

HTC News

18/08/07

Edition 1

Note from the President

The start of the 2007-08 season is just around the corner and I am already feeling the excitement building about the first big events. It may be mid winter but already we have competitors heading off to warmer climates for the first triathlons of the season. Good luck to Martin and Paul who will be taking on the challenge of the Yeppoon Half Ironman. Shortly afterwards Jill will be heading off to Hamburg in Germany to race for Australia at the World Olympic Distance Triathlon Championships. Darren and Charles are also in the midst of their training for the Ironman World Champs in Kona Hawaii. Andrew will be getting into the bike and swim training for Florida, as soon as he finishes the 100km Oxfam Trailwalker event later in the month. Good luck to you all - you guys were amongst some of the fantastic HTC success stories of 2006-07 and the overseas racing will be the icing on the big fat cake!!

Thanks to everybody's generous volunteering efforts at Bunnings earlier in the year the guys/girls will be able to make use of the club's new bike bag on their international journeys. The bike bag will be available to members who require a bike bag to transport their bike to the next interstate or international triathlon that tickles their fancy. We will be charging a \$25 booking fee to help defray the costs involved in replacing it in years to come. It can be booked on a first in first served basis. So if you have an event that you are planning to do be sure to contact a committee member to see if it available.

Once again the committee are hoping to take a few additional steps to improving what we did last season. As a start we'd like to encourage those of you who may have been doing the biathlons with us to take the next step into competing in triathlons. Towards this end we will be conducting a bike handling and transition skills session on Saturday 8th September at Normanhurst Oval netball courts, at 3pm. You will need to bring along your own bike, helmet, cycling shoes and running shoes. Everyone is welcome to come along have some fun and hopefully improve their bike handling and transition skills.

Following the success of last year's Hill Climb event we are scheduling a series of 3 Hill Climbs. Each event will involve a scratch event followed by the handicap event. The aim will be to see who shows the most improvement from the first event of the Series through to the last event. Dates are as follows :-

Sunday, 7th October

Sunday, 9th December

Sunday, 17th February

We will also be having another Manly Dam swim, run and BBQ event. This season we have scheduled it for Sunday 24th February. Don't miss it - the last one was great !!

Soon you will be receiving invitations to the Club's AGM to be held after the last winter biathlon on Sunday, 16th September, 3pm at Hornsby Aquatic Centre. This year we have scheduled it after we celebrate the last of the winter biathlon events. So come along have a swim and a run then help us to kick the new season off with the AGM. We'd love to have you all come along to have your say about who you want on the committee and what you'd like us to be doing throughout the coming season.

You will also be receiving a 2007-08 HTC Membership form. Membership fees have been kept at the same great value as last season. For insurance reasons it is important that you are financial if you want to participate in club organized training and racing events.

In the meantime train safely and be nice to everyone.

All the best

Steve

President Hornsby Tri Club



Club Champs party 2007

Diary Dates

- Bike handling and transition skills session on Saturday 8th September, 3pm
- Club's AGM, Sunday, 16th September, 3pm
- Hill Climb event. Dates are as follows :-
 - Sunday, 7th October
 - Sunday, 9th December
 - Sunday, 17th February
- Manly Dam Swim, Run & BBQ, Sunday 24th February

Athletes Foot

Discount cards available. membership forms available at the Biathlons. Discount for your family & contribution to the club

Rebel Sport

Discount card available at the Biathlons. 5% & rebate credited to the club

Aquashop

discounts coming soon. Details next edition.

