

# Spin Effects

## HORNSBY TRIATHLON CLUB NEWSLETTER

February 2008

Edition 6

Note from the President .....	2
Diary Dates .....	3
Club Championships.....	3
Bike Box Bookings .....	4
Club Bike for use.....	4
Club discounts .....	4
Member Profile.....	5
Recipe of the month.....	6
Canberra Olympic Distance Triathlon Report.....	7
Audax Alpine Classic - Australia Day weekend.....	8
HTC Gallery .....	10
Training sessions *updated* .....	13
Training Tips .....	14
Gear for sale.....	15
Other Gear for sale .....	15
Race Calendar .....	16
Who's doing what?? .....	17
Results.....	17



## Note from the President

I can't remember such a short period of time when there have been such a variety of races to choose from. It's always good to see Hornsby competitors travelling near and far to take part in events. The past few weeks have been particularly hectic with lots of events and lots of great HTC performances. Two most recent events produced some outstanding results from our members. Brad, Martin, & Jill all had podium finishes in their age categories at the Cronulla Triathlon. Neville only narrowly missed out too.

At the Tri Shave Women's event at the Regatta Centre we had our biggest contingent of HTC ladies for some time. Congratulations to Rebecca and Jill who not only won their age groups but managed 1<sup>st</sup> and 2<sup>nd</sup> outright!! It was also encouraging to see Sarah, Carolyn, Lisa having good races too!! Carla and Jamie also went very well in the Tri a Tri event. Well done to you all.

Be sure to let us know what you are doing and how you went by dropping us an e-mail or updating the discussion forums.

A number of members have been showing interest in ocean swimming and other single discipline events. If you have some stories to tell of your latest adventures - then put it down in black and white and let us all hear how it was - it's great to hear about different events.

### Bunnings BBQ Fundraiser

Thanks to everyone who has volunteered to help out with the Bunning's BBQ. Last year we raised over \$1200 from our two BBQs and the funds helped to cover the purchase of a bike box that has now travelled to Hawaii, Florida and beyond. So these fundraising efforts provide real benefits to all members.

If you can afford an hour or two feel free to come down to Bunning's at Thornleigh on Saturday 16<sup>th</sup> February and help out or even just to grab a sausage sandwich and drink while you have a chat with us.

Steve

# Diary Dates

## January

## February

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

## March

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

## April

- Bunnings BBQ 19<sup>th</sup> April

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](mailto:treasurer@hornsbytriclub.org.au) or phone 0408 686 497

## **Club Bike for use**

The new bike was purchased with the hope that new members who may not own a racing bike might borrow it to use in specific triathlons or training events.

There will be no cost involved in using this equipment but we would expect that if any damage occurred to the bike whilst in your care that it would be repaired at the borrowers cost.

Contact Steve H for details

## **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:** Carolyn Bock

**Nickname:** My brothers call me Piggie

**Occupation:** Financial Systems Manager

**What brought you to triathlon:** At Nathan's suggestion

**First event:** Pink Triathlon in October this year

**Favourite tri leg & why:** Swimming, used to lots of swimming when I was younger

**Favourite fruit:** Mango

**Like about triathlons:** Finishing

**Best gift I have ever received:** Not sure I have a best...

**Tri Goals for season:** Being new to this I have a few goals, do a Sprint distance in Feb 08. Knock a couple of mins off my biathlon time. Although not specifically a tri goal, I hope to complete the 2.7km Palm to Whale Beach swim in Jan 08 without being eaten by a shark and finally do the club Hill Climb challenge

## Recipe of the month

### Carolyn's Home Made Baileys (the low fat version)

1. Start with the best Irish whiskey which is Jameson's (225mls)
2. Light condensed milk (tin)
3. 1.5 Tsp Vanilla essence
4. 2 Tsp Coconut essence
5. 300g light cream
6. 2 Dsp Choc Topping
7. 2 eggs
8. .5 tsp of coffee (optional)

Step 1 - Beat eggs until frothy (I prefer without eggs but choice is yours)

Step 2 - Add the light condensed milk, cream, vanilla essence, coconut essence and chocky topping in blender

Step 3 - Then add the whiskey - blend for about 5 mins

Step 4 - Bottle and chill

Step 5 - Serve over ice straight

# Canberra Olympic Distance Triathlon Report

by Neville Bradshaw

Three members of the Hornsby Tri Club, they being Rebecca Wilson, Martin Lord and Nev Bradshaw made the arduous road trip to our national capitol to test ourselves against the countries best athletes in the 3<sup>rd</sup> round of the Australian Triathlon Series.

