

Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

April 2008

Edition 8

Note from the President	2
Diary Dates	3
Bike Box Bookings	3
Club Bike for use.....	3
Club discounts	3
Member Profile.....	4
Recipe of the month.....	5
Kurnell 4.....	6
Training Sessions *updated*	12
Club Wind Trainers.....	13
Training tip courtesy of Active.com.....	14
Gear for sale *updated*	16
Race Calendar	17
Who's doing what??	18
Results.....	18

Note from the President

Firstly let me thank everyone who helped out at the two Bunnings Fundraiser BBQs we have run this year. Year after year I am impressed by everyone's generous volunteering spirit. Your efforts go along way towards helping the club achieve a position of financial strength where we can afford to purchase uniforms and other gear that will make our training more effective and our events more comfortable for competitors and supporters.

This weekend we have the NSW Club Championships at One Mile Beach. I'm hoping that all competitors will be able to wear club uniforms and t-shirts and join us under the brand new sun shelter. It should be easy to spot - mainly red with the club's logo on the side. We hope to be able to take the sun shelter to all the popular triathlon events over coming seasons.

Winter Biathlons have officially started. The first event was held in perfect conditions last weekend. We only had a few people turn up for the event which was a little disappointing - but I'm sure we will build up through the season. You will find that these biathlons are more relaxed the the summer version. This is because the pool is generally less crowded and we don't have the Friday night pressures of Swim Club starting immediately afterwards. Be sure to get there for the next one on Sunday May 25th at 2:00pm. The last Sunday of each month from then on till September.

Finally, we have the Club's Annual Awards night scheduled for Saturday, 24th May at Annapoorna Indian Restaurant and I hope you can all attend. Our Awards Night Organising Committee (ANOC) have been working very hard selecting a suitable venue, gathering an array of prizes and preparing for the night. Expect to hear more on this shortly - what ever you do don't miss out!!



Diary Dates

May

- Club Champs 3rd May
- Annual Awards night dinner scheduled for Saturday, 24th May at Annapoorna Indian Restaurant, mark it in your diary, more details next week

Bike Box Bookings

Available for those travelling to races - \$25 per booking.

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 stevhume01@optusnet.com.au

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: Gracinda Mariyana Sanchez-Nunez-Ferreira. Now you know why I refer to myself as G. At exam times, I used to get an extra minute for writing my name out!!

Occupation: Depends on the day of the week....something to do with white coats, asking lots of why, when, how long, is there pain and yes you will be fine, just go home and enjoy life.

Favourite tri leg & why: The run, being Latin I enjoy chatting, not much of that happens whilst being a puffer fish (ie swim leg), less likely on the cycle leg when one HAS TO BE 7m away from any human body, triathletes must have some unknown plague. By the time the run starts everything hurts, the legs belong to someone else, you start to question "why did I not stay in bed with my mobile, (more talking), enjoying freshly baked scones". HOWEVER mother nature is always looking after us and has given us the run leg. This is the time to prove that I still have a voice and if not too crunchie, I can chat to people. The run allows one to admire the surrounding talent or fashion, it keeps me entertained as I have a concentration of an amoeba (according to family, but then family tend to

exaggerate facts often)

Like about triathlons: An opportunity to remind myself over and over that I am 'a Jacqueline of all trades and mistress of none". Now that is a real English saying, has no meaning what so ever in Latin.

What do you do for pleasure when you're not training: It's widely varied, I am easily bored hence the need to have few things on the go. Unfortunately I inherited my mama genes of hyperactivity (no to Ritalin thank-you, this drug should be banned in my opinion). I have no family in Australia thus local friends are a huge part of my life. There is a mixture of DINKs, SINKs and SPURs hence lots of activity on the go at anyone time. The rat race at times gets to me, this is when I enjoy spending some time browsing in a quiet book shop or being on a yacht (you, water and the sunshine). Music is also a yes yes. However to be brutally honest with myself, the hyperactivity kid (family talking again) needs to be kept busy vs just lounging.

Thing you miss the most from your home country, that we just don't get/do here: Siestas
Family, I come from a large family, the last time I counted there were > 45 first cousins, let alone second cousins.

Australia being a young country has limited history or culture (sorry), at times I do miss the European culture.

The wooden shutters to keep the Sun out in Summer and the heat inside during Winters.

