

# Spin Effects

## HORNSBY TRIATHLON CLUB NEWSLETTER

May 2008  
Edition 9

Note from the President .....	2
Diary Dates .....	4
Bike Box Bookings .....	4
Club Bike for use.....	4
Club rewards .....	5
Member Profile.....	6
Recipe of the month.....	7
Club Champs.....	8
Chris Curran World Masters Swim Champs experience.....	12
Training Sessions *updated*.....	13
Useful links.....	14
Club Wind Trainers.....	14
Training tip.....	15
Gear for sale.....	17
Race Calendar .....	18
Who's doing what?? .....	19
Results.....	19
Thankyou .....	21

## Note from the President

We'll we marked the end of the season in fine style. The Awards Night at Annapoorna Indian restaurant was fabulously organized, very well attended and great fun too!!

My appreciation goes out to all who contributed to the success of the night. The key people behind this great event were Lisa and Catherine. Thanks to them and all the generous businesses that donated prizes towards our night we were able to celebrate the end of a season like never before. The kindness and generosity of the many donors to our Awards Night is not to be under recognized and I urge all of you to mark your appreciation by making an effort to return the favor by frequenting the businesses listed within this newsletter. The generosity of our contributors will go a long way towards covering the expenses we are likely to incur as a club over the next year or two.

So thank you to the following businesses:-

**Aquabliss School of Swim** - Normanhurst  
**Aqua shop** - Gordon  
**Annapoorna Indian Restaurant** - Hornsby  
**The Athlete's Foot** - Hornsby  
**Belmonte Pizzeria** - Pennant Hills  
**The Blue Gum** - Hornsby  
**Captain Cook Cruises** - Sydney  
**Eden Gardens** - North Ryde  
**Fernwood Womans Health Club** - Hornsby  
**Greater Union Cinemas** - Hornsby  
**Hornsby Aquatic Centre** - Hornsby  
**Hornsby Cycles** - Hornsby  
**The Hornsby Inn** - Hornsby  
**Hornsby Massage and Beauty** - Hornsby  
**Jim's Cellars** - Waitara  
**Liquor Legends** - Hornsby  
**Magistic Cruises** - Sydney  
**Millennium Health Club** - Waitara  
**The Palladium** - Hornsby  
**Peters Meats** - Thornleigh  
**Sushi Yah** - Pennant Hills  
**Toscani's Cafe Bar and Restaurant** - Hornsby  
**Wild Fired Grill and Café** - Pennant Hills

As a club I'm sure we can help to continue supporting these businesses by being frequent customers into the future.

For those that were unable to attend on the night the list of Award winners was as follows :-

**2008 HORNSBY TRIATHLON CLUB AWARDS**  
**Master of Ceremonies - Andrew Stone, assisted by Neville Bradshaw**

<b>PRESENTER</b>	<b>AWARD</b>	<b>WINNER</b>
Martin Lord	Overall biathlon point score winner	Tony
Martin Lord	Women's biathlon point score winner	Sarah
Martin Lord	Men's Debut triathlon	Wally
Martin Lord	Women's debut triathlon	Sarah
Neville Bradshaw	Men's Key events series	Steve
Neville Bradshaw	Women's key events series	Jill
Neville Bradshaw	Ironman rookie	Allison
Steve Hume	Most Improved	Gracinda
Steve Hume	President's award for Club Commitment	Lisa
Steve Hume	Outstanding Achievement Award	Brad
Steve Hume	Outstanding Junior Achievement	Josh

As I said on the night, I believe that everyone in our club is a winner, regardless of whether you picked up an award on Awards Night or not. I find it particularly rewarding to see our people in the club pushing through perceived boundaries to complete an event they thought was beyond them and seeing people strive to try and improve their fitness or race times year after year.

It is also very rewarding to see the fantastic club spirit everyone shows towards recognizing the efforts of others. This is also evident in the great support we get to any volunteering jobs that need to be filled. Long may this shared spirit of achievement and success continue at Hornsby Triathlon Club and thank you to each and every one of you.

