



QUICK TRANSITIONS

JUNE 2008



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LOCAL TRIATHLON RACE SEASON HAS BEGUN !

QUAKERMAN TRIATHLON NEW FOR THIS YEAR ! - JAMES SCHAFFSTALL

The Quakerman Triathlon and Quaker Kids Tri are the newest edition to the TRI WNY Race Series. From the people who have brought you the Wilson Wet & Wild Triathlon for the past six years, this is expected to be a fantastic race held right in our backyard. Quakerman Tri is a Sprint triathlon with the swim being held in Green Lake at Yates Park. Race date is June 29th in Orchard Park, NY. Race time is 8:00 AM. Team competition is welcome! Distances for the Quakerman Tri are 600 meter swim, 22 mile bike, 4 mile run. Quakerman Tri features High-Tech Dri Fit T-shirt to ALL pre-registered by June 21st.



Bring the whole family for a day of fun with the Quaker Kids Tri. Distances for the Quaker Kids Tri are 50 meter swim, 1.5 mile bike, 1/2 mile run. So gear up for a spectacular summer of triathlon fun in Orchard Park! Both races are for the benefit of the Orchard Park Recreation De-

KEUKA LAKE TRIATHLON - RICH CLARK

The Keuka Lake Triathlon, A USAT Sanctioned event and directed by USAT Certified Race Directors from Score This!!!, benefits the American Red Cross of Yates County. The years event takes place as it has in the past in Keuka Park, NY at Keuka College in the scenic Finger Lakes Region. Being one of the first tri's of the year in New York State the water temperature tends to be in the low 60's to the low 70's. This is usually a race to get out the wetsuit to stay warm. The bike course is challenging with a nice climb right off the bat with an awesome run that parallels Keuka Lake.

The Council for Responsible Sport (CRS) has selected the KLT as a "seedling" event to take place in the certification process to help us



KEUKA LAKE TRIATHLON CONT.

Green Up our event. We are trying to make the KLT more sustainable and environmentally friendly. Check them out at: <http://www.responsiblesporting.org/>

How can you help?

1) Carbon Offsets - Athletes have the chance to offset their carbon emissions when traveling to the race during the registration process using Onemillionrevolution.org green registration system. Score This!!! has selected Carbon Fund as the recipient. One Million Revolution software calculates how much carbon you would put into the atmosphere by using some simple math based on the size of your vehicle and its efficiency.

CarbonFund: CarbonFund is a non-profit organization based in Silver Spring, Maryland. CarbonFund supports renewable energy, energy efficiency, and reforestation projects globally that reduce carbon dioxide emissions and the threat of climate change.

Score This!!! has elected to offset all participant travel whether they offset their own or not to make this a carbon neutral event

Score This!!! will also make this a carbon restorative event by offsetting the carbon of all participants x 2

We also pledge to make the carbon footprint of the entire event neutral by choosing to offset the entire staffs travel with high-quality carbon credits

2) Participant Carpooling - KLT participants can use the interactive registration map to locate athletes that they may be able to carpool with. This helps reduce the amount of carbon emission by half.

Participant Map: <http://onemillionrevolutions.org/reg/map.jsp?eventID=59>

3) Recycling

All Score This!!! Multisport Series events in 2008 will institute a recycling program. Please keep your eyes open for the Recycling Station at the race. It will have separate bins labeled for paper, cardboard, metal/aluminum, plastic, glass and general garbage bins this year. This helps the amount of trash being sent to the landfill. Our hope is at the end of the event we have less than 1lb of landfill waste per participant.

Recycle by Donating your old cell phone(s) to the American Red Cross of Yates County. It's simple and FREE! Donated cell phones are sold to a company that recycles them. The money we receive from recycling cell phones is used to help others in time of need in Yates County

Recycle by bringing your old cell phone(s) on race day and placing them in the container that the American Red Cross of Penn Yan will have under the volunteer tent.

4) Sneaker Return - Please bring your old running shoes that are of no use to you anymore and place them in the collection bin. We will box them up and donate them on behalf of the race to a soon to be determined charity. We are looking for a local charity right in the Penn Yan Keuka Park area.



While recycling has grown in general, recycling of specific materials has grown even more drastically: 52 percent of all paper, 31 percent of all plastic soft drink bottles, 45 percent of all aluminum beer and soft drink cans, 63 percent of all steel packaging, and 67 percent of all major appliances are now recycled.
(source:epa.org)



KEUKA LAKE TRIATHLON CONT.