Are you loyal to a particular bike shop, why: Now there is a dichotomy. Turramura Cyclery, they were very friendly when I first arrived in Sydney, they do remember who I am, more importantly they don't mind the dumb questions asked about bikes. At the same time Turra wants you to spend your money **fast**. Then there is Hornsby Cycles, friendly and much more conservative (introduction courtesy of HTC)

What is the most challenging training ride you have been on: There is a road race in Cape Town (South Africa) called Argus held every March. One of the years when I was training for it, I decided to do Audax Alpine Classic down in Victoria as a training cycle, that was TOUGH, took me the whole day.

Thing you like the most about living in Sydney: The proximity of beaches, (you call it surf), national parks and urban living. Its a real gem, sometimes we take it for granted.

Name of a movie/book you've enjoyed recently: The Other other Boleyn Girl, this movie should have a cinematography award, its excellent.

Trust the British to put this movie together although Columbia was involved in its production as well

Where do you get the best hot chocolate in Sydney in your opinion (1 only, hard choice!): The Bald man (Max Brenner). Try their Italian hot chocolate with vanilla cream (yummy, a meal on its own).

Recipe of the month

From Gracinda "G"

Pear and Sour Cherry Crumble.....healthy and yummy.

Fruit

900g pears, peeled,quartered, cored and thinly sliced

1 tablespoon lemon juice

50g demerara sugar

75g dried sour cherries (can use dried prunes)

Crumble:

200g plain flour

200g porridge oats

200g demerara sugar (you have halve the sugar to be healthier and its still yummy)

200g unsalted butter,chilled and diced

75g shelled pistachios

Preheat oven 170 C fan or 190 C gas

Toss pears in large bowl with lemon juice and sugar, then gently add cherries

Arrange fruit in a shallow oval gratin or ovenproof dish

Combine flour, oats, butter, sugar in a food processor and whiz until it resembles large crumbs, taking care to stop motor before it turns into a dough
Transfer the crumble to a bowl, mix in the nuts. Scatter mixture over the fruit, dont worry if you have to mount it, the crumble will sink as it cooks. Bake for 40min until the top is golden and crisp.

Serve crumble 20-30mins out of the oven with a spoonful of creme fraiche. Its also delicious cold.

Have a second helping and do a spin class the following morning at 6am

Kurnell 4

Wally Phillips

This was my first Kurnell race, and what an experience! While the early memories will be those of arriving in absolute darkness (to get a parking spot!), and then standing shivering at the start of the swim while counting how seemingly everyone else had wetsuits, the lasting memories will definitely be how much I enjoyed this very well organised event. As you do, you always set yourself a target time, and I managed to come in under 70 minutes, at 67:52, so very happy on that front. Slogged through the swim, then really enjoyed the cycle and run. And finally, it was great chatting to the rest of the HTC gang before and after the event - great support team! And for the record, next year's target is 65 minutes :)

Lisa Healey

This is my favourite race (of my short triathlon career so far ☺) It's a very friendly event & because there are 4 events to the series, I see many of the same faces each time. Have had some great conversations as we compare notes on how far off course we were in the swim. Whether we had the sun in our eyes & couldn't see shore. Who passed who on the run & most importantly who gets to the massage table first, usually an HTC member, last time I recall in the order of Adrian, Neville & myself! The challenge for me is always a personal one, to do better than the previous race. When sucking on an orange quarter at the end, I'm just thrilled to have got up that morning & had such a neat experience all before most of the population even got out of bed!

Steve Hume

Good things about the day were that the conditions were just about perfect for racing and there was a pretty sizable group of competitors from Hornsby Tri Club. My "mid life crisis" wave were able to watch all the other wave starts go off earlier and this always provides good information. Especially as the current dragging swimmers from right to left seemed to get worse from wave to wave. Seeing the elite wave set off before they were scheduled to and having to swim back to the start line amused most of the oldies on the hill.

As a result of trying to learn from those going before us it was pretty easy to allow for the drag and minimize the distance to be swum. I ended up with a swim of around 11:30 minutes including the run to the bike compound. I thought I was a little off the pace of those in my wave as I had lost the leaders before the first swim buoy.

Up the hill to the first transition I was able to get past a few in the same wave so I felt a bit better.

Into transition I changed into my bike gear including shoes and took off - I realized there were plenty of people quite close by running bare foot meaning they would need to get their feet into shoes before they could cycle efficiently. I took off straight away passing a group of three cyclists as they battled trying to get their feet into their shoes. I went past another few before I realized that my front derailleur was not working. I kicked myself for not checking my bike more thoroughly before the start. I felt I would be off the pace because of the fast flat course that is Kurnell but just decided to put my head down and go like crazy.

