



Riviera Triathlon Club Newsletter

August - November 2011

Upcoming Events

Lorne Anaconda Adventure Race - Sunday, December 4 (Lorne)

Marlo Triathlon - Sunday, January 7 (Marlo Pub Lawn)

Gippsland Sprint Triathlon Championship - Sunday, January 22 (Eagle Point Foreshore)

Swifts Creek Training Camp - Thursday, January 26 (Swifts Creek Caravan Park)

Falls Creek Triathlon & Running Festival - Saturday, February 11 (Falls Creek)

Corporate Teams Triathlon - Sunday, February 19 (Paynesville Esplanade)

Wattle Point Club Champs - Sunday, March 4 (Wattle Point)

Sri Chinmoy Multi Sport Classic - Sunday, March 4 (Jindabyne) - date may change

XOSIZE Series Race 5 - Sunday, March 25 (Brighton)

Marysville to Melbourne - Sunday, April 1 (Marysville)

Don't Miss out on getting your team in the Corporate Team Triathlon. Register Now!

Training Program

Day	Time	Session	Venue	Contact
Monday	5:45 - 7:15am	Swim	BARC	Frank Strini
	6pm - 7pm	Pilates	Pilates Studio	Catharine Wilks
Tuesday	6am - 7am	Swim	BARC	Ryan Cross
	6pm - 7pm	Run - Handicap	Lind Bridge	Frank McShane
Wednesday	From 5:45	Mini Tri	BARC	Simon Walsh
Thursday	5:45 - 7:15	Swim	BARC	Frank Strini
Saturday	7am - 9am	Road Ride	Main Hotel	Road Smith
Sunday	9am - 10am	Run	Dog Hole	Frank McShane
Weekdays	6am - 7am	Road Ride	Eastwood Bridge	Rod Smith

Race Report

Ride 4 Epilepsy

Congratulations to all members of Team Kelly who rode in in the Ride 4 Epilepsy charity ride at on Sunday Sep, 25. Lead by captain Linc Kelly the team had a very enjoyable day riding around Sandown Race Way for 6 hours to raise money for Epilepsy research. The team also had a very successful day winning many of their categories including team with the most laps and team fastest lap. Overall a great team effort by all involved and a fantastic way to use their love of cycling to help others.

Class	Category	Name
Male 22 - 35	Fastest Lap	Tim Boote
Male 46 - 55	Fastest Lap	Shane Dove
Male 56+	Fastest Lap	Eric Sjerp
Male 22 - 35	Most Laps	Tim Boote
Male 35 - 45	Most Laps	Linc Kelly
Team	Fastest lap	Team Kelly
Team	Most Laps	Team Kelly
Overall	Fastest Lap	Tim Boote
Overall	Most Laps	Linc Kelly

Capricorn Resort Yeppoon Ironman 70.3

The seed for competing in the Yeppoon Ironman had initially been planted by Stuart Derham, after some initial concern I had jumped at the chance to have a go at the long course triathlon—Ironman 70.3. The day to climb in the car and head North, far North had finally arrived. What had started out as just an idea some months prior was now in full motion, the long drive to Yeppoon had begun.

With Stu keeping a watchful eye on our nutrition we ate mainly meals of brown rice, tuna, peas, eggs and the occasional piece of homemade slice. This went down a treat.

We decide to arrive at Yeppoon the Thursday before the race to allow us to get familiar with the course and do a few re-con rides, before Sunday, race day.

The morning of the race saw us awake to the dull noise of a speaker system that had been set up right outside the window of our apartment at the Capricorn Resort, about 10 feet from transition. With the race starting at 8am we checked our bikes in at set about fuelling our bodies. Once again tuna, brown rice and peas featured on our menu.

After walking for what seemed like forever, 1.7km up the beach to the start line. We all joked that it seemed much longer than the 1.9km swim which lay ahead. Conditions favoured the strong swimmers, with a tail wind and currents.

With Stu, Bruce and myself all in different wave starts, it was going to make for an interesting finish line to see who had managed to make up the most time on each other. With nearly 700 competitors there was to be 9 wave starts, with the pros going off scratch.

