

Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

December/January 2007

Edition 5

Note from the President	2
Diary Dates	3
Club Championships.....	3
Bike Box Bookings	4
Club discounts.....	4
Member Profile.....	5
HTC Gallery	8
Training sessions *updated*	11
Training tip of the month	Error! Bookmark not defined.
Gear for sale.....	12
Other Gear for sale	12
Race Calendar	13
Results.....	14

Note from the President

I hope you have all enjoyed a relaxing Christmas with family and friends.

A reminder that our morning training sessions are continuing throughout the holiday period. So if you have been like me and stacked on a few kilos during the last week come along on Wednesday and Thursday mornings to burn off some of those calories.

With the New Year upon us I hope that you all have a healthy and successful year in whatever it is you choose to pursue.

All the best
Steve

Diary Dates

January

- 4th & 18th Jan HTC Biathlon

February

- Hill Climb event. Sunday, 17th February
- Hills TC Saturday 9th February 6pm race start, in Enduro format
- Manly Dam Swim, Run & BBQ, Sunday 24th February
- Bunnings BBQ 16th February

April

- Bunnings BBQ 19th April

March

- Hills TC Monday 24th March (Easter Monday) 3pm race start. We will let you know more as things develop.

Steve would really love to encourage everyone including children to go and have a crack at the club events. They are very good value and a friendly/supportive atmosphere where all levels of ability are encouraged to have a go.

Club Championships

Message from TriNSW

The TriNSW Club Champs continue in 2008 at One Mile Beach in picturesque Port Stephens. After consultation with the affiliated clubs, the Board has resolved "That **one day licences** be accepted at 2008 TriNSW Club Championships on 3rd May, however points **will not count** for that individual towards their Club." What this means is that HTC Members who are not full TA/ TriNSW Members may compete, however it will be solely for fun because their points won't count towards the Club tally. So if you want to help HTC score more points be sure to become a member of TriNSW.

For those new to the club, Club Champs is a great way to wind up the tri season with a weekend away for members, supporters & families. Starting with the Club Champs triathlon on the Saturday, followed by a party on Saturday night, an opportunity to celebrate your tri achievements with like minded people & let your hair down with a dinner & boogy. Points are awarded to the Club of each Club Champs triathlon participant, based on position (most participants gain club points, so the more we have competing the better) Last year we did really well.

*What TriNSW are saying is that everyone can participate but only TriNSW members will be awarded points. **If you're not a TriNSW member you may want to consider joining to take advantage of the benefits this season.** If you would like more information just ask a committee member ☺*

Bike Box Bookings

Available for those travelling to races - 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 & a 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: Nathan Fallowfield

Nickname: Meat Pie (Old training habits)

Occupation: Analyst/Banking (enough said)

What brought you to triathlon: Suggestion from a like minded friend, a few swims in the pool (make sure I didn't drown, only just) and I was hooked.

First event: Corporate Games out at Penrith it think it was 2003, I even brought a Tri Top, well that's what the salesperson told me it was, basically just a lycra singlet that caught the water like an underwater sail, I breast stroked half the swim and still came back for more.

Favourite tri leg & why: The run, it's tough and it hurts BUT you get to stop when the run is done ;-) and I also usually manage to pass a few people on the run which makes me feel good, does that make me a bad person?

Drink of choice: Red wine, in summer a Semillon is good too...other than that whatever they're serving at the drinks stations.

Like about triathlons: Training, keeping fit, racing ahh what's not to like, except maybe the swim. Oh and of course Hornsby Tri Club, can't believe I didn't join sooner, wasted years.

Favourite time of the day: Morning, don't know why, have always been a morning person....Sydney is beautiful in the mornings maybe it has something to do with most people still being in bed.

Tri goals for this season: Would like to do Ironman Port again, had fun last year and think I can do better next April.

What exciting thing are you doing over the Christmas break: Heading up the Coast for a week in a beach house with Carolyn and some family, can't wait to do nothing and that includes training.

Baulkham Hill Club Triathlon

By Carla Arcuri, 11yrs



5:00am! It was defiantly an early start for Mum (Lisa), Neville and I to make our way to the Hills Club Triathlon. Today I was going to do the triathlon-enticer and Mum, Neville, Adrian, Martin and Steve L were going to do the other tri.

It wasn't too long of a drive but I began to get a bit anxious as soon as I saw the sign 'PENRITH REGATTA CENTRE'. This is where the tri was being held and it was a really nice venue as well. As soon as we arrived, we sorted out our bikes, got checked in and got all of our stuff ready at transition.