As expected the road trip to Canberra was tiring but was broken by a stopover in Goulburn at the paragon café for a steak and chip lunch, this made the remaining drive to Canberra quite pleasant as we lamented the Big Merino of Goulburn.

The afternoon in Canberra went quickly following registration as we drove the ride course for the next 2 hours trying to work out the map directions, we agreed in the end we must have been reasonably close to getting the course right so we headed back to our loved ones (our bikes) to prepare for the next day.

That night we had our usual spaghetti dinner and I have to say Martin can really put the food away, following a huge bowl of spaghetti and then backing it up with a equally large bowl of fruit salad the lad then had 6 thick slices of raisin toast half an hour later declaring he did not have afternoon tea earlier that day.

As good triathletes do we were in bed by 9.30pm that night dreaming of our super human efforts we were going to perform the next day.

Morning came quickly, up at 4.30am, breakfast, car packed, on the road by 5.00am and at ground zero by 5.45am. Transition was set up well with bike racking in age groups so that was good, you then knew where you were placed when you ran into transition at the end of your swim and ride legs.

The race itself overall was excellent, the swim leg started with a push off the wall start which meant everyone was spread out so you didn't swim on top of each other at the start, the course was easy to swim and was good water weather on the day, the bike leg quite fast doing 2 loops of a 20k course, great for t/t bikes and the run 2 loops of a 5k course which was quite flat and fast.

I liked the course and would recommend it to anyone who likes a reasonably flat fast course.

At the end of it we all posted PB's with Rebecca recording a 2.20.15hrs for 9<sup>th</sup> in the 20-24 age group, Martin recording a 2.14.34hrs for a big 3<sup>rd</sup> place in the 45-49 age group, which I think is his first big podium finish in a national series event, good one Martin you deserve it and Neville recording a 2.22.02hrs for 4<sup>th</sup> place in the 50-54 age group for his 3<sup>rd</sup> brides maid finish this season, maybe he will crack 3<sup>rd</sup> place shortly.

A big thank you must go to Charles who did intend on competing at Canberra but due to injury sustained at the Cronulla Tri had to pull out, but came along and supported the 3 of us on the day.

Thanks for your words of encouragement Charles, I won't forget your cry of,

' pull your head out of your arse and start running you motherless bastard', that really inspired me.

The drive home was really painful with my hamstrings and gluteus maximums really playing up, we had to stop 3 times and stretch the legs out, but it was worth it, I'm going back next year.

# Audax Alpine Classic - Australia Day weekend

by Steve Hume

The website for the Audax Alpine Classic bike ride describes the event as "*A challenging ride : It is the toughest non-competitive mass ride in Australia and as such is not a race. The objective is to complete the course within the maximum time limit allowed*".

There are also many warnings about the strenuous nature of the event. Some of the people I had spoken with who had done the event in earlier years had made it sound like a torture fest. Massive mountain climbs, long distances and extremes of temperature made it sound extremely daunting. I thought to myself it couldn't be that much tougher than doing Bobbin Head hill repeats in mid winter could it??

The town of Bright from where you start and finish and the surrounding mountains are very beautiful. After watching the video of the 2007 event on the internet (<http://www.audax.org.au/alpine.htm>) I was hooked. Luck would have it that Cath and I had been planning to have a mountain based holiday with the kids at Thredbo and the Alpine Classic conveniently happened to be on straight afterwards. So not only were we going to be fairly close to Bright in Victoria where the event is held, but I would also be able to get in some pre-event mountain riding in the lead up. Mind you after my first ride up Black Mountain in Canberra and then another over Dead Horse Gap near Thredbo I was re-considering the sanity of undertaking the 140km Alpine Classic ride through similar terrain.

