



# RTC Newsletter

January – June 2013

## Welcome from the President

Welcome to Winter!!

What an amazing season we have had in the club, from our awesome participation in our weekly mini tris, our very own Ryan Cross qualifying for his second tilt at the Ironman World Championship in Kona later in the year, international race representation in Adventure Racing across the globe, interstate Ironman races and the list goes on. Its goes to prove that our club, RTC is very strong and can certain hold its own when it comes to racing.

I must say that I am very pleased with how our club is growing throughout the year, Triathlon and multisport is now gaining a lot of media coverage across Australia which is a direct result of the increased growth in the sport, which is very encouraging and for our “not so little” club to be maintaining our presence in East Gippsland is great.

A new half-ironman distance race has been announced for early 2014. The event, Challenge Melbourne has attracted great attention in the triathlon community. RTC members entries for this race have been amazing, with approximately 24 registered members signed up to race!

The club is in the process of making arrangements to get behind the participants of this race by hopefully setting up a marquee at the venue to support the racers and their families on the day. This will be the largest contingent of members at a race outside of our club race calendar.



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A big thanks to the RTC aid station volunteers and Clint Bain for coordinating this years Melbourne Ironman aid station, you guys once again did an amazing job. WELL DONE! We have attached a certificate from Ironman in appreciation of the clubs involvement.

With the cooler months now upon us, its time to turn our attention to our off-road events, which include an Off Road Duathlon series with three races and our Annual Mt Taylor Challenge which will be held towards the end of the year.

One thing I will be discussing with the committee later in the year is the selection of a Melbourne based race (from either the Gatorade or XOSize Triathlon series) in the upcoming season to encourage attendance by our members, and in particular the up-and-coming juniors. This will present a great opportunity to experience triathlon racing on a larger scale for those who have not raced outside of our club series. It also provides the opportunity to measure up against our city counterparts, for those who are inclined to do so.

A few things to remember:

- Adult Swimming with Water Dragons Head Coach Rob Moon, at the BARC 6am, Tues & Thurs Mornings.
- RTC Kit both racing and casual items are available, race kits via [champ-sys.com.au](http://champ-sys.com.au) and casual Hoodies and Jackets from Bairnsdale Workware on McLeod St Bairnsdale.
- Club AGM on the 8<sup>th</sup> August @ Main Hotel, if you are interested in coming onto the committee feel free to come along.
- Club Calendars 2013/14 are available from Riviera Cycles, The BARC and the RUFit Gym.
- 2013/14 Membership will be opening shortly, links will be available our website.

John Morton – RTC President

## Tim heads back to China - Leye Baise International Outdoor Quest

Tim Boote headed back to China in May with team Moxie Gear/Nuun for the 6<sup>th</sup> Annual Baise Leye Outdoor Quest. The legs of the race included:



Day 1 – Run 3km (6.7km) with a jigsaw puzzle, 4m wall and ramp.

MTB 28km, Run 6km, Abseil 180m into a cave. 1.5km cave run

Day 2 – Paddle 10km. MTB 30km. Run 20km. Rope traverse.

Day 3 – 28km MTB. 26km run. 12km Paddle

The team finished in third place, missing out on second by only 30sec. A fantastic result for the team in a very strong field.

## Ryan Cross on Qualifying for Kona

Around 6.5 years ago Ryan turned his interest in triathlon to long course making his debut in the grueling distance at the Busselton Ironman. Piece of cake he thought as he ran into first place in his age on the run course. At 20kms how wrong he was, the day got longer and longer as his run got slower and slower. He managed to hold on for a fourth place which at the time qualified him for the Aussie champs at Port Macquarie. Today you don't need to qualify for this event. At Port Mac Ryan bettered his marathon run and overall time on what is considered a tougher course than Busselton.

A 4<sup>th</sup> place here left him with an offer to race at the World Championships on the big island of Hawaii. He went on to race in Hawaii in 2007 where he finished 17<sup>th</sup> in his age (first Aussie) in a time of 9hrs 31mins. Hawaii made it three IM events in the space of one year. Ryan was 25 at the time.