The area where we were going to swim in was massive! But it certainly didn't compare to swimming in Hornsby Pool! The water consisted of heaps of weed and was really murky. But once I got swimming I was more worried about making sure I was kicking really fast. The swim was 200m so it was over pretty quickly. Not so much for the others... They had a 750m swim!

Then I went on to my bike ride which was 5km (one lap) and Mum, Nev, Adrian, Martin and Steve had a 20km (4 laps) bike ride.

Then, take a guess at what was next... the run. It was a 1km run for me and a 5km run for the rest. When I finished I sat on one of the benches and watched Neville fly past! Then watched all of the gang run past the finish line, grab a bottle of water and that was that.

Wait, It wasn't quite over at that point. Then there was a brekkie consisting of fruit, salad and crispy cream doughnuts!

It wasn't quite over at that point either because at the presentation I won a lucky draw prize. A months membership at Waves swimming pool. Yippee!! What a great day!

Charles Kona IM experience & other great reads can be found at...

<http://www.hornsbytriclub.org.au>

There is a link at the top of the Results page.

You'll also find these other race reports:

- Andrew Stone - 70.3 World Championships 2007
- Martin Lord - Port Macquarie Half Ironman 2007
- Charles Coville - Ironman World Championships 2007

HTC Gallery

Nepean Triathlon



Baulkham Hills Club Triathlon

Look out for the next invitation this is a great event to attend for all ages



The "Boys" getting into their Krispy Kremes and ice-cream



Recipe of the month

Loads fruit Cake

800gm dried fruit (add some figs & dried apricots, fantastic!)

1C boiling water

zest of 1 orange

zest of 1 lemon

1C orange juice

1/2C apricot jam

1 1/2 C flour

1/4 C wholemeal flour

1tsp baking powder

1tsp cinnamon

1tsp nutmeg

125gms butter

2 eggs

extra water if needed

50gms whole raw almonds

Oven 140 degrees

Rub butter into dry ingredients

Mix in fruit mixture

Load into lined tin

Make small indentation in middle so the top rises evenly. Press almonds into top

Bake 2 hrs. Delicious!

Training sessions *updated*

Summer Biathlons at Hornsby Pool are in full swing

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 start again 9th Jan

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 from Hornsby Pool

Wednesday morning training rides - 5:30am.

A bit of damp weather has meant that numbers have been down recently. Despite the moisture the long morning hours of summer have been good for training at Bobbin Head.

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!

If you are running late and find that we are not on the oval we most likely have run up to upper Dartford Rd to do long repeats. Usually this is when the oval is too wet or otherwise unusable.

We usually do a variety of drills, sprints & speed work, it's a great way to add that bit of variety to training, & a terrific start to a Thursday 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!

Coming soon wind trainer training

Gear for sale

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

If you've got anything you want to mention just let me know, doesn't even have to be tri stuff!

Race Calendar

HTC 2008 Calendar

	HTC Club Events	Approx. Dist. S/B/R
	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
	4	5	6
Jan 08	HTC Biathlon		
	11	12	13
			Kurnell 2 (Spr)
	18	19	20
	HTC Biathlon	Panthers Summer Series Race 1	Cronulla (OD)
	25	26	27
			Aust Tri Series Race 3 - Canberra (OD)
	1 February	2	3
Feb	HTC Biathlon	Striders 10k	TriNSW All Womens Festival Newcastle Foreshore (Spr)
	8	9	10
		Hills Tri Club Invitational (PM)	Kurnell 3 (Spr)
			Panthers Summer Series Race 2
			Geelong 70.3
	15	16	17
	HTC Biathlon		HTC Hill Climb
	22	23	24
	Aust Sprint Championships (Huskisson)	HTC Manly Dam Swim & Runs	
		Aust Long Distance Championships (Huskisson)	
Feb/Mar	29	1 March	2
		Striders 10k	Weetbix Kids TRY-athlon (@OlyPk)
Mar	7	8	9
	HTC Biathlon		Kurnell 4 (Spr)
	14	15	16
			Sparke Helmore Tri (Spr @Newcastle)
	21	22	23
	HTC Biathlon		Monday 24th - Hills Tri Club Invitational (PM)
	28	29	30

Who's doing what?? Let me know so that I can add you in & we know who we're looking out for at each event!!

Date	Event	Competitors
13/01/08	Kurnell 2 (Spr)	Lisa
19/01/08	Panthers Summer Series Race 1	???
20/01/08	Cronulla (OD)	Tony N, Jill, Adrian
27/01/08	Aust Tri Series Race 3 - Canberra (OD)	Neville, Martin
10/02/08	Kurnell 3 (Spr)	Lisa
09/03/08	Kurnell 4 (Spr)	Lisa

Results

Refer to our Club website <http://www.hornsbytriclub.org.au>

Results page

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!