



QUICK TRANSITIONS

MAY 2008



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BTC AND NEW MEMBERS GROUP RUN A SUCESS

A number of people made it out on April 17th for a group run. The invitation was open to current Club members as well as people looking to see who we are. Club President Bob Sobon did a great job in organizing the event. It was nice to see most everyone running as a pack for the most part. The run started at the current 'brick' site and did the abbreviated 3mi brick run through the cemetery. There is talk of a group ride for members on an upcoming Thursday, might even be May 1st (today if you got the newsletter on publication date!). Its always important to pay attention to your BTC Yahoo emails to keep up to date on what's happening with your Club.



IRONMAN HAWAII CHAMPIONSHIP SLOTS FOR SALE

Yes, you read it right. Entry to the 30th Ironman Hawaii World Championships are for sale on eBay. Monies from the sale of 6 entry slots to Ironman World Championships will be paid to the Ironman Foundation. Bidding starts at \$10,000. Not only do you receive entry to participate in Ironman, winners will also receive private athlete registration in Kona and four VIP packages, including race day passes and invitations to race week functions.

Paying for the closing price can be done through fundraising if you wish. All funds are tax deductible according to information provided by Ironman President and CEO, Ben Fertic. At the time of editing of this article, 2 entries have sold for \$45,300 and \$55,100. The third of six entries are currently for sale for over \$20,000.

Of course there is always the debate as to whether or not one 'deserves' to be at an exclusive event simply by paying a certain price tag. With the Ironman, not only can people qualify, but there is actually a lottery so the average Joe can still take part in Ironman Hawaii. But what about the Boston Marathon? They too now offer entry to people who make a donation to certain charities. Then there are those who gain entry under certain special circumstances to exclusive events. Hopefully this does not create the big debate like who deserves an Ironman tattoo. I for one look forward to the opportunity to race against Chris McCormack and maybe even beat him. Well, maybe not.

2008 BRICK WORKOUTS

- JOE PAUTLER

Our first official Thursday night brick workout will be held on May 8th. We will meet at the West Canal Marina Park at 6pm. The first week is an “open brick” which means that we will not be holding a structured timed event. Open bricks are an opportunity for our members and guests to form into small groups and do a bike and/or run workout of their choice. The first week will be a good opportunity for new members to become familiar with our bike and run routes.

We will meet at West Canal Marina Park every Thursday (except for June 19th) through September 18th. Each week will either be a “timed brick”, an “open brick”, or a “time trial”. Members will compete for points at the “timed bricks” and the “time trials”, and awards will be given out at our annual banquet. Our schedule includes 5 “timed bricks”, 9 “open bricks”, and 5 “time trials”. We will also run the St. Gregory the Great 5k on Friday June 20th, and the results from that race will count towards our brick point standings.

Two highlights of this season will be the 3-3-3 brick and the Tim Chesko Memorial Time Trial.

The 3-3-3 brick is scheduled for June 26th and will consist of a 3-mile run, followed by 3 loops of our bike course (18.75 miles total), followed by another 3-mile run. This is a longer brick workout than we have ever done before. The date of June 26th was chosen for this workout because it is one of the longest days of the year so everyone should have plenty of time to finish the workout before the sun sets.

The Tim Chesko Memorial Time Trial is scheduled for September 18th. Tim was a very accomplished member of the BTC and a strong supporter of our weekly brick workouts. More importantly Tim was one of the nicest people ever to walk the earth, and was a great friend to all of us. Tim passed away very unexpectedly at the age of 42 in February of 2008. You can read more about Tim in the March 2008 edition of our club newsletter. Our last “time trial” workout of the year will be conducted just like all of our other time trials with regards to the course and the earning of points. In addition to that everyone who has completed at least two of the previous four time trials in 2008 will be eligible to compete for a special award. I will calculate the average time trial time for those members who have completed at least two of the previous time trials. The member that beats their average time by the largest margin will win the special award. If nobody is able to beat their average time then the person who comes the closest to matching their average time will be the winner. If there happens to be a tie, the tie breaker will be the absolute time (ie, whichever member was faster). **If you think you are interested in participating in this extra competition you must make sure that you complete at least two of the four time trials that will be held on 5/15, 6/12, 7/10, & 8/7.**

