

Spin Effects

HORNSBY TRIATHLON CLUB NEWSLETTER

December 2010/January 2011

Edition 23

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Note from the President's Lounge



G'day all and Happy New Year. Hopefully by now you've worked off any excessive Christmas and New Year's celebrations and you're back into training and targeting a particular race or two over the next couple of months.

For those that are doing a lot of training alone, do yourself a favour and share the love. Most of you will already know but I'll say it anyway, training with company is infinitely easier and more enjoyable. You'll either expend the same amount of energy but have it feel easier than usual or you'll expend more energy for the same amount of perceived effort. So get those sessions on the forum, no matter how one-off or irregular, and see if there is anyone else that is available and keen for a similar session.

A quick reminder that our third Aquathlon at Loreto Normanhurst is this Friday. Be there by 6:15 to register so that we can hit the water at 6:30pm. The new course is great, if slightly harder than the old one.

Also, this Sunday is our second Training Tri down at Manly Dam. Be there by 7am so we can get the swim done before any boats arrive. See the forum for all the course details. We will have maps there but if you haven't been down before, try to familiarise yourself with the course (especially the bike leg) beforehand.

The final reminder is about Club Champs. Remember that Club Champs will only be open to TriNSW/TA members this year and will be in Forster on Saturday May 14th. Club Champs is a great end to the season where you get to race for club glory and then celebrate that night at the famous Presentation Party. Members of the club usually stay together in groups where feasible and it's time we got the accommodation bookings organised. So if you're planning on coming up to Forster for Club Champs and you're happy to stay with fellow club-mates (and why wouldn't you be!) send me an email to president@hornsbytriclub.org.au letting me know who you expect will be travelling up from your crew and we'll start collating the info and looking at what we can

book.

In the meantime, stay safe, train smart, best of luck to everyone travelling near and far to race over the next month or two and I hope to see you at a race or club event soon.

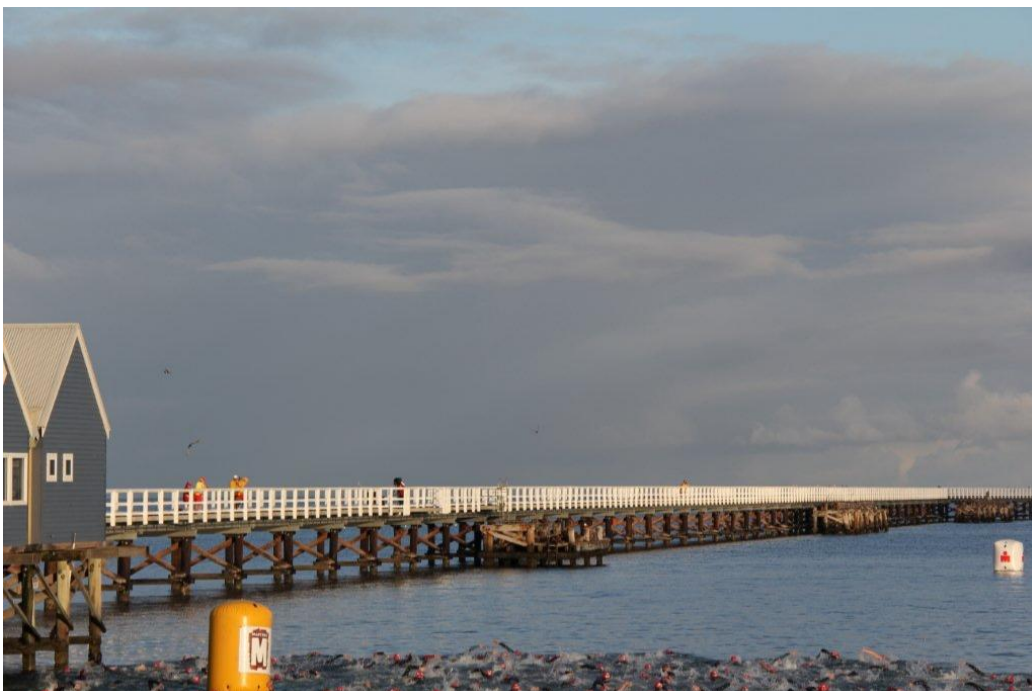
Cheers,
Adrian.

