



QUICK TRANSITIONS

APRIL 2008



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INDOOR TRIATHLON A SUCESS

What an adventure. My first attempt, at what one may call, being a race director. As a race director I am surprised at all the different things to consider even for a small race. Application creation, getting athletes to come, getting enough volunteers, logistics, income, expenditures, post race, door prizes, sponsors, results, did I miss anything? The good news was I had plenty of volunteers. I even had volunteers that wanted to race and volunteer. I had enough volunteers that those people could just race and not have to worry about volunteering. Volunteers are great.

The race went off without any major problems. As race director I was lucky enough to wander to all stages of the event and see how things were going. And I was glad to see all went well. Any problems that did arise, my volunteers handled excellently. My first surprise, and a surprise to some of the athletes as well, was that they showed signs of tiring after 4-5minutes in the swim. I Guess that is what happens when you go all out for a short time frame. Transitions went well. I stopped up to the bike and saw quite a few red faces from the intense spinning taking place. There was no lack of sweat on the treadmills either.

When reviewing the results it was surprising how small the difference was from athlete to athlete. In the run the difference between 1st and 2nd is 2/100 of a mile. Top overall athlete was Erin Mullaney and top overall male was Mark St. George. Erin was also the top swimmer, with Tony Garrow taking the bike, and Kevin Mietlicki taking the run.

Great door prizes were donated by Handlebars Cycling, Toms Pro Bike, WE Massage. Score-This!!! Provided me with software to easily calculate the results the way I wanted them. All but 3 people won door prizes, including volunteers (volunteers are just as important as athletes).

I have hopes of running multiple indoor triathlons next year with the possibility of some sort of series.



Name	Gender	Swim Laps	Bike Miles	Run Miles	Swim Score	Bike Score	Run Score	Total Score
Kevin Mietlicki	M	32	2.46	1.53	88.89	86.32	100.00	275.20
Erin Mullaney	F	36	2.46	1.51	100.00	86.32	98.69	285.01
Dick Mullaney	M	0	0	0	0.00	0.00	0.00	0.00
Kellie Trybalski	F	26	2.47	1.19	72.22	86.67	77.78	236.67
Diane Sardes	F	28	2.4	1.3	77.78	84.21	84.97	246.96
Tony Garrow	M	27	2.85	1.37	75.00	100.00	89.54	264.54
Chuck Miller	M	26	2.64	1.36	72.22	92.63	88.89	253.74
Karen Banzer	F	22	2.64	1.17	61.11	92.63	76.47	230.21
Mary Casey	F	20	2.34	1.26	55.56	82.11	82.35	220.01
Sue Fenger	F	19	2.48	0.88	52.78	87.02	57.52	197.31
Robert Siudzinski	M	21	2.19	0.88	58.33	76.84	57.52	192.69
Joe Pautler	M	27	2.69	1.31	75.00	94.39	85.62	255.01
Joe Grey	M	28	2.68	1.27	77.78	94.04	83.01	254.82
Eric Brouillard	M	25	2.37	1.29	69.44	83.16	84.31	236.92
Mark St. George	M	33	2.65	1.39	91.67	92.98	90.85	275.50
Kim Chmielewicz	F	23	2.62	1.23	63.89	91.93	80.39	236.21



MAKE A DIFFERENCE, BE A VOLUNTEER

BY RICH CLARK

You are riding at the top end of your heart rate zone and you come to a corner that doesn't have any indication of which way you should go. Do I go straight down a path I have taken before or do I turn right. Right it is. You ride for 30 more minutes thinking "Isn't this a sprint race?" Either I am having a bad day or I went the wrong way. It turns out you went the wrong way and now you are out of food and water. You have been out there for three hours now, didn't memorize the race map. That is what can happen when there are no volunteers on the course.