From this early IM experience, Ryan was able to approach the Melbourne event this year a lot smarter. He also had under his belt another 6yrs of base training as well as being at his peak with respect to his age.

The build-up for Ryan all happened in the space of a 12-week period. He says in this time he will commit 100% mentally. Ryan believes any longer and the focus can be lost. This short approach also relied on a base that he had built in his preparations for the Anaconda Adventure race in December of last year.

The key sessions in his preparation revolved around the weekends which included a long ride on Saturday followed by a shorter ride (on fatigued

legs) on Sunday morning then a run in the middle of the day. A well-earned rest Mondays were also a key to Ryan's preparation.

Ryan confessed he did make some mistakes in his lead up to Melbourne. 'You are always learning, especially about your body, what it can do, but more so what it can't do!' Ryan had to nurse a sore (runners) knee at about 4 weeks out after a 30km interval run to Mt Taylor and back.

Good management through rest, stretching, massage and exercises allowed him to get back to training without it being too much of a burden on his preparation. Another hiccup involved the purchase of a new Timetrial bike over the internet. This little shopping spree created plenty of headaches including trialling of a new saddle in the final week of preparation! 'Never buy a bike from overseas without some very thorough research!'

Ryan had 3 real goals at Melbourne. One was time based. To go faster than he had before, whilst it was in the back of his mind, was not his number 1. The conditions on the day can quickly undo such aspirations. Instead he set himself a time window of 9-9.5hrs. 2<sup>nd</sup> was

enjoyment throughout the day. And lastly was getting his nutrition right on the bike to give himself the best opportunity to run a solid marathon.



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'The Race can be full of expectation and quite overwhelming' Ryan says. It is critical to get into the right mental space. This can be as simple as rehearsing one of your favorite training rides or run sessions along with tunes that assist this rehearsal. This practice will most likely start the night before to enable a bit of sleep before the big day!

Being such a long event there are moments throughout the day an athlete will inevitably become mentally challenged. Ryan believes that having a travel pack of thoughts to reverse the negatives can be valuable. E.g. thoughts about doing it for your family, having a favorite snack in your 'special needs', writing some inspirational stuff on you hand.

Reflecting on his run in Melbourne Ryan says he had support at his side the entire length of the run course. The distraction from Katie & Cadel, his Father & brother in law as well as friends who were all leap frogging down the course was the perfect medicine for the indescribable pain of the 42.2 run!

Ironman is as much about the journey as it is the race. You work through a long program building through different phases of intensity and load. You spend hours on end in the saddle with your mates. You learn a lot such as, how to be flexible but also consistent; what nutrition is best for you before, during and after training; and when and how to recover. Lastly in Ryan's case it was about sharing the experience with his family and particular son Cadel who is quick to say 'well done dad' and 'I'm going to be an Ironman like you dad'!

Kona for Ryan will entail a similar approach to Melbourne's IM. Airfares are booked and he will have 3-weeks to familiarise himself with Kona's course and climate.

When asked what is the race really like, Ryan responded by saying, 'it's like no other!' For now it is about plenty of 'smart' training for Ryan and his dedicated team of training buddies.

*"RTC wish Ryan all the best with his preparations for the big dance"*

## Cairns IM Wrap Up



RTC had a few members visit sunny Cairns to take on the Ironman event in June.

Results are as follows:

	Swim	Ride	Run	Total
Stuart	1:25:53	4:58:21	4:34:13	11:09:10
John	1:28:21	5:36:19	4:27:35	11:41:59
Jake	1:29:11	5:36:22	4:22:47	11:42:55
Bruce	1:31:01	6:13:39	4:47:45	12:47:10

Well done to all!

Entries are now open for the 2014 event, truly one of the most stunning bike courses you will ever come across.

# Melbourne Ironman

A First Timers Perspective by  
Simon Walsh

What was it like for an average bloke the wrong side of 40 taking on the toughest one-day endurance event in the world?

