area coaches and vendors to come together for a half day event to speak about things including nutrition, training, technique, transition, equipment, and whatever else may interest you. This sounds like a great opportunity for new triathletes as well as veterans. If this sounds good to you, then why not make it happen. Things like this don't happen overnight and not by the hard work of 1 or 2 people.

Help is needed to make this happen. An organizational meeting has been set for Thursday, December 6th, 6:30pm at Moe's Restaurant on Niagara Falls Blvd in Amherst. The goal is to have this happen in the first quarter of 2008.

Moes Restaurant: 1551 Niagara Falls Blvd just south of the NYS 290 on the east side of the road between Barnes & Noble and Swiss Chalet. A place I call the Subway of Mighty Taco's. Good stuff!

2008 Banquet Date Set

The Buffalo Triathlon Club Annual Banquet is set for Saturday January 26th from 6-9pm at the Pearl Street Grill in Buffalo. Guest speaker Owen Anderson. More information to come!



Bella Day Spa
December 7th, 2007
5pm-9pm

Bella Day Spa and the Buffalo Triathlon Club

Are Sponsoring our Second Annual Toys for Tots!

Come enjoy food from Buffalo Street Grille and wine tasting by Biehler's Village Square Liquors.

Please bring any New unwrapped gift to donate, we will have a Chinese auction where various items can be won!



All proceeds benefit Toys for Tots!
So come enjoy a social night with friends
and help those in need, during this special time of year!



84 Lake Street Hamburg, NY 14075 716-648-2481 BellaDaySpa@verizon.net

Nominations / Elections for BTC Executives

Yes, election season isn't quite over yet. Annual nominations for BTC office are under way. If you are interested in running for one of the four executive board positions (President, Vice President, Treasurer, or Secretary) or would like to nominate someone for a position (please be sure they are willing to accept your nomination) send an email to the Election Coordinator Chris Ankrum (chrisankrum@yahoo.com).

All offices are open for nomination. President John Pepke and Treasurer Warren Hale have given notice that they are not interested in running for their current offices.

Nominations will be collected through December 3rd. Nominees will be placed on a paper ballot which will be mailed to the members for voting. Please vote and then return the ballots to Chris Ankrum using the envelope provided with the ballot.

We need to have the ballots to Chris no later than Jan. 15th so the results can be tabulated in time for the Banquet. Remember, this will set in motion the Club's future for the upcoming year. You have a say in what your Club is doing.

2008 Gold's Gym / BTC 12 Hour Spin-A-Thon

The Buffalo 12-hr Spin-A-thon will be held from 8am-8pm on Saturday February 9th at Gold's Gym in Cheektowaga. Copies of applications can be obtained on the BTC website and mailed in. You can participate as part of a team or as a solo rider.

The registration fee is \$15 prior to January 3rd, and \$25 after January 3rd. In addition to the registration fee, participants are encouraged to collect pledges in order to be eligible to win prizes. All proceeds from the Spin-A-Thon will benefit the American Cancer Society.

Spin-A-Thon bikes are available on a "first come, first served" basis. Participants may bring their own bikes and trainers (rollers are not allowed). Participants that plan on riding numerous hours need to bring enough fuel with them to sustain their session. There will be movies, music, and a spinning instructor available throughout the event.

In addition to participants, they are also in need of volunteers to help out at the registration table. If you can help out a couple of hours, please contact them.

Gold's Gym,
the Buffalo Triathlon Club
and  present...
SCORE-THIS!!!

**The Buffalo 12 Hour
SpinAthon**



proceeds benefiting
The American Cancer Society
February 9th, 2008 8am-8pm

Questions and requests for additional information should be directed to Karen at 716-689-6982 x112.

Gold's Gym 770 Wherle Drive Cheektowaga, NY 14225

BTC Birthdays for November and December

11/3 David Lillie, 11/3 Alan Jaenecke, 11/4 Joseph Priore, 11/4 David MacPhee,
11/13 Polina Strauss, 11/21 Theodore Lipa, 11/24 Kelly Joyce



12/1 Meir Wetzler, 12/4 Andrew Thomas, 12/5 Charles Everett, 12/7 Lily Clark, 12/19 Cynthia Ferrelli,
12/20 Leah Chesko, 12/20 Gene 'Flash' Baran, 12/24 Jessica Shand, 12/25 Justin Adamek, 12/26 Bob Chmielewski,
12/26 John Fuhrman, 12/26 Michael Cole

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:

Emily DiMaria

**Teresa, Beck,
& Maggie O'Connor**

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C/O Warren Hale - Editor

newsletter@buffalotriathlonclub.com

[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