

# Spin Effects

## HORNSBY TRIATHLON CLUB NEWSLETTER

**November 2010**

Edition 22

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## Note from the President's Canton Retreat



Ni hao from Guangzhou, capital of the Guangdong province of China, where I'm working as an Event Statistician for the 16<sup>th</sup> Asian Games. As the Games approach, so does one of the best weekends on the Australian triathlon calendar, the Nepean Triathlon weekend. With Enticers on the Saturday and then one of the best value races in the country on the Sunday it's one of HTC's biggest weekends of the season and the only race other than Club Champs that will get you double points for the HTC 2010-11 Club Championship.

But whether you're doing Nepean or not, the most important thing is that you're doing something, and telling HTC about it. Later on in this edition of Spin Effects you'll find a number of race reports from members new and, well, not so new. If you're looking for some inspiration or motivation you could do a lot worse. And if you're keen for more of that then you can also access some older race reports at the top of the results pages on the website. There are some fantastic reads in there that just don't get old and I'm not afraid to say a couple that have caused this triathlete to shed the odd slight tear through the sheer emotion they convey. So let us know which races you're going to do and then let us know how you went. You could find yourself a gen-u-ine published author with a readership of millions (or perhaps just dozens).

Well done to all who have competed so far this season. We've already had some fantastic results, particularly over the half ironman distance. Keep up the good work guys.

I'd like to finish on a slightly sombre note. I was reminded today that it doesn't matter where you are or what you're doing, you can always spare a minute to take stock and remember and honour those who have paid the ultimate sacrifice to give us what we have today. I was in the Asian Games News Service workroom wading through pages of historical Asian results and medal tables from all manner of sports when the head of the News Service interrupted us to remind those from the

Commonwealth nations that it was 11am on November 11, Remembrance Day. Everything stopped and everyone (including those not from Commonwealth nations) was silent for a minute. For those of you who have not been to China, it is exactly as you might expect, very busy and nearly never quiet, let alone silent. It was a beautiful moment and a real reminder of what is truly important. I haven't personally lost a family member to war but I'm sure a number of you have. So I would urge you all to take a minute out of your day to think about how lucky we are to live in this great, free country and to remember the real cost of having it this good.

Lest we forget.

Until next time,  
Adrian.

## WHO'S BEEN DOING WHAT

What a big month of racing we have seen in October.

### **Port Macquarie Half Ironman**

We had a large contingent of HTC people up at the very windy half ironman. Special mentions to Brad Eastwood and Martin Lord for their fantastic performances. Brad came third in his age group and Martin got another podium finish for his age group, well done. Sam in his first half ironman had a great sub 5 hours time. Here's his race report:

The Port Macquarie ½ Ironman was an important race for me in my build up for my first full Ironman next May. I had a pretty ordinary first attempt at long course triathlon in Huskisson last February where I blew up with 8km to go on the run and had to walk home. I was keen to get my training, race plan and nutrition right for this race.

I'd worked hard over the previous 16 weeks, implementing the training plan I intended to take to Ironman next year. All was going well until 2 weeks out from the race when I experienced some swelling on my left knee. I had a number of tests and was told that due to cartilage damage I should not be running – ever again. The Port Macquarie ½ would be my last triathlon.

Naturally I was devastated and found it very difficult to stay motivated; I swapped land running for deep water running during my taper and took a course of anti inflammatory tablets. I started investigating how I could train for an Ironman without doing any run training; I decided I would race the ½ then make up my mind depending on how well I recovered and what sort of advice I got from coaches and people who have continued to be competitive with similar injuries.

The Crisafulli family arrived in Port on Friday afternoon and settled into our accommodation. The kids found the pool and were excited about the extra long weekend that none of their friends back in Sydney were getting. On Saturday I rode 1 lap of the course with Steve Hume and benefited greatly from some great advice. My knee felt fine and I was ready to race. The night before the race my wife Jodie gave me the best advice – *“Don't get emotional thinking this might be the last time you run. If you do that you will use all your energy and end up a blubbing mess on the side of the road. Pace yourself, stick to your plan and save the emotion for the last kilometre. Then go for it.”*

Come race day everything went to plan, I achieved my goal time (30 min in the swim and 2 hrs 45 min on the bike). All I had to do was run the ½ marathon in 1 hr 45 and I would achieve my goal of going under 5 hrs. I ran the first two laps in 62 minutes and started thinking I would finish the run in under 1 hr 30 min – I had not been passed by anybody and was feeling very confident and strong; I was spurred on with encouragement from Jodie and the kids as well as a great contingent of supporters from Hornsby Tri Club and the triathlon community in general.

