

Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

October 2007

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Note from the President

Welcome to the new "Spin-effects" HTC newsletter and thank you to our new editor Lisa, who is doing a great job in putting the newsletter together. We would like to make this newsletter as interesting and entertaining as possible to you all. So any photos, stories or other contributions you might have please pass them on to Lisa, who will be only too happy to try and fit it in.

It is only early in the season and already the club has had members training and competing strongly in a wide range of events around the country and around the globe. We have had representatives at most of the major triathlon events of the season including the Yeppoon and Gold Coast Half Ironmans, Hamburg World Championships, Scody Australian Teams Challenge and also the famous Hawaiian Ironman. Congratulations to everyone who has taken on these events - I can't wait to hear more from you all about your racing and traveling experiences.

I have really enjoyed seeing people stepping up to take on new and sometimes daunting challenges. Lisa conquered her first marathon in fine style and you can read about that inside this newsletter. Similarly, Gracinda recently took on the formidable half Ironman distance triathlon at the Gold Coast Half Ironman. Congratulations to you both for stepping up to these challenging events and knocking them over. The other exciting thing about these early season events has been that the club has had multiple representatives at most of the events. Having another friendly HTC friend there to share your race experience with can really make a huge difference when you are faced with the challenges of racing in unfamiliar locations.

Earlier this month the club conducted the first Hill Climb challenge of the season and it proved to be a great morning. We had a reasonable number of riders turn out and the competition was very close -making it one of the more exciting Hill Climbs we have hosted. It was also good to hear the magpies did not trouble anyone on their ride past the Cowan tollgates on their way to the Challenge. The next Hill Climb event is scheduled for Sunday 9th December I hope to see even more of you turn out for what is great fun and pretty good for stiffening up the old legs!!

Hornsby Pool has just confirmed that we have two lanes booked for our Friday night biathlon series. The first event of the season is the 2nd November at 6:00pm. Be sure to get there 10 or 15 minutes early to register so we can kick off the racing right on 6:00pm. We will be having a slightly different point scoring system to previous years with the emphasis still being on improving your own time from race to race. Still the best way to do well is to get to as many races as you can.

Just a reminder that club memberships are now due. It is especially important to be financial if you are planning on doing any club organized training or racing activities. Our insurance cover is compromised if non-members are at fault in any training or racing activity that the club hosts. So please do the right thing and renew now at the same time order one of our famous club t-shirts so that you can be easily found at the next triathlon. Enclosed with this e-mail is a membership form you can use for renewal if you have not already done so.

In the meantime I hope you enjoy this edition of the newsletter and look forward to catching up with you at the next club event.

Cheers

Steve

President - Hornsby Triathlon Club

Diary Dates

- First summer Biathlon 2nd November
- NSTC Combined Triathlon 9th December (not one to miss, a perfect introduction to triathlon, that's local & inexpensive) more details in the next edition of Spin-effects.
- Hill Climb event. Dates are as follows :-
 - Sunday, 16th December *change of date
 - Sunday, 17th February
- Manly Dam Swim, Run & BBQ, Sunday 24th February
- Bunnings BBQ 16th February
- Bunnings BBQ 19th April

Bike Box Bookings

We have a great new bike box available for those travelling to races. It will be available for hire after 20th November - a bargain at \$25.

Contact Andrew for bookings treasurer@hornsbytriclub.org.au or phone 0408 686 497

Club discounts

Athletes Foot

Discount cards available. membership forms available at the Biathlons or on request.
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

With the wind in my hair



Name Martin Lord

Nickname Marty or Lordy (how original but they stick)

Occupation Chartered Accountant

What brought you to triathlon swimming/riding/running on my own with little direction and then saw the light (poster) at Hornsby pool. If I was to continue swimming/riding/running I needed a focus. Triathlon gives me this.

First event 2005 Nepean tri - after only a few weeks of ramped up training with HTC. I loved it.

Favourite leg & why I am increasingly liking the swim as I train for a discipline that I have never really trained for before, loving both the controlled environment of the pool for improvement and the freedom of uncontrolled environment of the open water. However, my times suggest that the run should be my favourite.

Breakfast Vita Brits, fruit and yoghurt followed by toast & jam - seems to set me up no matter what I do.

Like about triathlons I like the challenge of getting my body, mind and heart in sync, as without them all, this is a tough sport. This is only possible with the support from family and loved ones and, other great athletes who push, challenge and cajole you through the strength of their own commitment to their own training and racing. This is a powerful mix for establishing friendships - thanks everyone! Both training and racing are at beautiful locations and the lifestyle is great, as are the people you meet along the way.