Member Profile



- Name - Neville Bradshaw
- Nickname - Conehead
- Occupation - Business Manager
- What brought you to Triathlon - I was looking for a new sport that offered cross training.
- What was your first event - BRW Triathlon 05
- Favorite leg & why - Swim. I don't know why, but I love the wetsuit.
- What do you like for breakfast - Porridge & honey, & a good coffee.
- What do you like about the sport of triathlon - Competitiveness, friendship.
- What are your goals for this season - to do the Sprint Series & Olympic Distance
- What's your favorite brand of chocolate - Lintz of course!
-

New profile next edition

Power Bars recipe

- 1 cup regular rolled oats
- 1/2 cup sesame seed
- 1 1/2 cups dried apricots, finely chopped
- 1 1/2 cups raisins
- 1 cup shredded unsweetened dry coconut
- 1 cup blanched almonds, chopped
- 1/2 cup nonfat dry milk
- 1/2 cup toasted wheat germ
- 2 teaspoons butter or margarine
- 1 cup light corn syrup
- 3/4 cup sugar
- 1 1/4 cups chunk-style peanut butter
- 2 teaspoons grated orange peel

Spread oats & sesame seeds in a baking pan. Bake at 200 degrees until oats are toasted, about 25 minutes. Stir frequently to prevent scorching. Pour into a large bowl (kitchen whiz) Add chopped apricots, raisins, coconut, almonds, dry milk, and wheat germ; mix well. In the frying pan, combine corn syrup and sugar; bring to a rolling boil over medium high heat and quickly stir in the peanut butter & orange peel. Pour over the oat mixture and mix well. Quickly spread in baking paper lined pan and press into an even layer. Then cover and chill until firm, at least 4 hours or until next day.

Cut into bars about 1 1/4 by 2 1/2 inches.

Tried & tested. Neville did most of his cycle training for the Port Macquarie 70.3, on these, & thought they were fantastic!

Training sessions

Biathlons

The biggest and longest running HTC event. The 500m swim and 3.8k run is a perfect transition & brick session. The multiple wave start means everyone finishes within a few minutes of each other, whether you fly through in sub 22 minutes or whether you come in over 32 minutes. From April to September the biathlons are held on the third Sunday afternoon of the month. During Daylight Savings (November to March) they are on the first and third Friday night of every month. They are the perfect way to end the week and a great warm up for your weekend activities. All are welcome, refreshments are provided, they are the perfect intro for beginners not quite up for all three legs of a triathlon yet and at just \$3 for members and \$6 for non-members they are an absolute bargain.

Swim sessions at Loreto (now wed & Fri am)

There are a core group of about 6 who turn up every week for the morning sessions (see HTC website for details) At only \$5 a pop for HTC members this is a fantastic opportunity to train with other like minded people, in an environment that's protected from the elements. We've usually got 2 lanes. There's a slow & a fast lane & everyone is catered for.

Wednesday morning ride

Sunrises...rivers...bushland...great company...the Wednesday morning ride

This is a really 'doable' bike session that starts at Hornsby pool at 6.00am and finishes back at Hornsby pool around 7.00am. The session includes firstly riding the southern and then the northern hills out of Bobbin Head. Each of these are 4 km efforts rising a total of about 150+m. Daylight saving enables an early start at 5.30 am and an extra southern hill effort. Riders take their own pace with the group coming together after each effort. Hills are a great way to improve your power and endurance, and downhill riding techniques. Some extend the session with a short run to make a brick session.

Why not come and join us?

Steve's Friday speed sessions (now Thursday morning)

A group of die hards who's task it is to wake the Kookaburras at Normanhurst Oval on wintry Friday mornings. From 6am until about 6.50, like greyhounds after a hare, we bolt around the oval with such grace!

With the guidance of Steve "the running machine" & a variety of drills, sprints & speed work, it's a great way to add that bit of variety to training, & a terrific to start to Friday morning! All welcome.

Saturday ride

There are many great rides starting from Hornsby Pool.

This session is seen as the base loading effort for the week. Base loading is time spent in the saddle to improve overall riding skills, and as distance is gradually increased, improves riding fitness. It is on the base loading effort that speed sessions can be later added to increase average riding speeds and so improve racing times. Riding times are typically from 2 to 4 hours with opportunity for riders with limited time to cut the session length to their liking.