Like most of us Hornsby locals the longest ascents I had previously done on a bike had been the Galston Gorge, Mooney Mooney and Brooklyn climbs. The good thing about the Alpine Classic in Victoria is that the gradient of the climbs is very similar to our local hill climbs - just that the climbs are a little longer. Mt Buffalo is around 22kms and Falls Creek is closer to 30kms. You also ascend each side of Tawonga Gap which is relatively short with each side being approximately 8 or 9 kms.

It was great to catch up with fellow HTC member, Sarah and her husband Arno, who were also down in Bright for this event. Arno was doing the full 200km option. Given my lack of long training rides I had happily opted for the 140km option. I had only done one ride of 100km or more in the past few months so I figured that an extra 60km and an ascent of Falls Creek in addition to the 3 other climbs would be too much.

On the day of the ride the weather proved to be quite comfortable, however, it did begin to get a little bit uncomfortably warm climbing Mt Buffalo later in the day. My ride went very smoothly, no punctures, no accidents and lot's of great people to chat to along the way. Volunteers were plentiful and the food and refreshments were pretty good too!!

It was only as I had about 15 metres to ride to the top of the final climb at Mt Buffalo that my body started objecting to the exertions I had put it through. Cramps through the length of both legs had me struggling to get comfortable enough to turn the cranks. I was reluctant to get off at

this stage as I had made good time until this point and had just been informed by a volunteer that I was only the 3<sup>rd</sup> rider in the 140km wave to come through. I gingerly made my way to the crest of the hill and then tried to stretch my legs as best I could on the descent.

By the time I had negotiated the first few kilometers down Mt Buffalo my cramps disappeared and I could relax knowing that I only had around 30kms to the finish line - the majority of it downhill!! On reaching Bright again - I was very happy to get off the bike, have a good stretch and refill my stomach with fresh baked rolls, jelly, fruit and plenty of cordial.

This is a really well run event and it's good value too - I'd recommend it to anyone that enjoys riding up Bobbin Head 47 times in a row!!

## HTC Gallery

Canberra OD



Neville 4<sup>th</sup> in age group  
Rebecca 9<sup>th</sup> in age group  
Martin 3<sup>rd</sup> in age group

Kurnell 2

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



# Trishave All Women's Triathlon



Jamie & Carla waiting for their Try a Tri start



Steve & the water team



Rebecca 1<sup>st</sup> in age group, 1<sup>st</sup> overall



Jill 1<sup>st</sup> in age group, 2<sup>nd</sup> overall



## 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 **Tue & Thurs 5.45am (or 6am if you struggle with 5.45am)**

For those of us who have made these sessions part of our weekly routine I know we've all seen improvement. The numbers continue to be at about 6-8 each week so there's room for a couple more, fresh blood is always welcome. At a very fair rate of only \$5 per session for HTC members, including a series of drills, speed & endurance work. We've usually got 2 lanes, a slow & a fast one so everyone is catered for.

Evening options are **Monday & Thursday 6.45pm**

### 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.

### Friday speed sessions at Normanhurst Oval **(new day)**

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.

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.

### 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\***

**Session to be confirmed**

# Training Tips

From Dave Scott on [www.Active.com](http://www.Active.com)

## Mind games for race gains

The psychological and emotional aspects involved in training and racing are as important to triathletes as the physical skills. Here are some practical suggestions to keep in mind as you approach race day:

- **Write down 4 to 10 key words that describe how you felt during a fantastic training session.** Think of your best training day and write down the feelings that allowed you to flow during the workout, including some for all three sports. For example, a swim workout description might include the following: "fluid, powerful catch, hips floating to the surface." Now recite them with your eyes closed. See yourself in the race with these same feelings. Practice this mental imagery when you have a calm moment during the day.
- **Decide what you can control in your race and determine how you're going to do it.** This requires you to have a mental map of the race course. Study the course online or discuss it with previous racers. Ultimately, you should view the course first-hand during the final days leading up to the race.
- **Controlling your emotions will alleviate race anxiety.** Recognize what you do well and decide how these skills will guide you during the race. Also, minimize stress in your daily routine and take comfort in the routines that allow a psychological and emotional lift to your race preparation. While I was preparing for the Ironman Kona in 1994, I was advised by a sport psychologist to select only items that I was willing to control in my life and release everything else. This allowed me to focus on tangible tasks and not to wrestle with the mundane psychological turmoil that ultimately hampered my final sharpening for the race.
- **Select three levels of goals to your race and write these down.**
  - Level 1 is a solid race. The race may unfold with a few hurdles, but you will overcome these diversions.
  - Level 2 is the race that mimics your preparation. Your potential is projected by the race outcome. This race is extremely gratifying.
  - Level 3 is the race that supersedes your expectations. You have visualized a day where you will unleash a race that is 10 to 20 percent above your expectations. This is not a dream, but an achievable goal.

## 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](mailto:treasurer@hornsbytriclub.org.au) or phone 0408 686 497

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

### 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 2007/08 Calendar			
		HTC Club Events	<b>Approx. Dist. S/B/R</b>
		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>1 February</b>	2	3
	HTC Biathlon	Striders 10k	<b>TriNSW All Womens Festival</b> Newcastle Foreshore (Spr)
	8	9	10
<b>Feb</b>		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)	
<b>Feb/Mar</b>	29	<b>1 March</b>	2
		Striders 10k	Weetbix Kids TRY-athlon (@OlyPk)
	7	8	9
	HTC Biathlon		<b>Kurnell 4 (Spr)</b>
	14	15	16
<b>Mar</b>			Sparke Helmore Tri (Spr @Newcastle)
	21	22	23
	HTC Biathlon		<b>Monday 24th - Hills Tri Club Invitational (PM)</b>
	28	29	30
	4	5	6
		Striders 10k	<b>Ironman Australia</b>
	11	12	13
<b>Apr</b>			BP/BRW Corporate
	18	19	20
	25	26	27
			NSTC Triathlon

## 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
10/02/08	Kurnell 3 (Spr)	Lisa, Martin, Doug,
10/02/08	Geelong 70.3	Nathan, Marion
10/02/08	Panthers Summer Series Race 2	Steve L
17/02/08	Hobart (OD)	Jill, John B, Neville
23/02/08	Aust Sprint Championships (Huskisson)	???
24/02/08	Aust Long Distance Championships (Huskisson)	Brad, Nathan, Paul, Marion

## Results

Event	Competitors	Total	Swim	Ride	Run
Kurnell 2 (Spr)	see <a href="http://www.hornsbytriclub.org.au">http://www.hornsbytriclub.org.au</a>				
Cronulla (OD)	Adrian	2:33.11	0:24.36	1:10.44	0:57.51
Cronulla (OD)	Dirk	2:36.03	0:23.44	1:09.21	1:02.58
Cronulla (OD)	Tony	2:33.42	0:31.46	1:12.11	0:49.45
Cronulla (OD)	Jill	2:30.17	0:26.19	1:09.49	0:54.09
Aust Tri Series Race 3 - Canberra (OD)	Martin	2:14.34	27.52	1:08.15	38.27
Aust Tri Series Race 3 - Canberra (OD)	Neville	2:22.02	29.26	1:09.49	42.46
Aust Tri Series Race 3 - Canberra (OD)	Rebecca	2:20.15	24.48	1:13.55	41.30
Trishave All Women's Tri	Jill	1:05.38	0:09.25	0:34.57	0:21.16
Trishave All Women's Tri	Rebecca	1:05.25	0:07.48	0:36.39	0:20.58
Trishave All Women's Tri	Sarah	1:15.21	0:09.18	0:41.54	0:24.09
Trishave All Women's Tri	Caroline	1:33.15	0:10.44	0:49.52	0:32.39
Trishave All Women's Tri	Michelle	1:21.00	0:11.18	0:43.20	0:26.22
Trishave All Women's Tri	Lisa	1:16.07	0:11.34	0:39.30	0:25.03

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!