Last but definitely not least, I want to say thank you to all of your wonderful Committee members - Andrew S, Neville, Lisa, Adrian, Claire, Martin and Michael who have worked really hard and selflessly over the past season(s) to make sure that Hornsby Triathlon Club is one that we all want to be a member of. They have done a fantastic job for all of us. Thank you.

Steve

## Diary Dates

This Winter Biathlons are held at Hornsby Pool, Pacific Hwy, Hornsby, on the last Sunday of the month, April to September. Racing starts @ 2pm, so be there by 1:45pm to register. Lucky draw prize for all participants & volunteers!

- June 29th
- July 27th
- August 31st
- September 28th

## Bike Box Bookings

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

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 [stevehume01@optusnet.com.au](mailto:stevehume01@optusnet.com.au)

## Club rewards



### **The Athlete's Foot (Hornsby)**

Offers specialist running advice and fitting for you and your family. All Hornsby triathlon club members instantly become VIP club fit members with great rewards personally and for the club by shopping at the Athletes foot Hornsby. 5% of sales go to the club.



### **Rebel Sport**

Discount card available at the Biathlons. If you haven't got one please ask. 5% off purchases & rebate credited to the club.

---



Ph: 9940 3739  
14A Ethel St Hornsby

### **Hornsby Massage and Beauty**

To all the active club members a \$10 discount off a 1hr massage valid until 24<sup>th</sup> August. (take this section of the newsletter with you when you make your booking)

---

## Member Profile



**Name:** Andrew Jeppesen

**Nickname:** Jeppo

**Occupation:** High school Teacher

**Favourite tri leg & why:** used to be the swim because I could swim ok a while back and can do quite well without much training but these days I actually prefer the run as you can zone out and take it all in - the atmosphere, fellow competitors, spectators, etc.

**Like about triathlons:** Great atmosphere. I like the fact that you are doing 3 events in one and can have a bad day in one part but do all right in the other legs. It's always great to finish a race and just enjoy hanging around like minded people.

**What do you do for pleasure when you're not training?** Eat, listen to music and hang out at home with Chizuko & Hannah

**Favourite flavour of chewy lollies, post tri:** Those little green sugar coated teddy bears - the tangy ones! Nice.

**What is the most challenging training run you have been on?** Couple of weeks ago I ran from Berowra to Cowan via the highway and then back via the Trailwalker route. I had done it the other way but for some reason it seemed harder returning from Cowan to Berowra via the track. Oops, signed up for trailwalker this year ...

**Favourite midweek breakfast:** Big bowl of "Just right" with a layer of honey buzz flavoured yoghurt on top! Bit of fruit too.

**Thing you like most about winter:** Saturday mornings - sitting in the morning sun reading the paper whilst Hannah enquires every 5 minutes if it's time to go to soccer yet (I can hear her now actually) and thinking I should have got up earlier to go for a ride or run. Love it!

## Recipe of the month

AWESOME BANANA BREAD (as enjoyed by many at Club Champs)

by Sarah Roosink

1 1/2 (210g) cups plain flour

1 tsp baking powder

1 tsp bicarb soda

pinch of salt

125 g butter, roughly chopped and softened at room temperature

1 cup (250g) sugar

2 eggs, lightly beaten

3 very ripe bananas, mashed

100ml buttermilk (but I always use milk soured with a squeeze of lemon juice)

Preheat oven to 170 degrees C. Grease medium size loaf tin and line base with baking paper.

Place ALL ingredients (how easy is this!!) in a food processor until just smooth, don't over-process.

Put into tin and bake in preheated oven for about 55-60 minutes or until the top is firm and golden brown.

A skewer inserted into the middle should come out clean.

Cool in the tin for about 10 minutes before turning out.

Serve dusted with icing sugar :) Flavour improves on keeping.

(This recipe can be ad-libbed with ease. Add anything extra like walnuts, apricots, dates or coconut :))

I have to add this one too for those who have an aversion to butter!!

