



QUICK TRANSITIONS

AUGUST 2008



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IRONMAN LAKE PLACID RECAP

WOW! That's all I can say about that day. If you have never watched an Ironman event, many people describe it as the greatest show on Earth for triathlons. I certainly agree. But to do one better (or worse) for the athletes that day, it rained or poured ALL DAY LONG. I could not imagine doing a bike or run of that length in the rain, but to have to do all 3 events in the rain. Yuck.

Congratulations to the Ironman Lake Placid participants. You earned your Ironman title that day.

(Finish / Name / Swim / Bike / Run)

14:34:41 BROUILLARD ERIC 1:31:24 7:11:01 5:36:35

14:22:33 CACI ANNA 1:01:46 7:04:11 5:54:45

16:40:30 COFFED MARK 1:28:51 8:03:22 6:26:14

11:34:24 GRANEY TED 1:09:07 6:10:44 4:03:23

13:16:06 HEPKINS ERIC 1:23:16 6:47:42 4:41:38

14:59:45 HOFFMAN MARY LOU 1:34:28 6:30:02 6:31:02

14:06:54 LEWIS LARRY 1:20:27 6:45:36 5:36:47

12:21:10 MELOHUSKY DAVID 1:27:17 6:28:20 4:09:48

12:31:20 MOYNIHAN ANDY 1:00:21 6:46:59 4:33:32

11:16:22 WATSON CHARLES 1:03:35 5:56:40 4:03:59



HELP A BIKER

A couple of months ago I was biking home along Tiff Street in South Buffalo, when I flatted. My pump didn't work, so I eventually started to carry my bike, and began my 5+ mile walk home. After a half hour the bike was getting heavy, and the walking difficult.

Suddenly a car squealed to a stop. A nice young lady got out and ran towards me, despite the fact that she had one foot in a cast. Her first words were unbelievable, "Throw your bike in the car, and I'll take you wherever you want to go".

This was my introduction to Kei Riley, who is librarian for the BTC. We had a good chat as she took me home, and got to know each other a bit. When I offered to reimburse her, her only words were, "Help a biker in trouble", which I have done.

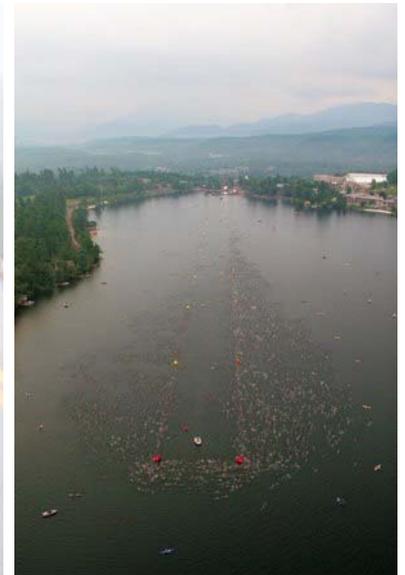
Thanks Kei!

John Moore



IRONMAN LAKE PLACID CONTINUED

Three years ago I did my first triathlon, the Keuka Lake Olympic, and when I finished I said I would never do another triathlon and that an Ironman was impossible for me. I eventually and obviously changed my mind and gradually built up to it for the past 3 years. If you want to, you can. Other than the 3 inches of rain, it was an incredible experience. - Charlie Watson



I-2-3 BRICK

Although the weather forecast did not look good, a number of die hard brickers came out for the 1-2-3 brick on July 24th.

Go get'em!



BICYCLE LAWS AND COMMON SENSE

A couple weeks ago I was out for a drive. I see a pair of cyclists coming towards me. They are riding their nice road bikes in a full cycling outfit dressed to impress. Of course I look to see if I know them. Nope I didn't. But I couldn't help but notice one of the two were not wearing a cycling helmet. I thought to myself "what an idiot". Now most of us know that the law doesn't require adults to wear cycling helmets, but one would think that if you are in a sport which includes cycling, you or someone you know has been in a pretty good accident where the helmet probably saved them some more serious injury. A couple years back my wife's front tire bumped my rear tire and down she went. She didn't suffer any broken bones, but her face looked like she just had come from dinner with Mike Tyson. And that was with a helmet on. She is thankful she did because how bad would the road rash had been on her face without the helmet and would it have ever healed back to normal or would she have to consider plastic surgery. Just recently my boss was riding his bicycle home from work and was taken out by a car turning in front of him. He suffered broken shin bones, injured ribs, and pain all around. He was not wearing a helmet. He says he will now. Luckily he did not suffer any head trauma. And of course there is the unusual sight when you see a family riding their bikes, the kids are wearing their helmets but the parents are not. Apparently the parents don't get the idea that the helmet is there to protect you.

