



Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

December 2009

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Why is Santa always so jolly?

It must be because he is a runner

Note from the Presidential Suite

Hi Everyone,

As we steam through the festive season, it has been fantastic to see the turn out at many of the events, whether it is the Friday night Aquathlon, the various triathlons being held near and far or the manly dam training tri.

If you find yourself with some extra time during the holidays don't forget to find yourself a training buddy through the members' forum on the web. Whether its some one escaping a visit from a relative of someone who had one too many helpings of Christmas pudding - you are sure to find someone through the forum to keep you company during the festive season. If you haven't yet got access to the forum, send an email to results@hornsbytriclub.org.au and we will have you signed up quicker than Emiel completed the run leg in Round 4 of the Aquathlon.

I really hope that we can all maintain the momentum into the New Year - but don't forget there are some things more important than training!! I can't believe I just said that. So if you miss a couple of training sessions to spend some quality time with your family, don't panic there is still plenty of tri season left. There's a calendar of events on the HTC web that's chock full of great options, so find something that suits you - maybe something you haven't done before and have a go.



Seasons Greetings!

And a happy New Year

Andrew "you talkin to me" -
"Stoney" Stone

P.S. turn to page 11 to find out
which HTC member has run
their last Ironman and why.

Membership is now over due

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

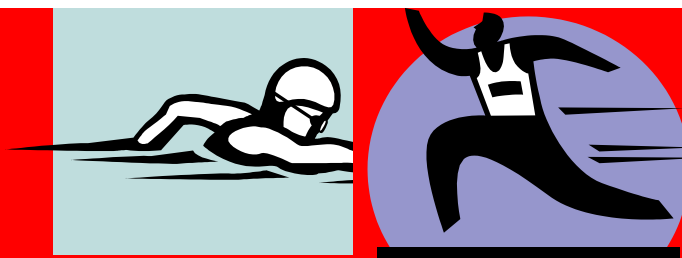
Please send us an email and place your name in the transfer details so we know you have paid

Join the Member Forum

You must register to post on the member forum on www.hornsbytriclub.org.au. Please email results@hornsbytriclub.org.au once you have registered to have your account activated. We receive stacks of spam registrations so please send us a separate email advising you have registered so that 1. we know your registration is not spam & 2. you can get posting ASAP.

Check out the weekly training schedule and the forum for details of sessions club members are doing.

2009-10 Friday Night Summer Aquathlons



Aquathlons are held at Hornsby Pool, Pacific Hwy, Hornsby, on the first and third Friday evening during daylight savings (excluding New Years Day this season).

Racing starts @ 6pm, be there by 5:45pm to register. Look for the Hornsby Triathlon Club Banner!

ENTRIES WILL CLOSE WHEN THE FIRST WAVE STARTS. NO EXCEPTIONS!

Entry is \$3 for HTC members and \$6 for non-Members. \$3 less for Kids (Yes, that means free for members). **Members will be able to buy a season pass for \$20. A saving of up to \$10.**

Member Race Results

Friday Night Aquathlon

Round 4 of the Friday Night Aquathlon series has been run and won with Emiel taking his second win from as many starts. In the series championship, Dane has taken the lead from Michael with Carolyn still the leading lady.

Hills Tri Club Series Race 2 - 6th December 2009

Ten members represented HTC including a number of new members. Both Marion and Hannah had podium finishes.

Ironman Western Australia, Busselton - 5th December 2009

Congratulations to Nathan and Jackie who both completed Ironman WA, Nathan in a cracking 10:06!

Nepean Triathlon Weekend - 28th-29th November 2009

HTC had another good turnout at the Nepean Triathlon weekend this year with members racing on both Saturday and Sunday. Congratulations to Martin and Charles who both picked up 2nd in their age group. That was Martin's second 2nd in 8 days, following from his good result at Kurnell the previous weekend.

NSW Long Course Championships (Forster) - 15th November 2009



A small group of 4 HTCers headed north to Forster for the NSW Long Course Champs with Jodi winning her age group.

Pleased to see that hair isn't holding her back.

Congratulations to everyone who competed, supported 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.

Manly Dam Training Tri

We had our first training triathlon at Manly Dam on 13th December. The event started a little late because the ranger decided that he would sleep in rather than open the gates on time. 17 members including support crew turned up for the open water swim in fresh unshark infested waters followed by a 16km cycle and 5km run and bbq breakfast. It was a good time for new members to relax after training and meet some members.



The motley crew



Young ironwoman in training



Falco enjoying his morning



Emiel out for a Sunday stroll



Adrian gearing up



John strapping on the safety gear

The next Manly dam training tri is on in Feb - keep an eye on the calendar.

