

# Spin-effects

September 2007  
Edition 2

Note from the President .....	3
Diary Dates .....	4
Club discounts.....	4
Member Profile.....	5
HTC Gallery .....	6
Recipe of the month.....	7
Training sessions.....	8
Training Tips .....	9
Gear for sale.....	10
Race Calendar .....	11
Who's doing what? .....	12
Results.....	12



**Looking good in our Club Gear!**

## Note from the President

The 2007-08 season has well and truly been kicked off with some really exciting stuff.

Congratulations to Martin and Paul who both had great races up in Yeppoon. Jill has also done us proud by representing Hornsby Tri Club on the world stage in Hamburg Germany. I look forward to hearing more about your races when you get a chance.

Charles and Darren are just 5 weeks away from the Hawaiian Ironman World Champs. Rosanne, Gracinda and Paul are all lining up for the Gold Coast Half Ironman very shortly too. You are all giving me great incentive to get off my backside and enter my first triathlon of the season. First I just have to get through the Sydney marathon in two weeks time and then I can switch my focus to swimming and cycling a little bit more. Hopefully I'll be able to keep up with all you champions!!

On the club administration side of things I am very excited about this season being Hornsby Tri Club's best for many years. I would like to thank the current committee and all our members for their outstanding enthusiasm and commitment to helping make this club successful over the past year.

We are hoping that after Sunday's AGM that the committee will again be able to continue with our plan of making a few small improvements to the way we do things. This means maintaining the good things we have done and improving on some of the things we haven't done so well or trying something entirely new that will hopefully benefit you all. If you have any suggestions on ways we can improve the club please feel free to give me a call or drop me an e-mail.

As mentioned in a recent e-mail the club has received a substantial financial windfall courtesy of a government that might be having an election sometime this year. As a consequence we will begin shopping for some much needed club gear in the very near future. Hopefully we will have a brand new club sun shelter plus some other much needed gear to help us with catering to the hungry hordes in time for some for the early season events like the Nepean triathlon.

The new bike bag has arrived and Charles will be the lucky overseas traveler to make first use of it when he goes to Kona next month.

Personally, I am very excited about the coming season and I really hope we can encourage more people than ever to get into this great sport of triathlon.

Train safely and have fun.  
Steve

## Diary Dates

- **Club's AGM, Sunday, 16<sup>th</sup> September, 3pm**
- Hill Climb event. Dates are as follows :-
  - Sunday, 7<sup>th</sup> October
  - Sunday, 9<sup>th</sup> December
  - Sunday, 17<sup>th</sup> February
- Manly Dam Swim, Run & BBQ, Sunday 24<sup>th</sup> February

## Club discounts

### **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**

Ask Nicole (in store) for a discount with purchase.

## Member Profile



**Name** - Rosanne Lo

- **Nickname** - RoLo
- **Occupation** - Business Analyst
- **What brought you to Triathlon?** - Always swam though school, took up running when I started working and got sick of hitting the shops at lunchtimes, had done a couple of BRW triathlons and that was the only time the bike came out!! I used to see the bike as just the transition between the swim and run!
- **What was your first event?** -Apart from BRW triathlons, my first "real" triathlon was the Olympic Distance at the Sri Chinmoy in Canberra in 2004.
- **Favorite leg & why?** -It was the swim at first. And then the run because I had a comparative advantage for some reason. But i would have to say - and I never thought I'd say this - but at the moment, my favourite leg is the bike!!!(??!) I Just enjoy riding!
- **What do you like for breakfast?** -I love Bacon and eggs, but if we're talking race mornings, I like toast and vegemite.
- **What do you like about the sport of triathlon?** -I like how you get to change. You get to start again. If you stuff up one leg, you can focus on another leg. You can focus on improving just one aspect of your race and learn something from it. I like the thoughts that you get to have out on the course, the feeling of being a part of the race, the course, the area, the world, about the scenery, the people, the experience.
- **What are your goals for this season?** -At the moment my goals this season are to keep racing! I am enjoying relaxing too much. In the Gold Coast Half Ironman I hope to be inspired to continue racing by being reminded with how much I love race weekends. After that I want to concentrate on speed in running, and do another marathon.
- **What's your drink of choice?** race day: Gatorade. Normal days: water!