Hard, but if it was easy what be the point?

I used to compete in triathlon when I was at school, my first tri was the Bairnsdale triathlon in 1987 ( I think ) in a team and then again the following year. I was the cyclist and at that time I was one of only three blokes my age riding and racing bikes, although races were few and far away for a teenager so it was mostly training. It was at this time that I happened to watch a segment on Wide World of Sports, this segment turned out to be a 4 episode special on that years Ironman Triathlon in Hawaii. I followed that race every year up until around 1996 and was lucky enough to go to Hawaii in 1993 and cheer on local Ironman veteran Vaughn Kingston (he competed in Hawaii 3 times ). I got to watch the legends of Ironman, Mark Allan and Paula Newby Fraser, I got to meet Aussie legend Greg Welch and his wife Sian (and drink beer with them). I'm going to do an Ironman, I want to be an Ironman.

For lots of reasons it took twenty years for that dream to materialise.

After the club volunteered for the inaugural 2012 Melbourne Ironman and after being re-inspired by Mandy, Stu and his brother Bruce, Morts and Frank Strini I decided that it was now or never, I'm going to enter for 2013.

Now, there is an accepted process of progression in triathlon. This means that before you take on an Ironman you need to first compete and progress through the shorter distance events. This means building on each distance year by year, building your fitness year by year, fun tri, sprint distance, Olympic distance, 1/2 ironman distance and then the big one.

Well, that's what you're supposed to do!

I had two seasons of min-tris under the belt! In fact in our first year competing in the mini-tri series Jodee and I were the first husband and wife to be crowned King and Queen.

I finished the following mini-tri season with a hernia that required surgery, it was a bit of a bother and my Doctor was very unimpressed.

My plan was to enter a 70.3 (1/2) ironman and test the water so to speak and if things went well I would have a think about a full ironman, that was the plan.

I entered the Canberra 70.3 the day entries opened in February 2012 with no thoughts of a full Ironman, well that changed at the end of March 2012 when a rush of excitement, club pride and maybe a little bit of mid-life crisis thrown in I successfully entered the 2013 Melbourne Ironman, keep in mind it was the fastest selling ironman event in the world selling out in 5min.



So I had a bit of work ahead of me, I had twelve months to get my mind and body in to ironman shape....I have never swum further than 750m, I have never ridden more than 100km and I had never run further than 5km, challenge accepted!

My preparation was built around a succession of goals, a 1/2 marathon, a full marathon, an Olympic distance triathlon, Canberra 70.3 and on to Melbourne. Like every other age group triathlete my training needed to fit around my life, my family and work so for 2012 everything revolved around ironman 24hrs a day, it had to.

For the whole year there wasn't a day that I didn't have pain somewhere on or in my body, seriously not one single day, massage was my saviour and from about November onward it was a fortnightly necessity.

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Canberra was exciting, for the first time ever I loved the swim, loved it! The ride was congested and windy and the run was a disaster. Massive cramps right at the start of the run did damage and for 21.1km every step felt like someone belting both of my quads with a bat. I went away from Canberra disappointed with my time but happy that I had finished my first 70.3 ironman. I also learned a lot about long distance triathlon and had a pretty good idea of what I needed to work on over the next three months. The positives were that I actually enjoyed the swim and apart from the muscle damage from cramping there was no sign of knee problems.

It would take me 4 pages or more to tell you all about my race day in Melbourne but I will give you an abridged version. It was windy, the swim was shortened because of the conditions, the ride was tough and because of a wind change I ended up with a head wind for 120km of the full 180km distance. The run was awesome, the people cheering, family and friends somehow managed to place themselves in key locations providing encouragement just at the right times. Reaching the clubs aid station and having Riley and Jodee run with me, getting a drink from Ebony and just seeing everyones smiling face brought a tear to my eyes. Running up the finishing chute, high fives with complete strangers, seeing Ryan and Alan waiting for me to finish, and falling in to the arms of Jodee, Riley and Ebony on the other side of the finish line was like nothing I have ever experienced.

