



QUICK TRANSITIONS

FEBRUARY 2008



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A NIGHT WITH FELLOW ATHLETES

Well, another BTC Annual Banquet has come and gone. This year's banquet moved to a new location, Pearl Street Grill, in downtown Buffalo. The banquet is always an enjoyable night. A night to visit with triathlon friends and their family without actually having to do a work out.

There were about 60 people in attendance this year. Guests were greeted at the door by the lovely Banquet Coordinator, Kathy Karnath. And who could miss the BTC cake on the other side of the entry way. The dinner was one of the more delicious dinners I have had at a banquet I believe. The banquet room was nice with all the bricks. Unfortunately, the upstairs bar area was next to the banquet room, which created a little extra noise in our banquet room. The guest speaker this year was Owen Anderson.

Owen shared his experience with visiting Kenya and informed members on research showing how some training and fueling methods used in the past and today may be a little outdated. Owen covered other topics including nutrition and high intensity training.

Joe Pautler was next up for the evening, awarding the 'brick' awards. Joe very eloquently described the 'Over 50' age group as the 'most experienced age group'. Very smooth..... Many of the Time Trial athletes were also the winners of the Bike/Run category as well. Congratulations to Nancy Gworek, Kathleen Contrino, Karen Michaels, Joanne York, Dennis Powell, Tim Chesko, Doug Bellus, and Joe Pautler.

Speaking of Nancy Gworek, she gave a wonderful speech before awarding the Club's Annual Spirit Award. Congratulations to Mary Casey as the recipient of the Award. After hearing Nancy's speech we were reminded of how we see Mary at practically every brick workout and many other BTC events, and how she never seems to give up when she gets out there. I think all of us who know Mary know that she is well deserving of the Spirit Award for the spirit that does seem to burn inside her.

A well deserved 'thank you' to Kathy Karnath and any behind the scenes helpers for putting together another successful banquet. I think it was great to try a new location. And with all those door prizes you were able to get for the banquet, I can't believe Jennifer or I didn't win. We'll try again next year :)



PRESIDENTIAL MESSAGE

It is with much anticipation that I type my first article for the newsletter as President of the Buffalo Triathlon Club. I hope to be able to follow in the footsteps of those who have come before me in representing you, the endurance athletes of Western New York. It is my hope that together, through our shared passions, we will be able to enrich the lives of others.

As we look ahead to the coming year, I would like to put forth some thoughts for all of us to ponder. First, the Fall Frolic. We are hairs away from losing our race. Do we, as the Buffalo Triathlon Club, want to see that happen? If not, then what are we prepared to do to ensure that it does not happen? Secondly, The Buffalo Triathlon, aka A Tri in the Buff. It appears that the race will be moved back to the city this year. Would it not be a great thing for the Buffalo Triathlon Club to come out in force to support the Buffalo Triathlon?

I welcome any and all questions, comments or suggestions at president@buffalotriathlonclub.com



Your 2008 BTC Executive Board

MEMBERSHIP STATISTICS

Last month a PDF file was sent out via the BTC Yahoo email group. Thank you to those who sent me corrections on their information. In case you were wondering what our membership statistics and demographics look like, they are as follows:

174 Individual Memberships, 19 Family Memberships, 5 associate members

228 Total Members: 151 Males 77 females

Youngest member: Lily Clark 1

Oldest Member: Robert Siudzinski 70

*Data based upon current membership file and the accuracy of data contained therein.

**“Be a first rate
version of
yourself, not a
second rate
version of
someone else”
-Judy Garland**

FIRST NEWSLETTER A SUCCESS

Thanks to everyone who emailed me about my first newsletter. I am glad so many enjoyed it. Hopefully I can keep things interesting every month. As I said before, coming up with ideas for the newsletter is always the challenging part. I am always looking for suggestions for things to put into the newsletter. If you have an idea, send me an email. I am guessing once the race season gets moving, coming up with things to put in the newsletter will get easier. Also if you have photos from races during the course of the year, email them to me and I can throw something into the newsletter with the photo. I hate to keep ‘borrowing’ pictures Diane Sardes takes at area running races. -Warren



BTC MEMBER LARRY LEWIS

This month in Quick transitions we introduce you to a long distance member. Many of us newer members have heard the name but don't know the man. I first heard of Larry when I went to watch Ironman USA in Lake Placid a few years back. I remember seeing a man from outside the western New York area racing proudly in a BTC jersey. I was impressed. I need to find out more about this guy. Larry is one heck of a guy, and I am not just talking about his athletic resume...

Tell me a little bit about yourself.

I currently reside in Brooklyn, New York with my wife Kathleen. Our daughter Larissa is in her senior year at Pepperdine University. I'm employed by Customs and Border Protection and currently am the Assistant Area Director, for Trade Operations in the New York/Newark Area. I started this long endurance endeavor in late 1982 as a quest to run the Boston Marathon in 1983 which I did as a bandit. I attended Orchard Park High School and graduated in 1975 along with my wife.