5) Charitable Giving - Since the inception of this event the original race director Jay Hollister started giving back to the American Red Cross of Yates County. Since that time the race has given back almost \$15,000 to help the ARC with its helping of others. You can also make a tax deductible donation when use the OMR Green Registration System.

6) The American Red Cross of Yates county relies on donations to helps others in time of need whether it be a natural disaster or a fire. The easiest way to make a non-monetary donation to the ARC of Yates County is to bring any of the following to be collected at the ARC Volunteer tent race day or in the designated box during packet pickup: toothbrushes, toothpaste, dental floss and deodorant.

7) After the race is over, everyone is full of the all you can eat buffet provided by the Keuka College food service, and your award is in a great place in your home, please look for our survey via email to let us know how you think our sustainability efforts went for the 2008 event. Our goal is to get at least 10% of the athletes to tell us how we did!!!

8) FREE Clinic for all whether they are racing or not 06/07/08 in Hegeman Hall. This event will take place in a room TBD from 3-4pm. This is the hour before packet pickup starts. Coach Doug Bush from Endurancefactor.com will break this event into two 30 minute sessions. This is the second of 6 clinics this year in the clinic series.

Clinic #2A Get the most out of your transition!!!-Session 1

With USAT Certified Coach Doug Bush of Endurance Factor

Free 3pm-3:30pm

Beginner-Advanced:

Learn how to effectively and properly set up your transition to make your race smooth and fast! We will teach you everything you need to know from where to rack your bike, stash your helmet, and mount the bike! We will have 3 types of trisection racks for you to see.

No equipment necessary!

Clinic #2B Everything you need to know to get thru your first triathlon!!! Session 2

With USAT Certified Coach Doug Bush of Endurance Factor

Free 3:30pm-4pm

Beginner:

Everything you need to know to get thru your first triathlon.

Clinic apps can be found here so we know you plan on coming to this event:

9) Check the website to see what else we have in store: <http://keukalaketri.com>



Learn how to effectively and properly set up your transition to make your race smooth and fast!

**Endurance
Factor**

JOURNEY TO SOUTH BEACH

- MARK ST. GEORGE

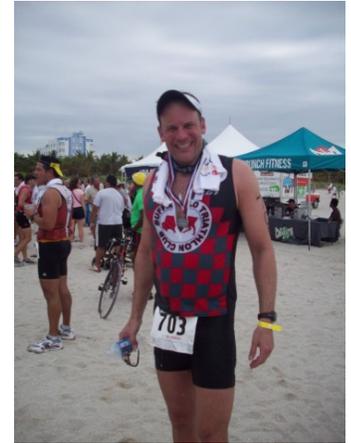
If there is one thing I don't like about triathlons, it's the fact that here in Western New York the season is just so short. The first tri in the area is in June, and come mid September the season's over. Basically nine months of training for 3 months of fun. Compared to running (where races are held year round) it's just too much training time with not enough fun time. After thinking about this I decided the best way to combat this problem was to set up road trips. If you do a road trip early (say April) and then a late season road trip in October you can make the season last 6 months in stead of three. I am not a rocket scientist but am pleased that I figured out a way to double the length of the tri season.

So when I got an advertisement for the Nautica South Beach Triathlon being held on April 13th in South Beach it really caught my attention. My wife and I always plan a little weekend get away in early April since both of our birthdays are in the first week of April. Basically all it took was a quick "Hey honey, what do you think about going to Miami for our birthdays this year?" "Sure Mark sounds fabulous, count me in" she responded. To which I quietly retorted, "Oh, by the way, there's a triathlon down there I'd like to race".... So I signed up for the race, my wife made the travel arrangements and we were set.

This was my first race at a really big event. Big in the way that it is nationally advertised, famous folks would be racing (Anna Kornikova, the Bachelor's - Andy Baldwin, the chef Rocco DiSpirto), and I would be racing the likes of pros such as Chris Lieto, Ben Collins, and Chris McCormack. On second thought let me rephrase that slightly, they would be racing each other and I would be sucking wind somewhere far behind. Also I found it interesting that there was a division for folks who weighed 185-199 pounds. I am used to seeing the standard Clydesdales division for folks over 200 pounds but this was a first for me. Since I weigh about 198 I always bemoan the fact I am about two pounds shy of the Clydesdale division so I signed up for this weight division in lieu of the typical 40-44 year old division I would normally sign up for. The advantage of a weight division is that you are competing against folks your own size - as in I won't have to deal with any 165 pounders but, unfortunately at 44 years old I would be competing against people my size of all ages (read a lot younger than I).