Heading towards Sir Joseph Banks drive I felt like I was struggling to get enough speed to overtake some of the cyclist in front. As I reached the turn around I noticed a small bunch behind me. As I went back down Sir Joseph Banks Drive one of them came up alongside asking me what age group I was in. He let me know he was in the 45-49 group but did not go past me so we rode side by side to the end of the road. As we went back out on to the main road he went past as did another two from my age group. What followed was probably the most blatant drafting that I have been involved with. No one was backing off and everyone was working to try to stay on each others wheel when not leading the group. As we went down the last straight towards the next turn around I tried to get a gap and get past a few slower riders from the wave in front. Once around the bend I found the same 3 riders behind me that had joined together at Sir Joseph Banks Drive. I worked to try and get past the riders just in front and found we had got past Spot Anderson (the fastest swimmer in the 40-44 age group). He quickly became caught up in our group even giving directions to his clients to hang back and draft more off those riding in front (which was me at the time!!). One of his clients went past shortly afterward followed by the others so I latched onto them all the way back to the National

Park. Up the hill I thought I'd try and get a lead going into transition so I took off up the hill and went to the front so as to make sure I got to transition in the lead.

Transition was pretty good for me but one of Spot's 40-44 client's ran past me out of transition so I set off in pursuit. I quickly gathered him in and then set out to put a gap on the rest of them. Shortly afterwards I went past Chris Southwell from Engadine - someone whom I have never beaten in a triathlon. He has won his Age group at National level races and has won at Ironman Australia with times around the 9 hour mark so I was pretty happy to get past him fairly early in the run. At the finish line I stopped my watch at 1:00:26 - I was 3 minutes behind Adam Radford who has been the dominant age group racer over this season and miles in front of everyone else in the 40-44 age bracket. The official race time had our wave finish around 30 seconds faster than we expected and most of us knew the race time to be inaccurate.

As always I was impressed with Matty Harris the race commentator who is excellent at mentioning the presence and solid efforts of everyone from Hornsby Tri Club.

After the race results were known I was a little disappointed not to have broken my PB set in the corresponding race in 2006 when I finished in around 58:30. Given the timing inaccuracy for our wave and getting sucked into the drafting that went on throughout the bike leg I was a little disappointed not to have broken this PB. In other races I have backed off a little bit more after being passed to remain outside the 7m limit. So given the unfair advantage I made use of and the slower time I wasn't too proud of the result.

It was good to see that almost everyone from Hornsby Tri Club had a fast race with many setting PBs. Well done gang!! I'm looking forward to a fast and furious crowd from HTC competing at the Club Champs.

PS. Sorry if I don't fully acknowledge everyone from HTC when I'm on the course - I do recognize most people out there it is just that I am usually trying to chase down someone up ahead from my age group that causes me to save my breath at those moments.

Michael McGrechie

Extremely happy that I took 4.30 minutes off my previous race in round 1 - as did most others it would seem. All the time came off via the swim and cycle legs, run leg was as per normal.

Not happy after realising early in the cycle leg that the boys from Thornleigh Cycle shop did not properly do up the handlebars/ stem etc after my bike had been there the previous day for some set up changes.

Gracinda Ferreira

SECURITY BLANKETS, yeap blankets you got it.

This was my first Kurnell, had heard so much about it, in my mind it was this place farrrrrrrr away down South

Last minute entry and Gracinda was all set, until the reality set in. I was to swim in open H2O where there are no lanes or lines to keep you comfortable. What is lurking in that water? I set off at 04h15. I am a great believer in "mind over matter" however wheatbix at 04h00 is not very tasty, the brain was having tough time convincing the taste buds.

Lisa, (1st security blanket), pointed out a few things (a) watch out for the oysters and the sea urchins (cucumbers!!) when you enter /leave the water, (b) just follow the people in front of you and you'll be okay (c) choose a land mark for when you swim back shore (d) this is one of my Tri's venue (e) I forgot the muffins I baked last night (f) Neville was quite in the car as its early for him.

Our GOLD service taxi, (Neville, 2nd security blanket), ensured that Lisa and I were delivered to registration table just 300m from the car. Neville also pointed out that YOU ALWAYS TAKE YOUR WETSUIT to ALL Tri's. Guess what? He was 100% spot on, temp was just above 20C.