Despite the support my pace slowed on the third lap and I started thinking those *“OMG – I just wish this thing was over, how about I have a little walk”* thoughts. I combated these thoughts by regurgitating a number of motivational quotes I had read in the week leading up to the race *“The only*

*way of finding the limits to the possible is by going beyond them to the impossible*". Before I knew it I was going through the final aid station with only 2km to go. I looked at my watch and realized I would make the five hours comfortably. With 1km left I had a crack at overtaking another guy in my age group who had just gone past; I went OK for about 100m but then the legs turned to jelly. I decided just to coast in and enjoy the moment, finishing 10<sup>th</sup>/129 in my age group with a time 4 hours 54 minutes and 44 seconds.

I'm not sure how the Ironman story will end; but I will not retire without having a go.



Sam's best angle???

## Martin's Race Report

In the last few years that we have been going to Port ½ everyone has said that it was a great race. It seems that all agree that the beautiful river, the rolling hills and the fast flat sections hold the attention of racers from year to year. 2010 was no different with great weather, warm water and a little wind to challenge you.

I must admit that I am glad for the training ride out to West Head a few weeks ago when the wind was blowing a gale to remind me that anything can throw itself at you in triathlon. I am glad that I have constantly been exhorted to ride in the aero position, to concentrate on form, and that discomfort is temporary. But race day is nothing without family, friends and atmosphere, all there in bucket loads this year. Whether it is the travel time to/from the race, texts from well-wishers, a pre-race chat with training buddies, or post-race meal with HTC'ers, it is a heady mix that keeps your head in the right space.

Yeah, you get wet, then blown, and then hot and tired, that's racing, and it is nice to have the wetsuit, the bike and the gear that 'we must have', to load the car and go away for the weekend and have some fun, however, without the crowd, the volunteers and great people to share it with I am not sure everyone would continue to say that Port ½ is as great a race as it is.

I had heaps of fun this year!

## Sri Chinmoy Olympic Distance - Canberra

We had a few members travel down to Canberra for this race. Falko did well with a respectable time of 2:41:37. New member Kahn had his first triathlon, achieved his goal of not coming last and overcoming a flat to post a time of 3:40:06. Great result from another new member, Michael Duncan, getting 5<sup>th</sup> in his category in a time of 2:29:45. Well done guys. Here's Kahn's race report:

I need to remind myself – its not about the time for your first one!

I woke at 6AM to rain and wind – not the conditions I had expected! (I didn't think it rained in Canberra?) I had a light breakfast – my usual banana on toast and a pre-race smoothie. I had been very anxious the night before and had only about 4 hours sleep. We got the kids organised and headed down to Yarralumla Bay at about 7:30 – luckily we had the kids rain coats packed, it was pretty wet and windy. We arrived as the Long Course athletes started to exit the water, so I sat back for a few minutes and studied their transitions. A short time later I racked my bike and organized my gear for transition. At this point I started to feel a bit nervous – mainly due to the conditions being so far off what I had visualized – I had no wet weather training on the bike, and I knew there would be chop on the lake. Anyway no time to panic I pulled on my wetsuit and prepared to start.

36:15 swim (I had trouble keeping my breakfast down, wretched a few times, and was very rattled generally in the open water) The thing I couldn't adjust to was zero visibility in the brown water and people around me on all sides. At one point kind of panicked a bit, stopped and let people pass, almost forgot how to swim! Also I haven't mastered breathing on both sides, waves kept hitting me on my breathing side!! I didn't adjust for almost the whole distance, in hindsight just needed to calm down, my breathing was very shallow) I definitely need open water practice, I was expecting 26-28 mins going off my pool form – I so wrong!! I made it harder on myself by avoiding the other swimmers too much, stopping regularly and letting my mind get the better of me. The last few hundred metres I was in rhythm and passed a few people and thought – 'why couldn't I have just done this sooner!!' That lake is beyond gross. With the swim out of the way, I thought, well that was crap, surely the rest will be awesome...

**Main Lessons:** Calm down in the open water and have faith in your training! Learn to breathe bi-laterally! Focus on feel rather than sight. I was frustrated with my time as I am really swim fit.