WHO'S BEEN DOING WHAT

What a great couple of months of racing we have had. Post the Half Ironman in October we have had members participating in many events. Also exciting news with our friends at Hornsby Cycles donating a \$70 each month or the season which we will be giving away through the year :) Next one will go to most improved in the Aquathlons for February

Ironman Busselton

Held December 4th December, Martin Lord and family trekked over to WA for Martin's first Ironman. Below is a report from the Team Lordy Manager (Wendy). It's long but it's so worth it. Go Martin and family:) This is a surprise for Martin as he had no idea Wendy was submitting this :)



My Ironman A view from the otherside!

I remember some years ago Martin asking me to setup the computer for him to stream an event that a guy from Hornsby Tri club called 'Stoney' was doing in WA.....some place called Busso?????

We watched the grainy screen & the race unfold..... what kind of maniacs swim 3.8kms with sharks.....ride 180km with flies & then run a marathon....yes 42kms in the Western Australian heat????? Well it seems 1000's..... & Stoney did it....and did it well!!!!

A few years and many hours of training & races later the possibility of Ironman..... yes/no/maybe???

Time to bite the bullet..... Port Macquarie 2010..... Nev & Martin.... BOOKED...

But it wasn't to be for one of the duo..... an innocent game of tennis & OUT...

Nev took on the Port alone..... well not quite alone..... 1000s & a big Tony Abbott to race..... & race he did....total star with a super support team.... and finished strong!

So onward & upward to Busso for the Lords..... Where is Busso?????

Well Busselton is the most beautiful town nestled in Geographe Bay 2.5 hours south of Perth. You've all heard of the Margaret River??? It's just around the corner.....well Margaret River is 50kms on from Busselton but that's for later on....

On 2 December 2010 Team Lordy loaded up with 92 kgs of gear..... that's 23kg X 4 exactly..... & yes Qantas do count....even the teensy bits.... & headed across Australia. Who knew it took over 5+ hours to get to Perth???? Well it does + 2 hours advance check-in to the airport to ensure your bike gets on the same flight..... what a lot of hooaha..... but then when you see how many bikes are lined up...It was a good plan....A long flight later made easier by excellent inflight entertainment..... & not the movies.... listening & watching all the wannabe Ironmen trying to corral their children & talking very fast going over race plans.....

And so to the rental car..... Hertz VS the Lords..... the Gold Club member Lords who book EXACTLY what they require wherever they're going but NEVER get what they booked! As usual the meek & mild Mrs Lord (shut up...I am) fronts up to customer service to claim the vehicle she'd booked MONTHS ago. "I'm so sorry Mrs Lord..... but we have an Ironman event here in WA (well duh) & all the Klugers are booked.... but we can get you into a RAV 4 & they really are quite spacious"..... GULP..... Hertz customer service trainee had not been prepared for the Martin Lord Gold Club Member with race face..... do not mess with this man..... he booked a Kluger & was not leaving without the Kluger..... a clean fully loaded Kluger which would fit the 92kgs of gear + the wife & kids..... 40 minutes later..... LORD VS HERTZ..... LORD WINS.....

To the car..... but wait..... who is that standing right outside the airport.... Is it??? Yes it is..... Cathy Freeman Olympic Golden girl..... just chatting with friends.... LUCKY OMEN! To the car again..... who'd have thought it would be so hard to get a bike box & four peoples luggage into a car????? Well it was but we made it fit..... yeah right like all of that would have fit in a RAV 4.....

