



Riviera Triathlon Club Newsletter

August & September 2011

Upcoming Events

Off Road Duthalon - Sunday, August 14 (Bruces track—Colquhoun Forrest)

Gippsland MTB Club Race 7 - Sunday, August 28 (Blores Hill)

Mountain Run - Sunday, August 28 (Mount Taylor)

Dargo Training Camp - Saturday, September 3 & Sunday, September 4 (Dargo)

Multisport Train Day - Sunday, September 11 (Lakes Entrance - Footbridge)

Inaugural Bairnsdale Running Festival - Sunday, September 18 (Port of Bairnsdale)

- The Howitt Half Marathon 21.1km

- 10km run

-6km fun run/walk

Upper Murray Challenge - Saturday, September 24 (Khancoban NSW)

Gippsland MTB Club Race 8 - Sunday, September 25 (Nowa Nowa)

St. George Melbourne Marathon - Sunday, October 9 (MCG)

Alternative World Exterra Champs - Sunday, October 16 (Mitchell River & Mount Taylor)

Mini Tri Commencement - Thursday, October 27 (BARC)

Gippsland MTB Club Race 9 - Sunday, October 23 (Erica)

Mount Taylor Challenge - Sunday, October 30 (Mount Taylor)

Please note that Mini Tris will now be held on a Thursday night!

With such a full and exciting calendar we look forward to another action packed and enjoyable season ahead. Bring some friends and enjoy all the events. Happy racing!



Race Report

Goldcoast Marathon

I knew my fourth marathon was going to be a good race when sat at our apartment table in the Gold Coast sunshine and read about Tiger airlines closing down – we'd got almost the last flight! It was all good until midnight on Friday when the Chinese food I'd so enjoyed turned on me and I spent the rest of the night vomiting or lying on the couch waiting for the next wave of nausea and stomach cramps. All day Saturday I sipped sports drink, took ibuprofen for the stomach cramps and crossed all my fingers. Late in the afternoon I got some stomach stuff from the chemist which helped to the extent that I could keep down some vegemite sandwiches and then some pasta. I slept ok until the cramps hit again at 3.30am so I had some more painkillers and slept on the couch until the proper alarm went off at 5.

There's something wonderful in the air before a marathon. Everyone is just a little bit nervous and a lot excited and there's that whiff of bodyglide and goanna oil too. I had written PATIENT on my hand to remind me to start slow as I was aware that it was a long way (hello Captain Obvious) and that my energy reserves were not so vast as one might wish. I was also very much aware of the cutoff so I tried to balance "Movin' right along" with "Not So Fast Missy". It seemed much more humid than this cold-blooded Southerner was used to so I drank at each water stop - of which there were a great many, well and enthusiastically supplied all the way to the end After 10 km I implemented the Hot Weather Plan at every drink station, as follows: 1. Hat off 2. Earphones off. 3. Water over head. 4. Gulp half a cup. It worked a treat and I didn't ever feel really dreadful even though it got even hotter as the day went on. I found out that the humidity was 88%, which was reassuring because it wasn't just me being a sook! The first 30km of the race is quite nice, along the beach and through residential streets where all the kids are out in their pjs clapping and giving you high-fives. It's an out-and-back so you get to see the elites floating past, and the really fast runners, and every other bloody runner...but this is the lot of the Very Slow Marathon runner and that's ok.

In the interests of Not Freaking Out I wasn't using my watch at all, just plugging on a comfortable pace. I was happy to note that I hit the 15km mark a little way ahead of my target. At the back of the pack a lot of people run/walk so there was a fair bit of leapfrogging and chatting and saying "hot, isn't it?". I ran for a while with an amazing woman called Sheila. This was her eighth marathon - she'd done Ottawa (where she was from), Rome, Reykjavik, Santiago, COMRADES and ANTARCTICA OMG and she said that although she liked Queensland and indeed Australia very much, she was just hoping to make the cutoff so she didn't have to fly 25 hours here again. She did, too At one stage we were running along the Gold Coast highway which was cut to one lane each way and reduced to a crawl by this motley crew of old, fat, slow dreamers. We were all but scorched by their death stares but we didn't care.