### FRUITY HEALTH LOAF

1 cup wholemeal SR flour

1 cup any dried fruit, or mixed (eg raisins, sultanas, apricots)

1 cup milk

1 cup coconut (desiccated)

1/2 cup raw sugar

Mix ALL ingredients. Place mixture in a greased and lined loaf tin.

Bake in moderate oven 50-60 minutes (check after 40).

Absolutely foolproof!!! and delicious!!

## Club Champs

Any race where you can run the first 100 or so meters of the swim has got to be a good one, I've never been so close to the lead in a triathlon ever, shame it didn't last more than a few seconds.

Great race and a fantastic location, missed having my surfboard (would have helped in the swim)

I found the swim tough, it was hard to see the marker buoys after my goggles came off with the help of an enthusiastic porpoise, put them back on but with plenty of salt and sand, this combined with a small swell and on the way back either I was tired or there was a bit of a sweep down the beach we were swimming against made it tough going.

Bike leg was harder than I was prepared for with a nice hill on the way out and a head wind on the way back and how tight were those turn arounds almost stacked it on the first one.

Really enjoyed the run leg, course was interesting with some cross country like sections and tight corners mixed in with the usual mind numbing road surfaces.

This was my first club champs, great race, fantastic atmosphere, really enjoyed being part of the HTC clan on the day....I'll be back again next year.

Nathan

The second time I have attended Club Champs, & no 2 experiences are ever the same.

Was much better prepared this time for the slow morning start. Last year I recall eating my breakfast way too early & being really hungry in the swim which didn't start until about midday. I notice that since last year I have discovered Gels, never thought I'd be one to say that, as a year ago I was trying to make all sustenance from scratch, I have since discovered the convenience of small sweet packages.

The day couldn't have been better weather wise which made hanging around in "our" tent (the best looking tent because ours has sides) a great reprieve from the sun when required.

Lisa

Great day out in the sun - It was especially pleasing to me to see all the HTC competitors soaking up the great event and performing so strongly on the day. The conditions were perfect and the venue was divine!! Just wish more of our Tri NSW members were competing..... and I mean everyone that didn't get up there!! Truly this event is up there with the best and it deserves an all round Club effort to bring home some glory to Hornsby Tri Club!!

I can't wait for the next one. Next time we will stay for the after party too!!

Steve

Well the weather was tops and a great day had by all. Great to see everyone in under the 'Hornsby Big Top' - WE LOOKED OUTSTANDING.'

A race took place somewhere as well. A bumpy old swim with a couple of bars and dips thrown in made it interesting for everyone. I enjoyed the bike leg but had a bad stitch for the first two laps of the run leg, so very pleased to get to the finish in the end. However, always a great race - especially with a couple of cold ones back at base camp.

Michael





**Nothing to do with triathlon ..but what a few of us did on the Sunday!**

I decided to do Club Champs three weeks out because I decided I needed a big kick up my lazy 40 year old arse - Lisa H and Steve H provided good arse kicking boots to help the process. I had only ever done small races so was very very nervous about my commitment. My planned three week training schedule was reduced to one week because of a shoulder injury on day five of training, but I decided hey I've paid my fees - can't waste good money. On the day Steve H was great help explaining how the beach was running that day but his advice didn't alleviate the cold fear that came over me when we looked down on the swim course from the top of the dunes - obviously some one had moved the buoys because the swim looked like 2km not 1km. Were they shark fins out there on the horizon or breaking waves? - I wanted to ask but didn't dare.

I put a great deal of thought into my swimming strategy which involved the question :- "which is least embarrassing? to be last out of the water or be rescued" Realised I wouldn't get any points for the Club if I was rescued - so choose to go slow and steady . My slow and steady strategy must have worked a bit too well because I was mistaken for a turtle by one of the lifeguards who prodded me with his oar to check if I was alive.

But I did finish the swim - eventually - and I learnt that people with wet suits go much much faster than people who don't - ie I was third last out of the water.