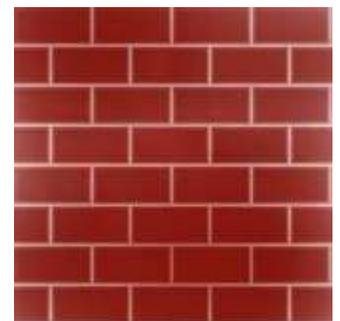
Complete details regarding our weekly brick workouts can be found

at: <http://www.buffalotriathlonclub.com/workouts/brickschedule.php>



Brickmaster
Joe Pautler

**“Failing to train
is training to
fail.”**



YOU ARE WHAT YOU EAT

-FROM THE BLOG OF MARY LOU HOFFMAN

With this month's Triathlete Magazine Cadence Challenge Article (May's 25th Anniversary Issue) focusing on nutrition, I thought this was something I knew a little bit about. Having lost over 100 lbs with Weight Watchers, I not only learned how to lose weight, I've also had to keep it off. But the prospect of participating in an Ironman meant I had to learn how to fuel my body as an athlete for performance and endurance. Something I never really considered. Sure, I've completed plenty of century rides – however, those were never a 'race' and usually involved plenty of support and rest stops. Obviously, this was going to require a lot of attention and far more knowledge about sports nutrition than I had. Fortunately, I have some great resources to help me out and was able to solicit some expert advice from Nutrition Therapist Mary Jo Parker, MS, RD CDN.



Triathlete Magazine asked Mary Jo to address the conflict athletes face between performance and weight loss. Unfortunately, space limits for the print edition severely edited her advice, but since it's so important to what I've had to do in the "4th discipline" of triathlon, nutrition, I wanted to present it fully here. She acknowledged that "the challenge is to eat sufficiently to power up for endurance training and at the same time limit what you eat to manage weight. Food choices must be balanced to supply sufficient calories and nutrients to support optimal performance and weight loss (or maintenance) simultaneously. This can be tricky as there's not a lot of room for foods that don't serve a specific purpose toward both goals." So it's no secret that I have to lay off the junk food but it's just as important to make the healthiest choices possible. I'll always opt for a fruit over juice or if it's pasta, then the nutrient rich whole wheat and high fiber varieties are the way to go. But it's a bit more complicated than that.

Mary Jo explains, "for example, balancing the macro-nutrients, (carbohydrate, protein and fat) is critical. Having adequate carbohydrate, and the best types, pre- and post-training, makes a difference for performance, glycogen recovery, and sparing dietary protein for muscle repair. In other words you have to balance not only what you eat, but when, in addition to properly pairing your nutrients. Protein 'sparing' means eating enough carbs and calories so that the protein you eat gets used efficiently for rebuilding."

As my training sessions have gotten longer and more intense this is definitely an area I've had to address – working on my nutrition plan and making sure my pre & post training meals work not only to fuel me and fill me up, but they also have to help my aching body recover. When I have 3-4 hour intense sessions on back-to-back days, I think the fact that I can do them at all tells me I'm finally doing something right in the area of nutrition.

Mary Jo also noted that "in terms of micro-nutrients, the vitamins and minerals, we know that calcium and dairy are important for bone health, but I have since learned that there is mounting evidence that adequate dairy intake, a mere 3 servings per day, while widely shown to support increased fat breakdown and decreased fat synthesis, may also aid in the actual destruction of fat cells. At the same time, dairy gives you the type of amino acids that support increased muscle mass and helps regulate your blood sugar. So, a simple thing like adequate dairy may not only help fight obesity but can also enhance performance."

No doubt you've all noted the current trend towards more dairy – and don't ignore all the research promoting Low Fat Chocolate Milk as a great recovery drink – practical and delicious, not to mention chocolate! But heeding all of her advice, I guess it's best to skip the ice cream and reach for the low fat yogurt. It really is that simple, but, as I've struggled with a lot of this she also provided support and reassurance by pointing out "simple doesn't necessarily mean easy."

I certainly agree with that, paying constant attention to your nutrition plan takes diligence and persistence, and is just as important as the other 3 disciplines. While I've been far from perfect, I am making progress, slowly but surely, and I've managed to attain a healthy weight loss of about half a pound a week for a total of just over 10 lbs since the start of the contest. Similar to the triathlon coaching we've received from Cadence, when it comes to your nutrition plan, it's invaluable to solicit some expert advice!

