



QUICK TRANSITIONS

OCTOBER 2008



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TIM CHESKO MEMORIAL TIME TRIAL

There was a great turn out for the Tim Chesko Memorial Time Trial held at the brick site on September 18th. It was a great night where a group photo was taken of BTC members in their Club attire to start. Hopefully we will see the picture in Triathlete Magazine somewhere down the road. If not, I think it is an incredible photo that we should consider doing once every year.

After a moment of silence in memory of Tim, about 40 members took it to the road in hopes of beating their best average time in 2 or more previous time trials held at the brick. Who was the winner? None other than Kim Bechard, beating her average by 2:37. Congratulations. Taking the silver and bronze were Joe Pautler and Kathleen Contrino respectively.

As you saw in last month's newsletter, a special jersey was designed named 'Lock City Iron Works' with a design on the back in memory of Tim Chesko who was registered to race in Ironman Wisconsin. Jeff Tracey presented Tim's wife Jody with a Lock City Iron Works jersey along with a finisher's medal from Ironman Wisconsin.



Kim Bechard, winner of Tim Chesko Memorial Time trial



IRONMAN LOUISVILLE RESULTS

Name	Swim	Bike	Run	Final
Andy Thomas	1:22:03	5:33:35	4:04:04	11:10:47
Sarah Gilewicz	Lost chip	6:03:57	4:41:44	11:58:03
Justin Adamek	1:18:11	6:10:42	5:04:29	12:50:09
Catherine Haight	1:23:07	6:31:09	5:03:35	13:08:07
Kara Klaasesz	1:23:41	6:20:15	6:12:54	14:12:20
Pat Dalton Jr	1:25:06	6:59:07	6:20:14	15:01:56
Diane Sardes	1:35:46	7:13:50	6:00:03	15:06:31
Pam London	1:30:26	7:34:04	6:36:17	15:55:58



BTC's top finisher in Louisville
Sarah Gilewicz

IRONMAN WISCONSIN RESULTS

Name	Swim	Bike	Run	Final
Erin Mullaney	1:07:48	6:14:27	4:00:58	11:36:29
Sam Pasceri	1:17:32	6:27:02	4:28:03	12:26:03
Kevin Mietlicki	1:07:51	6:13:53	4:52:20	12:36:28
Tony Garrow	1:26:53	6:15:59	4:45:15	12:52:15
Jeff Tracy	1:11:24	6:22:18	5:27:16	13:18:54
Chris Ankrum	1:10:36	6:27:43	5:55:54	13:56:43
Richard Mullaney	1:14:25	6:32:04	5:19:11	13:30:05
Bill Seyler	1:18:38	7:29:16	—	—



BTC's top finisher in Wisconsin Erin Mullaney
with Mike Reilly, left (the voice of Ironman)
and Marc Roy, right (head timer)

IRONMAN WORLD CHAMPIONSHIPS

This year's sole BTC competitor for the Ironman World Championships in Kona, Hawaii was to be Joanne York. Joanne qualified at Ironman Wisconsin in 2007. She has been to Kona multiple times, competing in the Ironman Championships as well as an Ironman resume that is probably longer than I even know. Scheduled to enjoy the warmth of Hawaii and cheer Joanne on were Tony Garrow, Diane Sardes, Warren & Jennifer Hale. Well that all changed at Ironman Louisville. Diane, in her third Ironman appearance, was able to get a slot for the 2008 Ironman Championships. With the trip already scheduled, who can turn down the opportunity to participate while in Hawaii. Tune in to Ironman Live on October 11th and cheer on Joanne and Diane and read the race report in the November newsletter.



ARE YOU SICK OF US YET?