How did you come to be a BTC Member? I assume you lived in Western New York at some point?

I believe I noticed Rich Clark and a few other BTC members sporting caps at one of the Lake Placid Ironman races, I inquired, applied and thus have been a proud member of BTC.

So what is your athletic resume look like? (Races, athletic skills from school days?)

I played team sports throughout life, little league, basketball in high school and college, soccer in high school, I never did like distance running and certainly was not interested in being on the swim or cross country teams. I have attached a resume of races that I provided to the director of the Double Ironman held in Virginia. (Editor Note: It is a long impressive spreadsheet that included 30 Half Marathons, Sixteen 50ks, 65 Marathons, Four 6hr Runs (30+miles), Ten 50milers, Vermont 100miler, 5 Centuries, Bike Across NYS (6days, 453miles), 17 Half Ironmans, and 21 Ironmans.)

In the world of Triathlon, what do you consider to be your favorite event and least favorite event?

My favorite events in Triathlon are the Iron distance races, my first Ironman was in 1984, the Martha's Vineyard Endurance Triathlon (I still have the race results), Montreal Esprit Ironman and Lake Placid. My least favorite event is the Tupper Lake Tinman, the weather is never consistent and I had car troubles going to that race one year. The 2002 Lake Placid Ironman was the most memorable only because I ran the Vermont 100 mile race the week before. I remember on the second lap going out to Hazleton laughing hysterically, thinking it was a good idea at the time. I'm sure the other competitors were surprised and thought something was wrong with me, how could anyone be laughing that hard at that point of the race.

I met you briefly after the New York City Marathon in 2007. You said you were running home. Apparently 26.2 miles wasn't enough that day. How much farther did you run?

The 2007 NYC Marathon was my 25th consecutive NYC Marathon. I had been querying all that wanted to have input on something unique to commemorate my running of the 25th NYC Marathon. Well, running back to Brooklyn to a Marathon Party became the best idea, ultimately I ran back with 5 friends that



“ Some people strengthen the society just by being the kind of people they are”
-John Seman
Garns



Larry Lewis with Theres Palmieri after the 2007 NYC Marathon.

LARRY LEWIS CONT...

picked me up along the NYC Marathon route, running as close to the finish line with me as possible. We convened in the family reunion area and began our assault on the city, running down the West side bike path, the run back to Brooklyn was more exhilarating than the marathon. The additional mileage was 10 miles, and looking up at the Brooklyn Bridge knowing I was almost there was quite exciting.

I have been known to refer to you as the poster child for the BTC. I have seen your face in a couple Ironman Lake Placid videos and I am told your face has been in magazines as well. Some sporting BTC apparel. Is this true?

Yes, this is true, I even made the cover of the NYC Marathon magazine one year of all the people in the photo, I'm dead center. A photo was taken of me at the Boston Marathon one year sporting a beanie with a propeller. I was on the website of the Tupper Lake Tinman sporting my BTC jersey, I was in the race results program of the JFK 50 miler, I guess photographers just like what they see. Kathleen, Larissa and I were featured in the August 2005 Metro Sports New York Magazine in an article entitled "The Iron Family"

What does a typical week look like for you? Do you have the same dilemmas we all have balancing work, family, and fitness in one day?

A typical week looks like this; in the winter 3 swim workouts, a spin session (I own my own spinner.....love to watch sports while spinning), a couple of runs during the week. Weather permitting I ride my fix gear bike for a few hours on Saturday and a longer cycling session on Sunday. If the weather does not cooperate, I run on the weekends, I love to run the bridges in New York on Sunday morning. In the summer, bricks and long bike rides into New Jersey towards Bear Mountain a cycling haven. I'm also a member of the Major Taylor Ironriders cycling club.

Being a lean, mean, fighting machine I know you know health food. But c'mon, what is the kryptonite for Super Larry?

The kryptonite for Super Larry is "Stiff and Sore" muscle massage cream,. Search Kathleen Lewis on the web and you will see my wife has a line of skin care products. She produces Stiff and Sore after testing it on a few triathletes. Super Grande Burritos are my favorite along with those Buffalo Chicken Wings. Honey Stinger products work well for me.

What are your goals and race plans for 2008?

One of my goals in 2008 is to do a double Ironman, I will compete in the Boston, LA and NYC Marathons. I will return to the JFK 50 miler to run in my 11th consecutive JFK 50 miler, I'm now a member of the prestigious 500 mile club. The Montreal Esprit Iron and Lake Placid and other ultra marathon in the local area.

You are quite the accomplished person. I think many of us will wish we will do just half of what you have done. Best wishes with the upcoming season. You always seemed like a nice person whenever I saw you at Ironman. I am glad I spent the time to learn more about you.



