



QUICK TRANSITIONS

MAY 2009



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ITS ALMOST RACE SEASON

With the nice weather breaking, everybody is getting ready for the upcoming triathlon season. Score This!!! Has had their season up for some time now. TRIWNY has posted their races in the Buffalo area this month. As of writing this article, there are still openings at the Muskoka Ironman 70.3 in September which over 30 club members plan to race. Below is the multisport events in the area....

- June 5th: Olmsted Parks Duathlon
- June 6th: Keuka Lake Triathlon
- June 28th: QuakerMan Triathlon
- July 5th: Clark Companies Tri in the Buff
- August 1st: (Wilson) Wet & Wild Triathlon
- August 8th: Riverside Fed.Cred.Union Summer Sizzler
- August 16th: XTerra (Holiday Valley)
- September 13th: Muskoka Ironman 70.3
- September 20th: Mary Gooley Finger Lakes Triathlon



NEW WEBMASTER NEEDED

I would like to thank Joe Pautler for his years of dedication as our Webmaster, but he has decided to step down. It is a lot of work and the Club really appreciates the time and energy he has put into it.

As with all endings, a beginning naturally follows and now is the time to change some things. We are in the process of redoing the web site, more room, more features. We will eliminate yahoo, have a forum, e-mail capability and much more. Everything on one site.

Once the site is up and running, I would like to have 3 or 4 people to maintain it so no one person has to do it all. Checkers has 3 webmasters, they work together seamlessly and I would like for us to do the same. So if you are computer savvy, work well with others and would like to be involved contact me at

agarrow45@roadrunner.com

tony



PRESIDENTS COLUMN

This winter has seemed like one of those tossing, turning, sleepless stare at the ceiling nights that last forever. But end they do and this winter is no exception. So let the training and racing begin! As always, some races we enter ahead of time, mark down others we would like to do and decide how we will train for them later on. Not exactly how a coach would have you plan your year, but this is Buffalo and racing your way into shape is sometimes a necessity.

To help with training, the club will have all kinds of options. There will be Sunday morning swims at Lake Ontario, swims Monday and Wednesday nights in Lake Erie and every week Diane and I go to the old Welland Canal in Canada, usually Monday mornings.

There will bike rides Saturday and Sunday mornings, plus our north and south Thursday night bricks and Time Trials.

If you can't make an event, you will still find someone to train with depending on where you live and the times you can get out. I guess my point is there will be a lot of overlapping training taking place, but that is a good thing. The club is too big to expect everyone to make a Sunday ride but you can probably get someone to ride with at your schedule and venue.

These are the months we have waited for so train, race and above all stay safe.



BRICKS STARTING THIS MONTH

At last the time has come for our Thursday night bricks. These are run bike run workouts of varying lengths, and also some bike only time trials mixed in.

Last year West Canal Marina Park was our Northtown brick site and was very popular. In an effort to make it easier for our Southtown members to participate we have added bricks in East Aurora, specifically on Knox Rd. These were inserted in the Northtown open nights when no timing was being done.

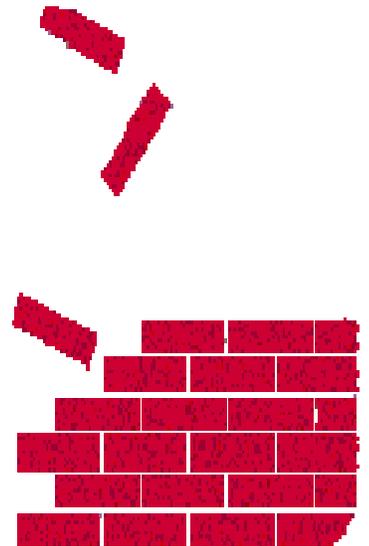
The Northtown site is a 6.2 flat fast course and you really work at being aero and anaerobic. There are also some very tough bricks with more running than the Southtowns. I wanted the Southtown site to be the opposite and East Aurora lends itself to that. The course is 7.8 miles with a steady climb, some good descents, a chance to go into a tough climb fast and then get out of the saddle and climb the remainder of a steep but short hill. In all very fair because after each climb there is time to recover either with a downhill or some level ground. Doing it three times will teach you pace and bike handling because you won't be able to hammer this three times. Add in three 1 mile runs and it will be a great workout. As always safety is paramount at each site and when riding for time it is even more important to stay aware of traffic, driveways, dogs and anything else in your way.

