



ISSUE 130

QUICK TRANSITIONS

NOVEMBER 2009



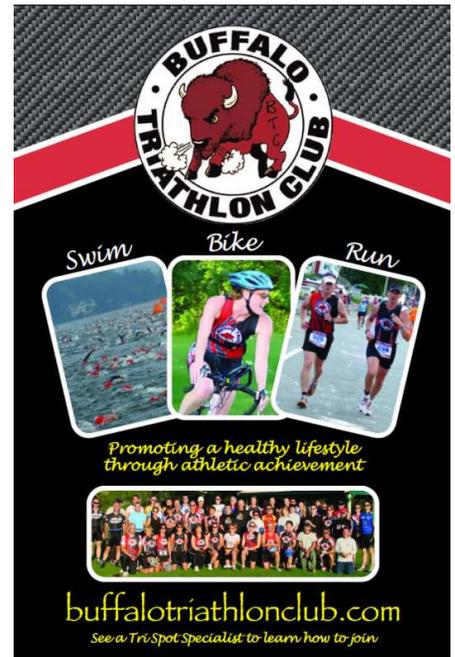
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HUGE BTC POSTER AT TRI SPOT

For those who haven't made it to the newest triathlon store in western New York, there is a HUUUGE BTC poster in the 'Brick' room designed by Diane Sardes with technical support by Tom Donnelly. Very nice looking and quite the promotion for the Club. So you ask, "What is the Brick room?". Well, that is where Tri Spot has their Endless Pool, bicycle, and treadmill set up. If you haven't had a chance to tri out their Endless Pool, it is free to BTC members every other Wednesday. Owner, Kevin Patterson, had emailed his invitation out to the Club last month and I have yet to take him up on it myself, but I know lots of Club members have. November's dates, if my calendar is correct, is November 4th and 18th. Store hours are from 10am til 8:30pm. BTC Members are allowed (1) 30min session per Wednesday. It is recommended that you call in advance to reserve a time slot. If you are unable to keep your time PLEASE CALL AND CANCEL so we don't ruin this great opportunity.

Happy Training :)



SAM PASCERI COMPLETES TRIPLE IRON DISTANCE RACE

What is a triple Iron Distance Race? Take the distance of an Ironman and multiply it by three. Yes, that is a 7.2mi swim, 336mi bike, and a 78.6mi run. Last year Sam completed the Double Iron and set his focus on even longer distance races.

For the Triple Iron, you have 60 hours to complete the event with no cut off times for individual events. Sam's event times were 4:44:00 for the swim, 27:28:00 for the bike, and 24:24 for the run. With transitions, that's a 58:34 finish. That's a lot of suffering. Not just for Sam, but for his support crew as well. This year Sam had returning support crew BTC member Chris Ankrum, along with friend Mike Tuttle, and his wife Virginia. I don't think Sam tried the line that he picked the race location (Virginia) to honor his wife's name, but maybe he should use that as a selling point for a return visit.

Hopefully we will see an article from Sam in the December newsletter on his adventure and perils doing a triple Iron.



PREIDENTS COLUMN

As 2009 comes to a close I would like to recognize some members who put in a lot of man hours so all of us athletes can get together and train, race and just have some fun in a busy world. Kelly Trybalski for her work on the web site and together with Eric Brouillard being at Lake Ontario every Sunday morning for the club swims. They also found the time to put on a free mini triathlon. Mark St. George for all his weekend rides and organizing the tough but well marked Spring Thing. Tim Dieffenbach who took time every Wednesday night to be our swim czar and collector of left over gear, and John Moore who came out with his kayak and kept everyone safe while also finding time to help with the bricks. To our librarians Ron Winkleman and Kathy Contrino for storing all our non-web training material, I hope everyone takes advantage of all that knowledge during the off season. Warren Hale for his work on our newsletter every month, pretty much a never ending job.

Who can forget all the data entry Charlie Watson did for the National Tri Club challenge! It was three months non-stop. Charlie is also our new membership chairman, thanks Charlie! Diane Sardes for seemingly being everywhere with her camera and all the picture editing it takes to chronicle the BTC. To Herman Van Leeuwen for his continuing web work and Glenn Speller for his legal advice which is so important. Jon Metz has taken over as head of our BTC Youth Triathlon Club which continues to grow. We have some exciting things planned for the coming year so stay tuned for that. Kevin Mietlicki has been a generous supporter of BTC. Thanks to all our friends at Score-This who have helped out by loaning us not only equipment but their expertise as well and to Kevin and Heather Patterson of Tri-Spot Sports who in their short existence have done so much for the club.