We flew into Miami Friday afternoon and basically hung out on the beach, ate and drank for a few days. On race day (Sunday) we got up early, set up in the transition area and waited for the start of the race. Two things I'll always remember about the start. One was that way off in the distance, two water spouts had formed. It was surreal and about 1,000 racers and about the same number of spectators watched in quiet. Note - they were "way, way" off in the distance so no one was in danger. The second thing I will always remember was the fact that the water temperature was 78.28 degrees. That's .28 degrees high for a legal wet suit swim so we'd be racing sans the wetsuit for the first time in my 2 year career. I was a little nervous at first but the ocean was fairly calm and I was training hard this winter with Nickel City Splash Masters Swim program so I was pretty confident that I wouldn't be fish food by lunch. The other thing that was new for me was the fact it was a beach start. For those that have never done it, that basically means you line up about 50 feet up the beach and when the cannon goes off you sprint down the beach and into the surf. Chaos comes to mind when my thoughts go back to that day.

The swim went well for me. Not great, but not bad. Of the 30 folks or so in my division I came out of the water in fourth. Not bad I figure for a guy from Buffalo who hasn't been in the open water since September of last year. Into the transition area I went and I got ready for the 19 mile bike ride through Miami. As I raced out of transi-



JOURNEY TO SOUTH BEACH CONT.

tion I passed Sarah Reinertsen who had started in the wave in front of me. For those that don't know the name, she's the one legged "challenged" athletes who put the "can do" in challenged athletes. As I jogged by her with my bike out of T-1, I couldn't have been more inspired. It's funny all the excuses folks have to not do things and here is a woman with one leg busting her butt in a triathlon (note she has also done the ironman if you need any little extra push to do one). The other thought I had that day as I jogged past her was the term "challenged" was not her word. As I watched her I saw no "challenged" just "determination"...

As I rode my bike that early Sunday morning I couldn't have been in a better place. I had a good ride sporting my new aero helmet (good being defined as passed a bunch more folks than who passed me – making it even better was many of the folks who I passed were 20 something years olds). More importantly than the average pace or the fact I was passing folks close to half my age, was the fact I just thoroughly enjoyed the sites. It's not every day you get to ride the streets of Miami, passing the cruise ships and crossing the causeways. The bike came to an end and off for the final run leg. I had a quick transition and off on the run. One of my first thoughts on the run was S&*T, I just figured out the problem with early season road trip tri's. No Thursday night brick workouts to help prepare! They speak of jelly legs but I couldn't help think syrup legs seemed more appropriate. The run was only four miles so I shut up and just ran (Ok more like waddled). Adding insult to injury was the fact that the last 50 yards or so was across the beach to the finish line. If you think running on tired legs stinks, try sprinting to the finish on a soft sandy beach. That will make you glad when the race is over.

The race was over and we hung out and drank water and people watched. When they handed out the hardware I was pretty excited to make it to the podium. Sure it was fourth place in a zany weight related group so I didn't loose my head or anything. But it was fun to be standing in front of all those folks from Southern Florida with my Buffalo Triathlon Club jersey on. As I stood up there I couldn't help think that most of these folks were Dolphins fans (boo hiss!)

Afterwards on the way back to the hotel we grabbed a table at a local cantina and ordered sandwiches and a few Corona's. After that we put the race stuff away in the hotel and made it to the beach for the remainder of the afternoon. After that we had a great dinner at Nemo's. When I laid my head down on the pillow that night I had to smile. I had pretty much experienced the perfect day (for me anyway). It started out with a triathlon in a great locale, making the tri even better was taking home some hardware. After the race I got to spend the rest of the day with my best friend and wife Karyn eating and drinking at the cantina, and on the beach (South Beach that is!). We ended the day with dinner at one of our favorite restaurants (Nemo's). To ask for a day better than that is just plain greedy.

I'll leave you with this. After the race many folks have asked if I would recommend the race. Let me see? I got to race with the likes of Chris Lieto and Chris McCormick on one of the best beaches in the world. I saw Anna Kornikova (the tennis star / model) and Katya Meyers (professional triathlete / model) who raced together as part of a relay team. We caught a brilliant sun rise complete with water spouts. I participated in a very well run race. The folks of Nautica apparently don't just know about making nice clothing but also know a thing or two about organizing triathlons. Before and after the race we hung out on South Beach and Ocean Drive enjoying the food, drink and scenery. Would I do it again? Hell ya!



