



# Spin ffects

## HORNSBY TRIATHLON CLUB NEWSLETTER

December 2008  
Edition 11

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Santa's pre race stretch before 10km run in Greece

## Note from the Presidential Suite

*Hi Everyone,*

*As we get nearer to the festive season, it has been fantastic to see the turn out at many of the events, whether it is the Friday night Aquathlon (new name), the various triathlons being held near and far. It just goes to show that you can have fun and improve your fitness and general well-being at the same time. It's also great to see the kids having a go at the Mini Aquathlon - the fun they're having reminds us all about what we're here for (although I do seem to be seeing plenty of smiles before, during and after many of the events, so either we're not trying hard enough or we just don't need reminding anyway!)*

*I really hope that we can all maintain the momentum into the new year. There's a calendar of events that's chock full of great options, so find something that suits you - maybe something you haven't done before and have a go.*

*But one last word before I sign off. Let's not forget about the people who make all this fun possible - our family and friends who put up with the smelly training gear, the odd hours, funny diets and passionate conversations about the latest blister on our big toes. Remember to say thank you and make sure they know that you appreciate whatever time you are given to train or race.*

*Well, it wasn't quite the last word, but this will be... If you seem to be suffering from allergies at the moment and find that your nose is running, just check that your feet don't smell - If they do, you've probably been built upside down!*

*Seasons Greetings!*

*Andrew "Stoney" Stone*



## Committee 2008 -2009

Following on from last month the remaining Committee members to be introduced



Bec and Leyton Hewit with baby Mia  
aka Adrian Stark and Claire Hungerford



Spin Effects Editor Karen

\*PS Martin has gone AWOL and we have no photo

## Member Race Results

### Aquathlon

The biggest ever Aquathlon field in the 11 season history of HTC produced some of the best racing ever on 7 Nov. There were battles all the way down the field and there was also a good mixture of fast, not so fast, experienced and not so experienced. Wally recorded his 4th podium of the summer from 4 starts and Jared his 3rd from 3. Wally also extended his lead in the points standings.

Race 3 of the Friday Night Aquathlon on 21 Nov saw the same top 3 with a number of even quicker times. Wally took the lead in the points score and if he can hold his form may skip away with a handy lead going into Christmas.

### Newcastle Olympic Distance

On 28 November this year, it was so cold that more snow fell on Thredbo than on any day in Winter and 3 HTC members lined up with 230 starters at Newcastle foreshore for what would prove to be some of the worst conditions seen for a tri in NSW for quite a while. Just 178 plucky (some say lucky to survive) competitors crossed the finish line.

The Newcastle Herald quotes the second place getter as saying: *"I think it was possibly the strongest winds I have ever raced in, and I've done a lot triathlons around the world, especially in Europe"*



Jon, Charles and Lisa at Newcastle - note the smiles - they haven't felt the water yet.



Competitors entering the swim at Newcastle



Neville the spectator gnome

Temp 15C - 80 km/hour winds - conditions tested competitors, organisers, volunteers and spectators.

Extremely choppy, cold water saw many pull out on the swim - including a few being carted away with hypothermia. Little did many realise that the swim, usually considered to be the toughest part of their race, was merely a 'warm-up' for the ride. The bike proved tough, arguably tougher than the swim, with more athletes forced out of the event in the wild conditions during the bike leg as the fierce winds made it hard work to stay up right and on the road.

The wind strengthened even more in time for the run. With gusts on the Newcastle breakwater reaching 80km/h and sand blasting competitors, many struggled to even keep their footing. To make the morning even more miserable, light rain began as the age groupers who were still in the race started their run home.

For on the ground reporting see Jon's race report on page 9.

