



QUICK TRANSITIONS

JANUARY 2008



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CLUB BANQUET FEATURING OWEN ANDERSON

The Buffalo Triathlon Club Annual banquet is scheduled for this month at Pearl Street Grill and Brewery, 76 Pearl Street, Buffalo. The Annual banquet is the time when the Club welcomes the incoming Executive board and says farewell to the outgoing officers.

Also on the agenda is the Annual Brick Awards. Members who raced in the timed Brick events built up points in their age group. The more you race, the more points you receive. Perhaps we should consider awarding points based on the number of people you beat in your age group at each timed event, similar to the point system used in the Score-This Race series. Got a spreadsheet for that one Joe?

The featured guest speaker for the Banquet is Owen Anderson. Owen is the editor of *Running Research News*, *Cycling Research News*, *Swimming Research News*, and *Weight-Loss Research*, editor of a weekly, electronic newsletter, *The Training Update*, author of three books - Lactate Lift-Off, Great Workouts for Popular Races, and Aurora.

Owen is the developer of the "neural system" for training runners, a program which de-emphasizes training volume, focuses intently on high-quality workouts, and has as its goals the expansion of maximal running speed and the optimization of running-specific strength and coordination.

Deadline for purchasing tickets for the Annual Banquet is January 19th. More information on the banquet can be found on the BTC website. Reservation form can be found on page 9. Reservations are on a first come-first serve basis. The banquet is open to non-BTC members. Don't be left out when the banquet sells out.

A Sunday morning run with Owen is currently being planned. Keep your eye out for more information on the BTC Yahoo Group!



Banquet guest speaker, Owen Anderson, PhD

WHO IS YOUR NEW BTC EXECUTIVE BOARD

The new year is upon us, and soon will be your new BTC Executive Board. Leaving your executive board is John Pepke (president) and Warren Hale (treasurer). Candidates for the offices were as follows. .



Bob Sobon
for President



Theresa Palmieri
for Vice President



Tony Garrow
for Treasurer



Eric Brouillard
for Treasurer and
Secretary

NEW NEWSLETTER EDITOR

Fascination for paper moves your former BTC treasurer from handling your green paper to your monthly paper. So now instead of sending me 'paper', I will be sending it to you.

Since joining the BTC a few years ago, I have been interested in publishing your monthly newsletter. Unfortunately, when Andrew Moynihan retired as the Newsletter Editor, I was already working as the Club's Treasurer and was not interested in 2 jobs.

My goal as your new editor is to have your newsletter out to you on the 1st of the month. It's a big, bold goal, but aren't most of our goals pretty bold in the world of Multisports? Remember, this is YOUR newsletter. I will publish what YOU PUT IN. If I have no submissions, you will see a pretty light newsletter that month. Content has always been the challenge for the editor. If you have an idea for an article you don't necessarily have to write the article. Between your idea and another person's pen, your idea can get published to benefit all the Club members.

Articles, ideas, and submissions can be emailed to 'newsletter@BuffaloTriathlonClub.com'.



Your Newsletter Editor,
Warren Hale

IRONMAN PACKET PICKUP RULE CHANGE

NA Sports, the corporation responsible for running multiple Ironman races in the United States, announced that there will no longer be race packet pickup on the day before the race.

Athletes will be able to pick up their race packets on Thursday and Friday before the race, not on Saturday. Ironman Florida, which races on Saturday, will have packet pick ups on Wednesday and Thursday. Keep this in mind if you are an athlete for the 2008 Ironman races. Like you need another detail to worry about besides the race itself.

Affected Races:

- Ford Ironman Arizona
- Ford Ironman Coeur d'Alene
- Ford Ironman USA
- Subaru Ironman Canada
- Ford Ironman Wisconsin
- Ford Ironman Florida
- Ford Ironman Arizona

**"Failure is not
about insecurity'
It's about lack of
execution"**

-Jeffrey Gitomer

TRIATHLON SEMINAR POSTPONED

A number of people showed up for discussions on putting together an area triathlon seminar. The hopes were to find enough people to get the project rolling and have the event take place this spring. After discussions amongst those present it was decided that with the holidays and the short timeframe to put one together that the seminar will come to life in 2009. If you are interested in helping organize the event and weren't able to make it to the meeting, contact rich@Score-This.com.