I was pretty happy about hitting 30km comfortably before my target of 4.5 hours. The GCM is actually two out-and-backs, one south and one north of the start area. At 31km you pass the finish, where heaps of people have already finished and others are steaming their way in while you have 11 km to go. It was good to see people wearing The Medal and to tell myself that one of them was waiting for ME, I just had to keep going. Just after the finish area is a stretch of road with fast-food restaurants and concrete and not much else and it was here that I realised the error of a plan that was basically hang in there until 30km then see what happens because you know what happens with A Plan like that? You're all by yourself at 33km with no plan, that's what happens! I still had plenty of time to make it in under the cutoff, but the problem with that is that when it's quite hot and you're really starting to hurt you start to think I could walk it in.... BUT YOU CAN'T. In some races you get to 8-7-6 km from home and you think righto, 8-7-6 km from home, that's not too far, I do that at 5am....but not that day. I use a run three songs, walk one song method of pacing and I stuck to it like grim death. I was so hot and tired and over it that nothing else in the world even existed except run three songs, walk one song. I remember asking myself, are you dead? No? Well then Alison, you just keep running three songs, walking one UNTIL YOU DIE. True confession, though – please don't

Race Report

judge me too harshly - I Cracked At Forty. As I have mentioned I'd not been looking at my watch or thinking much about any Thrilling Time Goals, but the 40km timing mat was impossible to ignore and I realised I wouldn't crack six hours unless I suddenly grew wings. I lost it. I walked. From 40-41km there was no effort whatsoever to raise even a trot. I'm not that dark on myself about it though; dropping the ball for 9 minutes out of 6 hours is ok.

However, or 41-42.2km I did have a plan - run, run, run that last km, then run some more and don't bloody stop until the finish no matter what I don't care if you die keep running that last km until you have finished. And that's what I did. I was so happy to be running up the chute that I almost started to cry but I didn't have enough breath so I just kept running and smiling and running and feeling so happy that I'd pulled it off that all I could do was smile some more and then I was finished. Then they gave me my medal and it was all worth it and time for the long slow walk home. I was so happy to have held it together on a tough day I really didn't care about anything. Finish time 6.05.51.



Blores Hill 6 Hour MTB Enduro

Where the hell is Blores Hill? Good Question. It may sound like some place out the back of the Rabbit Flat Road House, but it's only 1 hour from Bairnsdale, just to the NE of Heyfield.

Some very dedicated members of the Gippsland MTB Club, have over the past few years, in conjunction with Parks Victoria, turned Blores into a mountain bike mecca!

Situated in the rolling foothills of the Great Dividing Range, in a location that never seems to cop much rain, are a series of tracks – the stuff of legend!

If you are after, sweet flowing single track, buster berms, log rides, rock gardens, magic carpet rides and few flighty jumps it's the place to be.

Well last weekend that's what a few of us thought, as we headed down for Round 6 of the Gippsland MTB Champs combined with Round 6 of the Victorian State Enduro Series.

Members of the club who headed west in perfect early morning weather were, Belinda Ryan Sharon Blegg, Howard Blegg, Ashley Higman, Tim Boote and Brad Fisher.

Belinda and Howard, along with Ashley (and a mate Trevor from Erica) formed teams of two, while Sharon, Tim and Brad tackled the 6 hours solo.

A noticeable difference to the smaller club events apart from the obvious numbers, was the amount of sponsor tents and other support set up for a round of the state titles.



We didn't feel too mad as we lined up for the start – as there were over 200 others there with us, so it must be a completely normal sort of activity for a Sunday!

A great booming fog horn set us off into a ripping, fast paced, shoving 1km prologue, aimed at shaking down the field, before entering 13.5km of flowing single track.

The course itself was not that steep in comparison to others, it did have one longer, although well switched back climb up to the course highpoint. At this location were you could admire the views between breaths, was a reasonably technical section of rock garden. Tim found the rocks here quite hard compared to some

he has bounced off in his normal 'brakes are over rated' style! We think that a DNA sample of some of those rocks in a few years time will still come up as 'Tim'! From here there was sweet section of well bermed track that you could really smash, before entering into several km's of undulating trail back to the transition area. Transition was a buzz of activity as team riders swapped and solo riders stuffed in bananas (pre peeled naturally!), gels and any other form of legal substance known to man (and woman – I mean you should have seen Sharon's stuff, she could have set up a shop!)

