

Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

March 2008

Edition 7

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Note from the President

Thank you to everyone who offered to help at the first Bunnings BBQ fundraiser. Our efforts raised over \$700.00 for the club. This money will go towards the purchase of a new club tent that we are hoping to get in time for the Club Champs in May.

We have another BBQ fundraiser that we are booked in for at Bunnings on Saturday the 19th April. We'd love it if you could help out for an hour or two. Please let me know if you can help out by RSVPing via e-mail to president@hornsbytriclub.org.au or on the discussion forum. We're hoping that this will put the club in a very good financial position for the next year. All profit goes towards benefiting club members.

The season is slowly coming to an end. However, we have quite a busy month to get through first. The final biathlon of the series is scheduled for this Friday the 14th March. So if you are in the running for the season pointscore be sure to make it to earn extra points.

On the Easter weekend we have a Manly Dam swim and run event starting 8:00am on Easter Monday. The swim will be a 1km swim in the dam. Afterwards we will have a short running race around the parking areas before topping it off with a BBQ breakfast. It should be just awesome!!

On Friday the 28th March we will be running our last biathlon of the season. For something different we'll be running a biathlon with a twist. Stay tuned for more information. It promises to be a fun night.

Diary Dates

March

- Biathlon dates 14 & 28th of March
- North Shore Tri Club, Sunday 16th March - If you have yet to do their event it is a 500m (pool) swim, 14km bike ride along Booralie Rd Terrey Hills and a 4km run up and down Myoora Rd.

The venue is Terrey Hills Swim Centre on Myoora Rd.

It will be a 7am kick-off, registration/setup commencing 6.30am. We need to start right on 7am (or those of us with small handicaps anyway) as the Pirates Squad commences straight after us.

- Manly Dam Monday 24th March - HTC Manly Dam Swim & Runs (AM)
- Hills TC Monday 24th March (Easter Monday) 3pm race start. We will let you know more as things develop (PM)

April

- Bunnings BBQ 19th April

May

- Club Champs 3rd May

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 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

60 seconds with Brad

Name: Brad Eastwood

Nickname: Easty or The Brad or Dick-Head (mainly dick head)

Occupation: Bank Officer

Most embarrassing moment in triathlon: Being caught by Patrick Vernay (IM winner that year) post 2007 Iron Man in a compromising position after the presentation night

Furthest place you have travelled to anytime: To Hong Kong for work

Favourite tri leg & why: My Bike cos I get to cheat by drafting and I really like cheating

What is your favorite aftershave: Brut 33 cos it is very stylish and the chicks love it

Like about tris: Tapering, Carbo Loading and post race beers. I don't particularly like doing the actual tri-athlon at all

Tri Goals for season: To beat Steve Hume in a race and to qualify for Kona...but more importantly to beat Hume!

Training tips for the Club Champs Party : There is no such thing as peaking too early when it comes to beer. My advice is to start drinking now and build a solid base. Anything less than 20 schooners at Club Champs is embarrassing and the last thing you want is for people to talk about you.



Recipe of the month

The Brad Special

For breakfast everyday at 1:00am (this is my brekky time cos I work New York business hours) I make the following concoction:

- In a large serial bowl fill (to approx half way) it with Natural Muesli. Note not to use toasted muesli cos that is rubbish and is eaten by pretenders who think Kellog's is healthy.
- Then mix in 2.5 dessert spoons of stabilised wheat germ
- Allow this to settle for approximately 3 minutes at room temperature
- Then mix in 4 dessert spoons of Sheep's Yoghurt (please make sure your sheep has not been interfered with by any Kiwi farmers first otherwise your yoghurt will have a salty essence to it)
- The final ingredient is full cream milk. As much as possible fill the bowl to the brim. Please note it is very important to use full cream milk and NOT skim or low fat. These other milk products are designed for single men with questionable lifestyles that reside in the Surry Hills / Darlinghurst areas.