Here I was thinking only wimpy people wore wetsuits because they didn't like cold water. Bike and run course were both really fun and the whole event was extremely well organised but as usual the icing on the cake were the HTC supporters scattered around the course. The supporter at the run drink stand who had a sign that said runners were really sexy was pretty cool as well.

I'm already planning for next year - maybe I can lift my game and be fourth last out of the water - you have to aim high for these things you know.

Karen

As a volunteer at this years club championship I found it to be very inspiring to cheer on our club members and to see so many other familiar faces from the other clubs compete in this days event.

I was very impressed with the effort of our club members who applied themselves to get the best possible result for our club, good on you guys.

A very special mention must go to Karen who applied for her TA license just 1 week before the club championships just so she could race and get points allocated to the club and Caroline who pushed herself far beyond her threshold of endurance and pain to finish the longest tri that she has done so far. Well done guys.

Neville

I woke up on Saturday morning wondering whether or not I was going to be able to make the distance. This was going to be longest triathlon that I had done. So it was with a lot of nervousness I headed over to register on the Saturday morning. Luckily Nathan and I had decided at the One Mile Beach caravan park so it was just a little stroll over to the start line.

Time to squeeze into my wetsuit (this was my first wetsuit swim) and head to the beach for the start. I spend my time hoping that there wasn't going to be any sharks in the water and that I would make it back for the bike leg in one piece.

I got out of water and headed up to transition and couldn't get my wetsuit off (think I need a bit more practice with that). Then on to the bike. I haven't done very much riding so after getting up that hill and getting to the first U turn, I realised that I couldn't do the U turn so I went through and kept going straight and then I remembered someone saying that if I couldn't do the U turn, unclip, so that's what I did, not just the first U turn but for all of them (think I had better spend some more time with my bike).

Finally after my third lap on the bike I could get off it and start the run. My legs felt like jelly and my back was a little sore. After completing the first lap my back was getting worse and those thoughts of not being able to finish were starting to creep into my head, but I didn't want to quit. I had come around for the third lap which Nathan came and jogged with me and was encouraging me with a nice bottle of red at the end. Finally I finished, not quite coming in last but I finished.

Carolyn

Due to other commitments on Sunday my Club Champs experience meant that I would be going up only for the day and therefore the first stage began with what is generally for me the hardest part of any triathlon - getting up at 4:00am (it may have been 4:30) and driving to the venue. The drive up to Port Stephens was surprisingly pleasant and once there I managed to pull off the next hardest part of the day without a hitch and found a decent car spot not far from transition. Time to relax! In fact I found there was too much time before the start.

After worrying about the weather for most of the previous week it turned out a fantastic day and by the time I was clumsily making my way through the break to open water, even the swell looked inviting. The best thing was I convinced myself throughout the swim leg that I was actually swimming straight; mind you as I exited the water - with the Pacific ocean streaming from my nose - I wasn't quite running straight up the beach. I did get to transition without falling over. As usual I wasted a bit of time in transition, wrestling with wetsuits and adjusting my new pair of \$99 Rudy Projects (love the bargains at these events). Out on the bike... First lap felt quite hard but fully enjoyed the second lap as I found some new legs going up the hill the second time - coming down was even better as I had a clear run in front for most of the way and got up some speed (at least in my mind). 3rd lap passed in a blur as most of the time was spent concentrating on not falling off - it was a bit crowded in parts by then. Finally into

the run after a quicker than my average transition, it was time to enjoy the last part. Took the usual 1km to find my legs. That High5 machine (can't remember his name) came flying past me early in the 2nd lap denting my confidence a little but then Steve came past on the 2nd or 3rd lap and snapped me out of a stupor to inspire me into testing my legs on the last lap - thank Steve! In the end I did better than last year but still failed to register points. Will be looking to take some points next year - mind you, that means getting past Steve...

Thanks to all out there especially Adrian and Claire for taking up our new tent - that worked a treat. Base camp! A great place to gather and enjoy all we love about triathlon. Thanks all!

