



QUICK TRANSITIONS

MARCH 2009



INSIDE THIS ISSUE:

INDOOR TRI 1

LIBRARY NIGHT

MARCH MEETING

PRESIDENTS CORNER 2

2009 BRICK WORKOUTS

15 MINUTES TO FITNESS 3

RACE RESULTS AND PHOTOS 4

CALENDAR ACTIVITIES 5

BIRTHDAYS NEW MEMBERS APPLICATION 6

INDOOR TRIATHLON MARCH 8TH

For the second year the BTC will host an indoor triathlon for its members and friends. The triathlon will consist of a 10 minute pool swim, spin bike and treadmill run with a 10 minute transition between each event. Last year's overall winner, Erin Mullaney, will not be racing this year, so we will be crowning a new champion. Applications needed to be postmarked yesterday, February 28th, in order to get everyone seated into their time slot for a smooth running event.



LIBRARY NIGHT A SUCCESS

On Friday Feb. 20th Kathy Contrino and Ron Winkleman hosted a get together to look thru all the books, tapes & DVD's that the club has accumulated and are available to anyone to sign out. We watched parts of a 9 hour dvd by Joe Friel that was very informative, so before you run out to buy that training book or Spinerval tape, give Kathy a call, she just might have it. Thanks to Kathy & Ron and all who showed up.
-Tony Garrow

As a matter of fact, I just picked up a book from Kathy over the weekend. I was going to purchase a training plan for the upcoming Muskoka 70.3, and saw that the training plan is in a book that the Club library holds. So now I have the plans and saved some bling :)

- Warren Hale



MARCH BTC MEETING AT TOMS PRO BIKE

The monthly Club meeting will be held March 5th at 7pm at Toms Pro Bike, located at 3687 Walden Ave, Lancaster. It's always a good time there. We usually have a good turn out, it's a warm dry place, and there are usually snacks and door prizes. I always recommend this meeting as a meeting to not miss over the winter. But hey, I could be biased.



PRESIDENTS CORNER

Article III: Purposes

The purpose of the BTC shall be to promote the sport of triathlon and other multisport athletic events in the Western NY region, and enhance the triathlon experience for members by providing them with information, training opportunities, and opportunities to obtain triathlon-related equipment and services at a reduced price, in a social context comprised of other like minded persons with similar athletic goals.

Article XV: Executive Officer job responsibilities

President

1. Set forth the vision and path for the BTC during the upcoming year.

I cite these two Articles of the BTC bylaws not to bore you but as President something I take seriously. The past couple of years have seen an inability to decide on whether to continue with the triathlon the club put on in Barker, NY on Lake Ontario benefitting and staged at Camp Kenan.

The race was originally put on by Rich Clark and friends because they wanted to have a race close by, of which at that time there were none. That is now a moot point. Among the BTC membership we can count in the entire Score-This Team and the organizers of TRI WNY which together account for 7 local races. It just makes sense to put our efforts behind these races, which are all a drivable distance in WNY.

We can help monetarily and hopefully by supplying volunteers. I encourage everyone to pick a race they may be able to help at. It's a great way to see all the effort that goes into putting on a race. When you race again you will better appreciate all that effort.

In addition I am very excited about another direction the club will go and that is supporting, developing and helping youth participate in triathlons in WNY. This will not only involve the race tri-a-tri's and kids races, but getting involved in schools. At first it sounds a little daunting and general in scope, but it can be as simple as generating a data base of equipment that we can loan out to kids who need it. I have goggles and a wetsuit I will not use this year, not much but it is a start. We can also help with insurance costs, venues and members to train with and just plain advice.

We have already begun with East Aurora High School. Greg Murnock and Cathy Haight are starting a Tri Team and have around 25 kids signed up already. This could get out of hand as opposed to not going anywhere, but to me that would be a good problem to have. We all know school sports are going to take a hit this year, so whoever has the time to help I think is time well spent to give these kids a glimpse of why we love multisport so much.

Who knows, it may become a life long commitment....tony

2009 THURSDAY BRICK WORKOUTS

Two of our most popular workouts last year were the bricks and time trials held Thursday nights at West Canal Marina Park at the corner of Tonawanda Creek and Town Line Rds. in Wheatfield.

Timed selflessly by Joe and Paula Pautler and friends they ran from May 8th until the Tim Chesko Time Trial on Sep.18th. Timed events included 5 time trials (10k course twice), 2 bricks of 1-2-3 (1 mile run, 2 loop bike, 3 mile run), 2 bricks of 3-2-1 (3 mile run, 2 loop bike, 1 mile run) and 1 brick of 3-3-3 (3 mile run, 3 loop bike and 3 mile run) There also were 9 open nights in which everyone could do anything they wanted and would not be timed.

As the club has grown with close to 50 members living south of West Seneca it was apparent that we needed a workout that would make it easy for those members to participate in. What I would like to do is use those 9 open nights for bricks and time trials at East Aurora High School. They have a 5k off road trail we can use and Greg Murnock is going to map out a course for us to ride on. We will have a combination of bricks and time trials as well as of coordinators so no one person has to do them all. We would then present a north and south brick at the banquet. The Tim Chesko Time Trial would still be at the north site and cap the season.

Of course anyone could still just go to the north site and do whatever they wanted, it just wouldn't be timed that night.

I am excited about riding and racing on hills, which we all need to do in order to improve and maintain our fitness during the year....tony



The wisest mind
has always
something yet
to learn.