Then simply stir the ingredients through so you have a nice consistency throughout the mix. This should serve one person which unfortunately is all I need to feed at brekky usually cos I go to bed alone...but that's another story.

I trust you'll enjoy the above dining experience. Please also note this meal is endorsed by the Hornsby Institute of Sport (H.I.S.)

Hobart Olympic Distance Triathlon

by Neville Bradshaw

Three members of the Hornsby Tri Club, they being Jill Pattinson, John Boakes and Nev Bradshaw travelled to Hobart for the 5th round of the Australian Triathlon Series.

Unfortunately John was struck down with a cold in the last week and could not compete, but he did take advantage of his prepaid air tickets and accommodation and made the trip to Hobart to support Jill and myself in our effort to win glory, or was it because John was also celebrating his 25th wedding anniversary, congratulations to John and Zena and Zena's mother was also celebrating her 42nd birthday during this weekend away.

The triathlon course was excellent, with the girls starting first, the 40+ men starting 45 mins later and then the 20 to 39 men following 45min later again. This was because the swim was a 2 x 750m, the ride 8 x 5km and the run 4 x 2.5km. Which meant this was a very tight course especially the ride leg.

There was much discussion the day before on how to remember which ride lap you were up to, even the suggestion of tabs on the handlebars to be ripped off with completion of each lap. However with best effort this was way to confusing & just another thing to think about. Was easier to count the times I went up the steepest hill (very difficult to forget because there was a hospital at the top)

The transition area was in a warehouse on the wharf next to Hobart docks which was dry, shaded and a hard cement floor, all competitors that I spoke to agreed it was an excellent transition area.

The swim was in 18.5C water which was quite cold but you got use to that very quickly once you started the swim and in fact was quite comfortable 500m into the swim.

The ride was very tight with 3 hills on the circuit, which meant you had to ride up 24 hills over the 8 circuit course, what a nightmare that was for me and a dream come true for Jill. Overall I liked the ride which also had 2 downhill sections, one downhill was very long so you got a bit of a respite from just riding up the major hill on the course which was about a 45 degree angle. There were also 2 very fast chicanes, which one was on the other downhill section which made it quite dangerous and very exciting as I hit this chicane at maximum downhill speed like a speed maniac and nearly crashed 5 out of the 8 times going down this section, but what fun I had.

The run was flat and fast and along the water front of Hobart, but who looks at the water or scenery when you are exhausted and trying to get home in your best time. The best thing about the run was that you had to run through the transition warehouse 7 times which was very different and had an interesting feel about it, I liked it and so did everyone else.

Overall I did my best on the day, I think I swam and ran my best times for this distance at this race to post a 2.30hr for 7th place in the 50 year olds and Jill did a 2.27hrs to gain 3rd in the 40 to 44 year olds, good one Jill.

A big thanks to Lisa, Steve and John for all their support on the sidelines, very much appreciated.

Following the race Jill, Lisa, Steve and myself hit the pubs in Battery Point for a well deserved bottle of champagne and many drinks thereafter to celebrate my finishing the race and Jill's fantastic 3rd place. Later that evening around 10.00pm we decided to call it a night following some hearty all day/ night drinking and celebrating. A very relaxing way to finish off a tri event.

This was a very enjoyable weekend away to Hobart and a very well run triathlon, I would endorse this event to anyone and I would expect I will be back again next year.