Race Report

Having negotiate the choppy swim leg our sights were now firmly set on what lay ahead. A dead flat , five lap bike course. However with the varying surfaces of asphalt, it made it, very harsh for most riders. Stu as always put a massive effort in on the bike, only to have disaster strike twice with punctures, putting him back almost 12 minutes on the bike. This left the door open for Bruce and I, to hunt Stu down and make up a bit of time on him. I managed to reel Bruce in at the end of the fourth lap and stay level with him until pulling away, to put me in front at T2.



After seeing Stu at the 3km mark of the run, as we were finishing the bike, my hopes were up at the prospect of catching him. The run consisted of 3 laps of a 7km course around the resorts grounds, 3km out on the road before heading into the bush for the remaining 4km. After 2 laps on the run I had to conceded to the fact that I was not going to catch Stu on the run. However Bruce had his sights set squarely on catching and beating his younger brother and on the last lap put his foot down. After seeing Stu in the distance he was too strong and managed to run over the top of him.

With the finish line being beside the resorts crystal clear pools, they were a must for most competitors recovery. We stood there for the next 30 minutes, the cold water did wonders for our aching legs.

All in all it was a great event and with the support of each other we were able to finish in respectable time and really enjoy ourselves. We all agreed it was well worth the 23 hours drive to get there.

Bruce Dernham - 5hrs, 18mins

John Morton - 5hrs, 23mins

Stuart Dernham - 5hrs, 31mins

Written by John Morton

Noosa Triathlon

Australia's premier season opener the Noosa Triathlon was held on October 30. There to take part in the event and relish in the festive atmosphere was RTC'S past president Ryan Cross. A year ago Ryan was successful in the event ballot and it turn given the opportunity to compete in the event he placed 2nd to one Craig Mortem (a sport he dabbled in as a kid) 7 years ago. With water temperature a touch over 24 degrees the age grouper were instructed to leave their wetsuit at home. Whilst Ryan loves his wetsuit, a fast start had him in clear water and in a comfortable 3rd place. Unfortunately his position was only going to be realised later as there were two more 30 - 34 year waves. A strong bike leg followed and he was looking like a true champion going into the run. When a stitch set in and he realised he could not sit with a fellow age - grouper early in the run. What had been done in the past 1.5 hours was all starting to come apart. Ryan managed to hold on and run just under 40 minutes. A stronger run would have been the difference between 1st and 3rd place. But more importantly Ryan achieved some realistic goals with a top 10 place (3rd) and a sub 2:05 time (2:02:54). Ryan dedicated his race to young Cadel who was there cheering from the side lines!



Race Report

Mount Taylor Challenge

Once again a large number of RTC members and welcome guest descended on the McShane residence to test themselves on the tough 18.2km course up and down Mount Taylor. With plenty of raining leading up to Sunday the course was very soft and in some sections there were a few muddy and slippery water hazards, which just added to the adventure. The runners set off first lead by elite triathlete Charlotte McShane, who coming home to her old training grounds was always going to be hard to beat and posted a blistering time of 1:20:20, to be the fastest runner of the day. Those who choose to MTB were given a 30 min handicap to the runners, but this wasn't enough. With most riders having a fantastic day out and managing to beat the runners overall time. Once again it was Brad Fisher who was king of the mountain, flying through the course and finishing in a time of 47:19, knocking an amazing 3 min of his 1st place time of last year. He really is riding the wheels of any bike he touches at the moment. There was also three RTC members who decide just doing one leg wasn't test enough and they set off on the mammoth task of first running then riding up. Ryan Cross had an amazing run to be just 30sec behind the fastest run for the day, Tim Boote had the second fastest bike for the day and as always Frank Strini was very consistent with having a run and ride time that would put him the top 5 for both legs. Well done boys. Once again a big thank you must be given to Frank & Linda McShane for opening up their home to everyone, organising the event and feeding the hungry masses.



