



ISSUE 122

## QUICK TRANSITIONS

SEPTEMBER 2009



### INSIDE THIS ISSUE:

**YOUTH CLINIC 1**

**CLUB NEEDS YOUR HELP 2**

**YOUTH CLINIC PHOTOS 3**

**STRETCHING 4**

**CALENDAR ACTIVITIES 4**

**BIRTHDAYS NEW MEMBERS APPLICATION 5**

## BUFFALO TRIATHLON CLUB AND USAT TEAM UP TO SPONSOR YOUTH CLINIC

BY KATE LEARY

"This is WAY cooler than our pool!" a pigtailed ten year old exclaimed as she exited the Endless pool during the Buffalo Triathlon Club's Youth Triathlon Clinic. Twenty-five youngsters, aged eight to fifteen, participated in the event, held on August 23, 2009, at TriSpot, the Buffalo area's new multi-sport store. These future triathletes were treated, at no charge, to a fun-filled morning sponsored by the BTC in conjunction with USA Triathlon.

As the youngsters arrived, they went through the registration and packet pick-up process, which mirrored a race morning routine. Each participant received a bag loaded with "goodies," and was allowed to choose from among a rainbow of colored swim caps.

TriSpot owner Kevin Patterson introduced the children to the features of the pool, then USAT Certified Coach and Race Director Greg Murnoch gave a demonstration followed by individual instruction on swim techniques. The novelty of the pool was exciting for the kids as the "speed" of the moving water was adjusted to meet each swimmer's needs. Keeping true to triathlon's reputation as a supportive sport, camaraderie ruled the pool as the children clapped and cheered for each other's success. One doting big sister made sure the speed was slowed significantly for her eight year old charge, announcing, "She doesn't know freestyle yet, only the breast-stroke."

Self-proclaimed "tri geek," BTC elite age-grouper Joey Meyer oversaw the transition area. Each youngster's bicycle was racked, and each had an area for transition gear, just like in an official triathlon. Joey instructed the kids on how to exit the water and dismount the bike and also talked about how they might feel as they transitioned between disciplines.

The bicycle module consisted of a loop around the closed roads of an adjacent mall. USAT Certified Coach Doug Bush of Endurance Factor led the various small groups and gave instruction in proper bicycle technique. He stressed the importance of helmets for safety in the sport, focusing on placement and fitting.

Before the youth set out for a group run, world class duathlete and BTC member Warren Elvers led them in stretching exercises. He discussed the importance of keeping the muscles limber, and of warming up before and cooling down after a run. Buffalo Triathlon Club adult volunteers, who had shown up in force, accompanied individuals and small groups on age-appropriate runs, with the pace tailored to each child's level of conditioning.

## YOUTH CLINIC CONT.

After the group cooled down and showed off their newly-mastered stretches, the tired, but happy youngsters ended the morning with a picnic lunch. BTC president Tony Garrow and volunteer coordinator Jon Metz manned the grill as the kids refueled following their workout.

From the littlest participant, who has already competed in a local Kids' Triathlon and looks forward to next season, to the oldest, an eager teenager with two USAT Sprint distance podium finishes under her racebelt and dreams of becoming a future Olympian, the youthful enthusiasm and love of the sport was evident. The future of triathlon in Western New York is certainly a bright one!



## THE CLUB NEEDS YOUR HELP

As the club is growing rapidly more effort is required to run it and that means more members needed to help. If you've never volunteered for anything now is your chance. It can be a lot of fun and a great way to meet other members and see how a club with 250 members operates. I understand the apprehension of getting to involved and overloaded but that is the incentive to get more people involved to spread out the workload. A lot of the work will be via e-mails and computer work. We had a great response to our call for a membership committee which will really help the Treasurer's position and I'd like to continue that with the following committee's:

Web- probably the most involved but with those who know computers not hard

Apparel- would require taking orders and disbursing the clothes

Bricks- need input on next years bricks on venues, distances etc.

Youth- want to continue with the success of this year's clinic into next year

Promotion- need to decide on guidelines on how to accept sponsors for next year

One committee representative would need to attend the monthly board meetings so we would have some face to face time. I am not a big fan of stress so everyone volunteering should do so with the idea that whatever work we end up doing can and should be fun. Remember we are a training and racing club not a business but if we want a smoothly run operation some things need to be taken care of so if you work well with others (a must) than contact me at [agar-row45@roadrunner.com](mailto:agar-row45@roadrunner.com) . We would start these committees the beginning of the year so right now this is just to give everyone a chance to decide if they would like to be more involved.