And of course our board consisting of Treasurer Mary Lou Hoffman, who has the most to do with all the financial work that included securing a grant to help get our Youth program started. Great job! Vice president Theresa Palmieri who keeps our meetings running and tries to keep me in line. And of course Eric Brouillard who never ceases to amaze me with his energy and willingness to help anyone who needs it.

As you can see it takes a lot of cogs in that cassette we call a club to keep moving down the road (sorry that is really bad!). Happy training

-tony

BY LAW CHANGE APPROVED

The results of the vote at last month's BTC meeting at Tri Spot are official. The Club by-laws have changed as follows:

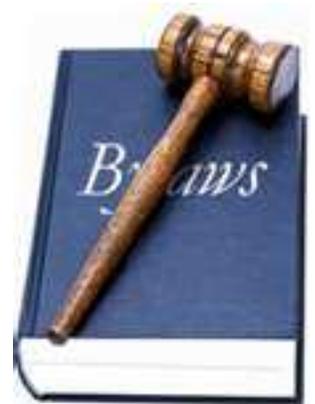
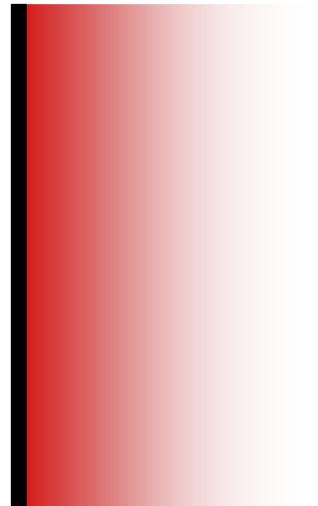
"Article V (b) Voting rights of members: each full active member over the age of 18 years, shall be entitled to vote in the affairs of the BTC. All persons belonging to the same family who are family members (as that term is later defined), who pay their dues to the BTC on that basis, and who are over the age of 18 years, shall be entitled to one (1) vote each in the affairs of the BTC.

"Article VII (a): Club Meetings: There shall be at least nine (9) meetings of the BTC members during each calendar year Jan 1st thru Dec 31st, and reasonable advance notice of the same shall be provided to the then BTC members in good standing either via email notice, notice in the monthly BTC news letter, or Yahoo groups. However any BTC member in good standing who so applies shall be given notice of such meetings via regular mail.

NEWSLETTER EDITOR WANTED

I am sure it may break some of your hearts, but I will be retiring as the newsletter editor at the end of the year. That means someone else may be excited at the opportunity to become the new newsletter editor.

If you are interested, send me an email. I can provide you with the template I use, or we can design a new one for your tenure. I look forward to the tons of emails to come pouring in :)



FINALLY, A SWIM-SWIM-SWIM TRIATHLON!

BY KATE LEARY

I love to swim. Always have, always will. After all, I am a Pisces. But swimming is just the beginning of a triathlon, the shortest part at that, and conventional wisdom will tell you that you cannot win a triathlon on the swim leg alone.

So, imagine my delight in early October when I was part of a Swim, Swim, Swim triathlon! I had traveled to Montauk, on Long Island, the furthest point east in New York State, on the way to nowhere.

Last year, I had entered the race by mistake, mixing up the Mighty Hamptons and the Mighty North Fork with the Mightyman. The Mighty Hamptons is in Sag Harbor, just down the street from my brother's house. Too many Mighty's, and I ended up in the wrong one. But, it was a great race, the Collegiate Regional Championship, and I got to see teams like West Point and Penn State compete. These kids generated so much energy, it almost warmed up the forty-one degree air temperature at 6:42 a.m., my official start time! My Sherpa-husband said I was one of two in the entire field without a wetsuit, so entering the sixty degree water was a pleasure, something like hanging out in the freezer to warm up while working a beer stand at a Bills game in late December, but that's another tale.

This year, I knew better, but since my relatives would be out of town for the right race, I entered Mightyman again, this time feeling smart, with my new wetsuit. I woke up to a soft rain, which began falling shortly after 3:00 a.m., but its intensity increased geometrically as dawn approached. Setting up transition by flashlight in a steady rain was tough, but attempting to put a wetsuit on a very wet body in a dark, muddy field before sunrise was nearly impossible.

Upon entering the water as the sun was supposedly rising, I tried to spot the first buoy which was shrouded in fog and rain. I could barely make out two lights in the distance, and I knew the buoy was out there somewhere between them. This gave me some confidence. With ten seconds to go before the horn, the sky opened up with a deluge unlike anything I've ever been in; but the horn sounded, and off we went. Breathing was difficult, not only because of the chop, but also because Mother Nature was pouring a bucket into my mouth with each breath. But I love to try to catch up to the men in the wave ahead of me, so, undaunted, I kept to my race pace.