18.2 km MTB

Name	Time	2010 Time	Place
Brad Fisher	47:19	50:45	1st
Tom Deller	52:30	didn't compete	2nd
Nick Clarke	53:00	didn't compete	3rd
Roland Esldon	55:30	52:41	4th
Rod Smith	56:16	57:34	5th
Eric Sjerp	58:02	didn't compete	6th
Toby Smith	1:01:33	didn't compete	7th
Shaun Goodison	1:03:09	didn't compete	8th (didn't complete all)
Collette McShane	1:05:26	Ran last year	9th
Linc Kelly	1:05:32	didn't compete	10th
Clint Bain	1:08:32	didn't compete	11th
Andy Bain	1:08:32	didn't compete	11th
Mandy Habener	1:19:32	didn't compete	12th
Steve Wallner	1:20:24	didn't compete	13th

7 km Run

Name	Time	2010 time	Place
Yuan Kim	1:44:57	1st time	1st (got lost, most distance covered)

18.2 km Run

Name	Time	2010 Time	Place
Charlotte McShane	1:20:20	didn't compete	1st
Gary Arnstein	1:29:12	1:38:10	2nd
Cameron Goodison	1:33:09	didn't compete	3rd (rode some way back)
Sue Elsdon	1:41:12	1:40:17	4th
Julian Arnold	1:43:11	didn't compete	5th (got lost did 23km)
Sekove Koroisamanunu	48:37	didn't compete	11km (too sore from massage)

18.2 km Run & MTB

Name	Run Time	2010 time	MTB Time	2010 Time	Overall Time	Place
Ryan Cross	1:20:30	1:19:13	53:30	Ran last year	2:14:00	1st
Tim Boote	1:33:30	1:29:09	51:55	Ran last year	2:25:04	2nd
Frank Strini	1:41:00	1:33:18	1:03:00	Ran last year	2:44:00	3rd

XPD Discover Tasmania

Congratulations and hats off to Sharon Dilly for competing and completing the XPD Adventure Racing World Champs. Even for tough and gutsy Sharon this was an amazing feat of endurance and determination. XPD is Australians own expedition length adventure race. Teams of four competitors trek, mountain bike and kayak just to name a few legs, for five to ten days. Racing goes on day and night and covers over 700km, pushing competitors to the ultimate limits of human endurance. WELL DONE SHARON!

Hanover ConnectEast Ride For Home

On November, 13 7 RTC members were lucky enough to be able to ride on the East Link freeway, which had been closed to traffic. The 75km team time trial was to raise money to help homeless people. The Ride for home managed to raise over \$300,000. Teams of 10 riders were sent off at 30 second intervals and the sixth rider to cross the line would stop the clock for the teams overall time. "Team Workways" started off with 9 riders. On the way out to the turnaround point the group used the tail wind and rode at about 42 - 45km. The road was surprisingly undulating with some long steady climbs testing the legs early on. After the turnaround a headwind slowed the team and also caused 3 riders to fade at about the 45km mark. This left only 6 riders to get to the finish together. They rode well until the tunnel at the 70km mark, with riders getting up to speeds of 75km plus coming into the tunnel the ride out was just as steep. However the 6 remaining riders managed to stay together and come across the line in a time of 1:51:05 with an average speed just over 40km. This was the eight fasters time for the day. Everyone had a great day and really enjoyed the chance to ride on a three lane freeway with no traffic. Thank you to John Morton & Stuart Derham for organising the ride and Workways for the sponsorship. Also a special mention to Marc Bouten who was meant to ride, but due to a bike accident wasn't able to attend. We wish Marc all the best in his recovery.

Race Report

Shepparton Ironman 70.3

The Shep IM 70.3 started off with a 1.9km swim in Kialla lake, with the weather looking perfect, overcast and not too hot. The swim consisted of one and a half laps of the lake. Sight in the swim was very difficult as the water was a nice shade of brown, I got through this by just following everyone else and hoping they were getting it right. The swim seemed to take forever, as I wasn't really sure where the exit was, I finished the swim in a time of 32:44. Next it was into T1 then out onto the bike, the bike course was two laps of a 45km loop, which is dead flat and made for some fast riding, until you turned back into town and riding into a head wind. The head wind made things a bit tough, but I was still feeling good. The second lap went same until I started riding back into the head wind, where I started to suffer, but I managed to struggle through the last 10km, to finish with a ride time of 2:37:42.