IRONMAN HAWAII PARTY A SUCCESS

Thanks to Joanne York for hosting a Ironman Hawaii viewing party at her house. A little motivation for her to get ready for her third appearance at Ironman Championships in Kona, Hawaii in 2008. Somehow Ironman Louisville 2007 race video seemed to be running on the TV non-stop. Especially after it was discovered that Rich Clark was in the background during the run portion.



Triathlon Junkies hover
around the television at
Joanne's Home

CADENCE KONA CHALLENGE FINALIST IS A BTC MEMBER

Cadence Cycling and Multisports Centers of Philadelphia and New York City announced a worldwide search for athletes of all levels for a try-out based competition at their Center in New York City. The ultimate goal? An all expense paid trip to Ford Ironman Lake Placid, with the ultimate goal of qualifying for Ironman World Championships in Kona.

One Hundred hand-picked athletes were invited to New York to compete in a two day involving an indoor swim test, cycling test, and run test. A panel cut the list down to three men and three women. The six would then receive a year of training from Cadence coaches, Cyfac bicycle, Zipp wheels, Vuka base bar, Suunto heart rate monitor, Zoot wetsuit, footwear, and apparel, as well as other goodies I would guess.

Beginning in the January issue of *Triathlete Magazine*, athletes stories, struggles, and victories will be published for their readers to enjoy. Ultimately, an online poll of Triathlete Magazine readers will select only 2 athletes to receive the all expense paid trip and compete in Ironman Lake Placid.

Yes, it's true. One of our Club members was fortunate enough to be selected as 1 of the 100. What an honor. But wait, they were also selected as one of the final six athletes! Yes, you will be reading about local triathlete Mary Lou Hoffman. Who is Mary Lou? Well let's find out.....

BTC: How did you hear about the Challenge?

It was advertised in Triathlete Magazine

BTC: How did you enter?

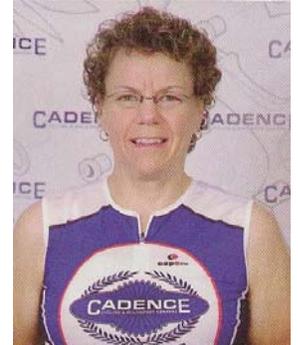
I gave it to a friend of mine that I train with for her to enter and we kind of talked about it along the lines of "If you do it, I'll do it." I didn't think she was all that interested, so I kind of forgot about it, until one day she told me she'd sent in her essay and application, so to put together mine and I emailed it in on the day it was due. She was chosen as an alternate, and I was selected in the first round of 100 to go to NYC. (I still feel kind of bad about that since she's way more of a true 'triathlete' than I am, not to mention a far better competitor. But she's been great about everything and loves that I'm in this and will continue to train with me. We both signed up for Ironman Florida in 2008).

BTC: Tell me about the try-outs in New York.

They had a reception, some welcoming speeches and a tour on Friday night. They had our schedule for 'waves' posted and on Saturday we did a 20 minute cycling time trial and a 12 minute run test on the treadmills in their field test room. Throughout the day you could talk to sponsors and also test out equipment, including Zoot wetsuits and do a session in their new "Endless Wave Pool." After the first round they were picking 5 male & 5 female to go through to the next day where they did some physiological testing (body fat % and blood lactate threshold), a swim stroke analysis in the wave pool and an interview with the judging panel.

BTC: They said the panel of judges would be 'world-renowned triathletes'. Can you comment on who was there?

I know I'm missing a few names, but from Cadence was Brian Walton (an Olympic Silver Medalist in Cycling among many other cycling and coaching honors) and Matt Heitmann who's also a nationally ranked time trialist. TJ Murphy and Cameron Elford of Triathlete Magazine (TJ's the editor) and the big name was Samantha McGlone, last year's 70.3 champion and she was just a week out from her 2nd place finish in Kona. All of these people were really great to talk to and learn from, as a novice, I wish I'd known more about them going into this, since I was only really familiar with Sam, and even though



Mary Lou Hoffman
Cadence Kona
Challenge Finalist

**" Only he who
can see the
invisible
can do the
impossible"
-Frank Gaines**



Mary Lou at the Argh! Time Trial
3rd place female overall

CADENCE KONA CHALLENGE CONT.

I'm a subscriber to Triathlete, I'd never paid a lot of attention to who wrote what.

BTC: Tell me about your competition in New York. (The other applicants in the challenge).