GRAND ISLAND HALF MARATHON RESULTS

Place	Name	Time	Pace	InGroup	InSex
25.	Joelle Mann	1:31:53	0:07:01	1/F25-29	2/F
43.	Charles Watson	1:39:07	0:07:34	5/M25-29	38/M
51.	Theresa Palmieri	1:40:32	0:07:40	4/F40-44	8/F
78.	Catharine Haight	1:44:04	0:07:56	2/F45-49	15/F
85.	Sarah Gilewicz	1:45:06	0:08:01	3/F30-34	17/F
88.	Jonathan Mugel	1:46:50	0:08:09	10/M50-54	71/M
113.	Patrick Capuson	1:51:49	0:08:32	11/M40-44	89/M
131.	Joe Pautler	1:53:25	0:08:39	14/M30-34	100/M
181.	Patrick Dalton, Jr	1:59:57	0:09:09	10/M20-24	134/M
228.	Tim Siragusa	2:08:18	0:09:47	23/M40-44	156/M
241.	Mary Casey	2:09:43	0:09:54	2/F60-64	76/F



As you can see, quite a few BTC members went home with hardware. Joelle was the 2nd female overall. Theresa went home with a 3rd place trophy for her age group. Photos courtesy of Diane Sardes.

**INNAUGURAL MARINE CORPS HISTORIC HALF MARATHON
MAY 18TH 2008, FREDERICKSBURG, VIRGINIA**

A very nice race. Well organized for its first year. Good news- plenty of down hills in the start, bad news- you gotta come back up in the end :(

Race tip #1: always be sure to attach your race nutrition securely on your person when starting the race. At least I was smart enough to not try and stop and pick it up when it fell off in the first mile or two.

Race tip #2: Sports drinks tend to be in a cup with the drink name on the outside. Water is in a plain cup. Thank goodness I didn't pour that cup over my head!

Race tip #3: Always be proud to simply finish :)