Make @ Difference

If you have ever been to an event and noticed all of the cars in the parking lot, did you ever consider that most of those cars aren't even athletes participating in the event? Sometimes those cars have been there since the night before setting up tents, barricades, spray chalking the roads, taping off sections of the course, inflating buoys, and completing any other task that you ever conceived possible to make a race safe. Think about the smallest thing that goes wrong in your own household and now have 1000 people witness it. That's what it would be like to not have enough volunteers at any sporting event. Volunteering starts months before the event with organizational meetings. Sometimes it is only the day of the event. Volunteering for an event once a year is an athlete's way to give back to the sport that they enjoy so much. Sometimes it isn't necessary for the athlete themselves to volunteer. Instead consider having a friend or family member helping in your place. Volunteering could be a simple gesture like picking up the trash in the transition area after the race is over or handing out water at the finish line. You could stand on one of the corners for a kid's race which usually takes place after the adult events finish doing your small part.

Thank a volunteer. A simple "thank you" is the kind of gesture that can make the day more special. This is also an event for them. They have been trained just like the athlete. The shirt, food or raffle prizes don't always cut it, but the "thank you" hits a place that makes the entire day worthwhile. They quite often are expected to be there without a "thank you" from the athletes. Some athletes even expect them to know the course better than they do. Imagine being there to help out and then you get yelled or even sworn at by some ungrateful person who should know the course. Standing out there when the weather is inclement or 90 degrees pretty much sucks even more when this happens. Being kind goes a long way on a crappy day. It makes it all worthwhile.

Volunteers make or break an event. Consider doing your part as an athlete to give back to your sport

"Some people strengthen the society just by being the kind of people who they are"

**-John Seman
Garns**

IS YOUR MEMBERSHIP EXPIRED ???

We would hate to think you are not rejoining as a BTC member. Almost all BTC memberships expire on December 31st. Memberships paid for after September 15th carry over to the next year, so they are the exception to the rule. As of March 31st, members who have not renewed their membership will see their access to the BTC Yahoo Group stop as well as any other benefits you may have been receiving. And as much as I enjoy being a sought after newsletter publisher, it just isn't right to be reading this newsletter month after month without paying the very affordable \$25 annual membership dues. So don't procrastinate any longer! There is an application in this newsletter. Print it out and send it in. You certainly don't want to miss out on the upcoming BTC meetings at our Club sponsors, Toms Pro Bike and Handlebars Cycling Co. The savings you get on purchases from these sponsors easily pay for your membership as well as the discounts you get at other Club sponsors. So just do it already!



REHAB DOES A BODY GOOD

BY TONY GARROW

Rehabbing. I word I am sick of. Or so I thought. Because it is a necessary word for so many athletes of all shapes and sizes. After an injury or even just a long layoff you need to get your body back to some semblance of race shape. One major reason athletes take steroids is to recover faster so they can train even harder. And lets be honest, if we were healthy we would push until something gave out, so eventually we all need to rehab.

Whether coming back from injury, a long layoff, or disease, we know starting again will be physically tough. But we can make it much easier with a solid mental approach.

I discovered this sort of by accident during my (what seems to be) annual winter rehab. .

First off, we cannot force ourselves to perform until our bodies are ready, lest we risk another injury. Mentally we must accept a slower pace to start with. Seems like common sense, but being human means having to deal with our egos. We must allow people to think what they wish about our race, or even just our training. We have to think of the big picture; which is to get back in shape.

Once we can accept a slower effort than we are used to doing, which is the hard part, we can prepare for the road back.

The key is pace. It's much talked about but often ignored. I've been climbing back for months now, and the last few races have left me feeling overjoyed, not by my times but my ability to run what I set out to do. I can only achieve that by chopping the race into manageable parts and running each part at the pace I have chosen. And this is made much easier with today's technology. If you own a Garmin, you can track your race every ½ mile and catch yourself before it is to late. If you go out to fast, and don't adjust until you hear the mile time it will most likely be too late.

If you are planning an 8 min pace in a 5k, what is the point of a 7:30 start? You're just going to die earlier and suffer longer. Starting at 8 and holding that lets you get into your race , and have a bit left for the last ½ mile, where you will suffer but not as for long.