So yes, I guess this is just a ranting session by me. And I am sure it is shared by many of you as well. So if you are one of those people who should know better to wear a helmet but choose not to, hopefully you will change your ways and become a better example for the community.

Here is a summary of the principal requirements for bicyclists under New York law: (source: New York Bicycle Coalition)

Bicyclists must ride with traffic and thus travel in the same direction as motor vehicles.

Bicyclists may travel side-by-side on the road, but must ride in single-file when other vehicles need to pass.

A bicycle is a vehicle and as such must observe all traffic laws and obey all signals, signs, and pavement markings.

If there is a bicycle lane in the roadway, the bicyclist must use it except to avoid a hazard or to turn left. If there is a separate parallel path, the bicyclist may use either the path or roadway.

Bicyclists must signal to turn on a roadway, a bike lane or bike path.

Bicycling is not allowed on interstate highways and expressways. Local jurisdictions can prohibit bicycles elsewhere, for example parkways or sidewalks.

Helmets must be worn by those under 14 years old. Localities may have additional requirements for those over 14.

Bicycles must be properly equipped with workable brakes, a bell or horn, reflectors and, if driven at night, a headlight and taillight.

A bicyclist cannot wear more than one earphone when listening to a radio or other audio device.

A bicyclist may not grab onto or otherwise attach to a moving motor vehicle.

A bicycle cannot carry more people than the number it was designed to carry. The law also calls for motorists to exercise "due care" to avoid collision with bicyclists. Bicycle accidents involving death or serious injury have to be reported within ten days.



**Don't
Thump
Your
Melon**



ONTARIO ASSOCIATION OF TRIATHLETES TO ENFORCE SWIM CUTOFF TIMES FOR TRIATHLONS

I was shocked the other day when I heard this story from Jeff Tracy. The Ontario Assn of Athletes (similar to the USAT) will be enforcing cut off times for the swims in their triathlons. No, we are not talking Ironman Triathlons. We are talking all triathlons including sprint distance triathlons. This rule has been in place for over 10 years in the OAT (and Triathlon Canada and ITU) rule book (item D.2.0.6 b sets a time limit for various distances). They argue that the sole reason for the rule is for the safety of the athlete. They argue that, even in warm water temperatures, the risk of hypothermia increases incrementally with the stay in the water. I would argue that if it is has been deemed safe for you to be in the water for up to 2hrs 20min in an Ironman distance event, how is it not safe to be in the water longer than 20 minutes in a sprint?



The article on the OAT website continues to site the need for cutoffs to limit the inconvenience to the public when we use their community for races and to minimize the inconvenience to them by keeping the race time more reasonable. If a race has a 'closed' course (as in no vehicle traffic during the race) then that does seem somewhat reasonable.

So for those of you who race in Canada or are thinking of it, here is what the swim cutoffs are. We will have to see if these rules come to our side of the border. Looks like we all need to take our swim training a little more serious.

Up to 500m	20 minutes
750m	35 minutes
1,500m	1:10
from 1,500 to 3,000m	1:40 (except for Ironman 70.3, where it is 1:10 as set out in their rules)
Ironman Distance (3800m)	2:20

Source: Ontario Association of Triathletes (OAT) website www.triathlonontario.com

IRONMAN LOUISVILLE

Good Luck to the athletes taking on the challenge of the Ironman in Louisville, Kentucky on August 31st. I hope that your day goes better weather wise than the athletes in Lake Placid. Believe it or not, some people actually race better in the rain. So I guess I hope you get the weather you are hoping for and a great race experience.

Your BTC Competitors:

Justin Adamek
Patrick Dalton Jr
Sarah Gilewicz
Catherine Haight
Pamela London
Diane Sardes
Andrew Thomas



IRONMAN CANADA

Good Luck to those participation in Ironman Canada on August 24th. Unfortunately I could not find a participant list. If you are competing in the Ironman Canada, the first Ironman in North America, drop me an email, photos, and even a race story.