Top left: Me with running friends Jill & Julie

Bottom left: the hardware and coin

Top right: Race Start

Bottom right: A guy who juggled while running the race





May 15th 2008: Time Trial

Two laps on the bike. Each lap is approximately 6.25 miles

LastName	FirstName	AgeGroup	Clock Offset	Lap1 (clock)	Lap1 (split)	Lap1 mph	Lap2 (clock)	Lap2 (split)	Lap2 mph	Finish Time	Points
Beecher	Sean	M Un 40	0:07:30	0:23:22	0:15:52	23.63	0:39:42	0:16:20	22.96	0:32:12	7
Montanaro	Brian	M Un 40	0:00:30	0:17:20	0:16:50	22.28	0:34:18	0:16:58	22.10	0:33:48	5
Hepkins	Eric	M Un 40	0:10:00	0:27:03	0:17:03	21.99	0:44:01	0:16:58	22.10	0:34:01	3
Tracy	Jeff	M Un 40	0:06:30	0:23:34	0:17:04	21.97	0:40:45	0:17:11	21.82	0:34:15	1
Watson	Charles	M Un 40	0:22:00	0:39:15	0:17:15	21.74	0:56:43	0:17:28	21.47	0:34:43	1
Pautler	Joe	M Un 40	0:29:00	0:47:56	0:18:56	19.81	1:06:45	0:18:49	19.93	0:37:45	1
Mercer	Allen	M Un 40	0:11:30	0:30:47	0:19:17	19.45	0:49:30	0:18:43	20.04	0:38:00	1
McKim	Dale	M Un 40	0:14:00	0:33:37	0:19:37	19.12	0:53:27	0:19:50	18.91	0:39:27	1
Gruber	Joe	M Un 40	0:01:30	0:22:37	0:21:07	17.76	0:43:16	0:20:39	18.16	0:41:46	1
Sobon	Robert	M 40-49	0:03:30	0:19:24	0:15:54	23.58	0:35:35	0:16:11	23.17	0:32:05	7
Mietlicki	Kevin	M 40-49	0:10:30	0:26:57	0:16:27	22.80	0:43:23	0:16:26	22.82	0:32:53	5
St.George	Mark	M 40-49	0:13:30	0:30:15	0:16:45	22.39	0:46:48	0:16:33	22.66	0:33:18	3
Brouillard	Eric	M 40-49	0:07:00	0:23:57	0:16:57	22.12	0:41:20	0:17:23	21.57	0:34:20	1
Weber	Greg	M 40-49	0:05:00	0:22:44	0:17:44	21.15	0:40:31	0:17:47	21.09	0:35:31	1
Capuson	Patrick	M 40-49	0:08:00	0:25:27	0:17:27	21.49	0:43:32	0:18:05	20.74	0:35:32	1
Nordenflycht	Sergio	M 40-49	0:03:00	0:20:39	0:17:39	21.25	0:38:50	0:18:11	20.62	0:35:50	1
Gordon	Martin	M 40-49	0:02:30	0:21:04	0:18:34	20.20	0:39:56	0:18:52	19.88	0:37:26	1
Schaffstall	Jim	M 40-49	0:21:30	0:41:06	0:19:36	19.13	1:01:29	0:20:23	18.40	0:39:59	1
Winkelman	Ron	M 40-49	0:15:00	0:37:04	0:22:04	16.99	0:58:27	0:21:23	17.54	0:43:27	1
Karnath	James	M Ov 50	0:12:30	0:29:05	0:16:35	22.61	0:45:59	0:16:54	22.19	0:33:29	6
Powell	Dennis	M Ov 50	0:04:00	0:20:35	0:16:35	22.61	0:37:29	0:16:54	22.19	0:33:29	6
Garrow	Anthony	M Ov 50	0:01:00	0:17:42	0:16:42	22.46	0:34:57	0:17:15	21.74	0:33:57	3
Mullaney	Richard	M Ov 50	0:06:00	0:23:44	0:17:44	21.15	0:41:26	0:17:42	21.19	0:35:26	1
Mugel	Jonathan	M Ov 50	0:05:30	0:24:02	0:18:32	20.23	0:42:20	0:18:18	20.49	0:36:50	1
Seyler	Bill	M Ov 50	0:00:00	0:18:59	0:18:59	19.75	0:37:53	0:18:54	19.84	0:37:53	1
Grey	Joe	M Ov 50	0:12:00	0:30:48	0:18:48	19.95	0:50:03	0:19:15	19.48	0:38:03	1
McGuire	John	M Ov 50	0:09:30	0:29:55	0:20:25	18.37	0:51:10	0:21:15	17.65	0:41:40	1
Deem	Allison	F Un 40	0:16:30	0:35:50	0:19:20	19.40	0:55:03	0:19:13	19.51	0:38:33	7
Moritz	Amy	F Un 40	0:02:00	0:22:50	0:20:50	18.00	0:43:20	0:20:30	18.29	0:41:20	5
Bechard	Kim	F Un 40	0:11:00	0:33:44	0:22:44	16.50	0:57:05	0:23:21	16.06	0:46:05	3
Schaffstall	Jennifer	F Un 40	0:22:30	0:46:10	0:23:40	15.85	1:10:41	0:24:31	15.30	0:48:11	1
Hoffman	Mary Lou	F 40-49	0:16:30	0:35:46	0:17:16	21.72	0:53:02	0:17:16	21.72	0:34:32	7
Kennedy	Laurie	F 40-49	0:04:30	0:24:35	0:20:05	18.67	0:45:56	0:21:21	17.56	0:41:26	5
Contrino	Kathleen	F 40-49	0:14:30	0:37:31	0:23:01	16.29	0:59:56	0:22:25	16.73	0:45:26	3
Gworek	Nancy	F Ov 50	0:08:30	0:27:37	0:19:07	19.62	0:46:52	0:19:15	19.48	0:38:22	7
Karnath	Kathy	F Ov 50	0:13:00	0:32:17	0:19:17	19.45	0:51:40	0:19:23	19.35	0:38:40	5
Casey	Mary	F Ov 50	0:15:30	0:38:10	0:22:40	16.54	1:00:46	0:22:36	16.59	0:45:16	3
Mess	Douglas	Non-member	0:09:00	0:28:31	0:19:31	19.21	0:48:55	0:20:24	18.38	0:39:55	0
Fried	Chuck	Non-member	0:16:00	0:38:00	0:22:00	17.05				DNF	0
Nye	Ryan	Non-member	0:17:00	0:32:04	0:15:04	24.89	0:47:11	0:15:07	24.81	0:30:11	0

June Brick Schedule:

Thursday, June 5th:

6pm Open Brick

(JPMorgan Corporate Challenge)

Thursday, June 12th:

6pm Time Trial

FRIDAY, June 20th:

7pm St. Greg's 5k

Thursday, June 26th:

6pm 3-3-3 Brick



RIDE FOR MISSING CHILDREN

-LAURIE KENNEDY

“One hundred miles on the bike, thousands of smiles, hundred’s of “high fives’ with children”

Sponsored by the National Center for Missing & Exploited Children/New York (NCMEC/NY), the Ride for Missing Children is a 100-mile ride made by 120 pledged bicycle riders or "Friends of Missing Children" that raises funds to support prevention education programs and to remember all missing children. More than 2,000 children are reported missing in the United States each day, some in our own community. NCMEC's mission is to help recover missing children, protect all children from sexual exploitation, and assist in the prevention of these crimes.