This is not a new idea. Rich Clark told me how he always tried to run even splits and I would try it now and then but my race ego would get me and of course I would collapse early. Dave Carroll is another who runs even splits no matter the event. And it is one thing if you are healthy to start out fast but too risky if you are not yet ready for that. It just gives you negative feedback So the path to a better rehab is:

Positive reinforcement, which comes from...

A well run tactical race, which comes from...

An evenly paced race, which comes from...

Having a realistic but difficult goal.

Come to think of it, it seems like good race strategy for any event you may be doing.

THE 'HOFFMAN' UPDATE

Mary Lou participated in her second half marathon, the Yuengling Shamrock Sportsfest in Virginia Beach. The goal: sub 9-minute miles and a sub 2hr half . But after seeing Bruce Springsteen 3 times in 5 days, a cold, and busy work schedule, her optimism had pretty much vanished on the drive down south. After thinking she may have bit off a little more than she could chew, she adjusted her goals to something more obtainable, beating her previous half of 2:08:15 on a very flat course.

Mary Lou was able to beat her previous marathon and even make one of her two original goals, a sub 2hr half marathon. She finished in 1:56:39. I would guess there was no sulking in her post race Yuengling nutrition, but more of a celebratory feeling. Don't worry Mary Lou, the warmer weather is coming and you can take that training outdoors!

* Mary Lou Hoffman is one of six people selected by Cadence Cycling and Multisport from a pool of thousands of athletes from around the world who won a prize package worth nearly \$30,000 including equipment and coaching to aid them in earning a slot in the 2008 Ford Ironman World Championship.



**"You have to
make it happen"**
- "Mean" Joe
Greene



Mary Lou with Nicholas Hoffman and her training friend Rebecca Ashare

2008 BRICK SCHEDULE ANNOUNCED

Some points of interest....

- o We will be using West Canal Marina Park (same location and routes as last year)
- o The first brick will be an "open brick" on May 8th
- o On June 26th we will try a "long brick"... approximately 3 mile run, 19 mile bike, 3 mile run. "Dusk" begins at approximately 9pm on June 26th so anyone who would like to try this longer brick should have enough time (3 hours) to complete it.
- o Our last weekly workout of the year will be the "Tim Chesko Memorial Time Trial". Some details are available on the web page, and more will be provided as the event draws closer.
- o I have paraphrased some sections of our BTC by-laws with regards to alcohol consumption and have posted it under the "rules" section of our brick web page.

Thursday, May 8th 2008, 6pm Open Brick	Thursday, July 17th 2008, 6pm Open Brick
Thursday, May 15th 2008, 6pm Time Trial	Thursday, July 24th 2008, 6pm 3-2-1 Brick
Thursday, May 22nd 2008, 6pm Open Brick	Thursday, July 31st 2008, 6pm Open Brick
Thursday, May 29th 2008, 6pm 1-2-3 Brick	Thursday, August 7th 2007, 6pm Time Trial
Thursday, June 5th 2008, 6pm Open Brick	Thursday, August 14th 2008, 6pm Open Brick
Thursday, June 12th 2008, 6pm Time Trial	Thursday, August 21st 2008, 6pm 1-2-3 Brick
FRIDAY, June 20th 2008, 7pm St. Greg's 5k	Thursday, August 28th 2008, 6pm Open Brick
Thursday, June 26th 2008, 6pm 3-3-3 Brick	Thursday, September 4th 2008, 6:00pm 3-2-1 Brick
Thursday, July 3rd 2008, 6pm Open Brick	Thursday, September 11th 2008, 6pm Open Brick
Thursday, July 10th 2008, 6pm Time Trial	Thursday, September 18th 2008, 6pm Tim Chesko Memorial Time Trial



NEW CLUB SPONSOR: SCHAFFSTALL CHIROPRACTIC

It is with great pleasure that Schaffstall Chiropractic, LLC announces its sponsorship program for the members of the Buffalo Triathlon Club. Special benefits extended to members include:

\$5 off Adjustments or regular office visits.