### XPD Adventure Racing

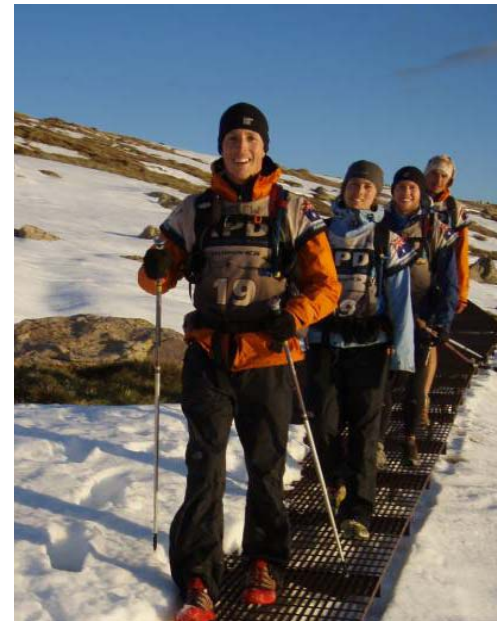
Can you imagine what it must be like doing a race in worse weather than the Newcastle Tri. Well Kelly Mapleston didn't have to imagine it - she did it. When Charles, Lisa and Jon were in Newcastle coping with frozen winds blowing up from the snow fields - Kelly was finishing her adventure race in the Snowy Mountains.

Enduring 800kms of riding, kayaking and walking in the snowy mountains of NSW and VIC, Kelly was one of 124 competitors in XPD Adventure Race, a qualifier for the 2009



Adventure Racing World Championships. Team members (4 people), who needed to carry much of their own gear for the race, were also required to keep within 100metres of each other at all times. Of the 31 teams who set out, only eight completed the full course - and Kelly's team was one of them - finishing in an amazing 152hrs. I would highly recommend reading Kelly's team's race report on our web page- I simply cant do it justice summarizing it here - [www.hornsbytriclub.org.au/xpd08report.pdf](http://www.hornsbytriclub.org.au/xpd08report.pdf)

Bike leg - 60km - dismal rain and mud - described by one competitor as "a trek leg with where each person had to take a mandatory bike".



Nearing the end - Kelly 2nd from front

### Kurnell

Beautiful conditions greeted a small field of HTC reps for the first Kurnell sprint of the summer on 30 Nov. Good finishes for everyone and Wally's 11th in his age group moved him into the Top 5 in the club championship.

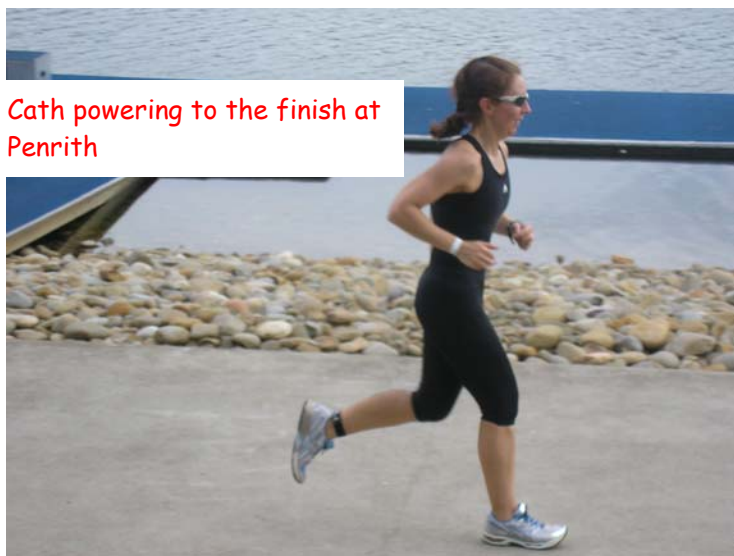


Wally heading out on run leg

## Penrith

We had 13 members out at Penrith taking advantage of the vital double Club Championship points. Josh had a fantastic result on Saturday winning Enticer Race 1. Along with his State Junior Series races in Forster he has taken the lead in the Club Championship. Not far behind are Nev and Martin, the only others with 3 scoring races.

Photo right: HTC found success at Penrith with the assistance of Buddhist chanting



Neville on the last leg

## Canberra

Brad, Nathan and Dirk all battled the elements in the toughest Half Ironman for some time. Looks like the season is going to be a challenge weatherwise.