New profile next edition

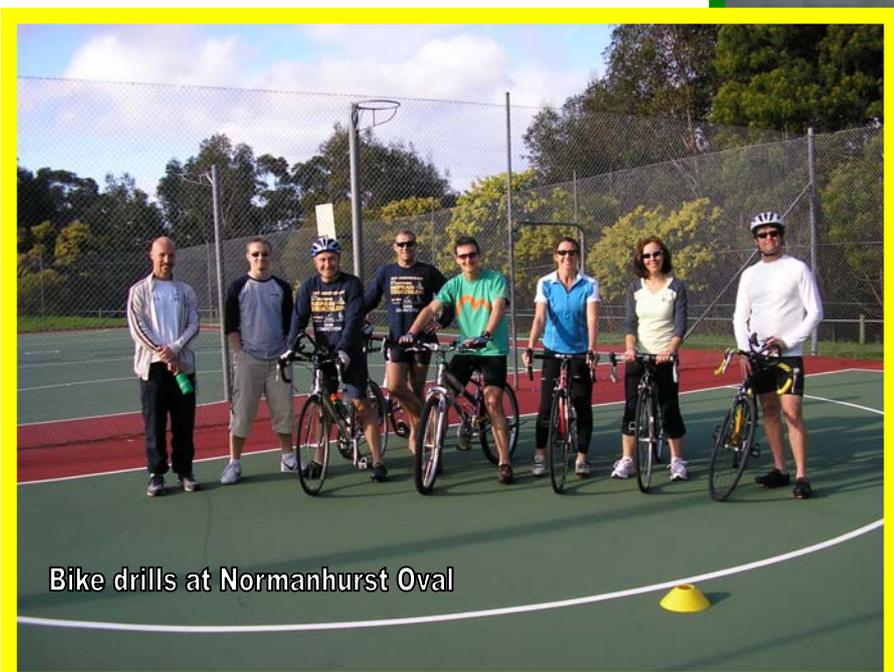
# HTC Gallery



Stoney during OXFAM



RoLo at Port Macquarie Ironman



Bike drills at Normanhurst Oval

## Recipe of the month

If you feel like being experimental!!!

GU+

You need

- Polyjoule or Polycose powder (aka Maltodextrin) (found at your local chemist)
- Gastrolyte sachets (ChemMart again)
- Red cordial (Cottee's works, choose your own flavour)
- water
- mixing bowl
- fork/whisk to mix it
- squeeze tube (or similar) for the gel

Mix about 1.5 cups of polycose/polyjoule, 1 sachet of gastrolyte, and lastly add a generous amount of red cordial (enough to turn the powder into a gel, maybe 1/2 to 1 cup). Mix the ingredients for a minute or so. Depending on the consistency of the gel required, add small amount of water (no more than 1/2 cup) to get a 'runnier' gel.

Gu+ will probably be cloudy when freshly whisked. Importantly, let the gel settle overnight in the fridge in the bowl (with glad wrap over the top) to allow the polycose/polyjoule to dissolve fully. It will turn from a cloudy liquid to a more transparent red consistency.

Decant into squeezey tube before use.

## Training sessions

### Winter Biathlons at Hornsby Pool

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 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.

### Tuesday morning ride from Hornsby Pool (was Wed)

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?

### Thursday speed sessions at Normanhurst Oval

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 from Hornsby Pool

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!

# Training Tips

[Training tip courtesy of RoadBikeRider.com](http://RoadBikeRider.com)

## Highly effective one-hour workout!

Are you pressed for time to ride? Most of us are. One way to maximize the time you do have is to make every minute count.

Here's an example -- a training session that takes just 65 minutes. Further, it's a great workout for raising your cruising speed. After several weeks you might, for example, find yourself averaging 18 mph on longer rides with the same perceived effort that used to net you 16.5 mph.

Here's how:

---Warm up for 10 minutes, using progressively higher gears, faster cadence and greater effort.

---Do a 20-minute effort at a pace just shy of the point where steady, deep breathing would turn to panting.

---Spin an easy gear for 10 minutes to recover.

---Do a second 20-minute effort.

---Spin home for 5 minutes to cool down.

Total time on the bike or trainer: 65 minutes.

