

# Spin Effects

## HORNSBY TRIATHLON CLUB NEWSLETTER

**March 2009**

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Find out on Page 9 what gets Neville this excited

## Note from the Presidential Suite

*Hi All.*

*Hey! I don't have to tell you how great triathlon racing is, but I am continuing to be blown away by the increased interest that is being shown in triathlons across Australia. The number of new faces who are turning up each fortnight at HTC Aquathlons is evidence that Hornsby Tri Club is sharing in the increased interest in this great sport. Club membership this year is also healthy with over 60 members - almost double last year!*

*Your Committee is keen to build on this increased interest and continue to look for ways to make the Club better for all members - new and old. To do this we need your help. If you have ideas on how we can make the Club better - we want to hear from you. In the coming week we will be asking you for your thoughts on the Club. Please spare the few minutes it will take by replying to our email.*

*I also want to take this opportunity to remind you that Club Championships are only 7 weeks away. This is one of the highlights of the calendar and the only chance we get each year to come together as a Club in a competition. Points are allocated not just for top place getters, but also race participation and volunteers. Don't be put off if you have just started racing - it's a friendly race with a nice flat run. Anyone who has competed in this race at Port Stephens will tell you how well this event is run and how great the venue is. Most of our members who race make a weekend of it and attend the after race dinner and show their moves on the dance floor. Look for all the details in this month's newsletter. You won't be disappointed.*

*Between now and Club Champs we have loads of races, King of the Mountain bike ride, a Manly Dam tri training morning, Aquathlons, rides and much much more - there is something for everyone. So train safely, have fun and I hope to see you at Club Championships - if not before.*

*CHEERS!*

*Andrew "Stoney" Stone*

P.S. if you get the chance, please try and make it to the LAPD Tri Club fundraiser on 13 April at the Regatta Centre - see page 4. The race has been organised to raise funds for the families of Dean and Dave who were hit by a truck whilst training on the M7.

## Member Profile

Spend 5 minutes getting up close and personal with Laurel Cavenagh



**Name:** Laurel Cavenagh

**Nickname:** Loz, Gloss

**Occupation:** Grad Student

**What brought you to Triathlon:**  
I wanted to try a new sport that had a bit of variety

*Favourite tri leg & why:* At the moment it's swimming but I really enjoy cycling so hopefully that will change when I do a bit more training.

*What do you like about triathlons:* It's a great workout with heaps of variety so you don't get bored!

*What are your goals for this season:* Build up my running and cycling fitness.

*What do you do for pleasure when you're not training?* Have a break from the city at the farm - we run beef cattle and have a few horses.

*Favourite flavour of chewy lollies, post tri:* I have a weakness for any lolly with the white creamy bit on it- for some reason that just makes it taste so much better.

*Favourite thing for breakfast:* Toasted muesli and yogurt.

*Best holiday destination:* Nepal

*Favourite movie:* The Matrix

*You have just heard that the end of the world is coming - How would you spend your last 24 hours:* Go for a flight in a fighter jet around the world and through the Himalayas.

*Tell us something most people don't know about you:* I can wiggle my ears.

*Thanks for spending 5 minutes with Spin Effects*

## LAPD Fund Raiser - April 13 2009

Message from Pam Green (Leichardt, Parramatta and Drummoyne Tri Club - LAPD)

*Hi there*

*As you are all aware, or most of you on this site, 24 January became a black day in our triathlon club's history. With the untimely death of Ian Green (Green Machine) at Port Mac in 2007 and Mark Samuels in an earlier year being killed on a motorway before Ironman that year, we have had our unfair share of sadness.*

*I am sure if you are members of a tri club you will receive this announcement via them, but I just wanted to make you are aware of a future event for which I hope you will be able to support.*

*Dave and Dean were out on the M7 when the terrible incident occurred. Dave Morris, as you know was killed instantly while Dean is still recovering from this dreadful accident.*

*On Monday 13 April, Easter Monday it is proposed to hold a Sprint distance triathlon, plus an enticer and a kiddies race. The Venue is Penrith Regatta Centre.*

*The races will be sanctioned by TRINSW with one day licences available for non TA members, making this an open event. The cost of this is TBA. Raffles and auctions will be taking place throughout the day. All monies raised will be evenly distributed to the two families. Entries will open on line after 18 March with facilities to make donations on line.*

*When I know more details I will add to this thread and will give you an up date. But as I said all Triathlon Clubs will be made aware of this day. But even if you are not with a club I do hope you will be able to support both yourselves and your families.*

*As an addendum I would like to say that Dave Morris was instigational in getting his company that he worked for to become major sponsors for Ironman Western Australia and this year they have pledged to sponsor Ironman Australia. So he was a great supporter of the sport both in competing and supporting.*