Earlier, my bike rack neighbors, Lenny and Saul, and I decided to put our red flashing rear bike lights on to be able to find our bikes when we came out of the water. It was a great idea, although probably illegal, since when T1 time came, it was pitch black again. But our little beacons guided us. Somehow rain like that has a disorientating effect, and I found myself trying to put a pair of wringing wet socks on my muddy feet before taking off my wetsuit. I finally got that figured out, and slogged from the far end of transition, through the deep mud, to get to the mount line. Once on my bike, I couldn't get my front wheel to turn! There was mud gunking up my brakes and my computer had gone askew. I did my best to clean out the debris, at the same time, losing some of the advantage I had gained on the swim.

The bike leg had some long hills, but they were not as challenging as the now-pelting rain, or was it hail? Visibility was almost zero, and my bare arms and legs were stinging from the abusive deluge. Swirling water on the roads made traction a bit dicey, and I saw several DNF's due to flats and falls on this second "swim" leg.

By T2 time, the transition area mud was to the top of my bike shoes. I decided to carry my bike back to the distant rack, thinking it would be faster, but, after hoisting it onto my shoulder, my feet were mired, and I couldn't keep my balance, so I had to push the bike along at snail's pace. Somehow I got my muddy feet into my running shoes, and headed out.

The third "swim" leg was on a flooded road. Really, I could have swum, since the water was mid-calf for the first block. Later, I had to wade across little rivers that were crossing the road, having run off an adjacent hillside. At least my feet were getting cleaned.

But not for long. The finish line was across the same muddy field as the transition area, and my shoes were getting so stuck, I could barely lift my feet. What a welcome sight that finish arch was! I had completed my first swim, swim, swim triathlon with a splash, and found cover just as the lightning started, striking a nearby house and setting it on fire!

So, why do we "tri" in these conditions? Is it the camaraderie of strangers sharing a common goal? Is it the diehard born-in-Buffalo spectators who spotted my BTC jersey and cheered, "Let's go Buff-a-lo!" at each transition? Or is it just for the love of the sport that offers a different challenge on every attempt? To paraphrase Forrest Gump, "<Triathlon> is like a box of chocolates. You never know what you're gonna get!"



SOBRIETY INTO T1

BY STEVE GOSNER

The transition from swim to bike is always an interesting one. It can make or break a race; make us realize how well we're doing, or how much we have to make up in the final two legs of the race. Regardless of how well we can swim, many triathletes are plagued with the spins and dizziness when leaving the swim, entering T1, and even mounting the bike. "One of my favorite parts of watching triathlons is watching the athletes run out of the water and they look like they've been drinking all night!" says my number one fan, my girlfriend.

Many athletes believe that the flat position of swimming changes their blood pressure, so when they stand up they get dizzy as their body adjusts to the change in position. This may be true; however, after sleeping through the night and you stand in the morning, are you dizzy? If yes, you actually may have a vestibular disorder or issues with your blood pressure. Unfortunately, the risk for vestibular impairment increases with age and is more likely in females. A physician can help you resolve issues with your blood pressure, and both a physician and physical therapist can help you resolve vestibular issues.

You're not dizzy rising in the morning? –Good, you shouldn't be. But that brings us back to the same question: Why do some people stagger into T1 without the ability to pass a field sobriety test? One solution is the temperature of the water.

Your vestibular system (the inner ear) is directly affected by temperature. Physicians often test for vertigo and inner ear issues affecting balance with *caloric testing*. Caloric testing flushes the inner ear with warm and cold water, which directly stimulates the vestibular system. By stimulating this system you are providing false information to a primary sensory system for maintaining balance. Cold water causes nystagmus, or quick movements of the eyes, which causes balance issues, spins, and nausea. When testing for vertigo in patients, the inner ear is flushed with 86°F (30°C) water.

When is the last time you raced with 86°F? Chances are every race you have ever competed in has had water below this temperature. Having water trapped under your cap and in your ear can certainly, and most likely will, stimulate your inner ear creating vertigo-like symptoms. Only as you stagger through T1 and begin your bike do the symptoms resolve as the water is warmed to body temperature or drains from your ear.

Since the majority of us won't see open water until next season, this information might have to be stored until next spring. For the member traveling south to compete, preventing the water from entering your ear can solve your imbalance issues entering T1 (if it's been an issue in the past). Try some swimming earplugs under your cap to solve the issue and save your staggering gait for the finish line!