The most amazing part, the part that I had dreamed about for 20 years was hearing Mike Rielly, the voice of ironman, the man that has called out the name of every Ironman world champion call out six magical words "Simon Walsh....YOU ARE AN IRONMAN".



## Mini Tri Season Wrap Up

The Mini Tri Championship was tightly contested this year with more than 110 people taking part throughout the season. The men's title was as close as they come with both Adrian Bromage and Joe Wagstaff finishing on 114 points and sharing the title.

The women's title was won by Jacqueline Rickhauss with Michelle Shelton following closely in second place.

The junior male winner was James Ritchie with Logan Joshi in second place and Thomas Sewell in third.

The junior female winner was Hilary Nancarrow with Pippa Treasure in second place and Lilly Derham in third.

Congratulations to all winners and those who attended and continued to improve their time.

The 2013/14 Mini Tri series will kick off in late October,

we look forward to seeing you all there for another fun season.



## Interesting fact...

The fatality rate in US Sanctioned Triathlon Races stood at 1:75,000 between 2003 and 2011.

This compared to 1:100,000 for marathons.

A great article can be seen here:

[www.endurancecorner.com/Larry\\_Creswell/triathlon\\_death](http://www.endurancecorner.com/Larry_Creswell/triathlon_death)

# Stuart Derham Goes Big

## The Big Loop – A Dream Realised



Having always been a fan of going for long rides on my bike, doing a loop like Bairnsdale - Dargo - Hotham - Omeo - Bruthen - Bairnsdale seemed like a logical journey to have a crack at. I've ridden to Dargo plenty of times, I've done the steep pinch north of Dargo a few times, I've done the Hotham to Omeo section a few times as well. Time to put it all together. I tried on New Years Day 2012. I had a day off, had the following day off as well, had my sturdy cyclocross bike, 4 bidons, fruit cake, gels, bananas and I was off. But it was a bit hot and I suffered a bit on the Dargo High Plains, ran out of water, the fruit cake tasted like sand and the 8km from the Dargo High Plains Rd turnoff to Hotham village (just up & over the hill) took 2 hours or so, not sure, wasn't feeling great. Rehydrated at the General. Made it Omeo. Called Emily who was having a lovely day at the beach with the kids.

About a year later (12th January), waited for the perfect weather conditions to organise itself on a Saturday, invited a few mates and we were off. Linc, Simon, Dave & myself set off from Bairnsdale at around 4am and cruised up to Dargo at a fairly sturdy pace given that Dave and I were on mountain bikes. We were met in Dargo by Booter, Frank & Morts. Dave, Simon & Linc drove Mort's car back to Bairnsdale. The four of us soon turned into 5 as we picked up a Jack Russell who was keen for an adventure as well. The poor dog made it 15 km's up some fairly brutal hills before we found a 4wd to take it home.

Cruising along the Dargo High Plains isn't really what it cracked up to be. I would have thought 'plains' inferred a level of 'flatness'. Not to be. Whilst the gradual climbing was tough, having 3 companions to keep up with and chat with (although Booter was there, so riding with Booter means riding with oxygen debt, means not quality conversation ..... two words.... at a.... time...). Having done the ride on a cross bike the year before, the 29er just flew over the corrugated, rocky terrain with ease.

The cross bike had to be ridden in the drops the whole way, massive amounts of arm pump from the descents and no front suspension so the entire bike had to be nursed over every bump to prevent pinch flats.. The 29er was a breeze in comparison, and whilst it wasn't as efficient on the road as the cross bike, it wasn't far off.

By the time we got to the end of the Dargo Rd & on to the Great Alpine Rd, the difference between this year & last was significant. Morts had a flat, he & Booter fixed that, Frank & I took off to organise some lunch, much to Frank's disgust who was looking for a rest. I was in a lot better shape this time around, still had water & was feeling pretty good. After a fairly greasy lunch of simple carbs, the cruise down to Omeo was on, but turned into messy flog-fest. Cant remember how it happened but I thought Frank was in front of me and vice versa. I couldn't see anybody in front of me around the corners so I pushed a bit harder. Anyway, we made good time and with 200km plus in your legs, you may as well shorten the length of time you're out there.