It has been a great 2008. Comeback races of all sorts, from 5k to x-country to triathlons to Monday night beer nights. Well that last one I never had to really get back into. Then came Diane's Louisville adventure resulting in KONA and more press and notoriety. Just when you think we have had enough good fortune, along comes Greg Weber. Now to those who don't know Greg he adheres to the Chuck Fried mantra of constant motion...if these two had there way Rome would have been built in a day. Now Greg, among many other accomplishments was someone who made wishes come true for the Make a Wish campaigns and he decided it would be cool to get me into Kona...Diane and I together...how cool would that be...except I would not take a spot without earning it. Greg asked "not at all" and I affirmed under no circumstances. I maintained you have to qualify. I was dubious it could be done anyway so I felt a touch superior. I do have my standards. Then Greg says he can get me into the 70.3 Championship races in Clearwater Beach Fl. Just a few details to iron out. Like a TV spot with Robyn Adams of Ch. 4. Done. Also a spot with The Buffalo News. Done. Convince the powers that be in Clearwater to give me spot. Done. All I have to do now is agree. How could I not? Oh yes, my standards, but after all his hard work why should something petty like my moral convictions get in the way of a free race! I mean wouldn't that be the ultimate insult to Greg! So just like that I am in. I just wanted to warn everyone the press machine is not yet done. The race is Nov. 8th and all online viewing applies. Someone asked me this year why they should join the BTC. Simple. To meet people like Greg Weber.....tony

TONY GARROW



2008 SCORE-THIS!!! SERIES BANQUET

For the sixth season in a row, Score This!!! offers a race series in Western and Central New York. The goal of the series is to find out who is the best multisport athlete in sprint, intermediate and duathlon events. All it takes to participate in the Score This!!! Multisport Series is to register for 3 of the 4 races. Each athlete who met this criteria will get invited free of charge with a guest. Each of the races in the series, Keuka Lake Tri, Clark Companies A Tri in the Buff, Riverside Federal Credit Union Summer Sizzler and the Canandaigua, was scored using a base 500 point system unless the athlete participation in that event was greater than 500. The finale of the series is the awards banquet on Sunday, October 12th at 4pm. The hosting restaurant will be Rizzo's Banchetti Amherst, NY. To see who won the overall and age group titles or more info about the banquet go to <http://score-this.com>



NEW for 2008 - Two Tri Divisions

Triathlon Intermediate - 3 deep in each

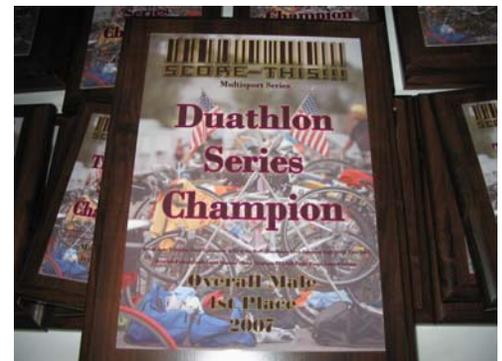
Top male and female overall, 15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54, 55-59,60-64,65-69,70-75, 80-84,85+, and Clydesdale/ Athena

Triathlon Sprint - 3 deep in each

Top male and female overall, 15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54, 55-59,60-64,65-69,70-75, 80-84,85+, and Clydesdale/ Athena

Duathlon

Top 10 overall male and female overall.



Triathlon Report: HSBC Series - Toronto Island Triathlon

By Mark St.George

You know it was an interesting weekend when your wife's quote of the trip was "is that a naked man over there?" But more on that later...

My wife and I decided to get a way for a short weekend trip to Toronto back in August. Just a simple, leave WNY early Saturday to spend the day walking the streets of Toronto, dinner that night at our favorite restaurant (Bistro 990) and then a relaxing day on Sunday with a trip back to reality early Sunday evening. That of course was the original plan...

As fate would have it, my wife did her first triathlon the weekend before our Toronto trip at the Summer Sizzler. As we were kibitzing after the race with the other participants I chatted with a nice fella from Canada. He mentioned to me that there was a big race the next weekend up in Toronto (interestingly enough I thought to myself, that this just happens to be the same weekend I'll be up there. Hmmm, imagine that??). He went on to say that he believed it was sold out but wasn't sure. So that week I decided to check out the HSBC Series website (<http://www.multisportcanada.com/ms/index.cfm>) to see if any slots were available. Just so happens there were!