Woopee..... we were in Perth! But no time to waste.... Plug in the TomTom with "Tim" the calm voice to guide us to Busselton..... 2hrs 54minutes..... but since we actually arrived before we left..... or so it seemed with the time changes..... we were ahead....too much to get my head around....

A really beautiful countryside drive to our destination..... perfect FLAT roads & glorious weather. We arrived in Busselton at about 4pm & as we had an apartment needed to shop for food. What all good partners of triathletes know..... nutrition nutrition nutrition....must be perfect.... & as all moms of four boys know..... food food food..... TO THE SUPERMARKET!!!!Stocked up & ready for action..... we have shares in Woolworths....good investment!

Now time to see Busselton..... WOW..... The Jetty..... WOW....are they seriously going to swim aaallll the way around that..... so so far!!!! But beautiful clear water.... but so so so far..... & athletes EVERYWHERE!!!!

Friday morning the place was buzzing..... & I picked a great place to see it all from by volunteering for registration shiftsreally just did it for the cool shirt....not really.... well ok..... but met some really fabulous people & got an inside view of Busselton from a number of the locals.... & excellent tips about the area & the course....nobody knows a place like a local!

Martin cool & calm as always did his recki of the area & some training runs..... took a dip in the clear clear water a pedal of the bike..... an espresso in the divine little café looking over the course..... bliss!!!!

Saturday morning..... gentle start & then the bike to transition..... time for planning focussing..... so many people about.....make sure we have a parking & pickup position for during & after the race..... the air of excitement & anticipation pasta pasta pasta.... early bed..... by 8pm..... need to be up by 3.30am.....



Sunday morning..... Team Lordy in the car by 4am heading to the course..... lights camera ACTION! The atmosphere at transition was electric..... just the hint of dawn..... click click click...someone had to be responsible for the arty pics for later.....

BANG.....that was the sound of a tyre bursting in transition.....but no not a Team Lordy tyre.... But hold the phones....what's going on there right next to Martin's bike..... wholly puncture...the competitor next to Martin is ripping off his wheel & changing a flat.... we stay just to make sure he doesn't accidentally let the air out of Martin's better to be safe.....

Why do these events NEVER order enough portaloos???? There are queues of 15 to 20 athletes at each toilet.... Seriously???? These guys & gals do not have time for this.... Then the announcement.... "athletes ...its now 5am & time to be leaving transition & heading to the water"

By now the dawn had broken.....isn't dawn shark feeding time.....(a tip from me to you.... don't be first or hang out the sides of the swimming pack or you may become breakfast)..... to the water & the Pros are already to go..... We're cheering for Pete Jacobs the Legend..... love the Pete..... then its time for the final good luck kiss & off Martin goes to the mass start. YES MASS START..... no waves.... Just GUN GO..... what a spectacular picture!!!!!! (but could they at least have given the different age groups different coloured caps???? No...all red)

And then we run..... FAST....to the swim exit to get a good place..... even though it will be up to an hour or so wait..... there are spectators everywhere.... & feisty! We get a super spot & plant ourselves ready to cheer. The Pete is first out of the swim..... boy that guy is a fish..... the pro's fly through the shoot.... then the first of the age groupers..... hey....Spotty Anderson.... Hi Spot..... amazing time....first out in his age group..... come on come on Lordy..... & WHOA....right on schedule.... & a smile on his face..... we sprint across to transition to see him off on the bike..... get out of the way old lady with the walking frame..... (spectators can be feral when trying to keep up with their athlete).....

The bike is ready & so is the man & off he goes..... looking FANTASTIC. The weather is exactly as predicted....coolish with a very slight wind...expected to pick up....

At this point we know with 3 laps of the bike we have time for breakfast..... & so off we sprint again....spectators are also hungry types so you have to race for the best place....and another WIN for us..... breakfast done....chalk cheering done on the finish shoot GO LORDY GO & off to the bike course.