Congratulations to everyone who competed this month. Full race details and point scores on <http://www.hornsbytriclub.org.au/>

Your name not on the web page? - maybe because we didn't know you were competing. Email [results@hornsbytriclub.org.au](mailto:results@hornsbytriclub.org.au) with what races you are doing and any photos &/or race reports. Alternatively they can also post info on the forum and we will make sure it gets on the website.

## Summer ~~Biathlons~~ Aquathlons are Back!!



If you have been reading the President's recent emails - he puts a good argument for renaming biathlons. Technically a biathlon needs rifles and skis. And well I guess some snow as well. We ain't got none of those. The NSW Tri Assoc is also using Aquathlon for all sanctioned events.

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:

**December 19th**  
**January 2nd and 16th**

**February 6th and 20th**  
**March 6th and 20th**

5.45pm registration for 6pm start.

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. 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.

## Hot Diary Dates



**December 19** - CHRISTMAS AQUATHLON followed by BBQ with some extra special guests - It would be great to get a really big turn out for this event because we do have two special guests coming - I think you can guess one of them - the kids will be excited, but the other is a real surprise. Stoney won't even tell the editor - He just keeps saying "*just watch the all time record get smashed !!!!!*" - If you want to see some up-close, fast racing, be there.

**January 2** - AQUATHLON - first of the year

Continued over



**January 3** - BEGINNER'S RIDE #3 - with a bit more notice. Andrew is hoping that we'll get a big turn out for this one. Open to anyone who wants to build confidence on the road plus the more experienced who are willing to help out the newbies. Great for those who had a bit too much Christmas Cheer - come along and ease yourself back into your regular super healthy lifestyle. Expect to leave Hornsby Pool around 7am.....

**January 10** - JUNIORS RIDE - This one has a focus more on the under 18s and with road safety in mind. Likely location will be Centennial Park or Homebush - keep tuned and Wally (Our Juniors Co-ordinator) will keep everyone informed

**January 16** - AQUATHLON

**January 24** - BEGINNER'S RIDE #4 - The beginners group will be starting to feel like a Tour de France Peloton by ride number 4 - but don't worry, if you've missed the first 3, you're still very, very welcome! 7am start - venue TBC



**January 26** - Celebrate Australia Day in Style!! This will be our first ever Hornsby Tri Club training triathlon and BBQ. If you have yet to do a triathlon and want to give it a go in a supportive environment, or if you are really in need of a hard hit out, then this is the event for YOU. Choose your swim distance 600m, 1200m or the big one - 1.6km - followed by a 30km ride and 8km run. The location is Manly Dam (google King St, Manly Vale and check out the satellite map) - a freshwater, calm and safe swimming environment surrounded by beautiful bushland. Once you've trained here, you'll wish you could move it to Hornsby. (why fill in the Quarry I say) Time to be confirmed.

**February 6** - AQUATHLON

**February 15** - HTC Training Triathlon #2 - Manly Dam

**February 20** - AQUATHLON

**March 6** - AQUATHLON

**March 20** - AQUATHLON



**March 22** - HTC King of the Mountain Time Trial - the event formally known as "The Hill Climb" now has a new name and a bigger field! Start with a group ride from Hornsby Pool up to Pie in the Sky. Descend in preparation for the first race off scratch - a 4km



climb to one of our famous coffee haunts. Regroup, gather your breath and descend again for another go at the closest thing we have to a mountain in Sydney. 4km of climbing off handicap starts so no one gets left behind - WILL YOU BE THE NEXT HTC KING OF THE MOUNTAIN ??

**March 27-29** - HTC Weekend Away - stay tuned for more info from our lovely Social Co-ordinator - the outstanding stand-out - Lisa Healey. She is working on weekend activities and accommodation even as you read.

**April 3** - AQUATHLON - the final in the summer series. And this one will have a new format. Individual handicap starts to cap off the season should see a competitive and exciting finish.