*Thank you for your time Pam Green*

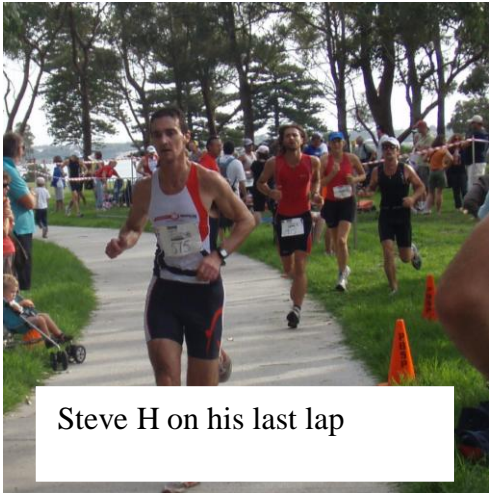
Final details haven't been issued by LAPD as yet but when they do we will pass them onto HTC members. We already have a large group going to show support - so please join us.

# Member Race Results

## Sydney Triathlon Series (Kurnell) Race 4 - 1st March

We had 6 members at the 4<sup>th</sup> round of Kurnell - Steve, Wally, Dirk, Neville, Adrian and Lisa. Steve came second in his age group with both Lisa and Neville placing in the top 10 for their categories.

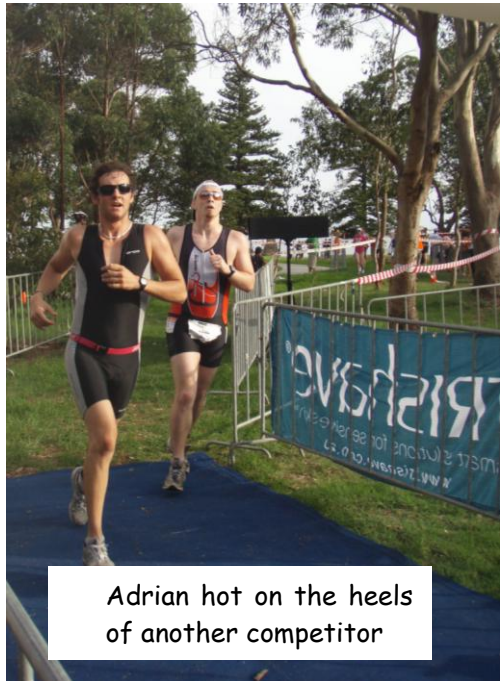
This was the second Kurnell Race with great results for Steve, a 1<sup>st</sup> in race 3 and a 2<sup>nd</sup> in race 4.



Steve H on his last lap



Nev climbing the hill to transition after the swim



Adrian hot on the heels of another competitor

## TA Challenge Series at Cronulla - March 8th

Some of the most difficult swim conditions we've seen greeted Martin, Neville, Emiel, Charles and Adrian for the 5th race of the TA Challenge Series at Cronulla. Some were after points to qualify for Worlds on the Gold Coast later this year and some were just after a good hitout. Either way, most were relatively happy with their finish.

## State Junior Championships at Mudgee - March 8th

Josh, Jarrod and Hannah represented HTC in the Junior series, venturing to Mudgee for the State Junior Championships. All placed in the top ten in their age groups - well done guys.

## Friday Night Aquathlon Race 10 - 6th March

Great conditions again for Round 10 of the Friday Night Aquathlon Series and a big field of 27 starters and 5 juniors. We had 16 members, plenty of regulars and 3 first-timers. There was good

racing across the entire field but the best of it was in the final wave start. Second-timer Chris again scorched in the swim, exiting with a lead of over 50 seconds over Wally with Adrian not far behind. 5 of the 6 remaining swimmers in the wave finished within 20 seconds of each other.

Wally reeled Chris in without too much trouble on the run and most of the chase pack passed Adrian by the turnaround. Steve Hume, who had started a minute behind the final wave, chased hard and passed everyone except for Wally, but the minutes starting difference was enough for him to take the race win by 12 seconds. Sam C had another strong run to take 4th outright with Ben Foster sneaking into 3rd from the second wave with the 3rd fastest run split. Hannah gave most of the final wave almost 60 seconds headstart out of the swim but reeled in most of her more senior competitors to take 5th outright with a 25s PB, beating Gavin by just 7 seconds. The rest of the top 10 were El Presidente Andrew S, Chris W who held off a fast finishing Adrian by just 3 seconds who inturn held off Dane by just 7 seconds.

Elsewhere, Laurel gave up a handy lead out of the water in the second wave to be pipped by Ben B and Michael. She still picked up 2nd female home by about 90 seconds over Lisa. In the first wave, Michelle was first out of the water with the 6th overall fastest swim and held on to beat Karen by a bit over a minute, taking 4th female home in the process.

