

Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

January 2009
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Lets hope you get this excited about the Aussie flag at the Manly Dam triathlon on Australia Day - See Page 5

Note from the Presidential Suite

Hi All.

Happy New Year and welcome to the busy part of the season!

I hope everyone has had a great break and that you are either well trained, well rested or both. Certainly we have noted that the number of competitors at the Friday night Aquathlon has not suffered the usual new year hangover, and this is great news.

I'll keep my time on the soap box short (for once) with just two requests:

1) Have a look at the calendar of events - it's very crowded, so there should be something in there for everyone, and post a note on the forum to let people know what you are doing. The club really hums when it works in an organic and friendly way, so don't be intimidated - if you're training or racing, let people know, it helps keep the rest of us motivated and you might find that others are just waiting to join your training session - it would be great to see some of the newer members trying it out.

2) Aquathlons continue to be very successful, and we are still getting newbies turning up to have a go. Try to think back to your first time at the club and remember how much better it seems when you have people to help you through the experience. We do need volunteers, admittedly not so much for the regulars and the old-hands but certainly for the kids and first timers. If you have enjoyed your Aquathlon experience, how about sacrificing one race night to make the experience great for someone else - it is also quite interesting to see things from a different perspective.

Other than that - train safely, have fun and I hope to see you at Manly Dam on Australia Day!

CHEERS!

Andrew "Stoney" Stone



Member Profile

Spend 5 minutes getting up close and personal with Josh Phillips



Name: Joshua Phillips

Nickname: Josh

Occupation: Student - Year 4

What brought you to Triathlon: *The Weet bix triathlon.*

Favourite tri leg & why: *My favourite leg is the cycle because I like racing at high speed.*

What is the most challenging training run you have been on? *The most challenging run I have been on must be the Linfield fun run.*

What do you like about triathlons: *I like triathlon because it keeps me fit and healthy.*

What are your goals for this season: *My goals for this season are doing my best and trying to come in the top three every time.*

What do you do for pleasure when you're not training? *I like going bike riding and scooter riding with my best friend Lachlan Orr.*

Favourite flavour of chewy lollies, post tri: *My favourite flavour of chewy lollies is the purple lollies, so if you like them too and they are all gone - you can blame me for it.*

Favourite thing for breakfast: *My favourite breakfast is Nutri Grains*

Best holiday destination: *Hamilton Island*

Favourite movie: *Scooby doo*

You have just heard that the end of the world is coming - How would you spend your last 24 hours: *I would rob a bank and buy a Ferrari and race around town.*

Tell us something most people don't know about you: *I don't like reading books.*

Thanks for spending 5 minutes with Spin Effects

Member Race Results

Aquathlon 2 Jan

With the New Year and some less than summery weather we expected a relatively small field but had another healthy one, 16 in the main field including yet another first-timer.

Dave returned for his second HTC Aquathlon and with no international pros in the field had a comfortable win taking the fastest swim and run splits along the way. There were 3 other sub-8 minute swims and 3 other sub-17 minute runs but the only person other than Dave to do both was Emiel who took second. John's second fastest swim split was enough to put him on the third step of the podium. Tony and Nev did the same swim times and Tony had the slightly quicker run split to beat Nev for fourth.

Kath's first race for a month was a successful one, taking the fastest female splits and outright female victory as well as a series PB. She wasn't the only one in good form with 9 of our 16 competitors recording series PBs.

Aquathlon 16 Jan

Perfect conditions for the second aquathlon of the year and another good field. 18 in the main race plus one swimmer and 6 keen youngsters doing the kids aquathlon.

With Dave only doing the swim due to injury the overall race was wide open and all the contenders were in the last wave. Dave flew off as expected with Adrian and the two Andrews battling for best of the rest in the pool. A last lap burst saw El Presidente beat Adrian for the quickest swim split by 1 second with Andrew J a further 5 seconds back. First timer Laurel split that group, picking up the third fastest overall swim split in 8:20.

Adrian was first out of transition but couldn't hang on for long against the two Andrews who would battle along the whole run course with Andrew J taking the win by 17 seconds. Tony and Nev were out of the pool around a minute behind the others in the last wave but powered past Adrian and Michael to battle much the same as the Andrews, Tony beating Nev for third by 17 seconds. Hannah H once again showed the adults the way by taking the overall female victory with the 6th fastest run split.