With all this information and knowing that both BLANKETS were not so far away. I was all ready, this was my first open H2O swim where I could be "relaxed" and just concentrate on one stroke at a time...I did enjoy the swim.

The cycle was great and flat, no head winds. Now for the run leg, having to bypass the finish line twice in a row was mental torture, it also had a "steep" 100m just before the finish line, you had to do that 3 times. People around me were heavy breathing, I asked myself "are these people fit?"

At the end when all the mob came together, one of the things that amazed Gracinda and 1st security blanket (Lisa), were the boys. The boys were comparing who was where in the course, how fast transition took, who was on bike first, who was hyperventilating on the run, etc etc. Lisa and I just stood there in total awe listening to the post mortem/revelations of the race, Lisa's face expression mirrored my thoughts....afterwards Lisa and I compared a few brief notes viz a viz "did you hear all of that"....We have now re-confirmed that men are different to ladies...

All the HTC participants did PB, (well done), even Gracinda did a PB (first Kurnell so it has to be a Kurnell PB).

The success of Kurnell is to have a few security blankets to keep you confident...one of the many reasons I belong to the club....thank you Lisa and Neville

Look
Claire's
taking my
picture!!!



In your
dreams she's
taking mine!



Steve collects his
medal. We were
all very proud.

Joshua Phillips

School - Gordon West - year 3

Age - Turning 9 on 29th April 2008

Interests - Sport, sport and sport - mainly triathlon, running, cycling, soccer, cricket

Triathlon introduction - Josh did the Weetbix series in Sydney and Newcastle during the summer of 2006/07, and the bug bit!

Competitive triathlon - They may tell you the NSW Junior State series up to U11 age is non-competitive, but try telling that to the kids! Josh competed in the State series in the U9 age group this past summer, starting in Gunnedah back in October 2007 and finally the State Championships in Mudgee in March 2008. In this age group the events were a 50m/3km/1km swim/bike/run format.

In Gunnedah, Josh did not yet have a road bike, so he used his little Mongoose mountain bike. It may have gears, but it was no competition for the faster road bikes. He came third in this, his first competition in the state series.

Next up was a weekend in Forster - luckily Josh had got a road bike the week before, so he was ready to go. He won the triathlon against stiff competition on the Saturday. The next day the State Aquathon championships were held, with the U9's doing a 500m/50m/500m run/swim/run event. Josh again won this event comfortably.

After that, the remaining events were at Newcastle, Sutherland and then the final State Championships at Mudgee. Josh took first place at all these events. So after a third at Gunnedah, he ended up winning every event of the State series after that.

Nepean Triathlon - In November 2007, Josh took part in this 50m/3km/500m event out in Penrith. He competed in an age group a year older than his, and he managed a very respectable second place in a big field of 31 boys.

Lindfield 5km Fun Run - The whole family took part in this run in March 2008. The youngest age group classification was U12, and Josh as always wanted to do a competitive run. He certainly surprised all of us by winning the U12 age group against 72 boys, with an excellent time of 24:11 on a tough and hilly 5km route. Overall, he came 60th out of a field of 647 finishers.

Training - Dad is the coach at this stage, and it really is easy training Josh, because he always wants to do more. We try to cycle and swim at least once a week, and then spend a bit more focus on the running side. Up till now, running training has been alternating between a 2 and a 3km time trial route through the neighbourhood, and then including some hill training and interval training at times. We've now started to include a bit of track work, because cross country and 800m school competitions start during the winter.



Port Macquarie Ironman

by Brad Eastwood

Months of training, managing injury, juggling work and family not to mention the personal sacrifices that are inherent with preparing for Ironman, and the day is finally here. The race that by it's pure distance and duration dictates that each person dedicates an unreasonable portion of their life to training so they get through, irrespective of what the goal finish time is or how hard the conditions may be on the day.

I guess people have their own reasons for participating in events such as IM. For some people it's a race to beat their opponents across the line and possibly qualify for Kona, others it's the challenge of just getting to the finish line comparable to reaching the peak of Everest.