It was a moderately cool day May 9, when I joined the “Buffalo” group. At as early as 6 am, we gathered at ECC South Campus in Orchard Park where we were greeted by Sherriff Howard, and other local dignitaries. The support for the riders was amazing – we were treated extremely well and looked out for every step of the way. If needed, our bikes were checked and necessary repairs made, food was plentiful, the volunteers were very accommodating, and the riders I met were very friendly.

With bagpipes playing Amazing Grace, we took off in a two by two line up and made our way to our first stop after 17 miles at Public School 64 - we could hear the cheering of children well before the school was in sight! What a thrill it was to see hundreds of kids clapping, jumping up and down, so excited for our arrival! It sent chills up my spine! My riding partner warned me, as a first time rider in this event, to be careful as the children hold out their hands and give you high fives and sometimes hold on while you are in motion on your bike – I heeded the advice and rode on the “outside “ position the first time through to observe this. The group stopped briefly at this school then continued on our way.

We traveled another 17 miles to Heim Middle and Elementary schools, and this time, I did give high fives while riding! As I rode by the hundreds of children, cheering us on, and touched each of their hands I thought about how lucky I was to connect with the children in such a meaningful way – helping to bring the message about their personal safety to the forefront of their day. I then thought about the kids that weren’t at their schools because they have been reported missing with no answers to their whereabouts. It was an emotional feeling that I will never forget and instilled in me the strength to push through the many miles yet ahead of us.

Mile after mile, school after school the riders kept together in good spirits, encouraging one another. I even had my own cheering squad who would chant “go Laurie, go Laurie” until I made it up some of the more difficult hills! There were several other BTC members who also participated including Greg Weber (who drove the recovery truck), Karen Michaels, Andrew Thomas, Kara Kaasesz (former member and pending member), and there is one more (if you are reading this get back to me please and I'll make it up to you!)

As we made our way back to ECC South at about 4:30 pm, we heard the bagpipes playing and were greeted by more supporters and political officials – including Erie County Executive Chris Collins and the President of ECC (former Senator) Jack Quinn for the closing session.

The ride was amazing – I highly recommend this ride to anyone who has not already done it. I know I will definitely do it again!



WHEN PIGS FLY**FROM THE BLOGSPOT OF MARY LOU HOFFMAN**

From Wikipedia:

>>>"When pigs fly" is an idiomatic way of saying that something will never happen. Pigs are heavy animals, without wings, and cannot possibly fly. So "when pigs fly" is a time that will never come.

The phrase is used for humorous effect to scoff at someone's intentions to achieve or carry out something which is beyond their previous efforts and accomplishments<<<

Yes, there are certain things in this world that are impossible; just never meant to be, and we have sayings for them ... When pigs fly; In a month of Sundays; When hell freezes over; When the sun rises in the west; Once in a blue moon; When Mary Lou runs a marathon ...

On rare occasion in sport the stars align, ability and determination trumps expectations, the unimaginable happens. People compete beyond their known ability and records are broken, the underdog prevails, miracles happen: Roger Bannister's 4 minute mile, the '69 Mets; the 1980 US Olympic Hockey team's Miracle on Ice, Mary Lou runs a marathon ...

Ok, so maybe it wasn't quite all that dramatic, and lord knows it wasn't pretty. It definitely was far from perfect, but the fact remains, I did, indeed, run a marathon. It played out much different than it had days previous in my head, it hurt more than I ever could've imagined, it didn't go as planned and the downhill running meant I was in trouble by mile 13, and I was much slower than my goal pace.

I've been telling people that in the days immediately following the race I experienced a common phenomenon I've dubbed "PMF" or 'Post Marathon Funk.' Part of it was adjusting to having accomplished something you've worked months for, part of it was dealing with my disappointment in knowing that I did my best on that day but that I can do better.

Between the joy and dissatisfaction there was something else, perspective. I'm posting this with much hesitation, but if nothing else it does help make my case for an unlikely accomplishment. When Pigs Fly, when Mary Lou runs a marathon. Adjusted Finish time: 4:37:50 (I'll spare you all the details of the race, with the exception of the 'adjusted' to denote that a fire on the marathon route caused a detour that added a little over a quarter of mile (just what we needed!)).

