



QUICK TRANSITIONS

NOVEMBER 2008



IRONMAN IS NOW 30 YEARS OLD !

-DIANE SARDES

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The Ironman was first held near Waikiki Beach on the Island of Oahu in 1978. To eliminate traffic problems it was moved in 1981 to the big island of Hawaii (Kona) making the already tough endurance race much more difficult because of the terrain.

Changing the course to the big island subjected the athletes to barren lava fields, heat and trade winds. 1982 presented a cut off time of 18 1/2 hours further being lowered in 1983 to the present cut off time of 17 hours.

In 1989 Dave Scott & Mark Allen raced neck and neck for 8 hours. With just two miles to go, Allen pulled away winning in a record time of 8:09:15. Scott finished 58 seconds later. This battle will go down in Ironman history as the "Ironwar"



It was an honor and privilege to compete in Kailua-Kona Hawaii, not necessarily as an age group competitor wanting to WIN but as a normal Ironman athlete just trying to finish the dream race of a life time. We fought our own battles different from Scott and Allen in the lava fields this year with 108 degree temperatures and trade winds so heavy you were almost thrown off your bike. Someone told me before the race that if we saw white caps on the ocean then we would be in trouble. I knew there was trouble brewing when we were supposed to be flying down some of the hills over 30 mph and we were only going 12.

The start of the race began with the swim, it was the most exciting and also the most beautiful swim I ever participated in. The colors of all the fish especially my favorite, an illuminated purple fish were incredible.

My marathon continued with a male I had met at around mile 12 while taking a walking break. He had a prostheses on his right leg. We both seemed to need each other so that we could start running again. We helped each other a lot and had some good conversation. Its very dark in Kona, there are no street lights on the course. At the end of a very long day it was so great to meet another person as tired as you were. It was exhilarating pushing each other to the end, to the thought of the finish line and medal AND with thoughts of the happiness all your family and friends will have to actually see you finish.

It took some luck getting to Kona, this Hawaiian Ironman might have been a once in a life time experience for me. I can honestly say that (even on the bike) that I enjoyed every single second participating. It was tough, but it was worth every bit of the time I spent during the 140.3 miles.

I thought running my best indoor mile was the hardest thing I was ever going to do. SURPRISE!

PARTY IN MUSKOKA 2009!

Are you registered for Ironman Muskoka 70.3? Well almost 30 Club members are! The Muskoka bug is spreading like wildfire within the Club. There are even Club members who have never done a half Ironman registered to make this their first half. With this many athletes in attendance, can we have our first ever official Club meeting in a foreign country at Muskoka?

Last year there were 1299 athletes. At last check there were 1000+ athletes currently registered. Muskoka is under a 4hr drive from Buffalo. The sun is always shining on race day and the course is super flat! Okay, so it was raining in 2008 and there are lots of hills. Just find your 'happy place' on race day.



Current Club members registered for Muskoka:

- Ashare, Rebecca
- Bell, Derek
- Bell, Jennifer
- Brouillard, Eric
- Dalton Jr Patrick
- Garrow Anthony
- Gilewicz Sarah
- Gordon Martin
- Grey Joe
- Hale Jennifer
- Hale Warren
- Hoffman Mary Lou
- Kemeny Maureen
- Kennedy Laurie
- Laudico Elizabeth
- London Pamela
- McGuire John
- Moritz Amy
- Mugel Jonathan
- Mullaney Richard
- Nordenflycht Sergio
- Pautler Joe
- Sardes Diane
- Siragusa Timothy
- St. George Mark
- Tracy Jeffrey
- Trybalski Kellianne



WATCHING AN IRONMAN WITH VIP ACCESS

What a vacation! The sun of Hawaii and the thrill of watching the Ironman World Championships in person. I have seen it on TV many times. This is going to be great. I mean, how can life be any better? How about adding a VIP pass for Ironman race day? If that isn't the icing and sprinkles on the cake!