Fund raising

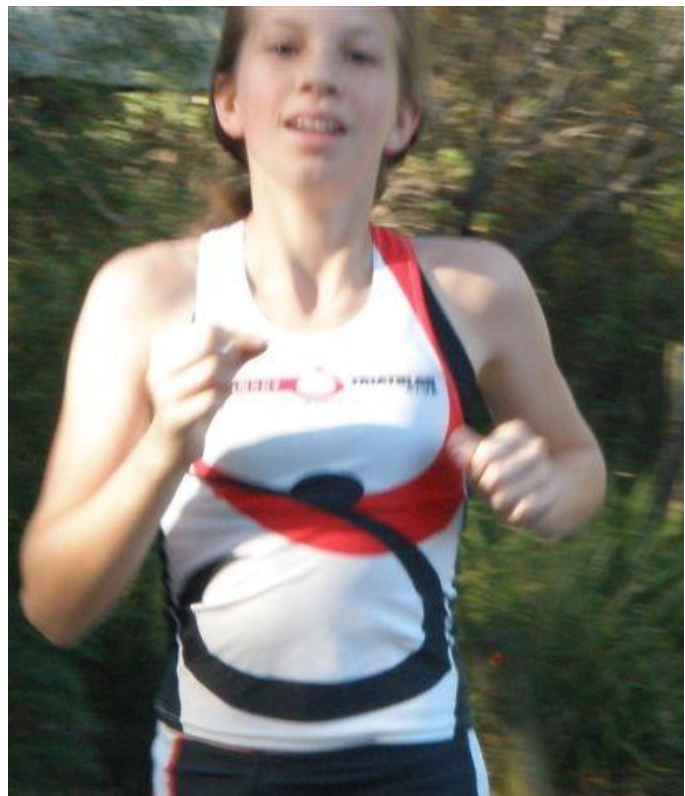
Finally, late plug - we will be manning the stalls at the Bunnings BBQ at Thornleigh on 16th January.



Thanks to those who have already offered to help, if you can spare a couple of hours on the day, please see the note on the forum in the general chat section. This is a great way for HTC to fatten up lots of people so they will need to join our club to get fit. Ok its not that - but it is a great way to raise funds to buy equipment for the club - just in case the sausage sandwich eating people want to come join.

Uniforms

Maybe its not the training - maybe you just need to buy a go fast HTC uniform



Prices as follows:

Cycle Jersey	\$105
Cycle Knicks	\$115
Mens Tri Suit	\$160
Ladies Tri Suit	\$200
Tri Knicks	\$65
Tri Singlet	\$55

Member Profile

Spend 5 minutes getting up close and personal with new member Ann Swiney.



Name: Ann

Nickname: Have had many over the years, mainly related to my stature :) These days it's probably Annie Mac

Occupation: Hmm hard to describe that one without you going cross eyed. Best to say I work in Human Resources

Ann enjoying a "special" isotonic sports drinks made for adults on her recent training holiday at Hamilton Island.

What brought you to Triathlon: An opportunity to do the BRW was given to me and I thought why not. Had wanted to do one for years but could never work out the whole clothing thing (the ladies will get that one) but a friend gave me a few tips and so gave it a go. I loved it and kept at it

Favourite tri leg & why: Hmm, the finish??? The run, as it's my strongest leg and I love passing all the people who got me on the bike and swim

What is the most challenging training run you have been on? My first go out bunch cycling with the Turramurra cycling guys. Got dropped big time and was babysat by a 57 year old woman and a guy in his 60's and they weren't even panting, I've improved a lot since then but still find it hard to keep up with the oldies
What do you like about triathlons: I like the variety that it provides? I have mainly done running and my knees are enjoying a break with the riding and swimming thrown in. I also love how every one is really encouraging no matter what type of triathlon you are doing.

What are your goals for this season: To do my first sprint distance (did that in the Hills Club tri in 1 hour 28 and was stoked about that time), continue to improve on that time and work my way up to Club distance. Hope to do well in my age group in club champs this year.

What do you do for pleasure when you're not training? Does sleep count??
Spend time with my gorgeous son.

Favourite flavour of chewy lollies, post tri: Most of them but must say snakes or strawberries and cream are up there at the top.

Favourite thing for breakfast: Anything with bacon

Best holiday destination: I love Italy so just about anywhere there apart from Naples (just a little bit dodgy)

Favourite movie Anything that makes me laugh or cry.

You have just heard that the end of the world is coming - How would you spend your last 24 hours: Eating and drinking and being with my friends and family

Tell us something most people don't know about you: I'm pretty boring, no hidden talents or terrible secrets here.

Thanks for spending 5 minutes with Spin Effects

Club Windtrainers

For new borrowers you will be hooked up with the current Wnd 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 the property registrar (Neville) with the details within the next 2 days. Neville 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 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.

Gear for Sale and Wanted

For sale

Nathan's posting

"Few items up for sale, doing a few races this season and just purchased a new bike so these goodies have got to go.

Tubular (glue on) race wheels; 3 years old, only used as race wheels, never crashed, great condition and come with near new Vittoria EVO tyres and free Vittoria EVO spare. Only selling as the new bike came with Zipp's. For the pair \$1200 or separate as below:

- HED H3c rear (\$800)*
- HED Stinger 5.0 front (\$500)*

HED full carbon adjustable integrated aero bars come with 9 speed DA bar end shifters. Bar takes a standard stem, however the extensions have been cut to size, so I have cut the price \$280 (purchase new \$800). Again only selling as the new bike came with bars.