Next was the 21km run. The run consisted of a three lap, 7km loop that took in the lake. By the time I got out on the run the clouds had lifted and it was getting quite hot. The first lap was quite a struggle, I just kept my legs turning over hoping they would come good. At the drink stations I concentrated on keeping my core temperature down with water and ice. By the end of the first lap my legs had started to come good and I felt really good for the second lap, this time taking in some coke with the water and ice at the drink stations. The third lap was a struggle again as it had gotten really hot by this stage, but I just kept concentrating on getting to the finish. Once I got to the last turn I knew I only had about 3.5km to go and it was all down hill, I felt very relieved at this stage. I finished with not much left in the tank for a time of 5:00:45, an overall place of 198 out of over 800 competitors. Overall the day went fairly well and I learnt a lot about where I can improve on my time. This event is the best organised event I have competed in, with all volunteers being absolutely fantastic.

Rod Smith

Fact

When you first start running, leg muscles are at only 37 degrees, or even lower on a winters day. 38 degrees is when muscles work best. It can take up to a couple of kilometers even on a warm day for your muscles to reach 38 degrees, even longer if you are fit. This is why the first few kilometers of a run can be a bit rough, and why you feel better after 8km, than say 2km.

Club Members Birthdays

Jake Strini - December 2

Michael Hammond - December 8

Sean Phillipson - December 9

Alison Crotty - December 10

Warren Davies - December 12

Rod Smith - December 14

Matt Tunne - December 20

Caroline Lee - December 26

Simon Taylor - December 29

Lynda Davies - December 31

Jodee Walsh - January 3

Sharon Spink - January 5

Mark Lutze - January 12

Sean Weatherill - January 14

Elise Bryan - January 15

Kim Elliott - January 26

Stephen Hill - January 19

Jacinta Nelson - January 22

Shane Rickerby - January 23

Prue McTaggart - January 26

Meg Bryan - January 31



Happy Birthday To All!



Nutrition

Peaches

just 10 slices of peach provide more than double your daily required intake of vitamin C. Vitamin C keeps cartilage healthy and reduces oxidative stress.



Blackberries

Have about twice as much antioxidants as blueberries, raspberries & strawberries. They also contain fibre, anthocyanins and manganese. Anthocyanins help reduce damage to muscles from training, which results in less sore muscles. Manganese is necessary for strong bones and muscle connective tissue.



Spinach

Rich in Vitamin A, Vitamin K and folate. Vitamin K helps bones retain calcium, making them stronger. Folate helps red blood cells carry oxygen to working muscles.

Pumpkin

Is full of beta-carotene. Beta-carotene is converted into Vitamin A, which helps maintain immune cells that respond to cold & flu viruses. Pumpkin also contains carbohydrates



Mango

Are rich in Vitamin C and Vitamin B6. Your body needs Vitamin B6 to make haemoglobin, which carries oxygen through the body. The antioxidants in mango has also been found to have anticancer properties, that inhibit tumor cell growth.

Recipe of the Month - Chorizo, spinach & ricotta frittata

Ingredients:

2 Chorizo sausages sliced
1 tablespoon sage leaves
100g baby spinach leaves
4 eggs, lightly beaten
1 cup of light cream

150g light ricotta
salt & pepper, to season

Method

Heat a non - stick frying pan over medium heat. Add the chorizo and sage cook for 4 - 5 minutes or until chorizo is golden and crisp. Drain the fat. Add the spinach and toss until wilted. Whisk the eggs, cream, salt and pepper and pour into the pan. Place spoonfuls of ricotta around the pan. Reduce the heat to low and cook for 3 minutes. Place the pan under a preheated grill and cook for a further 2 minutes or until the frittata is set and golden. Serve on thick sliced of hot buttered toast or with a salad.