One of the best parts of this race as a spectator is the number of laps..... we get to see our man many times....but for that to happen & us be in the right place at the right time he has to commit to times for each lap of each leg..... that's a pretty tough call for a first Ironman race..... really don't know for sure what the course holds.... But he did commit & was spot on for the bike..... even faster..... & we had a secret weapon..... we had Nev online with the Athlete Tracker giving us stat updates on the mobile....superb... we now know Martin 29th out of the swim.

Watching the bike leg I also got to talk to lots of other spectators out watching their loved ones....people seem to like to chat chat chat at these events....hang stranger danger..... again a great way to find out about what's going on out on the course..... heard of at least 5 athletes out changing flats..... & the TOs having a field day with the new 12 metre drafting rule..... pretty tough..but then if you don't break the rules you don't have to worry I guess. During the bike leg the wind starts up....then the rain spitting..... then the rain hard..... then out comes the steamy sun.... hot hot hot.

So lap 3 on the bike course we head over to the run course..... stop to admire our chalking.... another master piece of GO LORDY GO.... listen to the cricket scoresabysmal.... & who's this running by.... the leaders....already???? Indeed yes..... some young guns followed by the Pete & Patrick Vernay.... GO PETE....



The run course is 4 laps & centred around the Jetty which is truly picturesque with great spectator facilities..... and again great positions for us to cheer from..... Nev updates saying Martin is 19th off the bike..... excellent...another 10 places up.... & we all know the boy can run.....just how fast????? It's a really really long way 42 kms..... & here he comes.....and smiling.....pow pow pow as he runs past the competition....will he still be smiling at the end???? An update from Nev....pace is good...looking strong & fast...by lap 3 we could see the heat & length of the race was starting to take its toll but Martin was still running....many were now walking as the pain set in..... time for us to head to the finish shoot..... at this rate Martin would easily do a sub 11 hour..... maybe even sub 10.30.....



The Finish shoot was like a carnival.....so many people and the cheering.... GO GO GO.... Every competitor that came near the finish wearing a black tri suit & white hat got a photo snapped by us..... and then he came..... THE RED SHOES..... & SPRINTING!!!! GO LORDY GO 10hours 25 minutes..... WOW!!!!!!! & Smiling!!!!!! **The dude had bagged 8th Place in division!**



So the race was done....Medal towel & shirt in handI was really lucky that Nev had taken the time to let me know exactly what an athlete may need at the end of the race..... #1 warm clothes as he will be cold suddenly (which he was) #2 get home to shower ASAP & put a chair in the shower in case of jelly legs #3 Fish & Chips & a cold beer.

Monday..... rolldown & physio..... WT???? Whats a rolldown..... ah ha...it's when the places get announced for World Ironman Kona October 2011. 40 Places out of 1300 athletes on offer from Ironman WA. The rules..... the athlete must be present at the 'rolldown' to accept the place & have payment for Kona entry in the form of credit card or cheque (no cash) or you relinquish the place. Its was like an auction.... A really exciting auction. Again people standing around talk & we met the guy who came 7th in Martin's division who had come out from Canada.... Had great tips for North America races....& he'd come to OZ to try & bag a Kona place (only 2 in 50-54 male place 2nd & 3rd accepted). Back to the rolldown..... what excitement for the guys & girls who managed to score a place....especially the ones who really didn't expect others not to accept..... got to be there to get it. Well done Kona bound people!

Tuesday.....time to see what else the South West of Australia had to offer..... beautiful Margaret River..... excellent Chardy & picturesque countryside.

"BUSSO" as we all can now call it is a truly lovely place & perfect for a first Ironman. We couldn't be any prouder of Martin....what a STAR & IRONMAN!!!!

Wendy Lord

Manager

TEAM LORDY

Never give up,

Never Surrender!