#### NSW All Schools - 4th March

Jarrold, always a keen competitor placed 4th in the NSW All Schools race.

#### Australian Long Course Championships (Huskisson) - 22nd February 2009

Top 10 places for all 5 HTC finishers at the National Long Course Champs down in Huskisson. Steve picked up a 5th and Brad picked up 6th in a massive age group of 139 starters. Well done to all including Marion, Charles, Jodi and John.

#### Friday Night Aquathlon Series 2008/2009 - Race 9 - February 20th

Perfect conditions for Round 9 of the Friday Night Aquathlon Series and another good field including 5 first timers. Some great times with 7 swimmers under 8 minutes and another sub-22 minute finish for Jarrold. All 4 waves provided good racing with runners stalking each other through the streets of Hornsby. Swimmers were being run down, others were just holding on, but most importantly everyone had a good time and a good hitout.

#### Sydney Triathlon Series (Kurnell) Race 3 - 8th February

We had 5 members at the 3rd round of Kurnell - Steve, Emeil, Martin, Lisa and Karen. Steve came 1<sup>st</sup> his age group with both Martin and Lisa getting in the top 10 for their categories.

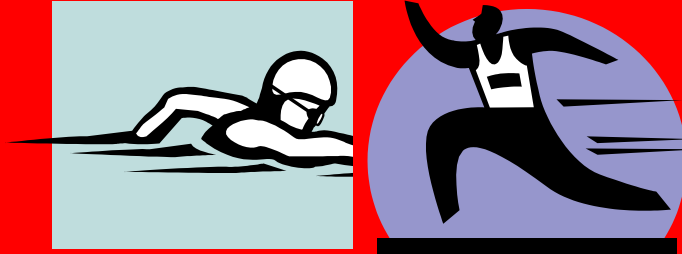


Lisa and Karen after Kurnell

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](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 Aquathlons



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

**March 20<sup>th</sup>**

**April 3<sup>rd</sup>**

5.45pm registration for 6pm start.

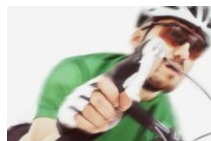
We have the usual 500m swim and 3.8km run as well as a new standardised junior event consisting of a 200m swim and approx 1.5km run. Swim length can be negotiated for those still building up to the standard junior event.

## Hot Diary Dates

**March 15** - Interclub invitation from Hills Tri Club at Regatta Centre

Full race schedule catering for all levels. Commences at 4.30pm at Penrith Regatta Centre. Entries close midday the day before the race. Full details on [www.hillstriclub.com](http://www.hillstriclub.com)

**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 (OR QUEEN) OF THE MOUNTAIN ?? Award winning famous pie for the king. (or queen)

**March 28** Manly Dam training tri

Start time is 7am on Saturday - 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 is 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 have our own safety kayak in case you want to attempt the longer swim but are concerned about needing assistance out the back. 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 which includes breakfast - 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.

**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 13 - LADP Tri Club fundraising - Regatta Centre.** Further details to be provided as confirmed by LADP Tri Club.

**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 - see details below.



## 2009 CLUB CHAMPIONSHIPS - May 2

How much fun can you have in one day??



Obviously a heap if you are at Club Championships this year. Ask Neville - he enjoyed Club Champs last year this much and he wasn't even racing

See you in Port Stephens, this May 2nd at One Mile Beach, a central location allowing clubs to locate accommodation, right along the Port Stephens accommodation belt from Soldiers Point to Shoal Bay and on out to One Mile Beach!

Look for the familiar club distance of a one-lap 1km swim conducted safely by the local SLSA clubs, a three-lap ride on a pretty much flat course on restricted traffic roads, and a three-lap run that includes varied surfaces, and a chance to show off to your club mates as you head through the HQ area on each lap.

Please note: Initial entries for the 2009 NSW Club Championships will open to financial TriNSW (and TACT members by invitation) who are also current financial members of an affiliated NSW or TACT Club only. Only when it is determined that spots may remain available to non-association members will entry be extended and these entries will be at a non-member pricing, including a one race membership / admin price. This information will be made public through the TriNSW Website news and in information news to members and friends.

Only financial TriNSW members, who belong to an affiliated club as at April 1st, can win club points; one very important reason for allowing membership entries only at this time as the field will be restricted to 850 entries only.

Eligible competitors finishing in each category from 1st position through to 30th position will be awarded points from 30 points for 1st place to 1 point for 30th place. These points will then be allocated to the Triathlon NSW affiliated club, specifically nominated on the on-line entry form. Points also allocated for volunteers and Technical Officials affiliated with clubs.