Andrew J



## **Chris Curran World Masters Swim Champs experience.**

Chris participated in 5 events ( you are only allowed to go in 5!!). Chris swam the 3 breaststroke events ( 50m, 100m, 200,) , the 200 IM, and 50m butterfly. There were about 40 participants in each event. His best results was 22<sup>nd</sup> in the 200 IM and he came between 22<sup>nd</sup> and 27<sup>th</sup> in all events. Chris swam current PBs and was thrilled with his results. What thrilled him most was seeing so many older people swimming superbly. The top results in all age groups were amazing...even Shane Gould was pushed into second place. Chris swam with the Hornsby Masters Club and Coach Harry Gallagher put the final touches to his preparation.



**Chris Curran with Shane Gould at World Masters Swimming Championships in Perth May 2008**

## 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

First session will be Thursday 6<sup>th</sup> 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](mailto:kmcgeachie@optusnet.com.au)

For access to club windtrainers contact Lisa on 0421277350 or [lisanadinehealey@yahoo.com.au](mailto:lisanadinehealey@yahoo.com.au)

### Thursday speed sessions at Normanhurst Oval \*updated\*

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!

## Useful links

Turrumurra Trotters

<http://www.traction.net.au/turramurratrotters/>

Sydney Striders

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

## 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 H has some recommendations.

If you'd like to borrow one please send me a mail [lisanadinehealey@yahoo.com.au](mailto: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](mailto: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, repairs would need to be undertaken at the borrowers cost.

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

## Training tip

### Tips for Triathletes on Training and Racing the Swim Leg of a Triathlon

The first leg of a triathlon is the wettest, even on a rainy day. But it should also be the most enjoyable and relaxed part of the race. A good swim can lead to a great race, regardless of your ability to move through the water. Some tri's are short, some are long, but all require you to swim. From my perspective as a competitive swimmer, coach, and triathlete, the swim is not the hardest portion of the event, but it is critical to perform the swim leg of a triathlon correctly to set up a successful bike and run leg.

The swim ought to feel like a good effort, but also a bit relaxed, allowing you to move through the water with the least expenditure of energy. The swim must be fast enough to get you to the bike leg in a reasonable amount of time, depending on your personal goals for the race.

The swim must be controlled, so you keep a feeling of confidence throughout the leg, staying positive leading in to the transition and bike portion of the event.

Swimming efficiently and within your limits will accomplish all of these goals. Design a training plan that allows you to complete three to four swimming workouts each week. A few things to remember for the training plan:

- \* All workouts should include a warm-up and cool-down.
- \* All workouts should include some swimming technique work.
- \* One or two workouts should be primarily easy swimming with low rest (heart rate at 60% to 70% of max - base endurance).
- \* One workout should include a set at a sustained good effort level (a qualified "fast as you can go at steady pace" for the entire swim - threshold).
- \* One workout should include some faster shorter work with more rest between repeats (you might call it VO2Max work). This is not as important as longer swims or threshold swims for most beginners.
- \* Do regular open water sessions, if possible, to practice navigation techniques.
- \* If you will be using a wetsuit, kicking is minor or a non-existent part of the swim.
- \* Make a list of what you need for the swim:
  - o swimsuit
  - o racing suit or cycling shorts
  - o goggles
  - o anti-fog drops
  - o cap
  - o triathlon specific wetsuit (if allowed)
  - o anti-chafe lubricant
  - o water bottle to stay hydrated before the start
  - o watch or heart rate monitor
  - o plan to use these things in some of your practices.
- \* Do some portion of some of your swims with a wetsuit if you will be using one in your event.
- \* Do some transition workouts (complete a swim at a good effort, then change to your cycling gear and hit the pavement for a spin).
- \* Have someone watch you swim and listen to their critique of your technique; discuss what you want to look like first, then they can tell you if you are achieving it.

Don't overdo the swimming workouts. For most triathletes, 30 to 60 minutes per workout is adequate, with one workout every few weeks of 75 to 90 minutes for a long, straight swim.

To set a goal time for your triathlon swim, determine your threshold swimming pace per 100 meters, add 5% to 10% for navigation problems and to compensate for the lack of walls, then multiply that by the race distance. This time should be relatively accurate, barring any major kicks in the stomach by passing swimmers.