Canberra Half Ironman

Well it was meant to be the last Ironman branded Ironman in Canberra. Unfortunately not to be, severe weather and an overflowing sewerage works turned it into the world's longest duathlon!! (Poetic licence taken there) Dane, Rose, Rod and JR trekked down for the adventure and fun. Dane was super excited that there was an extra run given his recent leg injury (obviously not) but he managed to limp through in a great time of 4:40:34. Rose got a fantastic 5th in her category with a 4:32:11. Rod got a fantastic sub 5 hour performance of 4:55:15 and JR smoked them all with a 4:15:18. Well done all

Wollongong Triathlon Festival

You may remember Kahn's first triathlon in Canberra as quite an eventful one, or maybe as a learning experience. Happy to say he had a better second hit out :) Here's his race report:

Going into this race I felt good fitness wise, however in the week before I had an Achilles strain which bothers me off and on and had me reduced to a limp just on the Friday before this race. I went into it deciding I will complete the parts that I can, and if the run is too taxing I will quit when my body tells me to. For the two days leading up I

was taking voltaren and a bit of nurofen, which kept me mobile. I am very happy to report that I was able to finish this race in a reasonable time and with minimum damage! Very happy with the outcome as I feel I have progressed a lot generally since my first event in Canberra in October.

The forecast was for rain I think, but when I got up on race morning I was pleasantly surprised to see it was only a bit hazy, with no rain clouds, and the temperature was just right in the low to mid 20s. My first impression of this race was that it was very professional, well sponsored, and big! – I heard about 1000 people (including a number of pros) were taking part in various events and there would be over 300 in my race. The set up was excellent and the atmosphere was great. I was feeling more comfortable / relaxed than my first event despite many of the competitors looking 'hard core'.

Swim – About 18 mins. I went into this expecting sub 15 mins which I know I can easily do. The first few hundred was through a very narrow channel between boats so trying to wedge 100 bodies through that caused a traffic jam, which I was near the back of! I enjoyed the second half of the swim where there was more room to move. Given the slow pace of the swim I felt very good going into the bike. The water was far more pleasant than Lake Burley Griffen I might add!

Bike 33:03, not far off my goal of 30 mins – in hindsight, compliant as I am, I was so worried about drafting I held back a bit in parts, I should have just hammered!

Run: 24:20, the fun part. I felt the usual wobble for the first few hundred then was surprisingly OK! By the turnaround I thought – I am going to finish which was a great realisation, I actually picked up the pace a bit in the middle section – then the last 600 metres... as I ran up the hill, longing to see the finishing chute, I was heartbroken to see it was quite a few hundred metres off as there was another loop back to complete! For the final section my Achilles tightened right up like a ratchet, felt like I was running almost straight legged by the last two hundred (run forrest run!). Crossing the line felt great!

Overall a great atmosphere at Tri the Gong – highly recommended – very well organised, and a beautiful course. Will definitely be back next year.

TOTAL 1 hr 15, 38 sec

HTC Aquathlon

With our beloved Hornsby pool closing down we were having a brief rest from aquathlons. Fortunately our President quickly commenced discussions with relevant people to secure a new venue for us. A big thank you to the Aquabliss crew for giving us the opportunity to conduct our Aquathlons at their pool in Loreto. The run is a little shorter but tougher and you will be

challenged with your counting to be on target for the 20 laps of the 25m pool.

The first one started a little late but went well. Cooper did his first adults race with completing half the swim and all of the run, well done Cooper. For the second time this season we had a female winner, go Sabrina. She blitzed the field with a very quick 23:59 minutes.

Comments on the course are that it's hard to keep track of the 20 laps and the run may be shorter but it's tougher with undulating hills. Nev liked it so much he decided to do 3 more laps of the run :) Falko is embracing the hills :) Karen and Lisa liked it a lot better the second time around!

HTC King of The Mountain

HTC's first King of the Mountain for 2010/11 was held on January 30 on Brooklyn Hill. We had a good crowd of 10 hill climbers in attendance, most of whom also rode up together from Hornsby Pool.