If you have rehab or performance related questions, please send them to me at sgonser@daemen.edu and I'll do my best to address them in upcoming newsletters. *Topic ideas are more difficult to come up with than you may think!*



Steve Gosner, PT, DPT
Buffalo Rehab Group, West Seneca, NY

A TOPIC OF MOST DELICATE NATURE

BY MARK ST. GEORGE

I admit it, I'm a jock. I was born one and will always be one. Not the kind of jock you see in movies though. For one, I have never understood why jocks in movies are always portrayed as single-focused, nerd-beating semi-Neanderthals. I suspect a lot of folks who write movies were nerds who were picked on by jocks in high school and it's just some sort of cosmic karma. For me, I just like to play sports. Since I was a kid it's what I've done.

Because I've been a jock my whole life I have grown pretty comfortable being in pain while playing sports. Off the top of my head the following examples are a good case in point: a) in a college football game I had one of my fingers come completely out of the joint – my trainer popped it back in and taped it to the adjacent finger for support – two plays later I was back in the game. B) in another college football game I got completely knocked out two plays before the end of the half – they had me starting the second half (after the game they found out I also bruised a kidney on the same play) and c) I walked nine miles on a sprained ankle in my only ironman. But don't get me wrong, I don't consider myself a tough guy. It's just when I am playing a sport something in me changes – pain takes a back seat to the task at hand. In fact, when I am not competing I'd consider myself pretty wimpy. I take that back - really, really wimpy. A paper cut will cause me to carry on like my three year old having a temper tantrum (which, by the way, she is doing right now), put a spider in the room and I'll lose all ability to focus, and the way I react to a bee in the vicinity you'd think the darn thing was a King Cobra about to strike.

So it's with that as a backdrop that I'll get into the topic at hand. I'm not sure how many century rides (or simply long rides) I've done. I just know it's numerous. This year alone I did the "Spring Thing" long course and I am currently training for the "Beach to Battleship" iron distance race in a couple of weeks. I suspect this year alone I've done over eight century rides and 12 or more rides over 80 miles. The more you ride long the easier it gets. However, the one thing I never could get accustomed to was, was, hmm? How do I say this in mixed company??? We'll let's just say one could be in very good shape when it comes to riding long distances but still might have "some issues" where a person's legs meet their torso. If you've ever ridden your bike a long way you know what I'm talking about... You'll feel it late in the ride as a bit of "discomfort". Screw it! I'll be blunt - Your post ride shower feels like you're washing your crotch with acid.

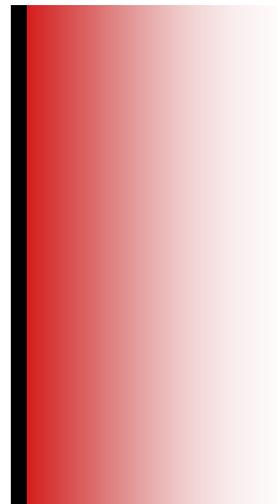
And being a jock meant I just dealt with it. It's what we do with pain and sports. "Never let them see you sweat" / "no pain, no gain" / "that which doesn't kill you makes you stronger" so to speak. But then one day after two century rides in seven days (well maybe more applicably two showers after two century rides in seven days) made me say enough is enough.

It didn't take a rocket scientist to know the cure. I have heard folks talk about it before. The key to end the misery surely must be "chamois butter" better known as butt butter. To be honest, I knew nothing about it other than the fact they sold it at bike shops. And so I made the fateful decision to travel up to Tri-Spot and buy some. Of course as I drove out there I practiced asking for it. "Excuse me, where is your butt butter?" Hmm? "excuse me, where is your chamois butter?" Hmm? "Excuse me, where is the stuff you spread on your crotch to keep from chaffing"? OH MAN! This is going to be tougher than I thought. But before I had it perfected I was at the store. So I quickly figured I'd browse for a long time until I found it and then I'd buy a bunch of other stuff like socks and power gels to more or less hide this particular purchase. And before I knew it I was out of the store with my purchase. My ego still somewhat in tact.

Which brings me to my next long ride. I prepared for my long ride as I always do but this time I packed one extra item and when it was time to get on my bike and ride I did as the instructions said and "applied it liberally" (where you might expect it went). To be honest the feel of cold jelly like stuff was not the most pleasant experience but I kept reminding myself of why I was doing this. The bike ride was with Bob Willer. A very nice 103 mile ride in Canada but otherwise the ride itself was unremarkable. Don't get me wrong, you still get a little bit uncomfortable on the saddle after 100 miles but by the end of the ride I didn't seem to have the telltale indications that things were amiss down there. And when I hopped in the shower I knew life would never be the same. I'd never ride long again without my newest and "bestest" friend! Since that ride, I have used it several more times on long rides with the same gratifying results. In fact I have also discovered that if I use some on my... hmm? Here we go again, my nipples to prevent chaffing on my long runs I have the same wonderful results! This stuff is magic!