EDITOR'S NOTE, PLEASE READ AND DO:

As many of you have known through the past couple months of articles I have chosen to have as a part of our Club's newsletter, Mary Lou was selected as one of 6 finalists in Cadence Cycling and Multisports Center in conjunction with Triathlete Magazine to train 6 people in hopes of getting them ready for the Lake Placid Ironman in hopes of them qualifying for Ironman World Championships in Kona Hawaii.

At this moment Triathlete Magazine is now having the public vote to who they want to see selected as the winner in the challenge. The winners will win entry into Lake Placid Ironman. The rest, well, thanks for the months of training, but your journey has come to an end.

So what can you do to help out your fellow Club member, VOTE! Simply email triathletemagcontest@gmail.com and tell them "I want to see Mary Lou Hoffman at Ironman Lake Placid!" That's it. Only one vote per email address. Votes must be received by 11:59pm on June 15th. Wouldn't you want someone to do the same for you? Heck, get your friends to email too!



I'm going to wear my medal everywhere!
Congrats to Becky too on an awesome run time of 4:09:07



REFLECTIONS OF A NEW BTC MEMBER

- LAURIE KENNEDY

I joined the BTC in January of this year at the recommendation of my boyfriend, Sergio Nordenflycht, who is also a member. He knew I was a former NCAA college basketball player, have played sports most of my life, was coaching a basketball team, and saw in me qualities that many triathletes/duathletes have – a desire to keep fit, have a competitive edge and strive for personal excellence in sports. When he described triathlons to me, I thought that they would be for “super” athletes, only “Iron man” types – then I came to learn that they are offered at various levels.

Soon I received some tips on how I should start to train for running, biking and swimming events that we eventually registered for this triathlon season. My workouts at the BAC started to take on a whole new dimension – I now had a purpose for each workout.

When we first went swimming, I showed up in my two piece suit, decorated with beads that I had bought at Wal-Mart. It wasn't long after that that I purchased an appropriate racing suit!

Like never before, I couldn't wait to ride my bike. I had a mountain bike – Sergio had a bike with aero bars and a small seat, with gears and tires much different from mine. We rode for 2 hours and when we finished, he recommended I get a racing bike. I realized he was right, the mountain bike didn't fit me well and it was a “slow ride”. It wasn't long after that, I found myself at Tom's Pro Bike looking at racing bikes in mid March!

As far as the run, I had to gear up with proper running shoes and clothing.

I was eager to start to apply myself and participate in some events. The first run we did was the Shamrock Run, then we did a 5K run with Shoes for Shelter. I completed my first century ride on the Ride for Missing Children. Sergio and I went to Waterloo, Canada, for Victoria's duathlon where originally, I was going to watch Sergio in the event and ended up finding the desire to try it myself and registered the morning of the race – even though it was in the 40's and windy! I completed the 4K run, 24K bike, 4K run. The following weekend, I jumped into the Buffalo half-marathon, and at the request of my 12 year old daughter Morgan, she participated in it with me!

In summary, I want to thank Sergio for introducing me to the Buffalo Triathlon Club and for all the training along the way. I am grateful to have met so many great people associated with the club and look forward to getting to know everyone better.



Laurie Kennedy and Sergio Nordenflycht



Morgan Kennedy and Mom!

"Water Stop Madness" - A Managerial Perspective:

By Mark St George

The BTC had the privilege of hosting the 3 mile water stop at today's Buffalo Marathon and Half Marathon. For the few of us who were there I can assure you it was quite the experience. Overall, I think the group did a very admirable job. Things basically went smoothly for all but about 5 minutes. Those 5 minutes, however, were chaos! Simply put what happened was what appeared to be an endless supply of water and Gatorade on the table and on the ground vanished way more quickly than anyone had anticipated and we didn't have enough folks to pour more drinks and hand them out fast enough for a few of the runners.

As I drove home from the race I put on my managers hat (which I normally don't try to wear outside of work) and thought about what we did, how we did it and what might we do in the future to raise the bar on our water stop performance. Here is what I learned this morning:

Someone in Charge: Next time The B.T.C. hosts a water stop, I think it is critical to have someone in charge of the stop. Before I actual volunteered for one I never gave a water stop much thought. You run, you get thirsty; you reach out and choose water or Gatorade (or both). Now since I have actually volunteered for one I can see there is a little more to it (particularly if you are hosting a stop early in the race). The key will be to have someone coordinate the volunteers (and make sure we have enough), keep track of who is responsible for bringing what to the stop, act as a contact person for both the race officials and the volunteers, remind folks when to show up (and have their cell phone numbers if you need to chase them down) and more or less insure everything goes smoothly.