At the same time we are undergoing changes with the web site so stay patient, we will try to get information out when needed. The schedule on the site as of this writing will be changed a little. The month of May will stay as is and St. Greg's 5k on June 19th will be taken out and a Northtown brick put in Thursday the 18th. That will give us some time to get the site taken care of.

There will also be open dates leading into some race weekends, June 4th (Keuka Lake the 7th), July 16th (Musselman the 19th), and Sept 10th (Muskoka the 13th). These were left open not only for everyone to rest but since they are out of town it will give you more time to travel and prepare.

Finally a change in scoring: Recognizing the difficulty of being able to attend every Thursday night, the Southtowns will require just 1 brick and 1 time trial and the fastest will win. Of course the more you do the better you will become. The Northtowns will not require you attend every one but half, 3 of the 6 bricks and 2 of the 4 time trials(needed for the Tim Chesko Time Trial on September 17th). Points will then be awarded based on those times.

I hope any of this makes sense, if not you can e-mail me or just show up on Thursday somewhere and ride and run....tony



THE BENEFITS OF A GROUP RIDE

- JUSTIN ADAMEK

First a little about myself: Five years ago I looked in the mirror and realized I had to do something. I was 31 years old overweight and, aging fast. I had two young children who were quickly surpassing me in aerobic ability. What I mean is; after a couple loops of the backyard pulling them in a sled....them “more Daddy more” me “cough, sputter, choke, puke”) I started a program called Couch to 5K in Nine Weeks. Needless to say, this will be my fifth year of racing. I started by running and quickly that turned to triathlon. Like so many, NBC gave me the bug.

I have for the most part trained alone. I have enjoyed the Thursday night bricks and the Wednesday night swims. But, once the weekend came I was alone. Like many reading this I have spent countless hours alone riding and running the local roads and trails. Before March 22nd of this year the closest thing I've done to a group ride was looking back to realize there was someone on my wheel or, passing an occasional pedestrian.

March 22nd I decided to give the “group ride” thing a try. I invested in a road bike over the winter in hopes of some increased miles this spring. With the comfort and safety of a road bike it only made sense to try a group ride. I decided to attend an open invitation from Mark St. George to ride on Grand Island. I had no idea of what to expect and approached with some reservation. That first day the turnout was more than I expected. There were at least 15 of us. Shortly after the ride started several groups were formed. I was nervous. Was I joining a group to fast for me or, to slow? Turns out it didn't matter. Next thing I knew I'd just rode 20 miles. Not only did I ride 20 miles but, I also met several new people. These were not just people but triathletes. They spoke the same language, ate the same foods, dealt with the same family issues, etc., etc. At the end of the first twenty miles most of the group packed up and went home. I had so much fun and the sun was shining I was going for a second twenty. This is when it turned from fun to a workout. All of a sudden I was riding with people I could not keep up with on their worst and my best days. (That's what drafting is for.) Alone it's hard to push that pace but, with that motivation it's easy.

I have been back to Grand Island every week since. The benefits are many. There is the simple benefit of companionship however, there is much more than that. I have spent a Sunday riding easy with a new member. We talked for most of the ride. Not only did the miles fly by but, I met someone new and learned from her experiences. I have also spent a Sunday with my stomach in my throat. Doing intervals with Mark St. George, his back in my face, I struggled for miles knowing that if I fell off I would be ALONE. Quite ironic huh!

