



QUICK TRANSITIONS

FEBRUARY 2009



INSIDE THIS ISSUE:

BANQUET	1
PRESIDENTS MESSAGE	2
BRICK AWARDS	
SPRING THING	3
RANDOM THOUGHTS ON BTC BANQUET	4
TRIATHLON SEMINAR	5
WINTER BRICKS	
TRAINING MOVIE	
15 MINUTES TO FITNESS	6
USAT COMPETITION	7
CALENDAR ACTIVITIES	8
BIRTHDAYS NEW MEMBERS APPLICATION	9

BTC BANQUET ANOTHER SUCCESS

When Diane and I decided that a dvd containing all the pictures members had taken of club activities during the year would make a great banquet idea, we forgot about the technology involved. Suffice to say after a number of nervous moments it played to a packed crowd at the 2009 edition of the BTC banquet, held at pearl Street Grill & Brewery.

About 75 members watched a slideshow of close to 800 pictures while enjoying another great buffet put on by the Pearl Street staff. Although it gets a little loud in the Pan American room, they treat us like we were family. This year Master Jeff tried to outdo the upstairs dancers by booming what were up until now completely unknown tunes (at least to these 1960's era ears). Jeff doubled up as MC & moved the evening along. Brick czar and webmaster Joe Pautler and Brick Czarina Paula Pautler handed out the coveted brick awards and presented Kim Bechard a Lock City Iron Works jersey for winning the Tim Chesko time trial.

Congratulations to Rebecca Ashare, Amy Benedict, Mary Lou Hoffman, Laurie Kennedy, Diane Sardes, Sean Beecher, Bob Sobon, Mark St. George and Tony Garrow on winning bricks. The Thursday night bricks and time trials became must do events, in a large measure to all the effort put forth by Paula and Joe Pautler at the site, and getting them up on the web for all to see! Nice job both!

A plaque was given to Bob Sobon recognizing his years of service to the BTC..Thanks Bob!

A highlight for Diane and I was being presented the Spirit Award by Nancy Gworek.

Nancy, herself being a 10 year survivor has been giving out this award for a number of years now and Diane and I are proud to be recognized by her and the club. Believe me with a club like this you can't help but want to hang around a little longer!!

A great thank you to Kathy and Jim Karnath for again organizing a great evening. The night fulfilled what we set out to accomplish, to meet new members, greet longtime friends and of course trash talk a little. On to 2009 and a great year to all...tony



PRESIDENTS CORNER

For 6 years I watched as Diane wrote her Presidents column for Checkers AC. She put a lot of thought into them because she loves running, runners and especially Checkers. A vast majority of the articles were more than numbers and workouts, they focused on the emotional and mental aspects of the sport beside the obvious physical side.

I can only hope to come close to writing something worth your time each month, and promise to keep it informative and up to date.

Last year the club doubled in size, thanks in part to the articles in the Buffalo News by Amy Moritz on her own journey starting out doing multi-sports. A lot of like minded people signed up and hopefully learned a lot in their first year. We continue to see new members just starting out, and I encourage you to seek out those who have been around and have a wealth of experience.

As with any organization that experiences such growth, change is inevitable. Change is good and this year along with our normal workouts we'll see new training venues along with new faces and a new logo.

A number of people stepped up to provide various training options, some impromptu, some planned on ahead. I love that and want to encourage members who might be planning a workout to send out an e-mail, you never know who might show up.

The board has a lot of things we're working on, a new tri-gear order, general apparel (ex. socks), sweatshirts etc. The club race is now set for 2010, possibly sponsoring a youth triathlon team and it is all good. We are all here for one reason,...to push ourselves a little harder than we think we can and it is great to be able to do it with someone!

Please feel free to contact me any time. Stay tuned to Yahoo, Facebook, our club website and the information in the newsletter and you will be well informed....tony



Possible New and Improved BTC Logo

BRICK AWARDS

The 2008 Bricks ran from May thru September including the St Greg's 5K. 82 BTC members participated (up from 52 members last year). The bricks also included the Tim Chesko Time Trial which was won by Kim Bechard.

Thanks to those who participated, Paula and her assistants for time keeping, Tony and everyone else who brought snacks for post race recovery.



