



QUICK TRANSITIONS

JULY 2008



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IT'S IRONMAN LAKE PLACID MONTH !!!

Ironman Lake Placid. One of the more popular Ironman's of the Buffalo Triathlon Club. Is it the close proximity? The amazing mountains? The lane line for the swim? Because it is the oldest Ironman in the continental US? Or is it the unbelievable support of BTC members that come to watch. It may be a little bit of all of them. For years I went and watched Ironman Lake Placid with other BTC members. I never had plans of doing an Ironman. After seeing that it is just ordinary people racing, much like a local 5k, I decided to give it a shot in 2006. Every year numerous Club members travel to Lake Placid to race and usually an equal number come to cheer for the Club members racing. Club spectators are well known on the race course for being at the top of a hill on the race course. The name of the hill changes from year to year based upon current gas prices at the gas station on the corner. My prediction is the hill will be called 489-9. Ugh. That is almost as painful as doing the Ironman.



So best wishes to the athletes racing in the Ironman (Lake Placid) USA ! If I missed anyone, let me know.

- | | |
|------------------|----------------------------------|
| BROUILLARD, ERIC | HOFFMAN, MARY LOU |
| CACI, ANNA | LEWIS, LARRY |
| CLARK, PHILIP | MURNOCK, LORRIE
(Greg's wife) |
| FUHRMAN, JOHN | MELOHUSKY, DAVID |
| GIARDINI, ROBERT | MOYNIHAN, ANDY |
| GRANEY, TED | WATSON, CHARLES |
| HEPKINS, ERIC | |



SMALLEST NEWSLETTER YET !

Yes, this is it. This is the July newsletter. Newsletter editor after Newsletter Editor, we try to solicit articles from the membership and try to get interesting things in here for you to read. Unfortunately the newsletter can only be what its members are willing to put into it..

Got an interesting story, race photos, or an interesting idea for an article? All you have to do is email me and I will try to get it in the newsletter.

ONE YEAR LATER

It was June of 2007 when my husband, Tony Garrow finished his last Chemo and drug treatment.

Since he was in remission, our heavy thinking was to get all the drugs out of his system the best way we knew how. He would sweat them out.....and in the meantime continue to eat all the important foods he had been eating. I watched this strong minded male fight his way back into fitness, I was thoroughly amazed!

All the time he was on Chemo he walked miles and miles so he wasn't starting completely from the bottom. Many of you know I take race photos for Checkers, as I seen Tony run toward the lenses of the camera in his first 5K, just a month after his last treatment,.....you could still see the steroid effect on his face. It wouldn't be taking Tony too long getting back to where he felt better; he does not give up-ever.

As he got his weight down to where he felt comfortable, racing the shorter races gave him a goal and a chance to see his own progress. In that first race, he ran an 8:15 pace, in 6 months he would be back around 7 minutes a mile, yesterday at St. Greg's he had a 6:47 pace.

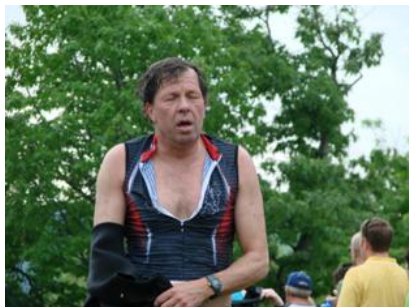
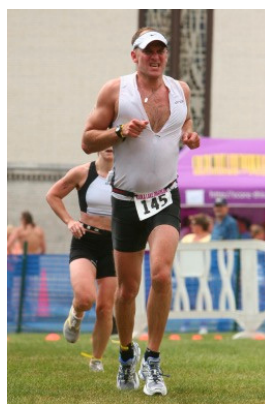
It's been two years since Tony participated in a Triathlon. Keueka Lake was his first one back. On to the Wisconsin Ironman in September, it was the one he had to cancel two years ago.

I'm writing this to say that it's been a joy watching you come back!

Diane Sardes



Keuka Lake Triathlon Photos (by Karen Michaels & Brightroom)



EMPIRE STATE AIDS RIDE

Hello Everyone!

As you may or may not know, this summer I am doing the 'Empire State AIDS Ride' -a bike ride 560 miles from Niagara Falls to NYC in August. The ride is to benefit AIDS, and my team is raising money for AIDS Community Services of Western New York. I am having a large Benefit on: Sunday, July 13 from 12:00 - 5:00 at the open grove next to Mazia's Pizza in Clarence (10225 Main Street, Clarence - corner of Main St. & Shisler Rd.) **There will be plenty of food and drinks, a bounce house, pony rides, music, games and tons of prizes!!** (some of the prizes include: personal training, flying lessons, salon &spa Gift Certificates, gym memberships, Ellicottville B&B's, sailing lessons, Buffalo Harbor Cruises, Jet boat tours, bike shop gift certificates, doggie gift baskets, golfing, restaurant gift certificates, and many more!) It will be a great time for everyone! Bring your friends and family! Can't wait to see you there!!

Emily DiMaria



PALMIERI GOES UNDER 5HRS FOR 50K

VP Theresa Palmieri ran a 4:51:22 in the Niagara On the Lake 50k on June 21st. I don't know if that is her best time, but I am impressed.

Chuck Fried also ran the 50k with a 6:08:20.

Warren Hale trotted along for the half marathon with 2:11:33.

(Theresa's photo courtesy of Peggy Sarson and Ontario Ultra Runners.)



NEW BRICK DISTANCE OF 3-3-3 HAS GOOD TURNOUT

After a request for longer distance workouts, Joe Pautler came up with the new 3-3-3 brick workout. (3mi run, 3 loops of the bike {18.75mi} , and a 3mi run). Just under 30 participants gave it a shot with a little cookout afterwards.

Top male was Charles Watson 1:33:02

Top female was Joanne York 1:40:34

Top hotdog eater was Well, maybe that will be a new category for next year.



a few Swim South Photos 6/11/08 (by Diane Sardes)



3-2-1 Brick. What a huge turnout! Joe Pautler pictured handing out the newly implemented race belt and numbers for the brick. With 43 athletes, that could be bigger than some local races!



JULY 2008

SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 7/6 A Tri In The Buff, Tonawanda NY
- 7/12-13 Musselman, Geneva NY
- 7/13 Boilermaker 10k, Utica NY
- 7/18 Buffalo Subaru 4mi
- 7/20 Ironman Lake Placid
- 7/26 Outta Onanda Yute Tri, Canandaigua NY
- 8/1 Buffalo Police Chase

HAPPY BIRTHDAY !!!



- | | | |
|--------------------------|---------------------|--------------------|
| 7/2 Daryl Clarke | | |
| 7/6 Alex White | 7/12 Grace Giordano | 7/19 Paula Pautler |
| 7/7 Kellie Trybalski | 7/18 Kathy Karnath | 7/20 Larry Lewis |
| 7/8 Jeanne Elvers | 7/18 Charles Graney | 7/22 Pamela London |
| 7/10 Sergio Nordenflycht | 7/19 Suzanne Fenger | 7/22 Frank Storey |

WELCOME NEW MEMBERS :)

Elizabeth Laudico, Michael Collins, Rob Leary, Jill and Ted Graney, Michael Malaney, Erik Mayer, Jonathon Bottoms, Rebecca Ashare, Timothy Dieffenbach, Rebecca Henry, Erin Topley, Michelle Carbery, Carolyn Pauzica, Kate Claus, Maria Pozantidis, Jenny Bushover

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.

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