



QUICK TRANSITIONS

MARCH 2008



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TIM CHESKO, TRULY AN IRONMAN

Timothy E. Chesko, of Lockport, who had run marathons in 34 states, died Tuesday after suffering a heart attack in his cabin in Ellicottville. He was 42. Born in Ellwood City, Pa., he was raised in Orlando, Fla. He graduated from Duquesne University with a bachelor's degree in education.

Mr. Chesko was a resort manager at Walt Disney World in Orlando for 16 years before he and his wife of 10 years, the former Jody Dorr, moved to Lockport. He was working as a manager of Niagara County Produce in East Amherst.

He was an Ironman triathlete and a member of the Fifty States Marathon Club. He had hoped to complete marathons in 14 additional states. He also loved skiing and spending time with his family.

In addition to his wife, Jody (Dorr), he is survived by two daughters, Leah and Jenna; a son, Evan, a brother, Robert M. (Marsha) Chesko of Wellsboro, PA and Cathy Jo (George) Brenyo of Orlando, FL; son-in-law of Richard (Ruth) Dorr of East Amherst; also survived by several aunts, uncles, nieces and nephews. Tim is the son of Norma Jean (Guy) Chesko and the late Robert D. Chesko.

Memorials to the American Heart Assn., P.O. Box 3049, Syracuse, NY 13220-3049 and the Y.M.C.A., 21 East Ave., Lockport, NY 14094 would be appreciated by the family.



IT'S ALL ABOUT THE VOLUNTEERS

We all love doing races. We all love training. Well kind of. We all have special things we do in our lives that we enjoy. Most of the things we go out and do for fun are because someone believes in that cause and volunteers. This month's issue we salute our volunteers! Most of us know who the volunteers are in the Club. But do we really realize what the volunteers give up for us? I think we all kinda know that they sacrifice a lot for us, because most of us are hesitant to volunteer to take their job from them. But do we really realize what some people give up for us? Well, I plan to inform you from mostly my perspective. So don't think these people are complaining about what they do. I just feel they deserve the recognition that they, well...., deserve. So flip through these pages as if it were the final episode of Survivor and pay homage to those who make our Triathlon Club a little bit better.



MEMORIES OF TIM

By Mark St.George

I met Tim Chesko about a year ago. The date was May 10th, 2007. The weather was perfect. The venue was the first BTC 20K time trail of the year. My first thoughts on meeting him, like most first meetings, were fairly superficial. I recall two things that jumped out at me: great bike (a black carbon fiber Felt bike with Zipp wheels) and great hair. At 43 you notice these things. By the end of the night a few of us, including Tim, were chatting about marathons, ironman races and stuff like that. When I left that night, I had sized up Tim as being a pretty good guy. As I got to know Tim throughout the 2007 race season, I realized that this was an understatement. Tim was a great guy. One of the best...

Tim and I quickly became rivals. On second thought, rival is a bad choice of words since it has a connotation of some animosity. Maybe it's just better to say we were two fairly equally matched 40 something year olds... To give you an idea of how close: at the Wilson Wet and Wild I beat Tim by 20 seconds. At the Summer Sizzler Formula One race Tim beat me by just over a minute. At our last 1-2-3 Brick of the year Tim beat me by 13 seconds. As I got to know Tim I could come up with many words to describe him, all positive. Competitive, tenacious, gentlemen, friendly, humble, soft spoken, intense, all describe Tim.

Some quick memories of Tim and the kind of guy he was:

Tim always brought food for the group at every brick. Popcorn and fruit were always on hand for anyone looking for a treat after their workout. Also, Tim hosted a barbeque at one of the last bricks of the year. It was a great event and everyone had a great time - thanks to Tim.

He told me during the Barbeque that he had adopted a little boy from Central America. He told me a story about how he and his wife landed at the airport to pick up his new son and noticed all these little orphan kids. He told my wife and me how sad it was and how fortunate they were. He told us how he wished he could have adopted them all. Something tells me he would have if he could have. Just another example of Tim's heart of gold.

About two weeks before my first ironman race, Tim asked me if I wanted to borrow his Zipp Wheels for my race. Knowing that these type of wheels cost about as much as my bike I politely declined the offer (yes, very reluctantly). He asked me two more times that night if I wanted them. "Are you sure you don't want then?", "you'll fly with these". Both times, I stuck to my guns and said no thanks...but what struck me was how much he wanted to let me borrow these. This was not one of those offers that the person doing the offering is secretly hoping you say no. I really sensed he wanted me to take the wheels. As I drove home that night I thought about why he was so insistent. It struck me that night; Tim wanted me to have the best race I could. He figured a great set of wheels would help. Tim was not worried what so ever about the wheels but rather worried about his new friend having the best race he could possible have. That was Tim.

At the end of the first swim at the Formula One Summer Sizzler Tim got out of the water some 10 yards ahead of me. Unlike most of us who would have high-tailed it up to the transition area, Tim turned around, saw me and waited a couple seconds for me to catch up. He was a better man than I...