And so I would implore all of you who plan on riding long. Do yourself a favor and "get yourself some". Take it from an ex-jock who normally wears pain with pride - Life is simply too short to go through life with, shall we say, pain in the...

'Tell me about
your pain in the butt'



2009 BTC Brick Point Standings

<i>LastName</i>	<i>FirstName</i>	<i>Age Group</i>	<i>Time Trials</i>	<i>Bike / Run</i>	<i>Total Points</i>
Bishop	Diane	Female 20 - 29	35	28	63
Labuda	Jen	Female 20 - 29	5	3	8
Osinski	Laura	Female 20 - 29	0	5	5
Sylvester	Jennifer	Female 30 - 39	19	21	40
Leiby	Kristin	Female 30 - 39	24	15	39
Deem	Alison	Female 30 - 39	12	3	15
Bechard	Kim	Female 30 - 39	4	9	13
Kennedy	Molly	Female 30 - 39	3	3	6
Thompson	Jen	Female 30 - 39	0	4	4
Michaels	Karen	Female 30 - 39	3	0	3
Moritz	Amy	Female 30 - 39	1	0	1
Benedict	Amy	Female 30 - 39	0	1	1
Astalos	Jen	Female 30 - 39	0	1	1
Hoffman	Mary Lou	Female 40 - 49	28	14	42
Critelli	Stefani	Female 40 - 49	6	10	16
Haight	Cathy	Female 40 - 49	5	7	12
Contrino	Kathy	Female 40 - 49	8	3	11
Mendoza	Tasha	Female 40 - 49	5	0	5
Ogin	Marit	Female 40 - 49	5	0	5
Filipowicz	Deb	Female 40 - 49	2	0	2
York	Joanne	Female 40 - 49	1	0	1
O'Reilly	Barb	Female 50 - 49	35	14	49
Leary	Kate	Female 50 - 59	15	18	33
Bryan	Amy	Female 50 - 59	11	19	30
Karnath	Kathy	Female 50 - 59	5	0	5
Heidenbach	Nancy	Female 50 - 59	3	0	3
Casey	Mary	Female 60 - 69	35	21	56
Leslie	Steve	Male 15-19	7	0	7
Watson	Charlie	Male 20-29	17	20	37
Buzzelli	Kevin	Male 20-29	7	20	27
Beecher	Sean	Male 20-29	20	5	25
Gonser	Steve	Male 20-29	12	7	19
Andres	Erik	Male 20-29	9	6	15
Welby	David	Male 20-29	10	3	13
Brodnicki	Nick	Male 20-29	5	4	9
Cook	Mike	Male 20-29	0	2	2
Rogers	Colin	Male 20-29	0	1	1
Burke	Andrew	Male 20-29	0	0	0

CERTIFICATE OF MEMBERSHIP

USA Triathlon officially recognizes

Buffalo Triathlon Club

as an official 2010 club of USA Triathlon.

USA TRIATHLON
OFFICIAL CLUB

Wendy Rich
USA Member Programs Director

October 23, 2009
Date

December 31, 2012
Expiration Date

USA
OLYMPIC COMMITTEE

NOVEMBER 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					

- 11/1- NYC Marathon
- 11/7- IM Florida
- 11/14- IM70.3 World Championships
- 11/22- IM Arizona
- 11/26-Turkey Trot
- 11/29- IM Cozumel

HAPPY BIRTHDAY !!!



11/1 Jennifer Duquin		11/19 Nathan MacFarlane
11/3 Michelle Carbery	11/13 Polina Strauss	11/19 Cheryl Vogel
11/7 Eva Basehart	11/17 Mike McGuigan	11/20 Patrick Capuson
11/8 Karen Tierney	11/18 Erik Moyer	11/21 Theodore Lipa
11/12 Bob Willer	11/18 Carolyn Corgel	11/21 Timm Otterson

WELCOME NEW MEMBERS :)

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 Charlie Watson
 150 Stoneleigh Ave
 Tonawanda, NY 14223

We are on the web !

www.BuffaloTriathlonClub.com

BUFFALO TRIATHLON CLUB



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<http://score-this.com>



www.wetsuit.com



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.