Ironman Lake Placid

**" I dream my
painting and
then paint my
dream"
-Vincent van
Gogh**



Ironman Lake Placid

MARY LOU HOFFMAN RANKED #10 NATIONALLY #2 IN NEW ENGLAND REGION

Really?! Is it true?! Yes it is. You heard a bit about Mary Lou's story last month in her quest for Kona. For those of you who have checked her online blog you too know she is in the top 10 females in the Country and #2 female in the New England region according to USAT. Well... top 10 female in the Country with the last name of Hoffman if you haven't noticed by the picture, and #2 female in the New England region with the last name Hoffman. So we are all number one somewhere. The easiest place to find it is in the eyes of a loved one.

Keep up with Mary Lou's joy of Ironman training by visiting her blog at <http://nevertoolatetotri.blogspot.com/>

Order	First Name	Last Name	Age	Score	Gender Grading
1	DEBBIE	HOFFMAN	40	78.40482	86.2453
2	ELIZABETH	HOFFMAN	49	69.44853	76.39339
3	TANYA	HOFFMAN	38	68.40769	75.24847
4	SARAH	HOFFMAN	27	66.60069	73.26076
5	CHERYL	HOFFMAN	33	64.92977	71.42275
6	PATRICIA	HOFFMAN	58	64.6153	71.07683
7	LORETTA	HOFFMAN	46	64.50562	70.95618
8	ROBIN	HOFFMAN	33	61.14439	67.25883
9	KALEY	HOFFMAN	31	59.85122	65.83635
10	MARY LOU	HOFFMAN	45	59.83859	65.82245
11	MELISSA	HOFFMAN	46	56.79081	62.46989
12	PEGGY	HOFFMAN	51	55.68238	61.25062
13	LAURA	HOFFMAN	40	51.80471	56.98519
14	KATHERINE	HOFFMAN	28	46.6361	51.29972

IRONMAN MALAYSIA

Ironman Malaysia takes place on Langkawi, a popular island resort in Malaysia on February 23rd. The race is described as a very warm swim, rolling bike, and a flat run. But that is not what makes Ironman Malaysia a tough course, it the heat. In 2001 temperatures reached close to 110deg Fahrenheit.

The race begins with a 2 loop swim in Kuah bay, 3 'loops' bike course, 4 loop run. The bike 'lops' are out and back that take athletes to the other side of the island and back. The run is where the heat really kicks in. Last years men's top finisher was Xavier le Floch of France at 8:43:52, and women's top finisher, Nicole Leder, wife to Lothar Leder, finished in 9:37:24. (Note: Lothar Leder is reported to be the first man to go under 8hrs in an Ironman.) Nicole describes the race as a hotter swim than Hawaii, and the heat during the run as being intense.

So are there any BTC athletes competing in Malaysia? I don't think so. But maybe someday???

"Go big
or
go home"

-just about
everybody

BANQUET PHOTOS



(left) The tasty Buffalo Triathlon Cake. Sugar is a good thing.

(right) Bob Sobon wishes farewell to retiring President John Pepke as he takes the reigns for the upcoming year.



INDOOR TRIATHLON AT LOCKPORT YMCA

On Sunday, March 2nd there will be an indoor triathlon held at the Lockport YMCA, 19 East Ave, in Lockport. This event is closed to the general public. The only people who will be competing will be BTC members and those whom they invite. This is a first time event and there will be bumps along the way. If you are easily offended and stressed by bumps in your day, you may wish to reconsider. If you are looking for a little friendly competition, a good workout and a chance to hang and meet fellow BTC'ers, then this is for you.

The specifics of the race are still being worked out since I have not been a race director before, not to mention you have the complications of having it indoors with multiple heats. The race is scheduled to run in the afternoon with doors opening at 12:30pm and the first heat going into the water at 1:00pm. The YMCA will be open to the public, but the pool, spin bicycles, and treadmills are reserved solely for us.

So here are the basics:

START TIMES: Athletes will start in heats. You will be contacted prior to race day when your specific heat will start. This is why the contact information is important on your application.

SWIM: (10 Minutes)

The swim will be in their indoor pool in the basement. The pool is 20 yards long. 6 athletes will start every 15 minutes. Athletes will swim as far as they can in the specified time.

T1: (10 minutes)

There are both male and female locker rooms for changing. Bring a padlock to lock items in a locker.

BIKE: (10 minutes)

On the first floor of the Y (same floor as you entered) Spin bikes will be set up with devices to measure the distance cycled. All bikes will be calibrated as best as possible. There is no guarantee to their accuracy. The pedals are standard bike pedals (non-clipping). You will cycle as far as you can in the specified time. Helmet not required unless you are a klutz.

T2: (10 minutes)

RUN: (10 minutes)

The run will be held on treadmills on the second floor. Athletes will run as far as you can in the specified time. Treadmills are calibrated as best as possible.