T1: slow – totally got changed into bike gear (need a tri suit!!) Had a gel and was away to the cheers of team Brevig on the sideline

Bike 2:04 – Awesome start, felt really good, the rain had stopped and wind dropped a bit – although there were a few strong gusts on Parkes Way. For a while I was keeping up with the general bike traffic, then tragedy! – puncture followed by broken pump. Wallowing in mud at about the 17 KM mark trying to find pump parts! I watched the race whizz by with the random 'bugger' coming from people as they passed. After a long struggle and accepting the DNF started to walk. Then, out of nowhere a lady pulls up asking if she can help (who I guess was doing the long course 2<sup>nd</sup> lap) I explained what had happened so she hands me her pump – legend! I was back on my way about 30-35 mins after stopping!, about 15 mins later I stopped to re pump, think the valve wasn't up properly, and probably didn't pump up enough from the outset. Tech issues aside I think I could have been around 1:30-5 pace, which was my goal – with only a few weeks proper bike training I am happy with that. The surface overall is pretty

rough with some major bumps, a guy later told me there are always bike casualties / DNFs on that course...I wish I had known that sooner!!

**Main Lessons:** Learning to change tyres!!! – not smart going in to a race having never done it! (not counting a mountain bike many years ago). My note to self: Check your equipment and learn how to use it before a race! I later figured out that I should have left my pump alone – I broke it by fiddling with it - I was trying to switch over a connection on it (unnecessarily) that caused it to fall apart and ultimately cost a huge amount of time

T2: Pretty fast, just pulled on my shoes, had a gel and away...

Run, 59 mins legs were heavy for the first few KM and I didn't feel that motivated, was OK by about 5K, then there were some hills that had me walking...passed a couple of people (including the races oldest competitor) in the run to avoid last place! I think mentally I was rattled by earlier events and know I might have been able to push a bit harder if I was closer to my planned time. I had set a goal of going sub 50 on the run.

**Main Lesson:** I just need to keep going, I allowed myself to walk when I really didn't need to, should have been closer to 50 minutes

Anyway no feeling sorry for myself with my result – it felt awesome to finish and have a lot to take with me for my next race! Probably a good thing it was so 'eventful'. Getting a flat had not even entered my mind prior to the race! Also open water, poor visibility, waves, and wind, all things I need to be prepared for...I guess I naively imagined everything being calm.

Total 3:40 – miles off reaching my goal of 3 hrs or under – really thankful and lucky that lady passed me the pump, so I got to experience finishing. I don't know if that is classed as cheating? I'll take a lot away from the experience and know I'm physically capable of doing it – and all going well would hit that goal of 3 hours or under.

I can't wait for my next one in a month or so, a sensible Sprint distance event in Wollongong. I get the mental side of it now – The thing that slowed me down most was losing composure when unexpected things popped up – I guess I need to learn to adapt and have faith in my ability / training. Anyway, loved the experience and can safely say I'm hooked.

## **Noosa Olympic Triathlon**

Your intrepid newsletter editor took a trip north for her first Olympic triathlon and first one having to travel with her bike. After suffering from some knee issues leading up to the race and not being able to run at all and only light bike and swim sessions I thought I'd be lucky to go under 3 hours. I decided I would just enjoy the experience and have some fun. Posted a very pleasing 2:47:42. It's a great course and will be back next year.

## Trishave All Women's festival

The first all women's race of the season was held out at Penrith. Sarah Roosink had a fantastic result of 1:17:21 and coming 5<sup>th</sup> in her category. Also, following her tremendous effort in May in Busselton, Carolyn Fallowfield got a 1:41:18 with no swim or bike training since Busso! Well done on a great result in what I heard were rather warm conditions. These are great events as an introduction to the sport. There is another one to be held in March.

## HTC MEMBERSHIP NOW DUE

Membership is now due. For anyone Hornsby Triathlon Club wanting to renew their membership by BSB 062308 Acct 28029077 electronic means the club account is:

Its very simple.

Please include your name in the description when completing your electronic transfer AND also save a screen dump of the receipt and send to - [treasurer@hornsbytriclub.org.au](mailto:treasurer@hornsbytriclub.org.au) with your completed membership form that you downloaded from the website and which is also attached to this newsletter.

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 prices have remained the same again this year

Affiliate membership is available to members of other Triathlon clubs who would like to participate in Hornsby Tri Club events. Proof of membership needs to be produced.