	Time Trial	Bike / Run
F Ov 50	Diane Sardes	Diane Sardes
F 40-49	Mary Lou Hoffman	Laurie Kennedy
F Un 40	Rebecca Ashare	Amy Benedict
M Ov 50	Tony Garrow	Tony Garrow
M 40-49	Robert Sobon	Mark St. George
M Un 40	Sean Beacher	Sean Beacher

THE SPRING THING TAKES SHAPE

BY MARK ST. GEORGE

A few of us met the other day to get the planning process going for the first annual BTC Spring Thing. The first thing I would say is that thank goodness Theresa eventually showed up. The meeting started with Eric, Anthony and me figuring out what date to hold the event. After much psychological machination we decided that Sunday, May 9th would be a perfect date. One week after the Grand Island ½ Marathon and two weeks before The Buffalo Marathon seemed perfect to us. On to the next order of business...

At about that time Theresa showed up. When she asked what she missed, we told her not much but we have a date set. As we told her the date, she didn't miss a beat. "Hmm? Gentlemen, and I use that term loosely, that's Mother's Day!" To which Anthony, Eric and I replied, with what could best be described as a simultaneous group impersonation of Homer Simpson, "DOAHH!"

Needless to say we quickly decided that Saturday May 8th would be a perfect date to hold the event. Please mark your calendars according, **the first annual Buffalo Triathlon Club Spring Thing will be held Saturday May 8th, 2009.** The time is yet to be decided but at this point we are thinking about 7:00am.

As for the name it is official that the event will be called the "BTC Spring Thing". We did get some positive feedback on that name prior to our meeting and the only other name that came close to contention was Spring Brick (a take off on Spring Break). After a quick discussion the name Spring Thing was decided on. One other name that got shot down fairly quickly was the "BTC Very Long Bike and Running Race in Which the Winner is Decided by the Person Who Gives the Most Money to Mark St. George" (personally I really liked that name but for some reason Eric, Tony and Theresa voted against it)

At the meeting we decided that the event will be free to all members and \$25 for non-members. BUT, with the \$25 non-member participants will get a "free on the spot membership" to the BTC and of course will also be covered by the club's insurance. The fact that the cost of a BTC membership also happens to be \$25 is strictly a coincidence. If this pricing structure confuses you give me a call and I'll explain.

Race distances were confirmed as a long course event of a 100 mile bike ride followed by a half marathon and a short course race of 40 mile bike followed by a 10K run. So far I have received a lot of interest in both events so the event should be well attended for both. Plus I have received a lot of feedback from folks interested in volunteering.

At this point we are still working on a lot of details like exactly where the event / transition area will be stationed, what the run course will be, who's in charge of garbage bags, course hydration etc. The good news though is that the event planning is well underway! There will be a few more meetings here shortly so that we can continue to plan the event and also to coordinate the volunteers so stay tuned as there will be much more to follow. In the meantime, start your training!



"The amount of
luck coming
your way
depends on your
willingness to
act"

-Barbara Sher

This space intentionally left blank

for your newsletter article.

Fill the void by writing your thoughts

for the March newsletter.

Deadline for submissions to the newsletter

are the 20th of the month.

Send your photos and article today!



RANDOM THOUGHTS ABOUT THE BTC BANQUET

BY MARK ST. GEORGE

As I sat in my hot tub the morning after this year's BTC Banquet I got thinking about the night before. As is the case most of the time at 6:00am my thoughts weren't really organized. It was just a bunch of stuff running through my mind on a cold and dark morning while I sat there soaking the kinks out and clearing the cobwebs and enjoying my coffee.

The first thought I had really was about the club itself. As I sat there I couldn't help be excited by how much the club grew in just one year. The club pretty much doubled in size in one year. I have no idea why it did but I really don't care. The club is growing, offering more things and activities for its members and the momentum just keeps building. I can't help think 2009 will be another exciting year for the club.

I thought about how three years ago I joined the club. At the time I joined, I had never done a triathlon in my life and didn't know anyone who raced one. I figured if you want to do a triathlon it's best to be around folks who know what they are doing and can show you the ropes. To be honest I was a little intimidated at the prospect of showing up to my first event which happened to be a Thursday night time trial. As I stood in line for the time trial one of the members started talking about getting their diet analyzed by some university. I couldn't help think to my self "what did I get myself into"? At that point I felt like taking my bike back to the car, strapping it back on the hood and never looking back. I am glad I didn't. Three years later I'd admit that joining the BTC was one of the best decisions I have made in a long time. Best of all I have made a lot of friends in the club over the years. If it's true "you can judge a man by the friends he keeps" then I must be doing something right.