Sanitarium TRY-athon

By Carla Arcuri

On Sunday the 3rd of March I participated in the Sanitarium Weetbix Kids TRY-athon. It was held at the Sydney Olympic site where about 2.5 thousand kids showed up eager to complete the event. When mum & I arrived, first off, we collected my goodie bag containing a t-shirt & other goodies, then we headed for transition to get everything organized & then we were off to the pool. I was in the 11-15yr age category. Firstly the 15 year olds took off, descending down to the 11year olds. This was my age group & I hopped into the pool ready to compete my 150m swim, 6km bike ride & 2 km run. It all flowed smoothly with the really helpful volunteers & parents supporting everyone. As I ran across the finish line I was given a medal & a cool certificate, plus a big hug from my #1 fan, Mum. What sort of tri would it be without freebees!?! It was sponsored by Sanitarium (of course), New Balance, Le Tan, Yoplait, Kennards Hire, Malvern Star cycles, Gatorade & the list goes on. Kids show Nickelodeon hosts Maude & Kyle also showed up which was a surprise along with an ironman (forgot his name) a waterpolist & other sports stars. Unfortunately I didn't gain a prize from the lucky draw but I suppose that's to be expected considering the amount of kids that turned up! The Kids TRY-athon was a great experience & I highly recommend that any 7-15 yr old out there give it a go!



Nepean Triathlon

A personal perspective - sliding out the back of the pack from the experience of Martin Pluss

My involvement in triathlons began in 1984. At school I did the sport I was meant to do and I spent 5 Years at University in which I swam 6 laps of the pool on the campus. Once I started teaching in Bowral a group of us jumped into this new sport of triathlons in 1984-85. We would brave Bowral pool and its 14 degree temperatures and race home to have a shower to warm up and jump into bed. We would have magic rides out to Fitzroy Falls and back and race through the main street of Bowral home. You cannot do this now - well safely. We would run up Mt Gibraltar and have undulating longer runs through Burradoo.

We were dependent on the triathlon magazine of the day but the yearly routine was the January Taree Aquatic Triathlon, the February Sri Chinmoy Long Course in February, in March and April I watched a few mates do the Ironman, then we hit the winter fun run circuit and then in Spring we had the Windsor, Wisemans Ferry and Nowra Triathlon, Canberra Short course races. This was followed up by the Nepean triathlon which was my main event to end the year. Each summer we tried to tour (holiday) to race locations. Once we went to New Zealand and did three triathlons, two road races and one ocean swim over three weekends. And as we were staying in Youth hostels we actually rode further to the races than the races themselves on race morning.

My experience of exercise and "triathalons" (as it was sometimes spelt in the 1980s) and triathlons revolved around the Nepean Triathlon. I did 10 races from 1985-1995. I missed 1988 due to a sprained ankle while on the Year 10 School Camp in Kangaroo Valley - on a training run in the bush. I trained seriously for the first 5-6 and after that the Nepean was the only race I did each year because it was the race I just had to do each year.

The rest of the 1990s was the period of what I call "deferred personal goals" with a young family and in 2005 after being involved in Cool Running and a bit of excess weight I decided to go back and do the Nepean Triathlon and I was really pleased to see many of the old faces.

What do I remember of the different races. The race distances varied, from memory, it was mainly 1/40/14 but at some stage the run became 12km. Well many of my thoughts are merged together. Looking at the results now I can see I was in races with many people who still keep active to today such as Dave Bray and Paul Every to name two. I remember talking to Robert DeCastella while he was supporting his wife Gaylene Clews. Who could forget how cold the water was after they let the water out of the dam the week before the race - the water came from the bottom of the dam and it was icy cold - just like my training water temperature in Bowral. I remember running down the bulldozed track which was to be the freeway that now goes up the mountains once over the Nepean River.

In 1985 the 39 year old Stewie Mc Neill won the race ahead of some of the legends of the day such as Mark Pringle and Bob Tefler. I remember crossing by Stewie with 6km to go and he was sledging the young guy running ahead of him in the lead saying things like a 40 year old is going to run you down and sure enough he did. An Amazing run. I also note that a 22 year old Greg Love (3 time winner of the Six Foot Track and placed top three 9 times) was in the top 60 places for the event. I finished 2:28:20 in 158/1221 not a bad debut. Annette Ricardo won the women's race in 60th place over all and I finished behind the 5th women.