TriNSW/TA memberships are now also due. You can join TriNSW & TA by going to [www.trinswrace.org](http://www.trinswrace.org) and clicking on the link on the left. TriNSW/TA membership will again be mandatory to compete at Club Champs in May and will also give you a major advantage if you wish to compete at Kurnell with entries for those 4 races opening to TriNSW members well ahead of non-members with the potential for the race to sell out before non-members get a chance. **In fact if you are not a Tri NSW member there is a good chance you won't get to race at Kurnell with the first round of offers being offered to members first.** You have been warned Also don't forget that Club Champs is a members only race and you need to be a member for that too.

## Member Profile

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



**Name:** Kahn Brevig

**Nickname:** KB

**Occupation:** Director of an Events Company

**What brought you to Triathlon:**

Probably wanting a positive change health wise (losing weight etc). Also a close family friend has been doing Ironmans for the past 6 or 7 years. His achievements and 'selling' of the positives inspired me to give tri a go. I have always enjoyed the disciplines of triathlon at different times of my life - it seemed like the right time to stitch it all together. Having a competition / time goal to work toward is a powerful motivator I'm finding.

**Favourite tri leg & why:**

Not sure yet - I have only completed one triathlon. I would say all three are equal - Depends on how I'm feeling. In training I probably enjoy swimming the most as this is the area I am seeing the most gains, but in my first race it was the run. I would normally have rated the run last, but on race day it was the only leg that I didn't have any major problems (except that I was very slow!)

**What is the most challenging training run you have been on?**

They are all challenging! If I were to think of one - Trying to keep up with an ironman athlete in the Blue Mountains - I only lasted a few K's!

**What do you like about triathlons:**

The variety and focus of the training. In the beginning I hated the early morning starts - now I love this

aspect - it is the ideal way to start the day. The meditative aspect of running alone with your thoughts has become an important part of my routine.

**What are your goals for this season:**

To complete a few sprint distance triathlons, build up to Half IM in March in Auckland (maybe! I will decide in January - I have upped my training significantly so will see how I go!).

**What do you do for pleasure when you're not training?**

Hang out with my family (My wife Natalie, two kids (Joel, 7 and Lara, 4). I enjoy reading books and mags (lately a lot on triathlons), Listen to music, cook, make cocktails (I collect rare and exotic booze). I also enjoy most watersports having been a surfer through my teens.

Favourite flavour of chewy lollies, post tri: I didn't get any lollies - ripped off!! I like purple winegums and red licorice.

Favourite thing for breakfast: Banana on grain toast and a long black.

Best holiday destination: Mallorca - the med is beautiful, and the people are so relaxed

Favourite movie: Too many to pick just one! Here are a few faves:

Shawshank Redemption, The Hangover, Pulp Fiction...any old Farrelly Brothers films, Cohen Brothers films

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

Grab the family and all the friends I can find and hit the beach for a BBQ

Tell us something most people don't know about you: I have a collection of 70s funk and soul music on vinyl

Thanks for spending 5 minutes with Spin Effects

## Upcoming Training Sessions

### Beginners Ride - 20<sup>th</sup> November

Phil Hoare and Sam Crisafulli will be taking whoever is interested on a beginners ride on the afternoon of Sat 20 November. Meeting at Galston shops and riding the quiet roads from Galston to Arcadia. The ride is aimed at people who might not be confident on the busier roads in the suburbs and will not be at a fast pace. We expect we will do about +/- 25km in about 1hr 15mins - or as fast as the slowest rider wants to go.

The terrain is rolling hills, nothing too challenging but at the same time interesting.

Meet at the cafe at the intersection of Galston Road and Arcadia Road at 3:30pm, Sat 20 November. Please respond on the forum if you are attending so we don't leave without anyone!

### HTC Aquathlons

Our club aquathlons are back on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month. Check the website for details and the new point scoring system,

### HTC King of the Mountain Series

For this year we are looking at having a few more King of the Mountain sessions that will take us through to the offseason.

Proposed dates are

30<sup>th</sup> January 2011

27<sup>th</sup> March 2011

5<sup>th</sup> June 2011

17<sup>th</sup> July 2011

### HTC Manly Dam Training Sessions

Once again we will be running three training sessions down at Manly Dam

Proposed dates are

5<sup>th</sup> December 2010

13<sup>th</sup> February 2011

17<sup>th</sup> April 2011 (just in time for Club Champs)

## Northern Suburbs Triathlon Club Transitions Training Sessions

Northern Suburbs Tri Club conduct 'Transition Training Session' (which is basically a club training triathlon) through the season and HTCers are still welcome. It is based at Terrey Hills pool and is great little 'race'. It is a little shorter than a sprint, is on relatively quiet roads and will cost you just \$15 which covers your pool entry and refreshments. More details at their website, [www.nstc.org.au](http://www.nstc.org.au). They would appreciate it if we could let them know if any of us are coming so either reply on their forum or let Adrian know and he will reply on your behalf.