This morning I rode eighty miles on Grand Island. The first sixty was Mark and I alone. You see, I actually set my alarm for six AM on a Saturday to join this ride. The last twenty we were joined by a couple other club members. When we met them, it was a relief. The conversation they added was nice but, the relief to the pace was what I longed for. In a matter of five weeks I have found something that I've been missing for the last four years, the motivation of a group ride. If you've never rode in a group don't worry. If your riding skills are not pristine you won't get any criticism here. If you think we are to fast for you don't worry. If you are to fast we'll follow you. If you join a group ride you can rest assure someone will join your pace. If you want to become a stronger cyclist this may be the place for you. Sometimes it takes some motivation to leave your comfort zone. If you just want some company to make the miles drift away you can find it here too. Don't do what I did and let five years pass and miss this.

P.S. Mark, thanks for dragging me around Grand Island

TONY GARROW LOOKING TO RACE HARD THIS YEAR

It was Tony's decision to get tested after starting back up to a fitness level that he is accustomed to after this long winter. After finishing the Y10 and a few 5K's, he thought he was in good enough shape to get tested.

Measurement of an accurate VO2 Max or VO2 Peak requires an all-out effort by the athlete, performed under a strict protocol in a sports performance lab. These tests involve specific increases in the speed and intensity of the exercise while collecting and measuring of the volume and oxygen concentration of inhaled and exhaled air and the related heart rate. This determines how much oxygen the athlete is using at maximal effort and is the standard aerobic performance measure for endurance athletes. Tony is now ready to 'roll'!



Karl F. Kozlowski, PhD, ATC Director, Human Performance Lab, University of Buffalo performed a VO2 Max test on Tony Garrow.

ASK THE DOCTOR

-JAMES SCHAFFSTALL

Recently, many athletes have asked me very similar questions about Chiropractic, so I thought I would address a few of them here.

Why would I need to see a chiropractor if my back doesn't hurt?

Many people have a misconception of what chiropractors do. I work with the entire nervous system not just back and neck pain. There are nerves of pain (as in back and neck pain) and there are nerves of function, as in the nerves that cause a muscle to contract during motion. By improving your nerve function, your whole body works better. Chiropractic is treatment and proactive care.

Aren't all chiropractors the same? What makes you different?

I do a variety of techniques. In addition to adjusting all the joints of the body including the hands and feet, I also work to balance the muscles. This helps the client hold their adjustment more effectively and be in better balance. By ensuring your ankles and feet are in alignment, for example, you will run more efficiently, improving your performance. I spend a lot of time with my clients to provide a thorough examination and adjustment opportunity.

As an athlete, how will I benefit from chiropractic care?

I work to improve your nervous system response for things which your nervous system controls. As an example, when you are adjusted, your balance, agility and flexibility improve and you have a faster response time. Additionally, by being in proper alignment the biomechanics of your joints will be improved reducing chance of injury and improving your performance.

A restricted joint or one that is not moving biomechanically correct is like a rusty bearing housing on your bike wheel. You would still be able to ride your bike but it won't move as easily and efficiently and it won't let you perform to your best. So this one little rusty bearing housing could affect your whole performance.

How often do I need to be adjusted?

It depends. Everyone's body responds differently to chiropractic treatment. First we need to assess your current musculoskeletal function. We also need to take into account what your goals are. With this, we develop a plan that is right for you.

Why can't you correct my problem with one adjustment?

Chiropractic can seem like a quick fix for pain relief, but correcting an inherent problem is never really just a quick fix. To make a physical change, your body needs to accept that change. Many times it takes a few adjustments for your body to start to accept the change and maintain it. Everyone's body changes at different rates depending on past and present environmental stimuli such as intensity of training, nutrition and injury.

With athletes stressing their bodies, and being concerned about performance, sometimes it is recommended that they be adjusted more often.

What else do I need to be doing to perform my best?