One of the best things for me was the fact I got a chance to run into a lot of friends at the banquet. During the season there are lots of events (races, bricks, open water swims, bike rides etc) so you get a chance to see your friends quite often. Come the off-season, other than Masters Swim, an occasional bike ride, a club meeting or night out here and there for some wings and beers you don't get to see the BTC folks as often. It was great to run into so many friends I haven't seen in a while at the banquet.

I was fortunate enough to win the 40-49 year old timed brick. As I thought about it, I questioned how the heck I could have won this award twice in the last three years. I am not a schlock at triathlons but there are sure a lot of guys in this age group in the BTC better than me. But then it struck me. This was really just like in life, if you show up every day, have a little bit of talent and you work hard good things will happen. The key was not that I was the best, it was the fact I kept showing up each week. The little bit of talent and hard work kept me placing each week even though I usually didn't win my age group. It's a pretty powerful lesson about life as well.

Anthony Garrow and Diane Sardes won the spirit award. I can't think of a couple of folks who deserve it more. But as I think about why I like Tony and Diane it has nothing to do with the Spirit Award, or the fact Tony fought hard overcoming a serious illness or that Diane qualified for Kona and is a great photographer. Nope I just like them because they're nice and their fun to train and hang with. They're pretty much the nicest folks I have met. I love riding with Tony (at least when he stays upright - sorry Tony I couldn't help it!). He keeps a great pace but more importantly he keeps even better company. And Diane seems to always have a smile on her face. When they show up for a group ride or at Elmo's after a brick, I am always happy to see them.

You forget that this whole triathlon lifestyle helps keep folks looking good. I guess you forget that sometimes since most of the time you see each other it's 6:00am in the pool or sweating your butts off on a 80 mile bike ride, or pushing yourself on an 85 degree night at a Thursday brick wearing overly tight clothes. You don't often get to see each other dressed up, not sweaty or looking like a drowned rat coming out of the pool. I couldn't help think to myself at the banquet "hey, there a lot of attractive folks in the club."

Some other quick observations:

Jeff Tracey was playing some very good music. A few times throughout the night I thought that. Thanks Jeff for the very enjoyable music!

The slide show was a great touch. The freebie handout of the slide show was even a greater touch. Diane really does take great shots throughout the year.

Jim and Kathy Karnath deserve a big "shout out". Great event and thanks for your efforts in planning it.

Thanks to Joe and Paula Pautler for their work with the Thursday Bricks all year and handing out the awards. Your efforts are always appreciated by us all.

I liked not having a speaker at the banquet. Since we don't get to see each other much this time of year I'd rather spend time talking with each other than listening to some guy or gal I don't know speak. We might want to consider bringing in a speaker for some other separate event but for the banquet I vote to keep it like they did this year.

I guess the last thought I had as I sat in the hot tub that cold morning was the fact that the \$25 fee to join the BTC is pretty much one of the best deals out there. When you're really looking at all the club offers it's nothing short of a steal. Hopefully we can convince even more folks of that in 2009!



HANDLEBARS TRIATHLON SEMINAR

Members from the Handlebars Triathlon Team will be presenting three workshops that will share their knowledge of training and racing with fellow triathletes and those people who are interested in entering the sport of triathlon. Each seminar will offer unique information aimed at helping individuals learn more about triathlon, provide suggestions to enhance your training program, and offer ways to improve your race day performance. Presenters from the Handlebars Triathlon Team: Kevin Patterson & Joe Meyer.

All clinics are free of charge, but space is limited! Please call ahead to reserve your place!!

Introduction to Triathlon, A General Introduction to the Sport of Triathlon

Saturday, Jan. 31 @ 3pm

Topics that will be covered: • Basic tips and guidelines you need to know as you enter the sport • Managing your triathlon budget • Creating a training plan for you

It's February...What should triathletes be doing now? Base Training Fundamentals

Saturday, Feb. 21 @ 3pm

Topics that will be covered: • Effective Bike & Run workouts that yield results in the race season • How to calculate your Heart Rate Training Zones • Core training, Short Course Training: Secret Speed Tips

Saturday, Mar. 21 @ 3pm

Topics that will be covered: • Training plans for sprint triathlons • Nutrition for short course • Transition area • Learn a few simple tips that give you free speed and save time.