1986 was my year I set PBs in 5, 10, 12, 14 and 42km. The race was won by Greg Stewart followed by ironman legend Marc Dragon and Simon Anderson (Spot). The first woman was Louise Mackinlay in 73rd position. Yours truly tended to race amongst the 2nd and third women and this year I squeezed in 99/1200 ahead of the second women. The swim was short as I did the 1km in 11:30 and the fastest swim time of the day was 7:20. I was wrapped and terrified of the pace of the pack during the cycle which saw me through the 40 km in 57:50 and with fresh legs I ran the 14 km??(at least 12km) in 52 minutes. My finishing time was 2:09:50.

In 1987 other things in life took more priority after a very self indulgent 1986. I don't have a swim or a cycle time but I did manage 64 minutes for the 14 km run leg and finished in 2:14:40. The race was won by Nigel Barber with Spot in second place and Greg Welch debuting in 3rd place. Sue Turner was the first woman in 27th place. I finished in 138/919. I think this was the race where I was in the main pack chasing the leading pack there would have been 60-80 riders in the pack. I am not sure what happened but I was in the middle of the pack flying down Old Northern Road. I felt a clip behind me and turned and everyone behind me went down. I heard later the lead women were in the pack that went down. I still wonder to this day if I was the cause.

In 1988 I got married, did my ankle and was doing my Masters Degree. From 1989 to 1995 the aim was do the race each year to get to number 10. The only other racing I did in this period was a couple of Half Marathons; the Westleigh Half while it existed and the Sydney Half. There was very little training being done in Bowral and later Berowra and St Ives when we came back to Sydney. I managed to rope in some healthy mates and it was our mates' race each year.

In 1989 I finished in 234/1138 with a decent swim of 18:30, 66 minute cycle and 54 minute run which must have been 12km. My overall time was 2:19:20. The winner Greg Welch (1:46) did 40 minutes for the run and was followed up by Brad Bevan and Spot Anderson (no longer Simon on the results). The first woman was Michelli Jones in 70th position in 2:00:40.

In 1990 Brad Bevan won in 1:47 with Tim Bentley 23 seconds behind him and Bruce Thomas in third place with Liz Hepple in 1:57:15 in 61st place. My swim was still decent with a wetsuit at 19:50 the cycle was slowing to 64 minutes and the run was a bit slower at 54:00. I guess 2:18:25 is alright for a 30 year old.

In 1991 Mac Dragon came back for a win followed by Ant Mckeon and Chris Doherty. The first woman was Donna Gould in 36th place. I had better 18 minute swim, 68 cycle and 56 minute run for 2:22:58 in 436/931. I was now living in Berowra and riding the old Pacific Highway - I don't think I swam at all. I cannot remember going to a pool.

In 1992 Tim Bentley's reign was well on the way with first place ahead of Marc Dragon and Chris Doherty in a time 1:49:43. It was also the start of the Professional category in the results. The first woman was Rina Bradshaw in 2:05:10 in 37th place. I was now 464/846 with a 25 minute swim, 71 minute cycle and a 60 minute run. There is a definite downward trend now and I had not discovered Hornsby Pool.

In 1993 Emma Carney, Jackie Hallam and Jackie Gallagher pushed each other for first to third place with 1:56 winning time. Tim Bentley, Frank Clark and Grai Underhill took out the men's race with 1:44:47. I finished in 635/782 with 19:58 swim 75minute cycle and 63 minute run for finish time of 2:38:04. Now I was only looking at my category placing and was struggling with the whole concept that I was slowing down.

I only had two more to do to make 10 and literally I just turned up for this one and the last two. In 1994 I was 603/787 20 minute swim, 78 minute cycle and 66 minute run. Quite a bit behind Bianca Weosik, Maureen Cummings and Helen Macgechie and Tim Bentley Wayne Slater and Antony Mckeeon and I note a 19 year old Chris McCormack was in 4th place. My time 2:45:41 kept me ahead of most of my mates and now that was the only goal.

1995 was my tenth and last for 9 years. I finished 681/823 in a time of 2:55:14, 24 minute swim, 80 minute cycle and 70 minute run. Nick my son was two years old, Ali was to be born the next month and I was happy to stop doing triathlons. My only goal at this stage was to finish off 10 SMH Half marathons.

