

# Spin Effects

## HORNSBY TRIATHLON CLUB NEWSLETTER

**November 2008**

Edition 10

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## Note from the Presidential Suite

Hi All,

Welcome back to a new tri season and one that will hopefully be better than ever. We now have a new committee in place, one that is in the fortunate position of being able to build on the great foundation put in place by Steve Hume and the former committee. It is worth taking a few moments to reflect on the work done by Steve and the transformation of the club under his leadership.

Before Steve ....

- The club had approximately 20 members. This number has more than doubled and looks like being tripled this season.
- The only events we held were the Friday night biathlons, and it was common to have 2 volunteers and 2 competitors on any given night.
- There was no website, no forum and no group training sessions.
- The awards night wasn't so fun.
- There were uniforms, but of different styles and designs.
- It was difficult to find other Hornsby people at races and there was certainly no marquee or banner under which to congregate.
- There was no equipment to borrow and no refreshments after the biathlon.
- Four or five people attending club champs was considered a success.
- Times were slower for everyone and the risk of financial meltdown was higher.....

Maybe the last point is not quite true, but I think you get the point. The club has come a long way and we're hoping to continue the development. But we do this with a huge thank you to Steve, Catherine and the former committee of Adrian Stark, Claire Hungerford, Michael McGeachie, Neville Bradshaw, Lisa Healey and Martin Lord.

Karen Harragon has joined the committee for the first time and will be the coordinator of our monthly newsletter *spin effects*. We also welcome Wally Phillips to the committee for the first time. It's great to have him on board and I'm sure we'll see an expansion of the junior activities as a result.

As a committee, this season we'll be working to further develop the club under a few different workstreams. We have identified these opportunities after a couple of hours of brainstorming, copious amounts of coffee and a lot of good natured teasing of Neville. The key areas will be:

**Events** - incorporating Biathlons, Hill Climbs, Open Water swims, Key Event Series etc - this will be led by me

**Organised Coaching/Training** - incorporating swimming, transitions, beginner's rides etc - Steve will take the lead on this.

**Juniors Development** - to be led by Wally

**Social Co-ordination** - incorporating post biathlon events, family events, awards night and perhaps a weekend away - Lisa is the key contact here

**Fundraising/Sponsorship** - led by me

**Legal and Accounting** needs - led by Martin

**Recruitment** - lead to be appointed.

**Communication** - lead to be appointed

**Volunteer co-ordinator** - Caroline has kindly stepped up to help us with this one.

We hope that by appointing a lead from the club for each of these areas that we will be able to accelerate the development of the club. Ultimately, however, our success depends upon all of us. So if you have some thoughts, ideas, special expertise or are just willing to lend a hand where required, feel free to either contact me or any of the key contacts.

So whether it is your first or fifty-first triathlon that you are preparing for, our aim as a club is to provide a supportive and friendly atmosphere to make the experience as enjoyable as possible.

Safe Training and Fast Racing,  
Andrew "Stoney" Stone

## Committee 2008 - 2009

Introducing your Committee for 2008-2009

Andrew Stone, President

Martin Lord, Treasurer

Neville Bradshaw, Registrar

Claire Hungerford, Secretary

Generalists

Lisa Healey    Wally Phillips

Steve Hume    Adrian Stark

Karen Harragon

And so you will know who is here to help, this month we introduce:



Wally



Nev and Lisa  
*(I've had a word to Council about the Chlorine levels in Hornsby Pool for you Nev)*



Steve H

More Committee Member photos to follow next month

## Membership - HTC

### 10 GOOD REASONS TO JOIN HORNSBY TRI CLUB!

- 1 We understand that endorphins rule!
- 2 Introduce yourself to people half your age with twice your energy level AND people twice your age with four times your energy level.
- 3 Meet others who know that a gel saddle and body glide are not something from the adult book shop.
- 4 Look like a professional athlete while you wait for the race to start under the HTC marquee.
- 5 We understand that buying a set of \$1000 wheels is a sensible purchase.
- 6 Meet a group of people who will not be bored talking endlessly of Max Heart Rates, Fartleks, Splits, Bricks, GI issues, etc.
- 7 Keep yourself motivated and encouraged to improve by training with other people of similar abilities.
- 8 Because if it wasn't for the HTC, you'd have to take up golf.
- 9 You can show pictures of yourself in action to your HTC friends and not have to explain your need to wear neoprene and lycra.
- 10 Instant proof that there are plenty of people as crazy as yourself and even more that are way crazier.



Membership is now over due.  
For anyone wanting to renew their membership by electronic means the club account is:

Hornsby Triathlon Club  
BSB 062308  
Acct 28029077

Please include your name in the description AND also save a screen dump of the receipt and send to - treasurer@hornsbytriclub.org.au. Without this, it is really difficult to keep track of memberships and then the treasurer will end up spending more time working than training!!!