## Manly Aquathlons

The swim is stunning through the marine reserves and makes for good viewing (I.e. beautiful small fish & not-so-beautiful large fish with sharp teeth, unusual creatures with eight legs etc). The run along the esplanade is full of distraction!

Time: 18h30 (be there at say 18h20)

Day: Fridays

Start: Shelly Beach, Manly

Parking: Bower Street, or public car park at Shelly Beach  
Course: 750 metre open water swim (Shelly Beach to Fairy Bower & back); 5km flat run ( Shelly Beach to Queens Cliff Beach RSL & back)

BBQ: Bring drinks & food to enjoy the after glow of your performance at Shelly Beach

Worth doing every 2nd & 4th Friday

## Member Race Results

Congratulations to everyone who competed this month in very early races before the formal season gets off. 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.

## Hot Diary Dates

Date	What	Where	How long	More Information
13-14 Nov	Nepean Triathlon Weekend	Penrith	Various	<a href="http://www.nepeantriathlon.com">www.nepeantriathlon.com</a>
14 Nov	Shepparton Half Ironman	Shepparton	1.9/90/21.1	<a href="http://www.sheppartonhalfironman.com">www.sheppartonhalfironman.com</a>
14 Nov	Sri Chinmoy National Capital Swim	Canberra	9km	<a href="http://au.srichinmoyraces.org/">http://au.srichinmoyraces.org/</a>
19 Nov	HTC Aquathlon	Hornsby Pool	500/3.8	<a href="http://www.hornsbytriclub.org.au">www.hornsbytriclub.org.au</a>
20 Nov	Urban MAX	Sydney		<a href="http://www.maxadventure.com.au/urbanmax/">www.maxadventure.com.au/urbanmax/</a>
20-21 Nov	Huskisson Triathlon Festival 1	Huskisson	Various	<a href="http://www.eliteenergy.com.au">www.eliteenergy.com.au</a>
21 Nov	Sri Chinmoy Triple Triathlon	Canberra	1.5 km swim/35 km MTB/20 km run/3.5 km swim/42 km MTB/12 km run/1.2 km swim/24 km MTB/13 km run	<a href="http://au.srichinmoyraces.org/">http://au.srichinmoyraces.org/</a>
27 Nov	Hills Tri Series - Race 1	Penrith	Various	<a href="http://www.hillstriclub.com">www.hillstriclub.com</a>
27 Nov	Paddy Pallin Adventure Series	Canberra		<a href="http://www.arocsport.com.au/adventure/subsite.html">www.arocsport.com.au/adventure/subsite.html</a>
28 Nov	Trishave Sydney Triathlon Series - Race 1	Kurnell	750/20/5	<a href="http://www.trinswrace.org">www.trinswrace.org</a>
28 Nov	Sri Chinmoy Running Series	Leichhardt Oval	16,8 & 4km	<a href="http://au.srichinmoyraces.org/">http://au.srichinmoyraces.org/</a>
28 Nov	Central Coast Half Marathon & 10km Fun Run	The Entrance	21.2km or 10km	<a href="http://centralcoasthalfmarathon.com/">http://centralcoasthalfmarathon.com/</a>

Full diary dates for the season are available on the website including racing and training with HTC.

## Gear for Sale

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

They're not quite for sale but Dane has a mountain bike and a road bike that are available to borrow. Details to be put up on the forum soon.

## Uniforms



The HORNSBY TRI Club family modelling this season's hot hot gear at Club Champs.

GET IN EARLY

## Useful links

Turrumurra Trotters

<http://www.turramurratrotters.org/>

Sydney Striders

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

Berowra Bushrunners

<http://www.berowrabushrunners.com>

## Club rewards

 The Athlete's Foot logo, featuring a blue oval with a red winged foot icon and the text "The Athlete's Foot" in yellow and white.	<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>
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Please be aware that Rebel have changed their reward program. They will no longer contribute towards club purchases and is a more individual focussed program.

### Editors Note

Thanks for reading this far. I'm always after interesting things to go into the newsletter. Please send through anything that you think might be interesting, especially race reports.

Happy training and racing

Ann "How did I get roped into this" Swinney