-tony



# YOUTH TRI CLINIC PHOTOS



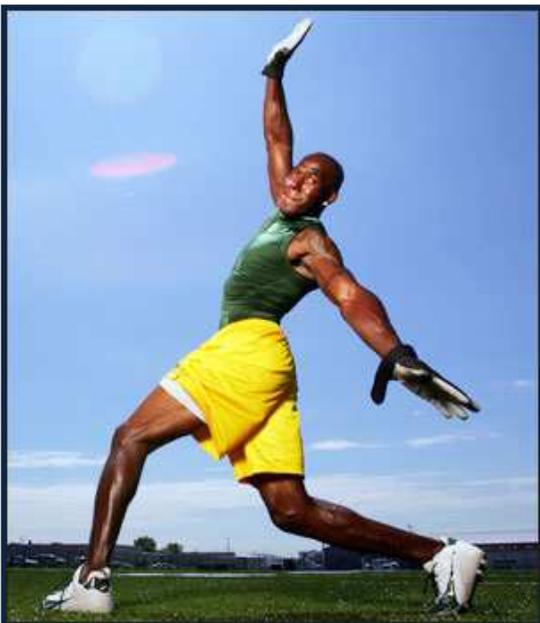
## DON'T FORGET TO STRETCH—OR SHOULD YOU?

For decades athletes have been taught to stretch prior to participating in events or training, taught that holding certain positions for prolonged periods will aide in injury prevention and performance. But does it? With the evolution of sports science, evidence has pointed *warm up* routines into a new direction.

The new debate begins whether it is more beneficial to warm up holding static positions or performing dynamic activities. Static positions are the typical stretches that we think of when we stretch for our toes and experience the “pull” in the back of our legs. Dynamic activity is a new term to athletes. It entails performing movement patterns that will ideally help loosen muscles, raise the heart rate, and improve flexibility.

The majority of current research looks at the effects static and dynamic stretching have on muscle performance, particularly power. Although triathlons (specifically our longer races) speak more to efficiency and endurance rather than power, we will encounter points in a race that require us to use power: climbing out of the saddle, running on high grades, sprinting past a fellow age grouper on the final leg of the run, etc. So what should we do to warm up? Reach for our toes? Perform butt kicks? Both?

Research from the *Sports Performance and Coaching Laboratory* found that torque output of the knee muscles significantly decreased following static stretching exercises. A similar study at the *Human Performance and Fitness Center* in Japan investigated the strength of the knee extensors following static stretching, no stretching, or dynamic stretching. Although their results failed to show a significance difference for power output following static stretching, they found that individuals who performed dynamic activities produced significantly more power than their pretest measurements. Indicating that you *might* actually increase the force your muscles can produce following dynamic warm ups.



Nearly all the current research looks at maximal contractions for the stretched muscles groups, making the carry over into endurance sports questionable. There is no research (that I'm aware of) that looks at its affects in endurance sports. None the less, static stretching has shown to decrease the amount of force your muscles can produce. The static stretching that we've all been taught shouldn't be thrown by the curb (no pun intended). As our muscles use energy one of the byproducts is heat, which makes them easier to stretch. So it would make sense that the best time to stretch statically is after activity.

I don't recommend trying this for the first time prior to your next big race, but dynamic activities are a quick way to warm up, feel loose, elevate your heart rate, and improve your flexibility. Activities like lunge walking, leg arcs, butt kicks, and high knee drills are ways to break the monotony of reaching for your toes and tugging your heels to your butt. Forget your typical stretching routine prior to exercise, save it for your cool down.

Steve Gonser, PT, DPT – Buffalo Rehab Group, West Seneca

**PHOTO OF THE MONTH**



Where else can you find a group of people celebrating “Spandex Pants—Hands On Your Hips” Day.

A BTC brick workout of course.

**SEPTEMBER 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			

- 9/5 - Skaneateles Triathlon
- 9/7- Fleet Feet 15k
- 9/13- Muskoka 1/2 Ironman
- 9/20- Finger Lakes Tri
- 9/27- Linda Yalem 5k
-

**HAPPY BIRTHDAY !!!**



**WELCOME NEW MEMBERS :)**

**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 Mary Lou Hoffman  
 80 Juniper Street  
 Lockport, NY 14094

**We are on the web !**

**[www.BuffaloTriathlonClub.com](http://www.BuffaloTriathlonClub.com)**

**BUFFALO TRIATHLON CLUB**

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CLOTHING DE SOTO TRIGEAR  
SOTO TRIATHLON**



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.