## Membership - TriNSW

There are big benefits for both you and HTC when you also become a member of TriNSW. Membership for 2008/09 is now open and offers the following benefits:

- 24/7 personal accident/injury insurance and public liability insurance coverage when competing in or training for a sanctioned triathlon event.
- Provides you with up-to-date newsletters, information and resources on what is happening in the sport of triathlon in NSW and Australia, as well as programs and initiatives on development of the sport (testing, training, racing) for both competitors and clubs
- Get involved in subsidised specialised training camps and weekends.
- Reduced race entry fees for TriNSW sanctioned races.
- Allows participation in all officially sanctioned TriNSW calendar events
- Compete at TriNSW Club Champs - the best event each year !!
- Sponsor discounts from fabulous supporters TriShave, High 5, Conti, Meridian Healing Centre, Sling Fitness, Shoal Bay Resort and Rebel Sport.
- Spot & lucky draw prizes at events, and competitions for TriNSW members
- Compete for NSW & National Champs and Pointscore Awards.
- Eligibility for selection in NSW & Australian teams and squads.

Membership categories include: adult, junior, family, coach, technical official, professional and social. Any questions speak to a committee member. View the 2008/09 Annual Membership fees on <http://www.trinswrace.org/>.

## Member Race Results

This section usually contains race results, reports and photos for our club members for events which have occurred since our last newsletter. Since the Club Champs in May (and our last newsletter), our members have participated in 15 events!!!!. As a result it's impossible to mention all the people who have flown the HTC banner. For full story, results, points and new handicap times, including podium finishes visit [www.hornsbytriclub.org.au](http://www.hornsbytriclub.org.au).

Special mention does however need to be made of our Club's latest participant in the Ironman World Championship in Kona (Hawaii). Congratulations to HTC's 3rd ever representative at Kona, Brad Eastwood, on completing the toughest race of them all in a very respectable 10:18:09.

We were represented at:

- Hills Tri Club Series Race 2 - 2nd Nov
- Sydney Striders 10k Series Race 10 - 1st Nov
- NSW Long Course Championships (Forster) - 19th Oct
- SAN Fun Run/Walk - 19th Oct
- Triathlon Pink - 18th Oct
- Melbourne Marathon Festival - 12th Oct
- Maitland Triathlon & Multisport Weekend - 11th-12th Oct
- Hills Tri Club Series Race 1 - 11th Oct
- Ironman World Championships, Hawaii - 11th Oct
- Blackmores Sydney Running Festival - 21st Sept
- Oxfam Trailwalker - 29th-31st Aug
- SMH Half Marathon - 18th May

Club members are reminded that if your results aren't on the web then it is because we were unaware you were competing. We want to hear from novice to elite, corporate to lifestyle triathlon enthusiasts. Remember send us a race report and photos.

Recent Pics from Maitland Triathlon and Multisport Weekend



Lisa modelling the latest in "volunteer green" on the catwalk and on the bike



Jill flying the Aussie colours



Simply elegant Martin



Nev "tested" Maitland road surfaces with his new super fast wheels.... They were not as fast as the ute that had to bring him back.



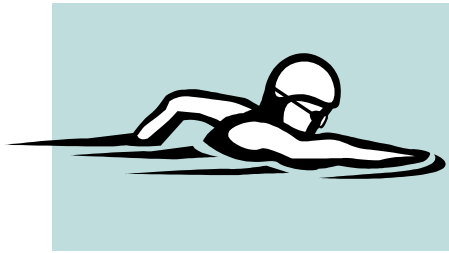
Sarah trialling her new pre race routine - two kids in her bed all night



Steve Lennox still smiling

## Diary Dates

### SUMMER BIATHLONS ARE BACK!!



I hope everyone is enjoying the build up to a cracking summer and fitness levels are starting to increase. Summer Biathlons have already kicked off for this season. The remaining Summer Biathlons for the 2008-2009 series will be held at Hornsby Pool, Pacific Hwy, Hornsby on:

**November 21st**  
**December 5th and 19th**

**January 2nd and 16th**  
**February 6th and 20th**  
**March 6th and 20<sup>th</sup>**

5.45pm registration for 6pm start.

Lucky draw prize for participants & volunteers. We have the usual 500m swim and 3.8km run as well as a new standardised junior event consisting of a 200m swim and approx 1.5km run (exact distance to be confirmed). We will have the juniors running up to the top of the driveway before heading left and out to the first regular turn around, they will then come back past the pool and down to the corner at Dural St before doubling back to the pool (ie no running down Dural St and into Quarry Rd). Swim length can be negotiated for those still building up to the standard junior event. Juniors will be off first - so get there early!

The more the merrier! And don't forget to download a membership form and bring it with you if you haven't yet renewed for this season.