Ms. Parker helped Mary Lou evaluate the products from the contest nutrition sponsor, Enervit. Ms. Parker, MS, RD, CDN is a Nutrition Therapist with a private practice in Williamsville, NY. You can learn more about her here: <http://www.canisius.edu/hhp/parker.asp>

SCORE WHO? SCORE THIS!!!

-RICH CLARK & BOB GIARDINI

Who is Score-This?

It might come as something as a surprise to some, but Score This!!!, Inc. (official name, yes with the !!!) is a New York State registered corporation. The owners of the corporation are its stockholders - Bob Giardini, Richard Clark, Margie Giardini, Teena Clark, Jeff Tracy and Bill Seyler. We also have 10 other part time employees.

How did Score-This come to be?

The roots of Score This!!! were planted way back in 1997 with the original Buffalo Waterfront Triathlon. Bob and Rich were helping the race director to organize the event – Bob with timing and finish line management, and Rich with course set-up and race start management. When the BTC decided to open up its club-only Fall Frolic event to all, Bob and Rich took on the tasks of organizing the entire event. At the time, clocks and timing equipment were being rented from a company in New Hampshire. In the 3rd year of the event, the New Hampshire company was not responding to rental requests. In danger of not being able to time the Fall Frolic, Bob made the rash decision to personally purchase \$4000 of equipment and convinced Rich that they should start a timing company to rent the equipment and recoup the investment.

Later that year, we contacted ChampionChip USA hoping to be able to provide better timing than with pull tag systems. Based on the timing software that we wrote and our experience with timing events, ChampionChip USA selected Score This!!! to be one of its timers. A little known fact is that we actually received our ChampionChip systems at the same time as Don Mitchell of Run-Time Services, the long time authority in providing quality timing services.

The name was sort of a joke to begin with. In Rich's typical sarcastic style, he yelled "Yeah, score this". We ran through a bunch of other mostly boring conservative type names, but nothing could top that first inspired moment and it was the one that stuck. Except for the fact that Bob added three !!! at the end.

Approximately how many races do Score-This time?

In the beginning, the plan was to time 5 events per year, growing to 15 by our 5th year. Currently, in our 6th year, we are involved in about 70 events and still growing.

How do you determine which races are a part of the Score-This series?

Originally, the goal was to be able to provide some common synergies such as advertising and race day management as well as providing a more attractive vehicle for sponsors, all benefits to help the race directors, and keep a viable venue of races for Western New York triathletes. As Score This!!! became more involved in Central New York productions, those naturally evolved into the series.

There are 3 main criteria for being in the series. First, because we are concerned with the quality of the events, Score This!!! must have a significant role in the management of the event.

Second, the event must be economically sustainable. You've seen a number of events disappear in the last few years, some of which were our personal favorites. But the athletes "vote" with their participation, and consistently low turnouts don't bode well for the event when you can't cover your costs.

Third, the event must be accessible to our core group of athletes - those in Western New York – which is how this all got started.



SCORE THIS!!! CONT.

What else does Score-This provide besides timing?

Race management, race consultant work, equipment rental of just about anything that you need for a multisport, running, open water swimming, and time trial event. We also rent equipment for non-athletic events.

With the Club's Fall Frolic on hold, what do you think are key elements of making a great race environment?

Interesting course, great facilities, enthusiastic and plentiful volunteers. Great organization, planning and execution. And athletes. In the end, the athletes create the "buzz", the energy that makes the event exciting.

If you were around before the creation of the BTC, how did things operate?

I was, but it seemed like a loose collection of individuals that happened to know each other. No real organization of training rides, swims, etc.. For me (Bob), the formation of the BTC brought together the area's triathletes into a "community" where we could share information, goals, and most importantly, camaraderie.

Are some of you the founding fathers of the BTC?

I think there is truly only one founding father of the BTC – Andre Smaic. It was his idea and efforts that brought together many in the triathlon community to get this going. Bob was the original treasurer and membership coordinator from the club's inception through its 5th year. Rich was the 2nd president of the club, serving from 1999-2002. Rich was asked by the founding father if he was interested in running for the office – the first election in BTC history.

How did the development of the BTC happen?

See above.

With some Club sponsors, it is easier to see what benefit they offer to the Club. What is it that Score-This brings to the BTC?

Primarily, Score This!!! has provided local racing venues for BTC members at a time when there were relatively few. We have organized and managed the Fall Frolic for the last 8 years, ever since the inception of idea when Rich was president of the BTC. Score This!!! provided the software for the 2008 BTC Indoor Triathlon and has provided ChampionChip timing services for some of the brick events.