Panthers Summer Sprint Series Race 1 - 11 Jan

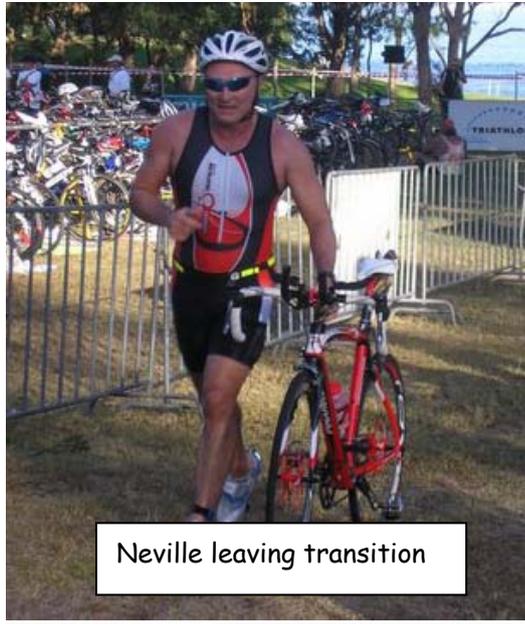
Five HTC starters with everyone placing well in their age group at the first race for the Panthers Series including Neville, Steve L, Wally, Adrian and Michael.

Sydney Triathlon Series (Kurnell) Race 2 - 18 Jan

Neville, Steve H, Emiel and Michael wore the HTC colours in the second race in the series.



Emiel coming up from swim



Neville leaving transition



Steve H in flight

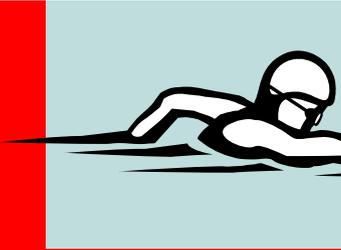


Michael on Steve's heels

Congratulations to everyone who competed and volunteered 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 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 Aquathlons



The remaining Summer Biathlons for the 2008-2009 series will be held at Hornsby Pool, Pacific Hwy, Hornsby on:

February 6th and 20th

April 3rd

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. Swim length can be negotiated for those still building up to the standard junior event.

Hot Diary Dates

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!!

Monday sees the dawn of our first full triathlon format training session - I can hardly wait!!

Start time is 7am on Monday 26th - aim to get there with enough time beforehand to set up. The reason for the relatively early start is that water conditions will be perfect (usually little wind at this time of the morning) and the surface should be glassy. Also, we get out before the motor boats are allowed in.

Proposed distance is: Swim 1600m, Bike 16km and run 5km - making it slightly unusual as it is "swim heavy". There will be an option of a shorter 600m or 1.2km swim, but we

really encourage you to give the big one a try or at least a bigger distance than your normal training swim - even if you have to breaststroke to the end. It's not often that you will get to try out a longer swim distance, in a non competitive environment, with your Club members there to help you. We will have a breakfast bbq at the conclusion of the event - so please let us know who if you are coming so that we can cater for you.

Cost is a meagre \$5 for members - and for insurance purposes, you will need to be a member.



Manly Dam is on King St, Manly Vale. This link will help you get there.

<http://www.whereis.com/nsw/allambie-heights/28a-marooa-cr?id=54FDDCAD126410>

The meeting place is near the first carpark on the right after the entry. You need to pay for parking or if you are really really keen you can walk in. Don't forget to wear your yellow and gold zinc.

February 6 - AQUATHLON

February 15 - HTC Training Triathlon & BBQ @ Manly Dam

February 20 - AQUATHLON

March 6 - AQUATHLON

March 20 - AQUATHLON



March 22 - HTC King of the Mountain Time Trial. 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 - Interested in a weekend away with likeminded people. (Don't worry its not a swingers weekend - honest its not). Weekend includes Friday & Saturday night, so you'll need to hit the road straight after work to get there, or take an early mark, & it'll all be worth it!