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

## Upcoming Events

15 & 16 November 2008

16 November 2008

23 November 2008

30 November 2008

6 December 2008

For a complete rundown of races visit [www.trinswrace.org](http://www.trinswrace.org)

Nepean Tri Weekend

Shepparton Half Ironman

NSW Olympic Distance Championship Newcastle

Sydney Tri Series (Kurnell) Race 1

Hills Tri Club - Sydney Regatta Centre



Who's doing what??

Let us know so that we can add you to the web site & we will know who we're looking out for at each event!! Who knows - your participation might just be the incentive another member needs to compete.

Date ?	Event ?	Competitors ?
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## NSW State and National Triathlon News



It will be an exciting season this year with the news that there will be several ITU WORLD Championships to be held in Australia in 2009, including the following which will be on the Gold Coast between Sep 9 -13.

- ITU Aquathlon World Championship - Elite & Age Group
- ITU Age Group Sprint Distance Triathlon World Championships
- ITU Junior Men Triathlon World Championship
- ITU Junior Women Triathlon World Championship
- ITU Age Group Olympic Distance Triathlon World Championship
- ITU AWAD Olympic Distance Triathlon World Championship
- ITU Elite Men Olympic Distance Triathlon World Championship
- ITU Elite Women Olympic Distance Triathlon World Championship
- ITU Corporate Olympic Distance Triathlon World Championship

In addition to the Gold Coast races above, Perth will be hosting the ITU Long Distance Triathlon World Championships for Age Group and Elite competitors.

In anticipation of the World Champs in Australia, Triathlon Australia has launched the new national "Challenge Series". The Challenge Series is built around Olympic Distance events in each of the capital cities with points awarded towards qualification for the World Champs in September. On each weekend of the Challenge series, additional races such as Sprint distance, Enticer distance, Kids Triathlons, fun runs and aquathlons will also be held. Check the website for details [www.challengeseries.org.au](http://www.challengeseries.org.au)

## Bike Box Booking

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

Contact Andrew for bookings [president@hornsbytriclub.org.au](mailto:president@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 Windtrainers

Due to popular demand we have put together some guidelines for borrowing the Wind Trainers & 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 email [lisanadinehealey@yahoo.com.au](mailto:lisanadinehealey@yahoo.com.au), or give Lisa a call on mobile 0421 277 350.

For new borrowers you will be hooked 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 Lisa with the details within the next 2 days & Lisa will 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 Lisa 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.

# ~~Member Profile~~ - New President Profile

5 minutes getting up close and personal with the new President.

	<p><b>Name:</b> Andrew Stone <b>Nickname:</b> Stoney <b>Occupation:</b> Finance Director (and new HTC President)</p>
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**Favourite tri leg & why:** Usually the run because it's the only time I overtake anyone.

**What bought you to Triathlon:** I used to run, but then it got too hot so I went to the pool, then it got cold again so I started running. Then I bought a bike for cross training, so it seemed logical to try to do all three at the same time.

**What is the most challenging training run you have been on?** Before I had ever done any long races (marathon, ironman etc) I decided to run 30km on my 30th birthday. I had no idea what I was doing or how to prepare, but I ran from Hornsby to Mona Vale beach early in the morning in the middle of summer. I made it - just!

**What do you like about triathlons:** I like competing against myself and I love hanging out with people who enjoy the same thing.

**What are your goals for this season:** Get back into racing - I've had the best part of a year off - and it shows!

**What do you do for pleasure when you're not training?** Cook and eat! and teach my daughters to cook and eat!

**Favourite flavour of chewy lollies, post tri:** Honey baked ham kettle chips - I know they're not chewy, but salt's more my thing than sugar.

**Favourite thing for breakfast:** Bacon and eggs with a side of bacon.

**Best holiday destination:** Truk lagoon (within the Federated States of Micronesia)

**Favourite movie** Gattica

**You have just heard that the end of the world is coming - How would you spend your last 24 hours:** Bushwalking with my girls

**Tell us something most people don't know about you:** As a 2 year old I suffered 3rd degree burns to 30% of my body.

## Training Sessions \*updated\*

Day	Activity	Start Time	Meeting Place	Intensity
Monday	Swimming Squad	5:45am	Aquabliss @ Loreto Normanhurst (cost \$5.00 per session)	Medium-Hard
Wednesday	Cycling - Bobbin Head Hill repeats	5:30am	Hornsby Pool	Strength endurance session. Regroup at top of each hill effort. Medium
Wednesday	Swimming Squad	5:45am	Aquabliss @ Loreto Normanhurst (cost \$5.00 per session)	Medium-Hard
Thursday	Running - Speedwork	6:00am	Normanhurst Oval, Normanhurst	Speed session. Medium-Hard
Thursday	Wind Trainer	7:30pm	One HTCers home, check Forum for weekly details	Medium-Hard
Friday	Swimming Squad	5:45am	Aquabliss @ Loreto Normanhurst (cost \$5.00 per session)	Medium-Hard
Saturday	Cycling - Longer rides to various destinations. Check the forum		Hornsby Pool	Easy-Medium

Future upcoming club events include Manly Dam open water swim sessions, Hill Climbs, longer group rides and some more beginners' rides. And remember, the club relies on everyone supporting each other, so don't be shy, post your intentions on the forum and encourage others to train with you.