There were probably just shy of 100 participants and they were kind of all over the map in terms of their experience and level of expertise. Definitely a lot of Ironman triathletes and even some who've qualified for, and raced at, Kona. But a lot of us were also just starting out or came to it from other sports and for a variety of reasons. I can say everyone involved had an awesome time and the facilities there are top notch. The field test room is wired to the max and they have three video screens – one that displays everyone's heart rate when they walk in the room, and the other two were dedicated to displaying everyone's compu-trainer stats as we did the Time Trial.

I was pretty intimidated since a lot of these people were in top shape, as you can imagine, but all along we were told that it's not about the person who's the 'best' triathlete, but more about everyone's story and potential to be an Ironman. For my part, I can say that I had what they deemed the 'best' cycling time trial among the women – which they judged based average watts (I think mine was 259 – whatever that means – I'm still just learning about training based on power.) But beyond that my swimming and running leave a lot to be desired.

BTC: Sounds like you got some good swag for being selected as a finalist.

For just being one of the 100 we all got a nice Cadence/Zoot tri kit of shorts and top along with a Suunto heart rate monitor that was all preprogrammed for use in their field test room. The final six received a very nice package the big ticket item is the bike, a hand made Cyfac Le Mythique Time Trial bike with Zipp Vuka handle bars, Zipp 606 wheels and SRAM components. Nice! Also, sometime in December we're due to receive a lot of the other gear – a Zoot wetsuit, LAS helmets (time trial & road), the new Zoot triathlon sneakers, Sidi Triathlon cycling shoes and nutrition products from Enervit. Not bad. In addition we get the "Platinum" coaching package for 11 months from Cadence. And it was nice too, that as a 'consolation' prize they did provide 11 months of coaching to the other 4 who made it through to Sunday but who weren't chosen as finalists.

BTC: So where are you in your journey? What is your current training regimen?

As of today (first week in December) I've been working for the past 5 weeks with my assigned coach, Ryan Oelkers, out of Cadence Philadelphia. He's a triathlon coach with a strong cycling background. Cadence uses the Training Peaks online site to set up all my workouts and I do them and report back on how it went. I'm in email contact with Ryan several times a week and we probably talk about once a week. Right now were trying to nail down my event scheduled for 2008. The one nice thing for me is that I have family in Philadelphia and it's not that far, so I'm planning on going there about once a month for some long weekends and on-site training. I was just there last weekend and got in a 2 hour ride with Ryan, a one hour personal swim session with their Swim coach, Holden Comeau, along with a 3 hour group ride and then an indoor cycling session on the Compu-trainer, so it was definitely time well spent.

BTC: Are you finding it difficult to handle the whole experience and working it into your personal life?

This is definitely not something I ever thought I'd be doing. Up until they selected me I was pretty convinced I could never run a marathon, and while I had registered for a 70.3 event in 2008 (the Timberman), Ironman was never on my agenda – not next year, probably not ever. But these guys were great at motivating me and convincing me that I could do this. But I'm tough to convince that in, what 8-9 months time? that I'll be in a position to not only finish an Ironman, but to do it fast enough to qualify for Kona. That's just crazy.



Mary Lou and training partner Gulliver. Adding an extra 40lbs to the bike makes going up the hills easier :)

CADENCE KONA CHALLENGE CONT.

It's a little unnerving now too because the magazine just came out and we didn't really have any say as to what was written and there's one thing in my bio that I'm uneasy with, so that's a little tough emotionally – well not to mention having your photo in a national publication! As for the training, with the weather here in Buffalo that's starting to get a little challenging too. Plus the volume of workouts – I can only fit so much in before work – which is my typical schedule, but now I'm having to do more in the evenings, getting home late, eating late, not getting enough sleep – something I'm sure all the BTC triathletes are familiar with, but it's new to me and is going to take some getting use to!

BTC: What kind of race experience do you currently have?

I started in 2006 with some duathlons and sought out a swim instructor last winter. I'd never done any type of competitive swimming and didn't have a freestyle stroke to speak of. I learned a lot and was confident to take on triathlons last summer. Keuka was my first, but boy did I learn a lesson about open water swimming. I went into total panic mode about 20 seconds in ...I managed to finish but it was not pretty. Coming out of the water there I said to myself that it was "my first and last triathlon!" That lasted until I did the sprint distance at Evangola – if you recall that was a tough swim this year, so while my time stunk I actually managed to "swim" (as opposed the splashing around I did at Keuka!) and was happy to make it out of the water. Other than that I think I have two other tri's – one of the Subaru Series in Canada and then the crazy Formula 1 at the Summer Sizzler – I did that one mainly for the swim and transition practice – and that's it, and now next year I'm set to do a Half IM and could potentially do 2 Full IM's (Lake Placid & Florida) – I know what you're thinking, and yes I am scared sh..less! ;-)

BTC: What race plans do you have for 2008? Will we see you at local races?