Fast forward to a decade of not too serious running except for a goal to run on the Olympic Marathon course in 2000 which I did in 3:54, a new job, another house to live in, some extra weight and more involvement in Cool Running Australia.

Anyway I did the Nepean Triathlon again on a new course in 2005 and 2006 and Number 13 will be this weekend.

Just for the record, and they are all new names to me, in 2005 Adrian Cominotto won in 1:36:03 followed by Dean King and Peter Schokman with the first female Brittany Orr in 36th place 1:49:03 three places **behind** Steve Hume. I am no longer near the lead women but I found someone I know who is! In 2006 Nick Hornman won in 1:32:49 followed by Lindsay Wall and Brett Mathison with the first female Sharp in 1:44:19 - now seven places **ahead** of Steve.

And as for me in 2005 I finished in 355/571 place in 2:18 57- 19:22 Swim, 1:05:01 cycle and 54:33 run. In 2006 I finished in 361/575 place in 2:17- 20:48 Swim, 1:05:20 cycle and 50:50 run.

In 2007 I entered my 13th Nepean Triathlon. The new course was brilliant I loved the turns in the light industrial area. I did 2:21:50 with the swim (no wetsuit) in 23:38 the cycle in 1:01:30 and the run in 56:41. Finishing 403/604. The first male was Aaron Farlow in 1:29:53 and Jo King the first female finished in 1:45:33 six places **ahead** of Steve who finished in 1:46:14.

It does not take long to slide out the back of the pack. Hopefully I can make 20 Nepean Triathlons.

By Martin Pluss

044RUNNING

Martin Pluss



Qualifying for Worlds in 2009

The Australian Triathlon Association - National Series - Olympic Distance
2007/2008

For those you who have been reading the race reports from Jill, Martin and Neville on the Olympic Distance National Series this season you would have realized what an interesting series it has been to be apart of. The camaraderie, the races and the series as a whole has been just great and I would recommend to anyone looking to be a part of a national race series to give this series ago.

This season there were 6 races at difference locations whereby you accumulate points for your finish position which then go towards our final points tally. If you accumulate enough points you can represent your country at the World Olympic Distance, this year the worlds are in Vancouver Canada. What is the Olympic Distance; 1.5km swim, 40km bike and 10km run.

So why am I telling you all this, well because the worlds are to be held on the Gold Coast in 2009 and I think this would be a great series for members of our club to train, travel and compete together with the view of qualifying to represent our country.

Also the National Sprint and Long Course races at Husky, which are qualifying races for the worlds is to be held in Perth next year, so another incentive to get out there and start training this winter to see if we can all qualify for this World Championship Series. The World Long Course is the race that Jill, Rosanne and Charles competed in at Canberra back in 2005, where Jill picked up a 3rd place.

So who's interested to give these races a go next year?

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 lane 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.

Wind Trainer Session *New*

First session will be Thursday 6th March 7.30pm

WHERE: 6 Clifford Ave Thornleigh - Michael McGeachie's house.

It is indoors so don't worry about weather.

BRING: bike, wind trainer, towel, water bottle.

If you don't have a wind trainer and are still keen the club has recently purchased 4 wind trainers which can be available by arrangement

Any queries call Michael on 0416299064 or kmcgeachie@optusnet.com.au

Friday speed sessions at Normanhurst Oval (new day)

We're back to waking up the Kookaburras at 6am.

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 Friday 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!

Triathlon Training Tip of the month

4 Drills to improve your Triathlon Run Leg.

These four drills will make you a more efficient runner and a much stronger triathlon runner.

Overview of the Four Drills

The first two drills are strides and skipping. You should start and finish each run workout with a set of strides. A stride isn't an all-out sprint but a chance to focus on good, quick running form. Skipping is also a simple form of plyometrics, the explosive jumping exercises that build fast-twitch muscle fibers. Since roughly 20 percent of the energy tapped for a 5K race is anaerobic, you need to train this energy system to last.