## Gear for Sale

Member's advertisements for Sale of Gear can be placed here free of charge.

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Feedback, interesting bits to contribute, race results, races you're planning for, favorite recipes please send details to [kharragon@hornsby.nsw.gov.au](mailto:kharragon@hornsby.nsw.gov.au). Your input is appreciated!

## Uniforms

Great looking club gear for sale. If you haven't got yours get in before it's all gone! Andrew can be contacted on: president [president@hornsbytriclub.org.au](mailto:president@hornsbytriclub.org.au) or phone 0408 686 497. Club t-shirts also available.

Description	Size	Quantity	Price
Cycle Jersey	S	2	105.00
	L	1	
Cycle Knicks	XS	1	115.00
	S	2	
Tri Suit	S	0	135.00
	M	2	
	L	1	
Tri Knicks	XS	3	65.00
	S	2	
	M	3	
	L	2	
	XL	2	
	XXL	2	
Tri Singlets	XS	2	65.00
	S	1	
	M	0	
	L	2	
	XL	2	
	XXL	0	
Kids Tri Singlets	12	1	
	14	1	

## Useful links

Turrumurra Trotters

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

Sydney Striders

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

Berowra Bushrunners

<http://www.berowrabushrunners.com>

# Recipe of the month

Powered-up pasta recipe from marathon veteran (and cook) Gordon Ramsay

Something I didn't know !! A few nights a week he runs 16km home from his London restaurant, wearing a weighted backpack. In the eight years that he's been running, Ramsay has completed the London Marathon seven times (3:35 PR) and South Africa's Comrades ultramarathon (54 miles) twice. This is his pre race dinner.



### Pancetta Spaghetti Prerace Dinner

- 5 cloves of garlic finely sliced
- 1/2 cup olive oil
- 100 grams finely diced pancetta
- 200 grams spaghetti
- 1/4 cup flat-leaf parsley, chopped, loosely packed

To make garlic oil, heat olive oil over medium heat, add garlic. Remove from stove and let infuse for one hour, then discard the garlic. Cook pasta according to package directions. In a separate pan, fry the pancetta in two tablespoons garlic oil until cooked (about three to four minutes). Drain pasta and add to the pancetta. Finish with parsley. Makes two hearty portions.


## Club rewards


	<p><b>The Athlete's Foot (Hornsby)</b></p> <p>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.</p>
	<p><b>Rebel Sport</b></p> <p>Discount card available at the Biathlons. If you haven't got one please ask. 5% off purchases &amp; rebate credited to the club.</p>

**Thankyou** for the generous support of our local community, whose contributions made for a fabulous Awards Night at the end of last season & raised funds which will add value to our club.


Please support these businesses as they have supported us.

 	<p>93 Pennant Hills Road (enter via Osborn Road) Normanhurst Ph: 9473 7466 Web: <a href="http://www.aquabliss.com.au">www.aquabliss.com.au</a></p>
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	<p>15 St Johns Avenue Gordon Ph: 9499 4577 Web: <a href="http://www.aquashop.com.au">www.aquashop.com.au</a></p>
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	<p>Annapoorna Indian Restaurant 188 Pacific Highway Hornsby Ph: 9482 7364</p>
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	<p>Shop 1082 236 Pacific Hwy, Hornsby (Westfield) Ph- 9987 1444</p>
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	<p>116 Yarrara Rd Pennant Hills Ph: 9481 8778 Web: <a href="http://www.belmonte.com.au">www.belmonte.com.au</a></p>
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	<p>55 Pacific Hwy (Cnr Unwin Rd) Waitara Phone: 9489 3220 Web: <a href="http://www.bluegumhotel.com.au">www.bluegumhotel.com.au</a></p>
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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)



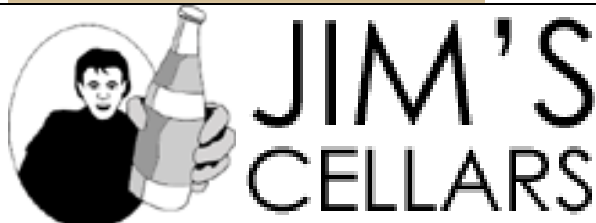
THE **HORNSBY INN**

Cnr. Burdett & Hunter Streets  
Hornsby  
Ph: 9477 5555





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  
[www.toscanis.com.au](http://www.toscanis.com.au)



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

\* The contributors are listed in alphabetical order