Rides through the 'gorges' (including any of Galston, Berowra, Brooklyn and/or Bobbin Head); onto Mount White, Calga and beyond to Wiseman's Ferry; out to Duffy's Forrest, Akuna Bay, Lower 40 (Narrabeen) and West Head; or even on the M2/M7. We try to set the ride to meet the wishes of the riders riding on the day. Appropriate food and drink is a must (particularly when the weather gets warmer). Start 6.00am - 7.00am depending on the time of year.

There is usually a message on the club's website under training sessions.

A great way to set up your weekend!

Coaching tips

Craig Burns, Head Coach, aquabliss school of swim

Triathlon Swim Training - The Beginning Athlete.

It is indeed remarkable how often people come up to me and say, "I have a triathlon in 2 weeks what should I do about the swim leg?". Although the short term gains that can be made in swimming can indeed be spectacular, it is a well known fact that building aerobic endurance in swimming takes years and years of practice and commitment.

It is not a surprise that competitive swimmers train twice a day up to eleven times a week. Why is this required? Well the body at its most basic form has a reflex that makes putting your face in the water an anxious experience, we were just not made to swim, so to be comfortable in water you need to spend time becoming aware of the environment and being able to relax into it.

Many triathletes believe that because their general fitness in running and cycling is pretty good, their swimming ability should follow. However in reality the crossover benefits can be very different to expectations. Swimming is none load bearing and significantly different muscles are used, breathing is regulated and feel on water is crucial.

Great body position in swimming is crucial. So many triathletes believe they should not kick in the swim leg and 'save there legs'. The problem with this is they swim uphill and become very inefficient having a greater energy cost on their bodies. Great swimmers swim "downhill" using there legs for balance to get their hips high and their bodies on top of the water. Secondly, swimming is a great leg conditioning exercise, with very little pounding, why not gain the additional benefits with only a little more work

Finally swim training can be tough but in triathlons it really does work on the simple theory of progressive overload. Distance, repeat time and number of repeats form the basis of training for instance week 1 try 10x50m freestyle on 70 seconds, if achieved the next week, 10x50m on 65 seconds, the next may be 5x100m on 2minutes 10 seconds and so on. In a few short weeks the body is capable of swimming a lot further and harder than when it started.

Triathlon Swim Training - Advanced Athlete.

The advanced triathlete really needs to treat swim training like a middle distance or distance swimmer. Aerobic conditioning is very important and needs to be constantly pushed. Body position and efficiency become more important for the advance athlete as greater swimming speeds create greater drag forces.

A number of points need to be addressed by the advanced triathlete:

Improving Aerobic Training

A common fault I find with many triathletes is they train simply by swimming the distances they wish to race or further and think benefits will follow. Initially this principle will work but over time the body will adapt and the results will slow. It is important to incorporate interval training, heart rate sets and short sprints in training. The changes in heart rate provide a greater benefit to the athlete as races never simple involve a constant rate swim.

Stroke Count and Distance per Stroke

Stroke counting and distance per stroke are the essential tools of any top swimmer. These are a measure of efficiency and allow athletes to monitor improved performance. It is a simple conclusion that reducing the number of strokes it takes to travel a set distance will have great benefits in performance. The key to this is figuring out stroke count and distance per stroke while maintaining or improving speed.

Improving Legs

If there is any part of swim training that everybody can improve dramatically it is legs in swimming. Grab a board, get tough and go for it. Strong legs are crucial to great body position and efficient swimming. It is all about determination and effort.

Tri gear for sale

Great looking club gear for sale. If you haven't got yours get in before it's all gone! Andrew can be contacted on: treasurer@hornsbytriclub.org.au or phone 0408 686 497

Description	Size	Quantity	Price
Cycle Jersey	XS	1	107.00
	S	3	
	L	2	
Cycle Knicks	XS	2	116.00
	S	2	
	L	1	
Tri Suit	S	1	136.00
	M	3	
	L	2	
Tri Knicks	XS	1	68.00
	L	2	
Tri Singlet	XS	1	58.00
	M	1	

Other gear for sale

Neville's got a mate with a Cannondale, 05 model, ultegra gearing, for sale. Contact Neville on 0414894112 for details.