THURSDAY WINTER BRICK SESSIONS

Two Thursday night brick sessions down, 9 more to go!

We have had 9-10 people each week. There are 20 bikes so there is plenty of room for more to JOIN IN. Colleen, our spinning instructor (and future triathlete - I'm sure of it), has been conducting a "formal" class from 6-7pm and beyond. Most people have generally spun for an hour and ran for a half hour but we keep the spinning room door open until 8. You can show up at your convenience between 6 and 7:45 to use the bikes.

Colleen brings music but bring your own music to share (MP3 player or CD) if you want. I'm kicking around the idea of bringing my laptop/projector and we can watch "What It Takes", Tour de France racing or else if people are interested.

Email me with questions.

Thanks, Charlie Watson

TRAINING MOVIE AT THE CLUB LIBRARY

Our Club Librarian, Kathy Contrino, will be hosting a training movie night at her home February 20th, at 6pm. Members can see what items are in the Club's library and view one of the movies in the library. After the movie there will be a written essay test which is a pass/fail. Just kidding. There will light snacks afterwards and discussion on the movie as well as some good ol' BTC socialization.

If you plan to attend, RSVP Kathy and let her know so she knows how many people to expect. Otherwise your light snack may be icicles while you are watching the movie from your seat in a snow bank.

Email: librarian@buffalotriathlonclub.com or contrino@roadrunner.com



15 MINUTE FITNESS

BY JOE NIEZGODA

Creatine

Creatine works great with about 75% of the people who take it, with the other's not so much. When taking it, you will need to drink more fluids because it pulls fluid out of the blood and puts it into the muscles; this makes your blood thicker. Even though increasing fluid intake with Creatine use is recommended in most cases if you don't know major problems will follow (other than 3% blood fluid loss = 10% power output loss). However, if you are trying to "make weight" for a competition and limit fluid intake you may turn your blood into sludge and cause health problems. If you are an endurance athlete and you don't up your water intake your heart will have to work harder to move the blood in your system, which will hinder performance big time. Plus, with the added fluid retained in your muscles you'll be lugging around an added 5-10lbs.

Creatine is naturally produced by our body in the liver, kidneys and I think the pancreas. It's also found in fish and red meat but is easily destroyed by heat (cooking).

When explosive movements are used ATP levels drop very quickly. When ATP levels drop, the muscle become fatigued so, regeneration of ATP is needed if muscle fatigue is to be delayed. Since Creatine is used to make more ATP supplementing in most people can be very helpful for reducing fatigue during explosive movements such as lifting weights or sprinting. I know ATP is needed for cell division, and normal nerve function as well as moving muscles but I am unsure if extra Creatine can help other bodily functions other than muscle movement. To get more into how Creatine works, energy is produced when a phosphate separates from a molecule of ATP. It then becomes ADP; Creatine turns ADP back into ATP. Creatine also allows most people to store more ATP. Also, Creatine buffers lactic acid which will allow an athlete to exercise longer and harder with less discomfort.

Creatine can increase muscle mass (but you need to resistance train for this to happen) but it's what is more important is that it allows you to do more work in the gym so that muscle gains can be made more quickly.

Creatine is best taken with dextrose (grape juice would be a good choice) either before or after workouts. A loading phase is a good idea but not necessary, if you don't load optimal results will take about 1 week longer to achieve. I also recommend cycling Creatine, if you are new to cycling a good starting practice would be take Creatine for one month then let it wash out for one month, then repeat. I found that is best to take Creatine before and after a workout. Split your serving in half, take ½ serving before you workout and ½ immediately following your workout.

Creatine is still pretty new so even though (as far as I know) there aren't any known long term negative side effects, I'd be careful with its use.

Joe Niezgoda
Niezgoda Fitness Systems
Endurance Sport Coach
Fitness/Holistics Professional
www.NiezgodaFitness.com

JOE'S EGG & CHEESE SANDWICH - A HEALTHY MEAL**What you need:**

1 Egg, 2 slices of wheat bread, 1 slice of low fat cheddar cheese, 1 tomato, 2 whole leaves of romaine lettuce, 1 leaf of iceberg lettuce.

How to make it:

Lightly coat a non stick pan with olive oil spray. Then add the egg & scramble. While the egg is frying toast the bread and layer the cheese, tomato, and lettuce (Lettuce on bottom, cooked egg on top). Finish by adding the last slice of bread to close the sandwich.