50% off initial new patient exams

Bio-mechanical/Posture/"Ability" assessment

Tune-Up Treatment Package, which includes:

4 treatment for the price of 3 (one time per season)

Designed to get the kinks out early in the season or pre-season

Performance Enhancement Packages, which include:

Extensive consultation with a series of in-office adjustments (usually 10 visits)

Gait analysis / posture assessment / trigger point management

Hydration analysis / pH testing / Lung capacity / Physiologic Stress Test

Complimentary Adjustments at select BTC workouts

At our office we treat every anatomical joint and look at the body in a holistic manner. We recognize that muscles play a huge part in joint function. We employ techniques such as A.R.T. (Active Release Technique), Graston Technique and Applied Kinesiology to help your body function optimally. A.R.T. can remove fascial adhesions, Graston breaks up scar tissue from repetitive use injuries and micro trauma and Applied Kinesiology is a diagnostic system using muscle testing that can uncover long-standing nervous system problems. We also utilize vibration fascial unwinding to release undesired tension.

The chiropractic approach to health and healing is based on the knowledge that only the body can heal itself. A chiropractic Adjustment can boost the body's immune system, remove nervous system interferences and improve bio-mechanical performance. Schaffstall Chiropractic, LLC offers Corrective Care and Preventative Care focusing on the cause of the problem or dysfunction, not just elimination of pain. Some conditions that we treat and resolve include: Joint Pain, Muscle injury, Headaches, Referred muscle and visceral pain, Back and neck pain, Biomechanical dysfunction



777 Maple Road

Williamsville, NY 14221

716.580.3246

IRONMAN ARIZONA - SPRING EDITION

Surprising enough, according to our current online BTC roster, there are no Club members participating in Ironman Arizona. Well, the spring edition at least. Ironman Arizona has two sessions this year, the first is April 13th, and the second is November 23rd. The race will permanently be in the fall starting in 2009. According to the Ironman website, Ironman Arizona will be the weekend before Thanksgiving from now on. The spring Ironman has had issues with heat, wind, and just plain old timing, which has made them move it to the fall.

The swim is held in Tempe Town Lake, more a canal than a lake. The water is murky and a cool 64deg. But described as being pleasant to swim in. The bike consists of a 3+ loop. Surprisingly challenging, the course goes through the City of Tempe and in the Salt River Prima-Maricopa Indian Community. The run course is alongside Tempe Town Lake making it scenic and much cooler due to the proximity to the water.

If Ironman Arizona sounds like a race for you, forget it for 2008. The fall edition is already sold out. You'll have to hope for a slot in November when entry will most likely go on sale for 2009.



APRIL 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			

- 4/6 Ironman Australia
- 4/13 Ironman South Africa
- 4/13 Ironman Arizona
- 4/20 Toms Pro Bike Demo Days
- 4/27 BPAC 6hr Distance Classic

HAPPY BIRTHDAY !!!



- | | | | |
|-----------------------|------------------------|-----------------------|------|
| 4/2 Jeffrey Lebsack | | Ted Karnath | 4/20 |
| 4/3 Mark St.George | | | |
| 4/5 John Pepke | 4/10 Ron Winkelman | 4/21 Lyn Krajewski | |
| 4/8 Adam Toy | 4/12 Dennis Powell | 4/27 Bruce Levine | |
| 4/8 James Karnath | 4/12 James Schaffstall | 4/30 John Radzikowski | |
| 4/8 Margaret Giardini | 4/16 Greta Speller | | |
| 4/10 Ron Winkleman | 4/17 Jeff Joyce | | |
| | 4/18 T. Todd Lemmiksoo | | |

WELCOME NEW MEMBERS :)

Laurie Kennedy, Erik Andres, Russell Andolina, Mark Coffed, Nicholas Newman, Joe Meyer, Tom Appenheimer, Matthew Wagner, Tim Siragusa, Dale McKim, Greg Webber, Janine Batcho

BECOME A 'BTC' MEMBER TODAY !

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Sex: _____ Birth Date: _____

Membership Type:

(check one)

Individual (\$25)

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

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

Tom's Pro Bike



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"Together we can make a difference"

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