I'm working with my coach now to set up a schedule. Cycling's my thing and there are events I've been doing for the past 3 years that I want to work in. In addition to some of the local charity rides. I'm a big supporter of the Ride for Roswell and this is my 3rd year on the planning committee. So I have events and commitments like that, that we're working around. As for races, well, I feel pretty strongly about wanting to go back and do Keuka right. And I'd like to think I can work in a lot of the Score-This series events, but I'm not sure at this point. The spring will have a half marathon and then my first ever full marathon in early May. There's some kind of vote that will happen through Triathlete Magazine that will decide whether or not I do IMLP. If not, then the Timberman will be my big summer event and IM Florida my A race for the year. And I'll be doing some Time Trials and road races as I can fit them in. Definitely a lot more structure to my schedule than I've had in previous years.

BTC: What is your age group?

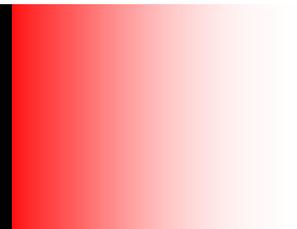
For next year I'll be moving up to the 45-49 age group, but from what I've seen, I think it's one of the most competitive age groups for women, certainly locally there's great triathletes in that age group, so that whole 'moving up' thing doesn't help me at all!

BTC: Where will we find you training? Will you be wearing any type of team jersey for the competition?

When I go to Philly, they expect me to ride outside – I'm not a fan of cold weather riding AT ALL. But I'm trying to get use to the idea and am going to try to do more winter riding outside here. I cross country ski too, so I'll work that in when I can. But since I'll be taking it indoors for the next few months I'll be spending an awful lot of time at the BAC. I mainly go to Boulevard (thank goodness they're done with the renovations) and do a lot of spinning between there, Eastern Hills, and the northtown women's clubs.



2006 Weight Watchers
Award Dinner
Mary Lou receives and
award and meets
Duchess of York
Sarah Furgeson



October 2007
Health Magazine
Mary Lou is 1 of 5
profiled in the magazine

CADENCE KONA CHALLENGE CONT.

And yeah, Cadence is my main, official sponsor (along with Cyfac, Zoot, Suunto, Sidi, Enervit, Ironman & Triathlete Magazine) so I'll be decked out in their gear.

BTC: Anything else you can think of?

On Saturday in NYC first TJ and then Sam did about an hour each of Q & A on Kona and their experiences (Well TJ more on just IM's and such) and they were great. Sam talked a lot about the transition in training from 70.3 to Ironman and how tough it was. Also about her strategy to run her race even when Chrissie Wellington blew by the other leaders on the bike, no one thought she'd be in it at the end, she also talked about her nutrition plan and 'training' .. great stuff. Afterwards about 15 to 20 of us did a 5 mile run along the river with Sam (her first workout since Kona) it was a great time. Sunday night Cadence also had a rooftop reception for all 10 of the people who made it through to Sunday, it was a great event and so much fun! – Sam and her husband and all the Cadence staff and a lot of the other judges and sponsor reps were there too, it was nice to socialize with them all.

Oh, also, the six of us have an online blog through triathletemag.com website and there'll be an ongoing piece in the magazine throughout 2008. http://www.triathletemag.com/Departments/Blogs/Tracking_the_Cadence_Kona_Challenge.htm

So, I loved the experience and the gear I got, but this training for an Ironman thing seems to be slightly less fun...but so far, so good!

BTC: Good Luck with training. I am sure we will all be pulling for you to get selected for Ironman Lake Placid. It is one of the favorite Ironman race spots for BTC athletes. And definitely good luck with qualifying for Kona!



Training ride pitstop
in East Aurora
Mary Lou with friends
Laura Favaro & Becky Ashare

"There are no
shortcuts to
life's greatest
achievements"

-Anonymous

GOLDS GYM/BTC BUFFALO 12HR SPIN-A-THON

January 4th at 5:30pm, Gold's Gym Williamsville is hosting a kick off party for the SpinAthon. There will be lots of prizes, giveaways, free entry to the event and it will be the last day you can register at the \$15.00 registration.