As I stared excitedly at the computer screen, I yelled out to my wife, "HONEY? I GOT AN IDEA!". "Between the dog, the fat cat and baby always jumping into bed every morning, you never get a chance to sleep in", I told her. "Why don't you sleep in that Sunday, all morning if you'd like, and I'll just get up early and do the race?" "We can meet up on the island after race and spend the day out there" I further explained. "You get a nice quiet morning to yourself and I'll get a chance to race". My wife, much to my surprise, actually thought this was a great idea...

There is one tricky part to this race. The race itself is held out on Toronto Island. Operative word here is ISLAND. Toronto Island is indeed an actual island with no roads or bridges going out to it. The important point being you MUST take the ferry over there, so be at the ferry docks early so you catch one before the race starts...

The race itself was well run and held on a very fast track. The swim was a 750 meter swim in the refreshing (read cold) waters of Lake Ontario. An interesting point to note: the race organizers have an agreement with local powers that be that if the lake should invert, the swim will be held on the protected mainland side of the island. Apparently the waters on that side of the island don't invert. The good news for me was no chance of a Duathlon! As for the swim, it went off without a hitch and I actually had one of my better swims (finished in the top 10% overall). Key for me was that I swam in a straight line for once. Apparently there is a direct relationship between swimming straight and a good swim split. Heading out of the water you run across the beach, pass a "clothing optional beach that way" sign, run across a boardwalk and into the transition area. From there you head out for the 30K (about 18.5 miles) bike portion of the tri.

The bike section is basically a three mile road there and back, making it a six mile loop which you need to do three times. To say the course is fast is a huge understatement. The course is a flat as a bowling lane (I have to think that the total elevation for this course is measured in inches). Making it even faster is the fact that much of the bike course is heavily wooded so there is minimal wind. I got off the bike averaging 23 plus mph thanks to the lightning fast course (good enough for another top 10% finish overall)... So as I headed out of T-2 there were three 40-44 year olds heading out of transition together.

The run was a 7.5 K (about 4.6 miles) mix of trail and road running. Again it was very flat, and if one was actually a fast runner I would say the run was a fast course as well. Unfortunately if you are a slower runner; even a fast course doesn't really help. As fate would have it, and not much of a surprise to me, the other two guys I raced out of transition with beat me - make that crushed me on the run. Since there was one other 40 year old way out ahead of us I'd ended up taking fourth in my agree group. But as my wife likes to say the "fastest loser" in the age group.

The take always for me on this race: This is a well run race that I highly recommend. Its minutes from downtown Toronto so if you plan on doing it, make a weekend of it. Just get a hotel near Younge and ride you bike to the ferry docks the morning of the race. I have already decided this is a must do race for me next year. There is also a Try-A-Tri the day before (400 meter swim, 10K bike, 2.5 K run) for any newbies. This would be a great weekend BTC road trip next year if anyone else is interested...

I had never even heard of this HSBC series until this event. It turns out there is a whole series in Southern Ontario, so check out their website which I listed above. As I see it, between Score-This, The Subaru Series, Tri WNY, and the HSBC Series there are basically tri's within a few hours of WNY every weekend in the summer!

As for the naked man, it turns out a bunch of us went back to the beach to hang out after the race. The clothing optional section of the beach was literally a few feet away from where we got out of the water. As we walked back to the beach my wife was the first one to notice. Point is, if you do decide to venture north next August to race this tri (which I do highly recommend) just be careful if you venture back to the beach after the race!



IRONMAN 70.3 MUSKOKA THE BUZZ AMONG BTC

For those that are looking for longer distance triathlons, Ironman USA in Lake Placid is usually the place for BTC'ers to go and participate. Musselman in Geneva is typically the half Ironman that we most go to as well. It must be we enjoy racing locally. With the opening of a half Ironman in Muskoka (Huntsville) Canada, the Club may have found another race to have a good showing at.