Do the Math!: If we failed to appreciate anything it was the number of runners that were going to hit our station in such a short period of time. Looking at last years results there were about 1500 runners who average between a 7:00 and 12 minute pace in both the full and half marathon. That means basically most runners are averaging a difference of 5:00 minutes per mile. At the three mile mark that means that most of the runners are hitting your stop within a span of 15 minutes. 1500 runners in 15 minutes is 100 runners a minute (that's 1.666 runners a second)! Like I mentioned above it's chaos. Biggest observation of the day - If you are hosting water stop early in a race of this size all of your cups must be poured ahead of time. Once the onslaught hits you won't have time to pour anything. Later in the race is different as you have much more time between runners, and if it's past the ½ marathon finish, there will be a lot less runners!

Tables: Make sure the group brings enough tables. Again, the person in charge should make sure this gets done. I would venture a guess that depending on where you are in the race the number of tables varies. Late in the marathon two tables is probably sufficient. At mile three of this race you need at least four tables.

Supplies: Prior to the race someone needs to make a checklist of supplies and then coordinate who will bring what. Although race officials supply cups, Gatorade, garbage bags, water, a cooler and a stir sticks there are lots of other things that need to be supplied on our end. Someone needs to bring cardboard (for stacking the cups on the table), rakes and brooms for cleaning up the cups, pitchers to transfer the water from the 5 gallon bottles into the cups. We somehow were ok on this part but more out of good luck then good planning.



Thank a
volunteer.
Without them,
you wouldn't be
racing!



WATER STOP MADNESS CONT.

Volunteers – You really need to have more volunteers than the 10 or so that showed up. 10 might cut it late in the marathon (fewer runners spread out over a couple hours) but early in the race when the vast majority of the runners are hitting your water stop within 15 minutes it's going to be all hands on deck and the more hands the better! I am guessing we could have used 20 volunteers this morning. When I think of how many races I have done over the years (somewhere well over a hundred) I am embarrassed to say this was the first time I volunteered. Besides helping out the runners which feels pretty good and is actually quite fun, it really is important to give back to the sport. Please volunteer next time they are looking for some. You'll enjoy the experience and the racers will appreciate it.

Show up at least one hour early – The volunteers should be at the water stop at least one hour before the first runner will show up. The time the first runner will show up is pretty simple to determine. The Kenyan guy in front is popping off 5 minutes a mile, so determine what mile you are at and then multiple it by 5 minutes and then add that to the race's start time. Example: we were at mile marker three, the race started at 7:00am. The first runners hit our station at 7:15am (3 x 5:00 = 15 minutes) 7:00am plus 15 minutes equals 7:15. Walla! Easy math. We showed up about 40-45 minutes a head of time, that extra 15-20 minutes could have come in handy. Also, getting there early gives you extra time should any small crisis occurs.

In the end, it was a great experience, chaotic for sure but it was pretty cool to be part of a great race and help out the runners (some of them our own BTC friends!) I tip my hat off to all the BTC members who got their butts out of bed early so that runners could rehydrate. I only wish more had chosen to do the same. And most of all congratulations to all of the full and half marathon finishers!

JUNE 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					

SCHEDULE OF EVENTS

- 6/5 Corporate Challenge
- 6/7 Race Clinic– Keuka Lake
- 6/8 Keuka Lake Triathlon
- 6/14 Susan G. Komen 5k– Delaware Park
- 6/15 Dirty Duathlon– Ellicottville, NY
- 6/15 Lake Placid Marathon 1/2 Marathon
- 6/20 St Greg's 5k
- 6/21 Niagara on the Lake– 50k, Marathon, 1/2 Marathon
- 6/29 Quakerman Tri– Orchard Park

HAPPY BIRTHDAY !!!



- | | |
|----------------------|---------------------|
| 6/1 Mary Casey | 6/18 Sarah Gilewicz |
| 6/9 Mary Lou Hoffman | 6/19 Karen Ostrum |
| 6/10 John McGuire | 6/20 Karen Riley |
| 6/10 Douglas Bellus | 6/22 Joseph Gruber |
| 6/16 Charles Watson | 6/25 Nicole White |
| 6/16 Douglas Bush | |

WELCOME NEW MEMBERS :))

Martin Gordon, Sean Beecher, Larry Tarnacki, Gary Hackbush, Nancy Abriatis, Catherine Rowan, Ashley Huer, John Bell, Sandra Boccabella, Joseph Polito, David Melohusky, Chuck Fried, Douglas Mess, Joseph Gruber, Eric Hepkins, Dave Richards, Tracey Bernardoni, Craig Rudzinski

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

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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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