For example, if you can hold 1:50's in the pool, then you should be able to hold 2:00's in open water. If you are doing an Ironman (3,800 meter swim) multiplying a 2:00/100-meter pace by 38 = 1:16:00. As you improve, the difference between your pool pace and open water pace will diminish. You will probably go faster than your goal time if you set it this way, but you should not do so by swimming harder - do it by swimming smarter. You need to make yourself as efficient as possible by practicing good technique. While improvement can be measured by faster times, it can also be indicated through the same elapsed time with less effort or a lower heart rate. This leaves more reserves for the bike and run legs of the triathlon, and should result in an overall faster race.

When you arrive at the race site and you have finished setting up your transition areas, looked over the run and bike legs, and everything else is set, head for the swim course and warm-up. As you swim, look around for navigation landmarks to your right, left, front and back for all parts of the course. Think about the sun, and if it will cause any difficulties. Goggles, cap, and wetsuit feel ok, or do you need to make a few adjustments before the race begins? Anything chaffing - put on some more skin lubricant (remember not to use Vaseline type products with a wetsuit).

Now you have to line up for the start. If you are not sure where to place yourself, line up to the outside towards the front of the pack. It is easier to drift back into your pace than to work up through a thick mass of splashing, wetsuit garbed triathletes. Go the first few 50 to 100 meters at a fast but still comfortable pace, then settle into your rhythm for the rest of the swim. Check your landmarks every 5 to 25 strokes (depends on how confident you are in your ability to swim in a straight line) while swimming; at the start or finish of a breath, look forward if needed to check your course.

As you move along the course, do a few spot checks for good technique - body roll, long and strong strokes, relaxed feeling on the recovery of each arm. You must also remember to keep your pace in that fast but comfortable zone you have trained at all of this time; don't let yourself ease up too much and drop below it, and never let yourself become a thrashing fury out there. Stay controlled, relaxed, and think easy and smooth. Before you know it, you will be on the shore, heading for the bike and the rest of the race.

Courtesy of Swimming North West Newsletter, May 2008



## 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	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

Will be updated for next season

## 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

## Results

Event	competitor	Finish	swim	ride	run
Club Champs	Adrian	1:56:53	0:20:09	0:58:01	0:38:41
Club Champs	Nathan	1:47:03	0:21:27	0:56:19	0:29:15
Club Champs	Michael	2:06:17	0:22:28	1:02:25	0:41:22
Club Champs	Brad	1:38:50	0:18:32	0:50:16	0:29:59
Club Champs	Andrew J	1:52:15	0:20:11	0:58:43	0:33:19
Club Champs	Steve H	1:45:56	0:19:01	0:56:15	0:30:39
Club Champs	Sarah R	2:10:10	0:23:35	1:06:28	0:40:05
Club Champs	Caroline B	2:41:19	0:26:31	1:19:04	0:55:42
Club Champs	Karen	2:16:36	0:27:29	1:08:10	0:40:55
Club Champs	Lisa	2:13:28	0:24:58	1:07:35	0:40:54
Byron Bay triathlon (OD)	Brad Eastwood	2:02:35.3	0:20:59.8	1:03:12.1	0:38:23.4
Byron Bay triathlon (OD)	Jill Pattison	2:22:15.6	0:24:36.0	1:10:47.1	0:46:52.5
NSW Masters Road Championships Port Macquarie	Jill			1 <sup>st</sup> in category, no time posted	
NSW Masters Road Championships Port Macquarie	Marion			3 <sup>rd</sup> in category, no time posted	

## Event SMH $\frac{1}{2}$ Marathon

Competitor	Time
Steve H	1:22:11
Nathan	1:24:10
Martin	1:27:45
Andrew J	1:28:38
Charles C	1:33:46
Tony	1:34:55
Rebecca	1:35:32
Brad	1:37:12
Adrian	1:42:37
Chris C	1:52:54
Gracinda	1:56:15
Michelle D	1:56:49
Andrew G	2:12:15
Carolyn	2:22:47
Jon	2:25:29
John B	2:31:44
Zena B	2:31:44

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!