The next drill is the Brick, the fundamental bike-to-run transition workout. In a sprint tri, you have no time to ease into running form--your run leg is over before most Ironman athletes even find their rhythm. That means you'll need to practice the bike-to-run transition much more than other triathletes. The easier it becomes, the quicker you'll be able to find your 5K pace.

Last is a core-strength exercise that doesn't involve running: the plank. Remember, the key to a fast 5K is efficiency. You'll need a strong core to provide a stable platform for your legs to turn over smoothly and quickly. Unfortunately, most athletes neglect core work and ultimately never enjoy their full potential. With this easy exercise, you won't be lumped into that sad category.

The Four to Make You Fly

Add these drills to your run training and the results will become readily apparent during a race; you'll run past more people than ever.

- **Strides:** Do a set of strides before and after each run. If possible, do them on dirt or grass. Run for 20 seconds as fast as you can while maintaining smooth form and then rest 30 seconds. Do a total of four strides.
- **Skipping:** Once a week, find some grass or a dirt trail and start skipping. If it's been a while since you last skipped, start with two sets of 3 x 30 seconds, with an easy one-minute jog after each of the three reps and a three-minute jog between the two sets. As you progress, work up to two sets of six repetitions and cut the recovery time in half.
- **Brick:** Because of the importance of the neuromuscular transition from the bike to the run, I like to see people do--at a minimum--one brick a week throughout their training for a sprint event. Two bricks a week is even better. Your run shouldn't last longer than 20 minutes and should follow this format: Take two minutes to find your legs and then do six 30-second fartleks at 5K race pace with one minute of jogging recovery after each. Use the remaining time to run easy and cool down.
- **The Plank:** Start in a modified push-up position where you're resting on your forearms. Keeping your legs, torso and head in a straight line, push your body up off the ground and hold the pose for 30 seconds. Repeat four times. Work up to holding the pose for one minute. Do the plank exercise every other day, year round.

Courtesy of Active.com

Gear for sale *updated*

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	S	2	105.00
Cycle Knicks	XS	1	115.00
	S	2	
Tri Suit	S	1	135.00
	M	3	
	L	1	
Tri Knicks	XS	1	65.00
	L	1	

There will be a new order (15 each across various sizes) of tri knicks and tri singlets arriving around 20th March.

Prices have been reduced to recognise the pressures on working families!

Club t-shirts also available (just ask Steve)

Race Calendar

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
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
	HTC Biathlon		Sparke Helmore Tri (Spr @Newcastle)
	21	22	23
			Monday 24th - Hills Tri Club Invitational (PM)
			Monday 24th - HTC Manly Dam Swim & Runs (AM)
	28	29	30
	HTC Biathlon		
Apr	4	5	6
		Striders 10k	Ironman Australia
	11	12	13
			BP/BRW Corporate
	18	19	20
	25	26	27
			NSTC Triathlon
May	2	3	4
		TriNSW Club Champs (Mid)	
		Busselton 70.3	
	9	10	11
		Byron Bay Triathlon (OD)	

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
9/03/08	Kurnell 4 (Spr)	Lisa, Neville, Michael, Steve H, Andrew J, Adrian, Trevor, Doug, Wally, Gracinda, Michelle, Peter G
16/03/08	Corporate Games Tri	Neville, Michael, Lisa,
24/03/08	HTC Manly Dam Swim and Run - (Easter) Monday (AM)	as many as possible!!!
24/03/08	Hills Tri Club Invitational Triathlon - (Easter) Monday (PM)	as many as possible!!!
03/05/08	Club Champs	as many as possible!!!

Results

Event
Kurnell 3 (Spr)
Geelong 70.3
Hobart (OD)
Aust Sprint Distance Championships (Huskisson)
Aust Long Distance Championships (Huskisson)

see <http://www.hornsbytriclub.org.au> for results

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!