We will have bike set up for people who have never ridden before and would like to take part in the event as well.

We are still in need of volunteers to help with organizing the food, registration and set up on Saturday of the event (Feb 9th) Please contact me if you are interested in helping.

I am also putting together a "Team Louisville" Andy and I are hoping anyone doing Louisville would like to be on our team and we are putting out the challenge to any "Placid People" to do the same.

All proceeds benefit The American Cancer Society and the funds stay local!!

-Kara

Gold's Gym &
The Buffalo Triathlon Club
present...

**The Buffalo 12 Hour
SpinAthon**

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

FIGHT THE ELEMENTS AT THE LOCKPORT Y-10

The Lockport YMCA 10 mile running race, aka. The Y-10. This race isn't about a nice 5k jog in the park enjoying the summer sun, it's about a 10 mile run that can bring men and women to their knees. Now don't let me scare you. Those of us who have done it, respect it, love it, and always come back to do it again. It's one of those races you kinda brag about having done. The race itself is quite challenging. In the last mile to the end there is quite the uphill. And the weather? Well, it can be a beautiful sunny day with no wind, or a killer cold day with winds whipping over the top of the snow drifts on Herrington Rd. 2007 had 185 finishers with the top male finishing in just over one hour and top female finishing in 1:07. Race day is Saturday, February 9th at 11am. Start your cold weather training now! Be one of the proud finishers this year.

Also coming up in conjunction with the Y-10 is the Polar Bear 5k, Sunday February 24th. In the past, your race t-shirt was based upon whether you were able to beat a runner in a full bear suit! Applications available at the Lockport YMCA or online at www.Score-This.com



2007 Race photo of Herrington Road

Photo courtesy of Diane Sardes

TONY GARROW GETS A BIG GIFT FROM HIS FRIENDS

Steve Forrestal along with Jim Costello and Rich Clark ran a behind the scenes fundraiser via email and at Handlebars Cycling Company to purchase a new Trek Madone bicycle for Tony. Anyone who knows Tony knows how kind of a person he is. It broke many of his friends and family's hearts when he was diagnosed with Multiple Myeloma, a cancer of the plasma cell, an incurable but treatable disease. Tony is now in remission and given a clean bill of health. He has expressed an interest in bicycle racing and purchasing a new bicycle. And that is what set the wheels in motion.

Tony is registered for Ironman Wisconsin in 2008 and has other goals in mind for sure for the upcoming year.

Kudos to Steve, Jim, Rich, members of Checkers AC, Bond Lake AC, Buffalo Triathlon Club, and everyone who pulled together to make that day happen for Tony. If you were not contacted during the covert operations, don't feel left out. I am sure your friendship to Tony is good enough to him.



Tony is surprised at Handlebars as dozens of his friends come up from the hiding in the basement as he sits on what he will soon find out is his new TREK Madone

HAPPY NEW YEAR !!! TIME TO RENEW YOUR BTC MEMBERSHIP!

[JANUARY 2008]



S	M	TU	W	TH	FR	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SCHEDULE OF EVENTS

- 1/26 - BTC Banquet
- 1/27-14th Annual Penguin Run

HAPPY BIRTHDAY !!!



1/1 Diane Sardes, 1/1 Carlos Wallace, 1/1 Greg Murnock, 1/2 William Seyler, 1/11 Jacob Frasier, 1/11 Robert Siudzinski, 1/15 Nancy Gworek, 1/16 Melissa Hanson, 1/19 Patrick Reilly, 1/20 Kevin Mietlicki, 1/27 Warren Hale, 1/27 Maureen Kemeny, 1/27 Aaron Smith, 1/29 Marc Koester, 1/29 Jennifer Schaffstall, 1/31 Eric Brouillard

WELCOME NEW MEMBERS :))

Teresa, Beck, Maggie O'Connor, Patrick Capuson

BECOME A 'BTC' MEMBER TODAY !

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Membership Type: ___ Individual (\$25)
 (check one) ___ Family (\$35)
 ___ Associate (\$15)
 ___ Junior (\$15)

***Family** - persons related by blood or marriage residing at the same address. Each family member must complete an application.*

***Associate** - residence > 100 miles out of Buffalo area.*

***Junior** - Under 18 years of age.*

All BTC memberships expire at the end of the calendar year (i.e. December 31st) during which they were purchased. However, new memberships purchased after September 15th will automatically be carried over to the following year. Active memberships must be renewed by March 31st to avoid losing member privileges.