What it has in it:

About 330 calories, 11 grams of fat, 16g of protein, 6 grams of fiber, 950 milligrams of sodium.



National Challenge Competition

CURRENT STANDINGS AS OF JAN 25TH

Club	Location	Swim	Bike	Run	Total
1. Triathlon Club of San Diego	San Diego CA	1161.79	26610.93	6399.5	34172.22
2. Alaska Tri Club Red Biting Bunnies	Anchorage AK	1229.38	25717.16	4421.95	31368.49
3. Hammerhead Triathlon Club	Jacksonville FL	588.06	21349.04	8178.43	30115.53
4. Alaska Tri Club White Wabid Wabbits	Anchorage AK	1146.73	18236.79	4180.54	23564.06
5. Buffalo Triathlon Club	Amherst NY	870.61	15812.55	5948.53	22631.69
6. DC Triathlon Club Red	Washington DC	947.17	14931.52	5510.1	21388.79
7. F.A.S.T. (Ford Athletic Swim & Triathlon Club)	Dearborn MI	1024	11338.18	3982.83	16345.01
8. LA Tri Club	Los Angeles CA	501.15	10916.24	3643.75	15061.14
9. Tribe	San Jose CA	423.9	9350.7	2630.7	12405.3
10. Boulder Triathlon Club	Boulder CO	671.85	8861.18	2804.44	12337.47

Top 10 BTC Athletes by total mileage

Name	Swim	Bike	Run	Total
Bob Sobon	0	1531.59	0	1531.59
Chris Ankrum	10.6	1057	216	1283.60
John Moore	0	647	354	1001.00
Rebecca Ashare	11.4	747	101	859.40
Anthony Garrow	21.2	603	166	790.20
Chuck Fried	0	400	282.3	682.30
Jon Bottoms	26.56	533.66	79.75	639.97
Daryl Clarke	43.9	234.3	349.95	628.15
Darlene Schweikert	16.39	471	136.5	623.89
Jennifer Bell	22.58	561.3	38.6	622.48



**RENEW YOUR BTC MEMBERSHIP TODAY.
MEMBERSHIPS EXPIRED DEC. 31ST**

LOCKPORT Y-10

Saturday, February 14, 2009

Start Time: 11:00am for all events

Course: Challenging 10 mile course. Start and Finish will be in front of the Lockport Family YMCA, 19 East Ave., Lockport, NY 14094

Relays and Y5 athletes: Shuttle services will be provided by Ridge Road Express. Please take advantage of this service to minimize traffic and parking issues along Slayton Settlement Road at the 5-mile mark. There will be absolutely no parking on the south side of Slayton Settlement Road. All Y5 athlete will run the first 5 miles of the Y10 course.



FEBRUARY 2009

SCHEDULE OF EVENTS

- 2/1—Mr Ed's Superbowl 5k
- 2/14 Y-10
- 2/22—Polar Bear 5k

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

HAPPY BIRTHDAY !!!



2/4	Tricia Desantis		
2/6	Erin Mullaney	2/16	Joe Grey
2/9	Matthew Wagner	2/19	Robert Preskop
2/10	Brent Hudson	2/26	Sue Covington
2/11	Janine Batcho		
2/13	Teresa O'Connor		
2/16	Kim Chmielewicz		

WELCOME NEW MEMBERS :))

Tim Otterson, David Jackson, Kate Leary, Joseph Steger, Renee Knopf, Michael Pace, Tim Gardner, David Ireland, Ronald Hottum
 Kate MacKellar, Anne Reif, Michael Emery, John Herman, Matthew Komorowski, Paul Perello

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 Mary Lou Hoffman
 80 Juniper Street
 Lockport, NY 14094

We are on the web !

www.BuffaloTriathlonClub.com

BUFFALO TRIATHLON CLUB

Tony Garrow: pres@BuffaloTriathlonClub.com

Theresa Palmieri: vicepres@BuffaloTriathlonClub.com

Mary Lou Hoffman: treasurer@BuffaloTriathlonClub.com

Eric Brouillard: secretary@BuffaloTriathlonClub.com

Warren Hale: newsletter@BuffaloTriathlonClub.com

Kathy Contrino: 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.

SUPPORT YOUR SPONSORS THAT SUPPORT YOU

Tom's Pro Bike



WE MASSAGE

"Together we can make a difference"

Schaffstall
CHIROPRACTIC



<http://score-this.com>

Endurance
Factor