Location: Forster Gardens Holiday Park, See link for details:
<http://www.forstergardens.com.au/accommodation.htm>

This is cottage style so perfectly suited for families, couples & singles, with great play facilities for the children. Each cottage is self contained so self catering is the go or if you'd rather there are a number of eating locations around Forster.

Lisa and Karen attended a Ladies Tri Camp here earlier in the year & it's well suited for training rides, runs, ocean & beach pool swims, Tai Chi in the park opposite or whatever your heart desires - shopping, fishing, cafes.

We'll plan to have a number of training events over the weekend (TBA) & plan to make some activities inclusive for athletes, non athletes and kids. Coffee shop experiences are of course a given & within walking distance.

Cost is approx \$30* per night per adult (including linen). * Based on 6 adults in a cottage. There are concessions for children under 12yrs. Accommodation for 30 people is available, in combinations of 6 & 1 cabin of 4.

In order to secure a place you will need to contact Lisa - time has almost run out!

April 3 - AQUATHLON - the final in the summer series. And this one will have a new format. Individual handicap start times 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 sooo fast and sooo fit.

NSW Junior Triathlon Series

The TriNSW State Junior Series is a developmental series of events aimed at introducing the junior Triathletes into the world of open racing in a friendly and supportive environment. Its aim is to focus on development of the athlete rather than the outcomes.

The 2008/09 TriNSW State Junior Series is a genuine low cost state series, aimed at giving non competitive events to participants under 12, and the opportunity for competitive racing and a chance to compete for individual state titles for older athletes. Of course competitors of all ages earn points for the overall Juniors Club Championships title.

Any person 7 to 19 years of age as at 31st December 2009 (minimum age 7 years) but please note that all Triathletes must be a minimum age of 6 years on the day of event. A Birth Certificate may be requested.

Newcastle Triathlon Club is conducting Race 7, Triathlon NSW State Junior Series at Newcastle on Australia Day Monday 26th January 2009. **Entries at** www.TriNSWace.org > TriNSW Races > State Junior Series.

Technical and Sanctioning Course

Technical Officials Level 1 Training Courses

Triathlon NSW will be conducting a number of Level 1 training courses during this season as follows:

- **7th February 2009** in the Maitland area
- **5th and 6th March 2009** (over 2 evenings) in Sydney
- **1st May 2009** (afternoon) in Port Stephens

Each course is free of charge. If you really enjoy triathlon, becoming accredited as a technical official is an opportunity to learn the Race Competition Rules and actually contribute to the success of a race from the best seat in the house! You will also have the opportunity to earn valuable points for your club at the end-of-season Club Championships.

The road to becoming a technical official involves:

- attendance at a Level 1 training course (about 5 hours duration)
- successfully completing a take-home exam on the Race Competition Rules
- successfully completing a practical session at a TriNSW sanctioned race.

The courses are absolutely **FREE OF CHARGE**, and we will provide catering. Please email **John Smith** johnstri46@hotmail.com if interested in attending.

Upcoming Races

- National Challenge Series Round 2 (Canberra) - Sat/Sun 24th/25th Jan 2009
- HTC Training Triathlon & BBQ @ Manly Dam - Mon 26th Jan 2009
- NSW State Junior Series (Newcastle) - Mon 26th Jan 2009
- National Challenge Series Round 3 (Bris) - Sat/Sun 31st Jan/1st Feb 2009
- TriNSW All Womens Festival - Sun 1st Feb 2009
- Friday Night Aquathlon Series Round 8 - Fri 6th Feb 2009
- Sydney Striders 10k Series Race 1 - Sat 7th Feb 2009
- Sydney Triathlon Series (Kurnell) Race 3 - Sun 8th February 2009
- Ironman 70.3 Geelong - Sun 8th February 2009
- National Challenge Series Round 4 (Hobart) - Sat/Sun 14th/15th February 2009
- HTC Training Triathlon & BBQ @ Manly Dam - Sun 15th February 2009

For a complete rundown of races visit www.trinswrace.org

Who's doing what?? Let us know what races you are going in or training days you are organising 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.

Hatched Matched Hitched - HTC Style



Hatched (pre hatching incubation period)

Sarah and Arno will be adding another member to the tribe - with child 3 due in June. Given that Sarah gets better after each child and even better with no sleep, we can expect big things with her come back.