POSTRACE: Still be worked out. There will be some type of small refreshment after the race. Reminder, this is a youth center and alcohol is not permitted on the premises.

SCORING: The person traveling the farthest distance in each event will be awarded 100 points. Others will be awarded percentage points based upon how far they traveled in relation to the farthest distance. Top athlete will be determined by adding the scores of the 3 events together to get the highest score.

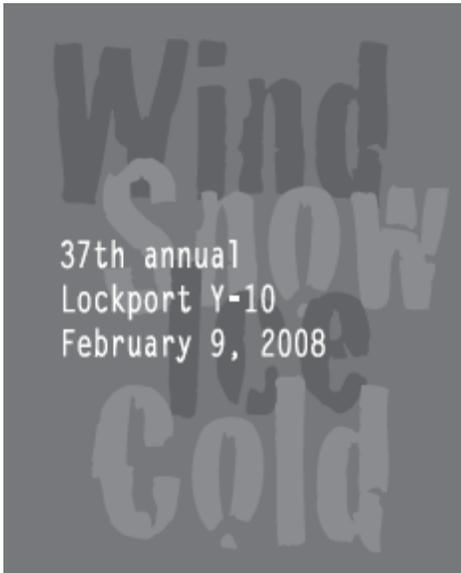
VOLUNTEERS: I have enough volunteers at this point that I will be able to get the event to happen. Volunteers should be able to compete as well. But of course if the volunteers are racing, who is counting for them? Well, that means I could use a few more volunteers to help out as well. If you are willing to volunteer to help out, let me know.

RULES: Pretty basic. Start when you are supposed to. Finish when told to stop. Feet must be in bike pedals at all times when wheel is in movement. Feet must be on treadmill track when track is in movement. More specific rules will be given on race day.

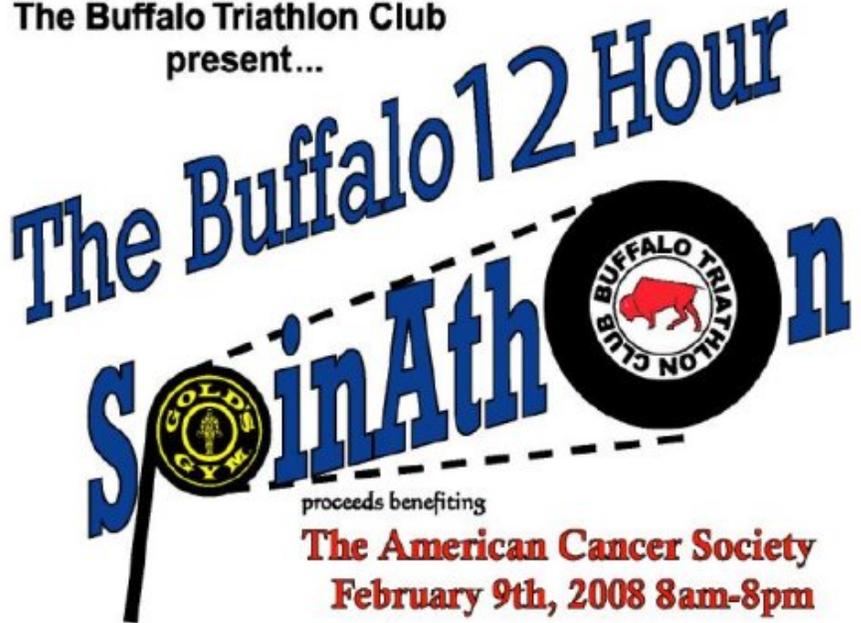


**“Knowledge is of no value unless you put it into practice”
-Herber J. Grant**





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



F E B R U A R Y 2 0 0 8

SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
					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	

- 2/3 Mr Ed's Superbowl Warmup 5k (Middleport)
- 2/9 Y-10
- 2/9 12hr Spin-A-Thon
- 2/24 Polar Beak 5k
- 3/1 Shamrock Run
- 3/2 Indoor Triathlon

HAPPY BIRTHDAY !!!



2/1 Jill Plavetzki, 2/6 Erin Mullaney, 2/13 Teresa O'Connor, 2/13 Daniel Oliverio, 2/16 Kim Chmielewicz, 2/16 Joe Grey, 2/19 Robert Preskop, 2/26 Glenn Moore

WELCOME NEW MEMBERS :)

John Radzikowski; Amy Moritz; Grace Giordano; Lyn Krajewski; Allen Mercer; Peter, Casey, & Bridget Carr; William Cihak; Joel, Jillian & Ronald Winkleman

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 Tony Garrow
 268 Stenzil Street
 North Tonawanda, NY
 14120

We are on the web !

www.BuffaloTriathlonClub.com

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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

Tom's Pro Bike