My favorite memory of Tim is, no doubt, the run portion of the 2007 Wet and Wild. In this race I was out of the water about a minute ahead of Tim. As I was getting ready to leave the first transition Tim was coming in. Knowing Tim was quite the stud on the bike, I knew I'd see him soon. Sure enough about a quarter of the way into the bike he passed me. Being the ever gentlemen warrior he was he looked at me and gave me a quick smile and said "great job and good luck". The irony was not lost on me, he was flying by me when he said it (I believe he was the one doing the great job but agree I could have used the luck). I muttered something like "same to you" and he was off. During the run I could see him ahead of me and I realized I was gaining on him. Heading into the woods I caught up with him and this is my favorite memory of Tim. As we ran through the woods our strides were in unison for almost the entire length of the wooded section of the course. We ran silently our shoulders about three inches apart. The only sound were the gentle patting of our feet hitting the ground and the two of our breaths. Two slightly aged warriors competing, two new friends enjoying the moment on a gorgeous summer day. We ran like that for about a mile. It was simply magical and something I'll never forget. Even had Tim not passed away, I would easily say this was one of my fondest triathlon moments. As we got out of the woods, I realized I would beat him that day. I looked at him and smiled and said "I'm off, good luck". He just looked at me with a quite smile and like he always said, "Great job and good luck"... After the race he came up to me and congratulated me and we shook hands. As always Tim was a class act. A fierce competitor, but more importantly a great new friend and true gentleman.



**"Your children
will see what
you're all about
by what you live
rather than what
you say."**

-Wayne Dyer



MEMORIES OF TIM (CONT.)

My last memory of Tim is a fond one. It was the last 1-2-3 brick of the year. After the first mile run and the 12 mile bike Tim was in first place. Eric Brouillard and I headed into the second transition together tied for second place while Tim must have been 1/3 mile out on the last run. I had the best transition of my life and was in my running shoes and off in what must have been 30 seconds. I chased after Tim and kept closing the gap throughout the run. About half way through the run I had closed the gap to about 25 yards. As I ran towards him I thought for a moment that maybe I should let him beat me. After all, this just a brick, and his kids were there at the finish. I am sure they would have really loved to see their daddy win. But of course being the (over) competitive guy that I am, that thought lasted about 30 seconds. If Tim was going to win, he'd have to earn it. With about a mile left I had caught up to him. Stride for stride we ran for a few hundred yards and then I slowly built a small lead, but to my surprise he was closing the gap yet again. Sure enough he retook the lead and won the brick. Fair and square, and damn if I gave him an inch he didn't deserve. After the race I overheard his older daughter say, "Daddy, you were the first in". She was giddy with delight. At that moment I was glad that Tim was the better man than I that day. After the race Tim confided in me that had I made a second move and passed him yet again he would have probably given up. I always noted that and was hoping to use that little fact in 2008. Sadly we'll never race again...



I can't help sense; the world is a little less of a place in Tim's absence. The BTC not quite the same. I was training hard this off season and a big source of my motivation was preparing to compete against Tim. I was hoping to beat Tim in as many triathlons as I could and beat him in the Run / Bike bricks in 2008. I am smart enough to know however, I'd never beat him in the bike time trials. He was a better biker with a better bike. You don't need to be a rocket scientist to figure out who was going to win that one.

So as I ran in Delaware Park today on a cold but sunny winter morning I thought of Tim. I thought back to the day we met. I thought about how much I enjoyed competing against him. I thought about his family and what they must be going through. Most of all I just thought about all the great memories I had of him in just a short year. As I ran further I wished Tim could be by my side like in the woods that day in Wilson and then the irony hit me that I probably would have been thinking about Tim this morning regardless had he not passed this week. I would have (should have) been thinking about how I need to run harder, bike stronger and swim faster in order to beat Tim this year but instead I had to come to grips that life sometimes throws us a wicked curve ball, and it's not fair that such a great guy, was taken from us, and more importantly his family, way too early. So as I end this, a big part of me is sad, teeth aching kind of sad for his passing but then there is a small part of me that is happy. Happy that I was fortunate to meet such a great guy even though our friendship had really just started. Happy, that my life was blessed to have started to form a friendship with such an incredible guy. To compete against a guy who was so classy that losing to him didn't hurt. And so, I'll still train hard, and race harder (hopefully with that combination of tenacity, class and balance Tim always exhibited), and most importantly I'll still smile and laugh. After all, I am sure Tim would have wanted it that way...

A KIND MAN AT HEART

By Joe Pautler

BTC member Tim Chesko was enjoying time with his family at his cabin in Ellicottville on February 19th. I'm sure the last thing that any of them expected was for Tim to pass away suddenly due to a heart attack. Tim was only 42 years old, and leaves behind a loving wife and 3 young children (ages 7, 5, and 2).

Although Tim had only been a member of the BTC for one year, he had made quite an impression on many of our members. Tim's memorial service was attended by approximately 20 BTC members, and there were many others that wanted to attend but were unable to due to the short notice.