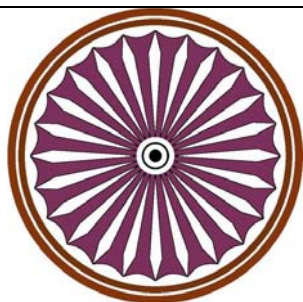
Thankyou for the generous support of our local community, whose contributions made for a fabulous Awards Night & raised funds which will add value to our club. Please support these businesses as they have supported us.



93 Pennant Hills Road (enter via Osborn Road)  
Normanhurst  
Ph: 9473 7466  
Web: [www.aquabliss.com.au](http://www.aquabliss.com.au)



15 St Johns Avenue  
Gordon  
Ph: 9499 4577  
Web: [www.aquashop.com.au](http://www.aquashop.com.au)



Annapoorna Indian Restaurant  
188 Pacific Highway  
Hornsby  
Ph: 9482 7364



Shop 1082  
236 Pacific Hwy, Hornsby  
(Westfield)  
Ph- 9987 1444



116 Yarrara Rd Pennant Hills  
Ph: 9481 8778  
Web: [www.belmonte.com.au](http://www.belmonte.com.au)



55 Pacific Hwy (Cnr Unwin Rd)  
Waitara  
Phone: 9489 3220  
Web: [www.bluegumhotel.com.au](http://www.bluegumhotel.com.au)



No.6 Jetty Circular Quay  
Ph: 9206 1111  
Web: [www.captaincook.com.au](http://www.captaincook.com.au)



301-307 Lane Cove Road  
(cnr Lane Cove & Fontenoy Roads)  
North Ryde  
Ph: 9491 9900  
Web: [www.edengardens.com.au](http://www.edengardens.com.au)



Fernwood Womens Health Club  
Hornsby  
Shop R4 Westfield  
Ph: 94774177



Westfield Shopping Town  
Hornsby  
Ph: 9477 5600



**Hornsby Aquatic Centre**  
Hornsby Park (parking in Dural Street)  
203 Pacific Highway  
Ph:9477 3855



266 Pacific Highway  
Ph: 9477 3738  
Web: [www.hornsbycycles.com.au](http://www.hornsbycycles.com.au)



THE **HORNSBY INN**

Cnr. Burdett & Hunter Streets  
Hornsby  
Ph: 9477 5555

**HORNSBY**  
MASSAGE AND BEAUTY

14A Ethel St. Hornsby  
Ph: 9940 3739  
Web: [www.hornsbymassage.com](http://www.hornsbymassage.com)



65 Edgeworth David Ave  
Waitara  
Ph: 9489-7177



139 Pacific Highway  
Hornsby



32 The Promenade  
King St Wharf 5  
Sydney  
Ph: 8296 7302  
Web: [www.magisticcruises.com.au](http://www.magisticcruises.com.au)



9 Alexandria Parade, Waitara  
Phone: 9987 4277  
Web: [www.millenniumhealthclub.com.au](http://www.millenniumhealthclub.com.au)



**The Palladium**

Ph: (02)9482-8249      Web: [www.thepalladium.com.au](http://www.thepalladium.com.au)  
21 Hunter St, Hornsby  
NSW. 2077



**Peters Meats**  
Shop 3 Parkway Plaza  
Thornleigh  
Ph: 02 9484 4430

**Sushi Yah**  
**90 Yarrara Road**  
**Pennant Hills**  
**Ph: 9484 0720**



**Westfield Hornsby**  
*(Opposite the Hornsby Inn)*  
**Ph: 02 9987 4977**  
**Web:**  
[www.toscanis.com.au](http://www.toscanis.com.au)



**84-86 Yarrara Rd**  
**Pennant Hills**  
**Ph: 9484 6066**  
**Web:** [www.wildfired.com.au](http://www.wildfired.com.au)

\* The contributors are listed in alphabetical order