Of course, all of us would rather ride longer. But when time is short, you can still get a hugely beneficial workout if you use each minute effectively.

**Tip!** If you find that 2x20's are too difficult for your current level of fitness, it's fine to start with, say, two 10-minute efforts and build up. Don't baby yourself, but don't overextend either. You should be able to keep your speed and cadence high throughout each effort but not run out of breath.

## Gear for sale

### Tri gear for sale

Great looking club gear for sale, as seen in photo. If you haven't got yours get in before it's all gone! Andrew can be contacted on:

[treasurer@hornsbytriclub.org.au](mailto: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 start picking your races!

**Note: Port Macquarie Half Ironman has been moved forward a week to November 4<sup>th</sup>**

HTC 2007/08 Calendar			
		HTC Club Events	<u>Approx. Dist. S/B/R</u>
		Enticer & Sprint Distance	Enticer = 250/10/2.5; Sprint = 750/20/5
		Mid & Olympic Distance	Mid = 1/30/10; OD = 1.5/40/10
		1/2 Ironman	1/2 IM = 1.9/90/21.1
		Ironman, Long Distance & Beyond	IM = 3.8/180/42.2
		Running Events	
	<b>Race</b>	HTC Key Event Series Races	
	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Sep 07</b>	21	22	23
			Blackmores Running Festival
	28	29	30
			Gold Coast 70.3
<b>Oct</b>	5	6	7
		Scoody Club Team Champs (@SIRC)	HTC Hill Climb
		Striders 10k (OlyPk)	Scoody & Kids 'Just Tri It' Triathlons (@SIRC)
	12	13	14
			<b>Maitland Triathlon</b>
			Woolgoolga Triathlon
	19	20	21
		Triathlon Pink (@OlyPk)	
	26	27	28
	Sri Chinmoy Sprint & Off-Road & Joyathon	Sri Chinmoy OD & Long Distance	
<b>Nov</b>	2	3	4
	HTC Biathlon	Striders 10k (Lane Cove River)	<b>Port Macq 70.3</b>
	9	10	11
		70.3 World Champs (Florida)	Iron Cove Triathlon (Spr)
	16	17	18
	HTC Biathlon	<b>Nepean Enticers</b>	<b>Nepean Triathlon (Mid)</b>
			Shepparton 70.3
			Sri Chinmoy Triple Tri
23	24	25	
		<b>Kurnell 1 (Spr)</b>	
		Newcastle Triathlon (OD)	

## Who's doing what?

Date	Event	Competitors
2 <sup>nd</sup> September	ITU World Triathlon Championships - Germany	Jill
23 <sup>rd</sup> September	Blackmores Sydney Marathon & Running Festival	Steve, Lisa, Neville, Andrew J, Brad, John B, Martin, Adrian
30 <sup>th</sup> September	Gold Coast 70.3	Gracinda, Rosanne, Paul
14 <sup>th</sup> October	Maitland Tri	Martin, Lisa, Neville
20 <sup>th</sup> October	Pink All Womans Tri, Homebush	Lisa, Carla
28 <sup>th</sup> October	Sri Chinmoy Classic, Canberra	Brad, Neville, Adrian
10 <sup>th</sup> November	Ironman World Champs - Hawaii, Kona	Charles, Darren
10 <sup>th</sup> November	70.3 World Champs (Florida)	Andrew
11 <sup>th</sup> November	Port Macquarie 70.3	Steve, Martin, Adrian, Brad
17 <sup>th</sup> November	Nepean Enticer	Everyone who doesn't do the 18th
18 <sup>th</sup> November	Nepean Triathlon	Everyone!!!!

## Results

Last months Champions!!!!

Event	Competitors	Total	Swim	Ride	Run
Half Ironman Yeppoon	Martin	5.21	38.03	3.06	1.37
Half Ironman Yeppoon	Paul H	5.10	31.52	2.42	1.56
Multisport Akuna Bay to Apple Tree Bay	Steve	1 <sup>st</sup> in Category			1.06
Oxfam 100km Trailwalker	Andrew	23.38			
Oxfam 100km Trailwalker	Allison	18.34			
ITU World Triathlon Championships - Germany	Jill	2.33	29.05	1.12	43.47

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