The climb up from Jim & Jack creek is always tough. And hot. And the 'surely this is the last corner' is soon followed by more. A quick stop for coke & powerade at the Omeo bakery & back into it. Morts, Frank & Booter jumped in Franks truck & drove home, passing me, waving, just as the non-existent wind turned into what felt like a gale force southerly, right into my face. It was probably only 20km/h but it hurt.

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Fortunately Dave came out to meet me in between Swifts Creek & Ensay. Even though I felt like we were travelling OK, my Garmin had died and Dave was doing his best to disguise his "I can't believe we are riding this slow" look. We climbed the back of Walshes Cutting fairly quickly and then it sort of dawned on me that we were home, it was basically all downhill from here. More cola and hot chips at the Bruthen Brewery thanks to Morts and it was on to the Rail Trail for the last 30km into Bairnsdale. Dave was on his road bike with no lights. I'm sure he was having fun but I didn't care, it was get home as quick as possible. The mighty Brad Fisher came out to meet us at Bumberrah, then it got really fast for the last 20km. Strolled in at 11pm or thereabouts, a crew had been sneakily arranged to be waiting at the pub, all in varying stages of inebriation. Unfortunately I wasn't really capable joining in any celebrations. A nice cold beer and putting that bad boy on Strava.



### The Stats

Distance: 349.4 km  
Moving time: 17 hours 7 minutes  
Elevation gain: (Strava says 7210m) more like 5200m  
Calories: 13177  
Av. Speed: 20.4km/h

## Fun Fact

The average Tour de France rider burns a whopping 123,900 calories over the course of the 21-day race – 123,900! That's the calorie equivalent of eating 252 double cheeseburgers from McDonalds or 619 original glazed Krispy Kreme doughnuts.



## Sharon tackles GodZone

If you thought Ironman sounds crazy then where does a non stop 5-day expedition rate on the scale?

That's exactly what Sharon Dilly has been training hard for over the last year. All the hard work and dedication was put to the test at the GodZone event in New Zealand.

The route covered a total distance of 513km, this included approximately 119km of trekking, 267km of biking, 37km of canoeing and 90km of kayaking, certainly not for the faint hearted or those who really value sleep!

Further details on the event can be seen at the below link:

<http://godzoneadventure.com/history/cha-pter-2-mt-cook/>





# Upcoming Events

- RTC Off Road Duathlon Series (Commencing 14<sup>th</sup> July 2013)
- Latrobe Valley Winter Triathlon (18<sup>th</sup> Aug 2013)
- Bairnsdale Running Festival (22<sup>nd</sup> September 2013)
- Upper Murray Challenge (5<sup>th</sup> October 2013)
- Mini Tri Commencement (23<sup>rd</sup> October 2013)
- Mt Taylor Challenge (10<sup>th</sup> November 2013)
- Shepparton Half Ironman (17<sup>th</sup> November 2013)

Further details and events on the 2013/14 RTC Race Calendar

## Q&A with Rod Smith

**Name:** Rodney Smith      **Nickname(s):** Rocket / Tank

**Profession:** Accounts Payable

**First triathlon:** Mini Tri's about six years ago, finished in a very respectable 35 minutes

**Preferred distance:** 70.3 Half Ironman

**Favorite training session/workout:** Favorite? They're all good!!

**Most memorable moment in sport:** Nothing compares to finishing an Ironman, but doing Melbourne Ironman with my two brothers was pretty special.

**Favorite training/race food:** Bananas

**Don't leave home without:** Phone      **Next race:** Challenge Melbourne

**Tip for Readers:** Ask questions, I think all RTC members would be happy to answer any questions. If you are looking at spending money on new equipment make sure you get the right advice.

Keep challenging yourself, you are capable of much more than what you currently think is possible. Have fun, because at the end of the day that's what it's all about.