The key to these races, besides having a bit of leg fitness, is nutrition and fluids. They are particularly demanding, with up to 7000 to 8000 calories and 6 to 8 liters of fluid (largely electrolyte replacement) being consumed over the 6 hours. If you don't get this element sorted you will suffer quite early on. Another key is managing cramping, the muscles are loaded at such high levels that cramping can be a real issue, learning to control it through cadence and pedal pressure, along with electrolyte replacements seem to help.

Anyway, we all raced around and around and around for what seemed like a long time. The way these races work is you keep going until the 6 hours is up, the person with the most laps at 6 hours is the winner. If you come through transition say at 5.59 you can do one more lap –if there is more than one person on maximum laps, the one with the fastest time over those laps is the winner.

How did it all end up? Well we were all tired, a bit sore and quite keen to be teleported home and also very pleased with the results achieved.

Belinda and Howard got 8th in the mixed teams of two, out of 12 in their category and 97th overall out of 137, covering 7 laps in 6.16

Ash and Trevor got 12th in the male teams of two, out of 26 in their category and 27th overall out of 137, covering 9 laps in 6.20

Sharon got 7th in the solo female, out of 11 in her category and 81st overall out of 137, covering 8 laps in 6.39

Tim got 13th in the solo male, out of 52 in his category and 45th overall out of 137, covering 8 laps in 5.52

Brad got 1st in the solo male masters, out of 24 in his category and 8th overall out of 137, covering 10 laps in 6.37

What a blast hey – sounds like a lot of fun? Well if you are keen to get a bit more involved in mountain bike riding and the awesome off season training it provides, get in touch with any of the people named above, we would all be happy to give you some guidance.

Mount Taylor Duathlon

As promised the Mount Taylor Duathlon was a short sharp burst. Consisting of a 2km run, 13km Mountain Bike Ride, and a 5km run, all of which were predominately up hill. A great way to get the heart started on a Sunday morning.

16 tri members turned up to try their luck over the gut busting course, with some opting just to run or ride or do a shorter Dutahlon course.

Tim Boote managed to hold off club mountain bike champ Brad Fisher, both of whom were back up last weekends 6 hour MTB enduro and fast finishing Rod Smith to take overall line honours. With new club member Mandy Habener being the quickest female over the course. What a way to welcome Mandy to the club with a McShane designed course lol.

A big thank you must go to club president Frank McShane and wife Linda for once again opening their home up as hosts and organises of the event. As usual no - one left hungry with Linda putting on a delicious spread of food. THANKS FRANK & LINDA !



Name	2km Run	14km MTB	5km Run
Tim Boote	9:35	40:04	1:01:49
Rod Smith	10:34	47:05	1:09:17
Brad Fisher	9:41	42:24	1:10:03
Coco	9:47	50:36	1:14:02
Toby Smith	12:00	52:33	1:17:50
Mandy Habener	10:51	54:48	1:18:15
Michael Hammond	10:34	52:47	1:18:52
Jodee Walsh	12:25	1:00:14	1:27:33
Brenton Wright	13:43	59:32	1:29:43
Prue McTaggart	14:16	1:02:31	1:36:24
Stephanie Baker	14:16	1:11:46	1:31:02 (2km run)
Bob Weatherill	15:17	1:13:08	

Name	14km Run
Simone Cameron	1:07:59
Andrew Grant	1:08:37

Name	14 km Ride
Andrew Thompson	47:21
Josh Thompson	47:26

Race Report

Geneva Race Report – Charlotte McShane

July 27th, 2011 at 9:10 am

This weekend I travelled from Spain to Geneva, Switzerland for Geneva ITU European Cup. After a few really bad months of racing, I felt like I was mentally ready to turn it around and perform the way I should be.

The water was a chilly 16 degrees, and the outside temperature was much the same. I swam reasonably well, and led out the majority of the field, with a small group of athletes just ahead.