So it's 4am at Unit 5 at the Beach House Apartments, Port Macquarie. My room mates are still inebriated from drinks the night before, fortunately they won't be embarking on the adventure I was about to take, they ran their race at the bar last night. I am a little more subdued, I suppose overwhelmed at what lies ahead. Having participated in this race last year I was completely aware of what I was about to put my body through. So Allison, Nathan, myself and almost 1,600 others have by now probably had breakfast and are making their way to the race start. It's just after 5am. It's still dark and now raining quite heavily. As if we don't have enough to think about. As I get out of the car I notice within myself a sudden urge to remain very silent, my breathing is becoming deeper and a blanket of confusion reigns over me as I can think of nothing but the race. More seasoned athletes call this as "being in the zone." In my case however I think it is nothing more than being absolutely petrified.

6:25am and I remember feeling guilty about not participating in the National Anthem. But to be honest it is the last thing on my mind. 6:30am and the gun goes and we find ourselves along with 1,600 other people swimming frantically over the top of each other fighting to find good water. Anxiety levels are high, heart rates even higher until everyone settles into a rhythm to get through the 3.8km swim.

Ahhh, finally out of the water and running to my bike. Heart rate through the roof again, but I know I'll soon be on my trusty steed for a gruelling 180km time trial. This is the foundation of the IM day. What happens here will dictate what happens on the marathon. Factors out of our control from punctures to mechanical problems are put out of mind so we can focus on things we can control such as pacing and nutrition.

About 25km into the bike leg I saw my first casualty. Descending at at least 60km's per hour a rider takes a heavy fall ending his day and nearly mine. I had no hesitation riding past the obviously injured cyclist. After all this is a race and there's no prize for compassion. Although I know one person who would have stopped and helped... hats off to Gracinda for being the most compassionate person in HTC.

As the bike leg continued the rain that hampered us earlier in the day cleared, unfortunately the wind remained. I'm sure most riders will agree that riding into town is a good feeling not only because we get to tick off one more of three 60km laps completed, but we are welcomed by cheers of encouragement by friends, family and Port Macquarie.

So finally the bike leg is over. I can thankfully report that neither Nathan, Allison nor myself had any mishaps on the bike. We all got to the beginning of the marathon ready to commence the run where most people will argue the race begins. At this point I was on target to meet my goal, but was still a long way from the finish line.

Conditions were perfect for a casual jog around the coast. The run out of transition takes a kilometre or two to find your running legs. Also a three lap course, the run is where the real pain kicks in. If nutrition or pacing was not right on the bike, it won't be long into the marathon before it takes its toll.

Running in and out of town is made easier by more cheers from friends and family. I remember on the third lap of the run actually feeling physically better because I knew I was running toward well wishers. It may sound strange, but having people at the race to encourage us really makes a huge difference. I for one was happy with my race and I know that it wouldn't have been so if not for that support.

Finally the finish line is in sight and the feeling of running up the finishers shoot cannot be explained. Through your head is the ringing of "I did it" over and over. This is slightly drowned out by people screaming at you and commentary from the microphones. Further to the chaos is a sea of little hands trying to high five you as if you're something really special. Then the all too familiar sound of Mike Reilly's voice exclaiming, "You're an Ironman" For those who want to challenge themselves with one of the most gruelling sporting events there is, then I strongly suggest doing the IM. It is more than one long day, it is an adventure that starts from that first training ride. I thoroughly enjoyed the experience and plan on returning next year. I hope to see you there.

This article is dedicated to all of the supporters who made the effort to get up to PM to watch the race. That's what makes it a special day!!!



Training Sessions *updated*

Winter 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. 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 5.45am, Wed 6am & Thurs 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.

Other options are Mon - 6:45 - 7:45pm, Wed - 6:30 - 7:30pm & Sat afternoon - 4:00 - 5:00pm

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

For access to club windtrainers contact Lisa on 0421277350 or lisanadinehealey@yahoo.com.au

Thursday speed sessions at Normanhurst Oval ***updated* (Thursday starts 8th May)**

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 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!

Club Wind Trainers

Due to popular demand we have put together some guidelines for borrowing the Wind Trainers. These guidelines will be reviewed as required, & if they are followed should make it very easy to locate trainers at any given time.

The intention is for the Wind Trainers to be in full use & rotated regularly. If you're thinking of purchasing one then Steve recommends contacting Anthony May at Thornleigh Cycle Sports as he may be willing to provide HTC with a discount.

Currently all Wind Trainers are on loan.