First time as usual was a pack start. Dane was first up in 11:37 with Tony not far behind in 11:50. Rose was the first lady to the top and third overall in 12:16.

The second climb was handicapped based on the first and the first one up was Rod, followed by Karen and Dane.

Thanks to our good friends Kathy and Peter at Hornsby Cycles, Rod picked himself up a \$70 voucher. We have a \$70 Hornsby Cycles voucher to give away each month for the rest of the season. The February voucher will go to the member who accumulates the most Aquathlon points across the two Feb rounds.

Santa Came to Town

With the final Aquathlon held at Hornsby pool we had a post race celebration to which a special guest arrived.



Santa arrived in his good thongs!!



The kids were lucky to get some treats :) Some of the big kids were lucky too :)



Happy customers :)

We will be considering using some club funds to purchase a new uniform for Santa next year as it was getting a little worn :)

Thanks to all those who came and to Adrian and Claire especially for being very organised.

HTC MEMBERSHIP (if you haven't done it yet)

Membership is now due. For anyone wanting to renew their membership by 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 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 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.

Upcoming Training Sessions

HTC Aquathlons

With the closing of the Hornsby pool we were at a brief loss as to what we were going to do. Our intrepid President had instigated conversations and was looking at a few alternatives. Happily our friends from **Aquabliss** were able to us out with the ability to use their pool at Loreto at Normanhurst.

Our club aquathlons are now on the 2nd and 4th Fridays of the month to fit in with the new pool venue. Check the website for details and the new point scoring system.

Thanks to Aquabliss and Loreto for the use of the pool.

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.

Remaining dates are
27th March 2011

5th June 2011
17th July 2011

HTC Manly Dam Training Sessions

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

Remaining dates are
13th February 2011
17th 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. 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

This session is on every Friday during daylight savings.

Member Race Results

Congratulations to everyone who has competed recently. 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.

Hot Diary Dates

Date	What	Where	How long	More Information
6 March	Tour De Cure fundraiser	Carlos Italian Restaurant Thornleigh	Hmm how long can you last??	Lisa Healey
30 April	Onya Bike 4 Kids Charity ride	Bathurst to Randwick	30 April - 6 th May	www.onyabike4kids.com

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

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

Join the  Onya bike 4 kids
Charity Bike Ride

Supporting
Sydney Children's Hospital, Randwick

30 April - 6 May, 2011
Bathurst - Cowra - Parkes - Dubbo - Mudgee - Lithgow - Richmond - Randwick



Join 20+ cyclists riding 800km from Bathurst to Randwick raising \$100,000 to make a difference in the lives of brave kids at Sydney Children's Hospital Randwick.

How can I get involved?

Register as a participant on our website and click on 'start fundraising' to begin your journey towards raising **\$5,000***!

To register for the Ride or donate, go to www.onyabike4kids.com



For further information on the Ride, go to our website or contact our event managers:

Ben Mildren
ben@mildrencorporateandevents.com.au
0401 589 630

Elise MacFadyen
elise.macfadyen@schf.org.au
(02) 9362 1166

*A minimum fundraising amount of \$5,000 is required to participate in Onya Bike 4 Kids 2011

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.

The club has also recently purchased a new bike bag that can be used when travelling with the bag. It is currently located with Karen if you want to use it.

Uniforms



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

Remember to wear your t shirts when you can as we will look super hot if we all match :)

GET IN EARLY

Useful links

Turramurra Trotters

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

Sydney Striders

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

Berowra Bushrunners

<http://www.berowrabushrunners.com>

TriNSW

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

Hornsby Cycles

<http://www.hornsbycycles.com.au/>

Editors Note

It was a long one this time, thanks for reading. I will try to get more disciplined and send out regularly!!

Please send through anything that might be of interest. Race reports, things happening, funny training events!!

Happy training and racing

Ann "How did I get roped into this" Swinney