Going into the ride, I was really cold and my whole body and face felt numb. I was with 2 other girls and we were rapidly catching the group up ahead. When we got to the 800m steep climb, I really struggled to get my body moving. I was just breathing so deep and couldn't get into a rhythm. I got dropped from the other girls.

I rode for a while on my own, knowing there was another group close behind and hoping by the time we reached the hill again I would have warmed up and not have a problem..... Unfortunately this wasn't the case. Nor was it for the rest of the 6 laps. The whole ride I was freezing and couldn't warm my body up. And then the rain started... which didn't help the situation...

My second transition was really slow as my hands were numb and I struggled to get my helmet off and shoes on. Going into the run, I had lost a lot of time on the bike but I focused back on the task at hand and tried to catch as many girls as possible. Even during the run I wasn't able to warm up. I finished and I was still freezing!

I ended up 7th, another disappointing result. The difference with this race though is that there are positives to take away. In the last few months, mentally, I've been all over the place. The race has been over before I've even got to the start line. This time was different; I was ready to go. I was back in a state of mind where I should be at. I swam well enough to put myself in a position to win the race – which is something I haven't done for a while. Even though I faced a few obstacles during the race and at points I was going backwards, I was still able to bring my focus back to the processes and task involved, also something I've been struggling to do.

My next race will be Tiszaujvaros World Cup in 3 weeks time.

Hasta luego,

Charlotte



Club Members Birthdays

Graeme Bryan - August, 9

Jenny Bull - August, 11

Linda Love - August, 12

Charles Newcomen - August, 13

Charlotte McShane - August, 14

Angella Rinehold - August, 15

Taylah Hill - August, 17

Myles Sheba - August, 23

Ben Howden - August, 29

Michelle McArthur - August, 31

Thomas Sewell - September, 10

Tomm Bryan - September, 16

Ebony Walsh - September, 17

Happy Birthday To All!



Nutrition

You Crave something Crunchy, Eat Roasted Peanuts

A study published in the journal of food chemistry discovered that the longer peanuts are roasted, the higher their levels of antioxidants. The extra long roasting preserves more manganese & Vitamin E (which helps protect your bones & red blood cells). Peanuts are high in protein, fibre, & healthy saturated fats. Store a small handful sized amount in your office draw for an afternoon snack. Roasted peanuts will also help you feel full & are far better than raw nuts.



You Crave a Cold Drink, Drink Guava Juice

Guava is a rich source of Vitamin C, a very important antioxidant. Guava juice will supply you with double your daily need, however it does lack the fibre of whole fruit, mix with other juices to make a tasty source of carbohydrate. Making it a good choice for refuelling after a training or race.

DIY Carb Sources

Electrolyte Drinks— Mix 8 teaspoons sugar, 2 teaspoons honey, 1/3 teaspoon salt, 1 teaspoon lime juice, 680ml water.

Energy Gel— Mild - tasting & easy to swallow, jam packs. (mini jams found at cafes) they contain 2 sugars & 13 grams of carbs.

Energy Chews— lollie snakes, contain about 4 carbs per snake.

Energy Bars— Vegemite sandwich is a simple option providing similar amounts of carbs & salt as packaged energy bars.

Recipe of the Month - Prawn and Chorizo Paella

Ingredients:

60g Chorizo sliced into 5mm thick pieces	400g can diced tomatoes
6 garlic cloves chopped	225g medium peeled prawns
1 teaspoon saffron threads	3/4 cup frozen peas
1 Cup long grained brown rice	Salt & pepper to season
1 3/4 cups chicken stock	

Method

1. Heat a dutch oven over a medium heat. Add Chirzo & cook until the fat begins to render. Add garlic & sauté until fragrant. Add saffron, rice, and stock. Cover pot & bring to the boil. Reduce heat & cook at a gentle simmer for 30 minutes. Stir in diced tomatoes. Cover pot and continue to cook for 25 minutes. Season prawns with salt & pepper. Stir prawns and peas into mixture, adding some more stock if the rice appears dry. Cover and continue to cook until prawns are cooked through and rice is tender. Allow to rest for 5 minutes covered. Fluff rice with a fork and serve.