Tim was a "regular" at our Thursday brick workouts. He participated every single week, except for one, and that was because he was in Lake Placid to race in his first Ironman. Before I had even met Tim...before our first brick workout...Tim sent me an email introducing himself and asking if he could supply us with refreshments for our weekly workouts. Tim's family (specifically his in-laws) own and operate the Niagara County

"They may forget what you said, but they will never forget how you made them feel."
-Carl W. Buechner



A KIND MAN AT HEART (CONT.)

Produce Market, and Tim worked there as a manager. Tim wanted to provide us with fresh fruits and other goodies at every workout and did not want anything at all in return. He wouldn't even accept any type of receipt for tax purposes!

Every week Tim would prepare a special selection of snacks for us based on what was "in season" at the time, and bring it with him to the brick. He even made sure that a package was made up for us when he could not attend the workout. All we had to do was send someone to pick it up. As if that wasn't enough, Tim then approached me about hosting a corn roast after one of the workouts. Once again, Tim wouldn't accept any assistance and he insisted on providing everything (corn, butter, beverages, charcoal, paper products, etc) and making all of the preparations. Of course, Tim always had his good friend Bob by his side to help out as well. Bob is also a BTC member, and an employee of the Niagara County Produce Market. Tim went out of his way to invite everyone to the corn roast, including friends & family. The corn roast was a HUGE success! Twenty-four members participated in the brick workout that night and many more attended the corn roast. I have eaten a lot of corn over the years but I can honestly say that Tim's corn was the best that I have ever had. Everyone had at least one or two ears of corn and the stock pile was starting to run down. Tim got in his truck, drove to the produce market, and came back with even more corn! Tim later told me that we went through more than 100 ears of corn that night.

Only a few weeks later Tim came to me again to ask if he could host a hot dog cookout for us. In typical Tim fashion, he wanted to provide absolutely everything for the hot dog cookout (dogs, rolls, paper products, beverages, condiments, chips, etc) and do all of the cooking. He never did say how many dogs we went through that night, but it was another great success. We had a huge turnout and many of us stayed late into the night socializing with our BTC friends.

I have one particular memory of Tim that really stands out. A week before IM Lake Placid I found a pair of sunglasses that someone had left at the brick site. The next day I sent a message to the BTC email list and Tim promptly responded to tell me that the glasses were his. He went on to say that they were his favorite glasses and he really wanted to get them back before he left for Lake Placid. Tim was very busy at work, and very busy getting ready for his trip, so I figured the easiest way for me to get his glasses back to him was to just stop by the produce market and drop them off. The produce market is only about 15 minutes away from my office. Tim just couldn't believe it when I stopped by the market with his glasses. He dropped everything that he was doing and invited me into the back office area. He also made his wife stop what she was doing so that he could introduce us. He kept thanking me over and over again for going out of my way to bring his glasses to him. After all of the things that he was doing for us at the brick workouts every week I was amazed that Tim thought my 15 minute drive up Millersport was such a big deal. I guess that memory has really stuck with me because it is such a perfect example of the type of person that Tim was... he was always willing to do anything he could to help out everyone else, and never wanted anything at all in return.

In addition to being a super nice guy it should also be pointed out that Tim was one heck of an athlete. He routinely averaged 24+ mph during our bicycle time trials, had no problem running at a 7:30 pace, and easily won his age group for both the bike/run and time trial categories. Tim ran more than 38 marathons, spanning 34 states, in the last 4 years (2004-2007). He also did a number of triathlons, including IM Lake Placid in 2007.

Tim was one of the nicest and most generous people that I have ever met. Although I am very sad that I won't be able to spend more time with Tim this year, I am very grateful that I had the opportunity to know him. When the brick workouts start up again in May it will definitely feel like something is missing... and I don't mean the fresh fruit and kettle corn. Tim will be greatly missed, but never forgotten.



**" Be kind and merciful. Let no one ever come to you without coming away better and happier."
-Mother Theresa**



YOUR PRESIDENT

Many people do not know what it takes to be the president of the BTC. Yes, it contains a lot of work and responsibility, but anyone who has a passion for multisports and our Club can handle the duties of the President. Perhaps after reading the job duties, you may be interested in being our Club's president one day.

So officially, our by-laws describe our president's duties as:

- Preside at Annual and regular meetings
- Set forth the vision and path for the BTC during the upcoming year.
- Contact and obtain USAT insurance for the BTC from ESIX (January). Involves paperwork and having a check written by Treasurer.
- Obtain USAT Club Registration (January).
- Present the State of the BTC report at the Annual Banquet and Officer Installation.
- Convene new Executive Board to discuss plans for the year (February).
- Convene Race Directors meetings to discuss upcoming BTC races
- Work with BTC attorney and Treasurer to ensure all IRS paperwork is finished and sent
- Work with BTC committees to help them fulfill their responsibilities properly.
- Responsible for monitoring of the BTC Yahoo Groups e-mail for appropriate content
- Attend monthly Executive Board meeting.
- Attend monthly general membership monthly meeting.
- Proof read monthly newsletter.