**April 11** - One last BEGINNER'S RIDE as we near the end of the season - good opportunity to get out on the road if you haven't done so already - it's never too late!

**April 25** - HTC TRAINING TRATHLON #3. The final in the series and a great opportunity to fine tune your race plan before..... (DRUM ROLL PLEASE)

**May 2** - CLUB CHAMPS!!!!!!!!!!!!!! No reason not to give it a go now - after this training calendar you will be soooo fast.

## Upcoming Races

18 Jan, 8 Feb                      Rnds 2 & 3 Tri Shave Sydney Triathlon Series (Kurnell)  
1 Feb                                      Tri Shave Women's Triathlon Festival - Penrith -

1 Feb Weet-Bix Kids TRYathlon - Olympic Park Homebush. A great non competitive event for kids who want have a great fun day out and participate at their own pace. We are hoping to have the HTC tent set up and make it a supportive day for entrants.

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

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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## Member Race Report – Newcastle Olympic Distance Triathlon

It was so cold that Jon wanted to ask whether peeing in his wet suit (before you entered the water) was socially acceptable.



By HTC member Jon Sharpe

*It was a fairly late decision to enter the Newcastle Tri, being that it was the weekend after the Nepean, but it looked like it might be the last chance I have to race before Christmas. Neville and Lisa were driving up early Sunday morning and were kind enough to offer me a lift, the 4:00am start was rough but the sleep I got on the way up there was great.*

*All the flags standing to attention made it clear that it was going to be a different race, and nearly having the bike blown out of my hands as we walked to the start line meant that 'different' was maybe not the right word. Registration was like a winter's race in the UK, ski jackets, beanies, and everything tied down. I should mention that I don't actually know what a winter tri looks like in the UK; no way would I be racing if I did venture near one.*

*The three Hornsby representatives, myself, Lisa and Charles, shivered in our full wetsuits waiting for the start. My wave was the first to go out of the three of us so I wandered down and jumped into the harbour expecting it to be warmer than standing in the wind....it wasn't.*

*I lined up near the front of my wave and on the off promptly got kicked in the face leaving me with a split lip and goggles full of water. The first part of the swim was against the wind so the chop was quite bad but once we hit the turnaround it got a fair bit easier. The chop being fairly regular made it possible to time your strokes to get a nice push from each wave which felt really good ... for the 10 metres or so I managed to do it. At the race briefing we were told that we had swim past the swim exit to another marker buoy so as I did this I was surprised to see marshals jumping up and down, waving and shouting at me to come in. Last minute change!*

*No early stripping off of the wetsuit, I kept that sucker on until I was at my bike and then pondered whether to keep it on for the ride. Riding that "scenic" bike course was probably the least fun I have ever had on two wheels. The hilly course would have been tough anyway but the wind made it hard to just stay upright. I went from near crash, to struggling against headwinds in my lowest gear, and back to near crash again, the uphills were hard, the downhill's terrifying and I was so happy when it was over.*

*By the time I hit the run the wind was really howling but I thought the worst was over. Heading out of transition the wind was at our backs but I found my legs kept banging together as the wind caught my trailing foot causing me to keep tripping like I was a bad clown at a kid's party. Then the real treat the organizers had laid on, the run to the end of Nobbys Beach breakwater. I'm sure this would be nice on a sunny summers day but today it was so exposed that runners were getting blown across the path and having to squint against the stinging sand howling off Nobby's beach. At the turnaround at the end of the breakwater stood a lone marshal, braced against the wind, wrapped in tarpaulins and blankets, making sure no-one missed the marker, legend. By the time I came off the breakwater I had sand in all sorts of*

places it's not supposed to be and was thankful to get a drink at the next aid station, hmmm.. sports drink full of sand, lovely.

The rest of the run was relatively uneventful and I crossed the line, happy it was over and wanting to get into some warm clothes as quickly as possible. We didn't hang around, a quick coffee stop, load the car and head off just as the rain started. Now that would have been really miserable.