The 2008 Inaugural Muskoka Ironman 70.3 had 4 BTC'ers racing, but at last count, there are at least 14 people racing in 2009. Now there is a party! If you are thinking of racing this one, it sold out in 2 months last year. Don't think too long or you may miss out. But you can always come up and cheer!

2008 Results

Eric Brouillard 6:58:14

Mary Lou Hoffman 7:13:55

Brenda Mattar 8:11:32

Sergio Nordenflycht 7:30:40



RACE RESULTS

Eva Basehart finished the Plymouth Rock Iron Distance Triathlon in Plymouth, MA on August 31st with a time of 14:50:39. Johnathan Bottoms competed at the Olympic distance and finished with a time of 2:31:50.

Larry Lewis finished the Ironman distance of the Montreal Triathlon on 12:42:14 and John Moore completed the Olympic distance with a time of 2:42:27 which qualified him for the Canadian team for the 2009 World Duathlon Championships in 2009. (Sept 13, 2008)

At Timberman 70.3 in New Hampshire, Rebecca Ashare took 7th in her age group with a 5:38:02. Rumor has it she was offered a roll down slot for Clearwater 70.3 Championships but passed it up due to racing in IMFL. Also at Timberman were Mary Lou Hoffman (6:37:15) and new BTC member Erik Moyer (6:06:36).



Becky Ashare with female winner
Chrissie Wellington at Timberman 70.3

2009 FALL FROLIC

As the month of October quickly approaches, it's the perfect time to provide everyone with an update on the progress being made for the 2009 BTC/Danforth Fall Frolic. The 2009 edition will be held the weekend of August 16th 2009. At this point in time, we will be having our multi sport events on the Sunday, and having a 5K running race on the Saturday. We are hoping to make the 5K race a memorial to Tim Chesko. With respect to the multi sport event, we are looking to perhaps expand the traditional event of Sprint, Du and Kids races to also include an Olympic distance event. Please stay tuned for more details on this exciting aspect.

The committee is pleased to inform the club that Joe Niezgoda and Kellie Trybalski will be the co-race directors. This is a very large commitment on their parts and I and the club owe them a huge amount of thanks. This brings me to the next important issue, and that is you, the club member reading this article. We need you to volunteer to make this event happen. In fact, we need at least 60 of you! If you all recall, when you completed your membership application for the BTC, there was a sentence that spoke about volunteering to help with a race. Well, this is the race. We want to be able to make this event a tremendous success and be able to give back to the community that we are all a part of. There are many opportunities for helping out, and everyone can do something. Right now, the BTC has more members than it has ever had. The time is now to show the community what we are all made of. To volunteer, please feel free to contact Joe, Kellie or myself.

I will continue to keep you all updated of our progress. Should anyone have any questions, please let me know.
-Bob Sobon



The Seven Basic Triathlete Personality Archetypes – The Not So Astute Observations of a Bored Insurance Guy at the End of the Race Season:

By Mark St. George



Being a simple creature, I like things organized. As such I like to categorize things in boxes, and after three years of doing triathlons I have come to the conclusion that there are basically seven different types of triathletes. Pretty much each of us fit somewhere in one of the groups. Sure you might also share some tendencies similar to those individuals in the other groups, but for the most part the majority of us fit squarely in one of the categories...

Head out to any triathlon or club event and you'll be likely to see many real life examples of each type of athlete described in detail below. I have also included two tests for those that are unsure of where they or others fit. The first is the "race day flat tire test". Basically how a person reacts to and handles a flat tire during a race is often a good indication of which group they belong. The other is the Triathlete Magazine test. What and why they read is also a very good indicator of one's group. Please keep in mind that I am just an insurance guy, and I am not even sure I am using the term "Archetype" correctly, so for you psychology and sociology majors, please just work with me on this....