Doesn't sound so bad does it. Yes, you bear the responsibility of keeping our Club moving forward. Sometimes it does require daily attention, but if you get good people to work with you, the Club sometimes runs itself. Oh, did I mention according to the By-Laws, the President is supposed to issue a statement to be included in each month's newsletter? I'll have to let the new President know about this old rule :)

BTC VICE PRESIDENT

The Vice President duties are a little less demanding than the President, but to me, it seems like Theresa is always a busy beaver at the meetings I have been at. So here are her job duties according to the By-Laws:

- Shall be in charge of keeping order during meetings, and shall fill in for the President during meetings from which the President is absent
- Facilitate the BTC monthly meetings.
- Send out reminders to club members about the upcoming meetings.
- Work with President to invite speakers to the monthly meetings.
- Arrange meeting locations, if necessary.
- Write up meeting agenda and distribute to Officers prior to monthly meeting.
- Receive updates from committees that cannot attend the monthly meetings.
- Work with BTC committees to help them fulfill their responsibilities properly.
- Attend monthly Executive Board meeting.
- Attend monthly general membership monthly meeting.
- Review and approve preliminary budget from race director/management prior to race.
- Proof read monthly newsletter.



**“ Age is not
important unless
you are a
cheese”
-Helen Hayes**



BTC TREASURER

Being the former Treasurer, I can add a little more insight as to what this guy does from day to day. Most of the descriptions are from the Club's By-Laws, and some I have added because I know what this guy is doing....

- Shall be in charge of the BTC's financial records, accounts, and the receipt and expenditure of all sums of money concerning the BTC
- Prepare monthly Financial Statement
- Reconcile bank statement on a monthly basis.
- Pay club debts upon receipt of written invoice utilizing BTC checks
- Process all membership applications by depositing monies into BTC checking account
- Update membership database with membership information
- Maintain roster of active members
- Provide emergency contact information to Club workout directors
- Deposit all monies received from activities and events into BTC checking account
- Ensure compliance with Federal and State tax reporting requirements.
- Attend monthly Executive Board meeting.
- Attend monthly general membership monthly meeting.
- Obtain preliminary budget from race director/management prior to race.
- Provide membership data for Newsletter
- Proof read monthly newsletter
- Maintain accounts for the BTC Yahoo Group

Man, it seemed like I was doing a heck of a lot more than that. Must be the never ending flow of membership information that kept me busy. Remember Tony, the list isn't really that long :)

BTC SECRETARY

Once again, this is taken from the Club By-Laws since I am not totally sure everything the Secretary seems to be busy doing....

- Call all officer meetings to order, take notes and transcribe those notes to "Meeting Minutes"
- Call all Monthly meetings to order and take a head count of the BTC Members present.
- Will have the minutes available from the previous month's BTC meeting at each meeting for review
- Collect and maintain all BTC sponsored non-race event attendance lists, including all brick, swim, or other BTC sponsored activities.
- Ensure that all BTC Injury reports are filled out properly
- Monitor the BTC Yahoo Groups e-mail for appropriate content
- Responsible for an annual review of the BTC By-Laws
- Receive and review the BTC bank statements
- Attend monthly Executive Board meeting.
- Attend monthly general membership monthly meeting.
- Proof read monthly newsletter

Not too shabby for a Secretary position. I would guess the estimated 5-7hrs per month it takes to perform these duties is a little understated.



**" History is
written by the
winners"
-Alex Haley**



JOE PAUTLER, ENOUGH SAID

If you don't know who Joe Pautler is, then you must be brand new to the Club. Joe's titles include Webmaster and Brick Coordinator. Oh, and if there is any computer or technical services needed, Joe usually handles it. An example of this is this newsletter being brought to you in a PDF format. So to list what he does in one paragraph is actually pretty simple. He gives up every Thursday night from spring to fall to host your Thursday night brick workouts, times and scores those workouts, and presents awards for those workouts. Not to mention he had to find a new site for 2007 Bricks. Then he regularly has to update our website any time a name, event, newsletter, or smidgen of information changes. And again, is available for a little tech support for everyone else getting some of their stuff done.

So here is the long list for the brick coordinator for when you choose to replace him:

- Research and select workout site based on numerous factors including location, parking, restrooms, bike route, running route, transition area, road construction plans, and most importantly club member preferences. Then measure, and document bike and run routes. Create easy-to-read maps and cue sheets for the members to use.
- Select 1 local 5k race to include in the schedule of "timed workouts".
- Show up at the workout site every Thursday, May through September, or else make arrangements for someone else to cover the brick coordinator duties in case of an absence.
- Get people signed in at workouts. Collect money from guests and new members. Pay extra attention to new club members and guests to make sure that they have all of the information that they need and introduce them to some of our veteran members.
- Time all of the members for the various legs of the timed workouts (Thanks Paula!)
- Keep tabs on all of the members and make sure everyone gets back to the transition area safely.
- Clean up garbage, etc. after workouts to leave the site in the same or better condition than we found it.
- Collect any items that were left behind and try to get them returned to their owners.
- Enter the timing data from each week into a computer spreadsheet. Award the proper points to each participant and publish the weekly results on the club web site.
- Design and order the awards for the point leaders at the end of the year.
- Provide a summary of the brick workouts and present the awards at the annual club banquet.

