



# QUICK TRANSITIONS

DECEMBER 2008



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## BTC EXECUTIVE BOARD NOMINATIONS

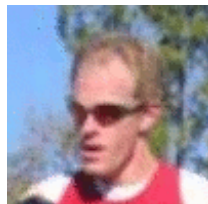
Nominations for the Executive board were announced in early November by President Bob Sobon. Those wishing to submit nominations are to email the nomination to the elections officer, Jeff Tracy. Below is a copy of Article XIII of the BTC By laws from the Yahoo Group files.

Nominations for the upcoming, Vice-President, Secretary, and Treasurer for the upcoming calendar year will be accepted for a period of one month, beginning October 1st and ending November 1st of the current calendar year from any BTC Member deemed in good standing. It is the responsibility of the nominating Member to ensure, prior to their submission, that the nomination(s) is/are accepted by the individual being nominated for said position(s). Nominations must be submitted in writing, by email, by telephone, or verbally to the Officer Election Coordinator. After the nomination period closes, the Officer Election Coordinator will prepare a ballot containing the positions and their nominated candidates and distribute the same by mail or electric format to those BTC members in good standing. The Officer Election Coordinator will mail paper ballots via USPS and post on the electronic format the electronic ballot, on or before November 15th. Each ballot irrespective of format shall include a date certain by which it must be returned or otherwise cast to be counted. The date certain for ballot submission by any means shall be no later than December 15th of the year for which the election is held. Upon receipt of timely cast ballots, the Elections Coordinator shall tabulate the votes and make known to the BTC members either in writing, by email, by telephone, or verbally prior to January 15th of the year following the ballot submission. The newly elected Executive Committee will be installed at the annual BTC banquet or at the first meeting of the BTC for the calendar year following the ballot submission, whichever is sooner and the former BTC officers shall serve until that installation.



*Executive Board*

## CURRENT BTC EXECUTIVE BOARD



Bob Sobon  
President



Theresa Palmieri  
Vice President



Tony Garrow  
Treasurer



Eric Brouillard  
Secretary



## National Challenge Competition 2008-2009

The Buffalo Triathlon Club is now an official participant in the NATIONAL CHALLENGE COMPETITION! This is an off-season training competition amongst triathlon clubs across the country. The objective is to log the miles of club members and post weekly results to their website. The club with the most miles logged per month, per discipline and overall, win prizes. It begins December 1st.

All you need to do is send me an email with your daily or weekly swimming, biking, or running miles (per discipline) and I post your info to the website. You can reply to this email or send a new email to [chwatsbu@yahoo.com](mailto:chwatsbu@yahoo.com). If you don't/can't measure distance of your workouts, log your hours we'll guesstimate your speed based on your race history and current intensity to get a distance.

The website (<http://www.race-tracker.net/usat/index.cfm>) does a good job at explaining the few rules involved, but here it is in a nutshell:

- a.) One person submits the info per team. (I volunteered)
- b.) The off-season is divided into 3 sessions (December, January, & February)
- c.) All disciplines (swimming, biking, & running) are recorded during each session and accumulate to a grand total.
- d.) Each session has a discipline specific "benchmark goal" to strive for - for example - December's benchmark goal is to swim 750 miles. So if you want to "help more", swim more in December! The first team to the benchmark swim goal in December wins a prize.

Let's put the BTC on the triclub map. It's EASY to participate- all you need to do are your normal workouts, except log your info and send an email to your friendly NATIONAL CHALLENGE COMPETITION liaison!

The one (and new this year) catch is: They ask that each participant have a valid USAT id#. If you want to participate and do not have a USAT #, go to [www.usatriathlon.org](http://www.usatriathlon.org) to sign up. (Becoming a USAT member pays for that "one time" fee on race day for an annual membership fee.)

Email or call 510-9632 with questions, suggestions or comments.

Charlie Watson

## CORE WORKOUTS POSTED TO BTC YAHOO SITE

BTC Member John Moore submitted a two 4 page core workouts for the newsletter. Due to them being lengthy and with pictures demonstrating the workout, we thought it would be better suited to be posted on the Club's yahoo site. You can find the workouts at:

<http://sports.groups.yahoo.com/group/BTCInc/files/Workouts/>

Remember, you must have a yahoo ID set up in order to access the website. For more information on setting up your Yahoo ID, see the link on the BTC website.

Thanks for the workouts John.



## RICHMOND MARATHON RESULTS

Rich Clark took over a ten year break from doing marathons without a swim or bike first. Not a bad showing after a 10-12yr break. He admits blowing up at mile 22. Must have been a big explosion sending him forward to a 3:30 finish. I am sure one day we will see the husband—wife Clark team at Boston.

Richard Clark 1:38:35 (half) 3:34:46(finish) 8:12 (pace)



**IRONMAN FLORIDA RESULTS**

Mary Lou Hoffman S-1:36:53..B-5:51:26..R-5:56:25..Tot. 13:41:18  
 Rebecca Ashare S-1:26:20..B-6:25:33..R-4:42:10..Tot. 12:51:56  
 Joe Dilorenzo S-1:08:29..B-5:09:18..R-4:03:53..Tot. 10:34:41



Joe Dilorenzo



Mary Lou and Becky

**DECEMBER 2008**

**SCHEDULE OF EVENTS**

- 12/6—Reindeer Run 5k
- 12/13 Ironman Hawaii on Versus
- 

| 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  |     |     |     |

**HAPPY BIRTHDAY !!!**



|       |                   |       |                  |
|-------|-------------------|-------|------------------|
| 12/1  | Meir Wetzler      | 12/19 | Cynthia Ferrelli |
| 12/4  | Andrew Thomas     | 12/20 | Leah Chesko      |
| 12/5  | Kimberly Clark    | 12/25 | Justin Adamek    |
| 12/7  | Lily Clark        | 12/26 | Bob Chmielewski  |
| 12/7  | Eric Andres       | 12/26 | John Fuhrman     |
| 12/9  | Sean Beecher      |       |                  |
| 12/10 | Shannon McDermott |       |                  |
| 12/10 | Keri Sikora       |       |                  |

**WELCOME NEW MEMBERS :)**

Michael Cook, Tim Gribbin, Maureen Walh, Bob Willer, Jared Byer

**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 31<sup>st</sup> 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](http://www.BuffaloTriathlonClub.com)

**BUFFALO TRIATHLON CLUB**



Bob Sobon: [pres@BuffaloTriathlonClub.com](mailto:pres@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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