The Newbie: This is really more a formative stage than a permanent and established psychological archetype. All triathletes enter the triathlon world as Newbies. They are most easily spotted to the trained eye early in the season. They often look wide-eyed and highly intimidated. If there is a group of both newbie and experienced triathletes talking, they are easily spotted as they listen intently to the others' stories. If they do speak, it is always in the form of a question. By mid-season most newbies begin their migration into one of the other archetypes based on a combination of factors including psychological make up, genetics and predisposition to certain mental illnesses.

Flat Tire Test: Typically newbies will look utterly panicked at a flat as it's often the first flat they have ever encountered and have now just realized they don't know how to change one.

Triathlete Magazine Test: these are the people who not only read it cover to cover but pull out their highlighters and underline much of the information.

The Warrior: Driven mostly by demons these individuals race and train with reckless abandon. They are known for going out too fast and often bonking in the longer distance events. Their finish line photos are mostly unflattering. They typically train by feel and can't be bothered by heart rate monitors, GPS's or power meters. Most were former athletes in their youth. The vast majority have played contact sports. To them, a triathlon is not a race, but rather a battle. They do not necessarily seek victory but rather look both to crush those nearby and at the same time attempt to keep their demons at bay. Their motto is simply "commitment to excessiveness". These folks are known for training hard, but drinking harder...

While they are fiercely competitive, their overall race results are hindered by the over indulgence of good food and drink when not racing or training. If being a Viking was still in vogue and legal, many of these folks would be wearing horns on their heads and heading south on their tri bikes to pillage The Village of East Aurora. For the warrior, things like crashing bikes, tremendous pain and/or losing control of their bodily functions are mere minor obstacles to be overcome during a race.

Warning - when competing against these individuals: be sure to pass them using a wide berth (these are the folks most likely to launch an ill timed and precisely aimed snot rocket).

Flat Tire Test: Warriors are the easiest of all archetypes to spot and identify when they have a flat. They are almost always swearing like a drunken and enraged sailor at a flat and will be seen kicking their bike, throwing their CO2 cartridge and/or chasing down a slow rider in an attempt to steal their bike.

Triathlete Magazine Test. They typically buy the magazine solely for the pictures and rarely if ever make it through an entire article. Their favorite issue is the Swim Suit edition.

The Traditional Purist (formerly known as Tri-Geeks): Traditional purists are all over the age of 40 and have been doing triathlons for more years than the rest of us knew triathlons existed. They were the first into the sport and were the founding fathers, mothers and original members of the Buffalo Triathlon Club. Many of them are hard core triathletes with a high level of talent. They tend to be quiet, confident and intense athletes that take a no nonsense approach to the sport. They are viewed by others as the wise elders. Their advice is always sage and thoughtful.

Their biggest challenge today is reconciling the excitement of the clubs rapid growth of late with that of their fond memories of when being a triathlete was freakishly rare.

Flat Tire Test: This group when confronted with a flat tire changes it with quiet efficiency and is back on the bike with minimal time and energy wasted.

Triathlete Magazine Test: They typically will read Triathlete Magazine for good masters' level training tips, and they secretly long for anniversary issues because they show photos of the "good old days" when folks raced in Speedos and on 10 speed road bikes.

The Clinically Insane Energizer Bunnies: These individuals are viewed by other with a cross between admiration, disbelief and utter suspicion. They are typically described with the simple phrase "that boy (or girl) just ain't right". To them, the Ironman is a middle distance race.

THE SEVEN BASIC TRIATHLETE PERSONALITY ARCHETYPES CONT.

"Ironman? - been there, done that 24 times, let's try a double or triple Ironman...." When not training for an Ironman (or even longer triathlon) they can be found training for an ultra marathon.