1 pair of DMT Flash cycling shoes (<http://www.cyclelink.com.au/prod5577.htm>), used 3-4 times in new conditions (couple of scratches on the sole). Great looking lightweight high end shoes, but sadly they don't fit my feet very well, I was sold by the look. \$220.

I'll try and post some piccies, if there is any interest I can bring them along to a Friday night aquathon or you can pop around to my place at Hornsby. "

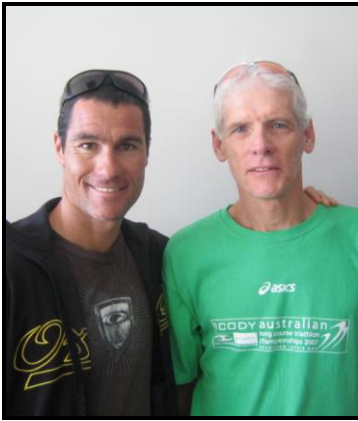
(contact Nathan via the member forum

Wanted

Posting from Lisa

"I have a friend who would like to purchase a reasonably priced ladies road bike. If you know of someone who might be wanting to part with one, her details are Danielle 0414 475 282.

Race Report



Hawaiian Ironman revisited - 10 October 2009

By Charles Coville

"It's Kona. You can come here and have the best race of your life and come 9th, or have an average day and come 3rd. You never know what you're going to get. You can mentally prepare to a certain extent that it's going to be really hot and really hard, but experiencing it is something different. You can't really simulate the conditions anywhere. But you never know what you're going to get out there, where the tailwinds or the headwinds or the crosswinds will be, how the bike course is going to play out. It's always something different."

These are the profound words of 2008 5th placed Linsey Corbin.

The 31st Ford Ironman World Championship in Kona, Hawaii on Saturday 10 October 2009 epitomised Corbin's description. Strong winds, near 100% humidity and temperatures ranging from 35 to almost 50 degrees made for one of the hottest Ironman (IM) races in recent years.

The world's best professional and age-group triathletes struggled through the challenging conditions at Kona on the big island of Hawaii, with 'did not finish'es (DNF) recorded not only by Corbin, three times Australian IM winner Patrick Vernay and Australian IM stalwart Belinda Grainger, but also previous Kona winners Michellie Jones, Natascha Badmann, Tim DeBoom and Norman Stadler. For the professional group, the logic often follows that after a bad session, usually the bike leg, their race is over and it's best to save themselves for another day. 20% of professionals were DNF's. The age group qualifiers think differently however, knowing that that they have qualified for a highly competitive spot and that the opportunity to compete in Kona again is limited and there may not be another day in the sun. (There are 200 lottery spots plus 1,600 spots assigned to 22 qualifying races around the world, spread across the professionals and age groups pro rata based on the number of entrants in each age group.)

For the age-groupers, it's a case of 'when the going gets tough, the tough get going'. There were only 7% DNF's in this category.

Despite the extreme conditions, there were some incredible performances on the day. Aussie Craig Alexander from Cronulla took the lead a few kilometres from the finish to win his second successive title in 8h20m, clocking 2h48m in the marathon. First time marathon runner and IM competitor, Brisbane's Mirinda Carfrae, ran a phenomenal record-breaking 2h56m51s in the marathon to break the female run record and place second. But the performance of the day went to the enigmatic, popular and humble Chrissie Wellington from England who won her 3rd Kona IM (her 8th IM from eight starts). Her time of 8h54m02s broke the previous record set in 1992 by eight times winner Paula Newby-Fraser. Chrissie's time placed her 23rd overall.

Chrissie's performance in Kona and previously has led to speculation that one day she will finish in the top 10 overall. She beat her nearest competitor by 20 minutes, and has yet to be pushed to the finish.

My race did not fall into one of the incredible performances of the day. After my 12h37m Kona debut in 2007, my sights were set on a personal best for 2009. I felt positive, as despite the climatic conditions, I was the best prepared that I had ever been for an IM. My 16-week training program had progressed like clockwork and a successful result at the shorter Olympic Distance World Championships on the Gold Coast four weeks earlier had boosted my confidence. My weekly training averages were: swim 8.5 km, bike 180 km and run 45 km. This equated to 15 hours per week, peaking at 17 hours for three weeks. By comparison Craig Alexander's training regimen was swim 20 km, bike 800 km and run 120 km.

Race day started on a sour note. Although bikes are checked in the day before, on race morning, half an hour before the swim start, I noticed that I had a flat rear tyre. The bike mechanic assured me that my tube would be replaced during the swim and that I would transition to a bike ready to race afterwards.

Was Charles bike ready when he got back to transition.??? Why did he decide this was his last ironman ??? - you will have to find out by reading the rest of this race report on the results page of the HTC web site <http://www.hornsbytriclub.org.au/racephotos.shtml>

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>

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!