And for Webmaster duties (provided you even have the know-how to even do the job)

- Update the web site with new information and club events when requested.
- Periodically review the web site for old and outdated information, and remove it.
- Maintain the xxxx@BuffaloTriathlonClub.com email addresses so that they forward to the correct people (president@BuffaloTriathlonClub.com, etc, etc)
- Keep an up-to-date backup copy of the entire web site, just in case of website failure.
- Troubleshoot problems with the web site if/when they occur, and work with our hosting company.
- Maintain our online "Race results search tool" and keep it loaded with an up-to-date copy of our membership roster (which is constantly changing as members join and renew)
- Convert the monthly BTC newsletter to pdf format each month and post it on the web site.

This guy does practically have a part time job with this stuff since some of the jobs others do funnel down to Joe or directly affects things that he is requested to do. Oh, and we have to give credit to his wife Paula who tends to handle the timing at the Brick functions while Joe works out. I am not sure what else Joe pawns off on her.



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



SWIM WORKOUT COORDINATORS

Currently held by Kellie Trybalski (Swim North) and Gene 'Flash' Baron (Swim South), these two also give up one of their days every week all summer long to provide you with a safe place to swim. Kellie, kindly gives up Sunday morning every week. I don't know about you, but most of us tend to value our weekends. One of the tasks that Kellie had to overcome this past year, which Flash will probably have to deal with this year, was finding a new workout location. Of course the swim coordinator makes sure everyone that goes in comes out. In the Swim North, that means changing your swim pace to watch out for the slower swimmers or pairing swimmers up for the good ol' 'buddy system'. Of course, being a guest at someone else's property, cleaning up and collecting left behind equipment and getting it back to their proper owners.

This job description may not be as long as the others, but equally important for sure. Imagine if you never got to practice open water swims before race day. Can you say panic attack? I can!



CLUB LIBRARIAN

Probably one of the most underutilized areas of the Club. Our librarian, Kei Riley, stores books, videos, and 'stuff' for our members to borrow and utilize for educational and training purposes. Now if you are like me, you don't like clutter. Well, Kei keeps our clutter for you. She maintains a list of materials that our held in our Library for members to borrow for a time frame. Members are encouraged to donate unwanted training material to the Library so that others may benefit from using it while saving a little pocket money for another race or equipment.

If you are looking for a book or video to help you with your training or to help pass the winter, get a hold of Kei.

RACE RESULTS

During the race season, someone takes the time to post race results for area races on the Yahoo Group emails. Not so long ago, in the 'Before Joe Pautler' days, the race results volunteer, currently Ed Harkey (triathlon results) and Ken Tocha (duathlon results), would by hand compare the race results with a list of club members, find their times, then send them out to the membership. Thanks to Joe, they can now 'copy and paste' race results into a search engine and have it spit out name matches to the club roster. So now they just need to know what races the members are doing. Ed always appreciates a brief write up of the race from an athlete at the race for his results report, but seems to have to give us his perspective most of the time. Be sure to let them know what races you are doing and give him a write up when you get back for his results report. Then the newsletter editor can always make use of it too!

CLUB COOKIE BAKER, CATERER

You new members are going 'What the heck?'. Those of us longer term members know what I am talking about. Chris Ankrum! With the loss of Chris Ankrum moving away from the area we have lost the pleasure of eating cookies at the Brick workouts. Chris used to bring cookies, brownies and other sugar 'supplements' quite regularly. But don't fret. 2007 brought us Tim Chesko of Niagara County Produce. Tim graciously provided post workout nutrition at the Thursday Bricks. We also enjoyed a corn roast and hot dog cookout. I missed the dogs, but that corn roast was awesome. Who doesn't love a good ear of corn soaked in butter! Thanks to those who help us maintain our athletic figures :)

**" You can preach
a better sermon
with your life
than with your
lips "**
-Oliver
Goldsmith



NEWSLETTER EDITOR

So what is it that I do? You're reading it. I always hope to receive a story, article, idea, photo's, or just about anything to help put a newsletter together for you. Most of the time I must use my own creativity to come up with things to help fill your newsletter. As time goes on, most newsletter editors get burned out on their inspiration of month after month of coming up with interesting stories for you to read and to try to keep you motivated in racing and being an active part of our Club.

A small amount of computer knowledge is needed, as everything is done on the computer. On weekends I tend to try to get articles together so I am not rushed at the end of the month trying to get a final newsletter together. I send the newsletter out to our webmaster for PDF creating, and send it off to the Executive Board for proof reading and approval. Then I get the webmaster to post it to the website and let everyone know the latest newsletter is out there. My goal is to always publish the newsletter on the first of the month regardless of what amount of content I have. Luckily I still have some inspiration going, so content has been good. I can see myself running out as time goes on. Hopefully the upcoming race season will provide new and exciting content.



BANQUET COORDINATOR

Our current banquet coordinator has been Kathy Karnath. She gets the pleasure of trying to decide where to hold our Club's annual banquet, what food will be on the menu, then try to get Club members to come to the banquet. I think most of us have planned a gathering at our house. As simple as it may seem, we get stressed out about one thing or another. We try to make things the best we can. Those of us who made it to the last banquet would agree Kathy really out did herself this year. Good food, a fancy cake, and lots of door prizes. Keep up the good work Kathy!