There are folks in this category who think nothing of doing an ironman on a Sunday, a Brick on the next Thursday and then an Olympic distance tri the very next weekend. These same individuals also find nothing weird or unusual about riding their bikes from Buffalo to Lockport in the winter to compete in an indoor tri or to ride their bikes to Wilson and back in the middle of January to run a 5K... Indeed these folks really just ain't right...

Flat Tire Test: Like the Traditional Purist they change their flats with quiet efficiency. In fact given the number of miles they ride each year they often need second jobs to purchase all the extra tubes and CO2 cartridges....

Triathlete Magazine Test: Energizer Bunnies are too busy to read. With 150 mile training rides and 30 mile runs who has time for that?

Elites: Gifted at birth by the triathlon gods, these individuals are indeed very rare. They are born with genetics on their side. They are typically the perfect height and weight for the sport and have an unnaturally high VO2 max. They choose to capitalize on these genetics with rigorous training programs and proper diet. To them, nothing short of victory is acceptable. Other than the ability to swim like Michael Phelps, ride a bike like Lance Armstrong and run like a Kenyan there is nothing unusual about these individuals. The rest of us view these folks with a mix of admiration, respect, envy and suspicion as we often are pretty sure that drugs or aliens from another planet are involved in their success as no normal human should be able to do the things they do.

Flat Tire Test: Often times these individuals are seen crying at the advent of a flat during a race. A flat to these guys on race day is the kiss of death. A flat simply equates to loss and loss to these folks is unacceptable.

Triathlete Magazine Test: They really don't read Triathlete Magazine too often but when they do it's more or less to see which one of their friends made the cover.

The Mad Scientist: These are the easiest folks to spot at any tri event. They sport Garmin GPS's on the run, have power meters on the bike and are constantly wearing heart rate monitors. They ride \$5,000 bikes with \$1,000 aero bars, and \$4,000 wheel sets. Their goals in life are simple a) continued improved performance through the intelligent use of technology and b) decreased aerodynamics on their bike. They keep copious logs of their training, tracking average heart rate, pace, speed, the weather conditions etc... It would not be uncommon for these individuals to think it is a good investment to buy \$750 pedals for their bike and \$1,000 wet suits. To them science is the biggest key to improved performance. They are the antithesis of the warrior.

Flat Tire Test: The flat tire test for these individuals is what "they have practiced for". Not only do these individuals appear very calm when changing a flat they actually appear to be smiling as they take great pride in their ability to change flats with the utmost speed and efficiency utilizing the latest in CO2 cartridge technology.

Triathlete Magazine Test: They read Triathlon Magazine from cover to cover as they have an insatiable appetite for the latest developments in tri specific training and gear. Their favorite issues are always those issues showcasing the latest tri gear, bike components and wet suits...

The Amicable Club Goer: The most pleasant members of the sport, these are folks who joined the BTC to stay fit and to make friends. They often look about the same crossing the finish line as they do starting the race. They train religiously but don't rely on technology nor do they view the warriors training or racing philosophy of going until you puke as rather prudent. They enjoy taking home hardware when they place, but at the same time aren't disappointed with a lower level finish. To them it's about staying fit and making friends... For the most part the individuals in this group are some of the few in the sport that a psychologist might deem as emotionally stable.

Flat Tire Test: You will often hear them calmly say something to the affect of "Jolly Gee Whitakers, imagine that, I wonder how that happened" when they experience a flat tire. Often other Amicable Club Goers will stop by to chat with their new friend while he or she changes their flat.

Triathlete Magazine Test: Their favorite part of any triathlon magazines is any human interest story, and the triathlon club reviews...

For you Mad Scientist types, you are correct that this is not a truly scientifically or psychologically credible observation or study. First, the observer/writer has no training in these subjects whatsoever. Second, there was no statistical observation and analysis actually performed, and third, I just made this all up in about an hour or so because I was bored and I felt I owed Warren an article for his newsletter.