SUBARU 4MI CHASE



QUAKERMAN TRI



TRI IN THE BUFF, SO MANY PICTURES TO CHOOSE FROM



Member Trivia

Who is
it??

Prepared by Laurie Kennedy

Ok – Now for some fun! Read the statement below – guess who it is –

Is it John Moore, Kei Riley, Eric Brouillard, Larry Lewis, Sergio Nordenflycht, Laurie Kennedy, Jeff Tracy, or Daryl Clark????

answers are on the bottom of the page, sideways!

1

"I played division 3 college basketball at Boston State College.

I won my first plaque in a triathlon at the Montreal Esprit Ironman in 1996, placing 5th in my age group.

I was voted best dressed in high school at Orchard Park in 1975.

I'm a member of Who's who among Colleges and Universities.

I did the Vermont 100 miler one week before the Lake Placid Ironman in 2002.

I ran the Buffalo/Niagara Falls marathon in 1985, the year the pace car went the wrong way causing the race director to redefine the finish line.

That's all for now----"

2

" I once drove to Texas for dinner turned around and drove home again. "

3

How's this?

Who biked in Germany, Czech Republic, Austria, Slovakia, and Hungary in May 2008? I also ran a 10k in Budapest.



That's me.

4

I was Homecoming Queen of my High School, maiden name is Moline.

5



Which member of the BTC is this?

6

"I was an offensive lineman on my high school football team. Bench pressed 240 lbs and squatted 400 pounds. I never ran, biked, or swim until I was 25 years old. I've lost 50 pounds since high school and weigh the same now (133 lbs) as I did when I was the "fat kid" in 8th grade. "



7

"I skijor race one of my dogs in the winter. Skijor is 1-3 dogs and a person on cross country skis, connected by a long gangline.

I played semi-pro soccer in Japan for 3 years (goalkeeper), received 1 tournament MVP, named to 2 all-tourney teams, played a footsol game with foreign staff of the Kashima Antlers (a men's pro team), and had my picture in a nationally published soccer magazine."

8

I won a best legs contest in 1979

9

I was nominated by my Congressman to attend West Point and the Merchant Marine Academy.



- Answers:
1. Larry Lewis
 2. Jeff Tracy
 3. John Moore
 4. Laurie (Moline) Kennedy
 5. Eric B
 6. Daryl Clarke
 7. Kei Riley
 8. Sergio Nordenflycht
 9. Laurie Kennedy

BTC—SCORE-THIS!!! SUBARU WATERSTOP



AUGUST 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

- 8/1 Buffalo Police Chase
- 8/2 Wilson Wet & Wild Tri
- 8/2 Summer Sizzler Clinic
- 8/2 Whirlpool Steelhead 70.3
- 8/3 Keuka Lake Tri
- 8/4 The Mud Run
- 8/9 Summer Sizzler Tri
- 8/11 Bond Lake AC Rut Race
- 8/16 Mississippi Mudd 5k
- 8/17 XTERRA triathlon
- 8/17 Timberman 70.3
- 8/20 Take Back the Path 5k
- 8/24 Ironman Canada
- 9/1 Fleet Feet 15k

HAPPY BIRTHDAY !!!



- | | | |
|----------------------|--------------------------|----------------------|
| 8/2 Kevin Buzzelli | 8/8 Derek Bell | 8/20 Ken Deem |
| 8/2 Edward Harkey | 8/12 John Herman | 8/21 Jonathan Mugel |
| 8/2 Joe Pautler | 8/12 Christopher Ankrum | 8/23 Stephen Hruby |
| 8/4 Maria Pozantidis | 8/13 Jerry Bowe | 8/26 Catherine Rowan |
| 8/5 Douglas Mess | 8/16 Patrick Dalton, Jr. | 8/29 Michael Malaney |
| 8/5 Glenn Speller | 8/20 Joel Winkelman | |
| 8/8 Sam Pasceri | | |

WELCOME NEW MEMBERS :)

Dennis Fleissner, Christian DeFazio, Audrey Cohn, Debra Filipowicz, Dan Horan, Anne Horan, Stephen Hruby, Robert Dibble, Shannon McDermott, Eva Basehart, Derek Bell, Jennifer Bell, William Smith, Michelle Bernas

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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