If you'd like to borrow one please send me a mail lisanadinehealey@yahoo.com.au, or if my response isn't quick enough give me a call on the mobile 0421 277 350

The 4 on loan can be retrieved in an instant as most have had them for a while 😊

For new borrowers I'll hook you up with the current Wind Trainee, you'll need to collect Wind Trainer off them & provide them with details of name, address & phone number, before leaving the scene. Old Wind Trainee will then email me the details within the next 2 days & I'll keep a log of who's got what & where.

Loan will be for 1 month, unless not required by another user. If you go on holiday it would be courteous to return the trainer to the pool (just let me know in the first instance lisanadinehealey@yahoo.com.au) so it can be used in your absence.

We would expect that if any damage occurred to the trainer whilst in your care would be repaired at the borrowers cost.

Their use is encouraged & we look forward to seeing you at the weekly Wind Training session.

Training tip courtesy of Active.com

Building a fluid freestyle stroke

By Kevin Koskella, triswimcoach.com

March 12, 2008 -- Learning proper freestyle encompasses hip rotation, getting onto your side, gliding, increasing your stroke length, etc. Let's look at some practical ways to implement these techniques.

You may have heard of the catch-up drill for swimming. This drill has traditionally been used to get swimmers to glide more and achieve improve their distance per stroke. In the traditional catch-up drill you actually touch your hands out in front on each stroke. The problem with this is that you are actually coming to a complete stop with your hands out in front and you are therefore on your stomach as opposed to rotating with your core.

To solve this problem, I typically have swimmers do a more "advanced" version of catch-up, which helps with distance per stroke and hip rotation. Here is the sequence:

1. $7/8$ ths Catch-up. As stated above, traditional catch-up drill requires that you touch your hand out in front on each stroke. $7/8$ ths catch-up is "almost" catch-up: Don't go as far as pausing on your stomach, but wait until your hands almost touch before starting the next pull. This drill is mainly used to set you up for the next one.
2. $3/4$ ths Catch-up. Same as number one, only you begin your pull when your fingertips are lined up about with your elbow on your other (extended) arm. Here is a series of pictures demonstrating $3/4$ ths catch-up, a drill I recommend and give to my athletes often.





Notice the hip rotation from the upper left picture to the lower right.

3. Six kicks per stroke. Take a stroke, extend your arm out in front, kick six times, breathe to the side, take your next stroke. This will keep you on your side longer than usual and exaggerate the rotation and glide.

4. Four kicks per stroke. Same as the last drill, only you are doing four kicks instead of six. This is almost like swimming full stroke freestyle, but there is a slight pause to get in all 4 kicks.

Try this set in your next swim workout:

15x50's

Rest= :15 between each 50

#1-3: 7/8ths Catch-up

#4-6: 3/4ths Catch-up

#7-9: 6 Kicks per Stroke

#10-12: 4 Kicks per Stroke

#13-15: Freestyle swim- focus on stroke rhythm, rotation, or distance per stroke.

Repeat this set and take note of your comfort level. As you practice, you should start to feel the difference in your stroke on the last three 50's. Remember to just focus on one thing at a time -- trying to do more than one is too frustrating!

*To see video clips of these drills, as well as others, go to www.triswimcoach.com and check out the *Complete Guide to Triathlon Swimming* or the *Essential Triathlon Swimming DVD*.*

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	

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
Apr	4	5	6
		Striders 10k	<i>Ironman Australia</i>
	11	12	13
			BP/BRW Corporate
	18	19	20
	25	26	27
		NSTC Triathlon	
May	2	3	4
		<i>TriNSW Club Champs (Mid)</i>	
		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
03/05/08	Club Champs	Adrian , Nathan, Michael, Brad, Andrew J, Steve H, Sarah R, Caroline B, Karen, Lisa H Marshal - Nev, Steve L

Results

Event	competitor	Finish	swim	ride	run
Kurnell 4 (Spr)	See http://www.hornsbytriclub.org.au for results				
Mooloolaba Triathlon	Marion	2:24:37	0:24:17	1:15:57	0:44:23
Port Macquarie Ironman	Brad (Going to Kona!!)	09:31:18	0:59:30	5:02:57	3:28:50
Port Macquarie Ironman	Nathan	10:42:23	1:13:59	5:46:45	3:41:38
Port Macquarie Ironman	Paul H	11:36:47	1:05:34	5:37:31	4:53:41
Port Macquarie Ironman	Allison	13:18:01	1:35:28	7:34:32	4:07:59
LD Triathlon Noumea	Marion	2.22.58	26.04	1.11.12	45.42

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!