



QUICK TRANSITIONS

SEPTEMBER 2008



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WHERE IS YOUR STORY ?

IRONMAN SEASON CONTINUES

Yesterday, August 31st was Ironman Louisville (Kentucky). BTC members participating were:

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

Sunday, September 7th is Ironman Wisconsin participants are:

- Chris Ankrum
- Anthony Garrow
- Kevin Mietlicki
- Richard Mullaney
- Erin Mullaney
- Sam Pasceri
- Bill Seyler
- Jeff Tracy



Many Wisconsin participants will be sporting the Lock City Iron Works jerseys in memory of Tim Chesko. Tim was entered to race in Wisconsin this year.

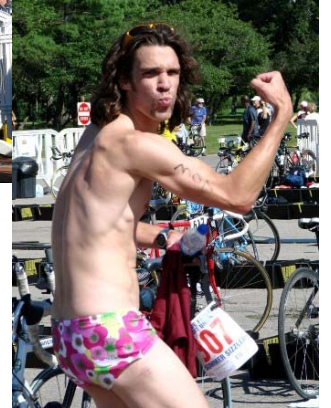
CLUB DONATION TO ACACIA PARK CEMETARY

Pictured is club Treasurer Tony Garrow presenting a \$200.00 check to an Acacia Park Cemetery employee on behalf of The Buffalo Triathlon Club Last Year while vetting a new venue for our bricks, czar Joe Pautler had approached Acacia to determine if there would be a problem running thru the Cemetery every Thursday night and they have been very nice about it.

This year Jeff Tracy noticed a capital improvements fund going on and suggested a possible donation and the Board agreed. I know we all appreciate the use of a beautiful and safe site to work out at and I know Acacia appreciates the help.



SUMMER SIZZLER PHOTOGRAPHS



MISC. PHOTOS



3-2-1 Brick



Rut Race



Buffalo Police Chase
Handcuffed Division

NEW BTC APPAREL IS IN !

OLYMPIC DIVING HOPEFULL SERGIO



TIM CHESKO MEMORIAL TIME TRIAL

The Tim Chesko Memorial Time trial is scheduled for September 18th, 2008 at the usual brick site. Information from the BTC website on the time trial is listed below:

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. Although Tim is in our thoughts at every brick workout, we pay special tribute to him during our final time trial of the season. The event follows the same format and point scoring as our other time trials. In addition to that we will also have a special award for the participant who is able to beat their season average time by the greatest margin. If nobody is able to beat their average time then the award will be given to whomever comes closest to their average time. In order to be eligible for this special award members must have completed at least 2 previous BTC time trials in the current season. Additional details regarding this event will be provided on the BTC email list.



SEPTEMBER 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

- 8/31 Ironman Louisville
- 9/1 Fleet Feet 15k
- 9/3 Harvest Moon 5k
Wendelville
- 9/6 Run for Hope 5k
Tonawanda
- 9/7 Ironman Wisconsin
- 9/14 Ironman 70.3
Muskoka
- 9/14 Rochester Marathon
- 9/21 Finger Lake Tri
Canadaigua, NY
- 9/28 Run for the Grapes
1/2 Marathon (Canada)
- 9/28 Linda Yalem 5k
- 9/28 Toronto Marathon
-

HAPPY BIRTHDAY !!!



9/1	Teena Clark	9/15	Emily DiMaria	9/29	Patricia McManus
9/2	Erin Topley	9/16	Jeff Tracy		
9/3	Peter Carr	9/16	Jeremy Sikora		
9/3	Jennifer Bell	9/18	Dan Horan		
9/4	Nicholas Newman	9/19	Karl Kozlowski		
9/7	Ryan McCorkle	9/23	Dale McKim		
9/7	Craig Rudzinski	9/23	Chuck Fried		
9/15	Joelle Mann	9/24	Robert Giardini		
		9/26	Ken Kuriscak		

WELCOME NEW MEMBERS :)

Matthew Roginski, David Hoy, Tina Vogt, Jeremy Sikora, Keri Sikora, Patrick May, Karyn St. George

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

BUFFALO TRIATHLON CLUB



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L I F E I S S I M P L E :
S W I M - B I K E - R U N - E A T - S L E E P

The Buffalo Triathlon Club was founded in January of 1997, and has been growing ever since. The goal of the 'BTC' is to promote multisports (triathlon, duathlon, etc.) and bring people together for training, racing, and fun.

Whether you are a veteran of many races or someone who is just thinking about trying one, this Club is for you. We have members of all ages and skill levels, and the veterans are always eager to help out those that are new to the sport.

The Buffalo Triathlon Club is a non-profit organization, and contributes generously to various charities.

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<http://score-this.com>

Endurance
Factor



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CLOTHING TRIATHLON TRIGEAR