HTC competitors at Club Champs 2008

## Off Season Training - Oxfam Trailwalker

Are you looking for a bit of variety in the off season this year. Then you might be interested in doing the Oxfam Trailwalker with HTC on the weekend of 28-30 August 2009. We already have one confirmed team and two definite HTC members looking for a team. Teams need to be confirmed for registration on 7<sup>th</sup> April

Lisa is happy to organise teams and training - if you would like to know more about Trailwalker give Lisa a call on mobile 0421 277 350I or email on [lisanadinehealey@yahoo.com.au](mailto:lisanadinehealey@yahoo.com.au). These links will also provide useful info. [http://www.youtube.com/watch?v=0yQFjuAJ\\_yc](http://www.youtube.com/watch?v=0yQFjuAJ_yc)

<http://www2.oxfam.org.au/trailwalker/sydney/>

## Technical and Sanctioning Course

### Technical Officials Level 1 Training Courses

Triathlon NSW have been conducting a number of Level 1 training courses during this season. Your last chance this season is 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 on [johnstri46@hotmail.com](mailto:johnstri46@hotmail.com) if interested in attending.

## Upcoming Races

For a complete rundown of races visit [www.trinswrace.org](http://www.trinswrace.org) and check the HTC website for races closer to home.

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

## 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](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.

## New Uniforms

We are about to order some hot new uniforms - new cuts and new advanced material. We will be ordering in a range of sizes but if you are want to guarantee you sizzle on the course this season we recommend you let Andrew know so that he can make sure we get your size.

Andrew can be contacted on: [president@hornsbytriclub.org.au](mailto:president@hornsbytriclub.org.au) or phone 0408 686 497.

## Gear for Sale

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

## 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.

## Training Sessions \*updated\*

Day	Activity	Start Time	Meeting Place	Intensity
Monday	HTC Swimming Squad	5:30 - 6:00pm start	Hornsby Pool	Medium-Hard
Monday	Swimming Squad	6:45pm	Aquabliss @ Loreto Normanhurst (\$5.00 per session)	Medium-Hard
Tuesday &/or Wednesday (check forum)	Cycling - Bobbin Head Hill repeats	5:30am / 6am	Hornsby Pool / Bobbin Head Bridge	Strength endurance session. Regroup at top of each hill effort. Medium
Tuesday	Swimming Squad	7:00pm	Aquabliss @ Loreto Normanhurst (\$5.00 per session)	Medium-Hard
Wednesday	Swimming Squad	5:45am	Aquabliss @ Loreto Normanhurst (\$5.00 per session)	Medium-Hard
Thursday	Swimming Squad	5:45am	Aquabliss @ Loreto Normanhurst (\$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 (\$5.00 per session)	Medium-Hard
Saturday	Cycling - Longer rides to various destinations. Check the forum for details.		Hornsby Pool	Easy-Medium
Saturday	Swimming Squad	4:00pm	Aquabliss @ Loreto Normanhurst (\$5.00 per session)	Medium-Hard

## Recipe of the month - Asian risotto



### Ingredients

- 90g (about 1 bunch) coriander
- 2 1/2 tbs vegetable oil
- 2 garlic cloves, chopped
- 1 tbs grated fresh ginger
- 1 onion, sliced
- 1 stem lemongrass, white part only, finely chopped
- 1 red chilli, seeds removed, finely chopped
- 1 red capsicum, seeds removed, finely sliced
- 1 1/2 cups (330g) arborio rice
- 1 cup (250ml) white wine
- 800ml vegetable stock
- 100g snake beans or thinly sliced green beans
- 100g fresh shiitake mushrooms (optional)
- Juice of 1 lime
- 2 tbs ketjap manis\*
- 2 tbs fish sauce
- 1/2 cup mixed Asian herbs\* (such as Thai basil and Vietnamese mint)

### Method

1. Separate stalks and leaves of coriander and roughly chop both. Set aside.
2. Heat 1 1/2 tablespoons oil in a deep frypan, add half the garlic, the ginger, onion, lemongrass,

chilli, capsicum and coriander stalks. Cook for 1-2 minutes over medium heat, then add the rice, reduce heat to low, and cook for a further minute. Stir in wine and continue to cook until there's no liquid left. Add stock 1 cup at a time, stirring continuously to prevent from catching. Stir in beans and cook for 2 minutes. Turn off heat and cover loosely with a lid.

3. Heat remaining oil in a frypan, add remaining garlic and shiitake and cook over high heat for 1-2 minutes or until mushrooms start to soften. Set aside.
4. Add the lime juice, ketjap manis, fish sauce and herbs - including coriander leaves - to the risotto, and stir to combine. Serve the risotto in bowls topped with the lightly-fried shiitake.

Notes & tips \* Ketjap manis is an Indonesian sweet soy sauce from Asian supermarkets. Asian herbs are from good greengrocers and Asian supermarkets - substitute basil and mint.

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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!

#### Useful links

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