BTC YAHOO GROUP EMAILS

Just about every member of our Club has an email address. I know some of you do not or did not provide one when you joined. You do not know what you are missing out on. The newsletters and website are good for keeping up on general Club activities, but the heart of what is going on in the Club is done through group emails. Only Club members get access to the Yahoo Group and receive the emails. All emails are first sent to the Executive Board to proof read for content and to prevent spamming. 'Approved' emails are then sent to the email addresses on file with the Club.

Most members only get 75% of what is offered. Those who have a Yahoo ID or Yahoo account can access the Yahoo Group Website. There the Club has various files for Club members to download including the Club's by-laws. Also the Club has held 'voting' for different types of apparel to be purchased for the membership. Members can also change their method of receiving emails from every email to a daily digest.

Club members must set up their own Yahoo ID. We need any email address to get you started with the basic features. We do not have the ability to change your email addresses on file, but we can remove and add new email addresses when you change online service providers.

CLUB SPONSORS

They believe in you and the Buffalo Triathlon Club. They offer us a great price on products and services that we need all the time as an athlete. They also provide us with door prizes, gifts, awards, cash, host Club meetings, and most importantly support. True, they get our business in return, but hey, you would probably be going there anyway since most of what we want is pretty specialized. Not many of us are riding a single speed bicycle from a local retailer. Some of us may feel like we ride in a single speed, slow :) . So a big thanks to the sponsors who have stuck with us since the beginning. And thanks to those who found us the sponsors, and those who may some day become a sponsor of our Club.

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



FURTHER REFLECTIONS OF A RUSTED IRONMAN

By Mark St.George

When you train for your first ironman, you have a lot of time to think. What else are you going to do during 4,000 yard swims, 100 mile bike rides and 18 mile runs? One thing you think a lot about is what the experience will be like, and what your life will be like after you do your first ironman.

For me, I pictured racing on a warm sunny September day crossing the finish line in 12:30 to 12:45. I visualized crossing the finish line exhausted but with my arms held high. As I trained for my first ironman distance race I spent countless hours contemplating what tattoo I would get to commemorate the accomplishment. Since it wasn't an Ironman™ sanctioned event the whole M-Dot thing was out. Even without an M-Dot there were plenty of choices to attempt to express the feelings of doing your first 140 mile race. I also spent time trying to figure out what bumper stickers I might get. Again, the whole M-Dot would be out but there were still all sorts of other ones to choose from. I even thought of making up my own bumper sticker. "I'm an Ironman in a non-trademark kind of way"

Funny thing is about six months have passed since I crossed that finish line in Montreal and my flesh is still virgin to the tattoo artist's needle, and I still have no Ironman related bumper stickers on my FJ Cruiser. To be honest, at this point, I have no inclination to get either.

The race itself was nothing like I pictured. I pictured a sunny September day. Race day was about 49 degrees with a driving wind and pouring rain. I pictured a very strong bike and feeling ready for the run. In reality, I got off the bike in a respectable time but my ankles and knees were stiff from the driving cold rain. As I crossed the finish line about an hour and half slower than imagined and after walking the last nine miles on a sprained ankle, my only thought was relief. Instead of my arms raised high, my hands made it up to about my hips. I still laugh at the thought of it. I can't even lie about what drove me once my ankle went. I wish it was something glorious, like in a movie. In fact, the main driving force was the fear. The fear of failure to be precise. Anything but going back to my friends at the BTC and work and saying I was a DNF (for you newbies that means Did Not Finish). Anything but having to start over and this time knowing last time I failed. My fear was so pronounced that as the pain became worse I was doing calculations in my head on what kind of pace a man could crawl. Again, this is not an inspiring Julie Moss moment; this is a coward afraid to tell his friends he failed.

For me, the impact of completing my first ironman was not as dramatic as I originally thought. I don't know why but I figured the whole essence of who I was would change. How could doing an Ironman not affect you greatly? However, the reality is I haven't changed much. I am still the same guy. Still like good food and drink, still love hanging with my wife and kids, and still can't wait to go out with Eric for some wings and beers after Thursday Bricks. When I look in the mirror I don't see anyone who hasn't been there before. It's the same 43 year-old, bird-legged, waist-growing, guy with an ever increasing forehead. And of course I still have the same demons hiding in the recesses of my mind that were there prior to the race (although I have to honestly say, they have shut up a bit since race day). But, there is one change. Not a great shift in who I am but more like a subtle shift of paradigm. What I did take away from this day is the fact that anything is possible. It was the profound realization that the biggest obstacle for most of us is our lack of imagination. Triathlons, marathons, and ironman are



**" If you don't
have a dream
how can you
make a dream
come true?"
Oscar
Hammerstein**



REFLECTIONS CONT.

not for other people; they are for those of us who dare to dream. What I realized is that life offers so many possibilities, and just like ironman races the key is in the dream – and of course acting on it! If we can do these races we can do anything. That's the take away, and that my friend, is the prize for most of us. Sure there are folks that actually win these races, but if you are reading this there is a good chance you won't be winning any ironman any time soon. Oh, there might be a couple age groupers in the BTC that might place or even win their age group but most likely we won't see any of our mugs gracing the cover of Triathlon magazine anytime soon. That's OK. The prize we'll take away is worth more than any check given at an ironman.