Acknowledgement, Waiver, & Release From Liability (AWRL)

I acknowledge that a triathlon or multisport/duathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS OR MULTISPORT/DUATHLONS. I certify that I am physically fit, have trained for participation in these events, and have not been advised otherwise by a qualified medical person.

I acknowledge that this AWRL form will be used by the Buffalo Triathlon Club, Inc. ("BTC") and the sponsors and organizers of all BTC activities. Activities being of a workout or low-key nature or a race format or just a social event. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assign as follows: a) WAIVE, RELEASE, DISCHARGE, and AGREE NOT TO SUE, for any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter accrue to me as a result of participation in, or my traveling to or from a BTC activity, THE FOLLOWING PERSONS OR ENTITIES: BTC, event sponsors, race directors, event producers, event volunteers, and all cities, counties, districts and/or states in which said events may be staged or in which segments of said events may be run and its (their) officers, directors, employees, representatives and agents and volunteers; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in the paragraph from any and all liabilities or claims made by individuals or entities as a result of my actions during BTC activities or events. I realize that most BTC activities are of a workout or social nature and no traffic control will be in place during the event or activity. I will be responsible for knowing and following all traffic laws while participating in, practicing for, or traveling to or from a BTC event or activity. I hereby consent to receive treatment in the event of my injury, accident, and/or illness during any BTC activity.

I CERTIFY THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER; I HAVE READ THIS DOCUMENT; AND UNDERSTAND ITS CONTENTS.

Signature: _____ Date: _____

Emergency Contact: _____ Phone: _____

If under eighteen (18) years of age, parent or guardian must sign waiver:

Signature: _____ Date: _____

Make checks payable to:
 Buffalo Triathlon Club
 c/o Warren Hale
 6822 Minnick Road
 Lockport, NY 14094

You are invited to attend the BTC annual banquet featuring guest speaker

Owen Anderson, PhD

Saturday, January 26, 2008

Pearl Street Grill and Brewery

76 Pearl Street

Buffalo, NY 14202

6pm - 9pm

Buffet Dinner

Cash bar

Awards for Thursday Night Brick Workouts

Welcome the 2008 BTC Executive Board

Guest Speaker Owen Anderson

\$ 40.00 per person/\$ 30.00 per person for BTC members

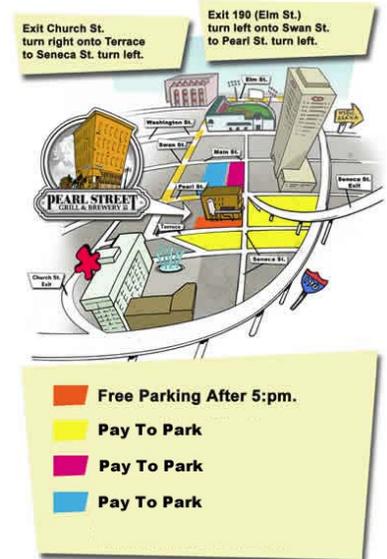
To register complete and mail the form below along with your check; for further

information contact Kathleen Karnath @ kkarnath@seagatealliance.com

If you are not already a BTC member and would like to be, membership applications can

be downloaded at

<http://buffalotriathlonclub.com/documents/application.pdf>



Buffalo Triathlon Club Annual Banquet

January 26, 2008

Pearl Street Grill

Name(s) _____

Street Address _____

City, State, Zip _____

Phone _____ Email _____

BTC Member (please circle) Yes No

(If BTC member and spouse attend, spouse is also eligible for \$30.00 registration)

Please send registration form and check made payable to Buffalo Triathlon Club to:

Kathleen Karnath

159 Wyeth Drive

Getzville, NY 14068

We are on the web !

www.BuffaloTriathlonClub.com

BUFFALO TRIATHLON CLUB



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L I F E I S S I M P L E :
S W I M - B I K E - R U N - E A T - S L E E P

The Buffalo Triathlon Club was founded in January of 1997, and has been growing ever since. The goal of the 'BTC' is to promote multisports (triathlon, duathlon, etc.) and bring people together for training, racing, and fun.

Whether you are a veteran of many races or someone who is just thinking about trying one, this Club is for you. We have members of all ages and skill levels, and the veterans are always eager to help out those that are new to the sport.

The Buffalo Triathlon Club is a non-profit organization, and contributes generously to various charities.

SUPPORT YOUR SPONSORS THAT SUPPORT YOU