Congratulations to Sarah and Arno.



Matched (almost)

In case you missed the HTC forum posting from Adrian Stark here it is again.

I am very happy to announce that on Xmas morning I asked Claire to marry me and me being the top bloke I am and her being the understanding and forgiving young lady she is, she said Yes!

Congratulations to Adrian and Claire.

New bike ?? Engagement ring?? Hard choice Adrian?

Club Windtrainers

If you'd like to borrow one please send email 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.

Training Sessions *updated*

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

Manly Dam - New training/event see calendar - January 26 and February 15

Pre race meal - Why is it important

Why is it important?

For an athlete every meal is important. But the pre race meal could end up making the difference between a great finish and a sad finish. Picking the wrong foods, eating at the wrong time and eating the wrong amount can all contribute to your performance on the day. So don't waste all that time you put into training by not eating right.

A pre race meal has one purpose - to fuel your liver with glycogen, particularly if it precedes a morning race. Glycogen in your liver, fuels your nervous system while you sleep. As a result, your liver is roughly 50 percent glycogen-depleted when you wake up in the morning. Your muscles, inactive during the night, remain fully glycogen loaded from the previous day.

Timing?

Timing is perhaps the most important consideration. The ideal time for a pre-race meal is about four hours before the race, because it's early enough to digest and store a large amount of energy (calories), yet close enough to the race that it won't get used up by race time. Unfortunately most races start early in the morning and it's often impossible to eat a full breakfast four hours before the horn sounds - unless you want to miss out on equally valuable sleep. That's okay. It's usually possible to eat at least two hours out - just lessen the amount.

How much to eat?

This depends on three factors - the length of your race, your bulk and the timing of the meal. The longer the race you're competing in and the heavier you are, the larger your pre-race meal should be. The closer your pre-race meal falls to the race start, the smaller it must be.

What to Eat?

At least 80 percent of the calories you consume in your pre-race meal should come from carbohydrates. Keep your protein and especially your fat and fibre consumption low. These nutrients take up spaces that are better utilized by carbohydrate. Also avoid gas-producing foods such as onions. (Otherwise by race time you will look like Stoney in the photo from Page 2)

The types of carbohydrate are not important - but remember that in a high-GI meal carbohydrates enter the bloodstream very quickly, whereas in a low-GI meal carbs enter the bloodstream at a lower rate.

Last tip - Don't eat anything that you haven't already tried. Race day isn't the day to experiment with different foods. Stick with what you know.

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 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	

Gear for Sale

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

Useful links

- Turramurra Trotters
<http://www.traction.net.au/turramurratrotters/>
- Sydney Striders
<http://www.sydneystriders.org.au/>
- Berowra Bushrunners
<http://www.berowrabushrunners.com>

Club rewards

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

Recipe of the month - What not to eat - Triple Choc Brownies

This is a low fat recipe!!!

If you believe that then you will also believe that I'm going to be trying out this year for the next Australian Olympic tri team.

This recipe is based on my philosophy that if you are going to bad - be very very bad.



Ingredients

275g plain chocolate (70% cocoa solids)
 275g unsalted butter
 85g pecans, broken into pieces
 85g milk chocolate, cut into large chunks
 85g white chocolate, cut into large chunks

175g plain flour
 1 tsp baking powder
 4 large eggs, lightly beaten
 1 tsp vanilla essence
 325g caster sugar

Cooking Instructions

1. Preheat the oven to 170C. Line a lightly buttered greaseproof paper or foil.
2. Put the plain chocolate and butter in a large bowl, place over a pan of simmering water and allow to melt. Alternatively microwave to soft - don't burn.
3. Sieve the flour and baking powder into a bowl and set aside. Remove the melted chocolate from the heat and stir in the sugar. Add the eggs and vanilla essence. Fold in the flour, nuts and chocolate.
4. Pour the chocolate mixture into the prepared cake tin. Place in the oven and bake for 20-25 minutes. The top should be firm but the inside should feel soft when cooked. Allow to cool in the tin. Remove the brownies from the tin and cut into squares - 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
Your input is appreciated!