Score This!!! also supports a number of advertising and promotion related activities for the club. We have advertised the BTC (as well as the Fall Frolic) in our series brochure, postcards, USAT Triathlon Life, and the New England Sport Magazine. We also advertised on our website about the BTC, stuffed club advertisements and membership forms in our packets for the last 6 years, and allowed the BTC to set up tables to advertise themselves at our races since the beginning of the Score This!!! Multisport Series.

Score This!!! also extends all of our vendor discounts to the BTC. This allows the club to receive banners, tents, and other equipment at the same discount price as we receive from our vendors.

On an individual level, our Score This!!! team has run brick workouts and organized swims in Lake Ontario and the Niagara River.

Score Out!!!



WHO'S GREG MURNOCK AND WHAT'S THIS XTERRA

Many of us have seen your postings on the BTC Yahoo group and don't know much about you. Tell us a little bit about yourself.

I started in multi sport 16 years ago when at the time was racing as an expert MTN biker in Colorado Springs. Big crash rendered my MTN biking season over in the first race. My wife entered me into a triathlon "since I had already been cross training..." and have been doing them ever since. I got a little bored with road triathlons and stumbled upon XTERRA 2003. It was such a change from "I have to get a run in", or "I have to get a ride in..." I was actually looking forward to workouts, "when do I get to mountain bike," and "when do I get to go trail run!" triathlon was fun again. I have done Lake Placid once but it just isn't my thing.

How is it that you heard about the Buffalo Triathlon Club and became a member?

When I found out we were moving out here from Colorado Springs, one of the first things I did was look to see if there was a club.

So what does your athletic resume look like? Are you a High School athlete? A multi-Ironman?

I didn't decide to do anything serious till I was in the military. I was at the Air Force Academy working in the hospital when some one loaned me a mountain bike and coaxed me to go with them. From there I had a couple years mountain biking, actually made it up to Expert class and placed first in the military category for a multi-day mountain stage in 1993. I have one Ironman under my belt but it just isn't my thing, I will leave that up my wife Lorrie.

What is your greatest accomplishment in athletics? (What are you most proud of?)

I actually have to say finishing 2006 XTERRA Arizona with a smile on my face. "I found my MoJo again". 2005 Moab beat me up bad and it took a new event to help me get back into it.

What sports are you currently involved in?

XTERRA is by far my main but anything within the 4 events of triathlon, on and off road

I see you are a USA Triathlon Coach. What does your coaching skills/resume look like?

I have a couple of long time clients/friends who are XTERRA and multi Ironman finishers. Other than that I'm not really into it for the monetary value. I love the smile on athletes' faces when you teach them something new or they finally "get it". I run the masters swim group in East Aurora and have helped a number of local athletes better their stroke efficiency "hydrodynamics" and getting them faster times in their 1500m. Helping them reach their goal of becoming a better swimmer and in turn a faster triathlete. 35% of the people who sign up just for some recreational swimming in turn end up being triathletes.

What are your greatest accomplishments as a coach?

Two items there. I was running a SPIN group at Bicycle Village three times a week. I started a triathlon swim group with the Falfins swim club and one of the cyclists came to me and asked if I could teach him to swim. I told him to show up so we could see what he had as a stroke. I didn't think too much about it but when he showed up he was a mess. Come to find out he was scared to death of the water as he had almost drowned once before. Within 5 months he was swimming very well and completed his first triathlon, it was a lake swim too. The cycling had him losing weight but the triathlon turned his life around. Stopped smoking, stopped drinking, lost 45 or 50 lbs from when he started cycling with me.

Second is one of my first athletes here in NY. I had a lady who was coming to swimming



Change begins
with choice.



GREG MURNOCK CONT.

for a little exercise. Seven weeks before the XTERRA I host down at Holiday Valley, she asked me to help her to compete in it. She had never mountain biked, didn't even own a bike, didn't know anything about triathlon for the exception of what I had gone over in our swim group transition sessions. She found herself a bike, we did a bunch of one on one mountain bike skills and such, got her all set with workouts, and she finished the XTERRA with a huge smile on her face.

Got any celebrity clients that you are allowed to mention?