Goals Keep my training effective to produce improvements. This is hard...I probably need a coach!

Dessert A family favourite - Bread and Butter Pudding....Yum.

HTC Gallery

Scody Team Champs Penrith, The Hornsby Hornets, Brad, Paul, Jill & Steve



Club Hill Climb - Hawkesbury to Pie in the Sky



Results calculation



Resting at the top

Maitland Triathlon Report

By Stephen Lennox

On the 14th October, the club was represented by Neville Bradshaw and Stephen Lennox competing in the Club distance 1000m swim/30km ride/8km run and Jill Pattison, Martin Lord competing in the Mid distance race, 1500m swim/55km bike/12km run.

In its 14th year the event was held on the banks of the Hunter River in and around the historic port village of Morpeth in NSW.

It was near perfect conditions for the race, with the river being surprisingly warm, and with nearly everyone wearing wetsuits, the Mid distance event was sent off in 2 waves and followed by the Club distance in 3 waves. Neville and I, both being in the 50-54 age group, were the last wave to enter the water and we were both surprised to overtake some competitors of the earlier waves. I was pretty happy with the swim considering the lack of training.

My bike leg, not normally my strength, was a big improvement, thanks to a more consistent weekly training schedule and longer weekend rides with Martin, Neville and Adrian. The course got a little windy out on the open country roads and had a couple of little hills just to make it interesting and even a threat of magpie attacks.

Started the run leg feeling pretty good, and at this stage I was confident of finishing in just under 2 hours. Surprisingly, Neville was still behind me but closing the gap, and with about 2km to go finally chased me down to have a strong finish.

In general I was pretty happy with the way things went, I didn't beat 2 hours but had a great race, especially on the bike and it's always good to get away for the weekend and hang out with fellow club members. Looking forward to some more events this season and can highly recommend doing this well organised race next year.

Congratulations must go to Neville for his 4th place, only missing out on the podium by 4 seconds, and also to Martin for his 5th place in his age group. But the winner of the day went to Jill with an impressive 1st place in her age group.

Results		1500 Swim	55km Bike	12km Run	
Jill	1 st /5	28:49	1:42:34	56:59	3:08:22
Martin	5 th /8	30:25	1:44:56	49:33	3:04:55

Results		1000 Swim	30km Bike	8km Run	
Neville	4 th /11	19:38	1:02:00	40:02	2:01:37
Stephen	5 th /11	18:48	1:01:42	42:41	2:03:12

Recipe of the month

This one's for you Martin (or Wendy) I believe it formed part of a foody conversation mid ride at the Pie in the Sky!

Dutch Apple Cake (more like a pie really)

For the pastry bit

- 200gms flour
- 150 gms butter
- 80 gms sugar
- 1 egg

For the filling

- 5 peeled green apples
- 70gms sugar
- 50 gms currants/mixed fruit (optional, I don't bother)
- Squeeze of lemon juice
- 1 tsp cinnamon (more if you like)

Prep

Mix pastry bit in kitchen whizz. Roll out evenly between 2 pieces of gladwrap, thin enough to cover greased pan with enough for top (springform is best)

Fill with apples mixed with sugar, cinnamon & lemon juice

Bake at 180 degrees for about 45mins until golden. Yummo!

My First Marathon Experience

By Lisa Healey

Training for a marathon isn't the easiest of things. It would be easier to make excuses why not to. I find if I speak my goals to enough people I can't back out, that works for me, so I did.

When I decided to do a marathon it was with both excitement & trepidation. Would my dicky knee bale on me being my biggest concern...what if I couldn't finish. Having only completed my first real run 6yrs earlier, after following a training plan, a recommended plan seemed the way to go. After all I expected that if I just did what it said, I'd finish.

Finding some training buddies was the next thing. The long runs would have been very dull without company. As a friend said it's not just about the goal, it's also about the journey that gets you there. The friendships made were a part of that journey. As was finding out a bit more of what I was capable of.