15 MINUTE FITNESS: RESISTANCE BAND CRUNCH/SIT UP**BY JOE NIEZGODA**

Resistance band sit-ups are some of the most difficult abdominal exercises that you will ever do. The resistance band forces you to keep your feet close to your butt. This limits the engagement of your hip flexor muscles forcing your abdominals to do the work.

To set up:

1. You will need a moderately strong resistance band (tube style does not work well).
2. Loop one end of the resistance band over one bent leg, about 1-2 inches below your patella tendon.
3. Wrap the band around the small of your back (if you wrap it too low or too high the band will do the work for you).
4. Finish by looping the resistance band around your other knee the same way you did the first.

*It should take some effort to get the band into place.

How to do it:

1. Start in a V sit with your feet on the floor heels close to your butt.
2. Keeping your abs engaged and slowly lower yourself to the floor. Pause briefly when the lower edges of your shoulder blades touch the ground.
3. Lift your body off of the floor exhaling and squeezing your abs as hard as you can at the top of the movement.

To make it less challenging you can perform a resistance band crunch (not shown) instead of a sit up. To do this start in the lower position (step 2) raise yourself up 3 to 4 inches then return back to the lower position.

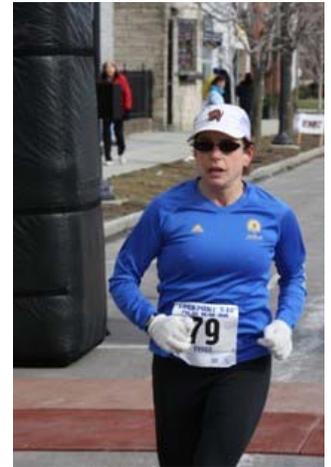
Perform abdominal and core work at the end of your weight training days. Performing core or ab work at the start of your workout will fatigue you and take away from the rest of the workout. With a fatigued core your power drops significantly and you will not be able to perform as many reps properly.

*It is important to change the speed of your ab exercises for those muscles to continue to grow.

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

Y-10 RESULTS

- 1:12:57 Adamek, Justin
- 1:22:24 Appenheimer, Tom
- 1:30:15 Ashare, Rebecca
- 1:29:00 Bell, John
- 1:27:01 Brouillard, Eric
- 1:31:08 Dalton Jr, Patrick J *Relay*
- 1:19:19 Dieffenbach, Tim
- 1:18:31 Fried, Chuck
- 1:17:59 Garrow, Anthony
- 1:32:21 Hackbush, Gary
- 1:33:02 Hoffman, Mary Lou
- 1:28:54 Kozlowski, Karl
- 1:19:10 London, Pamela
- 1:15:57 Mckim, Dale
- 1:56:46 Mietlicki, Annette *Relay*
- 1:22:44 Miller, Chuck
- 1:22:47 Moore, John
- 1:37:53 Moritz, Amy
- 1:22:31 Mullaney, Richard
- 1:25:18 Pautler, Joe
- 2:01:26 Radzikowski, John
- 1:24:36 Sardes, Diane
- 1:05:51 Thomas, Andrew
- 1:21:09 Wagner, Kenneth
- 1:13:05 Watson, Charles
- 1:12:05 Weber, Greg



Was this a case of:

- A. It being too cold and his face froze this way
- B. he ran soo fast his face got stuck this way
- C. He thinks he is still a kid

CHILLY CHALLENGE 5K

- | | |
|-----------------------|------------------------|
| John Bell 24:50 | Theresa Palmieri 23:03 |
| John McGuire 25:27 | Robert Preskop 29:38 |
| Andrew Moynihan 25:44 | John Radzikowski 36:16 |
| Beck O'Connor 40:04 | Gregory Weber 29:38 |
| Maggie O'Connor 40:04 | |



CLUB MEMBER ID CARDS

Coming soon to a wallet or purse near you, BTC membership cards to identify you to our sponsors when making purchases where you are eligible for a Club discount. These cards will most likely be distributed at Club Meetings or events in order to save mail costs.

Cards have not been finalized and are not immediately available. Once they are complete, members will be notified.

Looks pretty sweet, eh?



MARCH 2009

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				

- 3/2 Polar Bear Swim
- 3/7 Shamrock Run
- 3/29 Around the Bay 30k

HAPPY BIRTHDAY !!!



3/1	Brian Montanaro	3/7	Karen Michaels	3/15	Pedro Diaz	3/28	jenny Bushover
3/1	Bjorn Nordenflycht	3/7	Michelle Bernas	3/17	Allen Mercer	3/30	Lawrence Tarnacki
3/2	Brenda Mattar	3/9	Gerald Sacca	3/19	Amy Benedict	3/30	Ashley Huer
3/3	Scott Jacobia	3/10	Quinn Ankrum	3/21	Greg Weber	3/31	Tim Gribbin
3/4	Tracey Bernardoni	3/12	Laurie Kennedy	3/21	Jennifer Hale	3/31	Kara Klaasesz
3/6	Anthony Cantera	3/13	Kate Leary	3/23	Dave Richards		
3/7	Warren Elvers	3/15	Richard Clark	3/23	George Lange		

WELCOME NEW MEMBERS :)

Kevin Patterson, Heather Patterson

Missed New members will be updated next month. Sorry for missing you this month :(

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 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

SUPPORT YOUR SPONSORS THAT SUPPORT YOU

Tom's Pro Bike



WE MASSAGE
"Together we can make a difference"

**RUNNER'S
ROOST**

ORCA

**Schaffstall
CHIROPRACTIC**



**Endurance
Factor**

**T1 WETSUITS
DE SOTO
CLOTHING TRIATHLON TRIGEAR**