I have been on deck with Andy Potts, Hunter Kemper, and Joe Umpenhour (<http://www2.triathlon.org/profiles/prof-elite-men/joe-umpenhour-usa.htm>) during one of their swim workouts at the US Olympic Training Center in Colorado Springs. ☺ Wrote a few swim workouts and cycling workouts for Shea Wilfong of Colorado Springs, Colo. Shea was the bronze medalist in the 18-19 Age Group Olympic Distance World Championship 2007.

Besides athletics, you are a computer guru?

Yes I admit I'm a GEEK. I'm a web application "Designoper" designer/developer for Value-centric in Orchard Park. Would you like some help with the Buff Tri Club site?

I also have a few websites of my own I attempt to keep somewhat up to date. Shameless plug... Coming soon... a new and improved M2Xtreme.com. You will be able to order XTERRA Gear, Hammer Products, CompuTrainer, Garmin, Rudy Project, along with MANY items to help you in your training and path to your goals; online training log, zone finder, and other secrets that can't be revealed at this time. ;)

Are there 'standard' distances for XTERRA races? (ie Ironman 2.4, 112, 262., although shorter distances (sprints) seem to vary a little)

The "standard" distance for regional championships is "winning time greater than 2 hours" and for national and worlds is "winning time greater than 2.5 hours". 85% of the overall average time should be on the bike and 90% must be off pavement. So that makes our event in Holiday valley a little on the short side for the bike. Majority of the events have a 1000 to 1500 meter swim, 15 to 20 mile bike, and a 5 mile to 10k run. For 2008 M2Xtreme increased the bike distance to hopefully take care of discrepancy in distance. For the first timers who are interested we offer a shorter event with less technical trails, we don't want to discourage anyone from checking out XTERRA. ☺

Any last words?

I encourage anyone to come and check out what XTERRA is about. I like to call it, "the path less traveled" or "the beer and brats to the road triathlons pasta and bagels". If it isn't fun why do it? FREE Transition clinics on demand. Have a question? Never hesitate to ask. Anyone want to see the 2007 Nationals or 2007 Worlds XTERRA on DVD, very motivating, let me know.

This section intentionally left blank.

Because you didn't contribute to your newsletter!

Articles always appreciated.



"Failure is not
about insecurity.
It's about lack of
execution"
-Jeffrey Gitomer



ITS ALMOST RACE SEASON !!!

With the warm weather coming you know race season is almost here. Your training should be under way if you are looking to do a local triathlon. But most of us, including me, will do the weekend warrior thing and just jump right in with no training. Huffing and puffing after the first event will make you reconsider before doing that again. Plenty of Club members are well into their Ironman training for 2008. With the Club favorite Ironman Lake Placid less that 3 months away and Musselman Half Iron distance peak week can't be too far away.

Don't forget the Fly by Night Duathlon at Watkins Glenn right on the race track later this month either. This race and Musselman have been noted in several national publications as races to do. Seriously. Right here in our area! Also this month you have the Toms 50/50 ride, the GBTC Grand Island half marathon, Ride for Missing Children, and the Buffalo Marathon. SO GET OUT THERE!



MAY 2008

| 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 |

SCHEDULE OF EVENTS

- 5/3 GBTC Grand Island half marathon
- 5/9 Ride for Missing Children
- 5/18 Toms Pro Bike 50/50 ride
- 5/25 Buffalo Marathon
- 5/31 Fly by Night Du

HAPPY BIRTHDAY !!!



- | | |
|------------------------------|-----------------------------|
| 5/1 Joe Meyer | |
| 5/7 Frank McKeehan | 5/17 Anna Caci & Rick Ferro |
| 5/9 Patricia Palmieri-Phelan | 5/18 Tim Siragusa |
| 5/11 Justin Dix | 5/19 David Shapiro |
| 5/12 Thomas Giardini | 5/20 Theresa Palmieri |
| Sharon Linstedt | 5/22 Grace Speller |
| 5/13 Maggie O'Connor | 5/22 Catherine Haight |
| 5/14 Casey Carr | 5/29 Amy Moritz |
| 5/15 Joseph Niezgoda | 5/30 Michelle Kuriscak |
| 5/16 William Cihak | |

WELCOME NEW MEMBERS :)

Julie Bastedo, John Moore, Sarah Gilewicz, Rick Ferro, Daryl Clarke, Amy Benedict, Brent Hudson, Frank Storey, Kevin Buzzelli

BECOME A 'BTC' MEMBER TODAY !

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Sex: _____ Birth Date: _____

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



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"Together we can make a difference"

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orca

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Factor

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