My marathon day started like any other "event". Early brekkie carefully planned, arriving at the start too early, queuing for the loo, chilling off in a singlet & the real running shorts bought especially for the occasion. Good wishes to fellow runners & we're off at a trot, quite surreal really as the pace was slower than my training. I elected to run with a Striders marker, which was a great idea for a first timer. It took all the thinking out of pacing myself. Harbour Bridge, The Domain, Oxford St is a real treat at 8am on a Sunday morning. Centennial Park reminded me that I should make the effort to get there more often. 21km & I'm feeling pretty good, there in about the same time as SMH1/2, so I'm happy with that. The dicky knee was reminding me that it was there, then I spotted a guy racing in a wheelchair & I was very thankful for my dicky knee that was working so well. Inspiration is everywhere. Doing fine until 30km then things started to get uncomfortable. That was to be expected as I had only ever run about that distance in training, so the rest was unknown territory. Completed the next 10km with a Swiss fellow, visiting Sydney just for the weekend. We talked about all sorts to take our minds of the discomfort. On the approach to the harbour bridge, with the power of some jelly babies & the end only 2km away, my legs found a bit more pace. From out of the blue cheers in the crowd from Steve, Brad & Andrew J & I felt like such a winner, almost there. With the finish line in sight I took off, overtaking all in my path to cross the finish with cheers from strangers. I looked around for my Swiss mate & he was right behind me. High 5's, & he was gone, off to his wife who was waiting for him, she had completed the 9km run earlier.

The sense of accomplishment was awesome. All I needed was someone to share it with. I found Neville in the queue for a massage...right where we'd agreed to meet...where else!

With a medal around my neck, orange quarters never tasted so good!

Would I do it again...your betcha!

Training sessions

Summer Biathlons at Hornsby Pool starting in November

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. 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

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

No more waking up the Kookaburras at Normanhurst Oval. The birds are well & truly away by the time we turn up these days. That will change with daylight savings! 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 start to Friday morning! Come & give it a go, all abilities catered for.

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 tip of the month

How to Run Injury Free

The following tips come from Jeff Galloway a long time writer for Runners World who claims not to have had an overuse injury in 30 years.

1. Fewer Days of Training Per Week

Those who run three days a week have the lowest rate of injury. Almost all runners, except for Olympic candidates and world record aspirants, can be just as fit and perform just as well running every other day.

Having 48 hours between runs is like magic in repairing damage. Those who insert a short and slow jog on recovery days (junk miles) are not allowing for complete recovery. If you experience lingering aches and pains, cut back to every other day and the problems usually go away.

2. Go Slower on the Long Runs

You can't run your long runs too slowly--you get the same endurance whether you go very fast or very slow. Slow running will allow your legs to recover faster. The fastest that you should run your long run is about two-thirds of your goal marathon race pace. Many run three or four min/mi slower and experience very fast recovery.

3. More Walk Breaks

The continuous use of any muscle used the same way, increases fatigue more rapidly. Continuing to run continuously, with fatigued muscles, will greatly increase the chance of injury. If you have aches and pains already, it is best to walk more often, from the beginning, than is recommended. The most important walk breaks are those taken in the beginning of the run, for these can erase all of the fatigue. Walk breaks will also tend to produce a faster time in all races from 5K up. The average improvement in a marathon among those who've run several without walk breaks is 13 minutes faster by taking the strategic walks.

4. Don't Stretch if You Have an Ache, Pain or Injury

Stretching a tight or injured muscle or tendon will increase the damage dramatically. Even one stretch will produce tears in the fibers, resulting in a longer recovery. Stretching a muscle that has been tightened by running can injure it within a minute. Massage is a great way to deal with the natural tightening produced by running. The tightening is mostly a good thing, allowing you to run more efficiently.

5. Be Careful With Speed Training

Speed workouts produce a lot of injuries. You can reduce the odds of this happening by warming up very well, doing a few light accelerations before you get into the speedwork. Other important injury-reduction factors are walking more between each speed repetition and staying smooth at the expense of time. Don't strain to run a certain time. This is most important at the end of a workout.

6. Never Push Through Pain, Inflammation or Loss-of-Function

If you experience one of the above, stop the run immediately. Continuing to run for another block or another lap will often produce multiples of damage requiring weeks or months off for repair - instead of days.