When the HJC editor asked me to write this report she said tell us why you didn't pull out. There's probably two reasons, firstly, I pulled out of a race once, my first attempt at an Ironman, and it really bugged me for a long time afterwards. I still think I could have finished, just slowed everything down a bit and kept moving forward, but I didn't, and was left feeling that the effort I put in on race day didn't live up to the effort I'd put into training. I don't want to repeat that if I can help it.

The other reason, and the one my wife agrees with, is that I'm tight and wanted to get my moneys worth.

Jon Sharpe

Maybe Jon should put some big money on the line and register for Kona next year - who knows what he could pull off with some monetary motivation on the line.

## Club Bike for use



Don't forget we have a bike available for loan. The 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

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) 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

Spend 5 minutes getting up close and personal with volunteer extraordinaire Claire.



**Name:** Claire

**Nickname:** Don't have one - does "Miss" count

**Occupation:** Primary School Teacher,  
HTC Committee member and race volunteer extraordinaire

**What brought you to Triathlon:** I started going out with Adrian. He asked if I wanted to come along once, and I've only missed 2 races in nearly 6 years.

**Favourite tri leg & why:** Transition, because it provides the most entertainment for a spectator

**What is the most challenging training run you have been on?** I don't know about training, but my one and only triathlon was definitely a challenge, and it was only a Hills Enticer.

**What do you like about triathlons:** My sister reckons it's all the hot guys in lycra but I enjoy the social atmosphere. (just the social atmosphere? yeh sure Claire)

**What are your goals for this season:** To get a photo of everyone at a race.

**What do you do for pleasure when you're not training?** Considering I don't train, I guess everything, but especially dance and play netball.

**Favourite flavour of chewy lollies, post tri:** Starburst babies...best dancing lollies ever invented.

**Favourite thing for breakfast:** Any kind of eggs, with toast and tomato.

**Best holiday destination:** Anywhere with a beach and where I can relax.

**Favourite movie** I haven't found one yet...too many choices.

**You have just heard that the end of the world is coming - How would you spend your last 24 hours:** Sharing a diet of seafood with my family and friends.

**Tell us something most people don't know about you:** I spent 2 months in Germany and spoke the most fluent German there when drunk. Can still understand and translate but speaking it is now a bit rusty.

*Thanks for spending 5 minutes with Spin Effects*

## Gear for Sale

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

## 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@[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>

## 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

Manly Dam - New training/event see calendar - January 26

## 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>



## Recipe of the month - Butternut Pumpkin Risotto

Butternut squash is super-rich in beta-carotene, which has powerful antioxidant properties, and can be converted into vitamin A in the body. This dish also provides good amounts of vitamins C and E and folate. This is a low fat recipe.



### Ingredients

3 tablespoon (45ml) extra virgin olive oil, 1 large onion, chopped, 1 teaspoon (5ml) ground cumin, 1 teaspoon (5ml) ground coriander, 300g Arborio (risotto) rice, 1 litre hot vegetable stock, 350g butternut pumpkin, peeled, deseeded and cut into 12mm pieces, 1 medium egg plant, diced, 125g fresh or frozen peas, 1 tablespoon (15ml) fresh chopped parsley, sea salt and black pepper, 30g flaked toasted almonds.

### Cooking Instructions

- 1 Heat the olive oil in a large pan. Add the onion and cook for two minutes until translucent. Stir in the spices and continue cooking for a further minute.
- 2 Stir the rice in until the grains are coated with oil. Slowly stir the hot vegetable stock and simmer for about 10 minutes.
- 3 Add the butternut and eggplant and continue cooking for a further five minutes.
- 4 Add the peas and cook for a further five minutes until all the liquid has been absorbed and the rice is tender but firm in the centre. Perfect risotto is creamy but not solid, and the rice should still have a little bite.
- 5 Stir in the parsley and season to taste. Spoon the risotto into a serving dish, scatter over the almonds and serve immediately.

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