As you read in last month's newsletter, Greg Weber was trying to get Tony Garrow to race in the Ironman World Championships as a media spotlight athlete. Tony turned down the offer and wanted to qualify for it if he were to ever race in Hawaii. Well, Greg still wanted to do something for Tony while he was there. He got Tony, Diane, Jennifer, and myself VIP passes for race day at the Ironman.

So what is it like as a VIP spectator? Pretty nice. We were able to be right next to transition on a special side and talk with Diane and Joanne before the race. Then at race start, we were able to watch the swim from a pier right next to where they swim. We could have poured water on their heads as they passed by us coming back. After the swim we grabbed a bagel and some drinks from the VIP hospitality room and headed out to the bike. There were areas we could have got to for the bike in the downtown, but they were no better than we could watch from elsewhere. We had access to bleachers behind the finish line where athletes were given their finisher's lei and medal. Jennifer also got to get her picture taken with woman's winner Chrissie Wellington. My hats off to Chrissie. She won the Ironman and came back 5hrs later to jump around and party in the finish line area. Smiling for photographs for whomever asked. She awarded athletes with their lei as they crossed the finish line. What a nice person.

In the end, I would like to thank Greg for getting us passes for the day. It was great and something we won't forget any time soon. As for the Ironman experience, like Jeff Tracey told me years ago, Ironman is the greatest show on Earth. They did not fail to deliver on that in Hawaii. They even delivered on rain for the open air awards banquet. The stage didn't even have protection from the rain. But hey, you're an Ironman. What's rain to an Ironman. Yeah, should have seen everyone running and hiding under tents, tables, and chairs.



Above left: Finisher's medal, above right: underwater camera man taking a nap while everyone is on the out and back, bottom left: finisher banquet, bottom right: Jennifer and Chrissie Wellington



DO IRONMAN TATTOOS EXPIRE ?

A debate that I have not read about yet, Do Ironman Tattoos expire? What do I mean? Well lets start from the beginning. You complete your first Ironman. You are proud to be a part of the Ironman family. You get yourself the Ironman logo branded on your body and display it proudly. People see your symbol of pride and ask you about the Ironman. But is there an uncomfortable feeling when it has been years or decades since you did the Ironman. "Yes I did the Ironman", back in 1988 you think to yourself. So is there pressure to do another Ironman because your Ironman has 'expired'? No, you say, the Ironman tattoo never expires. So why is it that no one ever seems to put the year they did the Ironman on their tattoo? Look at your Ironman tattoo and regardless of when you completed it, put the year 1990 under it. Does it have the same meaning?

I am the proud bearer of an Ironman tattoo. But I have to admit, there is a little added pressure to honoring it. To stay in shape and to not let it expire. I guess that's not necessarily a bad thing.

So I ask you again, Do Ironman tattoos have an expiration date?



IRONMAN FLORIDA PARTICIPANTS

2047 ASHARE REBECCA 27 F AGE W25-29 TONAWANDA NY USA

2459 HOFFMAN MARY LOU 45 F AGE W45-49 LOCKPORT NY USA



CASINO NIAGARA MARATHON RESULTS

31 3:07:56.3 4:28 3:07:45.5 566 MEYER, Joe Lewiston NY 27/510 3/52 Men 30 - 34 1:33:12 1:34:45
 123 3:29:24.0 4:58 3:28:48.8 594 MOYER, Erik Buffalo NY 110/510 12/52 Men 30 - 34 1:41:57 1:47:28
 264 3:51:24.1 5:30 3:49:57.7 723 ROWAN, Catherine Amherst NY 47/307 3/20 Women 20 - 24 1:54:30 1:56:55
 312 3:58:26.7 5:40 3:57:33.8 312 GRANEY, Jill Buffalo NY 64/307 12/54 Women 40 - 44 1:49:13 2:09:15
 372 4:04:33.1 5:48 4:04:25.0 55 BASEHART, Eva Amherst NY 86/307 17/54 Women 40 - 44 1:55:55 2:08:39
 483 4:20:03.6 6:10 4:19:34.2 25 APPENHEIMER, Thomas Buffalo NY 351/510 12/20 Men 60 - 64 1:53:31 2:26:34
 605 4:40:54.7 6:40 4:39:34.9 333 HACKBUSH, Gary Amherst NY 415/510 77/95 Men 40 - 44 2:08:11 2:32:44
 722 5:14:04.3 7:27 5:13:13.1 673 PRESKOP, Robert Buffalo NY 467/510 96/103 Men 45 - 49 2:15:04 2:59:01