Proper nutrition and hydration are essential. When fueling your body, you should not consider food as just an energy source, but also as building blocks for a stronger, healthier body. The single most important factor for great health is replenishing your body with quality food. Additionally, you should drink plenty of water for hydration.

A well designed training program is also important to ensure optimal performance without over stressing your body and making it susceptible to fatigue or injury.

I hope to see you all at the May BTC meeting being held at Schaffstall Chiropractic, 777 Maple Road (corner of Maple and North Forest).



US NATIONAL DUATHLON CHAMPIONSHIPS

The US National Duathlon Championships were held in Richmond, VA on April 26. The race was open to anyone, and no qualifying was required. In previous years the race had about 300 entries, however this year there were 1,000 starters. One reason for the larger field, was that the top 12 in each age group were eligible to compete in the World Duathlon Championships, which will be held in Concord (Charlotte), NC in September. Six from the Buffalo area competed, including members Catherine Haight, Warren Elvers, John Moore and Frank McKeehan.

Richmond was undergoing their first heat wave of the year, and the prediction was for 95° f temperatures, which fortunately did not materialize. The first wave which was 55 and over men, started at 7:30 AM, with the ladies 5 minutes later. Subsequent wave starts for younger participants were at 40 minute intervals.

The distances were 10k run, 40k bike, and 5k run. The runs were on the roads and had a short stretch of cobblestones, where most runners took to the sidewalks. The bike course was three loops, and each consisted of about 1/3 flat and 2/3 technical sections. All riders seemed to like the bike course, as they could hammer the down hills and negotiate the many curves without slowing down.

The event was very well organized, and went off relatively trouble free. It was also good value, as each entry received a technical shirt and hat, a pint glass, and a back pack. -John Moore

BTC WATERSTOP AT BUFFALO MARATHON

Hey BTC'rs, especially the newbies,

The club is sponsoring the 3 mile water stop at the Buffalo Marathon on Sunday May 24th. We need volunteers. We have about 10 so far, but I would like to see another 15 or 20 to actually hand out the water & Gatorade. It's not too hard. You just pass out cups to the runners as they run/walk by. This is a great way to meet some of your fellow club members in a fun, short event. I mean short because you will probably be done by 8am.

Email me if you can help out (jwgrey@jbmcci.com). You can bring family and friends to help out too. Let me know soon so I can get a good count. Thanks - Joe Grey

BTC PHOTO PAGE



Warren & Jennifer Hale at the finish line area of the Illinois Marathon & Half Marathon



Joe Meyer at Shoe for the Shelter 5k



Easter Bunny caught indulging at the Bunny Hop 5k



Sam Pasceri after the Moab 100mile Ultra-marathon. 28.5hrs.



EnviroRun 5k



Winning doesn't have to mean coming in first.

[MAY 2009]

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 !!!



4/22	Robert Dibble	5/14	Kim Bechard	5/22	Catharine Haight
5/3	David Ireland	5/18	Tim Siragusa	5/28	Anne Reif
5/7	David Welby	5/18	Stefany Critelli	5/29	Amy Moritz
5/9	Patricia M. Palmieri-Phelan	5/20	Theresa Palmieri	5/30	Jon Metz
5/10	Alex Shotell	5/21	Michael Pace		
5/11	Meghan Desiderio	5/22	Glenn & Greta Speller		
5/12	Thomas J. Giardini				

WELCOME NEW MEMBERS :)

Jody Snyder, Jason & Meghan Desiderio, Nomi Kent, Mitch Maxick, Joseph Krawczyk, Diane Bishop, Jon Metz, Nathan MacFarlane
Christina & Alex Shotell

BECOME A 'BTC' MEMBER TODAY !

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Sex: _____ Birth Date: _____

Membership Type:
 Individual (\$25)
 Family (\$35)
 Associate (\$15)
 Junior (\$15)
 (check one)

***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

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