Race Calendar

Here's the calendar stat picking your races!

HTC 2007/08 Calendar			
		HTC Club Events	
		Enticer & Sprint Distance	
		Mid & Olympic Distance	
		1/2 Ironman	
		Ironman, Long Distance & Beyond	
		Running Events	
	Race	HTC Key Event Series Races	
	Friday	Saturday	Sunday
Sep 07	21	22	23
			Blackmores Running Festival
	28	29	30
			Gold Coast 70.3
Oct	5	6	7
		Scody Club Team Champs (@SIRC)	HTC Hill Climb
		Striders 10k (OlyPk)	Scody & Kids 'Just Tri It' Triathlons (@SIRC)
	12	13	14
			Maitland Triathlon
			Woolgoolga Triathlon
	19	20	21
		Triathlon Pink (@OlyPk)	Hills 1 (AM) ?
26	27	28	
	Sri Chinmoy Sprint & Off-Road & Joyathon	Sri Chinmoy OD & Long Distance	
Nov	2	3	4
	HTC Biathlon	Striders 10k (Lane Cove River)	Hills 2 (AM) ?
	9	10	11
		70.3 World Champs (Florida)	Port Macq 70.3
			Iron Cove Triathlon (Spr)
	16	17	18
	HTC Biathlon	Nepean Enticers	Nepean Triathlon (Mid)
			Shepparton 70.3
	Sri Chinmoy Triple Tri		
23	24	25	
		Kurnell 1 (Spr)	
		Newcastle Triathlon (OD)	

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	Race	HTC Key Event Series Races	
	Friday	Saturday	Sunday
Nov/Dec	30	1 December	2
			Ironman WA
			Hills 3 (AM) ?
			Callala Triathlon (Mid @ Jervis Bay)
Dec	7	8	9
	HTC Biathlon		HTC Hill Climb
	14	15	16
			Canberra 70.3
	21	22	23
	HTC Biathlon		
	28	29	30
Jan 08	4	5	6
	HTC Biathlon		
	11	12	13
			Kurnell 2 (Spr)
	18	19	20
	HTC Biathlon		Cronulla (OD)
	25	26	27
Feb	1 February	2	3
	HTC Biathlon	Striders 10k	TriNSW All Womens Festival
	8	9	10
		Hills 4 (PM) ?	Kurnell 3 (Spr)
			Geelong 70.3
	15	16	17
	HTC Biathlon		HTC Hill Climb
	22	23	24
	Jervis Bay Sprint & Fun Run (@Huskisson)	HTC Manly Dam Swim & Runs	

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	Race	HTC Key Event Series Races	
	Friday	Saturday	Sunday
Feb/Mar	29	1 March	2
		Striders 10k	Hills 5 (PM)?
Mar	7	8	9
	HTC Biathlon		Kurnell 4 (Spr)
	14	15	16
			Sparke Helmore Tri (Spr @Newcastle)
	21	22	23
	HTC Biathlon		
	28	29	30
Apr	4	5	6
		Striders 10k	Ironman Australia
	11	12	13
			BP/BRW Corporate
	18	19	20
	25	26	27
	Hills 6 (AM) ?		
May	2	3	4
		TriNSW Club Champs (Mid)	
		Busselton 70.3	

Who's doing what?

Date	Event	Competitors
18 th August	Half Ironman Yeppoon	Martin, Paul
24 th - 26 th August	Oxfam 100km Trailwalker	Andrew
2 nd September	ITU World Triathlon Championships - Germany	Jill
23 rd September	Blackmores Sydney Marathon & Running Festival	Steve, Lisa, Neville
30 th September	Gold Coast 70.3	Gracinda, Rosanne
10 th November	Ironman World Champs - Hawaii, Kona	Charles, Darren
10 th November	70.3 World Champs (Florida)	Andrew
11 th November	Port Macquarie 70.3	Steve, Martin, Adrian

Feedback, interesting bits to contribute, race results, races you're planning for, favorite recipes please send details to lisanadinehealey@yahoo.com.au Your input is appreciated!