Although it was an incredible experience, for me it was just another one of the things life has to offer, should you dare to step out of your comfort zone. But at the same time I am humbled by the realization that there are greater challenges out there. As tough as an ironman distance race is, there are much more challenging things that folks have accomplished. The other day I was watching some show on Mount Everest. Like it or not Climbing Mount Everest is a lot tougher than an ironman. I would say if the ironman courses we race were littered with the corpses of those who failed and died the years prior (like on Mt. Everest), there would be a lot less of us raring to go do an ironman. Think about it, worse case for most of us are calf cramps and seeing a little puke on the course. I would have to think this whole ironman craze might not be that great, if the chance of death was a serious possibility on the course. Sure sh*t happens and I would assume some folks have died in some races, but as a guy whose profession is the analysis of risk, I can assure you that it's really an unlikely outcome compared to biting it on Mount Everest.

Last reflection I have is that there are people out there that worry about who is considered an ironman and that the trade marking of the M-Dot (so that they can sell lines of exercise equipment) somehow diminishes the accomplishment of an ironman. For me the M-Dot and trademark term "Ironman" are really just the material trappings of the experience. It's sort of like what happened with Christmas. Christmas isn't about gifts and trees and a blown up reindeer on your front lawn. It's about family and faith, peace and joy and good will towards man and all that kind of stuff. I'd say that all this talk of M-dots and "Ironman" is silly. What it's about is challenging yourself to step outside your comfort zone. It's about watching the Kona Ironman on TV and saying hey, if a blind guy can do it, so can I. If a guy with no legs is not intimidated by the thought of doing it, why am I? If a fat guy can cross the line at Kona before the cutoff then maybe a somewhat height - weight proportionate person should get their butt off the couch, and go for it.

So I'll end it with this. If you are in the BTC and you never raced an ironman but have toyed with the idea, keep in mind that you are half way there. If you are new to triathlons and have never raced one, or have only raced a couple short distance tri's don't be intimidated. We ironmen are just like you with one exception. We dared to dream that one day we'd cross the finish line of a 140 mile race. That's the only difference. We are no faster, no stronger and certainly no better. The only difference is we made a choice to do one. Next time look around and see who has done them. We come in all shapes and sizes and all sorts of athletic abilities. Once you look around, you'll realize that you can do one too. So don't think Ironman races are for others. They are there for anyone that dares to dream...



**“ You cannot
have success
without the
failures “
H.G. Hasler**



GRATITUDE, GRACIOUSNESS, AND FAITH

By Kim Chmielewicz

What follows is the initial entry in a series of reflections on the mind and how it impacts both training and racing. I'm an athlete of average physical attributes at best, so I can't offer any outstanding insights on physical training, but I think that whatever athletic accomplishments I may own are mainly attributable to my mind.

My thoughts unfurl at warp speed even at the best of times; I was raised a Catholic, though I turned away from the Church at a very young age and now consider myself mainly a Buddhist, seasoned with a healthy measure of Wicca. All three traditions may seem dissimilar, but all have at their core a belief that disciplined individual contemplation with reflection on how one's existence is both remarkable and mundane is the path to self-enlightenment. Ultimately, one cannot completely control either the world or oneself, but one's response to the world may be modified in order to enhance both one's own life and the lives of others. Using this philosophy, there are no "bad" races or training days, but simply different levels of performance that we as athletes must learn to accept in each other and in ourselves.

I believe that it is virtually impossible to be successful without being spiritually aware; this awareness may be cultivated by attendance at regular services, but very often is not. I am sometimes astonished by the lack of perspicacity demonstrated by those individuals who follow blindly their denomination's rituals with no sense of what a ritual's meaning or purpose may be. In the same manner, some people throw themselves into training or racing schedules with little focus or sense of purpose and wonder why they cease to improve or enjoy themselves.

So is referring to religion and spiritual awareness sacrilegious in an athletic context? No, because training and competition challenge the mind as well as the body, and provide a practical impetus for physical, mental, and spiritual growth, if sport is approached with a healthy perspective. For example, I have struggled to integrate morning and evening meditation into my daily life, but have acknowledged the reality that I'm simply not a person who can bear to be physically static.

However, during almost all of my weightlifting sessions, and some of my longer swims and runs, I do meditate. Much of my reason for training is my dependence on the space I create in my mind that allows me to disengage from trivia and consider carefully people, activities, and events that are truly important to me. And when I regain a healthy perspective in this manner, I am recharged with gratitude, graciousness, and faith, and can push myself harder in both workouts and races using my mental resiliency.

With gratitude, I can always appreciate what I am able to do during any given workout or race, though I may fall short of my intensity, speed, or endurance goals. With gratitude, I can also understand that both easy and difficult workouts are equally beneficial.