For more information, see Jeff's books Marathon, Half-Marathon, Running--A Year Round Plan, Walking -- The Complete Book and Galloway's Book on Running, 2nd Ed. These are available, autographed, from www.RunInjuryFree.com. Join Jeff's blog: www.jeffgallowayblog.com

Taken from http://www.active.com/running/Articles/How_to_run_injury-free.htm

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 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 *UPDATED*

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		
Race	HTC Key Event Series Races		
Friday	Saturday	Sunday	
5	6	7	
	Scody Club Team Champs (@SIRC)	HTC Hill Climb	
	Striders 10k (OlyPk)	Scody & Kids 'Just Tri It' Triathlons (@SIRC)	
12	13	14	
Oct		Maitland Triathlon	
		Woolgoolga Triathlon	
	19	20	21
		Triathlon Pink (@OlyPk)	SAN Fun Run/Walk 5k or 10k
	26	27	28
		Sri Chinmoy Sprint & Off-Road	Sri Chinmoy OD & Long Distance Aust Tri Series Race 1 - Nowra (OD)
			Miniman Triathlon - Nowra
2	3	4	
HTC Biathlon	Striders 10k (Lane Cove River)	Port Macq 70.3	
9	10	11	
	70.3 World Champs (Florida)	Iron Cove Triathlon (Spr)	
16	17	18	
Nov	HTC Biathlon	Nepean Enticers	Nepean Triathlon (Mid)
			Shepparton 70.3
			Sri Chinmoy Triple Tri
	23	24	25
			Kurnell 1 (Spr)
		Aust Tri Series Race 2 - Newcastle (OD)	
30	1 December	2	
Nov/Dec		Ironman WA	
		Hills Tri Club Invitational (AM)	
		Callala Triathlon (Mid @ Jervis Bay)	
7	8	9	
HTC Biathlon		NSTC Triathlon	
14	15	16	
		HTC Hill Climb	
		Canberra 70.3	
21	22	23	
HTC Biathlon			
28	29	30	
Dec			

Who's doing what?

Date	Event	Competitors
20 th October	Pink All Womans Tri, Homebush	Sarah, Caroline
21 th October	SAN Hospital fun run, a challenging 5k and 10k	Steve L
28 th October	Sri Chinmoy Classic, Canberra	Brad, Adrian
28 th October	Nowra OD & Miniman Triathlon	Neville, Jill, Martin
4 th November	Noosa Triathlon (OD) This is the 25th anniversary of the event and has over 5500 athletes participating (2nd biggest after Chicago - 8500)	John B
4 th November	Port Macquarie 70.3	Steve, Martin, Adrian, Brad
10 th November	70.3 World Champs (Florida)	Andrew
11 th November	Iron Cove Tri	Steve
17 th November	Nepean Enticer	Everyone who doesn't do the 18th
18 th November	Nepean Triathlon	Everyone!!!!
9 th December	NSTC triathlon at Terry Hills	Everyone!!!!
16 th December	Canberra 70.3	Adrian?

Results

Last months Achievements

Event	Competitors	Total	Swim	Ride	Run
Blackmores Sydney Marathon	Steve	2.55.40			
Blackmores Sydney Marathon	Neville	3.47.11			
Blackmores Sydney Marathon	Lisa	3.56.40			
Blackmores Sydney Marathon	Allison	3.37.29			
Blackmores Sydney $\frac{1}{2}$ Marathon	Andrew J	1.26.48			
Blackmores Sydney $\frac{1}{2}$ Marathon	Brad	1.18.11			
Blackmores Sydney $\frac{1}{2}$ Marathon	John B	1.44.47			
Blackmores Sydney $\frac{1}{2}$ Marathon	Martin	1.25.49			
Blackmores Sydney $\frac{1}{2}$ Marathon	Adrian	1.34.27			
Blackmores Bridge Run 9km	Rosanne	37.20			
Gold Coast Half Ironman	Gracinda	6:56:38	0:44:48	3:47:41	TBA
Gold Coast Half Ironman	Paul	4:44:28	0:29:46	2:30:07	1:44:34
Gold Coast Half Ironman	Rosanne	5:02:21	34.20	2:40:47	1:47:14
Scody Team Champs (The Hornsby Hornets)	Brad Jill Steve Paul	34.42	14.45	Run as an Aquathon because of severe wind gusts	19.57
Maitland Triathlon	Jill	3.08	28.49	1.42	56.59
Maitland Triathlon	Martin	3.04	30.25	1.44	49.33
Maitland Triathlon (club distance)	Neville	2.01	19.38	1.02	40.01
Maitland Triathlon (club distance)	Steve L	2.03	18.48	1.01	42.41
Ironman World Championship Kona.	Charles	12:37:34	1.31.20	6.32.51	4.18.40
Ironman World Championship in Kona.	Darren	9:56:00	1.08.22	5.14.18	3.26.42

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!