SCORE THIS!!! SERIES RESULTS

Below is a list of BTC Members who placed in the Score This!!! Race Series. Series participants were recognized and awarded at the Annual Score This!!! Series Banquet. Always a good time hanging out with fellow athletes, BTC Members, and the Score This!!! Crew, not to mention the swag and food!

Name	Age Group	Duathlon
Elvers, Jr, Warren	Male 50-54	1st Overall male
Mckeehan, Frank A	Male 55-59	2nd Overall Male
Moore, John	Male 65-69	3rd Overall Male
Basehart, Eva	Female 40-44	1st Overall Female

Name	Age Group	Intermediate Triathlon
Siragusa, Tim	Clydesdale	1st place Clydesdale
Beecher, Sean B	Male 20-24	1st Overall Male
Thomas, Andrew	Male 25-29	3rd Overall Male
Dalton Jr, Patrick J	Male 25-29	1st place Male 25-29
Mietlicki, Kevin M	Male 40-44	2nd Place Male 40-44
Weber, Greg	Male 45-49	1st Place Male 45-49
karnath, edward	Male 50-54	2nd Place Male 50-54
Mullaney, Richard P	Male 55-59	1st Place Male 55-59

Name	Age Group	Sprint Triathlon
Bell, Jennifer	Female 30-34	1st Place Female 30-34
Reilly, Mary Ellen	Female 35-39	3rd Place Female 35-39
Meyer, Joseph J	Male 30-34	1st Place Overall Male
Bottoms, Jonathan	Male 35-39	2nd Place Overall Male
Adamek, Justin	Male 35-39	1st Place Male 35-39
Capuson, Patrick	Male 40-44	1st Place Male 40-44
Grey, Joe	Male 50-54	1st Place Male 50-54
Siudzinski, Robert J	Male 70-74	1st Place Male 70-74



IRONMAN ON VERSUS STARTING NOVEMBER 2ND

It's time for Ironman TV!!! Ironman begins airing the 2008 race season on Versus starting on November 2nd. And continuing on into December. Set your Tivo's and wanna be Tivo's (aka DVR) cause if you got the Ironman bug like the rest of us, you will probably watch it more than once.

Ford Ironman Arizona	Nov 2	3PM	Repeat Nov 3, 5PM
Ford Ironman Coeur d'Alene	Nov 9	3PM	Repeat Nov 10, 5PM
Ford Ironman USA Lake Placid	Nov 16	3PM	Repeat Nov 17, 5PM
Ford Ironman Wisconsin	Nov 30	3PM	Repeat Dec 1, 5PM



NOVEMBER 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						

- 11/1 Ironman Florida
- 11/2 NYC Marathon
- 11/23 Ironman Arizona
- 11/27 Turkey Trot

HAPPY BIRTHDAY !!!



- 11/3 Michelle Carbery
- 11/11 Patrick May
- 11/11 Rebecca Henry
- 11/13 Polina Strauss
- 11/18 Carolyn Corgel
- 11/20 Patrick Capuson
- 11/21 Theodore Lipa
- 11/28 John Bell
- 11/7 Eva Basehart

WELCOME NEW MEMBERS :)

Carolyn Corgel, Mark Forell, Caitlin Beecher, Laura Osinski, Stefany Critelli, Darlene Schweikert, Chuck Schweikert, Chelsey Schweikert, Justine Forrest

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
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 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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