With graciousness, I can and do support both myself and others through average, below-average, and outstanding races and experiences. With graciousness, I can also accept that suffering, as well as joy, is an important teacher.

With faith, I can better trust myself and others, and know that whatever path I take is the best choice for me. With faith, I can also believe that not all of life needs to be rational or reasoned, and that if I work with honest dedication and an open heart toward my desires, they will always materialize.

Lack of the above three qualities are dangerous because their absence leads to self-imposed limits. If one can't trust oneself or others, then the number of outcomes in any given situation declines sharply. When one is completely open to all risk, the chance for failure may be greater, but so also is the chance of monumental success. Be kind and thoughtful to yourself and others, and your training and racing will improve because of it.



"The secret to success is to start from scratch and keep on scratching"
- Dennis Green



12HR SPIN-A-THON REPORT

By Kellie Trybalski

What a day! I had a lot of fun. There was a Chinese auction, plenty of food to go around and after a while, lots of tired people. The BTC Team consisted of Emily DiMaria, Mark St.George, myself, Joe Grey, Eric Brouillard and Kim Chmielewicz. Everyone rode for 2 hours a piece except me, oh addicted one, who ended up riding for 5 1/2 hours. What a pain in the xxx! Literally!! Eric and Kim did the Y 10 miler in the morning, Mark did the masters swim and Joe also worked out for a while prior to riding his 2 hours. What a bunch of over achievers we all are :) Or well, just a bunch of Triathletes!

Kara and Andy Thomas were Team Louisville and planned to ride the full 12 hours. When I left around 4:30, Kara and Andy were still riding but down right exhausted!



Y-10 RACE REPORT

What a beautiful day! Anyone who has run the Y-10 in the past knows it can bring some pretty terrible weather. The sun was shining, the winds were mild, and the runners were plentiful. A shocker for me on race day was the sighting of Teena Clark. She has come out of retirement after years of having children. I wasn't even retired and I can't run that fast. Geesh. I heard some runners say they actually ran slower this year than last year. I had a better year. I think I got sucked in with faster runners in the start and paid for it in the end. Here is a sampling of some of the runners. If I missed anyone, I apologize,. I need to teach the new treasurer how to create a list of members for the search engine tool.

- | | |
|------------------------------|-------------------------------|
| 1:16:48 132 ADAMEK, JUSTIN | 1:19:35 186 LONDON, PAMELA |
| 1:25:27 5 brouillard, eric | 1:17:34 117 MIETLICKI, Kevin |
| 1:37:34 119 CHMIELEWICZ, KIM | 1:19:17 232 MULLANEY, ERIN |
| 1:21:29 9 CLARK, TEENA | 1:23:29 161 MULLANEY, Richard |
| 1:20:51 22 Garrow, Anthony | 1:22:15 64 Pasceri, Sam |
| 1:40:18 28 HALE, WARREN | 2:07:54 246 RADZIKOWSKI, JOHN |
| 1:31:57 32 Hoffman, Mary Lou | 1:42:57 195 SEYBOLDT, ANN |
| 1:29:07 46 Lipa, Theodore | 1:21:53 82 Sobon, Robert |



IRONMAN 70.3 CALIFORNIA

Oceanside California. What a place to be right about now. \$30,000 in prize money certainly would be nice too! Maybe even a qualifying spot in Kona or maybe 1 of 150 qualifying for the 70.3 World Championships. A 1.2 mile swim in Oceanside Harbor with a one loop bike on neighboring Camp Pendleton, and a two loop run along the ocean may not be as much fun. Maybe separately on different days would be nice, but I am not sure if I am in shape for a half Ironman right now.

Stare at the run photo from last year's race and you may start thinking of a triathlon for next years winter. I know I am.



MARCH 2008

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
30	31					

- 3/1 Shamrock Run
- 3/1 Ironman New Zealand
- 3/2 Indoor Tri
- 3/20 Toms Pro Bike Service Clinic
- 3/29 Ironman 70.3 California
- 3/30 Around the Bay 30k

HAPPY BIRTHDAY !!!



- | | | |
|---------------------|-----------------------|-------------------------|
| 3/1 Brian Montanaro | 3/9 Rebecca Warren | 3/18 Amy Noe |
| 3/2 Brenda Mattar | 3/10 Quinn Ankrum | 3/18 Wayne Felle |
| 3/2 Will Fisher | 3/12 Laurie Kennedy | 3/21 Jennifer Hale |
| 3/3 Scott Jacobi | 3/13 Jeffrey Townsend | 3/22 J.Antonio Garcia |
| 3/6 Anthony Cantera | 3/13 Gregory Drumm | 3/30 Nicholas Szufliita |
| 3/7 Karen Michaels | 3/15 Richard Clark | 3/31 Tim Gribbin |
| 3/7 Warren Elvers | 3/17 Allen Mercer | 3/31 Kara Klaasesz |

WELCOME NEW MEMBERS :)

Ken & Alison Deem, Catharine Haight, Karen Ostrum, Scott Jacobi

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.

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