I do have to admit as I typed this up I did think about a lot of you folks. It seemed that for every group I made up I quickly found some real life examples for each. More importantly, as I thought about all of you I realized what a great decision it was to join the BTC. Had you told me three years ago when I joined the club that I would be this fortunate to make so many great friends I would have been hard pressed to believe you...

In closing, I do hope you at least got a small chuckle out of this piece. I for one need a chuckle given the fact I just had my last race of the year and I find it rather depressing that it will most likely be another 8 months or so before I race again. And I that bright note, I'll call it a day...

So as always train hard, be safe and have fun...

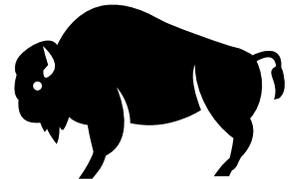
-Mark

MEMBER TRIVIA

By Laurie Kennedy

Ok – who is it? – You have a 50/50 chance of getting it right!
Is it Amy Beatrice Benedict or Sarah Gilewicz

1. "I've finished first in my age group in every single triathlon I've competed in (10 races in total.)"
2. "I have read Harry Potter more times than I can count and I just joined a ghost hunting organization!"



A Happy Bunch at the Hamlin Beach Tri!



Amy Moritz, Mark St. George, Laurie Kennedy, Joe Pautler

Answers:
1. Sarah Gilewicz
2. Amy Beatrice Benedict

BTC MEMBERS CONQUER MUSKOKA'S FIRST 70.3

By Laurie Kennedy

A new race, a new place, the big event happened Sept 14, in Muskoka, Canada. The scenic forest and waterway's that surround the area make this an attractive venue for athletes and spectators alike. Make no mistake the terrain lends itself to creating a challenging course – seasoned triathletes will tell you the course was far from easy! Nevertheless several of our members rose to the challenge – Congratulations to Eric Boulliard, Mary Lou Hoffman, Brenda Mattar, and Sergio Nordenflycht for finishing the race! As a spectator, they all inspired me to do his race next year!





OCTOBER 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	

- 10/4 ECMC Lifeline Foundation 5k
- 10/5 Wineglass Marathon
- 10/11 Ironman Hawaii
- 10/11 Ellicottville 5k
- 10/12 Score-This! banquet
- 10/25 Ramon Rocha 5k, Geneva NY
- 10/25 Jack-o-lantern 5k Goat Island
- 10/25 Chestnut Ridge 10k
- 10/26 Marine Corps Marathon
- 10/26 Niagara Falls Marathon

HAPPY BIRTHDAY !!!



10/2	John Wozniak	10/7	Dennis Fleissner	10/19	Russell Andolina
10/2	Garrett Speller	10/8	Gary Grant	10/21	Peter Trabold
10/3	Marty Munson	10/9	Joanne York	10/21	Sandra Boccabella
10/4	Beck O'Connor	10/10	Jillian Winkelman	10/23	Martin Gordon
10/4	Robert Sobon	10/14	Anne Horan	10/25	Rebecca Ashare
10/5	Tom Appenheimer	10/14	Kathleen Contrin	10/25	Jonathon Bottoms
10/6	Mark Coffed	10/15	Joe Dilorenzo	10/26	Elek Clark
10/7	Anthony Garrow	10/18	Julie Bastedo	10/30	Eric Hepkins

WELCOME NEW MEMBERS :)

Jennifer LaBuda, Pedro Diaz, David Welby, Jeffrey Clark, Kimberly Clark, Joe Dilorenzo

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

Bob Sobon: pres@BuffaloTriathlonClub.com
Theresa Palmieri: vicepres@BuffaloTriathlonClub.com
Tony Garrow: treasurer@BuffaloTriathlonClub.com
Eric Brouillard: secretary@BuffaloTriathlonClub.com
Warren Hale: newsletter@BuffaloTriathlonClub.com
Kei Riley: librarian@BuffaloTriathlonClub.com
Kelly Trybalski: ontarioswim@BuffaloTriathlonClub.com
Joe Pautler: webmaster@BuffaloTriathlonClub.com



**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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